

# The Fellrunner Magazine

February



2006



*Mark Brown, Clayton's Paralympian, showing the strain on the Everest Marathon (Photo Pete Hartley)*



# The Fellrunner Magazine

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First of all A Happy New Year to all our readers, as they say in the world of real journalism, and I hope all your fell-running plans for 2006 come to fruition – personally my only aim is to disprove the consultant who informed me that I needed a replacement knee and that my chances of ever running again were miniscule. To that end I'm now living on vast quantities of industrial-strength Glucosamine (to attempt to rectify the "no cartilage" situation) lightly garnished with bitter (to attempt to dispel the onset of terminal depression!!) and covering vast mileages on my mountain bike (to attempt to retain at least some vestige of fitness). Only time will tell if this strategy works!!

It seems that quite a few people have misconstrued the Motion which I put forward at the AGM and which, to my delight, was passed. It **doesn't** mean that the FRA will now instantly disassociate itself from UKA and everyone else but it **does** mean that if there is ever a repetition of something like last year's fiasco about insurance which puts the FRA in an untenable position as far as its races, its insurance, its Rules or anything else is concerned, then your Committee is empowered to withdraw at once from UKA if the best interests of fell-running would be served by so doing. Obviously we need to wait and see what the re-organisation of British Athletics produces, although I'm not too optimistic about it putting our sport very high on any of its agendas, before we make any decisions at all but it means we are now in a position to be able to react positively to a situation instead of being stuck with it whether we like it or not.

It was very heartening to hear that the Hodgson Relay, unquestionably the best fell relay in the universe, will not after all be disappearing from the FRA Calendar now that Dave, Shirley and family have reluctantly had to relinquish the organisation after many, many years of dedicated effort to make the event the memorable occasion it always was. Two Lakeland stalwarts in the shape of Jon Broxap and Scoffer have bitten the bullet and taken on the daunting task of following where the Hodgsons have led – it will obviously be a considerable responsibility and I'm sure everyone will wish them all the best in their endeavours.

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It's most refreshing to see people volunteering in this way so that the rest of the fell-running world can benefit, especially in this case where the commitment involved is of such a high level, because, all too often we have had good events go to the wall because nobody was prepared to make the effort to keep them going. Two spring instantly to mind – firstly the Long Buttermere Horseshoe, a brilliant, classic circuit with a bit (actually a lot!) of everything, including a vicious finish up Melbreak before the glories of the food and beer at the village hall; secondly the Dockray Helvellyn, another excellent 21-miler which took in some magnificent scenery and was a really good route. Both of them vanished simply because the organisers couldn't find anyone prepared to take over when they had to call it a day and the fell-running Calendar was the poorer because of it.

Without people willing to offer their time to the sport we wouldn't have any races at all and we wouldn't even have an organisation, because every one of the FRA Committee is a volunteer – which brings me very neatly to the huge hole in this issue of the magazine created by the lack of the "Junior Pages", a section which has been growing apace lately because of the commensurate growth in interest at the younger end of the sport. Both of these things have been very largely down to the influence of Dave and Eileen Woodhead but, as is the way of things, they have decided not to stand again as Junior Co-ordinators this year and no-one at present has appeared willing to step in to enable the junior scene to remain vibrant and healthy. This seems a terrible shame for any number of reasons, most of which are too obvious to go into here, but I refuse to believe that there aren't any keen parents, older Club members, junior coaches or whatever out there who couldn't get themselves together as a group to ensure that the level of interest already engendered can be maintained. There's an advert/appeal elsewhere in the magazine about this and I do hope someone responds because otherwise both the kids and the future of the sport will be the losers and I don't believe anybody would want that.

Go on – have a think about it !!

### 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 Monday 8th May 2006.

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# Chairman's Chat

from Alan Barlow

Welcome to 2006, the year of change, in which 'modernisation' of athletics in England is due to take place. There has been much political infighting over this, with yet another association being formed, the calling of two EGMs of the AAA of England and a club survey. Not to be left out the PSTs of UK Athletics are also due to change their format this year. Despite, all this going on I doubt very much that competition on the fells will be affected and most of our members will not notice any change at all.

There has been much talk of splits in athletics and breakaway groups, including the FRA. The situation was fully discussed at a packed AGM and a wide variety of views were evident. It seems clear to me that currently our interests are best served by remaining part of the athletics family. However the committee continues to monitor the position during these times of change.

Many of you will have noticed that we are currently without a junior co-ordinator. This is a vital position within the FRA to encourage youngsters to try out and remain in our sport. Dave and Eileen Woodhead have done a great job over the last few years as is shown by the increasing numbers taking part in our junior championship races. However the job has grown and consequently we are looking for someone to lead a small team of volunteers to spread the workload. There is a formal notice elsewhere in this magazine but if anyone has an interest in taking on this very rewarding job and would like to discuss things confidentially please get in touch with me.

No doubt many of you are making plans for your races in the forthcoming season and getting down to some serious training after the end of year festivities. I look forward to seeing many of you at future events and hope you achieve your aims.

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# Calendar Update

I hope that the majority of members received their 2006 Calendars before Christmas. They were posted by second class mail about 10 days before Christmas but it took Royal Mail a week to deliver most of them!

The English and Celtic races are again listed separately in the Calendar. I do keep an eye on the FRA website forums and appreciate that some members are unhappy that this division continues. However, the FRA committee feels strongly that races held in England which are Permitted and Insured via the FRA should be separated from the Celtic ones whose Permit and Insurance status we don't know and which are not subject to either the "FRA Rules for Competition" or the "FRA Safety Requirements for Fell Races". They may well be subject to very similar requirements originating from the FRA ones but as time passes the various sets are being amended and will naturally diverge to some extent. Personally I wish all UK fell/hill/mountain races could be Permitted again via a single body but with the current fragmentation of our sport we seem to be a long way from achieving this.

A full, current Calendar Update is maintained on the FRA website, [www.fellrunner.org.uk](http://www.fellrunner.org.uk). The website also provides links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Welsh Athletics and Welsh FRA websites where information can be found about those Celtic races which are not included in the FRA Calendar.

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

*Margaret Chippendale*

## 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".

WED. MAR. 22. BURWAY BURN. This race will now be Category CS and not AS as shown in the Calendar.

WED. MAY 17. BLACKSTONE EDGE FELL RACE. AS. 7.30 p.m. 3.5m/1200' from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough. £3 on night only. Teams (4) free. ER/PM. Over 14. Records: 26.33 C. Donnelly 1989; f. 34.03 C. Crofts 1989. 1st U18 & 1st U16 included in prizes. For the first time the prizegiving will be in the farm yard where registration takes place. Details: Kevan Shand,

13 Chichester Close, Smithybridge, Littleborough, Lancashire, OL15 8QL. Tel: 01706 370080.

SAT. JUN 17. 33RD ALFRED HULME GREAT HILL FELL RACE. BS. 3.00 p.m. 5.75m/1300' from Fete Field, Brinscall. £3 to organiser (cheques payable to Chorley AC) or £5 on day. Teams (3) free. Over 16. Records: 34.35 L. Warburton 1996; f. 38.43 C. Greenwood 1997. Entries To: Events Co-ordinator, Chorley Athletic Club, c/o 58 Millbrook Close, Wheelton, Chorley, PR6 8JY. Also U13 (over 12) and U16 junior races at 2.15 p.m. Part of Brinscall Festival. Details: Michael Coppin, 11a Wymundsley, Astley Village, Chorley, Lancashire, PR7 1US. Tel: 01772 819114 (day) or 01257 241451(eve). Email: michael.coppin@enterprise.plc.uk

SUN. JUN 25. GREAT BAKEWELL PUDDING RACE. CM. 11.00 a.m. 6.25m/700' from Bakewell Recreation Ground (A6), Bakewell, Derbyshire. £4 on day only. Teams free. PM. Over 18. Records: 38.18 J. Taylor 2002; f. 45.16 L. Lilley 2002. Also 2.75m junior and Fun Run. Bakewell Puddings to all finishers. Details: John Scott, 6 Yeld Close, Bakewell, Derbyshire, DE45 1FX. Tel: 01629 814217. Email: j.scott@manchester.pentlandltd.co.uk Website: puddingrace.org.uk

SAT. JUL 1. SAUNDERS LAKELAND MOUNTAIN MARATHON. MM. 2 day mountain marathon. Staggered start times from a venue to be arranged in the Lake District. Various categories. Over 18. See website for further information. Details: Robert Saunders, Desiree, Five Oaks Lane, Chigwell, Essex, IG7 4QP. Tel: 0208 500 2447/1334. Email: robertsaunders@btinternet.com Website: slmm.org.uk

SAT. JUL 15. KINNISIDE TWO TOPS. AS. 2.00 p.m. 3m/1000' from Wath Brow Sports Field, Cleator Moor, near Ennerdale, Cumbria (GR031147). £2 entry to Show Field, race free. PM. Over 14. Records: 22.29 A. Bowness 2000; f. 27.42 J. Hargreaves 2002. Also junior races at 2.45 p.m., several age categories. No safety pins. Excellent viewing. Country Show and Sports Day for families; cycling, wrestling, hound-trailing, dog shows, children's races, 5-a side football, stalls, etc., etc.. Details: Steve Steele, Dippers Back, Kirkland Road, Ennerdale, CA23 3AZ. Tel: 01946 862485. Email: sms1@bnfl.com Website: c-f-r.org.uk

SAT. JUL 22. TURNSLACK FELL RACE. AM. 2.30 p.m. 8m/2000' from Calderbrook Playing Fields, Calderbrook, Summit, Littleborough. £3 on day only. Teams (4) free. ER/PM. Over 18. Records: 67.08 D. Kay 2004; f. 77.25 M. Laney 2004. Also toddler races on field - weather permitting. Various stalls, attractions, refreshments, etc. Children's play area. Presentation on field.

Details: Kevan Shand, 13 Chichester Close, Smithybridge, Littleborough, Lancashire, OL15 8QL. Tel: 01706 370080. Email: danielshand87@hotmail.com

TUE. JUL 25. GLARAMARA FELL RACE. AS. 7.00 p.m. 5m/2100' from Glaramara Outdoor Centre, Seatoller, Borrowdale (GR 247137). £3 on day only. ER/LK/NS/PM. Over 16. Records: 45.05 J. Davis; f. 60.16 K. Beaty. Details: Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Keswick, CA12 5SG. Tel: 017687 78577.

SAT. AUG 5. BORROWDALE FELL RACE. Organiser's details updated: Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Keswick, CA12 5SG. Tel: 017687 78577.

WED. AUG 9. STEEL FELL RACE. Organiser's details updated: Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Keswick, CA12 5SG. Tel: 017687 78577.

SUN. OCT 1. IAN HODGSON MOUNTAIN RELAY. The new organisers are Jonathan Broxap and Andrew Schofield. Their contact details are: Jonathan Broxap, 32 Castle Garth, Kendal, Cumbria, LA9 7AT. Tel: 01539 721603. Email: jonathan@dbroxap.freesevice.co.uk; Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Keswick, CA12 5SG. Tel: 017687 78577.

SUN. NOV 12. LEG IT ROUND LATHKIL. CM. 11.30 a.m. 7.25m/825' from the Lathkil Hotel, Over Haddon, nr Bakewell (GR 207665). £3.50 on day only. Over 18. Records: 45.33 A. Ward 2005; f. 55.22 F. Bloor 2004. Also 1.5m fun run and other games for a family day out. Part of the Hotel's "Lathkil Fun Day" with all proceeds to the "Children in Need" appeal. Details: Alan Renfree, Lea House, Monyash, Bakewell, Derbyshire, DE45 1JH. Tel: 01629 813849. Email: renfree@chaletHOME.freesevice.co.uk Website: lathkil.co.uk

## 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.

WED. APR 5. MOEL PEN-Y-BRYN. AS. 7.30 p.m. 2.5m/1200' from Eagles, Penmachno. £2.50 on day only. PM. Records: 20.24 D. Jones 2003; f. 26.37 E. Salisbury 2003. Details: Arwyn Jones, 4 Maes-y-Waen, Penmachno, Betws-y-Coed, Conwy, LL24 0AZ. Tel: 01690 760 498.

WED. JUNE 21. RODNEY'S PILLAR HANDICAP RACE. Please note change of date from Wed June 14. All other details unchanged.

# Secretary's Corner

There have only been two meetings since the last issue of *The Fellrunner*, and the first of these was, of course, the AGM. I believe we had a record turnout for this year's AGM, with standing room only, due, no doubt, to the nature of two of the motions. Not that this had any effect whatsoever on the opinionated group who seem to make up our Forum community – it must take a lot more than a mere schism with the UK athletics management to tear them away from their screens. Shame, I had thought that some of them might have made sound member reps!

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

## **ANNUAL GENERAL MEETING – KENDAL, Saturday 19 November 2005.**

The first motion sought the approval of the membership for the committee to disassociate the FRA from UK Athletics if a future situation warranted it. This was discussed at length and the advantages and disadvantages of affiliation to UK Athletics, as it is currently organised, were related by many of those present. After the debate, the meeting voted their confidence in the current committee, giving them the ability to walk away from UK Athletics at a future time without any necessity to refer back to the membership.

The second motion sought to allow the FRA to use its funds to give financial assistance to its members for international competition, should national financial support ever prove inadequate. Although this also provoked quite a bit of discussion, this was mostly constructive, and the result was a vote overwhelmingly in favour of the motion.

The last motion had been proposed after various time-based disqualifications at the 2005 English Championship race in Wasdale, and it sought to make cut-off times more lenient to avoid situations where very long races might become unachievable to many of the runners competing.

I'm glad that the problems which form the basis for this topic were brought up at the AGM, because I think that it is a good thing that all runners, organisers and marshals understand the real issues involved. The motion provoked a very healthy discussion regarding the balance between safety and fairness, and, eventually, after assurances from the Championships Subcommittee that cut-offs would be discussed with organisers in future, the motion was withdrawn before a vote could be taken.

## **SOME NOTES FROM THE GENERAL DISCUSSION AT THE 2005 AGM**

### **Ideas for spending FRA Funds.**

It was suggested that the FRA should introduce cash prizes for English Championships category winners and

teams. This was discussed and we were reminded that this would give funds to non-FRA members. Not everybody was in favour of cash prizes and some thought that schemes whereby funds would be used to the benefit of all runners would be better.

It was suggested that more should be spent on Juniors, but the FRA has expanded its Junior expenditure (and is probably willing to spend more – depending upon the suggestion).

The FRA should fund standardised "Sportident-style" results at championship races – or at least pay for dibber equipment and software for use by championship race organisers. This suggestion appeared to get some agreement, but it also provoked a discussion as to whether dibber systems alone could provide the same level of safety as a manned marshal-point. There are clearly two issues here which need careful thought.

Funds should be used to cover the cost of the FRA Website – Brett Weeden, the FRA's own "Webmeister", assured the meeting that the costs of the site are small, and covered already by Hon Treasurer Tony Varley in the "Miscellaneous" section of the accounts.

### **Other Issues**

It was suggested that the PST should register all races – creating a situation whereby we could return to a single calendar, and uniformity of insurance/registration conditions. It was argued that this would produce a system which would be too complex, because it would add another level of bureaucracy and would be likely to fail to take into account regional issues.

There was a general inconclusive discussion of the likely future of fell running organisation (at national and regional levels) prior to the winding up of the meeting at 18:30.

I would like to thank everybody for your contributions during the AGM and during the informal session afterwards.

## **COMMITTEE MEETING – CHEADLE HULME, Saturday 26 November, 2005.**

As is usual at the first meeting of the year, the composition of the various subcommittees was decided. The two main changes from the previous year were the Chair of the International & English Selection Committee, where Neil Goldsmith takes over from Graham Breeze, and the position of Junior Co-ordinator which has become vacant because Dave and Eileen Woodhead, who jointly held this position, had decided not to stand again shortly before the AGM.

The voted decisions at the AGM were discussed. There had been some suspicion that the use of postal votes had influenced the voting, but this was thought to be unlikely because the contents of the postal votes were never revealed, and these votes

were added to the results after the show of hands had been counted.

In fact, I was only asked to provide postal vote forms for eight members, and, of these, only four had been returned satisfactorily. [In no case did a postal vote change the result of the meeting vote, and, had this been the case, it had been made absolutely clear on the postal vote form that the committee would have had the option of declaring such a vote null and void.]

However, it was felt that there was a distinct possibility that open "show-of-hands" style voting may well have influenced how people voted at the meeting, and it was agreed that we should provide ballot papers at future AGMs - which would also make counting easier.

Prior to the meeting, I received a request from a member asking the committee to reconsider the disassociation decision; to commit to consulting the membership prior to any such move. This was discussed, and we agreed that the purpose of the motion had been to avoid such a lengthy consultation, and this had been made abundantly clear at the AGM immediately prior to the vote. However, it was also agreed that compliance with the AGM's decision did not mean that the committee would not consult the membership under any circumstances, it simply meant that the committee is not prepared to restrict itself unnecessarily when the nature of such a future situation is not yet known.

It was confirmed that 5 year veteran categories will be introduced in the English Championship in 2006. The way this will be done will allow one person to win medals in more than one veteran category, but this factor will be reviewed at the end of the year. (We need to remember that there may be reasons in the future to run separate races for certain categories.)

The 2006 championship guidelines include the recommendation that electronic methods of time and position recording should be used, and two of the selected races have raised this as an issue. We agreed that, in future, races under consideration for championship status will be given details of all expected standards, and that this will include suggestions, as well as an offer of funding, where necessary.

We have received a formal complaint from a parent regarding the state of the accommodation at the 2005 British and Irish Junior Championships, at Carlingford. This has been passed to the PST who will formally contact the Athletic Association of Ireland on the matter, and the FRA will also be writing.

The PST have decided that statistics do not warrant having a male V50 Team British Championship, but have agreed to an individual 18-23 British Championship, based upon the best three races from the British short and medium races.

## Junior Co-ordinator(s)

As most people know, the job of Junior Co-ordinator has been done jointly and most successfully over the last few years by Dave and Eileen Woodhead, who have approached it with their usual panache and entrepreneurial flair, the fruits of which can be seen in the "Junior Pages" section of the recent issues of "The Fellrunner" as well as in the increased participation in the Junior Championships.

However, Dave and Eileen have decided not to stand for the post this year and so far no-one has been forthcoming as a replacement.

The FRA, like all similar organisations, depends totally on volunteers for all its positions – no-one on the FRA Committee is remunerated in any way for the work they do except for the expenses (stationery, fuel, phone bills, etc.) which they incur in doing it and this is one of the great strengths of our sport, that everyone involved in running it is a volunteer who is doing the job purely to put something back into the sport they love. However, this does have the disadvantage that without appropriate volunteer support we can run into difficulties and this is what is in danger of happening with the Juniors at the moment.

There is no necessity for the structure behind the Juniors to be a carbon copy of the structure and approach used by Dave and Eileen, for one thing it might be difficult to duplicate the time and commitment, but it may well be that a small team of volunteers, headed by an overall Co-ordinator to keep a watching brief over things, could provide the necessary support and involvement. If nobody is prepared to come forward then the Juniors will lose out considerably.

There are obviously many parents around whose children have benefitted from the Junior structure and who would like it to continue; there may be older, less competitively active Club members who have the requisite expertise and interest; there may be people who are involved in Junior coaching who could usefully expand their sphere of influence; whatever the links with Juniors may be, if you would like the current profile of junior fell-running to continue please have a long, hard think about the possibility of lending a hand and give either Alan Brentnall (01663 746476) or Alan Barlow (0161 483 9330) a ring to have a chat about it.

## Junior Team Manager

Owing to the resignation of the current incumbent due to work pressures, the FRA needs an International Junior Team Manager.

### Role Description

The FRA is looking for someone -male or female- to act as the Team Manager for the International Junior Teams and would consider splitting the role by sharing the responsibilities if this was appropriate.

If you are interested in junior fell running and would be prepared to accompany teams abroad, usually just twice a year, Neil Goldsmith (Chairman International Committee) or Alan Barlow (Chairman FRA) would be delighted if you would get in touch with them for a chat on 01663 747838 (Neil) 0161 483 9330 (Alan).

The International Committee (see pages 95/96 of the FRA Calendar) is a small experienced group who are used to providing full support whenever its membership changes.

Ideally the new Junior Team Manager will:

- Have an interest in junior fell running
- Have ideas on how junior fell running should develop
- Be willing to travel to international events abroad and in the UK
- Attend most of the junior domestic championship events and development weekends
- Work with the junior fell running co-ordinator to develop junior athletes

The Team Manager will be expected to make organisational arrangements for the Junior Teams, sometimes in conjunction with the Team Manager for the Senior Teams.

The FRA will seek Police clearance for working with children.

### Responsibilities

- Team selection with the Chairman of the International Committee
- Producing a "development plan" for juniors with the junior co-ordinator
- Looking after the junior international team at international events
- Organising travel and accommodation for junior athletes to overseas and home internationals (when required)
- Attending two or three International Committee meetings a year
- Advising the FRA on the development of junior athletes

## ARE YOU INTENDING TO CHANGE CLUB IN 2006?

FROM MADELEINE WATSON

In my role as the FRA Statistician looking after the team results in the English Championships, it is obviously important to check that people who score for a team are in fact eligible to run for it. This has not always been the case (either deliberately or accidentally!) and hence this guidance. It is not possible to cover all eventualities, and there are experts in your area office (eg North of England AA), so speak to them if your situation is complicated.

The FRA is part of uk:athletics, and we must follow their rules.

The process below is how to move between two clubs that are both affiliated to the FRA. Your club secretary should know whether your club is affiliated or not (as they "register" for various disciplines, one of which is fell running). The FRA also holds this information (contact secretary). When an athlete's first claim club does not include Hill and Fell running, then they are eligible to compete for an additional first claim club in fell running anyway.

You will need to resign from your present club. This must be in writing. It is not enough to just stop paying subscriptions and assume that this will cause your membership to cease.

You will need to resign from any other clubs you might be a second claim member of as well. Otherwise, these automatically become your first claim club.

Complete a CHANGE OF FIRST CLAIM CLUB AND HARDSHIP application form for the Association the new club is part of. The

old club have to see this as they have to sign it. You should join the new club within 28 days.

The basic rule is that having resigned from a club, you are not eligible to represent a new club for 6 months, unless you have a good reason. This is done by applying for 'hardship'. This would be decided by the territorial eligibility committee. Reasons can include moving house or where the old club is not providing adequate competition or facilities.

Athletes in the under-13 and under-15 age groups are allowed an immediate change of clubs once only within each age group. Any further changes while in the same age group would be liable to the six months waiting time.

Further information and forms can be found at web sites:

<http://www.noaaa-athletics.org.uk/> Tel: 0870 991 4545

[http://www.midlandathletics.org.uk/mcaa\\_001.htm](http://www.midlandathletics.org.uk/mcaa_001.htm) Tel: 0121 456 1896

<http://www.seaa.org.uk/index.htm> Tel: 020 7021 0988

<http://www.welshathletics.org/> Tel: 01633 416633

<http://www.scottishathletics.org.uk/> Tel: 0870 145 1500

And now you know how to do it – beware! The formation of England Athletics on 1st April will mean there will be changes. At the moment details have yet to be arranged (including the date from which the changes will take place) so watch this space and if in doubt check with the websites or phone numbers above.

# Championships 2006 Roundup

Below are details of the races which comprise the British and English Championships 2006.

## British Championship Races

### Slieve Bearnagh (N. Ireland) :

AS : 3.9m/2680' : Saturday 1st April

Happy Valley, Mourne Mountains, County Down

Registration & parking at roadside - GR293297

Start - 12 noon

Entry - £5 by 24th March

Teams free

Navigation skills required

Details - Ian Taylor, 52 Blaydon Drive, Belfast, BT9 5JN.

Tel - 028 9028 0790

Email - [ir.taylor@ntlworld.com](mailto:ir.taylor@ntlworld.com)

Optional meal available at prizegiving in Newcastle - details on entry form.

#### COURSE

Map: Mourne Country OSNI 1:25000

Start : Corner of Forest 293294

Selbeg 301279

Slieve Bearnagh (wall corner) 313280

Slieve Meelmore (tower) 306287

Finish : at sheep pen 294294

Note : this year there will be a 'one way system' on Slieve Bearnagh to separate climbing and descending runners and reduce the risk of falling rocks - details in description below.

Records: 41.52 Rob Jebb 2003  
47.57 Angela Mudge 2003

#### INTRODUCTION

The race was previously a British Championship counter in 2003 when over 200 runners took part. It has not been run in the interim, but rather has been saved for British Championship occasions. However, the similar and shorter Meelbeg - Meelmore race is held annually as part of the Hill & Dale Series.

Slieve Bearnagh (2,394 feet) is easily recognisable with its obvious rocky tors and the race also includes the two neighbouring peaks of Meelbeg and Meelmore. It is a great course and with three 2,300 foot peaks and it certainly packs plenty into a short race and we trust that for many it will make the journey across the Irish Sea worthwhile. With vital statistics of 4 miles and 2,700 feet of climb it is either up or down with no flat running at all. The start is at the foot of 'Happy Valley' (not named on the map) which is just a couple of miles north east of Spelga, venue for last year's British Championship race.

#### COURSE DESCRIPTION

The start is at the top corner of the forest and the first few hundred metres will be flagged to get everyone neatly up on to the broad grassy ridge which is followed to the summit of Meelbeg. This was the second peak in last year's Spelga Skyline, but the approach is from a different side and the routes do not overlap. It is a short and fast descent down beside the Mourne Wall to the col with Meelmore, then a traverse over some rougher ground towards Bearnagh.

The climb up Bearnagh is only about 700 feet but steep and ascending runners will keep to the south side of the Mourne Wall as previously. There will be some taping and a one way system round the checkpoint which is where the wall corner meets a small tor. However, this year to keep ascending and descending runners clear of each other as the slope is eroded and loose in places on the south side of the wall, descending runners will cross to the north side of the wall at the summit checkpoint. They will then follow the wall on grass and rocky ground two thirds of the

way down before re-crossing the wall back to the south side and descending over a loose and rocky section to the col with Meelmore. The wall crossings will be clearly marked and marshalled - particularly important as the wall eventually disappears over a section of rock slabs near the bottom! So take note - stay close to the wall, look out for the tapes and cross back to the south side of the wall about two thirds of the way down. Otherwise you will end up at the top of the precipitous 'Bearnagh Slabs'.

The Mourne Wall is then followed up over predominantly rocky ground, climbing about 600 feet, to the tower at the summit of Meelmore. From here it is a fairly direct fast plunge over short heather and grass with a few stony patches down into Happy Valley to finish at the sheep pens, about 100m across the river from the start.

#### ACCOMMODATION

There are plenty of B&Bs, guest houses and self catering cottages in the region, with Newcastle the main centre. Newcastle has a Youth Hostel and there is a well appointed campsite at Tollymore Forest Park. Just a mile or so from the course is Meelmore Lodge (grid ref 305 307) which has a basic campsite, showers and a café. Details are available from Tourist information offices:-

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

Tollymore Campsite	Meelmore Lodge
028 4372 2428	028 4372 6657

Websites <a href="http://www.kingdomsofdown.com">www.kingdomsofdown.com</a>	Newcastle YH
<a href="http://www.visitcoastofdown.com">www.visitcoastofdown.com</a>	028 4372 2133
E-mail <a href="mailto:info@kingdomsofdown.com">info@kingdomsofdown.com</a>	

#### TRAVEL

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

Also Dublin/Dun Laoghaire from Holyhead.

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

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

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

#### MAP

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

#### PRIZEGIVING

This will be held at an establishment in Newcastle (probably O'Hares in Donard Park, which many of you are already familiar with from previous years) and details of the optional meal which can be ordered will be included on the entry form.

Showers are available for a small charge at the Newcastle Centre (Tourist Info) and Meelmore Lodge.

#### WEBSITE

[www.njmra.org.uk](http://www.njmra.org.uk) - includes results of the 2003 race.

## Anniversary Waltz (England) : AM : 11.75m/3600' : Saturday 22nd April

The Anniversary Waltz is the celebration of our wedding at the beautiful Newlands Church, Most of the marshals ran the Wedding Dash and have turned up year on year to help on our anniversary.... This year we have achieved a tin can..... whoopee!!!!

### Entry Fee

£5 Pre-Race Entry by 12th April 2006 on the official entry form only, available by post (send sae) or from the website:

<http://www.members.aol.com/scliff4915/private/homepage.htm>.

This includes excellent hot food at the finish.

Cheques to be made payable to "W Cliff"

Start: 11:30 am at Stair Village Hall

### Route Description: Harveys Northern Lakes

The route covers the Newlands Valley Horseshoe. The first and final sections of the course will be taped and in addition there will be a number of manned checkpoints as follows: Please tell the marshal your number at each check point.

Start : Stair Village Hall GR 237212  
 Robinson: GR 202169  
 Hindscarth: GR 216165  
 Dale Head: GR 223154  
 High Spy: GR 234163  
 Catbells: GR 245199

Finish: Stair Village Hall GR 237212

This race has some of the best and worst of Lakeland fell racing. The worst – the 2.5 miles of track and road out to Little Dale before the long steep climb up Robinson, just follow the crocodile. The best – the final descent off Catbells, a downhill finish followed by free beer at the village hall. In between is some great ridge running on good paths. Route finding is not a big problem in this race, just keep turning left, except off Hindscarth!

The descent off Dalehead to Dalehead Tarn offers one of the few route choices of the race. If you are quick enough follow a Borrowdale vest, if not go and recce it. From here the next climb up High Spy is runnable and is followed by some fast running

over Maiden Moor before the sting in the tail, the short steep climb up Catbells.

Watch the descent off the summit, descend the first steep rocks then decide how soon to cut down through the bracken! A great downhill run with the finish field in sight. A Classic Lakeland race.

Please allow ample time for parking, Please don't park on the road. Car share where you can – thanks (it all helps)

This race is run early in the year and as we cannot guarantee wonderful weather every year, we will insist on full body cover, map, compass and whistle, checked onto the field and random checks at the finish.

Here are some useful contacts in the Newlands Valley, .

**Anne Graves: Low Skelgill**

Anne runs a superb camping barn from a farm just up the road from the race start at Low Skelgill. We would strongly recommend it. Her telephone number is: 01768778453



Helen Johnson comes off Catbells (Photo Pete Hartley)

## Past Winners and Times, record holders highlighted

<u>Mens</u>	1997	1998	1999 CHAMPIONSHIP	2000	2002	2003 CHAMPIONSHIP	2004
<b>Open Race</b>							
Winner	S Booth	S Booth	G Bland	S Booth	S Booth	<b>I Holmes</b>	S Booth
Time	01:35:04	01:31:00	01:33:48	01:32:15	01:30:50	01:28:27	01:32:35
<b>MV40</b>							
Winner	W Bell	W Bell	D Neil	K Harding	D Gartley	<b>M Roberts</b>	A Davies
Time	01:40:19	01:43:36	01:35:56	01:48:00	01:51:00	01:33:18	01:41:34
<b>MV50</b>							
Winner	M Carson	A Bland	T Hesketh	K Taylor	P McWade	<b>D Overton</b>	J Holt
Time	02:00:56	01:52:31	01:46:02	01:53:12	01:51:25	01:44:50	01:54:49
<b>MV60</b>							
Winner	J Garbarino	J Dearden	B Waldie	W Booth	W Booth	<b>J Nuttall</b>	TB Laycock
Time	02:25:57	02:18:25	02:01:26	02:15:28	02:13:59	01:59:37	02:09:27
<b>MV70</b>							
Winner					B Leathley	<b>D Clutterbuck</b>	B Leathley
Time					02:38:24	02:31:21	03:05:23
<u>Ladies</u>							
	1997	1998	1999	2000	2002	2003	2004
<b>Open Race</b>							
Winner	<b>A Mudge</b>	A Brand-Barker	A Mudge	N Davies	S Taylor	L Sharp	S Taylor
Time	01:48:00	01:59:22	01:48:30	02:02:20	01:59:00	01:51:10	01:59:04
<b>FV40</b>							
Winner	N Davies (LV35)	L Thompson (LV35)	K Slater	N Davies	N Davies	<b>G Newman</b>	K Beaty
Time	01:56:16	02:03:24	02:03:22	02:02:20	02:01:39	01:52:00	02:01:26
<b>FV50</b>							
Winner	<b>W Dodds (LV45)</b>	W Dodds (LV45)	J Atkins	W Dodds	W Dodds (LV45)	J Rawlinson	W Dodds
Time	02:02:34	02:16:00	02:32:46	02:08:39	02:18:28	02:14:54	02:15:02



### Jackie and Peter Williams: Stair Mill

Have 2 lovely holiday cottages—need to book early.  
017687 78333

### Newlands Adventure Centre:

Offers a full range of adventure facilities in the beautiful Newlands Valley. They also offer bed and breakfast, half board or full board. Why not make a weekend of it! You can write to Newlands Adventure Centre at - Newlands Adventure Centre, Stair Mill, Keswick, Cumbria, CA12 5UF. Or telephone / fax them on : 017687-78463

### Margeret Harriman

Keskadale Farm on the Buttermere Road 2 miles up the valley B&B or Cottage Tel: 017687-78544

### Swinside Inn

Offers B&B, and good pub food: 01768778253. Car Park Field – Keith has kindly offered camping on the carpark field at a donation of £10 to go to the village institute.

TIC – Moot Hall, Keswick 017687 72645 or Keswick Tourist Assn. 017687 75738

Website:www.keswick.org email tourism@keswick.org

## Dollar Hill Race (Scotland) :

AM : 9.4m/3150' : Saturday 1st July

Just along from Alva this race offers the same high quality running as last year's Relays – Howgills with attitude for those southerners who didn't do them!

**Venue:** Cricket Pavilion – Dollar Academy – Dollar, Clackmananshire, Central Scotland (G.R. NS 959982)

**Registration:** Cricket Pavilion, left at main gates of Dollar Academy. Changing Facilities and Showers available within pavilion.

**Parking:** On Grassy area outside the main gates and nearby streets within Dollar.

**Entry:** EOD only.

**Course:** The lower part of the course is controlled by a pair of Buzzards who have a liking for runners, especially those with little hair. To this end we have to plan two alternative routes for the first few hundred metres of the course. Ideally, buzzards permitting, the race starts at the front of the Cricket Pavilion, and straight out of the Academy grounds, turning right onto a quiet road, then first left for the start of the climbing up a gravelly track beside Dollar Golf Course. Leaving the track at the end of the course to enter a small wood, where the buzzards live. Exit the top of the wood through the first boggy bit of the course, following a rough track to the east of Bank Hill, dropping down to cross the Burn of Sorrow via a small bridge. (If the buzzards are too aggressive this year, an alternative route through Dollar Glen is used, but the first time we used this route there was a problem with bees, with several runners getting stung – It's tough getting out of Dollar).

From here is the first steep climb of the race onto Saddle Hill to the first Checkpoint (NN 955005). From Saddle Hill the route goes along the saddle and climbs up to the second Checkpoint on the top of the broad topped Whitewisp Hill (NN 955014). From here for a while the running gets easy, but if the cloud is down the navigation gets harder. A gentle down and up gets you to the third Checkpoint at Tarmangie Hill (NN 943014). From here to the next Checkpoint Andrew Gannel Hill (NN 919005) the shortest route is a bit steep and boggy. For speed everyone follows the fence line of Tarmangie and turns left at the fence junction to follow a faint track (not so faint for those at the back) around Skythorn Hill and up the side of Andrew Gannel. Follow the Land Rover track up the hill where the will be a marshal directing you to the summit. Should you miss this the hills beyond are very runnable, but visiting them will do nothing for your race time.

The next tricky part of the course is on the summit of Andrew Gannel, the route turns through about 300 degrees from South to almost North East, but this being the checkpoint, as long as you

listen to the marshal you won't end up in Tillicoultry. Next is a fast down hill and, just when you need it the most, a fairly steep 400ft climb onto King's Seat, the next checkpoint (NS 936998). You're almost home now, if it's clear you'll soon be able to see Dollar and the Finish almost 2000ft below you. Follow the track off King's Seat, turning left after you cross the gate at the bottom, then follow the track east to Bank Hill and the final checkpoint (NS 954992). From here it's straight down to the woods where the buzzards live but, unless you have a liking for gorse, it may be worth keeping east a bit (Not an issue if the Dollar glen route is used). Then back down the track, right along the road and in through the gate to finish at the Cricket Pavilion.

**Maps:** OS Explorer 366 – Stirling and Ochils West / Harvey Maps – Ochil Hills

**Records:** Male: 1:17:23 2003 P Davies  
Female: 1:29:00 2002 T Brindley  
2005 winners Men Brian Marshall 1-21-26  
V40 Adrian Davis 1-31-10  
V50 Gordon Robinson 1-44-52  
Lady Sarah Legge 1-45-13

**Prize giving:** 4:15pm (After everyone has finished) at the Cricket Pavilion. Prizes are traditionally Beers from Dollars Brewery (Harviestoun), After feedback from last year's race there will be a SuperVet and a 60+ prize.

**Festivities:** No formal festivities are planned, but the Race Organisers usually retire to the Strathallen Hotel on Chapel Place after the race and anyone is more than welcome to join us.

### Accommodation:

#### Hotels:

- Castle Campbell Hotel Dollar
- Harviestoun Country hotel, Tillicoultry
- Tormaukin Hotel, Glen Devon.

#### B&B's

- Kennels Cottage, Dollar
- Mrs Agnes Wilson, Dollar
- Westbourne House, Tillicoultry
- Wyvis, Tillicoultry

#### Youth Hostels

- Glendevon YH, Glendevon
- Willy Wallace Hostel, Stirling
- Stirling Youth Hostel, Stirling

#### Campsites:

- Witches Craig, Blairlogie Stirling.
- Gallowhill Farm, Kinross

#### Tourist Information Centres:

For Accommodation: [www.visitscotland.com](http://www.visitscotland.com)  
Local: Clackmananshire: Mill Trail Visitors centre,  
Alva 01259 769696

#### Adjacent counties:

Kinrossshire: Kinross Service area (Jn 6 M90) 01577 863680  
Stirling: Dumbarton Road, Stirling 01786 475019

**Contacts:** Enquiries: Alex King – 01577 840622 / 07885 912200  
(No calls after 21:30)

Email: [dollar@ochilhillrunners.org.uk](mailto:dollar@ochilhillrunners.org.uk)

Web Site: [www.ochilhillrunners.org.uk](http://www.ochilhillrunners.org.uk) (Details of Local Accommodation, and local links will be posted soon)

## Creag Dhubh (Scotland) :

AS : 4.5miles/1225' : Saturday 5th August

Missing Borrowdale and making the great trip north should be well worth it for the Sassenachs – not often we get the chance to take part in a Highland Games and run over a Chieftain's land. Being clapped in by 3000 plus spectators will seem a bit odd too – Ennerdale campsite it won't be!!

**Venue** Race takes place from The Eilan , Newtonmore , Inverness Shire. Grid Ref. NN 708 983; 70 miles north of Perth on A9. At south end of village with Newtonmore Highland Games.

**Registration** On Games field in shinty changing rooms where toilets and showers are available.

**Parking** Highland Games car park in next field to Games. Plenty of space.

**Entry** Entries accepted on day. Postal entries are preferred with SAE for entry ticket to Games field. Fee £2 [no levy]. **Website:** www.newtonmorehighlandgames.co.uk for entry forms will open soon.

**Race start** 3.15pm : entries close 2.30pm : please be early : [last year there were over 3000 spectators at Games].

**Course** 4.5 miles / 1225' : Start on Games field , lap of track , cross car park , through river Calder [swim unusual in August] , cross A86 and follow farm access track to gate on to hill. Well defined marked track for first half of ascent and remainder partially marked to control /check point at summit [GR683 981].

**Maps** OS Explorer 402.

**Records and 2005 results :**

27.07 J. Brooks 1997 : f. 35.08 J. Farmer 1994.

2005 Winners : Andrew Wright 29.24 , Dawn Scott 38.45. V[+40] Gordon Pryde 36.06 : V[+50] Paul Harlowe 39.15 : V[+60] Jimmy Jardine 46.14.

**Prize giving** On Games field as soon after race as possible. Special **additional** prizes of bottle of Dalwhinnie Malt whisky to first 5 males and miniature to next 50 finishers thanks to generous sponsorship from Dalwhinnie Distillery.

**Festivities** Usually dance in village hall after Games. Other things planned but no details yet. Watch Games website as above.

**Accommodation** Refer to Newtonmore Village website : newtonmore.com for local details of hotels , B&B , campsites and hostels. It may be possible to camp near the Games field but permissions are not yet agreed. Accommodation over the Games period in the village tends to become hard to find without booking in advance.

**Tourist Information Centre** Refer to Newtonmore Village website : newtonmore.com

**Contacts** Tom Robertson , Knockmalloch , Station Road , Newtonmore, Inverness Shire, PH20 1AR.  
Phone : 01540 673348. E-mail : knockmalloch@onetel.com.

Games website : newtonmorehighlandgames.co.uk will open soon.

## Sedbergh Hills Race (England) :

**AL : 14m/6000' : Sunday 20th August**

14 miles and 600ft of climbing – a disarmingly hard race with much good running on short cropped fell grass which is interrupted by steep climbs across the grain of the land. Very interesting in mist – a worthy product of ex-Karrimor winner Mike Walford.

**Registration** is in the People's Hall, Howgill Lane G.R.655923. Changing and toilets but no showers. Refreshments at a small charge.

**Parking** is at Sedbergh Auction Mart G.R.655923. This parking is free and less than 5 mins. Walk from registration – PLEASE use it. Do not park in Howgill Lane or the roads around the People's Hall.

**Start and Finish** The race starts on the road outside the People's Hall and the finish is on the football field : access to and from the fell is via Howgill Lane and Lockbank Farm.

**Course** Maps: Harveys Howgill Fells or OS Outdoor Leisure 19 Howgill Fells

<b>Controls:</b>	1. Arant Haw summit	GR 662947
	2. Castley Knotts summit	GR642963
	3. Stream Bend	GR 647997
	4. Stream junction	GR679996
	5. Calf junction	GR668970
	6. Winder summit	GR654933

After the usual mad sprint up the road the fell is reached via Lockbank farmyard. Turn sharp left out of the top pen on to a good path which is taken for only 100m before turning sharp right up a steep grassy bank. Pick up the wide grassy track that traverses under Winder and run it through to the track junction at GR658937. Climb Arant Haw on the obvious good path in front of you.

Descend the west ridge to Chapel Beck, passing a corrugated sheepfold at GR648953. Cross the beck and climb the steep grassy bank ahead to Castley Knotts summit.

Descend west of north to pick up a good path through deep bracken initially but that eventually climbs on to the open fell and a superbly elevated situation above Black Force. Follow the path right through to control 3, stream bend. The big climbs and tricky navigation start now. Climb out of the stream junction to traverse Docker Knott and Simon Seat to their south to descend steeply to Langdale Beck. Wade the beck and climb Hazellgill Knott crossing the ridge to Bowderdale north of the summit. Descent to control 4, stream junction is again steep.

If you have not overcooked it the climb on to the Calf is runnable! From the summit of the Calf (trig.pillar) follow the dreadful new path to the col at GR670962. From here, to avoid climbing Calders, traverse to the west on sheep trods to come out at the fence corner on Calders at GR669959. A wide grassy track which climbs the shoulder of Arant Haw can be followed all the way back to the summit of Winder (trig.pillar). Take the main path off the summit for 800m and then aim for the reentrant at GR652930 – on the Harvey map – and drop into Lockbank Farm. Miss the re-entrant and acquaint yourself with some bracken! Deep stuff!! Retrace the outward route to the People's Hall

**Race records:**

Men : Keith Anderson 1991 1.57.11

Ladies ; Andrea Priestley 2002 2.28.38

**2005 winners :**

Men : Rob Jebb 2.10.35 (training run?)

V40 : Quentin Harding 2.30.06

V50 : Bernard Grant 2.38.36

Ladies : Niki Davies 2.43.41

Prizes for all Championship categories will be presented outside People's Hall as soon after 15.00hrs as possible. Results are by Sportident and will be on the Sportident website by Monday evening at the latest.

**Accommodation** There is plenty of b&b available in Sedbergh itself whilst Dent and Kendal are only 15 mins away. YH's in Dent and Kendal. Campsite – Pinfold Caravan and Camping site – 01539620576.

**TIC-** 015396 20125 website:www.sedbergh.org.uk

## Peris Horseshoe Mountain Race (Wales):

**AL : 17.5m/8500' : Saturday 16th September**

A Classic to rank alongside Wasdale – you have been warned! One to tick off your list of races to do before you get too old/injured/retired.....

**Registration** - at the Community Centre, Llanberis (near the Padarn lake railway terminus). Changing and showers available here. Refreshments also available here. Parking here and in large carpark across the road.

**Entry** – please pre-enter if possible £4 by 12/09- download form from website or £6 on the day.

**Start** - is from the Community Centre- 11.00am. Mandatory kit check 10 mins. before start - finish is up the road by the Royal Victoria Hotel .

Checkpoint (hyperlink to OS Map)	Grid Reference	Additional information
<a href="#">Llanberis Community Centre</a>	SH 578603	Race Start
-	-	Follow compulsory zig-zag route (partially marked) through quarries from incline at <a href="#">Gilfach Ddu</a> to <a href="#">quarry top</a> .
<a href="#">Elidir Fawr</a>	SH 612613	SE side of summit enclosure
<a href="#">Y Garn</a>	SH 631596	N side of summit cairn
<a href="#">Glyder Fawr</a>	SH 643579	SW top
<a href="#">Pen y Pass</a>	SH 647556	Hostel forecourt (before manned road crossing to Miners Track) - refreshments
<a href="#">Lliwedd</a>	SH 622534	Westernmost top (closest to Snowdon)
<a href="#">Yr Wyddfa (Snowdon)</a>	SH 610544	S side of summit cairn (weather permitting)
<a href="#">Moel Cynghorion</a>	SH 586564	Stile on N side of flat summit top
<a href="#">Maesgwm</a>	SH 578572 (SH575583)	(Track/sheep fold) Follow footpath NE from stile (partially marked)
-	(SH579593)	Sharp right turn at café - follow footpath /track through woodland (flagged) to finish
<a href="#">Coed Victoria</a>	SH 584596	Race Finish: Gate at N end of forest track (By the Royal Victoria Hotel)

**Records -**

Men -	Gavin Bland	3-02-49	1994
Women -	Menna Angharad	3-28-14	1996

**2005 results -**

Men -	James McQueen	3-27-02
V40 -	Trefor Jones	3-47-77
V50 -	Steve Jones	4-01-10
Women -	Jackie Lee (6th!!)	3-48-13

**Prize giving** - details unknown but probably in the Community Centre.

**Results** - will be posted on Eryri website on the Saturday evening with more detailed results including summit splits going up later in the week.

As Eryri are a relatively small - and active - Club they are asking for help with marshalling the race. If you cannot run please contact Mike Blake by phone on 01286 831115 or 07778145144 or by email - [eryri@gmail.com](mailto:eryri@gmail.com) - where you should leave your telephone number for Mike to contact you once the message has been forwarded to him. Get online, Mike!!

**Accommodation** - loads in and around Llanberis, camping at Nant Peris near the pub - Vaynol Arms - cheap and dog friendly - not always the case locally. Websites: [www.llanberis.org](http://www.llanberis.org), or [www.nwt.co.uk](http://www.nwt.co.uk) or [www.snowdonia-information-llanberis.co.uk](http://www.snowdonia-information-llanberis.co.uk).

TIC 01286 870765 or email [llanberis.tic@gwynedd.gov.uk](mailto:llanberis.tic@gwynedd.gov.uk)

The Peris Horshoe, this year's final counter in the British championships has gained a tough reputation over the years. If you like steep climbs with plenty of walking, freewheeling roughish descents and not too much fast stuff then you'll love the Peris - racing snakes beware!

The race headquarters is at the Llanberis Community Centre, and on a clear day the checkpoints on Elidir Fawr, Y Garn, Glyder Fawr, Yr Wyddfa (Snowdon) and Moel Cynghorion are all clearly visible from the starting field. The vast Dinorwig Quarry dominates the



Steve Jackson and Len l'Anson at Peris in 1996 (Photo Pete Hartley)

immediate view and at its peak it employed over 3000 men, many of them travelling long distances to work. Dinorwig employed men from over sixty villages and hamlets in Caernarfonshire and Anglesey. Anglesey witnessed a veritable exodus of men every week heading for the quarries on the mainland carrying their rations to the barracks where they lived during the week. Many worked for fifty years or more under this system, only seeing their families for a few hours on the weekend. The race actually passes the 'Anglesey Barracks' where the men stayed during the week - look out for a line of low buildings, set back to the left of the third incline. The Quarry ceased operating in the sixties but the industrial legacy continues beneath Elidir Fawr. the Dinorwig hydro-electric Power Station, comprising over 16km of underground tunnels, runs deep below the mountain. The station's six powerful generating units stand in Europe's largest man-made cavern. Its construction required 1 million tonnes of concrete, 200,000 tonnes of cement and 4,500 tonnes of steel.

Turning to the race route, Gavin Bland set the men's record of 3:02 in 1994, run in ideal conditions in August rather than the usual September. Gavin set off at the back of the field that day, but such was his form that he'd caught the leading bunch by the summit of Elidir and went on to outsprint former record holder Colin Donnelly and win by 7 seconds. Menna Angharad ran the legs off all bar a handful of elite men on a hot September day in 1996, setting a phenomenal women's record time of 3:28. In my opinion her record is unbeatable but the men's record could easily go under 3 hours or even sub 2:55, given decent weather and a full championship field.

The course, as stated earlier starts from the playing field near registration and a short dash to the footbridge, a road crossing and a quick 200 metres up the access track leads to a gap on the left and you're on the inclines (this is slightly different to previous years). From here the climb is unrelenting but runnable, up the old Dinorwig quarry inclines and zig-zagging quarry road up to the 600-metre mark. A steep walk, bearing just south of Elidir Fach, leads to a fenceline - either aim for the fence corner or cut across using stepping stiles, and a final contouring climb across the scree slope leads to CP1, the Summit of Elidir Fawr. The leaders should expect to reach the summit of Elidir in about forty minutes. Colin Donnelly reckons that the Peris is one of the few A longs that can be won or lost on the first climb. Be warned though, go too hard here and you'll die a death on Lliwedd.

The initial rocky descent from Elidir Fawr gives way to fast running to Bwlch y Breacan and a gradual climb along the lower slopes of Foel Goch. The climb to Y Garn (cp2) is a straightforward jog/walk and the descent to Llyn y Cwn, steep at first is very fast lower down. The climb from Llyn y Cwn to Glyder Fawr is the where the race really begins, with several criss-crossing scree paths to choose from, all climbing steeply to the summit plateau. Look out for the stream; it's the only water on the first half of the course. The rocky summit of Glyder Fawr can be confusing in mist so receiving this section is recommended. The descent to Pen y Pass, initially rough, gives way to a short fast section, then a tricky drop and the choice of various grassy gullies to your left. The best line is top secret - a clue is to look out for a big glaciated slab. A final boggy

section to the west of Llyn Cwmffynnon, and a short climb and descent leads to Pen y Pass. Jonny Bland hammered out this 2000 foot descent in under ten minutes in 1994, and still had the legs to finish 4th. Mere mortals usually take 15 minutes plus. Water and Mars bars are a welcome relief here. Bear in mind that the next water stop is on the summit of Yr Wyddfa (Snowdon). Crossing the road and car park there follows a fast 1.5 miles along the miners' track to the climb up Lliwedd. This is where the fun begins, and after a joggable lower section, the walking soon becomes a scramble. This is where the speed merchants will start regretting climbing so fast up Elidir - Mercia and Pudsey & Bramley you have been warned! The scrambling relents once onto the summit ridge but the route choice begins - either stick to the path all the way or follow a rising contour to the left, including some mild boulder hopping, to gain the checkpoint on the further summit of Lliwedd. The contour is about a minute quicker, but is more knackered and very slippery in the wet. The next section, descending off Lliwedd is the roughest section of the race. There's no single best line, but take care not to drop too far left. Next follow the Watkyn path towards Yr Wyddfa, remembering to aim straight for the summit from Bwlch y Saethau. This is an unrelenting uphill slog, with a bit of scrambling thrown in for good measure. Reaching the summit of Yr Wyddfa can be a surreal experience, coming face to face with the world and his wife

enjoying an ice cream or some bloke from Watford on his mobile phone. Bear in mind that it must be even stranger for them, being confronted a line of increasingly exhausted and under-dressed skinny people, appearing from nowhere and just as quickly disappearing again. Remember to take on plenty of water here, as there's still a minimum of forty minutes to the finish. For the descent drop off the tourist path after about 100 metres and run along the railway line instead, remembering to turn left at the finger stone down the Snowdon Ranger path. Very fast at first, this becomes quite rough lower down. There are a number of shortcuts that avoid the nastier bits, so receiving is recommended. The final climb from Bwlch Cwm Brwynog, to the summit of Cynghorion is only 600 feet but it seem to go on forever. The steep, grassy drop from Cynghorion to Bwlch Maesgwm is usually a freewheeling 5 minute swoop for the leaders but if you're knackered it is an agonising stiff-legged hobble. One final exhausting plod from the stream to the Maesgwm path, and its less than a mile of gradual downhill on paths to cross the railway line, briefly join the road before a sharp right by the café into the Coed Victoria woodland. A last sprint and you're at the finish gate opposite the Victoria Hotel. Hot Food and tea is only about 500 metres down the road at the community centre, but you'll probably be so knackered by then that a 20 metre shuffle to lie down on the nice soft hotel car park will do.

## English Championship Races

### Carding Mill Canter :

AS : 4m/1800' : Sunday 4th March

**Starts.** 12 noon ladies, 1.00 p.m. mens.

**Parking.** In the Carding Mill Valley NT car park. £2 or free to NT members. Alternative parking in and around Church Stretton. (10 mins walk away). Please car share where possible.

**Registration.** In the Carding Mill Valley Pavillion. GR 444944. Entries on the day only. Adjacent café and toilets.

**NB.** The future of fell running in this area relies upon the goodwill of the valley residents. Please respect their home by only using the toilets provided and under no circumstances 'pee up the bank'. Thank you.

**Maps.** O.S. Explorer 1:25 000 sheet 217 The Longmynd and Wenlock Edge or 1:50 000 sheet 137 Ludlow.

**Records** - 37.35 T Davies 2005. f 52.12 C McKittrick 2005

**Course:** A classic skyline course traversing six hill tops in all. Spectators with a good pair of binos' will be able to follow much of your progress. Start near the Pavilion. A short road section leads through a cooling ford to the first steep ascent of Cow Ridge. Fast running on tracks, grass and heather take you around the first half of the course over the Devil's Mouth and onto Burway Hill.

As you descend to the valley floor don't forget to take in the views of Stanyeld, Bodbury Ring Roman hill fort and Haddon Hill on the opposite side of the valley. These will be your next objective. You will climb them skirting one of the highest and most scenic golf courses in England. Maybe at that moment a round of golf may seem like a much better idea! Save some energy for a long fast descent, down Mott's Road, to finish through streams into the top car park (The best viewpoint). GR 440948.

**Prize Giving:** As soon as possible after the last runners have finished.

**Accommodation** TIC Website [www.churchstretton.co.uk](http://www.churchstretton.co.uk)

**Contact** Website [www.merciafellrunners.co.uk](http://www.merciafellrunners.co.uk)

### Anniversary Waltz :

Saturday 22nd April :

see details in British Championship

### Lordstones/Wainstones :

AS : 8m/2100' : Sunday 21st May

**Venue:-** Carlton Bank Top Café above Carlton in Cleveland Near Stokesley. N.Yorks.

Follow A172 from A19 towards Stokesley; turn towards Carlton, then follow Alum House Lane, climbing up the single track road through the old quarry area and onto the top at GR. 522.031 O.S. Outdoor Leisure 26.

**Parking:-** Parking is plentiful on the moor top which is well drained rocky terrain covered in a thin layer of grass. You will be directed to parking zones within a 100 metres of the Start /Finish Area.

**Entry:-** £7.00 pre-entry only, essential by post. Universal entry forms acceptable but form is on [www.nym.ac](http://www.nym.ac) website. Cheques payable to Dave Parry. As the entry is limited it will be first come first served.

**Course:-** A map is available on [www.nym.ac](http://www.nym.ac) which you can download . Checkpoints are clearly labelled.

Map best suited is O.S. OL 26. Registration and Start are situated closely together right next to the Café. The route ascends Cringle Moor to Surprise View which is the first check, not that you will see the view at this stage. We do not visit Drake Howe but follow the Cleveland Way along Kirby Edge and down towards Broughton Bank at 546,034. Now ascend Cold Moor which deserves its name, to the highest point at GR551035. Next descent is before the ascent to Wainstones at GR560036. You must continue along this ridge to the top of White Hill at GR567036. At this point there are some alternative descents to the stile at GR572034. From here the route follows a forest trail to GR568040 and GR558040 before ascending to the top of Broughton Bank at GR555036. Follow the edge of the wood until it ends at GR545035. then descend following a well defined path in a NW to northerly direction.to a gate at GR542037. Now

ascend a little gully in a SW direction towards lower Kirby Bank Tips at GR536035. Pick up the old miners path to a stile at GR530035. Now you need to navigate to the re-entrant near the fence and stream at GR527 036. Now to finish you have to ascend Green Bank on any appropriate route to the finish near a large clump of trees just beyond the height mark '301'. Well I hope that is clear as mud as you will no doubt be covered in it should it be wet!

**Prize Giving:-** Will be at the finish area in or outside the finish marquee within a short time after everyone is accounted for. Results will be posted on the day although prizes will be given according to N.E. Hill Running Association Rules for The Summer Series.

**Further Help :-** Contact Dave Parry Tel. 01287 660309 or davidparry100@hotmail.com.

## Ennerdale Horseshoe :

AL : 23m/7500' : Saturday 10th June

The venue: Ennerdale scout camp, Ennerdale, near Cleator Moor, Cumbria. GR 085153

**Race start:** 11.00 hrs on Saturday 10th June 2006. Registration opens from 09.00

The race will use the SportIdent electronic control system. The wrist chip is included in the price of the event

### Facilities

There is redevelopment work going on at the scout camp, if this is completed there will be more facilities available. The minimum facilities will be the use of the upper part of the site with access to a men's and ladies' toilet block. The scout camp has a stream running through it for getting rid of mud or dust depending on the weather. The registration will be from a tent and changing is from personal cars.

### Parking

Parking is at the end of the lane (200mtrs) leading to the scout camp and is limited so please share transport where possible. Remove valuables from sight or from the vehicle all together.

### The route - 23 miles 7000 ft of ascent

The start and finish miles are flagged and must be followed.

The cut off times on the first four check points have been extended by 10min for this year's race as it is a championship race.

	OPEN	CLOSE
1, Great Bourne	11.15 hrs	12.00 hrs
2, Red Pike	11.35 hrs	12.35 hrs
3, Black Beck Tarn	12.05 hrs	13.35 hrs
4, Green Gable	12.25 hrs	14.20 hrs
5, Kirk fell	12.40 hrs	14.45 hrs
6, Pillar	13.05 hrs	15 40 hrs
7, Haycock	13.25 hrs	~
8, Iron Crag	13.40 hrs	~
9, Crag Fell	13.55 hrs	~

Marshals are told that any competitor arriving after the closing times must be told to retire and make their way the safest route to the finish. If they refuse to do this they are asked to make a note to that effect and inform the organiser or finish officials.

The race route requires mountain navigation skills even on a fine day and there are various route choices especially between checkpoints two and four.

Being immune to pain helps as the terrain is rugged and varied and there is very little water on the route. Marshals carry up a small amount and you can gather water from Black Beck Tarn and the odd, often hidden, stream.

Humourless and pleading phone calls have been received from runners who have dropped of the route in the wrong places and ended up in Buttermere or Wasdale. If you think you might end

up doing this it is advisable to carry £2500 for the taxi trip back to the camp sight. The organiser's collection service is £3000 per person.

Winners times vary from 3hrs 20 min and 4 hrs for men and 4hrs 06 min and 5 hours for ladies. 2005 winners were Andrew Schofield of Borrowdale in 3hrs 48 min and Jackie Lee of Eryri Harriers in 4hrs 41 min

### Prize giving

Bibby Distribution and Acorn Coaching & Development sponsor this year's race for the second year. Pete Bland sports supply the numbers and vouchers. Prizes will be in the form of equipment/shop vouchers and spread throughout the categories with additional spot prizes.

The prize giving will be between 17.00 and 17.30 when most of the runners have returned.

### Contact

For questions and details contact the organiser Colin Dulson by e-mail Colin@acorncoaching.com

## Sedbergh : Sunday

20th August :

see details in British Championship

## Thieveley Pike :

AS : 4.25m/1300' : Saturday 28th September

Typical Pennine race - fast and furious with not much technical ground - no scree or fun stuff...

**Registration** - is at Holme-in-Cliviger CE Primary School Hall (opposite Ram Inn) GR SD 875285

**Parking** - traditionally limited; please park as directed by marshals NOT just where you like! A field next to the start field is usually available.

**Course** - is all off road - no tarmac at all! The start and finish is in the field across the road from registration and passes over varied terrain. From the field there is a newly laid bridleway before a steep rough climb (250 ft) that levels out over rough pasture and meadow. Then there is a second steep climb (200ft) to a long ascent over tussocky moor to the trig. point GR872272.

The descent is runnable over open moorland. The final drop off is steep and narrow leading to a farmer's lane and finish in the field next to the main road, a quarter of a mile from the start GR878283.

### Records - 2005 winners -

Men - Michael Corbishley	Rosendale	26.08
M40 - Ian Greenwood	Clayton	26.49
M50 - Mike Walsh	Kendal	27.49
M60 - Barry Mitchell	Clayton	30.24
Lady - Jo Waites	U/A	29.00

**Accommodation** - There is no accommodation available in the village or that close. TIC 01282 664421

## "Fellrunner" apology.

"The Fellrunner" editorial team would like to apologise to Roger Ingham for the erroneous credit at the end of the Bradley Family Day Fell Run report on page 76 of the October 2005 magazine - as it stands it sounds as if Roger is being a shade egotistical in the remarks in the last paragraph.

However, Roger did **NOT** write the report and had no knowledge of its content - the report was, in fact, written by Jim Rosser and I have no idea how Roger's name came to be at the end of it but, once again, profuse apologies for any embarrassment caused.

# "Are You Getting Enough Protein With Your Breakfast?"

"Kick Start Will Make Sure You Are".



**Do you know how important protein is to your athletic performance and how detrimental a lack of it can be?**

**Do you know how much protein you are taking in daily?**

**Do you know how much protein you need and how to take it for optimum benefit?**

Don't worry if you don't, you'll be in the majority.

With the exception of water, protein is the single most valuable nutrient in the human diet. You need to take in substantial quantities per day but your body cannot store it and it can only take in a limited amount at a single sitting.

For example if you weigh 70 kilos, train regularly and compete, your body will need more than 100 grams of protein daily. But it can only absorb about 25 grams at a time approximately every three hours.

This means you will need at least four and preferably five meals per day containing 25 grams of protein each time.

### Why is it so important?

Protein is muscle food. It's the thing that repairs and rebuilds your muscles and without strong muscles you can't run at all.

So if you just take a bit of trouble to get your daily intake right you'll improve your performance no end and eliminate a lot of exercise related muscle problems.

And where better to make a start than with the main meal of the day - BREAKFAST!

If you're typical of the hundreds of athletes I've spoken to over the years your breakfast is probably a rushed affair and it's probably carbohydrate biased: cereals, porridge or toast. This is fine from the energy point of view but will only deliver roughly 8 grams of protein.

This is well below the 25 grams you should be taking in.

It is particularly important to slot in the first 25 grams of the day as soon as possible after an all night fast. Now I know that our modern lifestyles do not lend themselves to elaborate breakfast preparation so this is why we've come up with a modern solution - Kick Start®.

### Good News

The good news is that you have no need to change your breakfast routine, after all you need the carbohydrates for energy and to help drive the proteins into your muscles.

We've developed a delicious 'meal topping' protein formula, made from dairy caseinates and whey, which when mixed with milk will deliver a desperately needed extra 16 grams of protein to your hungry muscles.

So by all means carry on having your cereals, porridge and toast but top up the protein using Kick Start® as well.

Kick Start® comes in three delicious flavours - Strawberry, Banana and Peach. It's dead easy to mix, just add the milk to the recommended amount of powder in a screw top jar and shake or use a blender if you're not too pushed for time. You could even mix it up the night before and keep it in the fridge ready for the morning.

"Kick Start® provides a nutritionally balanced mixture of easily absorbed proteins and carbohydrates to nourish my athletes through their early morning sessions - be that an early-bird swim or a bike session on the way to work. In the past I have had concerns about the benefits (or indeed limitations) of training on an empty tank but Kick Start® means this is a thing of the past.

**Dr Auriel Forrester**  
Former Head of Sports Science, Luton University  
BC and ABCC Senior Coach, Sport Scientist and former World Masters Pursuit Champion

The pack size is 1 kilo (30 servings) with a handy measuring scoop included. Each pack costs just £12.95 plus £4.50 post and packing. 2 or more packs post free.

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No need to take my word for it, I'm so confident you'll like this product that I'm prepared to offer you a FREE trial sample, so that you can try before you buy. (One sample only per person and don't forget to tell us which flavour).

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# Access and Environment

February 2006 - from Chris Knox

Isn't it funny how some things change over a year and others seem to stay the same? Football continues to get more expensively boring and yet cricket is now cool and exciting - no doubt football will probably come up with some meaningful trophy this summer to restore the balance. Hey, and maybe even realise that the 1st Division is actually still the 3rd!

Anyway, this time last year the foot of Wansfell was a sea of mud and cow muck, the fell was in cloud and hardly any runners managed to stay upright for the whole race, whereas this year it was clear, dry and frosty, no cows and we only had one 'faller' of note.

Now Wansfell, to the uninitiated, is a short winter race that has been blessed with weather from most extremes over the years, it's under 3 miles long and most of the fell route is visible from the finish area (unless the cloud is down).

So not much need for safety kit I hear you say?

Well this runner was certainly glad of his own kit plus the hat, survival blanket and physical help from other runners, before the well equipped marshal and subsequent mountain rescue team took over. He'd gone over on his ankle down the first descent, heard a crack and hadn't been able to stand up again on his own. A sub-zero temperature and the imminent threat of snow added environmental factors making a fairly minor fall into an incident. It certainly provided a sharp reminder, if one was ever needed, of how fragile we can be.

The value of carrying spare kit and that the race rescue procedure does work was certainly well demonstrated - well done everyone.

## Hospitals

That leads me on to another tack with minor injuries. Cumbria has something like 50% of the land mass that makes up the North West but only around 7% of the population, in fact a very rural county. To that end a lot of our basic services are delivered on a localised basis, such as the NHS. These are delivered from cottage hospitals such as Alston, Cockermouth and Keswick. Possibly not the cheapest to run but invaluable to the communities they serve - Keswick alone can expect to deal with well over 5,000 minor injuries per year and the proximity of the services helped our medical cover for the 2005 World Masters event. Anyway, in order to save money, the local NHS Trust want to close their (our?) cottage hospitals and reduce the number of community beds from 180 down to 90.

So if this goes ahead, just don't get a minor injury and expect hospital treatment in Cumbria, you'll probably end up in Manchester or Liverpool as I think it's one of those two who's going to run the Cumbria Police, Ambulance and Fire services. Can anyone explain the added value of all this to Cumbria?

## Recovery and Repair

During the second week of January last year floods in North Cumbria caused havoc and misery, especially in Carlisle which was mostly under water. There are still many properties not yet fit for habitation and a few visual scars will remain for some time. All this water wreaked havoc with many of the upland paths - minor earth slips and slope failures occurred, millions of tonnes of gravel and stone ended up in the river systems. Now with the National Park Authority's urgent need to repair the paths, often using a helicopter to lift material in, and the obligation

of the Environment Agency to maintain the water courses by removing the stone and gravel, wouldn't it be great if it could be returned to the fell as a joint operation or project. It may even reduce the demand to 'pitch' some routes and retain the character of our wild uplands. Just a thought.

## Wind turbines

Speaking of character, some of our uplands will be changing with the addition of wind turbines seemingly against local wishes. If we have to have them, I hope they last longer than the 3 year old one at Nissan's Sunderland plant, the turbine caught fire causing the A1 to be closed until the burning blades fell off. Mind you if it caused the A1 traffic to be stopped for a few hours does this make it a carbon neutral contribution?

## Litter

I see from the forum that litter in general and fell runners' rubbish in particular is having quite an airing and, on behalf of all race organisers, a big thanks to those of you who pick up others' rubbish in a race or when out training. We shouldn't have to do this still but we do. Now it can surely only be a handful of culprits that seem determined to leave their mess. Are they never seen? I'm sure they are. If you see one, just let them know they've dropped something, or even better give it back to them if you dare! I should say thanks to the litterlout who left his/her surplus 'SiS' kit near one of KIMM checkpoints, but I won't. What drove them to carry a couple of months' supply of recovery powder in the first place beats me. It was bought from 'The Jog Shop' in Brighton so that might explain it and certainly narrow the search for the offender. The weather on the KIMM day 2 was an extreme test of kit and personal preparation, being a marshal for the weekend wasn't such a soft option, I was so

pleased my little tent only shredded a little round the edges, unlike me who has hardly been able to run since. This was the last KIMM as such, 2006 will be the first OMM, but I bet we'll still be tripping through tussocks, bungling in bogs and discovering just how many re-entrants there are at any particular grid reference and we'll get that extra hour of misery in bed as the clocks go back.

Good place for a plug, if you don't get in to Kettlewell for your FRA Safety and Navigation in April, there's always Elterwater in September.

## Wildlife

Red Kites being successfully released in Durham and Red Squirrel reserves being established are two positive things to mention, Badgers and Bovine TB and Wild Boar escapes are two possibly negative ones. The Badger debate is certainly continuing to generate some divided opinion, Wild Boars are going to go the same way. Yes, they did exist in Britain until hunted to extinction and yes, people do breed them in captivity now for the food market. Over recent years there have been odd escapes and deliberate 'releases', but with no natural predator and being perfectly built to dig up any land, they may well become a pest. Add to that the increased risk of Foot & Mouth and the spread of swine fever, you can see the polarised debate forming. Would we like to meet Wild Boar on Wildboar Fell again while out running? Or is this one species that now needs to be managed within a secure farm?

Looking forward to Spring? Why not start looking out for your first 7 spot ladybird, frogspawn and red-tailed bumblebee of the year and record your findings at [www.bbc.co.uk/springwatch](http://www.bbc.co.uk/springwatch).

# Scoffer : A Profile

by Graham Breeze

## Hard Man? Wonderful Company!

After winds of 70mph were recorded at the Pendle Half Tour in 2004 Scoffer was heard to say, "It was a hard man's race out there today", but then this was the man who was second in the 2002 Three Peaks Race during which 57 runners suffered from hypothermia and three runners went to hospital. I was at the Hill Inn that day (not running but writing) and saw Scoffer arrive, shortly after Simon Booth who went on to win. Scoffer paused to put on his over-trousers for the only time in his fell racing life and carried on to yet another second place. "People knock the Peaks," he says, "but I like a race with plenty of running with not much rough stuff, which is why I love Buttermere Sailbeck and why, after being second three times, the Peaks is the one race I would still like to win more than any other."

A hard man for sure but when I approached Scoffer about writing this profile he was leaning on a bar, allowing Rob Jebb to benefit from some of his reflected glory - or at least that was how Scoffer explained it - and I mentioned that I needed to finish some home decorating before I talked with him at length.

"Ah!" he said "you must be the Dustin Hoffman of *The Runner*. You need to get to the very soul of the people you interview by first experiencing their lives in depth".

I thought this instant response epitomised Scoffer's dry wit, his warmth of character and his movie knowledge because Hoffman is, allegedly, incapable of just acting a part, he has to have *lived* it. Which gave him all sorts of problems when he had to play a woman in "Tootsie".

## "I've Only Won When Nobody Else Was There"

Scoffer never won a race as a junior: "I was competing against runners like Robin (Bergstrand) and Gary (Devine)". He did once come first at Turnslack (see picture) after flagging the course for his then club Rochdale. However he went off course in the race and although he was followed by the rest of the field his diversion was reported by his best friend and he was disqualified! So make sure you follow your own flags or choose your friends carefully.

His first recognised win was therefore the Tour of Pendle in 1991 after "I'd lost a bit of weight". Most people would think the Tour is not a bad race with which to start a winning career and he went on to win the race again in 2002 and 2003. When I asked how many races he had won he said, "Oh! Only about 20" but given that these



A teenage Scoffer heading down to win Turnslack 1985 - only to be disqualified!! (Photo Andy Sumner)



A slightly older Scoffer at Holcombe Tower in 1987 (Photo Pete Hartley)

include Wasdale, Ennerdale, Duddon Valley (twice), Wadsworth Trog, Old County Tops (three times), Manx Mountain Marathon, Grisedale Pike, Helvellyn,... the probability is that this modest man has won many more. In fact on the day I spoke with him at his new home in Thornwaite, near Keswick, which looks onto Ullock Pike, he had won Blake Fell earlier that afternoon so one might conclude that his modesty is huge or his memory is poor. Indeed he seemed to be

more animated by his many second places, "usually to Gavin", than his victories.

The statistics tell another story and Scoffer should be proud that he is one of only five men to have won all three of the races designated by the Lakeland Classics Trophy as "Superlong" events, i.e. Duddon Valley, Ennerdale and Wasdale. The other four men are Gavin Bland, Simon Booth, Andy Styan and, of course, Billy Bland.

His proudest victory was Wasdale in 1992 although he believes his best ever performance was Edale Skyline ("Another race I'd love to win") in 2000 when he came second in 2.38.33. "I beat all the Borrowdale lads, Mark, Jonny, Jim but Andy Trigg was fantastic that day and he beat me with 2.36.20."

He claims there were a couple of years when he won nothing. "The trouble was that if I turned up to race with Gavin, Simon, and the others from Borrowdale it was like a Championship counter every weekend so eventually I had to go off to win Roseberry Topping to break my fallow period". And for those who do not know, Roseberry Topping is a 1.5 mile race and Robin Bergstrand's record is just 10.20 and dates from 1992.

More recently he has raced abroad and dropped out of Wasdale 2005 so as to be fresh for an adventure race (three days of 5-hour runs plus a 22 hour expedition) in Greenland where he joined Andrew Davis, Nicola Davis and Ben Bardsley in the Saab-Salomon team. "I had to swallow my pride a bit," he said, "since I have never thought much of these events where competitors have to climb up slippery poles and deal with shark infested custard, but it was good fun." "And how did you get on?" I asked in ignorance. "Oh, we won!"

Nevertheless whilst racing in Greenland may be different he would still like to win a Lake District Mountain Trial and a KIMM, but he first needs the organisers to remove the overnight camping bit and the need for navigational skills. And he would also like to achieve a good number of consecutive peaks, although at 38 years he has no aspiration to try and eclipse Mark Hartell's record of 77 peaks in 24 hours, primarily because he knows he is not good enough.

However there are other races he has no desire to win. "If you are 6' 3", weigh 14 stone (which he attributes, tongue-in-cheek, to "heavy bones") and are gormless you need a bit of room and so I hate Langstrath with its narrowness and Two Riggs where I spend the first part of the race trying to duck under overhanging trees."





Working hard up Wasfell in 2000 (Photo Pete Hartley)

special "Women in Fellrunning" issue. Well he did and the photograph did and 15 years later it may well be the only thing that people remember from that issue. One picture is worth ten thousand words?

### Background

Scoffer then lived in Rochdale and had run at school since the age of 11 or 12 in cross country etc. He joined Rochdale Harriers (with Robin Bergstrand who is a year older) and he credits Kev Shand and Geoff Read with introducing him to junior fell racing. "When I was 16/17 years old they would take me out for 3 hour runs and many times then left me behind to walk back along the Rochdale Canal in tears." I suppose one man's "cruel" is another man's "character forming" but presumably this explains why Scoffer now finds Wasdale to be a piece of cake.

He also played basket ball (6'3" remember) then and he still plays cricket for Braithwaite but "fell running has been my life for over 20 years."

So it may have been but everyone has to earn a living and Scoffer has been a painter & decorator since he left school with a handful of GCSEs including "Trade Cookery". He might have stayed on to do "A" levels and perhaps ended up as a Quantity Surveyor but instead he started working for a local decorator, and got his C&G qualifications, to pay for his frequent trips to the lakes. Eventually he moved to Ambleside in 1992 "where the grass would be greener and the pavements would be paved with gold" to work for the National Park and Patterdale Hall before eventually becoming self employed. Although after Rochdale Harriers he ran for Rossendale for a couple of years, he eventually became one of the first members of Borrowdale Fell Runners and is now Chairman. Committee meetings are short.

### "I Want To Put Something Back"

I have increasingly warmed to Scoffer as he has progressed in the Lakeland Classics Trophy. He was 3rd in the inaugural year, then 2nd and then won it in 2004 and 2005 helping Borrowdale to the Team prize they have won in three of the four years of the Trophy. He thinks saving the great Lakeland "Superlong" races is important and he will play his part by turning out. The word integrity comes to mind.

It is this feeling of "putting something back" that partly explains why Scoffer organises the Steel Fell and Glaramara races and has recently taken over the Borrowdale Fell Race although, modest to a fault, he insists that he is merely the name in the FRA Calendar and that the real work is done by his wife Sharon, whom he praises to the sky for her great support for his running, Anne Bland, Len l'Anson and so on.

Similarly, although he is to organise the Ian Hodgson Relay in 2006 with Jon Broxap, he insists that "Jon is the man and I am just his lackey". When asked why he had agreed to become involved with what Dave Hodgson has described as the equivalent of organising four simultaneous fell races Scoffer's response was that "it is a great event and it cannot be allowed to die".

Simple really. Someone has to do it, so he will.

Borrowdale Fell Runners have, of course, won the event in all 10 years of the competition and only Gavin Bland and Scoffer have been in every winning team.

### Scoffer In A Blazer

Scoffer's commitment to fell running also extends to committee work. A past member of the FRA Committee he rejoined three years ago because he felt it important that the FRA Committee included members who are relatively young and still actively competitive. Although much of the political world of athletics leaves him cold he respects the time and effort that people like the Chairman, Alan Barlow, dedicate for the benefit of fell running. He recognises that much of this effort is unfortunately not appreciated by most of the FRA membership but he has no sympathy for whiners and suggests that those who complain should just turn up to an AGM, get elected to the FRA Committee and actually do something.



The internationally notorious photo from "Up & Down" (Photo Geoff Read)

### Corker!

I, along with presumably most of the subscribers to Dave & Eileen Woodhead's "Up & Down" magazine (12 issues published between July 1990 and July 1992), gazed in awe at the photograph of Scoffer, whistle at his lips, sunglasses drooping, zip... well... unzipping: all under the title "CORKER!" in Issue #1. Who would argue- then or now? Is it from this time that the anecdote of "Scoffettes" following him from race to race begins?

Asked why he agreed to pose he replied that Boff Whalley and Geoff Read, who used to write "The Fellalternative" section, asked him to liven up a



Sizing up the next person to overtake at Sallbeck in 1998 (Photo Pete Hartley)

## If You Were Writing A Profile?

You could spend a lifetime talking to fell runners and still not find anyone who did not kneel before the achievements of the unsurpassable Billy Bland and his prodigious feats. However Scoffer's respect is not so much for Billy's talent, of which he clearly had more than most, but for his dedication to training and so one is not surprised that Scoffer trains every day. He usually runs during his lunch hour, "my customers all know me so I don't have to pretend I've gone back to pick up some paint to get away for a run" and he goes for a long run every weekend, usually with Andrew or Jim Davis over Latrigg or Blencathra.

When he's training seriously he might run up to 12 hours a week which means he doesn't really have time for tapestry or learning the lute; but he does play darts with Gavin on most Fridays and "he's a terrible player!"

He admires Bob Whitfield, Harry Walker, and still remembers the first time he beat

Harry on the descent into the Hodder Valley Show race, Rob Jebb, "he races hard and he plays hard" and he believes the massive achievements of Ian Holmes have not been fully recognised.

"But the best all rounder has to be Colin Donnelly. He has done everything: roads, cross-country, World Trophy, and he goes

out and does those 6 day runs in Scotland on half a Weetabix!"

He also respects Gary Devine who is about a year older. "Gary is an interesting character and he is still there, keen as ever, getting the Pudsey lads out and running well 15/16 years after his British and English Championships" (1990 and 1989 respectively). Warming to his dream of being a sports journalist and with the evidence of his *Fellrunner* article "Borrowdale Fell Runners - The Purple Peril Unmasked" suggesting that this might have been his métier, he added that, "Gary got a bunch of us free Pie and Chips after the Ben Nevis in 1988. We were in a chippy the night before and I said to the owner that the scruffy git standing next to me with the red and purple Mohican haircut was going to win the Ben the next day and the owner said 'Bollocks. If he does you can have...'" The rest, as they say, is history.

## Michelangelo Who?

So we have a regular race winner of some of the toughest events in the Calendar, multiple-race organiser, committee man, husband, painter and decorator; and a man of staggering modesty who will be embarrassed by this profile.

However I believe Scoffer's ability and contribution to fell running have been grossly under recognised. Only 38, he may over time become one of the most influential figures in the sport. Should we compare him to Renaissance Man?

The Michelangelo Buonarroti of the fells?

Of course not!

Andrew Schofield - Scoffer, would just guffaw!

Scoffer is also a member of the FRA Championships Committee and I think the work of this committee has been enhanced by his presence as someone who actually competes for prizes in the races selected and so brings a down to earth realism to what could become an arid intellectual exercise.

On a broader front I also believe he transforms discussions at the FRA Committee. After lengthy arcane, ethereal debate by the intelligentsia Scoffer will suddenly break in with, "Well I don't agree, like, because..." and everyone stops to listen because we all know that he speaks for the majority of fell runners who care little about, say, international mountain running and care nothing at all for the politics of athletics.

Scoffer has sympathy for the "fell running is a simple sport" ethos, thinks "results on sticky labels work better than Sportident" and "you can organise a fell race out of a car boot": and many will say he is not far wrong.

He also wonders if young runners today are over-protected. "I was doing races like Ennerdale in my late teens and I am still doing them twenty years later so it does not seem to have done me any harm".

However, whilst he may be nostalgic for an earlier age of innocence he recognises that we now live in the era of Risk Assessments and litigation: "if organisers today sent juniors up Sedbergh for a couple of hours like they used to do with us; they'd be put in gaol!"



Scoffer at the Three Peaks in 1991 (Photo Pete Hartley)



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# A LONG AND SLOW JOURNEY: THE DUNNERDALE FELL RACE

from Ben Abdelnoor

The Dunnerdale fell race is short and fast: for me though this race was a very significant milestone in a long and slow journey. To run the Dunnerdale was a very personal occasion, an emotional event. Simply being able to run the race was something I was very thankful for. I would like to share something with you, perhaps giving you cause to reflect and also be thankful. This is not meant to sound pious, nor to be a lecture. I simply hope that each of you can read this and feel a little more appreciation for what we have in the sport of fell running.

You might have seen me finishing the Dunnerdale race on that torrentially wet Saturday last November. I ran up the track, turned into the field and through the finish funnel. I stopped running and stopped my watch; I cried. Cried tears of relief, happiness and thankfulness. It is a moment I had dreamed of, both day and night, for fifteen frustrating and painfully long months.

Fifteen months earlier, on one beautiful winter August morning in New Zealand, a paragliding accident left me with a broken back and the prospect of never running again. I was airlifted off the hillside and rushed to Christchurch Hospital. An MRI scan revealed a crushed lower vertebrae and I was transferred to a specialist spinal unit. I had also suffered nerve damage down one leg and destroyed a spinal disc. Every doctor, nurse, physio and surgeon who visited me in my hospital bed simply

shook their head in amazement. They could not believe I could suffer such injuries, do so much damage, yet not be paralysed. They said I should be in a wheelchair. Someone was watching over me.

Pain, tears, frustrations, sleepless nights, operations, infections and thousands of antibiotics, sleeping pills, pain killers, and anti-inflammatories, I don't need to go into the agonising details of my long recovery and rehabilitation. I had to learn how to walk again. I had screws in my spine and brackets to hold the spine together. I spent a further six months in New Zealand before I was strong enough to fly home.

What I want to get across is that although I am limited in how far and how often I can

run, *at least I can run*. There is no pain or discomfort now when I swing my legs out of bed each morning. And every morning as I my feet rest on the floor to start each day I say a prayer of thanks, knowing that I can, if I want, go for a run. Believe me, it is a wonderful feeling to have that assurance. It so nearly was taken away from me forever. One doctor was of the opinion I would never race again.

We all love fell running. For some, like me, it is more than love; it's a passion. No doubt you're reading this magazine because you love fell running. You're reading this article because you love fell running. Take a moment just to reflect on one thought: *that of never being able to run again*. Have you ever thought it before? It is a horrible thought. I think the message I want to convey is this, as fell runners we all have a talent, and we should always look to make the most of this talent, enjoy it and appreciate it. When you next get lost on a training run, or are disappointed with your race time, or angry that your navigation let you down, or annoyed that an injury has put you out for a few weeks, just smile and say a silent 'thank you'. A 'thank you' that tomorrow is another day. Another day will come when you can run.

*(I would like to thank my brother Dan and his wife Jen who live in New Zealand. They looked after me in the months following the accident. Their love, care and encouragement have got me where I am. My thanks can never repay their kindness.) - Ben Abdelnoor*



Ben at Dunnerdale

## Grisedale Tarn

by Peter Travis

Below Sandalfr's shieling and touched by  
Helvellyn's periphery  
there lies a tarn where ancient warriors,  
on pain of death, despatched the golden cinlet  
of a crown that once had lain secure  
on Dunmail's head, the monarch of Strathelyde.  
Beneath a rough-hewn cairn the body  
of the Celtic king was laid to rest.  
Before he breathed his earthly last  
he swore that Saxon should not flaunt his crown.  
"Till Dunmail shall come again!" his warriors cried  
and hurled the glinting metal into the stillest waters.

And if beside the tarn you should be  
and think your mind has some deceit  
to play you for the fool  
when on the furthest shore are men  
who take a glittering golden crown  
from watery depths with looks of triumph  
spread across their ghostly visages,  
then follow them with silence that befits the grave to  
where, beneath the cairn, the monarch lies.  
Each one with blooded sword and spear  
disturbs the sleeping warrior-king,  
"Not yet, not yet, wait awhile my warriors."

# 2005 World Mountain Running Trophy

Wellington, New Zealand.

England Team Report by Mark Croasdale

**T**ravelling to the other side of the world for the World Mountain Running Trophy sounds great and pretty glamorous, but in the light of day nothing could be further from the truth. It was a long way to go for a short period of time and gave very little recovery. The only bonus of spending a short time in Wellington was that we had fewer days in the far from ideal Wellington Backpackers' Hostel. I've been in the Royal Marines for over 20 years and have experienced quite a few living conditions, but the Backpackers' kitchen on a number of mornings was to put it mildly an embarrassment to the organisers. Remember these are the final few days' preparation for the teams' major aim of the season. There was also a lot of drunkenness and bad behaviour from other residents, as well as live bands in the basement until the early hours!!! To cap it all myself and Steve Fletcher, the Junior Team Manager, spent a number of mornings food shopping for 20! New Zealand may have a couple of World Champions, but catering for the rest of us wasn't one of their strong points.

Anyway with that out of my system let's get on to the good part of the trip - the World Trophy itself. With no medals to show from an up and down World Trophy you'd have thought it was a bad year, but again nothing could be further from the truth. We were unlucky not to come home with a number of medals and on another day that would have been the case.

The course was right on the edge of town and the start and finish had spectacular views; above you were the tree covered hills and along Oriental Parade was the golden beach. Each race was run on a 4.3km loop with 310m of ascent, from one lap for the junior women, going up to three laps for the senior men. The course itself was quite different to anything I'd encountered at a World Trophy before, the hill sections were short but very steep, it had many twists and turns, gradual uphill grass sections and a bit too much road for my liking to link up each loop. The down hills were good, the only problem was as soon as you got going you had to slam the brakes on to turn a sharp corner. But no one can say it was easy, it was a very tough course. From a spectator point of view it was great, there was also a massive TV screen showing everything as it unfolded out on the course.

As with most World Trophies there's usually an open race and in Wellington it was no different, the race was won by our very own Tim Austin, the win and experience will have given Tim a lot of confidence for next season when he'll be pushing to make the team.

The first Championship race of the day was the Junior Women's race and was won impressively by Jioulia Mochalova of Russia. The need for any race preparation was well and truly thrown out of the window by this girl who arrived on race day in the early hours and probably had about 2 or 3 hours sleep! First home for England was Rachael Thompson with a superb 7th and was only 5 seconds off a top five position. Next season it's a move to the senior ranks and if Rachael keeps training and racing the way she is, I'm sure she'll make an impact very quickly. Next in was Dionne Allen in 12th and Dionne was only 12 seconds behind Rachael such was the quality of competition, in fact only 27 seconds covered positions 5 to 13! England's 3rd finisher was Emma Stuart

coming home 22nd. Emma wasn't happy with her performance, but time is on her side and she will come back stronger and faster in the future. The team finished 4th and this was a good result against some very, very strong teams.

Next up it was the Junior Men and again we had high hopes of a good team performance, but an untimely illness took its toll. First home was Jonny Mellor in 24th, closely followed by Alistair Brownlee in 27th and Jason McGonigle in 29th. Jonny will be moving up to the seniors next season and this result doesn't do justice to the way he had been performing over the year; Alistair was always going to find it tough as the week before he was representing Great Britain at the World Triathlon Championships in Japan and had flown straight to New Zealand to join us. The best performance was that of Jason McGonigle, by some accounts he was the surprise package to make the team but justified his selection and had a great run. Hopefully Jason and Alistair will be back next year stronger and more experienced. Our 4th runner, coming home in 38th was Chris Doyle in his 3rd World Trophy appearance and last as a junior, but when you're ill no matter how hard you try you cannot overcome the odds in quality races like these. The race was a major disappointment for Chris, but I hope it will make him more determined to come back next year as a



Billy Burns comes in at the World Trophy  
(Mark Croasdale)

senior. The team finished a disappointing 9th but all will have gained experience for the future.

The first Senior race of the day was the men's, which is a change to the normal format, but there wasn't any change to the winner as local boy, Jonathan Wyatt retained his World Title. He won by over two minutes with a very impressive display of front running. Our first finisher was Billy Burns in 16th position and once again he showed why he's been one of England's best over recent years. Billy said he was happy with his run, but when you have a bronze medal in the cabinet and five other top ten performances I'm not so sure? Next in was Lloyd Taggart in 18th only five seconds behind Billy and considering Lloyd missed the team flight and only arrived on Thursday afternoon he ran a superb race. But this didn't surprise me as Lloyd doesn't play by the normal rules of running and with a bit more belief and preparation, who knows what he could achieve. In 33rd position was John Brown, which was a very creditable performance due to his injury problems. John had been struggling in Europe this summer, but made a big effort to come home and win the trial with a gutsy run, next year injury free he'll be back to his best. In 39th was Andy Norman making his World Trophy debut, to come off the track in July, he ran very well to make the team and he should be pleased with his

performance in Wellington. There's more to come from Andy and I know he's determined to improve next year. 5th in was Rob Hope only a few places behind Andy in 43rd, Rob had been competing on all fronts in the summer and it's very hard to compete well at everything, but once again he put in good performance. I'd just like him to put the World Trophy a bit higher on his priorities. Next home was Rob's brother Danny, another to go down with illness, but credit where credit is due on a tough three lap course Danny could have dropped out at any stage, but he didn't and finished even if it was a disappointing 87th position, a long, long way off what he's capable of. It was another 4th place for the team only a few points behind the French.

The last race of the day and by no means the least was the Senior Women's and once again we had high hopes, the winner was another Kiwi, Kate McIlroy, who, like Jonathan Wyatt, ran away from the field. England's first finisher was Mary Wilkinson coming home in a brilliant 4th position; Mary was always in contention and ran a great race. Her build up and preparation to the World Trophy deserved nothing less than what she achieved. Next home was Natalie White, running her 5th World Trophy; this must rank as her best performance yet. Natalie's had a great year and 15th position in the World Trophy reflexes how much progress she has made.

3rd in was Christine Howard, another making her World Trophy debut and had an excellent run in 29th. Christine like Mary and Natalie has had a very good year and will build on that for next season. 4th in was Victoria Wilkinson, who had been having a great year until the World Trophy, the one place you don't want to have a bad run is at your major aim for the season, but that is exactly what happened here, for what ever reason Victoria never got going and came in a disappointing 31st. But you don't become a bad runner over night and Victoria will bounce back, she's too good not too. The team again finished 4th on a count back which was very unlucky indeed.

This was my seventh World Trophy, but more importantly my first as a team manager. It was a privilege to take the team to New Zealand and I enjoyed every minute, I was kept busy while in Wellington and had plenty to sort out, but this was made all the easier because of the great support given to me by Steve Fletcher, (who's doing a great job with the juniors and don't let anyone tell you different!!) and by Denise Park our team physio, who worked her socks off getting everyone fit and on the start line - by the way everyone also got to the finish line. And finally because of the team itself, no one complained, everyone got on well and team spirit was good. If we can build on this for the next World Trophy we'll surely give the Italians a run for their money.



The England Team. (Photo Denise Park)



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# PHYSIO'S COMMENTS

from Denise Park

First of all, my sincere apologies to everybody who rang for an appointment after my article on 'Fell Runner's Knee'.

I am extremely busy and obviously have to give priority to existing patients BUT I am taking on a new highly experienced physiotherapist soon, which will hopefully release some appointments with me. You are all on my waiting list and I promise I will see you sometime!!

In September '05 I attended the World Masters Mountain Championships in Keswick as one of the event physiotherapists. As part of the medical team I had a very busy day tending to approximately 60 runners with injuries ranging from blisters to dehydration. On the Sunday morning I received the comment :- " Don't worry you're on a free holiday to New Zealand next week, you'll have plenty of time to recover!"

I decided that perhaps not everybody understood my role when travelling with the England Team, so I would write a diary of my trip to New Zealand as Physiotherapist to the England Mountain Running Team for the World Trophy Championships!!

## World Trophy, September 2005, New Zealand

### The Physio's Diary

#### The Teams

Senior Men	Billy Burns John Brown Lloyd Taggart Robert Hope Danny Hope Andy Norman	Senior Women	Mary Wilkinson Victoria Wilkinson Natalie White Christine Howarth
Junior Men	Chris Doyle Alistair Brownlee Jonathan Mellor Jason McGonigle	Junior Women	Emma Stuart Rachael Thompson Dionne Allen
Officials	Mark Croasdale - Senior Manager Steve Fletcher - Junior Manager Denise Park - Chartered Physiotherapist / Female Official		

#### Sun 18th Sept

My birthday and off to New Zealand!!

#### Tuesday 20th Sept

Arrive at the Base Backpackers Hostel, Wellington, 4 p.m. after 43 hours travelling (the American team is in a 4\* hotel). I am allocated a room with two of our men, but thankfully Mark offers me his single room which will also act as my treatment room! Steve takes the Juniors and some of the Seniors for a jog around the course whilst I unpack and set up my treatment couch. As the hostel is self-catering, Steve and I rush to the supermarket to buy provisions for breakfast.

Mark, Steve and myself then accompany the Juniors for an evening meal. Hardly a word is spoken and the Junior Girls are falling asleep at the table!! Return to the hostel to try to catch up on missed sleep, although body clocks are totally confused at this stage.

#### Wednesday 21st Sept

Woken at 1a.m. by a drunk male who has managed to access my room- obviously his swipe card also opens my door! There is lots

of noise and singing outside as the hostel is on the main street and situated next to numerous nightclubs. There aren't only athletes staying at the hostel and obviously some are on holiday having a good time. Eventually the guy leaves my room after his second visit ( and after he has urinated on my floor!) At 3.30a.m. John Brown threatens action if we don't get some peace. Around 4.30a.m. I get back to sleep!!!

Breakfast at 8a.m.. I offer hourly physio appointments and am rapidly booked until 7p.m.. Nobody is 'injured', but some have minor twinges or niggles, which, if addressed, will hopefully help them perform better on Sunday. Others have been training in Europe or come to New Zealand early to acclimatise, so haven't had access to physiotherapy treatment back home.

Besides addressing niggles, physiotherapy can also help to prepare athletes pre-race. By doing quality stretching and mobilising using specific PNF (proprioceptive neuromuscular facilitation) techniques and soft tissue massage, the body can feel in tip-top form for racing. The physical state influences the mental state and if the body feels good, so does the head.

Today I can still work relatively deep then gradually reduce the intensity of the treatment towards week-end. A couple of juniors have very stiff, painful calves after training back home followed by the long journey, another a calf injury which hasn't totally resolved and others tight hamstrings, gluts and low back problems - a frequent result of high intensity hill training - especially when combined with 'flat' speed training. The hill work shortens the hamstrings, whereas flat work and strides stretches them out. Combining the two different styles and remaining injury-free requires skill!!

I set to work and at 1p.m. Mark Croasdale interrupts and insists I have a half hour lunch!

Following lunch I continue working until 7p.m. when there is a knock on my door from Anna Pichrtova from the Czech Republic - 2nd in the World Trophy in 2004 and 2nd at the Europeans in 2005. I have been Anna's physio for over a year now and have received permission from the England management to see her in my free time. Anna has been desperate to see me since she ran the marathon in Helsinki in August, but due to circumstances it has been impossible for us to meet. I eventually work with Anna until 9.30p.m., by which time we are both tired and haven't eaten, so go out and share a pizza.

#### Thursday 22nd Sept

Breakfast at 8a.m. again followed by treatments until 12.15. The two juniors are still suffering with tight calves, but generally everybody else is feeling the benefits of yesterday's sessions. Today I incorporate a number of acupuncture treatments in combination to manual techniques, so it's one on the couch and one on my bed with acupuncture needles in.

12.30 and Steve has booked a unimog - (a 4x4 truck) - for us to do a bit of sight seeing off-road. My first real look outside the hostel walls- hooray! It's an excellent trip and allows some of us to be together as a team for a few hours. Mark unfortunately can't join us as he has to attend a meeting to collect race numbers, etc. On return a quick meeting to sort arrangements for the Opening Ceremony at 11a.m. tomorrow, then I'm back to work again.

Anna calls at 7.30, but I am still working and pretty exhausted. She eventually gets a very short session with me but I'm in bed by 8.45 - without food -I haven't the energy or inclination!



Unfortunately, I am disturbed by another international team who decide to party in the room next to me until 5.45 am!!! I complain at reception, but this is not a youth hostel and there don't seem to be any rules about staying quiet at night.

### Friday 23rd Sept

After snatching an hour's sleep after breakfast, the team leaves the hostel to attend the Opening Ceremony. We process through Wellington to the Town Hall where we are given a warm Maori welcome. It's the first time the athletes have all come together and it's great to catch up with some from other countries. In the afternoon I take the opportunity to view the course with Steve - a tarmac start followed by steep ascents and descents on footpaths/roads. It's similar to a fairly aggressive cross-country course, but due to a number of tight bends it doesn't allow either good ascenders or descenders to take advantage. Whilst out I am approached by three other athletes for treatment, but I am here for England runners so refuse to see anybody else. Later I find out that one is Andy Symonds who is now living in New Zealand and had waited all day to "catch me" for my advice. I eventually talk to him and arrange to treat him on the course on race day - in between the races!

There is also a conversation discussing the advantage of pre-race physio. Whilst the athletes I have worked with previously now appreciate this, it is still an area that is often mis-understood and neglected.

I have agreed to accompany the Juniors for their evening meal so we head off to the 'Coyote'. We eat, but then get back to the hostel relatively early as we are all still trying to adjust to the time change - plus tonight's sleep is important in case nerves kick in tomorrow night!

### Saturday 24th Sept

Pre-race day!!! I start work at 8a.m. Most of the seniors want to see me today to be 'loosened off' and have any muscular tightness released. The Juniors are generally feeling better and the acupuncture has been effective in easing the tightness in their calves. I work until 12, have a quick lunch with Wayne Edy from Inov-8, then continue working until 8p.m. Kerry Hart, from Ireland, has invited me to have dinner with her and her coach, so at last a relaxing meal and my first, very welcome glass of wine!!

### Sunday 25th Sept - RACE DAY

6.30a.m. - Early breakfast as three of the senior men have requested pre-race acupuncture, and one other wants some general advice so I have arranged to see them at 7a.m. By using scans/blood tests etc, there is growing evidence supporting the effectiveness of acupuncture and its ability to produce specific chemical reactions in the body. For example, one acupuncture point is known to help 'open the chest' - which has an effect on oxygen uptake; other points can produce natural painkillers in the body; another point helps boost the natural immune system. The use of acupuncture to influence performance - rather than treating injuries - is a very interesting area, and the runners who request the treatment feel it has influenced their performance previously. As it is a treatment which produces natural reactions in the body, it has been compared to altitude training where the results are due to the body's own adaptations rather than the introduction of banned performance-enhancing substances.

The Junior Girls Race is 10a.m. so at 8.30 I head to the top of Mount Vittoria to offer encouragement. Most of our runners want to stay away from the races to avoid any early adrenaline rush, so support is needed on the course. Mark stays at the start line and Steve at the finish. I stay on the course all day - treating Andy

Symonds between the junior men and senior men's race - plus attempt to be team photographer as well. I head down to the start for the Senior Women's Race and manage to have quick chats with a number I have treated from around the world, including Anna and her arch rival in this race - Melissa Moon of New Zealand, who already knows me from the Mount Washington Race, USA, earlier this year.

The course means the day's racing is fast and furious. We generally feel disappointed with the results, especially when the Senior Men are announced as being 3rd - then moved to 4th. Mary Wilkinson, however, gains our best result as 4th female and she is delighted with her position. She personally thanks me and says my treatment helped her to have a fantastic pain-free run. Being 4th, she is called for drug testing, and, in my capacity as female official, she asks me to accompany her.

At 4.30p.m. we go to the designated drug-testing hotel where Katie McIlvoie (1st), Tracey Brindley (2nd), Anna Pichrtova (3rd) and Mary (4th) all gather. Angela Mudge arrives to accompany Tracey and asks if I will loosen her back off whilst we are waiting. I agree to treat her now that the racing is over and get her stretched out on the floor. I'm not sure the drugs testers have ever come across physio quite like this before! Mary doesn't feel well as she has raced hard and has now drunk four bottles of fluid. Due to timescales, it is obvious that the senior women medal winners aren't going to make the prize-giving, so accompanied by officials, it is decided to head back to our hostel and use MY room as the new drug testing area to enable us to start showering. As Mary, myself and our allocated chaperone arrive at the hostel first, I try to shower quickly before the rest of the drug-team arrive. Unfortunately I get caught short and am told there isn't time to get dressed so have to don a short silk dressing gown. I never thought I would be an official at a drugs testing in such attire!!!!

After completing the necessary we arrive at the Closing Ceremony at approx 7.30p.m. where we eventually manage to relax and socialise with the athletes from the other 28 countries.

### Monday 26th Sept

Check out of the hostel at 7.15a.m. to head back home. The Junior Men ask that I sit with them on the return flight so my final task is to cope with 48 hours of juvenile humour from Chris Doyle, Alistair Brownlee and Jonny Mellor!!

Four flights later we arrive at Heathrow on Tuesday at 6a.m.

My position with the England Team is on a voluntary basis, and as a self-employed physiotherapist I obviously don't earn whilst 'on tour', so in response to the original comment - NO - I don't think this was a free holiday!!!



Billy Burns enjoying a post-race massage (Denise Park)

# Letters/views/opinions et.al.

## Ian Hodgson Mountain Relay from Dave & Shirley Hodgson

We never thought that when we started the Mountain Relay in memory of Ian that it would become so popular, or that we would still be organising the event twenty years later. In 1986 the concept of a relay over genuine mountain terrain race was new and we did not know how it would be received. We were delighted, and a little surprised, to have an entry of 36 teams, amongst them the leading fell running clubs of the time, Rossendale, Keswick, Bingley, Kendal, Clayton and Horwich. Their presence helped to ensure the success of the first event and they have all continued to support the race ever since.

Our objective was to organise a competitive race in a friendly atmosphere, which encouraged team spirit and the camaraderie of fell running. The extent to which we have we have succeeded, is due very much to the tremendous help provided by our network of friends. Thanks to them, marshalling the race has never been a real problem. The refreshment marquee has become synonymous with the event by providing the opportunity for all to socialise, as well as helping to finance the race.

Organising the relay has given us enormous pleasure and we have made many friends in the fell running world. The memories are rich and varied. The difficult ones, including mountain rescue call outs, (three in the first ten years) struggles to maintain relationships with farmers and landowners, and problems caused by severe weather, are outweighed by the friendly atmosphere and satisfaction of providing an event that gave pleasure and competition over true and magnificent mountain terrain.

Which leads us to the question of why we have decided that the time has come to end our responsibility for the organisation of the Relay that has been such a wonderful memorial to our son Ian. There is no single thing, rather a feeling that we have reached an age where the pressures of the organisation are beginning to prove stressful, an increasing realisation that we need to use the remainder of our active years to satisfy other interests and a knowledge that we are not as efficient as we once were. Other members of our family are not in a position to take on the heavy workload involved in the organisation and we would rather leave behind the memories of a well-organised event, than allow standards to deteriorate.

The 2005 race was an emotional time for us. We were overwhelmed by the many thanks and kind words from fell

runners and friends for whom we have great respect. A massive thank you to all those clubs that have supported us for the last twenty years. The gifts and cards presented to us will be treasured forever.

At the time of writing it seems likely that the Mountain Relay may continue to be organised by a Lakeland based team and we will of course provide any assistance that we can.

## “Bleeding Fell Runners” – a comment from Lindsay Bunce

Thanks for another interesting edition of “The Fellrunner” and a big thanks to all those race organisers whose hard work makes the sport possible.

I was concerned to see the conclusion drawn from the “Bleeding Hill Runners” article. It is probably true that giving blood close to competition doesn't help performance but a sense of perspective would surely say that having blood available for those needing it is so much more important.

## Registration problems from Thirza Hyde

Don't know if this has happened to any other race organisers but it might want highlighting to stop it happening again. Here is the tale ... Race went ahead with no hitches including sweepers who ran in with the last runner.

Whilst sorting out the results we were left with a runner unaccounted for. We sent someone out to look in the car parks but no sign of the car. We had everyone fill in a race entry slip so we called the number after leaving it long enough so as not to panic anyone on the other end of the phone. After a bit of confusion it turns out that a runner came to the race and entered himself and his mate **BUT HIS MATE WASN'T ACTUALLY THERE AT THE TIME AND DIDN'T TURN UP AT ALL.** The guy who registered both of them then went home after the race not realising the consequences. It was good to see that our race system worked but it was irresponsible of the runner to go home without telling us. It dawned on him when we explained that we nearly had the rescue out. He did apologise. His club chairman has written letters to both of the members. They don't want it reflecting on their club. We have obviously learnt a lesson as well as now we won't let anyone enter a race for anyone else other than themselves. We've nearly all been guilty of getting to a race late and asking your friend to get you a number ... but is it wise ?!!

## GREG HOUGHTON

9th August 1948 - 24th September 2005

**“You only live once – but if you do it right once is enough”**

Greg started his running career with Halifax Harriers and when Calder Valley Fell Runners was founded in the mid eighties he joined them as his passion was the fells. With his brother Steve the two of them raced all over the country and he enjoyed the long, tough fell races like Peris and Wasdale. As a fell runner, climbing was his strength and, due to a motor bike accident in earlier years where he injured his knee, he struggled a bit on the down hills but he still managed. Greg was very reliable and would always turn up at a relay if he had been picked to run. He loved the Ian Hodgson Mountain Relay and was part of the team when Calder came 5th, their best ever placing at this event. He was also one of the ten runners involved in the successful attempt, in the nineties, of the Pennine Way where Calder Valley broke the record which still stands today. He was drawn to the mountains and just couldn't get enough of them. He lost his life while walking in the Cuillins of Skye, ticking off Munros. His brother Steve said, “He died doing something that he loved”. He was a dedicated man and had managed to tick off 150 Munros within two years of starting them. With his partner Margaret he used every holiday opportunity and free weekend to go North “to tick them off” ... not bad going when travelling from West Yorkshire. He also enjoyed building old motor bikes and was a great Bolton Wanderers supporter. On important match days you couldn't get him running anywhere else but to the game!!! He was employed as a traffic warden but, have no fear, if you had a Karrimor sticker in your window you wouldn't get booked ... just a friendly smile and he would ask where you were running next!!!! He will be sadly missed.

Thirza Hyde, Calder Valley Fell Runners

# Fellrunning in Japan

## from Geoff Read

### GAMBARE!\*

**R**un! Lunge up endless steps, gongs beating in your ears and stagger a last few paces as if through treacle. Bookkeepers wait in judgement, a banner swims overhead- why can't you read it? Higher still looms a huge silver warrior on horseback, sword poised to lop off the heads of those below. You want to shout, to warn them, but they can't understand and you laugh manically as you sink to the ground. No, it's not just another running anxiety dream and you aren't losing it. It is a Japanese mountain race ... and that's only the finish....

Six years ago I married Mitsuko in full kimono-wearing Shinto style. On each of our annual trips to Japan I have escaped for a weekly run in the mountains. Tokyo may excite the techno-urbanite, but it's flat, it's enormous and it's very, very ugly. (Even I think that and I come from Rochdale.) Sanity demands that the fell runner gets the hell out. Fortunately, ninety per-cent of Japan is covered by beautiful mountains, some of which are only an hour to the west. The modest spot heights and wooded trails with neat signposts are deceptive. This is forest you can fall off. Being geological babies these 'hills' are sharply ridged and craggy, suddenly requiring concentration after easy running. Mountains are venerated with the suffix 'san,' each with its shrines and offerings, each feature with its own god of place and a sense of awe befitting a land that can shake itself like a dog scratching fleas.

Running 'off piste' is not a good idea, as I have found to my cost. Flesh ripping scrub, funnelling down into dangerous gullies tends to focus the mind on navigation a little more. And when the animal warning signs depict snakes, hornets, monkeys, boar and bears, you start to hanker for something cute and homely, like an aggressive farm dog. Winter is the best season below the tree line, otherwise you might sweat up 3,000' and see nothing but leaves - and in winter some of the wildlife is safely asleep.

Until this visit I hadn't seen another hill runner or been able to find a race to run. Mitsuko finally managed to get me a late entry for the Mitake Mountain Trail Race in November, the last of the season. A rece revealed a fast 15k/2,500' runner's course, with two thirds of the climbing on tarmac in the first 4k and a mountain top finish.

Early morning on race day found us shivering at the Mountain railway start. The entire field duly lined up, not to run, but for a full half-hour of synchronised



group aerobics! We are talking Lycra clad women instructors with a sound system here. They all looked to be enjoying it but it was a star jump too far for me.

According to the organiser's map there was one short, rough technical downhill stretch to look forward to on the course but I was stunned when Mitsuko translated a 'No overtaking' instruction on this section! She sought clarification and found that overtaking was acceptable, provided permission was politely sought from other runners—this reprieve interrupting the rather less than polite string of epithets in my mind.

After photos with a splendid man in his seventies running with a flag calling for peace in Afghanistan; and another with Mitsuko's uncle (clad in full black motorbike leathers set off by a girl's borrowed fluffy blue hat,) the start was called. The only other 'Gaijin' (foreigner) grabbed me and said hello, then it was off to the beat of a large Taiko drum, the leaders disappearing round the hairpins, led by a forestry safety worker on a motorcross bike in bright red leathers (but sadly no fluffy hat.)

Pacing yourself up a 1,000' climb on tarmac is tricky and the second half on trails was spent hanging on, being passed by the odd runner—they were all thinner and more poshly dressed than me—not difficult on both counts, so perhaps I was the odd runner. Still, the sun striped through the trees, the air was crisp and good, the first time up the steps of the shrine was a novelty and the waterfall sparkled beneath pine-topped cliffs. I was mountain racing... in Japan!

Things were getting painful by the bamboo fringed ridge path turning back towards the shrine, with runners chatting as they trotted by. I let my Walshies do the talking as we hit the descent, scattering gravel and sticks and shouting polite apologies to the string of somewhat shocked runners who kindly (and sensibly) got out of my way. I think it was their first encounter with English style descending.

Allessandro nabbed first gaijin kudos by re-taking me just before the finish on top of the shrine steps for 25th and 26th place from 300. I've had a slight ME induced dip in form of late...ok, ok, so it's a seventeen year dip...so this was good enough.

Alessandro turned out to be a 26-year-old who had been in the Italian orienteering team as a junior. He introduced himself and invited me on a run with his Japanese club before disappearing for the onsen (*hot volcanic spa bath*), which came free for all finishers, along with a sweatshirt and numerous spot prizes.

I chose the English option—stay dirty and eat lots of food. Hot noodles in the sunshine; panoramic views across the hills to the vast plain of Tokyo greying to nothing in the distance; oh yes. Pushing our son Oska back up the hill for the prize-giving at the shrine: oh no. Entertainingly, most of the prizes were decided by an innocent, mystifying and protracted communal game resembling 'paper, scissors, knife,' with groans and cheers all round. Passers-by became embroiled and even got prizes.

That night saw us at home, being presented with an enormous celebratory strawberry and cream cake by Mitsuko's uncle. He is



Geoff, Taku and Allan (Photo Geoff Read)

affectionately known as 'Mr Cakee' for his custom of bringing ever-bigger cakes at every visit. On the top was the legend in chocolate 'Have view of next champion.' You'd need a bloody enormous pair of binoculars, mate.

The club run was a stonking three-and-a-half hours which got faster and faster as slower runners peeled off for shorter routes, leaving a group of four of us, the pace being set by ultra-distance specialist and club captain Taku-san. He had finished 3rd in a 70k mountain race the month before despite his six-days-a-week, twelve-hours-a-day job. We played a game of 'crack the newcomer' as he eased the pace upwards at every rise and kept it

there, drawing shouts and groans from Alessandro and a handy looking young Japanese runner. This was faster than the race by some way but we finished together so I managed to keep my dignity and granite-hewn northern silence.

I learned on further runs that shouting 'Itai, itai' (*it hurts!*) or 'Damei' (*stop it!*) is traditional and if Alle' is anything to go by, with Italians too. Such ritualised groaning is not to be confused with actual exhaustion—they don't slow down! At one point Alle's groans were such that I expected to turn round and see him holding a baby.

Another slight difference from the average British club-run was getting naked in the

onsen together afterwards. There really is no better way to finish a winter day on the mountains! After one previous memorable snowy walk we sat outside, up to our necks in steaming water beneath a huge mountain moon. On a hot summer night I have had a small, unfenced campsite onsen to myself at midnight, looking up into the trees with increasing nervousness as I realised the lack of any barrier. I was a ready to eat boil-in-the bag bear snack.

All things must end, and an ill-advised half marathon along with 8,000 Tokyites (flat, dull, windy with a sandstorm in the finishing field) saw me injured once again... bugger, and I was just starting to enjoy myself. Ah well, back to limping overweight and half-trained through the mud and sleet of an English 'spring' back to sloshing off in a cold stone horse trough, back...home.

*\*Gambare ('gambaray') means 'get stuck in / don't give up' in Japanese. They love their running in Japan and kids say this to you respectfully...huh? The University road relays to Fuji and back over two days at New Year attract huge crowds and TV audiences.*

*Note: If you want to race in Japan it's essential to plan early as most races have very early closing dates and are expensive. The Mitake Trail Race was well organised but rumour has it that some races in the high alps take a cavalier attitude to safety and may not have mountain rescue cover. The most famous race is the Fuji-san uphill race. You can start at the bottom or half-way point of this 10,000' foot volcano, Japan's highest mountain and national icon. My advice is: stay at home, it's cheaper and less polluting.*

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# My First Year Pretending to be a Fell Runner

from Helen Allison

I t all began in April 2005. My new running partner Jane introduced me to her husband, Dave. Rumour had it that he was a "fell runner". My only experience of a "fell runner" was a friend of my dad's years ago. I vaguely remember once meeting this bean pole of a man who, according to dad, ran up hills whatever the weather. Anyway I met Dave and can't actually remember when in the conversation I agreed to enter a race.... A pattern to be repeated several times over the next few months! Belmont Village Winter Hill Fell Race, 4.5 miles, 1000ft. Sounded O.K. The day dawned...or I assumed it did through the mist and drizzle. I had talked my husband into my adventure and we arrived early for the race. We sat waiting in the car in our own little world as the steamed windows hid the reality of the now fairly constant rain. I wasn't worried at all about the race. No doubt it would be cancelled due to bad weather or only two runners. Jane knocked on the window of the car and for the first time I actually saw in this tiny village in the middle of nowhere lots of stringy men wearing numbers pinned to their fronts. IT WASN'T GOING TO BE CANCELLED. I stood at the back of the entry field in total disbelief that 130 people has actually driven to this village to run up this hill (even though no hill was visible at all ) in the rain with lots of other obviously totally insane individuals. We'd started. I could see the snake of competitors heading into the mist as we at the back began to move. The race was a blur. I remember seeing the Mountain Rescue team ready to remove the injured....some things you just don't tell your mother about! I remember the driving rain that just started every time I reached an above average muddy section (sort of mid calf). I remember thinking "Why?" I survived and with weak jelly legs arrived at the finishing line and within seconds knew why... and I wasn't last.

It had happened again! Returned from a great run with Jane and agreed to race up Skiddaw. I couldn't actually bring myself to divulge this information to my husband as I was in denial. I had walked up Skiddaw many times... enjoyed the views, had a few beautiful stops for lunch, even had to change my baby's entire set of clothes after....I am sure you can imagine, all on the side of Skiddaw. But actually try and run up it!! I did my best to prepare but I wasn't prepared for actually how up 2700ft is. The day arrived warm with a slight breeze....lots of incredibly looking fit people with whistles and full body cover and me, feeling very out of place. My mind wasn't really on the race as my very trusty husband was looking after our 9 month old daughter and, as I was mentally checking the list of instructions issued and hoping that he would remember to feed her, the starting whistle was blown. Dave had very kindly offered to run the race with me. He was recovering from recent abdominal surgery and this was just a tester for him. I think Dave meant to run with me as a companion to provide just a little moral support if I should need it. Little did he know that we would possibly be making fell running history. It's not often one competitor actually has to hold the hand of another competitor just to keep them from giving in. Later my husband, Bob, commented that I must have been relieved that I had reached the summit. Not at all. I had to run back down and I had no idea how. With no other option I put one wobbly leg in front of the other wobbly leg and arrived back in Keswick. I learnt a lot from that race. During the race I had decided with all my heart that I was never going to run again. I would join the normal people in society and sit watching television all the time and only eat food that would bring on my premature death. I learnt that this would be a feeling I would get at some point in every race and just to accept it as the high after the Skiddaw race was indescribable. I tried to express this euphoria to a few friends who just looked at me blankly and returned to their television watching so quickly decided that the details of this new hobby were best kept to my now increasing number of new friends who were still trying to persuade me that they actually enjoyed the race while they were running it and not just once they had finished.

September brought new challenges. Darkness and the challenge of running with a head torch whilst staying upright. I quickly learnt that it was much better to have the torch in your hand than on your head though unfortunately this means that you do not actually see the ground as you hit it...or is that fortunately? The

best thing about running in the dark, in my very limited experience, is that you feel to run faster. My watch doesn't agree with me on this matter. I suspect it is something to do with the advantages of not actually being able to see where your feet are in relation to the hard, unforgiving stony ground. What a way to finish an often busy day. Standing on the moors looking at the lights of the houses in the distance. The houses, just for those few minutes, seem very far away.

October 9th. Mark in your diary for next year to run the Dave Berry Tintwistle Memorial Race. Best race on the calendar. My first chance to be a marshal. The ordered weather for a cold clear day was on time and perfect. I stood in the heather, camera in one gloved hand, wearing a particularly attractive luminous yellow vest and waited in anticipation, peering into the distance for the lead runner. Seeing the lead runner heading in my direction was exciting, closely followed by relief as even dressed like a luminous marshmallow I was now cold. The time passed quickly as all the runners came along the sky-line. I started to count them to check for strayed competitors. I got to 12 then sort of lost count. Failed at that job but hopefully gave some encouragement to a few gasping runners. It was a dash back to the pub and the prize giving, collecting stripy tape on the way and stuffing our pockets full. Weeks after the race I still discovered forgotten pockets of stripy tape and some was very clean after a meeting with the washing machine. The organisation of the race was superb but for an incident in regard to the car parking. Dave was accosted in the car park by 3 women. Dave would not usually complain about this but the women in question sporting blue rinses and industrial level corsets hidden under Sunday best clothes were cause for some concern.

I have also tried my hand at orienteering this year. I yet again somehow agreed to join Dave and an even fitter bloke on a Sunday morning jaunt. I walked to Dave's house on that Sunday morning thinking that at least there would be a gap in the running as Dave and Carl could take the reading as I had a quick snooze in the mattress like heather. (My daughter was sleeping particularly badly at this time. Who invented teeth!!!!) Not quite. I should have spotted the danger signs as Dave checked I had packed my compass. Luckily I had to make my husband think I was really going to read a map and contribute to the morning's adventure after our many unresolved "women can't read maps" conversations. I had a fantastic 3 hours' bog hopping as we looked for miniscule areas of interest to find in the expanse of moor land. Things have become pretty surreal when an area of interest is an inspection cover! The most memorable part of the morning was sat crouched behind a wall eating Jelly Babies and tiny dried bananas looking over the moors. The moors were ours for those few hours. Well, who else would be mad enough to spend their Sunday morning running up hills, along ridges, sliding on the soft peat into dips, running up streams and watching moor hares? I have just about managed to get the stain of the peat from my feet. I have given up on the socks. White never was my colour.

So what have I learnt from my first year pretending to be a fell runner.

Running up hill is the tricky bit and I am not quite sure I will ever get the hang of this.

I have a new found respect for Jelly Babies

I feel at home with a group of people who are quite happy to run what ever the weather or terrain

I'm hooked and here's to whatever next year brings.



The author post-race (Photo Helen Allison)

# Celtic Corner

In which we are kept up to date about events in the far-flung corners of our islands by our doughty foreign correspondents.

## Manx News from Christine Barwell

Good news for Manx Fell Runners in 2006 with the announcement that Rentokil are the new Manx Fell League sponsors. The 2005 league also reaped the benefits, as Rentokil very kindly offered to sponsor the much sought after league-finishers sweatshirts, which illustrated the revamped Manx Fell Runners' logo.

Last September Manx fell runners travelled to Keswick for the World Masters. A first class performance came from 2005 Manx Fell Running Champion, Cal Partington, who finished a superb seventh in the over-35 category, impressively recording the second fastest time from the summit along the way. Ian Callister and Richie Stevenson were pleased to finish in the top half of a strong entry in the veterans over 50 class. In the challenging over 40 class, Mike Quine also finished inside the top half of the field. In the open event the following day, top Island runner, Simon Skillicorn broke the one hour mark to finish eighth. Ian showed why he is such a tough competitor, by also completing the 11.7km course. Thanks to Richie Stevenson for this report.

In a bid to save the fragile uplands of the Island, the local Government made a controversial decision last October in banning off-road bikes from a number of greenway tracks. It was claimed that it is not just local bikers using the tracks irresponsibly, but also mainland bikers travelling to the Island because they had already been banned from similar areas in the UK. This could only have been a positive step as all too often it was becoming a distressing sight for runners and walkers alike, to see the beautiful hills of the Island ripped apart by irresponsible use. However, it was encouraging to hear that the Island's bike event organisers accepted the decision, with club members offering to help police the ban. The Department of Transport implemented a maintenance programme over the winter months and the tracks are due to re-open in March.

There was a fantastic entry of 48 for the 2005 Isle of Man Junior Fell Running Championships, held on the popular Peel Hill course last November. With such a high entry the competition was always going to be intense, and the results certainly reflect the challenge of the event, with the majority of the field finishing only seconds apart. Andrew Newton competing in the under 17s retained his title, ahead of Peter Crowe and Neil

Cowley. He had a close battle with talented 14-year-olds Louis Morris and Jordan Cain. Louis and Jordan finished first and second respectively, in the under 15s category, with Mark Quine third. In the under 13s, Tom Kelly took the honours, with Jack Callaghan second, ahead of David Gardener. Gemma Astin, competing in the under 15s category, took the honours in the girls' race, ahead of Rachael Franklyn and Polly Rogerson. Gemma's sister Sarah won the under 13s, with Chantellina Kneale in second and Hannah Scarlett third. Stephanie Lace was top girl in the under 17s.

In 2005 the Manx Fell Running league celebrated 25 years. Richie Stevenson, who qualified in the first year in 1980 and the 25th year, tops the table with an incredible 18 qualifications. He won the league in 1990 and was second in 1993 and 1995. Dave Corrin, who now competes in the veterans over 60 category has the second highest number of qualifications, with 17. Dave Young and George Hull hold third place, with 16. Dave was second in 1992, 1994, 1996, 1997 and 1998 and George gained all of his qualifications between 1982 and 1997. Tony Rowley has won the league the most number of times with 8 consecutive victories between 1992 and 1999. Tony Varley, the first ever winner in 1980, has 7 wins. Rose Hooton has the highest number of qualifications in the ladies league, this year qualifying for the 10th consecutive time. She also has the most number of wins with 5. Brenda Walker has qualified 4 times, winning on each occasion. Thanks to Ian Callister for this information.

## NIMRA News from Ian Taylor

### British Senior Championship

The first round of the British Championship 2006 series is the Slieve Bearnagh race, based in the Mourne Mountains on 1st April. While this is a short counter for the Championship it manages to fit three climbs into the route. The race was previously used in 2003 when the winners were Rob Jebb (41:52) and Angela Mudge (47:57) with 208 competitors. The route will be similar to the 2003 race but with some additional marking to separate ascending and descending runners. An information pack with entry form is available on the Web site while a list of confirmed entries will be



Gemma Astin putting in the effort in the Manx League (Christine Barwell)

published from February onwards. If you fancy a weekend away before Easter as a start to the season, 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 for the second time by exile Steve Neil (Pudsey) with local Eddie Hanna (ACKC) second and Steve Cunningham of Newcastle third. In ninth place Richard Cowan seemed unaffected by his wedding on the 23rd or his prospective honeymoon the following day. His dad, Ricky Cowan, (5th vet55) was also running on air, or rather the MBE he received in the New Year honours.

The following day many of us were back for the Castlewellan Cracker, with pairs running together over a mixture of road, cross-country and trail with numerous hills included. The idea is to encourage athletes from a variety of disciplines to compete together and in that it succeeded. However the organising club, Newcastle, ensured that the course was a little biased to hill runners, with the leading pairs being Alan and Dave McKibbin (63:08) and Anne Sandford and Alwynne Shannon (81:03), all of Newcastle.

The now traditional start to the year saw us back again for the Race over the Glens – a 5.5 mile trail race in the Antrim Hills but thankfully in pleasant weather compared to last year's event. This year the organisers, Ballymena Runners, also managed the Newcastle trick, with their member Gregory Walsh in first place with former World Trophy participant Gareth Arnott second and Richard Rodgers (Newcastle) first vet 40 in 4th place.

### 2006 Calendar

Our Championship format has been a contentious issue over the last couple of years. Should a Championship be primarily to decide the current Champion or be more a ranking list of those who participate? In the former case one race might be sufficient, as in the World Trophy. For a ranking list as many races as possible would be appropriate. In the Irish (southern) races, each athlete has a single race number throughout the year, enabling results to be collated and an overall ranking produced. Most series are a compromise between these extremes. For 2006 we have reverted to having a 5 out of 9 race Championship, hopefully encouraging more to complete the series. Last year the competition amongst the ladies was of a higher standard in individual races but this was not reflected in the Championship results. For 2006

ladies can count any combination of five of the specified nine races, encouraging more to complete the series. Perhaps of equal concern is the way the 2005 men's championship was affected by a late entrant into the competition who won the last race and because of the points allocation, handed the Championship to the fourth placed athlete. We may need to revert to the practice of some past years in imposing a cutoff in the series, after which new members cannot gain Championship points.

## News from Scotland from Keith Burns

The FRA Relays at Alva in the Ochil Hills in October were very successful and seemed to be well received. The relays are reported elsewhere in the magazine. 2006 will see two separate Scottish Championships again. Scottish Hill Runners will promote their usual four from six series. Scottish Athletics will promote a one-off championship race. Some argue that we shouldn't have two separate championships because it degrades both and leads to confusion. Why should it? The demand for either will be demonstrated by the runners who compete for the titles. The SHR Championship Races are Ben Lomond (M), Glen Rosa (L), Dollar (M), Scolty (S), Creag Dhubb (S), Moffat Chase (L). Glen Rosa stands comparison with any of the great classic AIs. Don't miss it.

Some feel that we have too many races in Scotland, and that some should be removed from the calendar so that races are not competing with each other in the high season. Another problem, they argue, is that top runners are being overloaded by too many races, too many championships, and too many international obligations. However, no-one obliges our athletes to bust a gut competing in too many arenas. The choice is theirs. The grass roots are happy to support their local races and choose between alternatives in the high season. Why should they be deprived of this choice so that top runners can focus on fewer challenges? The people who determine how many races we have on the calendar are the race organisers, to whom we owe a great deal of gratitude. Let no one ever threaten their freedom to organise their race whenever they choose. Let no one threaten the freedom of the great unwashed to have the biggest choice of races in an open market unrestricted by "permit" purveyors.

I understand that an English race was denied a "permit" from FRA because it clashed with the World Masters event in Keswick. How sad. The race took place anyway with the help of alternative insurance cover. It, and the Keswick event, both enjoyed a good turnout and were great successes. Personally, the only event I

would not permit is the act of touting "permits" by governing bodies who have aspirations of governance beyond their right, unnecessarily, to restrict our freedom to stage an event when and where we choose. So I was delighted that Dave Jones' proposal to the AGM to prepare for separation from UKA at the appropriate time was passed. Such a move would improve our freedom to run our own affairs in the best way we all know. But even then, it was the FRA that denied a club the freedom to organise a race when it wanted - for no good reason! Beware the dead hand of pointless bureaucracy!

Those who moaned on the FRA web forum that there aren't enough great classic races in Scotland will be pleased to hear that Shettleston will be reviving the Moffat Chase in 2006. It is one of the Scottish Hill Runners Championship series.

Details for all the hill races in Scotland will be published in the 2006 Scottish Hill Runners Calendar. There are many more races than those shown in the Celtic section of the FRA Calendar (another unfortunate consequence of the insurance mess), and it includes all the Highland Games events too. So order your copy of the SHR Calendar soon. It will be available at the Tiso Carnethy 5 Race, and from [info@shr.co.uk](mailto:info@shr.co.uk) for £2.

## Welsh Fell Runners Association from Ross Powell

2005 was a very successful first year for the new independent Welsh Fell Runners Association. Both the number of members and number of WFRA insured races far exceeded our expectations. It looks like the number of WFRA insured races in 2006 will exceed that of 2005.

There was an exciting climax to both the WFRA Open / Welsh Championships and North Wales Series in 2005. With only the final race at Rhobell Fawr to go, many of the category winners had still to be decided. This meant that many of those in contention could not relax and had to push hard to the end.

The race presentation was followed by the WFRA presentations. Thanks to all of the following who generously donated prizes - **Ultimate Outdoors** (Betws y Coed), **Inov8**, **Benard's Gallery** (Llandudno), and **Athlete's Foot** (Llandudno).

The WFRA North Wales Series in particular was a great success. There was strong competition in most age categories. All the feedback has been very positive. Our aim was to have a Series of races right across North Wales to encourage as many fell runners as possible to participate. This has been successful, even attracting runners

from over the border. The format of any six from nine races received approval. Several runners commented that they were glad they did not have to do a 'long' race. Also, other runners said that it encouraged them to do races that they may not otherwise have thought of doing. The attendances at all of the races were well up on normal and at one race the attendance was nearly doubled! It was a long Series, lasting from March to November, however, this meant that if you got injured you had a chance to recover and still complete the required number of races. The format will be the same for 2006.

## WFRA Open / Welsh Championships 2005

### Prizewinners

#### Men under 40

1. Crispin Flower	Mynydd Du	396pts (4)
2. Craig Jones	Eryri	367pts (4)
3. Dan Booth	MDC	346pts (6)

#### Men over 40

1. John Montgomery	Buckley	379pts (4)
2. Ross Powell	WFRA	265pts (4)
3. Russell Mapp	Ludlow	261pts (3)

#### Men over 50

1. Geoff Oldrid	Aberystwyth	353pts (4)
2. Martin Cortvriend	Macclesfield	285pts (4)
3. Andy Mullett	Bath	249pts (4)

#### Men over 60

1. John Morris	Buckley	308pts (4)
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#### Female over 40

1. Ellie Salisbury	Eryri	257pts (4)
2. Victoria Musgrove	Eryri	227pts (3)

#### Female over 50

1. Maggie Oliver	Eryri	178pts (3)
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#### Female over 60

1. Brenda Jones	Bro Dysynni	132pts (4)
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## WFRA North Wales Series 2005

### Prizewinners

#### Male under 40

1. Tim Higginbottom	Eryri	613 pts(7)
2. Richard Roberts	Eryri	555pts (8)
3. Craig Jones	Eryri	554pts (7)

#### Male over 40

1. Steve Gilliland	Bro Dysynni	592pts (7)
2. John Montgomery	Buckley	558pts (7)
3. Rob Hutton	Dark Peak	514pts (6)

#### Male over 50

1. Geoff Oldrid	Aberystwyth	531pts (7)
2. Graham McAra	Cheshire	519pts (8)
3. Neville Boler	Dark Peak	489pts (6)

#### Male over 60

1. John Amies	Congleton	505pts (6)
2. John Morris	Buckley	480pts (8)
3. Peter Roberts	Buckley	459pts (6)

#### Male over 70

1. John Carson	Eryri	195pts (6)
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#### Female under 40

1. Yvonne Amesbury	Clwydian	399pts (7)
2. Jenny Ewels	Buckley	379pts (6)
3. Jackie Lee	Eryri	346pts (4)

#### Female over 40

1. Victoria Musgrove	Eryri	433pts (6)
2. Ellie Salisbury	Eryri	369pts (6)
3. Juliet Edwards	Bro Dysynni	304pts (6)

#### Female over 50

1. Maggie Oliver	Eryri	324pts (7)
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#### Female over 60

1. Brenda Jones	Bro Dysynni	177pts (6)
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## WFRA South Wales Series 2005

### Prizewinners

#### Men Overall

1. Geoff Oldrid	Aberystwyth	372pts (4)
2. John Darby	MDC	327pts (6)
3. Rhilip Morris	Hereford	326pts (5)

#### Men over 60

1. Eric Meredith	MDC	137pts (3)
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#### Female under 40

1. Naomi Law	(u/a)	207pts (3)
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#### Female over 40

1. Angela Jones	Mynydd Du	161pts (2)
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( ) indicates number of races completed)

## WFRA OPEN WELSH CHAMPIONSHIPS 2006

The following races are to be included in the Championships:

Sun 18th June	Blaengwynfi (M)
Sun 25th June	Pumlumon (S)
Sat 29th July	Y Garn (S)
Sat 19th August	Brecon Beacons (L)
Sat 21st October	Rhinog Horseshoe (L)
Sun 5th November	Clwydian Hills (M)

A competitors best results from up to 4 of the 6 races will be counted in the Championship. If 4 races are used this must include one race at each distance.

## WFRA NORTH WALES SERIES 2006

The following races are to be included in the Series:

Sun 5th March	Pipe Dream
Sat 1st April	Llantysilio
Sat 27th May	Cader Idris
Sun 25th June	Pumlumon
Sat 29th July	Y Garn
Sat 12th August	Leg End 9
Sun 1st October	Arenig Fawr
Sat 21st October	Rhinog Horseshoe
Sun 5th November	Clwydian Hills

A competitors best results from up to 6 of the 9 races will be counted in the Series.

## WFRA SOUTH WALES SERIES 2006

The following races are to be included in the Series.

Sun 14th May	Sarn Helen
Sun 28th May	Mynydd Troed
Sun 18th June	Blaengwynfi
Sun 25th June	Pumlumon
Sun 9th July	Callow
Mon 28th August	Machen
Sun 10th September	Llyn y Fan

A competitors best results from up to 4 of the 7 races will be counted in the Series.

Presentations for the Championships and Series will be made after Clwydian Hills. This will be followed by the WFRA AGM.

You do not have to have membership of any particular organization or have Welsh qualification to participate in the WFRA Championship or Series.

For more information visit the website [www.wfra.org.uk](http://www.wfra.org.uk).

## Membership

The Welsh Fell Runners Association is an independent Organisation providing the following services for fell runners in Wales-

- An annual Race Calendar
- Regular Newsletters (minimum 3 per year)
- Website
- Open Championships
- Civil Liability Insurance for members (including Race Organisers).

Membership costs £10 per year.

Application forms are available on the WFRA website - [www.wfra.org.uk](http://www.wfra.org.uk).

Alternatively, contact the Membership Secretary - Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL. Tel 01492 582631. Email [geoffclegg@wfra.org.uk](mailto:geoffclegg@wfra.org.uk).

## 2006 WFRA Wales and Borders Race Calendar

This is now available. Free to members. Non members can obtain a copy for £2 (plus 35p postage) from Geoff Clegg. Cheques payable to Welsh Fell Runners Association.



# The Reluctant Marshal

an alternative account of the Langdale Horseshoe and sequel to  
*'The Reluctant Spectator'* (TFM, June 2005, p.26).

from Ben Abdelnoor

*(Please note that the implication within the title is not that I was reluctantly marshalling, merely that I would rather have been participating in the said event.)*

Just days before the Langdale Horseshoe I felt my call to action. The reason was an appeal from Jonathan Fish, organiser of the race: he had placed an urgent notice on the FRA website appealing for race marshals. My intentions had been to spectate at the race but I realised with a creeping sense of guilt that I was standing on the threshold of becoming a hypocrite. Last June, in *TFM*, I had urged everyone to play their part and offer their services to a race organiser - time was short and I had yet to fulfil my promise.

On a fairly miserable, grey October morning I set off for the Old Dungeon Ghyll Hotel (ODG) at the head of the Great Langdale Valley in the heart of the Lake District. 'Great' indeed is the Langdale Valley - an awe-inspiring and majestic valley with the likes of Esk Pike, Bowfell and the Langdale fells towering up to dominate the skyline. Quaint stone walls and farmhouses, winding roads and lush green fields lie nestled beneath rocky outcrops, tumbling gills and glacier scoured slopes. An undeniably fitting stage for the dramatic finale of a close run 2005 English Championship, fourteen miles and over 4000 feet of climbing amongst some of the most unforgiving and demanding terrain.

I was to be marshalling on Thunacar Knott, the second checkpoint, lying half a mile north of Pavey Ark. Pavey Ark, better recognised as the guardian fell over Stickle Tarn and host to its infamous ascent via Jack's Rake. A quick explanation on setting up the dibber recording boxes and support stakes and I was off up Stickle Ghyll. I had allowed myself an hour in order to get in place, but I wasn't entirely confident in my estimations. I was also conscious of the fact that navigation to Thunacar Knott summit in mist can be somewhat tricky... Dripping with sweat I duly arrived onto the relative plateau that lies beyond Pavey Ark. Thankfully the top was cloud-free although in the distance I could see that Bowfell and Crinkle Crag were lost to the mist; navigation would play a part in the latter stages of today's race. It had in fact taken me exactly one hour from the ODG - the first runners, taking a little over half this time to replicate my endeavours, would be arriving in the next 20 minutes.

Already in place by the summit cairn was Alan, a Raynet Communications Operator for the event (*not* Ray, a "Net Communications Operator" as I thought I had been informed at the registration tent). Using a two-way radio system Alan could keep in touch with the Communications Centre, based at the start/finish area, radioing in any retirements, injuries etc. We could also listen in as the first checkpoint marshal radioed in the run numbers of those at the back of the field. This would give us an indication of when everyone had passed through our checkpoint. As I positioned the support stakes into the ground it occurred to me the importance and responsibility of my task in this, the *final* race of the Championship. Were we definitely on the right summit? Is this where the dibbers usually go?

The waiting began, but it wasn't long before we saw the lead runners rising up out of the gully in the distance. Fast approaching they picked out their route across the landscape like ants scrambling over the undergrowth, at first just specks

of colour in the distance. As they neared they briefly disappeared for the final climb onto Thunacar Knott. Then all of a sudden, and with a rush of excitement, they rose up in front of us. Predators homing in on their prey, striding forwards, grimly determined, acutely focused on their target. At first our job was wonderfully straightforward, calling out and recording each runner's number. We were shortly joined by Madeleine, a fellow volunteer and the FRA statistician.

Familiar faces in familiar vests, powering up and through the control point, then off, down and away to Rossett Gill and Esk Hause; strength and agility, with speed and stamina that we mortals can only dream of: Bailey, Jebb, Davies, Hope, Bland, Schofield; many big names were present in a field of almost 400. But soon this simple procedure of recording descended into near anarchy. How to read out and write down, with one pen, in cold and blustery conditions the runners' numbers dressed in various states of crumpled and jumbled clothing, with limbs, bumbags and windproofs askew as they strode through in gangs of ten and more. Often we couldn't see a number, yet whilst I understood the importance of carrying out my responsibility I still felt something of an unnecessary hindrance having to shout out in some semi-authoritarian sounding voice, "Can't see your number 'red vest'. Oi! Show us your number!" Meanwhile aforementioned 'red vest' struggles forward, shuffling, bent double, sweat and saliva crusting his face, barely conscious to the fact this rude address is directed at him! Thankfully nearly all who passed by were most obliging, occasionally thanking us for our efforts. True gratitude indeed, coming from competitors concentrating on running for up to 4 or 5 hours in tough conditions. Surely the quintessential English gent or lady fell runner?

As for drama and excitement - well there wasn't really much. No dramatic collapses, comical navigational errors (surely an oxymoron?) or checkpoint brawls, but I nonetheless thoroughly enjoyed myself. Wrapped up warm I could still feel the wind's icy claws slipping between my clothing, but by focusing on the task in hand the time passed quickly. I can't imagine it could be much fun marshalling on the penultimate checkpoint of Pike O'Blisco summit - with runners spread over two hours. Moments of interest? The surprised look on the faces of two competitors. One as his dibber snapped off in the recording box, the other, a lady who arrived at the control point to find her dibber had fallen off her wrist somewhere (I smiled as I pictured myself, hands on hips, sternly announcing, "You'll *have* to return to the start!"). Occasionally a runner would run straight between the dibbers, or avoid them completely - what did they think the dibbers on their wrists and the recording boxes stuck on stakes in the ground were for I wonder? One or two runners returned to the checkpoint having pulled muscles or fallen, forced to retire. Others simply decided it was all going to be too much - a frustratingly tough, but wise decision to make. My sympathies went out to the poor Scottish soul (or is that sole?) who limped back to the control point with the uppers of one shoe having almost completely come apart from the sole. In a quick thinking, and I like to think rather chivalrous moment, I offered her the fell runners I was wearing. "But I'm only a

size 4", the lass declared. Embarrassingly I looked down at my size 10? shoes and made a mental note to keep similar bright ideas to myself in future (picture the struggle down Stickle Ghyll in snug-fitting size 4s!). As a Calder Valley runner whom I recognised approached I called out a reminder to him not to make the same mistake as in 2003 on leaving the Pike O'Blisco checkpoint. Our erroneous navigating back then found us both floundering around Wrynose Pass with a detour of some two miles. He took it in good humour.

It was great to see amongst the day's competitors the likes of Miriam and David Rosen, stalwart fell runners and orienteers. Between them Miriam and David have completed over 45 Lake District Mountain Trials; which had its historic beginnings at the ODG. I should mention as well Harry Catlow, the sole V70 finisher and a superb effort in running today. Also great to see at the other end of the age spectrum was teenage sensation Ricky Lightfoot, a certain champion of the future, who went on to finish in an excellent 7th position.

Somewhere along the way the counting and recording took a turn for the worse and we briefly lost track of numbers. But it was my marshalling debut and Madeleine's only previous experience was the Three Shires, so I think we were suitably accomplished in our duties. The last ten runners through our checkpoint tied up with those passing through the previous checkpoint at Stickle Tarn (but just who was the bearded, *bare-chested* veteran running across the summit in temperatures with wind-chill hovering around zero?!). Back at the registration tent Raynet Control were happy with proceedings and so Madeleine and I were duly relieved of duty and free to descend at leisure. I now had the opportunity to quiz, question, demand and hassle the FRA statistician as to the various intricacies and complications involved in the compilation of results, scoring systems and the inclusion/exclusion of vets, unattached and non-English club runners. I think she was glad to see the back of me when we returned to the ODG.

Returning to the finish field we had missed Rob Hope's superb victory in a little under 2 hours 9 minutes but with Simon Bailey coming home some 30 seconds or so later in second place it meant that the season was wrapped up with these two irrepressible giants of the current fell-running scene being rightfully awarded joint winners of the English Championship. Not since 1997 with the Herculean efforts of Mark Roberts and Ian Holmes had an English or British Championship finished so close.

While milling around on the finishing field Rob explained that he hadn't thought his arrival at 7am *that morning* from a 24-hour flight from New Zealand would be ideal race preparation! Simon meanwhile was jokingly appealing for the proposed change in the rule for tied events to be rushed through and made retrospective. The change would have resulted in him being awarded outright winner in this years Championship!

Standing in the finishing field I watched as exhausted runners came through the finishing line. And after 30 minutes or so it was time for me to go. I dropped off the dibbers in the finishing tent, collected my complimentary hot pasty and sauntered back to the car. I felt proud to have played a small part in the smooth running of such a popular and distinguished race in a sport that I have come to love so much.

And so to conclude. Let's all make sure that none of next season's races suffer from lack of helpers, marshals or support of any kind. It's a cliché that's often trotted out – you get out what you put in – but if we all just race, race, race and put nothing back in to help in events then... hang on, Madeleine must be around somewhere to do the maths!!

## THE VARIETY CLUB OF GREAT BRITAIN (NORTHERN REGION) PAYS TRIBUTE TO JOSS NAYLOR MBE



### Joss Naylor MBE presents yet another Sunshine Coach.

**O**n 17th November 2005 Joss Naylor presented a Sunshine coach to the Pupil Referral Unit, (PRU), in the West Cumbria Learning Centre, Whitehaven.

The PRU is part of Cumbria Education Service's continuum of response for children with emotional and behavioural difficulties and Joss is seen here presenting the keys to the headmaster with a budding young fell running star in the making.

The Variety Club has spent over 50 years helping sick, disabled and disadvantaged children throughout the UK to have a better life. Variety's mission is to bring sunshine into the lives of children who are in need.

Formed in 1949, the Variety Club Children's Charity has raised more than £170 million, money that has been used to make a real and lasting difference to the children's lives. It is impossible to indicate here the full scope of the work that Variety undertakes, which ranges from a £12 million project, spent on improving care for youngsters in hospital, to a few hundred pounds to buy equipment or special toys for youngsters.

Since 1962, Variety has provided more than 4,000 Sunshine coaches, at a cost of £30,000 each to schools and institutions and with them the gifts of freedom and mobility.

Variety also never forgets the importance of having fun. Every Christmas Variety gives over 25,000 toys and gifts to children who would otherwise receive nothing and over 100,000 youngsters are entertained in various ways through the Variety at Work programme.

Each week over 50 appeals arrive at the Variety Club office from individuals desperate for their quality of life to be improved or from institutions, keen to maintain and enhance the services they provide for disadvantaged children.

So it comes as no surprise that one of our truly all time fell running greats, Joss Naylor MBE, continuously works tirelessly for the Variety Club (Northern Region) when called upon to do so and, in recognition of his achievements both on and off the fell running scene, Northern Region wish to bestow the Variety Club's highest accolade, The Silver Heart, to him in a Tribute at a star-studded Gala Dinner on the evening of the Ennerdale Fell Race, Saturday 10th June 2006.

The timing, cost and venue have yet to be decided but anyone wanting further information or wishing to pre-book a ticket, please contact:

**Peter Johnson**, Northern Region Chairman, on 01661 872681 or e-mail on [pgj100@btconnect.com](mailto:pgj100@btconnect.com).

# "THE RETURN OF THE KING!!"

12th BRISCOES AULD LANG SYNE FELL RACE 31st DECEMBER 2005 6.5 MILES/1000FT

from Dave Woodhead

Due to the popularity of this race a new route was introduced for this the 12th running, considering the gale force winds and driving rain everyone was shocked that 442 hardy runners turned out of their warm comfy beds. As always Louis Holmes, now 5, set the runners off, this year with a mighty roar, since he was dressed up like King Kong, because he'd been enthralled by this epic movie. Ten times winner Ian Holmes, showed the 'king' is back by beating English champion Simon Bailey, and a host of other internationals, including Andy Norman, the new Whinberry Naze record holder, Lloyd Taggart and Alistair Brownlee, who had all run for England in the World Trophy, and also defeated the man who beat him here last year, Andi Jones. Now 40 years old, Ian took command after Stanbury Moor summit and showed why he is the best fell runner ever, with a formidable display of speed, strength and racing instinct on the return journey over the muddy paths and fields. This was Ian's 2nd outing as a veteran, having won the V40 at the Stoop race, but here he went one better to win outright. Remember last years ALS report was titled 'Ring out the old, ring in the new', how wrong Ian proved everybody. 2006 could be Ian's year, as he attempts the impossible to win the senior English title, as a veteran.

Alistair Brownlee beat 855 runners on Boxing Day at the Chevin Chase, but here finished 6th, and won the U18's with an impressive run, forcing the pace with the leaders but looked like he'd been bathing in the Haworth mud.

Norman and Jones thoroughly enjoyed racing in drag, as fetching WPC's, although it seems their legs and ..... were chaffed by the PVC skirts. Taggart ran as Boy Wonder - Robin, Phil Winskill - Batman, Jackie Lee - Spider woman, Tim Austin - a sumo wrestler, Emma Payne - a Bunny Girl, Julie Howarth & Claire McKenna - two cute kittens, Dale Foster - another Robin and Crosstrax's Ed Battye - a much fuller Batman, is this to become an Auld Lang Syne tradition?

Current English V60 champion Kieron Carr who has previously won the V50 here in 1994, 1995 & 1997, won the V60 over four minutes ahead of Graham Breeze, while Clayton team mate, V50 Peter Butterworth just had the legs on last year's winner and English V50 champion Steve Jackson.

23 year old Natalie White, now running for Bingley, won the ladies, to add to her Hot Toddy victory on Boxing Day, from Amy Green and Jo Smith with Jackie Lee 4th. 'Cheeky girl' Natalie says

*"I've never raced the Auld Lang Syne race before, only The Stoop and Stanbury Splash, which are held at the same venue. It was good to see lots of friendly faces and also to be greeted by my forum name of "Fetlock"!*

*I wanted to end what has been a successful 2005 for me, competing in an enjoyable, challenging race.*

*I decided along with my partner Timo Austino to race, although we didn't think we had made the right decision when we set off from home in the pouring rain with gale force winds!*

*For some bizarre reason Tim decided he would wear an inflatable sumo wrestler suit to complete the course.*

*To make it even more of a challenge we decided to have a bet - Tim stated that he could beat me whilst wearing his sumo suit and if he did then - - -*

*The venue for the race is notorious for its wintry weather and wind, rain, mud and the cold greeted the runners on the day. This though didn't stop at least 420 runners competing in the race. Never have I seen so many people at a non-championship fell race before.*

*The start was put back due to the numbers of runners still registering at the start time of 11.30am!*

*As the wind was blowing and the rain fell heavily, Tim had fully inflated his suit and I was looking forward to the challenge (of beating him, as he didn't know the type of terrain he was going to be running on).*

*The race was started by Louie Holmes (the son of Ian) who looked so sweet in his gorilla suit! The start was the usual mad dash out of the quarry and down the bumpy track onto the road.*

*The river crossing was fun, especially sliding down the muddy embankment and having my head being used as a step!*

*Thankfully the rain had stopped, but the wind was still blowing and the course was very muddy (I had visions of Tim being blown away or swept downstream in the river!).*

*The course was fairly muddy, wet and boggy and I liked the idea of an out and back course with a clockwise loop in the middle. It would have been a fairly fast course if it hadn't have been so muddy or windy.*

*The run back towards the finish felt tough, as the last field was uphill and so muddy and I was really pleased to run all the way, as the guys in front were "walking"!*

*About five minutes later the finish arrived and my legs felt quite battered by this time and my long stripy socks felt like they had accumulated most of Haworth moor.*

*What was really pleasing was that I had arrived home 1st lady and had also beaten Tim! (Natalie only finished 5 places and 34 seconds ahead of Tim)*



Crosstrax director Ed Battye (get it??) answers the call (Photo Dave Brett)

The prize giving was fantastic – a typical Dave & Eileen presentation (always look forward to them!). I was amazed at how many goodies I won and must apologise to the guy who I told I wouldn't speak to again if he put the "Gromit" hat on my head! I must say a big thanks to Dave & Eileen who organised an enjoyable race and day out and a great end to 2005!"

Ten years ago to this day, Sarah Rowell won the ladies outright, but here she had to settle for 6th, but first FV40. England junior international and England FU18 silver medallist, Emma Clayton, won her age group for the second year from Kate Bell. While at the other age scale, Jan Atkins, now 60, says she is getting slower, but still had 78 younger athletes behind her finishing in 352nd, while daughter Dawn finished 11th lady in 175th position.

Obviously due to this new course, which can cope better with the numbers, all category winners' times will now be new records, since this course is to become the norm, and a on firm, less windy day, times should tumble by at least 3 to 4 minutes.

Crosstrax, a new company, generously donated 6 pairs of fell shoes to a free prize draw, and Caroline Harding - P&B, Steve Bamber - Preston, Suzanne Budgett – Horwich, Owain Matthews – Bedford, Kelly Harrison – Ilkley & Marcus Lancaster – Lincoln, all went home surprised and happy winners.

'We reached Penistone Hill Country Park about an hour before the start. Tried, but failed to park the car in a dry bit of the car park! Paid our £3 and received our number and plastic cover, a bottle of beer, (for after), with a picture of last year's winner on - (good idea for next years Wesham 10K!?!?), coffee and biscuits. The race got put back 15 minutes and I stayed in the car till the last minute as the weather was absolutely foul. I'd say a good 80% of the field chose to set off in their waterproofs. I brought my camera to take a team photo, but it would have been pointless with an icy gale blowing; nobody would have been happy posing for a photo!

One or two were in fancy dress – a Sumo wrestler, Batman and Robin etc. There were 400 or 500 in the race and I started somewhere in the middle, (to keep warm!!!). There were good trail paths initially, then down a muddy bank into an icy river, then hands on quads and up the other side. Some runners were avoiding puddles. I couldn't understand this when they had just waded through a river in full flow! It was hard to overtake and one or two runners got bumped as runners overtook. Once on the tops, it was head down to watch your step, but it was nowhere near as bad as Winter Hill. Round the trig point, then start the descent. I was overtaking on the way up, but now they were going past me. Got onto fairly good paths but parts were littered with large stones and I twisted my ankle on one bit, but it wore off after half a minute. We went back through the same stream where Steve Bateson seemed to be trying to straddle over an upturned tree. Up the other side I overtook a 'cat outfit' and a few other runners and the finish was now in sight. (A cricket pitch with whitewashed stone walls as side screens!) Saw a Preston runner at the finish and we smiled at each other. ("What were we doing there?!?!")' by Martin Bates who finished in 60-21

Andi Jones had a competition on the FRA website to guess how many finishers would complete the ALS 2005, Roger Rabbit AKA Aaron Kelly of Rossendale, is now the proud owner of Andi's signed running vest from the World Trophy in Alaska – the correct guess was 432.

By the time you read this Andi, 'Roadrunner' will have his eyes on the London Marathon on 23rd April, and hopefully a finish time of 2hrs 15mins!

See photos on [www.photos-dsb.co.uk](http://www.photos-dsb.co.uk)

**Stop Press** : In the best traditions of the Auld Lang Syne race all of the category winners received a Lottery Ticket as part of their prize. Natalie White has won £5 on hers, re-invested it in Scratch Cards, won £10, invest..... and by the time you read this is probably a multi-millionaire!!!

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# The Return of Oliver Mallis

from Peter Hayes

## Episode 1: The Runner Awakes

Date:  
Saturday 23rd June 1989  
Time: 10.47am  
Place: Outskirts of Keswick

Less than half a mile from the Moot Hall! The heart of Oliver Mallis swelled with pride even as his weary knees all but gave way. The Bob Graham Round, the gold standard of fell running and the most exclusive club in the entire world. It barely seemed possible to believe that he, Mallis, was about to join! He could hardly wait to tell everyone. He'd be modest about it of course. 'A grand day out on t'fells', that's what he'd say. Crikey! It had been tough though. If it hadn't been for his wily old pacer Herdwick Studs he would never have made it. 'If anyone can get you round the B.G. it's Studs' was the word in the changing rooms and how true those words had been! Mallis shook his tired head in admiration as he remembered Herdwick's unerring night time navigation over Glaramara, and then, when time was tight, how he had led the way on a masterful traverse beneath Kirk Fell that had put them right back on schedule.

And Tricia! She would be amazed. He'd probably lie in wait for her on one of her usual training runs. 'Oh, Hello Tricia. Fancy meeting you here. Good weekend? Me? Oh nothing much really, I just had a grand day out on t'...'

Herdwick Studs broke urgently into Mallis's daydream.

"Twelve minutes to deadline Mallis. Lets not take any

chances, follow this short cut."

Studs dived into an alleyway and Mallis followed, marvelling. That was Studsey all over. He would never have guessed to have gone that way!

Mallis and Studs emerged into a large car park. Studs scratched his head and picked his way carefully between the cars before pointing to a second narrow passageway.

"Down there Mallis and the Moot Hall will be on your left. You can't miss it. I'll catch you up, I'm just going to buy a couple of ice creams."

Mallis trotted down the echoing passageway, his heard pounding. Was this what it felt like to enter the Olympic Stadium and win the marathon? No! It felt better than that! He came out into another carpark. Maybe Herdwick had meant him to turn left. Mallis ran down another winding alleyway. A dead end. He tried another. No. This one seemed to be leading him down to the lake. He looked for Studs. Nowhere. Now which way was he meant to go? Mallis started to sweat and his heart began to race. The ambling tourists stared at him curiously. 'Are you lost laddie?' someone said.

"Don't panic," Mallis told himself grimly. "Get your compass out and take a bearing. Easy does it. You've still got five and a half minutes."

Slowly and deliberately Mallis retraced his steps, his eyes fixed on the compass. He looked up. There it was! The crenulated turrets of the

Moot Hall rose proudly above Keswick's colourful Saturday Market. Mallis's heart leapt. And there was Studs on the steps, placidly licking an icecream, and there was Fred Rogerson, also with an icecream, scanning the crowd and glancing at his stopwatch.

Two minutes to go! With a tremendous burst of energy Mallis raced towards his goal. All he had to do was to touch the Moot Hall and he'd made it. It was rather nice having the market on. It would be quite an event for the stallholders to get a true Bob Grahamer coming through their midst. He'd



probably get a real round of applause when they realised what was happening.

Crikey though! It was crowded.

"Excuse me: Bob Graham! Excuse me!"

No one budged. A meat stall had just been set up right in front of the Moot Hall and a dense packed crowd was waiting expectantly for bargains.

"Excuse me! Bob Graham!"

Mallis shouted. But no one heard him, they were all listening to the stallholder's megaphone.

"Ten pahnd o' Cumberland sausage and, tell yer wot, I'll frow in a leg of lamb wot fell off a sheep."

Mallis tried to force his way through the throng. A woman turned on him angrily.

"Stop pushing in! Eeugh! You're all sweaty!"

One minute to go! Mallis waved desperately for help at Studs, but he was too busy with his ice cream to notice the unfolding crisis.

"First person to offer me a fiver get's the whole bloomin' lot! Yes sir! The sweaty gentleman in the running shirt at the back. Give him his sausages Bert."

"Bob Graham! I don't want any sausages! Bob Graham!"

"Ho yes you do. You bid for them you pay for them!"

The Moot Hall clock began to strike

Bong!

Fred Rogerson looked grim, Mallis was in agony. The Antique Stall! If he could clamber over it he might just get through.

Bong!

Mallis leapt onto the stall which collapsed in a pile of old bric a brac, shepherds crocks, horse brasses and copper kettles.

"Ere! wot you doing?"

"Sausages!" "Thief!" "Pervert!"

Bong!

An angry crowd began to close in on him. In

desperation Mallis grabbed an ornamental warming pan and swung it wildly.

Bong!

"Bob Graham! Let me through! Bob Graham!"

"Quick Bert, trip 'im up wiv one of them crocks."

Bong!

Crunch! ...

### Seventeen Years Later

Mallis opened his eyes. Funny. He was in bed with a tube in his mouth. Where on earth was he? There was a bunch of long-dead flowers by his bedside and an old fell runner magazine. Strange, it was dated October 1989. Mallis began to idly turn the pages. There were long lists of results. Joss Naylor had won everything again. What was this? 'Bob Graham News'. Something stirred in Mallis's brain. The Moot Hall, Tricia, sausages. He started to read.

*'...there were hearty cheers when it was announced that this year's extraordinary achievement award was to be presented to Mick Jones for*

*running in a straight line from Snowdon to Scafell Pike in 33 hours 21 minutes. Finally, the AGM was informed of the outcome with respect to the unfortunate affair of Oliver Mallis. After due consideration the committee decided, unanimously, not to award Mr Mallis a certificate. The feeling of the committee was that if we waived the rules for Mr Mallis just because he fell into a coma, then where is it going to end? Basically, if we gave him a certificate, then any old Tom Dick and Harry could turn up in Keswick, trip over and bump their head, and then claim Bob Graham membership. The committee did, however, authorise the purchase of a bunch of flowers to be placed at Mr Mallis's bedside, with a message of commiseration.'*

Mallis looked at the flowers. Yes, there was a message. He peered carefully at the faded writing:

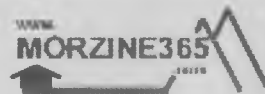
"Hard luck. You can always try again."

..... to be continued.



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# Coach's Croakings - Planning



from Mike Hancock

Greetings again from the Cotswold hillbilly, the amphibious croaker. It could be a good time right now to really plan your summer season, if indeed you haven't already done so. What is your idea of planning? It is just a list of events with several main targets or is it a really detailed racing/training programme with just one or two main aims? Without a focus you cannot really plan, so perhaps you should start by setting your main goal and then frame your plans for training and racing around it. The best results are often achieved by someone who is really single-minded and has thought everything out months ahead. The goal might be quite easy to set (say being placed in or winning the Championship, gaining an international vest or simply beating opponents who stuffed you last year). Achieving that goal may not be quite so easy and that is where planning comes in – and just a little luck maybe as well. There is no harm in having a plan B as well, just in case a re-think should be necessary mid-season.

So, once you have set your target you will have a few options as to how you achieve it. Many young athletes run on the track as well as the fells during the summer. Some do a few road or multi terrain events too. You can be spoiled for choice and unable to resist whizzing around the country to loads of races. You may get away with it just now but there is a long trail of 'bummed-out' athletes who had just a couple of very good years. It is a good idea to at least try every running discipline – in moderation. At the other end of the spectrum we have those athletes who compete on the fells and feel like they have no problems (but they do – just refer to the comments about the elite runners near the end of this piece).

Without some thought or organisation you may do quite well in more than one discipline, but you might not reach your full potential in any single one – you're chosen one. It is very difficult to switch from fell racing/training to the track (or vice versa) and back again within the same week or two if you expect to improve in both areas. Perhaps you might in the short term, but in the long-term it is unlikely. If your legs could talk what they would be saying could be pretty rude. They may even sue you if they get injured. So, is there a way around all this – a compromise, or just a better idea? There almost certainly is, but it means being

prepared to be selective and to make sacrifices i.e. missing some events/races for the good of the greater goal. You could divide the summer into say 8 or 10 week segments and plan from March to early October. The fell championship dates are already known, as are the main track ones. It is perfectly possible to have these places:-

March/April – fell  
May/early to mid July – track  
mid July/October – fell

This way you can have a main emphasis on your training for continuous blocks of time (you could still retain the weekly 'long' fell run or track session during the time when it is 'out of phase') this approach should enable you to compete in your minimum 4 Championship races, but you would also have the main part of the young athletes track season to focus on (County/area Champs, English Schools etc.). There have been a number of cases of athletes adopting this type of plan who have made the World Trophy or Home International teams at the end of the season.

Another alternative is simply to divide the summer into two, whereby you focus on track until July, then switch to the fells for the late season trials and 'big' races. Agreed, you will sacrifice doing the required number of championship race to the feature in the top standings, but you could still gain an international vest. This year you can be considered for the home international team if you have done a minimum of 2 Championship races and made a suitable impression there and elsewhere. Also remember you can win a British Championship just by running as an individual. A fell phase followed by a track one is unlikely to work very well because there is not much major track competition for young athletes after July (except for perhaps the real elite). Some of you reading all of this agog saying you have no problem because you only compete on the fells may be deluding yourselves. You still do have a problem! Very few athletes can run at their peak for a 6 or 7 month season, so you need to be selective and plan for your key races. That probably means rest periods and spells of key activity. There are times when rest is the best form of training for a young athlete.

There are a few other things to consider in 2006. The first fell championship race is

sandwiched between the Nottingham (Intercountry/British champs) and the English Schools cross-country events. It will be interesting to see who does or does not try all of them and who can then keep running consistently well all summer. The very youngest runners are often those who compete the most and manage to do well for one or two years. I would encourage their parents/coaches to study the size of the fields in the under 18 and, especially, the under 20 age groups and see what message that sends to them. Some people thrive on racing – at least for so long, but many would be better off racing only 2-3 times a month (including midweek) so that they can get some decent training in at the weekend or maybe just have a weekend off to do something else and come back fresh. As stated previously well chosen rest periods are one of the most important ingredients of a young athletes programme.

Now, what about some of the training features incorporated into your winter schedule? Are you just going to abandon all that stretching, core stability, drills, skills and balance work which you did in the dark winter evenings just because it is warm and light in the summer evenings? Where do you find time for them in a busy summer? Oops! Have I pricked a few consciences among those who have never done some or all of these things? Will we even get through to those who think those elements are a waste of time? What I do know is that the really elite senior World Championship mountain runners will have planned meticulously and raced selectively. They will have paid attention to both hill climbing/descending, yet they will have plenty of speed. Above all they will have focused on those elements of their build-up which give them just that extra 2 or 3 percent 'edge' – like nutrition, conditioning and continuity i.e. staying injury-free so that the build-up to their main goal is smooth and gradual.

So the old fogie has had his rant. You may just want to ENJOY your running on the fells and have no particular ambitions. There is nothing wrong with that. The sport is for everyone. However, reading this might just set you thinking about a charge in your mind-set. A lot of very good runners have started out in the ranks of the 'fun runners' and joggers. Good luck for 2006. Get planning!

# RESULTS



*Tom Addison of Helm Hill  
at Withins (Photo Woodhead)*

**FROM AUGUST  
TO JANUARY**

**COMPILED BY  
DAVE WEATHERHEAD &  
BARBARA CARNEY**



**PILGRIMS CROSS FELL RACE**

**Lancashire**  
**BM/6m/1100ft 10.08.05**

Once again our Sponsors 'Ultimate Outdoors' and our regular supporters did us proud, although overall numbers were down on 2004.

Not surprisingly, home club Rossendale were out in force winning the men's team and with Fay Beasley gaining her first win. Darwen were also out in some numbers.

Both Darren Kay and Ian Greenwood have supported our races so we knew we were in for a good tussle. Darren led from early on to gain a good win.

Our good friend Lawrence Sullivan warmed up for the World Masters O/70s with an excellent run.

The race will be back next year - we hope to see you there.

*Nick Harris and Clare Kenny.*

1. D. Kay	Horw	39.14
2. I. Greenwood O/40	Clay	40.34
3. S. Molloy	Ross	41.14
4. M. Lee O/40	Ross	41.34
5. D. Haygarth	Unatt	41.44
6. D. Raby	Chorl	41.59
7. D. Naughton O/45	Darwen	42.49
8. T. Taylor O/45	Ross	42.52
9. N. Barnes O/40	Darwen	42.58
10. M. France O/45	Darwen	43.10

**VETERANS O/50**

1. (11) M. Foschi	CFR	43.20
2. (17) P. Booth	Clay	45.09
3. (18) D. Schofield	Ross	45.20

**VETERANS O/60**

1. (81) G. Arnold	Prest	60.03
2. (83) F. Wood	Horw	63.28
3. (86) B. Robinson	Roch	69.03

**VETERANS O/70**

1. (59) L. Sullivan	Clay	54.16
---------------------	------	-------

**LADIES**

1. (38) F. Beasley O/40	Ross	50.16
2. (42) K. Forster O/40	Spect	51.36
3. (47) D. Allen	Rad	52.10
4. (50) L. Clarkson	Darwen	52.16
5. (65) J. Needham	Roch	54.36

88 finishers

**DENIS STITT MEMORIAL RACE**

**West Yorkshire**  
**BS/5m/850ft 11.08.05**

1. A. Shaw O/40	Holm	29.54
2. S. Oldfield O/45	Bfd/Aire	30.10
3. S. Bennet	Barns	30.45
4. J. Rank O/40	Holm	31.32
5. J. Heywood	Holm	31.51
6. T. Brunt	Holm	32.51
7. B. Stewart	Unatt	33.16
8. A. Hauser O/45	Holm	33.51
9. M. Law O/40	Barns	34.01
10. P. Smith	Holm	34.07

**VETERANS O/50**

1. (12) K. Holmes	DkPk	35.59
2. (15) R. Futrell O/55	Holm	36.47
3. (19) N. Whittingham O/50	P'stone	38.12

**VETERANS O/60**

1. (17) P. Covey	P&B	37.04
2. (21) G. Breeze	Skyrac	38.54
3. (24) K. Bamforth	Holm	39.31

**LADIES**

1. (18) D. Waite O/45	Holm	37.11
2. (20) J. Shotter O/40	Holm	38.47
3. (23) B. Hoyland O/50	Holm	39.27
4. (38) S. Charlesworth O/40	P'stone	44.39
5. (39) S. Balmforth	Holm	44.42

49 finishers

**LURIG CHALLENGE**

**Northern Ireland**  
**3.5m/1000ft 13.08.05**

1. A. McKibbin	N'castle	27.53
2. D. McNeilly O/40	N'castle	29.36
3. G. Bailey	ACKA	30.02
4. S. Cunningham	N'castle	31.06
5. J. Brown O/45	BARF	32.15
6. M. McManus	Larne	33.11
7. S. Hughes O/40	Unatt	33.48
8. M. McCollam	Unatt	33.56
9. S. Kennedy	Larne	34.47
10. E. McAlister	Glens	35.27

**VETERANS O/50**

1. (17) M. McVeigh	N'castle	37.43
2. (26) F. Hamond	BARF	39.07
3. (34) R. McNeilly	Glens	41.37

**VETERANS O/60**

1. (13) B. Magee	Larne	36.59
2. (47) G. Walls	Unatt	45.34

**LADIES**

1. (12) A. Shannon	N'castle	36.53
2. (25) A. McDonnell O/40	Unatt	39.01
3. (36) K. Iveston	N'Down	41.52
4. (43) J. Thin	BARF	43.04
4. (45) R. McConville	N'Down	44.28

76 finishers

**PONDEROSA**

**Gwynedd**  
**BS/4m/853ft 17.08.05**

Over the past ten years this friendly four mile race has, on average attracted about 40 runners, but this year, for reasons not known, 76 runners started. This short but testing run climbs 500ft in 3/4 mile, on an unmade road to the wireless mast, enabling the runners to thin out before descending 800 ft over 2 1/2 miles on stony, grass paths, plus thick boggy areas, to the remote Bryn-yr-odyn cottage, from where a grassy track climbs 300ft in 1/2 mile to the finish.

The lady winner, Cecilia Greasley set a new course record of 31.10, beating the old record by 2 minutes. Although Martin Humphreys had a good run he was not able to beat the existing record of 25.09, set by Paul Cadwallader in 1999.

*Peter Norman*

1. M. Humphreys	Stroad	26.26
2. R. Challinor	Dees	26.39
3. M. Gilbert	Wrex	27.01
4. G. MacNeil O/40	Chesh	27.21
5. J. Montgomery O/40	Buckley	27.53
6. K. Begley O/40	WChesh	28.00
7. C. Ashley O/45	Wrex	29.05
8. S. Bellis O/50	Wrex	29.14
9. P. Aird O/45	LastInn	29.35
10. C. Chandler O/40	Unatt	29.58

**VETERANS O/50**

1. (8) S. Bellis	Wrex	29.14
2. (11) D. Evans	Cardiff	29.58
3. (15) G. McAra	Chesh	30.24

**VETERANS O/60**

1. (28) P. Roberts	Buckley	32.24
2. (40) J. Morris	Buckley	34.07
3. (57) A. Todd	Helsby	36.58

**VETERANS O/70**

1. (66) M. Ward	Oswest	39.10
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**LADIES**

1. (21) C. Greasley O/45	Chesh	31.10
2. (32) K. Ayres O/45	Chesh	33.17
3. (41) S. Kibble	Unatt	34.09
4. (47) D. Urquhart	Buckley	35.29
5. (50) A. Goude	Bro Dys	35.50

74 finishers

**WEASDALE HORSESHOE**

**Cumbria**  
**AM/8m/2000ft 20.08.05**

A splendid warm August afternoon accompanied the race this year. The outcome of the race was in little doubt as Phil Davies had gained a fine minute lead by the first summit of Hooksey. Phil finished last years' record with the former holder Paul Brittleton following him home in second. Also the ladies had a new record with Hazel Jones leading them home.

Look forward to seeing you all next year.

*Fraser Livesey*

1. P. Davies	Borr	58.53
2. Paul. Brittleton	Helm	63.05
3. Peter. Brittleton	Helm	66.22
4. T. Jones O/40	Eryri	68.24
5. G. Owens O/40	NFR	68.27
6. S. Hersley O/40	Howgill	68.55
7. A. Miller O/40	Kend	69.23
8. C. Valentine O/40	Kesw	70.15
9. M. Meadowcroft	Dallam	70.31
10. G. Marks	Unatt	70.52

**VETERANS O/50**

1. (14) P. Clark	Kend	71.50
2. (17) K. Dacre	Kend	72.31
3. (23) I. Lundrigan	Unatt	81.15

**VETERANS O/60**

1. (27) B. Martin	Amble	84.26
2. P. Green	DenbyD	101.44

**LADIES**

1. (19) H. Jones	Dallam	73.20
2. (24) J. Scarf O/40	CalderV	81.21
3. (31) G. Cook O/40	Roch	88.06
4. (36) C. Cutner O/50	S'thport	110.15

36 finishers

**GREAT WILDERNESS CHALLENGE**

**Wester Ross**  
**CL/25m/3000ft 20.08.05**

1. K. Riddle	H'land	2.56.35
2. A. Keith O/40	HBT	3.04.08
3. T. Lenton	N'folk	3.07.02
4. A. Thomas	FleetFt	3.13.55
5. D. Hirst O/40	Dee	3.17.47
6. H. Blake	H'land	3.19.43
7. R. Bannerman	H'land	3.28.21
8. C. Hutt	Ed'burgh	3.28.48
9. N. Lancaster O/50	Skye	3.29.42
10. G. Simpson O/40	HBT	3.31.15

**VETERANS O/50**

1. (9) N. Lancaster	Skye	3.29.42
2. (18) R. McGill	Dundee	3.45.21
3. (23) D. Sullivan	Dee	3.55.29

**VETERANS O/60**

1. (20) B. Preece	Dee	3.50.12
2. (31) A. Whyte	H'land	4.19.59

**LADIES**

1. (14) C. Gordon	HBT	3.39.22
2. (16) S. Dunn	Dee	3.41.50
3. (19) G. Irvine	H'land	3.46.50
4. (21) C. Mangham	Cosmic	3.50.41
5. (29) M. Johnson	H'land	4.06.49

46 finishers

**CRAIG-Y-RHIW HILL RUN**

**Shropshire**  
**BS/4.5m/1000ft 20.08.05**

Another successful run around this testing woodland course on a beautiful summer's day - runners and families enjoying the rest of the afternoon meandering around the local fete.

The new experimental 2 mile junior fell run went down well and it is hoped that many more junior fell runners will take advantage of this new exciting event in 2006.

*Doug Morris*

1. M. James	Shrews	22.14
2. H. Matthews	Osw-Oly	23.09
3. A. Haynes O/45	Eryri	24.18
4. G. Jones O/45	Shrews	24.26
5. J. Montgomery O/40	Buckley	24.46
6. J. Bowie	Oswestry	25.28
7. S. Bellis O/50	Wrex	25.46
8. S. Jones	Wrex	26.00
9. H. Lewis	Buckley	26.29
10. S. Jones O/50	Eryri	26.39

#### VETERANS O/60

1. (19) J. Clements	Mercia	27.53
2. (20) P. Roberts	Buckley	27.58
3. (26) J. Morris	Buckley	29.24

#### VETERANS O/70

1. (53) G. Gartrell	Wrex	40.17
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#### LADIES

1. (25) D. Urquart	Buckley	29.10
2. (29) V. Musgrove O/45	Eryri	30.02
3. (34) G. Davies O/40	Prestat	31.52
4. (43) L. Worthington	Unatt	34.17
5. (44) H. Dirksen O/55	Buckley	34.56

#### 55 finishers

### ROSTREVOR Northern Ireland 900m 20.08.05

1. A. McKibben	N'castle	1.06.12
2. N. Carty	NBelf	1.06.14
3. E. Hanna	ACKC	1.07.38
4. D. McNeilly O/40	N'castle	1.08.28
5. R. Rodgers O/40	N'castle	1.08.52
6. D. Woods	ACKC	1.08.55
7. G. Bailey	ACKC	1.11.03
8. B. Ervine	Bally	1.12.28
9. S. Twomey	IMRA	1.14.21
10. A. Gregg	Larne	1.14.57

#### VETERANS O/50

1. (11) B. McKay	Albert	1.15.03
2. (15) J. Patterson	N'castle	1.19.48
3. (24) J. Hayes	Bally	1.29.47

#### VETERANS O/60

1. (26) D. Rankin	BARF	1.30.31
2. (34) B. Magee	Larne	1.34.58
3. (43) J. Adgey	ACKC	1.51.40

#### 43 finishers

### WHITTLE PIKE FELL RACE – English Championship Lancashire

AS/4.5m/1400ft 20.08.05

What a great day! The e-mails of thanks say it all, so thanks to everyone who wrote to us. After weeks of planning 240 people turned up for Rossendale's biggest event. Well, at least since 250 turned up for the same event when Whittle was a last championship event in 1993. Double the number of ladies but fewer men. This year the event was also the Lancashire Championship as well.

The weather was great and to cope with the non-appearing and anticipated extra number of runners coming to championship races we used sport Ident to help with the results. The system worked well.

First thanks to all the 50 plus helpers who helped with car parking, marshalling, registration etc., particularly Lefty who always turns up trumps at these events and Clare's mum who took on most of the catering when the commercial van didn't turn up. One novelty that seemed to go down well was club member Fay Beasley, our local Sports masseur, offering before and after massage.

Secondly, thanks to Ultimate Outdoors and particularly Russell Gill, who has been a great supporter and sponsor of most of our prizes and Smartwool who also donated prizes.

And thanks to the runners. It is a tough little course, slowing over the years as the terrain changes as sheep grazing declines. Many of you looked totally knackered at the end.

The ladies' race was a virtually a Yorkshire only event. Sorry, Sally, but I had my money on Natalie and she came up trumps on the day. Not surprisingly the Calder Valley and Ilkley teams rather dominated the leading places with CVR just piping their local rivals to the team prize. Elizabeth's second place was an excellent result and put pressure on Sally for the English O/40 Championship. In the Intermediates, also an English Championship event, Jennifer Emsley was only seconds ahead of Rachel Crowe but Rachel gained the Lancashire Championship.

Perhaps the highlight of the day from the men's race was the three over 70's fighting it out for victory. Alex won but we know they all had a good craic afterwards.

Rob and Danny Hope have been good supporters of Rossendale events over the years so it was rather nice to see them finishing in such excellent positions with 1st and 4th overall. Rob, despite his club, was first in the parallel Lancashire championship. Great to see Mark Croasdale doing so well winning the O/40s. His sons did well in the junior events.

In the men's event there were rather more lakes and other non-local runners than in the ladies' event but even so the Yorkshire teams of Pudsey and Bramley and Todmorden came out on top.

In the Intermediates, Chris Doyle of Trafford had a great 20th place overall to gain first position.

This was the first time we have had junior events, which were also Lancashire championships and the junior courses were therefore totally new. The U/12 and U/16 course were tough, but probably about right but the U/14 course was a bit long. All finishers got a fluffy toy and a certificate and Lancashire champions got the traditional gold, silver and bronze medals. Thanks to Kath Brady and Colin Shuttleworth of Lancashire Athletics, Dave Woodhead for advice and Jim Godwin for his help. We hope to have junior events next year. Well done to all the runners. I think the eagle eyed amongst you will spot the next generation of Rossie runners coming though.

The Under 20s (Intermediates) and U/18s ran with the seniors.

Next year Whittle will revert to an evening event and will, again, be part of our evening series.

Nick Harris and Clare Kenny, who even managed to run the event as well as doing the prize organisation.

*Nick Harris and Clare Kenny*

1. R. Hope	P&B	38.09
2. J. Heneghan	P&B	38.19
3. R. Jebb	Bing	38.21
4. D. Hope	P&B	39.05
5. N. Sharp	Amble	39.16
6. M. Croasdale O/40	LancsM	39.26
7. K. Gray	CaldV	39.38
8. R. Lightfoot	Ellenb	39.48
9. S. Bolland	Bowland	39.52
10. D. Neill O/40	StaffsM	39.56
11. D. Taylor O/40	DkPk	39.59
12. R. Pattinson O/40	P&B	40.03
13. G. Eherhardt	Tod	40.19
14. D. Kay	Horw	40.28
15. P. Thompson	Clay	40.33
16. S. Bailey	Mercia	40.38
17. R. Little	DkPk	40.48
18. N. Leigh	P&B	40.57
19. T. Werrett	Mercia	40.57
20. C. Doyle	Traff	41.04

#### VETERANS O/50

1. (40) T. McGaff	Chesh	43.39
2. (56) J. Winn	CFR	44.59
3. (61) B. Walton	Horw	45.19

#### VETERANS O/60

1. (100) D. Spedding	Kesw	47.21
2. (103) B. Mitchell	Clay	47.28
3. (109) K. Carr	Clay	47.44

#### VETERANS O/70

1. (172) A. Menarry	Durham	58.08
2. (174) L. Sullivan	Clay	58.25
3. (183) D. Rigg	CFR	62.38

#### LADIES

1. N. White	Holm	45.48
2. E. Batt O/40	Holm	45.48
3. S. Newman O/40	CaldV	48.16
4. H. Sedgwick	Ilk	49.07
5. J. Smith	CaldV	49.22
6. E. Barclay	Ilk	49.52
7. S. Taylor	Bing	50.06
8. L. Lacon	Holm	50.46
12. M. Laney O/50	Clay	52.17
35. L. Lord O/50	Clay	61.38
42. M. Parfitt O/60	Tod	68.54

#### JUNIORS U/16

1. P. Bolton Boy	Ross	31.01
2. G. Cunliffe Boy	Burnley	32.18
3. A. Kelly Boy	Ross	33.32

#### JUNIORS U/14

1. R. Shuttleworth Boy	B'burn	25.03
2. J. Beard Boy	Radc	26.38
3. L. Croasdale Boy	Unatt	27.38

#### JUNIORS U/12

1. T. Doyle Boy	HelmH	10.35
2. R. Croasdale Boy	Unatt	10.52
3. M. Hyder Girl	Dallam	10.57

### LAKELAND COUNTRY FAIR

#### OPEN FELL RACE

#### Cumbria

AM/6.5m/2350ft 21.08.05

Ideal conditions for this race led to some fast times, although the men's record of 54.56 set by Nick Fish in 2003 was never in danger. The women were in good form this year, and it is not hard to feel sympathy for the ladies' winner, Kate Burge, who missed the ladies' record of 1.06.21 by only one second! The relatively small field of 48 runners was slightly disappointing, but a hard championship race the previous day may well have had something to do with it. Thanks go again to Sam Clark for his impeccable organisation and to his very efficient team of helpers.

Again there was a full programme of junior races, but here too there were small fields, especially in the older age groups. What has happened to all those junior runners? Those that took part thoroughly enjoyed the races, and all finished safely. Thanks go to Alison Matthews and Alan Walton for the organisation, and to the Rawdon-Smith trust for their sponsorship of both junior and senior races.

#### Alison Bolt

1. J. Deegan	Amble	58.20
2. S. Pyke O/40	Staffs	58.50
3. S. Umpleby	Unatt	60.03
4. A. Preedy	Ross	61.22
5. S. Godsman	Tod	61.38
6. N. Armitage	Pudsey	64.59
7. K. Burge	Staff	66.22
8. C. Fellows	Unatt	66.43
9. B. Procter	Helm	66.50
10. S. Monghan O/40	Skem	67.13

#### VETERANS O/50

1. (15) R. Bellaries	Clay	69.07
2. (18) M. Laney	Clay	70.05
3. (23) W. Dodds	Clay	73.20

#### VETERANS O/60

1. (39) B. Mitton	Achille	82.36
2. (40) C. Graham	Helm	83.19

### LADIES

1. (7) K. Burge	Staff	66.22
2. (18) M. Laney O/50	Clay	70.05
3. (23) W. Dodds O/50	Clay	73.20
4. (25) J. Carter O/40	Kesw	74.23
5. (42) S. Godsman	Tod	83.48

### 48 finishers

### JUNIORS

#### Under 16 Boys

1. T Yates		11.40
2. L. McCrae		12.35

#### Under 14 Boys

1. N. Gould		11.53
2. R. Gould		12.12
3. M. Cardus		13.13

#### Under 12 Boys

1. L. Thurlow		15.18
2. M. Wilkinson		15.57
3. E. Hewson		19.02

#### Under 12 Girls

1. E. Hewson		20.40
2. J. Sweeney		21.51

#### Under 10 Boys

1. T. Wilkinson		5.29
2. J. Callan		5.33
3. J. Gittins		6.27

#### Under 10 Girls

1. G. Spencer		5.46
2. Y. Wright		6.19
3. E. Darwin		6.37

### GOLF BALL FELL RACE

#### Lancs

#### BS/5m/800ft 24.08.05

After a rainy day, the weather turned good for the race. From the start Andy Jones set the pace. If he did not have to wait for someone to show him the way he would have been on course to break the record, nobody could live with his pace, and he finished a good 2 1/2 minutes ahead of anybody else. An improving Michael Corbishley had an excellent run in fourth place, followed in by that excellent vet, Ken Taylor.

In the ladies' race, Fay Beasley came home first lady and is improving with every race, followed in by second lady Mary White. In the junior section Paul Wadsworth had a fantastic run and came in 10th place, ahead of some very good senior runners. Well done!!

Over all the runners enjoyed themselves, and we hope to see everybody back next year.

#### Jan Kempton

1. A. Jones	Salf	35.35
2. S. Thompson	Clay	38.00
3. I. Greenwood O/40	Clay	39.05
4. M. Corbishley	Ross	39.18
5. A. Buttery	Ross	39.28
6. N. Worswick	Clay	40.21
7. S. Molloy	Ross	40.29
8. D. Haygarth	Unatt	40.38
9. A. Orr	Clay	40.45
10. P. Wadsworth	Ross	41.05

#### VETERANS O/50

1. (15) K. Taylor	Ross	43.03
2. (18) D. Schofield	Ross	43.15
3. (20) P. Booth	Clay	43.35

#### VETERANS O/60

1. (23) B. Mitchell	Clay	43.58
2. (99) G. Navan	Ross	56.29
3. (102) G. Arnold	Prest	57.20

#### LADIES

1. (60) F. Beasley O/40	Ross	49.49
2. (72) M. White O/50	Horw	52.12
3. (91) S. Norris O/50	Horw	54.32
4. (95) K. Brady O/40	Unatt	55.33
5. (88) J. Wood O/40	Ross	56.20

### 114 finishers

### SCRABO

#### Northern Ireland

#### 26.08.05

1. D. McNeilly O/40	N'castle	21.18
2. R. Rodgers O/40	N'castle	22.04
3. R. Graham	Unatt	22.50
4. J. Brown O/40	BARF	23.55
5. D. McGreevy O/45	BDrain	24.11
6. J. McCloy U20	MdU	24.26
7. D. McNeilly	BDrain	24.32
8. K. Harty	New	24.33
9. R. Cowan	WTH	24.38
10. I. Millar	LVO	24.49

#### VETERANS O/50

1. (16) R. Rutherford	BDrain	26.58
2. (24) S. Dunn	EAntrim	28.31
3. (27) R. Cowan	WTH	29.37

#### VETERANS O/60

1. (23) B. Magee	Larne	28.08
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#### VETERANS O/70

1. (38) B. Grimmison	EAntrim	38.46
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#### LADIES

1. (8) K. Harty	New	24.33
2. (15) A. Shannon O/40	New	26.44
3. (22) C. Galbraith O/40	New	27.53
4. (26) K. Bell	Oly	29.04
5. (28) B. Brown O/40	ACKC	29.44

### 38 finishers

### JUNIORS

1. N. Collins	Omagh	15.06
2. C. Moore	Omagh	16.12
3. C. Coney	MidU	16.19

#### Under 14's

1. (4) T. Aiken	Omagh	16.23
2. (8) Mark. Patterson	NDown	16.48
3. (12) Michael Patterson	NDown	18.03

#### FEMALES

1. (13) J. Craig	NDown	18.10
2. (15) K. McCloy	MidU	19.54
3. (16) L. Scott	NDown	20.54

### PENDLETON FELL RACE

#### Lancashire

#### AS/5m/1500ft 27.08.05

Each year as we flag the course, the bracken seems to get higher, the rushes longer and therefore the course slower - so Kevin Capper's and Carol Greenwood's records from the early 80s are harder to emulate.

Giving it a good try this year was Mark Horrocks, who led Darren Kay all the way, only to be outsprinted down the street at the finish. He had the consolation of being first V40 though, with Andrew Robinson taking the V50 honours, Kieran Carr V60 and Lawrence Sullivan V70.

Emma Barclay put up a fine performance to take the ladies' prize, Elizabeth Tomes LV40 and Maureen Laney ran well for LV50 and second overall.

A fine run from 1st junior Jack Wood in 12th position. Due to an increased entry this year we showed a surplus of £152, which was donated to North West Air Ambulance. Thanks to all marshals.

#### Roger Dewhurst

1. D. Kay	Horw	34.59
2. M. Horrocks O/40	Wharf	35.04
3. W. Smith	Kghly	36.37
4. S. Thompson	Clay	36.47
5. P. Stevenson O/40	P&B	37.16
6. M. Wallis O/40	Clay	37.18
7. G. Schofield O/40	Horw	37.26
8. A. Smith	Amble	37.30
9. I. Greenwood O/40	Clay	37.45
10. M. Brown O/40	Clay	38.27

### VETERANS O/50

1. (19) A. Robinson	Clay	39.42
2. (23) D. Schofield	Ross	40.12
3. (24) G. McMahon	Notting	40.17

### VETERANS O/60

1. (36) K. Carr	Clay	41.58
2. (37) B. Mitchell	Clay	42.12
3. (81) N. Berry	Holmf	49.21

### VETERANS O/70

1. (91) L. Sullivan	Clay	50.50
2. (114) D. Clutterbuck	Tod	58.17
3. (124) B. Thacklery	DkPk	63.24

### LADIES

1. (43) E. Barclay	Ilk	43.00
2. (56) M. Laney O/50	Clay	44.49
3. (64) E. Tomes O/40	Kghly	46.09
4. (67) H. Glover	Kghly	47.07
5. (73) C. Perston O/40	Kghly	48.19

### 126 finishers

### GYRN GALLOP

#### Shropshire

#### BM/7m/1200ft 27.08.05

Another good day's fell running on this well marshalled and marked approximately 7 mile course, which meanders up and down the mountain in Wales, famous for the making of the renowned film 'The man who went up a hill and came down a mountain'.

The village show was well supported and enjoyed by all runners and their families.

#### Doug Morris

1. R. Sedman-Smith	Telf	41.56
2. A. Carruthers O/40	Hales	43.58
3. A. Oldham	St'port	44.14
4. D. Evans O/55	Cardiff	44.45
5. S. Ellis O/40	Tatten	45.01
6. P. Ball	Wenlock	45.31
7. M. Foschi O/50	CFR	46.24
8. R. Hamilton O/45	Ilk	46.32
9. C. Ashley O/45	Wrex	46.38
10. S. Hammond O/45	Tatten	46.59

#### VETERANS O/60

1. (11) E. Davies	Eryri	47.03
2. (21) J. Clements	Mercia	50.06
3. (28) C. Williamson	Shrop	53.31

#### VETERANS O/70

1. (73) G. Gartrell	Wrex	71.14
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#### LADIES

1. (18) S. Hammond O/40	Tatten	49.18
2. (26) K. Roberts	Helsby	52.24
3. (27) B. Eyke O/40	Osw	52.59
4. (29) A. Tickner	Osw	54.08
5. (33) A. Goode	Brodys	55.08
9. (47) E. Statham O/60	StoneMM	58.32

### 72 finishers

### CRESSBROOK CRAWL

#### Derbyshire

#### BM/6.5m/1110ft 28.08.05

The inaugural Cressbrook Crawl took place on a gloriously sunny August Bank Holiday Sunday in the Peak District - just a little cloud and a nice breeze to cool the runners off. Perfect conditions to keep the weather cynics quiet.

A happy group of runners gathered for this new gem in the calendar. The route crosses the river Wye twice in its valley and hill top circuit, but this was clearly not enough for winner Lloyd Taggart, who decided a little detour across the river towards Monsal Head and back needed to be added. Fortunately he was far enough ahead that no one followed his little addition to the course. The pace of the lead runners took a few of the villagers on marshall duty by surprise, but everyone else got round the course without any hiccups. Lloyd romped up the hill to finish in a

rapid time of 45.20 (which will now stand as the course record), with Tom McGaff leading the vets back with second place overall. Most of rest of the field came through in between 50mins and the hour. Sally Ward put in a strong race to come in as first lady in 57.52 over 2 minutes ahead of Kirsty Bryant-Jones and Fiona Shackley into second and third place respectively.

Five Stalwart Juniors lined up at the bottom of the hill to run the half mile hill climb to the finish, with Bea Sword winning in a rapid time of 5.25mins.

Almost everyone stayed back at the end of the race to enjoy a relaxed beer and barbecue in the sunshine at Cressbrook Club, giving a great opportunity for fell race novices to compare notes with Matterhorn competitors. It felt more like a garden party than the aftermath of a 6.5 mile run with over 1,000ft of ascent!

Vicky Dawson

1. L. Taggart	DkPk	45.20
2. T. McGaff O/50	Chesh	46.34
3. N. Bassett O/40	Staffs	48.00
4. C. Fray O/40	Chesh	49.08
5. M. Webster	Unatt	49.15
6. M. Smith O/40	Penn	49.53
7. J. Turner O/40	Sheff	50.38
8. R. Fawcett O/50	DkPk	51.34
9. J. Trueman O/40	Penn	52.41
10. N. Boler O/50	DkPk	52.47

**VETERANS O/60**

1. (35) K. Bamforth	Holmf	60.26
2. (50) A. Bourne	Staffs	77.12

**LADIES**

1. (25) S. Ward O/40	DkPk	57.52
2. (34) K. Bryant-Jones	DkPk	60.24
3. (36) F. Shackley O/40	Unatt	61.52
4. (37) W. Billing O/40	Tring	62.44
5. (41) D. Ward	Mat	65.12

51 finishers

**ANGUS MUNRO RACE – SCOTTISH HILL RUNNING CHAMPIONSHIP**

**Angus  
28.08.05**

Torrential rain, strong gusting wind and thick cloud provided challenges that didn't deter a 44 strong field from tackling a course that was as far removed from the World Trophy format as Des Crowe is from Ellen McArthur. Des did a comprehensive tour of the Desolate Plateau of Loch Brandy wondering why his compass wasn't delivering checkpoint 2 to him like Cape Horn out of a South Atlantic storm. He never made it, but survived to sign up for his next evening classes in navigation! Joe Symonds set the early pace but limited his pre-New Zealand work-out to the north-about loop to Braedownie, leaving others to battle it out for the honours.

One such battle was between Dave Cummins and his left shoe. The now notorious Walsh design failed catastrophically, leaving Dave begging for a shoe. The best he could do was a brand-new walking boot generously donated by Anne Nimmo. Dave boldly squeezed into the undersized handicapping device and finished with an impressive and curious shambling gait in 4th place.

Ronnie Gallagher (Carnethy) 1st vet and Cameron Watson (Pitreavie) bided their time behind the lead group until half way, then decided to go up a gear. Having spent the last few hours fighting the elements they weren't going to race each other to the end - they crossed the line together. Adrian Davis (Wild Outdoors & Carnethy), was 3rd, closely followed by Dave Cummins (Shettleston). Jill Mykura only had to finish this race to win the Championship - she was miles in front of the 2nd lady. With her map disintegrating in the

rain she showed McArthur-like initiative (Des would have been impressed), and memorised the last few bearings but mixed the sequence up and came off the ridge too early. Such are the pitfalls of the SHR Championship - never over until the last storm. Louise Burt (Fife AC) had no such trouble and calmly cruised in to win the women's race (senior and vet), with Val Brunton (Westerlands) in second place.

Consistent performers John Blair Fish (Carnethy) and Charlie Love (Dundee Hawkhill) won the MV50 and MV60 prizes respectively. Carnethy won the team prize.

Greatest honours go to the quiet and impressive efficiency of the Tayside Mountain Rescue Team. They manned checkpoints and co-ordinated a late and successful location of two runners who had strayed off course like petrels in the storm. The anonymity of these strays is preserved - it happens to all of us at some time.

**GRASMERE SENIOR GUIDES RACE  
Cumbria**

**AS/1.5m/900ft 28.08.05**

1. R. Jebb	Bing	13.13.01
2. I. Holmes	Bing	13.14.02
3. R. Hope	P&B	13.14.06
4. T. Austin	DkPk	13.14.09
5. A. Dunn	Helm	13.14.25
6. R. Lightfoot	Ellenb	13.14.36
7. C. Doyle	Traff	13.14.46
8. N. Sharp	Amble	13.15.01
9. M. Croasdale O/40	L&M	13.15.04
10. J. Deegan	Amble	13.16.01

**LADIES**

1. (18) S. Wood	Amble	17.35.09
2. (19) R. Robinson	Kend	17.17.36
3. (23) H. Sedgwick	Ilk	17.18.18
4. (27) S. Taylor	Bing	17.19.00
5. (33) J. Leather	Amble	17.19.18

**U9 GUIDES RACE**

**MALES**

1. D. Doyle	Penn	6.02
2. R. Scott	Prest	6.29
3. K. Harris	Hutton	6.39

**FEMALES**

1. G. Spe???	R'tham	5.58
2. B. Ingham	Newton	7.34
3. C. Scott	Winster	7.58

**U12 GUIDES RACE**

**MALES**

1. R. Croasdale	Lancs	6.14
2. D. McLean	Prest	6.30
3. C. Scott	Winster	6.34
4. A. Hibbert	W'mere	6.40

**FEMALES**

1. I. M. Morphet	CFR	6.55
2. I. Davies	Retford	7.21
3. C. Ireland	Ross	7.42
4. S. Quail	Kesw	7.49

**FELL RACE – UNDER 14**

**MALES**

1. J. Senior	Norw	7.12
2. T. Doyle	Helm	7.15
3. L. Croasdale	Lancs	8.04

**FEMALES**

1. V. Johnston	Eden	9.29
2. H. Fisher	Hucknall	12.07

**UNDER 17 GUIDES RACE**

**MALES**

1. T. Yates	Kesw	11.28
2. B. Morphet	CFR	12.30
3. A. Wood	Grasm	12.40

**FEMALES**

1. R. Stuart	Kesw	12.56
2. J. Hayes	Salf	14.43
3. K. Ireland	Ross	16.57

**GLENDALE SHOW FELL RACE  
Northumberland  
BM/6m/1000ft 29.08.05**

The Glendale country show represents an excellent opportunity to host a fell run. Over 10-12k people visit each year. The race got under way with 50 runners participating. Hot conditions and dry underfoot resulted in a new course record.

Nick Swinburn was first home, just a few seconds ahead of Keith Lyell. The course is a long, steady climb out from the show ground for 3 miles. Once at the highest point, the runners have a fast twisting descent return.

Karen Robertson first lady home, also new course record, gave a great performance for Northumberland fell runners.

The race appears to be going from strength to strength as runners have increased 10% year on year.

G. McWilliams

1. N. Swinburn	Morpeth	42.44
2. K. Lyell	CofEh	43.10
3. W. Horsley	NFR	44.32
4. J. Dickenson O/45	Tyne	45.09
5. C. Rutherford	Carham	48.30
6. T. McCall	Norham	49.18
7. T. Makin O/40	Durham	49.24
8. B. Robson	Rothb	50.35
9. R. Stephens O/40	Unatt	50.36
10. M. Graham O/40	LowFell	50.33

**LADIES**

1. K. Robertson	NFR	50.23
2. C. Bagress O/40	Wooler	54.46
3. A. Porteous	Morpeth	56.26

49 finishers

**MOEL FAMAU  
Flintshire**

**AS/4m/1237ft 29.08.05**

Records were smashed at the Cilcain Show on Bank Holiday Monday. An unprecedented 145 runners competed in the four mile route from the centre of Cilcain to the 554 metre summit of Moel Famau and back. Despite the rain and low cloud before the race began, outright winner, Lloyd Taggart, shaved almost a minute off last year's time when he crossed the finish in 27.36 to claim the Plummer Trophy. He was closely followed by Jonny Mellor.

The race attracted many club runners from as far afield as Yorkshire, Cumbria and Kent. Local competitors still got a look in with 11th placed Peter Lincoln of Cilcain, coming home in 32.44 to take the Browner Trophy, as the leading local runner. Peter runs the course twice weekly for fun and helped in the setting out and clearing away of the course.

The leading lady, Caroline Harney, crossed the line in 36.34. Graham MacNeil led the 40-50 year olds home, followed by Tom McGaff in the over 50's. Niall Gould retained the Crittall Trophy for the Junior road race, organised for competitors under the age of sixteen.

Thanks should go to the team of willing and enthusiastic volunteers who enabled both the Junior race and the Mountain race to pass without a hitch.

1. L. Taggart	27.36
2. J. Mellor	28.49
3. I. Houston O/40	31.38
5. T. McGaff O/50	32.00
6. M. Gilbert	32.12
7. C. Fray O/40	32.19
8. P. Hodges	32.34
9. A. Lewis O/40	32.35
10. J. Montgomery O/40	32.38

**VETERANS O/50**

1. (5) T. McGaff	32.00
2. (17) T. Hulme	33.50
3. (18) S. Bellis	34.04

**LADIES**

1. (38) C. Harney	36.34
2. (16) L. Lacon	36.57
3. (44) C. Diss O/40	37.10
4. (51) R. Herington	38.00
5. (52) H. Davies	38.06

**145 finishers****GREAT LONGSTONE CHASE****Derbyshire****BS/4.8m/950ft 02.09.05**

With a glorious Derbyshire sunny evening and an excellent turnout of 115 runners, the chase was underway under the starting gun of Lord Roy Hattersley. Meanwhile, in the distance a hot air balloon race was heading towards the village from the Chatsworth Fair.

The runners headed for up Longstone Edge with the village paparazzi having a chase of their own capturing the moments of village history in the making 2005.

Lloyd Taggart and Robert Little steamed around the course. Lloyd Taggart took the edge winning the men's race in a time of 27.17, just short of the course record of 27.02 by Dave Neil in 1997. Cecilia Greasley won the ladies' race with a time of 34.19.

Lord Hattersley presented the trophies to the winners.

The success of the Longstone Chase is dependent upon volunteers from the village. The efficient organisation and planning is attributed to the years of experienced of Peter Askew and Joyce O'Brien. All monies raised from this chase are channelled back into sports and leisure pursuits in the village.

**Sue MacDonald**

1. L. Taggart	DkPk	27.17
2. R. Little	DkPk	28.48
3. A. Middleditch	DkPk	28.51

**VETERANS O/40**

1.. S.Pyke	Staffs	28.57
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**VETERANS O/50**

1. M. Foschi	CFR	32.00
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**VETERANS O/60**

1. C. Radcliffe	DkPk	39.09
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**LADIES**

1. C. Greasley O/40	Chesh	34.19
2. J. McIver	DkPk	35.45
3. J. Jepson	FatBoys	36.31

**115 finishers****GRISEDAL HORSESHOE****- DEREK PRICE MEMORIAL RACE****Cumbria****AM/10m/5000ft 03.09.05**

The imposition of a ban on any race taking place over the weekend of the World Masters inevitably caused alterations and rearrangements to the race calendar.

As a consequence race numbers were down this year with a total of 109 starters, all but 4 managing to complete the course.

The day was warm and sunny, perhaps a little too warm for the runners, but at least there were no navigational difficulties due to the weather. Even so, there were some interesting route choices by some of the runners.

For the second consecutive year, the race was won comfortably by Nick Sharp. However the ladies' race was far more keenly contested with Nicola Davies prevailing over Hazel Jones, finishing 18 seconds ahead. This year's race

passed off without incident, unlike some previous years when runners have injured themselves, thus resulting in a successful day.

**Alan Kenny**

1. N. Sharp	Amble	1.49.02
2. M. Donnelley	N'berland	1.52.14
3. J. Bland	Borr	1.52.37
4. A. Schofield	Borr	1.52.45
5. A. Ward O/40	DkPk	1.55.07
6. S. Stainer	Amble	1.55.42
7. J. Hunt	Unatt	1.59.25
8. G. Devine	P&B	2.03.19
9. M. Robinson	DkPk	2.05.15
10. C. Reade O/40	Bowl	2.05.39

**VETERANS O/50**

1. (23) R. James	CFR	2.13.56
2. (31) A. Duncan	Bowl	2.20.54
3. (39) B. Walton	Horw	2.25.53

**VETERANS O/60**

1. (40) A. Bland	Borr	2.26.23
2. (72) T. Peacock	Clay	2.43.46
3. (93) D. Gibson	Saddle	2.59.54

**LADIES**

1. (32) N. Davies O/45	Borr	2.21.01
2. (33) H. Jones	Dallam	2.21.19
3. (41) J. Leather	Amble	2.26.34
4. (42) J. Meeks O/40	Kesw	2.26.50
5. (68) P. Near	Eryri	2.42.51

**105 finishers****TOTLEY TORMENTOR****Derbyshire****AL/15m/4150ft 04.09.05**

1. A. Middleditch	DkPk	2.24.08
2. O. Johnson	DkPk	2.24.32
3. R. Baker	DkPk	2.25.26
4. L. Banton	Clowne	2.26.08
5. A. Ward	Clowne	2.28.07
6. A. Buckley	DkPk	2.32.36
7. C. Howard	DkPk	2.32.57
8. J. Ascroft	DkPk	2.33.25
9. S. Storey O/40	DkPk	2.37.49
10. S. Bell O/40	DkPk	2.38.09

**VETERANS O/50**

1. (17) K. Holmes	DkPk	2.50.09
2. (19) R. Fawcett	DkPk	2.52.15
3. (20) M. Colchrane	DkPk	2.53.02

**VETERANS O/60**

1. (100) M. West	DkPk	4.05.48
2. (109) A. Gordon	Unatt	4.16.21
3. (110) C. Edwards	DkPk	4.19.50

**LADIES**

1. (7) C. Howard	DkPk	2.32.57
2. (36) P. Weir O/40	Totley	3.08.42
3. (41) L. Thompson O/40	Totley	3.15.59
4. (52) C. Geddes	Ret	3.21.38
5. (56) J. Caddick	Unatt	3.23.07

**118 finishes****SHELF MOOR FELL RACE****Derbyshire****AS/5.9m/1500ft 04.09.05**

Two internationals used the six miles Shelf Moor Fell Race from Old Glossop, the 21st that the Harriers have organised, as a warm-up for the forthcoming World Cup in New Zealand.

Lloyd Taggart was the race winner, taking 42.45, an excellent time on a very warm afternoon. Dave Neill was runner up and first veteran. Andrew Norman was third after holding the lead with Taggart for the initial part of the race. Nearly 100 athletes ventured out despite the scorching conditions.

Norman and Taggart have been chosen to compete for England in the World Cup for mountain running later this month. Taggart had completed a gruelling weekend with four race wins in three days. On the Saturday afternoon, three hours after starting the Longshaw sheep

dog trials race near Hathersage, he set a new record in the Lads Leap fell race at Crowden. Taggart, aged 36, ran for England in the 2003 World Cup when they were silver medallists. He said "I'll have a rest on Monday as I am rather tired".

The first woman back was Sally Newman. Glossop born Newman, who was also first veteran over 40, retained her title from last year when it was nominated an English championship race. She was timed at 55.01, similar to 2004.

Taggart's marvellous feat of four wins in three days exceeds that by last year's winner of the Shelf Moor race. Then Tim Austin ran (and won) races on the Friday and Saturday prior to winning the Shelf Moor. Austin this year was absent due to an injury.

Most of the Harriers were involved in marshalling the race, although six did compete. First home was Mark Ollerenshaw in 18th, then 32, Andy Bardsley, 41, Anthony Johnson, 55, Alan Turner, 63, Carl Bedson and 74 Gary Burton. They collected the third team prize behind Dark Peak, the winners and Pennine Fell runners, in second spot.

For the record, the 21st finisher Anthony Ackroyd took 55.11.

**John Stephenson**

1. L. Taggart	DkPk	42.45
2. D. Neill	Staffs	44.41
3. A. Norman	Altrin	44.52
4. D. Taylor O/40	DkPk	45.58
5. S. Pyke O/40	Staffs	47.04
6. S. Gregory O/40	HolmeP	48.22
7. M. Webster	Unatt	50.48
8. M. Nolan	DkPk	51.12
9. J. Bell	Unatt	52.01
10. D. Tait O/50	DkPk	52.08

**VETERANS O/60**

1. (28) J. Amies	Congle	56.46
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**LADIES**

1. S. Newman O/40	CaldV	55.01
2. J. Wilson	DkPk	58.37
3. V. Peacock O/50	Clay	59.41

**HADES HILL RACE****Lancashire****BS/5m/1200ft 08.09.05**

A good turnout, considering the weather, but an earlier start (6.45) next year, since we were nearly in darkness at the finish!

**D. Clutterbuck**

1. M. Corbishley	Ross	32.49
2. S. Godsmen	Tod	34.14
3. S. Barlow O/40	Horw	34.37
4. D. Haygarth	Unatt	34.50
5. S. Birtwistle	Ross	35.01
6. P. Taylor O/45	Ross	35.05
7. N. Shepherd O/40	Bowl	35.15
8. M. Goldie	Tod	35.24
9. N. White	Holmf	35.28
10. P. Haworth U/18	Horw	35.51

**VETERANS O/50**

1. (11) C. Davies	Saddle	36.56
2. (18) N. Hindle	Unatt	39.22
3. (21) G. Wright	Ross	39.31

**VETERANS O/60**

1. (61) D. Gibson	Saddle	45.36
2. (77) G. Navan	Ross	48.30
3. (84) G. Arnold	Prest	50.51

**LADIES**

1. (9) N. White	Holmf	35.28
2. (12) J. Waites	Unatt	36.59
3. (27) C. McKenna	Horw	40.12
4. (32) K. Smart	Horw	40.38
5. (42) H. Corbishley	Ross	42.17

**91 finishers**

## DERBYSHIRE CHEVIN FELL RACES

### Derbyshire

BS/3m/560ft 13.09.05

In almost ideal conditions for running over the Chevin Hill in Milford, Derbyshire, Oxford based, Mark Richards, made a successful debut in the long-standing event to win narrowly over Graham Moffatt.

Moffatt led at the end of the first of 2 laps but was caught on the short but tough climb to the top of the course by Mark who then opened up on the steep descent to win by just 9 seconds with Andy Dickerson a further 6 seconds adrift.

Finishing in 11th place overall, Clare McKittrick easily won the women's race ahead of Liz Bridgen.

Running (well, jogging) in the shorter race, race organiser, David Denton was celebrating his 65th birthday. Two other runners, Paul Robinson of South Derbyshire and Mike Lindsay of Derby AC were also celebrating birthdays.

#### David Denton

1. M. Richards O/40	GoytV	18.46
2. G. Moffatt	HolmeP	18.55
3. A. Dickerson	LongEat	19.01
4. P. Wright O/40	Hatton	19.39
5. R. Love	AmberV	19.46
6. A. Seamer O/40	LongEat	20.05
7. C. Rowe O/40	Mat	20.12
8. D. Harrison O/40	DkPk	20.18
9. R. Gibson O/40	Belper	20.34
10. L. Seamer	Derby	20.53

#### VETERANS O/50

1. (17) M. Harvey	BellHarp	21.51
2. (21) P. Pittson	Ere	22.44
3. (29) N. Weightman	Unatt	23.28

#### VETERANS O/60

1. (42) G. Young	Sinfin	25.59
2. (53) F. Makin	HolmeP	27.55
3. (58) M. Edwards	DkPk	28.59

#### LADIES

1. (11) C. McKittrick	Charn	20.54
2. (39) E. Bridgen	Ere	25.50
3. (40) C. Lee	Shelt	25.57
4. (51) B. Ellis	LongEat	27.51
5. (52) L. Butterfield	HolmeP	27.53

#### 67 finishers

#### Short race

1. D. Hall Jun	Highwood	09.35
2. A. Garner Jun	Hatton	11.44
3. J. Hall	Highwood	11.58

#### 10 finishers

## DODD FELL

### Cumbria

AS/2.5m/1200ft 15.09.05

A very select number of runners, some being put off perhaps by the weather, which as it happened cleared in time for the race, others recovering from the World Masters and the proximity of races at the following weekend.

Nimrod Lockwood was 2nd to the top but had a great descent to overtake Mike Cunningham and win his first race.

My thanks to all the helpers, including members of the Loweswater Show committee, Cockermonth Mountain Rescue, and Keswick AC, and June Hall. Thanks also to the sponsors, Scale Hill, who, apart from the prizes, provide a chocolate bar to each and every finisher.

Lyn Thompson

1. N. Lockwood	Kesw	26.55
2. M. Cunningham	Borr	27.29
3. D. Ward	CFR	28.29
4. N. Ray	Unatt	29.57
5. L. Thompson I O/40	Kesw	31.52
6. C. Harrison	Unatt	33.16
7. T. Metcalfe O/50	Settle	33.41
8. D. McGee L	CFR	33.52
9. D. Clarkson O/50	Unatt	36.29
10. P. Metcalfe O/50	Unatt	37.28

## SIMONSIDE FELL RACE

### Northumberland

BM/6.75m/1200ft 17.09.05

Another good field this year with 151 entries in spite of the fact that the Great North Run was held the next day. However, because those runners that do both races get a special "Double" T-shirt, we gain tough runners who want the challenge of doing both in one week-end.

This was a race for the categories as the under 18 did an incredible run, the first woman was 8th overall, over 40's were 3rd to 7th overall, 1st over 50 was 14th overall and 1st over 70 smashed the record for the category!

Nick Swinburne was the 1st junior and in spite of "getting lost" again he put in a staggering performance measured against the seniors with a new record.

It was good to have Charlie Stead back again this year and in his usual style he set a cracking pace leading the field and reaching the summit first. Joe Blackett took the lead as he threw himself down the crags and slowly pulled ahead to win the race a minute ahead of the field. Charlie was 2nd and Syd Coxon was 3rd and this for most of the way. This position was hotly contested by four other over 40's with Glen McWilliams getting in front for a while on the way down. This position for 1st vet was a real race with David Steel and Jeffrey Michael challenging all the way and David Armstrong in a late surge coming from 10th overall to finish 7th.

What can we say about Rebecca Robinson; she was 5th overall at the summit! But they say fell runners are like dinosaurs with small brains and long necks and on the hairy descent the fellas had the edge but Rebecca still finished an amazing 8th overall and 11th woman. 2nd woman Veronique Oldham who was herself not far behind being 15th overall.

Like other races we are now getting regular over 70's and fresh from his success at the World Masters Championships, Alex Menarry was record breaker and 1st over 70 at 72. Also worthy of note was Neil Cassidy 1st over 50 and 14th overall a position he held throughout the race.

Thanks to all the runners that really enjoy the race and show this by their appreciation.

#### Ian Webb.

1. N. Swinburn U/18	NFR	45.28
2. J. Blackett O/40	DkPk	45.32
3. C. Stead	NFR	46.32
4. S. Coxon O/40	Tyne	48.47
5. D. Steel O/40	NFR	49.01
6. G. McWilliams O/40	NFR	49.04
7. J. Michael O/40	NFR	49.07
8. D. Armstrong O/40	NFR	49.11
9. R. Robinson	Kend	49.18
10. I. Leach	Unatt	49.29

#### VETERANS O/50

1. (14) N. Cassidy	Tyne	51.58
2. (41) P. Graham	Tyne	56.46
3. (43) J. Dallinson	NFR	56.53

#### VETERANS O/60

1. (73) A. Todd	Helsby	62.40
2. (82) R. Gray	Unatt	64.03
3. (101) G. Atkinson	Wallsend	70.07

#### VETERANS O/70

1. (94) A. Menarry	Durham	66.43
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#### LADIES

1. (8) R. Robinson	Kend	49.18
2. (15) V. Oldham	Norham	52.34
3. (27) R. Stephens O/40	Unatt	54.42
4. (32) A. Raw O/40	Durham	55.42
5. (38) D. Hales	Durham	56.29

#### 131 finishers

## LANTERN PIKE FELL RACE

### Derbyshire

BS/5m/1050ft 17.09.05

What a great day - 227 runners in senior race and 27 in the junior event!

With Lloyd Taggart, Andy Wilton and a host of top fell runners including Mike Whyatt returning to running after a few years layoff, the pace was very quick indeed. The spectators at the show had a fine view of them racing along the skyline in close formation, then the wait to see who would come over the Pike in first place. This was Lloyd who went on to record the third fastest win for this race in 30.17. This is a particularly fast time as there are more stiles than in the past and some of the tracks are eroded, a really good race, and very well done.

First woman, Denise Sanders, had travelled up from Telford with husband, John, (10th) for their successful day in Hayfield.

We had 27 locals from the parish of Hayfield running and Chris Leigh was first local male with Katherine Harvey first local female.

In the junior race, Tom Priestley set a new course record (16.34) in winning the 12-15 category, we look forward to him in the senior race next year.

Alice Bowden won the girls 12-15 category. Indira Davies won the 8-11 category in very convincing style setting a new record (9.17) with Declan Doyle in second place winning the boys 8-11 category.

#### Mel Cranmer

#### SENIOR RACE

1. L. Taggart	DkPk	30.17
2. A. Wilton O/40	Staffs	32.05
3. M. Whyatt O/40	Bowl	33.13
4. C. Leigh	Traff	33.24
5. D. Taylor O/40	DkPk	33.40
6. M. Nolan	DkPk	34.39
7. D. Dunn	Penn	34.52
8. J. Chapman	Unatt	36.02
9. N. Holding O/45	WPenn	36.18
10. J. Sanders O/40	Telf	36.32

#### VETERANS O/50

1. (37) A. Howie	Penn	39.53
2. (50) R. Scottney	Penn	40.53

#### VETERANS O/60

1. (102) K. Bamforth	Holmf	45.13
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#### LADIES

1. D. Sanders	Telf	41.15
2. H. Winskill	DkPk	41.42
3. R. Dunnington O/50	ECChesh	42.25

#### JUNIOR RACE

##### Boys 12 - 15

1. T. Priestley	16.34
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##### Girls 12 - 15

1. A. Bowden
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##### Boys 8 - 11

2. D. Doyle
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##### Girls 8 - 11

1. I. Davies	9.17
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**MORVEN HILL RACE**  
**Grampian**  
**AS/5m/2100ft 17.09.05**

Travelling up Deeside from Aberdeen towards Ballater and Balmoral, the Morven Hill dominates the surrounding countryside. Even folk attracted to Munros should be impressed by this lowly Corbett.

The senior race is 2100ft and 5 miles. The course consists of three levels. The race fairly quickly presents a steep climb to a plateau, crossing this and up again with a 1/4 mile plateau until the final steep climb via a scree and stone path to the summit. The cairn and the trig point are then 1/4 mile further on along a gently undulating but rocky surface. Once round the cairn the descent follows the upward route via the ridge plateau thence along a narrow rough path to the right of the ascent joining a new track and then a diagonal path across the front of the hill. This descent is longer but with less gradient and takes runners through a rare, substantial and healthy area of native juniper back to the finish. The junior route for U18s is 1200ft with 2 1/2 miles climbing the first steep slope and then turning left and following the seniors' path for the diagonal descent.

37 seniors and 7 juniors competed this year (there is room for a few more) and although the conditions were dry there was a strong headwind. Three seconds separated the first and second placed runners with John Musgrave taking second place and the 1st Veteran trophy. There is also a silver salver which is awarded to the first runner to the top, this year Kyle Greig managed to lead all the way. The record for the Senior Men is 44.54 Jamie McDonald, Ochil Hill Runners and the Women's race Sonia Armitage, Aberdeen AAC 55.12. Junior Record: Duncan Coombs Deeside Runners 29.00, and Jennifer Kibble, Fife AC, 33.58.

This year Morven was the first of an Aberdeenshire series of races on consecutive weekends (Three peaks). Subsequent races are Cairn William by Monymusk and Bennachie near Inverurie. The three hills have their own distinctive yet complementary character and offer a diverse and rewarding series of challenges, comfortably within the scope of most hill runners. The routes are well marked and marshalled enabling road runners to try their hand (or feet) at the ancient and noble art of Scottish Hill Running.

Clare Martin

1. K. Greig	Forres	51.35
2. J. Musgrove O/40	Dees	51.38
3. J. Williamson	Cosmic	54.09
4. D. Hirst O/40	Dees	54.49
5. O. Bass O/40	Dees	54.53
6. D. Armitage O/50	Cosmic	55.31
7. J. Reeve O/40	Cosmic	58.10
8. K. Robertson	Cosmic	59.12
9. R. Coombs O/40	Dees	59.43
10. N. Mardall	Unatt	59.48

<b>VETERANS O/50</b>		
1. (6) D. Armitage	Cosmic	55.31
2. (14) A. Jermieson	Cosmic	61.21
3. (32) I. Cran	Garioch	74.42

<b>VETERANS O/60</b>		
1. (17) B. Preece	Dees	62.31
2. (19) C. Love	Dundee	64.42

<b>LADIES</b>		
1. (12) S. Dunn	Dees	59.59
2. (15) R. MacKenzie O/40	Dees	61.51
3. (21) R. Buchan	AAC	65.20
4. (24) A. Hamilton O/40	Cosmic	66.08
5. (30) L. Noble O/40	Cosmic	69.30

37 finishers

**ISLE OF WIGHT FELL RUNNING SERIES**  
**Isle of Wight**  
**17/18 September 2005**

The Eleventh 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. 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 and Luccombe Down before the descent of St. Boniface to the finish.

In the St Boniface men's team race, first was Cambridge Harriers (Lacy, Richards and Winn-Smith) on 27 points with Ryde Harriers (Rowdon, Giggins and Young) second on 36 points and Victoria Park Harriers (Mitchell-Smith, Bagnall and Bruce) third on 63 points. In the ladies' team race first was Victoria Park Harriers (Clarke, Bruce-Burgess and Johnsen) on 36 points.

In the Ventnor Horseshoe men's team race first was Cambridge Harriers (Lacy, Richards and Winn-Smith) on 23 points with Ryde Harriers (Giggins, Young and Stevenson) second on 56 points and Victoria Park Harriers (Mitchell-Smith, Bagnall and Bruce) third on 61 points. In the ladies' team race first two places went to Victoria Park Harriers (Ball, Clarke and Boyle)



Ulla Korenjak pulls through the field for the second of her three victories (Photo: Chris Lewis)

on 27 points followed by (Bruce-Burgess, Battson and Johnsen) on 45 points.

In the Wroxall Round men's team race first was Cambridge Harriers (Lacy, Maynard and Winn-Smith) on 25 points with Ryde Harriers (Rowdon, Giggins and Young) second on 28 points and Victoria Park Harriers (Mitchell-Smith, Bagnall and Bruce) third on 57 points. In the ladies' team race first was Victoria Park Harriers (Ball, Boyle and Clarke) on 35 points.

Over the series of three races, men's winner and SEAA Fell Running Champion was Dean Lacy with 3 points with Ulla Korenjak ladies' winner, breaking two course records and SEAA Champion also on 3 points.

In the series team event first and SEAA Champions were Cambridge Harriers (Lacy, Richards and Winn-Smith) on 21 points with Victoria Park Harriers (Mitchell-Smith, Bagnall and Bruce) second on 42 points and Ryde Harriers (Giggins, Young and Eldridge) third on 54 points.

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. Thanks also to WightLink for sponsoring the ferry fares for the competitors.

Many thanks to Bob and Suzanne Niblett, Dave and Joy Furnidge, Ray and June Stickland, Chris Powell, Chris Law and Ceri Lewis for timekeeping and recording.

Chris Lewis

**ST BONIFACE FELL RACE**  
**AS/3m/775ft/AS**

1. D. Lacy	Camb	18.11
2. S. Goulding O/40	PewseyV	19.09
3. T. Mitchell-Smith	VictPk	19.18
4. A. Owen	LndnH	19.43
5. K. Rowdon	Ryde	19.53

<b>VETERANS O/40</b>		
1. (2) S. Goulding	PewseyV	19.09
2. (11) K. Kemp	LndnH	20.44
3. (19) G. Maynard	Camb	21.08

<b>VETERANS O/50</b>		
1. (6) B. Pentland	PortsJ	20.09
2. (12) T. Crossley	Egrinst	20.50
3. (17) P. Spurge	PortsJ	21.06

<b>VETERANS O/60</b>		
1. (53) J. Hart	Loughton	24.19
2. (62) D. Tull	Camb	25.11
3. (63) B. Daniels	MiltK	25.23

<b>VETERANS O/70</b>		
1. (87) D. Gammage	IOW	43.04

<b>LADIES</b>		
1. (16) U. Korenjak	RydeH	21.04
2. (21) L. McNamee	Wells	21.30
3. (27) K. Moore	BrightonH	21.49
4. (28) S. Sleath O/40	Hardley	21.51
5. (34) E. Bayliss	MynnD	22.14

88 finishers

<b>VENTNOR HORSESHOE</b>		
<b>7m/1500ft/BM</b>		
1. D. Lacy	Camb	56.20
2. S. Goulding O/40	PewseyV	56.50
3. T. Mitchell-Smith	VictPk	58.26
4. A. Owen	LndnH	58.54
5. T. Randles	UnivPorts	59.49

<b>VETERANS O/40</b>		
1. (2) S. Goulding	PewseyV	56.50
2. (16) D. Lippiatt	Unatt	65.10
3. (19) K. Kemp	LndnH	65.28

<b>VETERANS O/50</b>		
1. (6) B. Pentland	PortsJ	60.03
2. (12) P. Young	Ryde	63.55
3. (14) T. Crossley	Egrinst	65.02

**VETERANS O/60**

1. (44) B. Daniells	MiltK	72.26
2. (61) J. Hart	Loughton	77.05
3. (62) D. Tull	Camb	77.14

**LADIES**

1. (10) U. Korenjak	Ryde	63.12
2. (13) K. Moore	BrightonH	64.30
3. (27) L. McNamee	Wells	67.41
4. (28) E. Bayliss	MynnD	67.56
5. (32) K. Murdoch	Senlac	69.08

**39 finishers****WROXALL ROUND****13m/1500ft/CL**

1. D. Lacy	Camb	1.24.17
2. S. Goulding O/40	PewseyV	1.26.23
3. K. Rowdon	Ryde	1.27.26
4. G. Levy	LndnFront	1.30.08
5. T. Mitchell-Smith	VictPk	1.30.26

**VETERANS O/40**

1. (2) S. Goulding	PewseyV	1.26.23
2. (9) G. Maynard	Camb	1.35.25
3. (16) P. Young	Ryde	1.40.36

**VETERAND O/50**

1. (8) B. Pentland	PortsJ	1.31.39
2. (13) T. Crossley	EGrints	1.39.00
3. (16) P. Young	Ryde	1.40.36

**VETERANS O/60**

1. (39) B. Daniells	MiltK	1.52.39
2. (40) P. Collins	Bromley	1.53.39
3. (46) B. Charnock	Nailsea	1.56.21

**VETERANS O/70**

1. (62) T. Rooney	IOW	2.10.23
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**LADIES**

1. (10) U. Korenjak	Ryde	1.36.13
2. (15) K. Moore	BrightonH	1.40.16
3. (17) S. Sleath O/40	Hardley	1.41.01
4. (25) E. Bayliss	MynnD	1.44.41
5. (27) J. Geoghiou O/50	Farnham	1.46.25

**70 finishers****OVERALL RESULTS**

1. D. Lacy	Camb	3 pts
2. S. Goulding O/40	PewseyV	6 pts
3. T. Mitchell-Smith	VictPk	12 pts
4. A. Owen	LndnH	15 pts
5. T. Randles	UnivPorts	18 pts
6. B. Pentland	PortsJ	20 pts

**VETERANS O/40**

1. S. Goulding	PewseyV	6 pts
2. D. Lippiatt	Unatt	54 pts
3. P. Chadwick	Wells	67 pts

**VETERANS O/50**

1. B. Pentland	PortsJ	20 pts
2. T. Crossley	EGrinst	36 pts
3. P. Young	Ryde	46 pts

**VETERANS O/60**

1. B. Daniells	MiltK	118 pts
2. J. Hart	Loughton	134 pts
3. D. Tull	Camb	143 pts

**VETERANS O/70**

1. T. Rooney	IOW	
2. D. Gammage	IOW	

**LADIES**

1. U. Korenjak	Ryde	3 pts
2. K. Moore	BrightonH	7 pts
3. L. McNamee	Wells	11 pts

**VETERANS O/40**

1. H. Searle	WWight	40 pts
2. C. Rivers	Reading	44 pts
3. D. Pentland	PortsJ	61 pts

**VETERANS O/50**

1. 4. J. Geoghiou O/50	Farnham	18 pts
2. C. Owens	Dawlish	55 pts

**CHELMORTON 5 CHASE****Derbyshire****BS/5m/1000ft 18.09.05**

The Chelmorton Chase once again saw an outstanding field of entries. The autumn day held off the rain and delivered splendid conditions for a mid-day race over Chelmorton Low, representing clubs that included Buxton, Dark Peak, Macclesfield, Matlock, Shelton Striders, Staffordshire Moorlands and from further a field Rotherham and Scunthorpe.

One of the highest events in the Peak District, the Chelmorton Chase has gained fame over the last seven years as one of the toughest events in the 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 grand weather, all donations going to local charities.

First runner home was Andy Wilton showing good form with a close time to the course record (held by himself 2003) followed by Kev Lilley (last year's winner 2004). In third place was a brilliant run by young Steven Ramsey of Buxton, who was only 1.10 behind 2nd place and 3 minutes behind 1st place Andy Wilton. He will be a runner to watch for next year!

First lady home was a fresh face to the Chelmorton Chase, Emma Clayton.

The climax of the run was the climbing of the Chelmorton Low at over a thousand feet and at the 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 chequered flag finish outside Primitive Hall. Revival was organised at Primitive Hall where runners and spectators were treated to free pies and as much tea as they could drink.

Chelmorton race director, Tracey Worth, and course directors, Arthur Gratton and Andy Wilton, set out the course on the morning over the rakes and five wells to Taddington and back to the thousand feet of the Low, the course this year being recognised by the Staffordshire Moorlands Championship to register runner points.

There is always a great atmosphere as the race finishes down the village main street where locals and supporters alike cheer the runners home. Local farmers open up the route; provide fields for parking and villagers marshal the courses. I know that this race is only successful because of those who turn up to run and those who help me organise the race.

Very special thanks must go to Mrs Allen for permission to use the low. The Ardens, Swindells and Wheeldons for access and Derek Wood's team for official timing.

**Tracey Worth**

1. A. Wilton O/40	Staffs	32.11
2. K. Lilley O/40	Unatt	34.18
3. S. Ramsay	Buxt	35.29
4. M. Webster	Unatt	35.43
5. G. Williams O/40	DkPk	37.33
6. R. Gibson O/40	Belper	38.17
7. W. Treves	Unatt	38.30
8. R. Beresford O/40	Hands	39.01
9. G. Bramwell O/40	Buxt	39.16
10. A. Brooks	Shelt	39.19

**LADIES**

1. (20) E. Clayton	Scunth	43.26
2. (26) C. Lee O/40	Shelt	46.14
3. (28) J. Miles O/40	Maccle	46.54
4. (30) L. Evans O/40	Ch'field	47.33

**30 finishers****CREG-NY-BAA FELL RACE****Isle of Man****AM/16m/2700ft 18.09.05**

There was a fresh challenge at this year's Cregny-Baa Fell Race, with the 10-mile course, being run in reverse of the normal route. This resulted in some pleasant runnable sections, however the upshot of this was two awesome climbs to the summit of Ben-y-Phott and the Island's highest peak, Snaefell.

Despite suffering a bout of cramp on the final climb, Tony Okell culminated a top class season with the victory, over Simon Skillicorn in second. Third man home, Tom Cringle had just seven days earlier finished an excellent twelfth in the End to End mountain bike event. This 70km race goes literally from the tip of the Island, Point of Ayre, over the hills, to the southern point. It attracts many competitors from across the water, as well as locals, including a few from the fell running scene.

**Christine Barwell**

1. T. Okell O/40	Manx	1.20.51
2. S. Skillicorn	Manx	1.21.08
3. T. Cringle	Manx	1.24.34

**LADIES**

1. R. Hooton	Manx	1.49.50
2. C. Barwell	Western	2.07.03

**DALEHEAD FELL RACE****Cumbria****AS/4.5m/2210ft 18.09.05**

This was our second year as organisers of the Dale Head Race and in which we felt more relaxed and confident with our duties. The race, again part of the Borrowdale Shepherds' Meet & Show, was held in fine but overcast conditions although dampness on the fells made for slippery conditions underfoot.

The field was slightly down on last year for the senior race but similar in numbers for the juniors. Once again Borrowdale fell runners dominated the leading positions with Gavin Bland winning in 46.53, closely followed by Johnny Bland, Mike Fanning and Andrew Schofield. The first lady home was Cathy Colam (a lady vet!) in 1.10.25 with a race position of 36th. Borrowdale Fell Runners' won the team prize for the men's section and Keswick for the ladies.

It was interesting that out of a field of 60 runners there were 23 MV over 40, 5 MV over 50 and 6 MV over 60, including the indefatigable Harry Blenkinsop! For the ladies out of 5 running, there was 1 LV over 40, and 3 LV over 50!

A big thank you to all those who supported the event, in particular to all those vets, and the juniors who should all be given the greatest encouragement for the future of fell running, and to all our helpers who made the event possible, together with the support of the FRA.

**Miles Jessop**

1. G. Bland	Borr	46.53
2. J. Bland	Borr	47.44
3. M. Fanning	Borr	48.01
4. A. Schofield	Borr	49.02
5. A. Labram	Eden	53.11
6. M. Barron	Kesw	53.48
7. A. Beattie O/40	CFR	54.27
8. C. Upson O/40	W'lands	54.38
9. R. James O/50	CFR	55.35
10. D. Ward	CFR	55.42

**VETERANS O/50**

1. (9) R. James	CFR	55.35
2. (31) T. Bowie	Unatt	66.08
3. (32) P. Jagan	Bing	66.55



**VETERANS O/60**

1. (40) P. Dowker	Kend	71.30
2. (52) R. Longstaff	Unatt	77.41
3. (53) R. Johnson	CFR	77.41

**LADIES**

1. (36) C. Colam O/50	Kesw	70.25
2. (47) M. Bridge O/50	Kesw	74.07
3. (48) C. Charlton O/50	Kesw	74.37
4. (49) J. Moore	Kesw	75.18
5. (51) P. Chapman O/40	Helm	77.19

**60 finishers****BLACK MOUNTAINS****Gwent****AL/17m/5200ft 24.09.05**

Winner Andy Trigg was the first to park his car, first to register and was first vet as well. Ladies' winner, Jackie Lee, received her bottle of champagne for her third win in a row. Will she get Menna's record next year? All 70 runners finished on a good weather day.

Thanks to Phil, Jessica, Derek, Adrian O, Dave B, Vanessa, Pat, Nigel, Angela and myself at a hectic registration!

Still puffing along.

*Billy Darby*

1. A. Trigg O/40	Gloss	2.41.50
2. J. Blackett O/40	DkPk	2.42.04
3. S. Shepley	Tipton	2.44.03
4. D. Finn	MD	2.44.23
5. C. Flower	MD	2.44.24
6. M. Humphreys	Stroud	2.44.34
7. A. Carruthers O/40	Unatt	2.45.44
8. I. Houston	Wrex	2.46.54
9. A. Powell	P&B	2.51.40
10. J. Lee	Eryri	2.52.16

**VETERANS O/50**

1. (16) C. Taylor	Mercia	3.00.02
2. (22) R. Hopkinson	DkPk	3.11.44
3. (27) G. Oldrid	Aberwyst	3.15.29

**VETERANS O/60**

1. (35) A. Oliver	Eryri	3.21.40
2. (42) D. Finch	Chep	3.27.23
3. (68) C. Jones	LesCroup	4.35.55

**LADIES**

1. (10) J. Lee	Eryri	2.52.16
2. (24) R. Pickvance O/40	LesCroup	3.14.00
3. (33) A. Jones	MD	3.21.34
4. (38) V. Musgrove O/40	Eryri	3.24.15
5. (46) P. Near	Eryri	3.30.13
6. (57) M. Oliver O/50	Eryri	3.55.23

**70 finishers****GOOD SHEPHERD CLASSIC****West Yorkshire****BL/15m/2000ft 24.09.05**

This was a new race and the conditions were ideal for a fast time over a varied terrain of rough moorland, crags and woodland paths. It was warm, sunny, no wind and dry underfoot. Carl Grey made the most of the conditions, led from the start and finished in 1.51.59, nearly 5 minutes ahead of John Wright.

Both men's and women's team prizes were won by Todmorden Harriers.

Competitors said that the race was well organised, flagged and marshalled.

Facilities and refreshments at HQ were appreciated by everyone. The race will definitely be in the next year's calendar.

*Kay Pierce*

1. K. Grey	CaldV	1.51.59
2. J. Wright	Tod	1.56.34
3. A. Wrench O/40	Tod	1.56.36
4. S. Green O/40	P&B	2.03.49
5. R. Glover O/40	P&B	2.04.07

6. A. Haynes O/40	Eryri	2.04.15
7. S. Bouine	DkPk	2.05.26
8. A. Horsfall O/40	Tod	2.06.15
9. I. Robotham O/40	Hgate	2.07.00
10. C. Valentine O/40	Kesw	2.07.24

**VETERANS O/50**

1. (23) M. Cochrane	DkPk	2.18.54
2. (25) A. Bibby	Tod	2.26.23
3. (34) K. Parkinson	Tod	2.32.18

**VETERANS O/60**

1. (42) R. Blakeley	Tod	2.42.33
2. (47) M. Coles	Skyrac	2.47.57

**LADIES**

1. (20) S. Rowell O/40	P&B	2.15.54
2. (38) J. Scarf O/40	CaldV	2.36.00
3. (39) K. Brierley O/40	Tod	2.38.20
4. (43) R. Skinner	Tod	2.44.19
5. (52) S. Godsman	Tod	2.55.09

**55 finishers****THIEVELEY PIKE FELL RACE****Lancashire****AS/4m/1000ft 24.09.05**

Once again, Thieveley Pike was bathed in September sunshine for the race, which produced a new winner's name for the old (and rather battered) trophy. Well done, Michael Corbishley. As always, there were close races in most categories, especially the men's Vets:

Vet 40 Ian Greenwood overcoming Graham Schofield by 12 seconds;

Vet 50 Mike Walsh beating Jack Holt by 14 seconds; Vet 60 Barry Mitchell just holding off fellow Clayton runner, Kieran Carr, by only 5 seconds.



*Mike Corbishley (Rossendale) digging in on his way to victory at Thieveley Pike (Photo Pete Hartley)*

A GPS survey of the course has indicated that the race is just 3 miles, but that there are 1250 feet of ascent (compared to the advertised 4m/1000feet). This information gives me the scope to alter the course for next year when Thieveley will be an English Championship counter, making it possible to start & finish in the same field, and improving overtaking opportunities towards the end of the race.

As ever, my thanks go to the landowners and the dedicated band of helpers and marshals,

without whose hard work and co-operation there would be no race at all.

*Pete Booth*

1. M. Corbishley	Ross	26.08
2. A. Whittem	Tod	26.28
3. I. Greenwood O/40	Clay	26.49
4. G. Schofield O/40	Horw	27.01
5. S. Birtwistle	Ross	27.09
6. D. Massey	Horw	27.31
7. T. Taylor O/40	Ross	27.43
8. A. Payne	Clay	27.46
9. M. Walsh O/50	Kend	27.49
10. B. Taylor	Ross	27.55

**VETERANS O/50**

1. (9) M. Walsh	Kend	27.49
2. (11) J. Holt	Clay	28.03
3. (18) K. Taylor	Ross	29.20

**VETERANS O/60**

1. (28) B. Mitchell	Clay	30.24
2. (29) K. Carr	Clay	30.29
3. (55) G. Breeze	Skyrac	33.29

**VETERANS O/70**

1. (99) R. Packer	RedRose	46.34
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**LADIES**

1. (16) J. Waite	Unatt	29.00
2. (37) K. Davison	DkPk	31.27
3. (45) C. Waterhouse O/40	Hfax	32.10
4. (57) T. Mitchell	Clay	33.55
5. (58) J. Horrocks	Clay	34.00
7. (89) M. Parfitt O/60	Tod	38.48

**103 finishers****SCAFELL PIKE FELL RACE****Cumbria****AS/4.5m/3000ft 24.09.05**

The Scafell 2005 gear requirement was full kit - again - as the weather was forecast as becoming colder with winds, but fortunately the sun held on & the race was held in near-ideal conditions. There were 57 runners - all finished but one failed to start.

Ricky Lightfoot & Simon Peachey reached the summit very close together, but Ricky pulled away on the descent to win by over a minute. Third counter at the summit was Mark Denham-Smith but was passed by Esmond Tresidder on the descent to claim 3rd place.

First V45 was Stephen Hicks, runner-up David Owens, 3rd Andrew Hinde. First V55 was John Hope, second counter Peter Jagan and third William Helliwell. V65 category was won again this year by Harry Blenkinsop. Harry Catlow ran extremely well for Cumberland Fell Runners to beat the other Harry & win the V70 prize!

The ladies' race (6 ran) was won with an excellent 20th place by the Wasdale winner, Sharon Taylor, runner-up & ladies' V40 winner Jane Meeks came 27th, 3rd was 36th placed Carolyn Hodgett.

The winning team (any 4 gents/ladies combination now) with 41 points were Keswick, comprising Martin Mikkelson-Barrow (5), Mark Denham-Smith (6), Dave Spedding (14), Keith Hill (16). CFR were 2nd with 85 points and Bingley 3rd with 95.

The Jack and Jill couples winners were Nathan & Sarah Pike from Hoard Hill Runners.

There were no retirements.

Thanks go to all of my hard working helpers & to the Wasdale Head campsite & National Trust for allowing us to use the farmland fields and the race to keep its original course.

I did thoroughly enjoy organising the event and I hope you all had a great run. See you again next year? Varied flavour flapjacks.....!

Could the two people who gave Ken Price their car parking money, please e-mail Ken on [kp@ohm.cymru247.net](mailto:kp@ohm.cymru247.net), for repayment?

Richard J Eastman

1. R. Lightfoot	Ellen	58.15
2. S. Peachey	Carn	59.28
3. E. Tresidder	Carn	60.28
4. M. Robinson	DkPk	62.12
5. M. Mikkelsen-Barrow	Kesw	62.27
6. M. Denham-Smith	Kesw	63.27
7. D. Ward	CFR	63.46
8. R. Greenwood	CaldV	64.05
9. S. Hicks O/45	Borr	64.31
10. S. Swarbrick	Bowl	64.40

#### VETERANS O/50

1. (12) R. James	CFR	65.18
2. (21) J. Hope	P&B	70.49
3. (29) P. Jagan	Bing	76.09

#### VETERANS O/60

1. (14) D. Spedding	Kesw	67.33
2. (44) P. Dowker	Kend	85.20
3. (54) P. Wash	Lyth	99.44

#### VETERANS O/70

1. (55) H. Catlow	CFR	108.45
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#### LADIES

1. (20) S. Taylor	Bing	69.55
2. (27) J. Meeks O/40	Kesw	75.08
3. (36) C. Hodgett	Unatt	81.06
4. (41) S. Pike	HoadH	82.27
5. (42) L. Buck O/40	CFR	82.38

### STANAGE STRUGGLE

#### Derbyshire

BM/8.75m/950ft 25.09.05

This year, for the first time, Fat Boys Running Club had total responsibility for the organisation of this race, which has previously been staged by Andy and Ali Hartley. Fat Boys are very grateful for their efforts over the years and for their continued help and support.

Improving weather throughout the morning resulted in good visibility and almost perfect going for this kind of race. The course was well signed and marshalled throughout, making route finding easy. The 215 runners made it home safely, with the exception of just one entrant who received prompt and expert attention to a twisted ankle from members of the St John Ambulance team in attendance.

A winning time of 38.40 by Rob Little continued the recent domination of this race by the 'Dark Side' (as Dark Peak fell runners are known in Fat Boy circles). Over 40 Dark Peak members participated this year, making no small contribution to a successful day. Runners continue to come mainly from within a 25 mile radius of Hathersage but a few were from further afield.

A new start, which avoided the need to close the main road through the village, proved popular with runners – and presumably also with motorists! Safety, as ever, was the priority with every minor road crossing marshalled by at least one person and often more. Over 35 people were involved in the organisation of the race on the day and Edale Mountain Rescue Team were in attendance at various points throughout the course.

The first 60 finishers received a free 'Fat Boys Struggle' T-shirt and a generous range of place prizes were again provided by our main sponsor, Outside of Hathersage, and were presented by Dick Turnbull. In addition, everyone had a chance of winning a 'spot' prize. In fact, there were 83 prizes of one kind or another, making the chances of winning something in the Struggle better than 1 in 3 this year!

Mike Laver

1. R. Little	DkPk	38.49
2. R. Harris	LongEa	39.14
3. R. Baker	DkPk	39.46
4. D. Nicholls	Chesh	40.08
5. K. Lilley O/40	Unatt	40.22
6. S., Gregory O/40	HolmeP	41.04
7. A. White	Hallam	41.20
8. S. Marsden	Hallam	42.13
9. T. Beautman	Hallam	42.16
10. J. Cox O/40	Hallam	42.17

#### VETERANS O/50

1. (23) B. Blyth	Macc	44.51
2. (27) D. Tait	DkPk	45.20
3. (28) R. Fawcett	DkPk	45.23

#### VETERANS O/60

1. (88) S. Whittaker	Erewash	52.09
2. (119) R. Mawer	Lowe	54.22
3. (127) C. Ardron	Macc	55.17

#### LADIES

1. (47) C. Greasley O/40	Chesh	47.41
2. (52) J. Wilson	DkPk	48.06
3. (57) L. Adams	Romsey	48.15
4. (65) J. Jepson	FatBoys	49.17
5. (73) S. Ward O/40	DkPk	50.19
34. (194) S. Higham O/50	DkPk	64.50

#### 214 finishers

### AROUND THE FLAGS RACE

#### Cumbria

AS/4m/1175ft 25.09.05

This year was the third year we have held the race, Numbers are going up each year with 39 runners taking part.

The race is centred from the Peoples Hall, Sedbergh, a great location for supporters and runners alike. Weather conditions were wet and slippery underfoot.

Alastair Dunn won this race in a new record time, with Paul Dugdale in second place. Alastair and Paul were on the summit together with Alastair pulling clear on the descent, to win by 2.40. Third place was taken by Billy Procter, a fine run as he has been injured for most of the season. First lady home was Lisa Lacon, also in a new ladies' record time, finishing thirtieth overall.

Thanks to all those who helped and contributed, especially to the ladies doing the refreshments.

Hope to see you all again next year.

Alan Westworth

1. A. Dunn	Helm	33.54
2. P. Dugdale O/40	Kendal	36.37
3. B. Procter O/40	Helm	38.52
4. M. Addison O/40	Helm	41.01
5. R. Johnson	Swale	41.59
6. R. Cannon O/40	Helm	42.00
7. B. Kennedy O/40	Settle	42.05
8. T. Robinson O/40	Helm	42.12
9. H. Symonds O/50	Kendal	42.19
10. D. Scholes	Kghly	42.53

#### VETERANS O/50

1. (9) H. Symonds	Kendal	42.19
2. (11) D. Richardson	Helm	42.55
3. (21) B. Scholes	Settle	47.43

#### LADIES

1. (13) L. Lacon	Holmf	43.03
2. (18) K. Nash	Prest	44.38
3. (19) E. Johnson	Swale	46.10
4. (22) K. Forster	Spect	48.02
5. (36) S. Morphet	CFR	61.27

#### 39 finishers

### WREKIN WRECKER

#### Shropshire

AM/8m/2400ft 25.09.05

For the fourth year in a row, the Wrekin Wrecker fell race took place in warm and calm conditions. Described by the winner as one of

the toughest events in the Shropshire fell running calendar, the organisers from Newport and District running club were pleased with record entry of 51 who took part, coming from 19 clubs around the country. Runners came from as far a field as Lomond Hill runners in Scotland, Northumberland fell runners, and Altrincham and District AC, as well as runners representing all of the local clubs – Telford AC, Telford Harriers, Wrekin Road Runners, Newport and District running club and Shrewsbury AC.

Unlike last year when the visiting runners who took the honours, this year's race was won by local husband and wife team, John and Denise Sanders.

The course record set by Andy Yapp in 2003 of 1.02.24 remained unchallenged in this year's event with John Sanders finishing first in 1.05.33. In the women's race the record of 1.15.56 set by Sarah Hammond - also in 2003, remained intact as Denise Sanders finished first this year in 1.19.27.

Second home was Mark Griffiths in 1.07.40. This was a massive improvement from Mark who in 2003 managed 10th place in 1.11.30, and third last year.

The next four runners were from local clubs – Anthony Nicholls, Andy Smith and Mathew Clewes, who also took the male V45 title. Graham Spencer won the male V50 category and Tony Churm won the male V55 prize. In the over 60's the title went to Robin Wignall.

In the women's race, Cheralyn Evans won the women's LV40 category with Celia Mills and Helen MacDonald-Jones winning the LV45 and LV50 categories.

Although most runners had recce'd the course, some were relying on the signs and tape that marked the course. Unfortunately, someone perhaps with an over-zealous interest in keeping the Wrekin tidy, had removed a lot of the signage before the race commenced. This left one or two runners getting lost towards the end of the route – "something we will definitely put right for next year's event" said Glenn MacDonald-Jones, one of the race organisers.

Race photographs are available at [www.telfordrunners.co.uk](http://www.telfordrunners.co.uk).

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 round where runners could pick up speed. So overall, no particular style or strength of fell runners is favoured.

Prizes for each category winner were presented at the Wrekin Tap pub including prizes donated by Ultrasport, Newport and wine and champagne donated by the Lutine Bell restaurant in Newport, and Tanners Wines, Shrewsbury.

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

Thanks to: Wrekin Landowners, Ultrasport, Newport, Lutine Bell Newport, Tanners Wines, Shrewsbury, Richard Noel, Dave and Mark for setting the course, Richard, Mark, Tony H, Kevin and Steve for marshalling. Helen, Charles, Noel and Tony H for registration and finish times.

Noel Hogan

1. J. Sanders O/40	Telf	1.05.33
2. M. Griffiths O/40	Telf	1.07.40
3. A. Nicholls	Wrekin	1.09.28

4. A. Smith O/40	Tel	1.10.15
5. M. Clewes O/45	Mercia	1.11.20
6. D. Coley	Mercia	1.17.59
7. S. Turk	Shrews	1.18.17
8. V. Griffiths O/40	Maldwyn	1.18.24
9. M. Wood O/40	Mercia	1.18.31
10. J. Bradbury O/40	Unatt	1.18.37

<b>VETERANS O/50</b>		
1. (18) G. Spencer	Mercia	1.20.37
2. (20) R. Robson	Mercia	1.21.57
3. (23) P. Sanderson	Telf	1.22.58

<b>VETERANS O/60</b>		
1. (30) R. Wignall	Altrin	1.27.32
2. (32) A. Hodgkiss	Telf	1.28.17
3. (39) J. Brown	Newp	1.39.45

<b>LADIES</b>		
1. (14) D. Sanders	Telf	1.19.27
2. (25) C. Evans O/40	Telf	1.23.59
3. (26) C. Mills O/45	CaldV	1.24.23
4. (37) T. Davies O/40	Maldwyn	1.35.05
5. (41) H. MacDonald O/50	Newp	1.41.58

45 finishers

### AUTUMN LEAVES FELL RACE Lancashire CM/10m/1700ft 01.10.05

Despite very wet conditions we had a good turnout of 88 runners for this year's cake race.

Colin Bishop took the honours in the best decorated cake competition with a magnificent effort based on the map of the course, whilst a joint effort from Chorley Harriers produced the best tasting whisky cake. Sally Ratcliffe and Andrew Fleet shared the honours in the junior section.

The excuse for the race out of the way, Malcolm Fowler went one better than last year finishing with a lead of 20 seconds over second man home, Andrew White.

In a close ladies' race, Clare Hanson came in 11 seconds ahead of Angela Leonard. There were some good vets' performances with seven out of the first ten being in this category and at V55 Ken Taylor showed he isn't past it yet in eleventh place!

It was good to see V60, V65 and V70 finishers..... some folk will do anything for a few cups of tea, some cake and a packet of Wurthers Old Originals!

Many thanks go to all the helpers on the day. The flaggers, marshals and finish team deserve a medal for their efforts in the conditions, as do the tea ladies and results team.

Our supporters, Platt Alpen and Personal Best Sports help us to make this a value for money event.

Most of all our thanks to the competitors who get into the spirit of things by making cakes, donating prizes, eating all the cake and generally and having a good laugh.

Don Whittam

1. M. Fowler O/40	Chesh	69.39
2. A. White	Hallam	69.58
3. P. Young O/45	DkPk	73.07
4. T. Tay O/45	Ross	73.44
5. D. Raby	Chorl	74.32
6. M. Cluistie O/40	Chorl	74.41
7. M. Stretton O/40	DkPk	74.48
8. C. Bishop	Saddle	75.13
9. I. Rowbotham O/45	Hgate	75.49
10. S. Storey O/45	DkPk	76.01

<b>VETERANS O/50</b>		
1. (11) K. Taylor	Ross	76.26
2. (15) B. Waterhouse	Saddle	78.10
3. (28) I. Simpson	Longw	83.17

<b>VETERANS O/60</b>		
1. (48) K. Bamforth	Holmf	91.29
2. (59) R. Wignall	Altrin	94.24
3. (69) J. Atkins	Chorl	98.04

<b>VETERANS O/70</b>		
1. G. Arnold	Prest	106.47
2. D. Clutterbuck	Tod	107.10

<b>LADIES</b>		
1. C. Hansor	H'fax	92.32
2. A. Leona O/40	Man	93.43
3. S. Welsh O/40	NFR	95.16
4. L. Hayles O/50	CaldV	95.22
5. S. Go	M/cYMCA	95.30

### ARENIG FAWR Gwynedd AM/6m/2000ft 01.10.05

Strong winds and frequent blustery showers meant the route changed to a straight up and down for safety reasons. The race was the 4th counter in the Bro Machno and District Hills Open Championship series. Although this a one-off series, it has proved to be a big success for the Betws Bro Machno fell running club who organise the series.

We had record entries at the first two races - Rowei in January 26 entries and Foel Boeth in April 33 entries - 53 runners at the Arenig Fawr race meant it was the club's most successful race. The route follows a track to the lake and then uphill more or less to the summit of Arenig Fawr, which at 854 meters high is the 25th highest mountain in Wales. As expected there was mist on the summit, but runners found their way alright as the route was well marshalled.

Neil Ashcroft all the way from Ambleside, was first to the summit but was overtaken by Tim on the descent. Tim finished first a few seconds ahead of Neil in the end in what was a close race between the two. I will have to give Pete O'Brig a mention as he is from Betws, a good run 3rd to the summit, fourth overall Da lawn, Pete. The ladies' race was won by Sarah Hammond. It was good to see Sarah back racing in the area as I remember her getting lost in the mist when she was first lady in Manod Mawr 2003, but I think almost all the runners got lost in the mist that day. Ask Jenny Ewels!!!! (only joking Jenny).

I won't bore you with the category winners!

The fifth and final race in the series is Dec 17 Moel Pen-y-Bryn. Craig Jones currently leads the series with Victoria Musgrove first in the ladies.

There was a lot of organising involved with this race and I must thank both Seb Philips and Yiannis Tridimas for a great job on making the route. Race organising is not simple and straightforward and does take a lot of time up, so thanks again lads. Da lawn Chi Job Gwychi!

Team Dolly from Conwy also did a great job on the marshalling - Bicolch yn Fawry!

I am very happy to say I won't be organising the race next year. The race will continue, it will be a longer route. I would like to wish Yiannis all the best on taking the race over in 2006.

R. Arwyn Jones

1.. T. Higginbottom	Eyri	55.04
2. N. Ashcroft	Amble	55.10
3. S. Gilliland O/40	BroDys	57.51
4. P. O'Brien	Eyri	
5. C. Jones	Eyri	
6. G. Oldrid O/50	Aberyst	60.44
7. S. Jones	Wrex	
8. D. Booth	MDC	
9. P. Bullen	Kesw	
10. S. Hammond O/40	Tatten	

<b>VETERANS O/60</b>		
1. (19) J. Amies	Congle	64.48

<b>LADIES</b>		
1. (15) S. Hammond	Tatten	64.04
2. (32) P. Near	Eyri	71.06
3. (33) N. Phillips	Oswest	72.07
4. (35) K. Broatch	Unatt	
5. (36) J. Ewels	Buckley	

53 finishers

### LONGMYND HIKE Shropshire BL/50m/8000ft 01.10.05

Not a bad day for a long race. Andy Davies set a strong lead, along with Andy Ward. Rhys Williams was up there as well. The ladies were all very close for the first ten miles, but Gill Harris pulled through with a new record time.

Andy Davies went on to win overall with a new PB.

It was very windy and wet overnight, which sorted a few people out. Mark Bollom ran a very strong race (a newcomer to this event) finishing 3rd. A tough day for everyone, but people are getting faster, the last people were in by 22.53.

Phil Harris

1. A. Davies	Mercia	8.10
2. A. Ward	Clown	8.51
3. M. Bollom	Mercia	9.28
4. S. White	Unatt	9.41
5. R. Williams	MDC	9.55
6. G. Harris O/40	Mercia	10.21
7. G. Stewart O/50	Mercia	10.23
8. E. Armstrong O/50	Mercia	10.23
9. T. Butterworth O/50	Unatt	10.32
10. M. Grover	Notts	10.34

<b>VETERANS O/60</b>		
1. (30) D. Evans	Unatt	11.52
2. (84) M. Edwards	DkPk	15.58

<b>LADIES</b>		
1. (6) G. Harris O/40	Mercia	10.21
2. (18) J. York O/40	Shrop	11.30
3. (23) A. Barlett	SAC	11.38
4. (23) G. Evans O/40	Shrop	11.38
5. (38) J. Bollom O/50	Unatt	13.18

275 finishers

### SANDSTONE TRAIL RACES Cheshire 16.8m/1750ft 02.10.05

Congratulations to Glen Groves whose perseverance in the 'A' race over the years has finally paid off. His battle with last year's winner Martin Crosby saw the top two placings change hands in the last few miles, with Glen emerging victorious after his second place finish last year. Having just re-read my organiser's comments from last year, I had a feeling that Glen could be in contention this year!

The new LV50 trophy for the 'A' Race went uncontested on the day, but the LV40 trophy went to Victoria Musgrove, who was 3rd Lady overall. The MV60 trophy went to Brian Beattie, with the MV50 being awarded to Stephen Morran who was runner up in that category last year. Les Brookman of Warrington took the MV40 prize, with West Cheshire scooping the Team prize.

This year saw an unusually high number of family combinations amongst the prizewinners. In the 'A' Race, husband and wife, Dan and Karen Parker, took the Orienteer and Ladies' prizes respectively (Karen setting a new LV40 record in the process - something that went unnoticed on the day! - well done Karen)

The 'B' Race saw a Mother/Daughter/Son-in-Law combination amongst the prizes, with Sandra Owen once again taking the LV50 prize, daughter Suzanne (Benyon) winning the Ladies' prize and Suzanne's husband Peter winning the race outright. I hope you have a big mantelpiece!

Mariano Capponi was winner of the MV60 prize with son Simone amongst the counters for Penny Lane Striders in the team prize. Jane Champion won the LV40 prize in the 'B' Race for Vale Royal with the corresponding men's age group prize going over the border into Wales with Chris Davies of Buckley. The MV50 prize went in the opposite direction to Liverpool RC's Phil Bailey.

Thanks to the team of marshals (predominantly from Deeside Orienteering Club) for unselfishly giving up your day to enable the race to take place. The total number of entries was up yet again, which is very encouraging for the future. Staging the race these last two years has been hard work but ultimately rewarding, knowing that I've put something back into the sport of running, which has been such a big part of my life. I am standing down as organiser, with Chris Hallows taking over next year for what will be the 30th Anniversary event. Thanks to Chris for taking on the role and keeping the event going.

Provisional date for next year's race - Sunday 1st October 2006.

Phil Janaway

**'A' race**

1. G. Groves	L'pool	1.55.45
2. M. Crosby	Altrin	1.56.53
3. L. Brookman O/40	Warr'ton	1.57.51
4. K. Begley O/40	WChesh	1.58.29

**VETERANS O/50**

1. S. Morran	FRA	2.09.49
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**VETERANS O/60**

1. B. Beattie	WChesh	2.38.51
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**LADIES**

1. K. Parker O/40	Manch	2.14.09
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**'B' race - 9.8 miles**

1. P. Benyon	VCA	1.03.41
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**VETERANS O/40**

1. C. Davies	Buckley	1.07.30
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**VETERANS O/50**

1. P. Bailey	L'pool	1.10.31
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**VETERANS O/60**

1. M. Capponi	PennyLane	1.17.29
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**LADIES**

1. S. Benyon	VCA	1.12.20
2. J. Champion O/40	ValeRoyal	1.21.10

**IAN HODGSON MOUNTAIN RELAY  
Cumbria  
4 x 25m/8500ft 02.10.05**

After 20 years and 19 races, and after yet another cracking weekend, the marquee was toppled for the final time, and the mists descended to say a sad farewell to the last running of the Ian Hodgson Mountain Relay. Once again we'd seen



Dark Peak blast off for Red Screes at the start of Leg 4 (Photo Nigel Aston)

joy, laughter, keen competition, camaraderie, and yes, tales of woe and misfortune...all the vital ingredients of a successful fell running relay!

Completing a decade of triumphs in what must be one of longest winning sequences in fell-running history, Borrowdale once again took the team award, leading from start to finish to win in 3hrs 39m 36secs, a winning margin of nearly 5 minutes from Dark Peak who finished an excellent second. This is a testament to Borrowdale's commitment to the event and their dedication of route knowledge, as well as their ability to run as a team, and we rightly applaud their achievements. In addition Borrowdale took two fastest leg awards, with brothers Davies on leg 1 and cousins Bland on leg 4.

Chasing these two teams and also breaking the 4hour barrier came Ambleside in 3rd place, Pudsey & Bramley in 4th and Helm Hill, who achieved their highest ever position of 5th in the final race. Two new records were set during the race, both by Ilkley ladies team, who continued

their excellent season by setting a new record of 4hrs 43m 17secs to take the ladies team award. They were set on their way by an electric first leg from Andrea Priestley/Helen Sedgewick, who set a new ladies record of 1hr 23m 22secs, and never relinquished their lead to finish in 37th place overall. Some 9mins behind Ilkley were Dark Peak in 2nd place, with Keswick less than a minute behind in 3rd place.

Conditions overhead remained good throughout the race, but were extremely wet underfoot, and this meant that times in general were slightly slower than most years. There were six runners who have seen all of these conditions, rain or shine, and completed every single one of the 19 relays, and these stalwarts received specially printed sweatshirts at the final presentation. All runners received a specially commissioned bottle of ale...well we do like our beer don't we?

We are always greatly indebted to our army of friends who help us with the race organisation, and were pleased that they generally had a dry and incident free weekend. Unfortunately, our leg 4 marshals and Raynet team bore the brunt of this year's misfortunes. Two team-mates arriving at the last high level checkpoint some 11 minutes apart is not only dangerous and against the race rules, but also breaks the spirit of the race we have tried so hard to build, and the team have rightly been disqualified. At least their very public row on the summits provided some entertainment as it was broadcast across the Raynet airwaves for all to hear!

Clayton-le-Moors took the Vets category in a time of 4hrs 03m 09secs (9th overall) and once again Borrowdale took the Mixed team award in a time of 4hr 28m 22secs (20th overall). The specially entered 'Team Hodgson' comprising of family members and close friends failed to trouble the prizewinners (!). This year's 'Mike Rose Camper Van' award for the most outstanding contribution was given to Amanda Britton who, along with her capable team, organised the wonderful refreshments. We must also mention 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, the Leeds Raynet team and the Lake District National Park for their considerable help.

The future of the event remains uncertain, but with cause for optimism. It is a large and complex race to organise, and whilst



First leg runners stream over the cattle grid at the start of the Hodgson (Photo Bill Tomlinson)

developments such as the excellent Sportident system we use help to ease some aspects, it is still necessary to have many committed helpers to ensure the smooth running of the event. There is a good chance that some new organisers may take on this challenge, and as a family we will give every assistance possible to maintain the future running of the race under the lan Hodgson name.

Finally, on top of thanking our helpers for their outstanding support over the last 20 years, we must publicly thank all who have given us such kind words & gifts since our decision to make this our last year. You have made all the effort worthwhile, and contributed hugely towards what we always set out to achieve, which was a fitting tribute to the life of Ian.

*The Hodgson Family*

1. Borrowdale	3.39.36
2. Dark Peak	3.44.25
3. Ambleside	3.53.16
4. Pudsey & Bramley	3.57.39
5. Helm Hill	3.58.06
6. Clayton	4.00.05
7. Keswick 'A'	4.02.42
8. Bowland	4.03.01
9. Clayton Vets	4.03.09
10. Carnethy	4.04.21

**VETERANS**

1. Clayton	4.00.05
2. Kendal	4.05.08
3. Horwich	4.11.34

**LADIES**

1. Ilkley	4.43.17
2. Dark Peak	4.52.54
3. Keswick	4.53.41

67 teams finished

**MANOR WATER HILL RACE  
Peebleshire  
BM/10m/2300ft 08.10.05**

Angela Mudge returned from injury to win the women's race for the third time and set a new record of 75.38 for the course that was altered last year.

The winner of the race was Mark Whitelaw in 73.00. Mark's time was only nine seconds slower than he ran last year, when he was third. Second was Nigel Scott, third was John Kennedy and fourth was Peter Buchanan. The men's record time of 68.49 set by Donald Naylor in 2004 was not threatened this year.

This was the thirteenth race, held in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley. After a rainy start to the day, there was a sudden clearance at 11 00 a.m. and the race took place in pleasant conditions albeit with a westerly breeze.

The Men O/50 class was won at the second attempt by Murdo McEwan

The winner of the Men O/60 class was Alan Yates. This year there were six men in this class, the largest field ever.

Second in the ladies' was Susan Ridley and third was Kate Jenkins. Kate won the ladies' race last year.

There was only one runner in the ladies' O/40 class, Jean Robson. Likewise there was only one lady O/50, Anne Nimmo.

There was one runner in the 16-19 class this year. Rachel Robson (Annan) completed the 5? ml course in 60.13.

1. M. Whitelaw	Annan	73.00
2. N. Scott	West	74.00
3. J. Kennedy O/40	Clyde	74.37
4. P. Buchanan O/40	Porto	75.08
5. A. Mudge	Carn	75.38

6. D. Riach	West	75.42
7. R. Irving O/40	Annan	75.57
8. G. McInnes	Carn	76.26
9. S. Fallon O/40	Carn	77.25
10. S. Bennet O/40	Carneg	78.22

**VETERANS O/50**

1. (13) M. MEwan	Carn	80.06
2. (20) S. Knowles	Fife	85.02
3. (23) M. MacLeod	West	86.40

**VETERANS O/60**

1. (34) A. Yates	DkPk	92.15
2. (36) C. Pritchard	Carn	93.33
3. (43) I. McManus	Irvine	101.49

**LADIES**

1. (5) A. Mudge	Carn	75.38
2. (15) S. Ridley	Ed'brgh	82.33
3. (28) K. Jenkins	Carn	87.59
4. (39) C. Miller	West	98.20
5. (45) A. Nimmo O/50	Carn	105.05

55 finishers

**LANGDALE HORSESHOE – English  
Championship  
Cumbria  
AL/14m/4000ft 08.10.05**

1. R. Hope	P&B	2.08.47
2. S. Bailey	Mercia	2.09.22
3. A. Ward O/40	DkPk	2.09.31
4. A. Davies O/40	Borr	2.09.38
5. R. Jebb	Bing	2.10.54
6. J. Davies	Borr	2.11.05
7. R. Lightfoot	Ellen	2.11.12
8. S. Bottomley	P&B	2.12.26
9. D. Hope	P&B	2.12.34
10. J. Henegan	P&B	2.12.39
11. K. Gray	CaldV	2.16.31
12. D. Neil O/40	Staffs	2.16.42
13. G. Bland	Borr	2.16.52
14. A. Schofield	Borr	2.16.56
15. P. Thompson	Clay	2.17.05
16. G. Devine	P&B	2.18.57
17. S. Bolland	Bowl	2.19.43
18. P. Vale	Mercia	2.19.48
19. M. Laithwaite	AchR	2.21.20
20. J. Wright	Tod	2.23.31



Danny Hope all alone and trying hard at Langdale  
(Photo Brian Carey)

**VETERANS O/50**

1. (37) S. Jackson	Horw	2.29.09
2. (41) W. Bell	CFR	2.31.08
3. (65) R. James	CFR	2.39.13
4. (68) K. Taylor	Ross	2.39.44
5. (73) J. Winn	CFR	2.40.23

**VETERANS O/60**

1. (86) K. Carr	Clay	2.42.43
2. (184) J. Nuttall	Clay	3.01.49
3. (185) J. Amies	Congle	3.01.55
4. (218) D. Lucas	Roch	3.06.15
5. (223) T. Peacock	Clay	3.06.49



Still closely packed at the finish as they descend Blisco on the Langdale (Photo Allan Greenwood)

**LADIES**

1. (61) C. Howard	Mat	2.37.55
2. (72) N. White	Holmf	2.40.17
3. (92) K. Davison	DkPk	2.43.24
4. (122) E. Batt O/40	DkPk	2.49.18
5. (124) A. Welsh O/40	Bowl	2.49.51
6. (125) H. Jones	Dallam	2.49.58
7. (130) S. Wood	Amble	2.50.57
8. (137) J. Leather	Amble	2.52.30
9. (144) P. Jackson	Kesw	2.53.33
10. (151) S. Taylor	Bing	2.54.52
15. (181) M. Laney O/50	Clay	3.00.57

367 finishers

**LONGCROFT ENGINEERING HIGH  
BROWN KNOLL FELL RACE  
West Yorkshire  
BM/6.5m/1050ft 09.10.05**

I sent this race fixture into the FRA calendar last October. At the time I had no idea that I would be otherwise engaged in the Lake District on the Saturday night before the event, to receive my certificate from the great Mark Hartell at the bi-annual Bob Graham Round dinner.

However, I am lucky to have some great mates in the sport so that Linda and myself could enjoy the party and have a relaxing night at the hotel, Dave Weatherhead and Barbara Carney (who among many other fell-racing related tasks put the comprehensive results section together in this magazine) agreed to step in and sort the race out. Dave said he would take charge of organising the race, and by the time Linda and myself arrived at Mytholmroyd on the beautifully sunny Sunday morning, Barbara was busy taking entries inside the Community Centre. My Calder Valley club mates, Dave Beels and Richard Greenwood, agreed to flag the route to checkpoint one. Russell Arrandale would marshal at Checkpoint one and gather the flags in and Linda's brother said he would marshal the road crossing with Dave Culpan and Rob "Langdale legs" Sharratt. Alec Becconsall and his mates, Tony Shaw and Alan Ainsworth, would take numbers at check 2 and my parents came with a car load of prizes and set up drinks at the finish. Thanks everyone for making the race a great success. Dave asked those assembled on the start to observe a minutes' silence in respect of our friend, Calder Valley fell runner Greg

Houghton, who sadly lost his life while out walking on the Isle of Skye.

After a brilliant run at the final English champs race, the Langdale fell race, and his own festivities at the Bob Graham dinner, Karl Gray would have his work cut out to achieve his ambition of winning the High Brown Knoll race. Steve Oldfield, the former World Masters silver medallist from Bradford Airedale, was leading the field of 54 runners by High Brown Knoll trig point, followed by Stuart Gregory who has made great strides in the popular South Pennines Grand Prix, of which this was the penultimate race. Gray hung on to third at the top but wasn't in the mood to lose out today. From High Brown Knoll, runners are free to choose their own route back providing no-one cuts across the golf course or any private land. After a frantic descent, Karl showed how it's done, reaching the canal bridge finish with just two seconds advantage over 45 veteran Oldfield and Stuart a vet 40, another 19 seconds adrift. Improving Alex Whittem, Todmorden's 'flying postman' had another fine run to place fourth.

Later, Karl Gray told me that he and Steve Oldfield had been out training together over the moors around the top of the course, racing back to Mytholmroyd by two different routes to find the quickest lines. That, to me, is good sportsmanship. Other sports could learn a lot from fell running.

Neil Holding had a splendid descent, finishing in eighth after turning at the top 14th. Sharon Godsmen was the first woman to finish, followed by team mate Louise Abdy and Pam McLeod.

Calder Valley won the team prize, Gray leading Adrian Muir and Dave Beels.

All race proceeds went to our own fundraising effort to provide a special orthopaedic chair costing over £1000 for our disabled friend Holly Sykes of Halifax.

Thanks everyone for making the race a great success, especially Dave and Barbara for helping us at such short notice.

Allan Greenwood and Linda Crabtree.

1. K. Gray	CaldV	43.35
2. S. Oldfield O/45	BradA	43.37
3. S. Gregory O/40	HolmeP	44.56
4. A. Whittem	Tod	47.34
5. A. Payne	Clay	47.38
6. R. Glover O/40	P&B	48.09
7. T. Taylor O/45	Ross	49.08
8. N. Holding O/45	WPenn	50.06
9. P. Pyrah O/50	StBed	50.15
10. A. Muir O/40	CaldV	50.17

<b>VETERANS O/50</b>		
1. (9) P. Pyrah	StBed	50.15
2. (13) R. Crossland	BradA	51.17
3. (14) K. Taylor	Ross	51.18

<b>VETERANS O/60</b>		
1. (31) D. Illingsworth	BradA	61.48
2. (49) G. Arnold	Prest	79.31
3. (50) M. McDonald	Bowl	82.15

<b>LADIES</b>		
1. (37) S. Godsmen	Tod	65.32
2. (43) L. Abdy O/40	Tod	67.25
3. (53) P. McLeod O/55	VallHR	123.50

54 finishers

### PENTLAND SKYLINE HILL RACE Edinburgh AL/16m/6200ft 09.10.05

The usual course; start at Hillend, along the south east tops of the Pentlands to near Eastside, over to Hare Hill and back to Hillend along north west tops. About sixteen miles and about six and a half thousand feet total ascent. A few

runners had competed at Manor Water the previous day for a total distance of twenty-six and a half miles and eight thousand two hundred feet of climbing.

The weather was reasonably good for the time of year, about 10 deg C and a strong wind from the south west. Some heavy rain showers but not continuous. Most runners said that they had been comfortable, some hilltop marshals said that they had not been so. It is hard to please everyone!

A good entry again, 127, mostly from Scottish clubs. 121 completed the course, the others returned to the start/finish safely and in good order.

Richard Robertson

1. J. Symonds	Dundee	2.25.53
2. S. Whitlie O/40	Carn	2.33.35
3. S. Peachey	Carn	2.37.03
4. D. Cummins	Shettle	2.38.23
5. A. Kitchen	Lothian	2.40.30
6. B. Minto O/40	HBT	2.41.12
7. D. Roome	Bowl	2.44.43
8. B. Marshal	HELP	2.48.07
9. B. Smith O/40	StdLife	2.48.52
10. S. Simpson	Ochil	2.49.56

<b>VETERANS O/50</b>		
1. (26) J. Blair-Fish	Carn	3.08.26
2. (42) B. Howie	Carn	3.17.44
3. (46) R. McInroy	Helens	3.19.27

<b>VETERANS O/60</b>		
1. (59) C. Love	Dundee	3.26.00
2. (94) N. Rose	Carn	3.52.35

<b>LADIES</b>		
1. (17) J. Mykura	Carn	3.57.07
2. (20) L. Colquhoun	Carn	3.58.45
3. (37) S. Legge	Carneg	3.15.27
4. (51) C. Thomas	HBT	3.22.20
5. (54) L. Lawrie	E'burgh	3.23.56

121 finishers

### BREIDDEN HILLS Shropshire AM/7m/2300ft 09.10.05

Record number of entrants this year with an ever expanding number of entrants aged over 40. In recognition of this, prizes were given through the field in the five year bandings. Congratulations to Mick Ward, V/70 on being position 100 out of a field of 141.

The women's race was hotly contested with Sarah Hammond passing Ann Barlett on the last descent.

The junior race had a disappointing entry, being won again by Sam Robson. This race starts and finished before the senior event so that we can all see the up and coming stars!

Many thanks to all the helpers and to my family. See you next year.

Rick. Robson

1. T. Davies	Mercia	52.06
2. I. Houston	Wrex	55.12
3. R. Lamb O/40	Mercia	56.13
4. A. Yapp O/40	Mercia	58.07
5. M. Gilbert	Wrex	58.46

<b>VETERANS O/50</b>		
1. (20) S. Daws	Telf	63.36

<b>VETERANS O/60</b>		
1. (62) J. Coombes	Mercia	72.34

<b>VETERANS O/70</b>		
1. (100) M. Ward	Oswest	81.19

<b>LADIES</b>		
1. (26) S. Hammond O/40	Tatten	64.58
2. (30) A. Barlett	Shrews	65.48
3. (32) P. Gibb O/40	Mercia	66.38
4. (35) L. Taylor	Telf	67.07

### BRONTE WAY West Yorkshire BM/8m/1150ft 09.10.05

Once again there was a record entry with 198 runners racing on the day. And once again Ian Homes led the race from start to finish. This time, though, he decided to race it just that little bit faster (50.26) - nice one Ian especially with that bad cold. In second place was Will Smith, who put in a fine run and for a while looked like he could hang on to Ian.

This year we managed to get the soup and roll rations sorted and everyone who finished (which was everyone) received their bottle of Timothy Taylor's Landlord ale. Thanks go to John and Sharon at the Fleece Inn for once again making everyone welcome and providing the soup. I'm reliably informed that a staggering volume of Landlord was consumed after the race much to John and Sharon's delight!

The women's race was won by Helen Glover in an excellent time of 1.05.44 beating club-mate Elizabeth Tomes by just 16 seconds.

Thanks too to all the marshals and helpers who made this year's race another success. See you all next year.

John & Christine Preston

1. I. Holmes	Bing	12.50.26
2. W. Smith	Kghly	12.53.09
3. D. Brame	Kghly	12.55.15
4. M. Brown O/40	Clay	12.56.27
5. R. Barrett O/40	Skip	12.57.01
6. S. Wilkinson O/40	Kghly	12.57.04
7. I. Greenwood O/40	Clay	12.57.27
8. G. Gill O/40	Kghly	12.59.01
9. A. Black O/40	Wharfe	12.59.03
10. L. Pasco	Bowl	12.59.09

<b>VETERANS O/50</b>		
1. C. Davies	Saddle	12.59.15
2. P. Harris	Abbey	1.01.14
3. P. Glover	Felland	1.01.49

<b>VETERANS O/60</b>		
1. T. Minikin	Kghlt	1.10.43
2. T. Greene	Saddle	1.19.54
3. B. Shepherd	Prest	1.25.47

<b>LADIES</b>		
1. H. Glover	Kghly	1.05.44
2. E. Tomes O/45	Kghly	1.06.00
3. C. Waterhouse O/40	H'fax	1.08.42
4. R. Hagan	Unatt	1.09.47
5. K. Mather O/40	Saddle	1.11.32
9. J. Davies O/50	Sadd	1.18.23
11. S. Heywood O/55	Sadd	1.19.11

198 finishers

### DAVE BRAY TINTWISTLE MEMORIAL RACE Cheshire BM/8.5m/1160ft 09.10.05

Andi Jones set an incredibly fast course record on this inaugural race, which may prove a real challenge to beat. Likewise, Robyn Oldham set a good ladies' time and finished 20th in the race despite admitting to being rather nervous before the race. Not to be overlooked is the excellent time achieved by Kev Lilley, who came second.

After a wet and dismal Saturday, Sunday dawned bright and dry and the race was run in good clear conditions. An army of helpers marshalled, kept the times, organised parking and generally helped to make the whole event run smoothly. Thanks to all who assisted. Feedback was excellent as runners enjoyed the scenic route, which was varied and totally runnable.

The prize-giving was from the Bull's head pub, who had generously hosted the race. Andi and Robin collected trophies donated by the Moravian Scout Unit, Droylsden, in memory of

Dave Bray, who had been a leader at the unit. Dave's parents were fortunately able to attend the event.

In total, 52 runners made this first running of the race a great success, which we hope to repeat next year.

*Dave Willis & Greg McNally*

1. A. Jones	NorthBoys	53.09
2. K. Lilley O/40	Unatt	54.42
3. M. Shaw	Unatt	58.17
4. R. Ashworth O/40	Sth'port	58.43
5. N. Winfield	Penn	59.00
6. J. Boyle	DkPk	59.25
7. R. Holt O/40	Glossop	60.09
8. S. Entwistle O/40	Penn	60.14
9. M. Cain	Unatt	60.52
10. D. Gibbons	Penn	61.51

#### VETERANS O/50

1. (17) F. Fielding	Penn	65.54
2. (22) I. Simpson	Longwood	67.12
3. (25) R. Scotney	Penn	68.56

#### VETERANS O/60

1. (34) K. Bamforth	Holmf	72.10
2. (48) G. Royle	Saddle	78.42
3. (51) A. Bourne	Staffs	89.24

#### LADIES

1. (20) R. Oldham	WhiteRose	66.12
2. (24) K. Harvey O/40	Penn	67.40
3. (35) M. Edgerton O/40	Penn	72.15
4. (37) R. Chatwin	Penn	72.42
5. (39) L. Bowler	ECH	73.16

52 finishers

### THE SCREES FELL RACE Cumbria BS/2.75m/490ft 22.10.05

Ricky Lightfoot repeated his victory of 2004 in convincing fashion, winning by nearly two minutes from Martin Amor.

CFR's usual domination of their local race was challenged by Ellenborough AC and had there been a team competition with first three to count, CFR would only have scraped home by one point! Chris Smale squeezed in front of CFR's usual veteran winner, Brian Thompson, by four seconds to take first vet.

Kate Beaty won the ladies' race by almost three minutes.

A splendid tatie pot meal was enjoyed in the Screes Inn (the sponsors) following the race which this year attracted a record entry of 88.

*Danny Hughes*

1. R. Lightfoot	Ellen	42.15
2. M. Amor	CFR	44.09
3. C. Smale O/40	Tod	45.07
4. B. Thompson O/40	CFR	45.11
5. B. Taylor	Ellen	46.41
6. P. Pollitt	CFR	47.04
7. H. Keith	Ellen	47.42
8. N. Wrigley O/40	Horw	47.48
9. S. Swarbrick	Bowl	47.53
10. A. Beaty O/40	CFR	47.59

#### VETERANS O/50

1. (14) N. Hewitt	Bowl	49.04
2. (15) J. Winn	CFR	50.21
3. (24) I. Robinson	Clay	52.37

#### VETERANS O/60

1. (55) R. Whitaker	CFR	59.25
2. (67) J. Atkins	Chorl	64.56

#### VETERANS O/70

1. (82) J. Escritt	CFR	72.55
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#### LADIES

1. (28) K. Beaty O/40	CFR	53.41
2. (40) J. Casey	Barrow	56.22
3. (53) J. Carter	Kesw	58.52
4. (58) M. Cameron	HoadHill	60.25
5. (60) G. Tombs O/50	Ackworth	62.57
10. (67) J. Atkins O/50	Chorl	64.56

86 finishers

### RHINOG HORSESHOE Gwynedd AL/14.3m/5060ft 22.10.05

This is the biggest and hardest of the Rhinog Fell Race Series at 15.5 miles and 5200ft total ascent with the course record set last year by Colin Donnelly at 3.09.58.

The word is obviously getting around and the entry was up by 50% at 46 runners travelling from as far afield as Cumbria and Hertfordshire for the 10.30 a.m. start.

The previous day had been very wet in the hills as the lowland route was marked, so we were not expecting the sunshine that once again favoured these races; visibility was not perfect on the tops with patches of cloud drifting across the Rhinogs throughout, but a minor miracle compared to the day before. None of the usual behind the scenes panics prevented the race from starting at 10.30 a.m. as planned, the Llanbedr community once again rising to the occasion with offers of help throughout in setting up, marshalling and clearing.

It was an interesting race with a lot of jockeying amongst the front runners throughout: Pete Vale was ahead of Steve Gilliland and Pete O'Brien by 6 minutes at 11.20a.m. at the check point in the Bwlch Drws Ardudwy, the 'Door of Ardudwy' pass between Rhinog Fawr & Fach (Great & Little Rhinogs) coming off the tops at 12.40p.m., Pete Vale was down in 3rd place behind Adam Haynes and Pete O'Brien.

These three stayed as front runners to the end but with Pete Vale pushing right back to win the Sterling Exhaust Shield by almost a minute over the two Eryri runners in a new course record by 11 minutes of 2.58.20, all three front runners finishing under the magic three hour mark.

Many runners improved greatly on their time last year, possibly due to greater familiarity with the course, maybe pulled along by the faster field.

Ruth Metcalfe came in 10th, in a very creditable 3.35.00 to win the Hafod Wen Shield, but club mate Jackie Lee's 2004 record of 3.19.24 remains the ladies' time to beat on this course.

Runners retired to the Victoria across the road where the landlord kindly provided hot soup and rolls, a chance to chew over this and other races before the awards and debrief just after 3.00p.m.

In addition to the Rhinog Horseshoe awards, Steve Gilliland won the first Rhinog Fell Series cup with the best aggregate time over the 2005 race series.

Thanks as always to the Llanbedr community and to CMC Pensarn for setting up and marshalling the course and to RAYNET who provide an efficient radio coverage, essential for safety on a long mountain race such as the Rhinog Horseshoe, and to Larry and June Barry and staff who kindly provide the hot soup and rolls at the finish.

If you are up for an exhilarating and challenging fell race, put the 2006 Rhinog Horseshoe in your diary now, Saturday 21 October, 11am, the Victoria, Llanbedr.

1. P. Vale	Mercia	2.58.20
2. P. O'Brien	Eryri	2.59.11
3. A. Haynes O/40	Eryri	2.59.11
4. G. Oldrird O/50	Aberyst	3.15.07
5. S. Gilliland O/40	BroDys	3.15.48
6. S. Bellamy	Mercia	3.25.40
7. P. Johnson	Unatt	3.32.45
8. S. Jones	Wrex	3.33.56
9. P. Bullen O/40	Kesw	3.34.07
10. R. Metcalfe	Eryri	3.35.00

#### VETERANS O/50

1. G. Oldrird	Aberyst	3.15.07
2. T. Hodgson	Bro Dys	3.45.15
3. A. Duncan	Bowl	3.47.18

#### VETERANS O/60

1. J. Marsh	Tarren	3.44.18
2. Y. Tridimas	Bowl	3.51.05
3. D. Sinclair	WFRA	4.22.05

#### LADIES

1. R. Metcalfe	Eryri	3.35.00
2. C. Wilson O/40	Unatt	???

### WITHINS SKYLINE RACE West Yorkshire BM/7m/1000ft 23.10.05

25 year joint 2005 English champion, Simon Bailey, won his first ever Woodentop event after sitting behind Mark Horrocks and Karl Gray until the famous Bronte Bridge and short steep climb up Bronte Waterfalls. He then kicked for Penistone Hill, knowing the rest of the race route was flagged. The route here was changed last minute and was probably a minute faster than the previous route back from the top of the falls.

Lisa Lacon, a Haworth regular, took the heavy conditions in her stride to beat in-form Karen Davison and 2002 winner Vanessa Peacock from the 274 runners who ran. An incredible 90 juniors contested the quarry runs, in very wet conditions, with Emily Throup even setting a new GU12 record, well done!

*Dave Woodhead*

1. S. Bailey	Mercia	42.09
2. K. Gray	CaldV	43.00
3. M. Horrocks O/40	Wharfe	43.07
4. J. Heneghan	P&B	43.44
5. S. Oldfield O/40	BradA	44.00
6. R. Pattinson O/40	P&B	44.23
7. S. Bottomley	P&B	44.33
8. A. Black	Wharfe	44.44
9. J. Logue	Horw	44.46
10. A. Whitten	Tod	45.00

#### VETERANS O/50

1. (17) B. Goodison	Abbey	47.09
2. (30) B. Grant	H'gate	48.31
3. (39) D. Schofield	Ross	49.59

#### VETERANS O/60

1. (109) G. Breeze	Skyrac	56.07
2. (149) T. Peacock	Clay	59.31
3. (197) G. Webster	ValleyS	64.36

#### VETERANS O/70

1. (185) L. Sullivan	Clay	62.53
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#### LADIES

1. (65) L. Lacon	Holmf	52.09
2. (89) K. Davison	DkPk	53.41
3. (95) V. Peacock O/50	Clay	54.08
4. (123) C. Preston O/40	Kghly	57.45
5. (130) T. Mitchell	Clay	58.01

273 finishers

#### QUARRY RUNS

##### Boys U/16

1. J. Thompson	Pendle	12.35
2. J. Horrocks	Chorl	12.46

##### Girls U/16

1. S. Yeomans	Ross	15.55
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##### Boys U/14

1. T. Sessford	K&C	6.45
2. J. Addison	Helm	6.49

##### Girls U/14

1. E. Thompson	Pendle	8.08
2. R. Thompson	Pendle	8.52

##### Boys U/12

1. R. Addison	Helm	6.58
2. M. Nash	Prest	7.19

##### Girls U/12

1. E. Throup	Wharf	7.29
2. R. Hellawell	K&C	7.57

##### Boys U/10

1. J. Hall	Bing	7.49
2. C. Nash	Prest	7.51

<b>Girls U/10</b>		
1. C. Holder	K&C	10.33
2. C. Cox	K&C	10.44
<b>Boys U/8</b>		
1. A. Hearle	Mercia	3.07
2. L. Zent	Unatt	3.09
<b>Girls U/8</b>		
1. L. McGuinness	Unatt	3.11
2. A. Moses	Whins	3.13

**"RUNNING BEAR" RACE YOU TO THE SUMMIT**  
Lancashire  
CS/4m/800ft 30.10.05

Thanks again to Tony Hulme of Running Bear Sports for his continued generous sponsorship of this race, with his Mountain Bear fell shoes for the winning male and female as well as a host of other goodies for the prize table. This was to be the final race of the final South Pennines Grand Prix and the leading position would be decided on the day. League leaders Karl Gray and Chis Smale both desperately wanted to win this race but the Horwich lads were again out in force. Although the sun shone there was a nip in the air, a typical Autumn day I thought as the 93 strong field lined up beside the Summit Inn. Away they went and the sun went in, the wind gathered strength and it started to rain. I hear reports of hailstones as runners left the White House to descend the Chelburn track.

Soon Karl Gray powered over the canal bridge and up to the finish. Who would appear next? "I had about a 20 second lead as I started the descent" said Gray. The next man home was Chris Smale, though the gap was astonishing, even to Gray: one minute and 2 seconds. It wasn't as if Chris had been dawdling either, as he sprinted in to hold off a challenge from Paul Massey, three seconds behind. Crack orienteer James Logue was another 5 seconds back ahead of one of our regular runners, Stuart Gregory. With veteran Dave Massey in seventh place, the Horwich men won the team prize beer.

The run of the day without doubt, however, came from Jo Waites. Running unattached at the moment, Waites is a great prospect for the future. After winning in tremendous style at the Theiveley Pike in September, she proceeded to take over TWO AND A HALF minutes off the Race to the Summit course record that has been held by Lucy Whitaker, Sally Newman and Sally Gilliver!!

Anna Bartlett placed second ahead of Vanessa Peacock, the first veteran. Then Jane Clarke, Kate Ayres and last year's winner Sally Gilliver, all of Cheshire Hill Races, packed well to secure the team prize with ease.

Afterwards, we retired to the Summit Inn where the landlord, Frank, again made soup and chip butties for cold and tired runners and helpers.

Thanks again to Tony Hulme for sponsorship, to Bill Johnson who provided a swift results service on his computer as well as working out the Grand Prix results for us and to all the marshals and helpers, especially Jim Smith of Bury who marshalled the top then gathered all the flags and my parents who helped at the finish.

This race was formerly known as The Gale fell race, which started in the late 1967. See you all again next year for the 40th annual race to the White House Inn and back.

Allan Greenwood and Linda Crabtree

1. K. Gray	CaldV	28.08
2. C. Smale O/40	Tod	29.10
3. P. Massey	Horw	29.13
4. J. Logue	Horw	29.18
5. S. Gregory O/40	HolmeP	29.27

6. A. Whittam	Tod	30.18
7. D. Massey O/40	Horw	30.28
8. S. Godsman	Tod	30.48
9. T. McGaff O/50	Chesh	31.02
10. M. Boardman O/40	Newb	31.06

**VETERANS O/50**

1. (9) T. McGaff	Chesh	31.02
2. (26) P. Pyrah	StBede	33.23
3. (29) T.Hulme	Chesh	33.44

**VETERANS O/60**

1. (43) G. Breeze	Skyrac	36.43
2. (63) T. Peacock	Clay	39.36
3. (79) R. Jacques	Clay	44.30

**LADIES**

1. (15) J. Waites	Unatt	31.27
2. (33) A. Bartlett	Shrews	34.15
3. (34) V. Peacock O/50	Clay	34.30
4. (36) J. Clarke	Chesh	34.48
5. (38) K. Ayres O/45	Chesh	34.51
15. (92) P. McLeod O/50	VallH	63.53

**93 finishers**

**DUNNERDALE FELL RACE**  
Cumbria  
AS/5m/1800ft 5.11.05

The race this year may qualify as being one of the wettest races ever. The weather was appalling with heavy rain and poor visibility. However, 212 runners competed.

Unfortunately the marshals for checkpoint 2 did not quite get the correct position, which caused considerable confusion for certain runners and we would like to apologise to those who got delayed as a result.

It was good to see six under 18s competing and all put in very respectable times.

Thanks to all the marshals and helpers who assisted on the day. Hopefully the weather will be kinder next year and look forward to seeing everyone again. However, please could we ask for people to car share as much as possible as car parking gives us a real problem each year with local residents and the police.

Philip Newton

1. S. Stainer	Amble	42.02
2. R. Lightfoot	Ellens	43.47
3. R. Jebb	Bing	43.55
4. S. Bolland	Bowl	44.25
5. L. Taggart	DkPk	44.30
6. P. Winskill	DkPk	44.33
7. T. Austin	DkPk	44.33
8. D. Hope	P&B	45.13
9. B. Taylor	Ellen	45.29
10. J. Deegan	Amble	45.35

**VETERANS O/40**

1. (14) M. Roberts	Borr	45.52
2. (15) Q. Harding	Bowl	45.53
3. (18) C. Reade	Bowl	46.15

**VETERANS O/50**

1. (26) J. Winn	CFR	47.24
2. (30) M. Walsh	Kend	47.39
3. (39) N. Hewitt	Bowl	48.45

**VETERANS O/60**

1. (60) D. Spedding	Kesw	50.47
2. (128) M. Breslin	Lancs	59.30
3. (135) G. James	Bl'pool	60.30

**VETERANS O/70**

1. (191) H. Catlow	CFR	80.42
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**LADIES**

1. (52) J. Lee	Eryri	49.59
2. (57) S. Taylor	Bing	50.42
3. (83) L. Roberts	Kesw	53.14
4. (87) H. Winskill	DkpK	54.24
5. (90) J. Casey O/40	Barrow	54.59
9. (125) A. Brentall O/50	Penn	59.02

**212 finishers**

**SHEPHERDS SKYLINE FELL RACE**  
West Yorkshire  
BM/6.25m/1150ft 05.11.05

This was my second year organizing the Shepherds. You'd think it would get easier. It did in some ways but then this year we'd decided to organize junior races as well. A few evenings of recceing had identified some promising short routes. So there I was, early morning on the day of the race, flagging my chosen routes, amazed at the blue sky overhead. "This can't be right," I mused, "it always rains on Shepherds day?" A few hours before the races Dave and Eileen Woodhead arrived to cast their experienced eye over my new courses. Their help was much appreciated. "They'll like that bit," Dave smiled as we tiptoed through a bog. We made a few tweaks here and there as we jogged round. "Not sure about this traverse though," he said, "but look," he pointed, "you could send them straight up instead." I peered at the bank that reared up before us.

"Up there?" I quizzed him, "it looks a bit steep."

"No, no, they'll love it."

And they did. Despite the weather returning to a normal drizzly November day, there were some great runs by the youngsters in every age category and they seemed to relish the wet, leg sapping courses. The bogs proved no deterrent at all to the 32 intrepid juniors although the sweepers occasionally had to delve deeply into the mire for lost shoes. A number of juniors were heard to remark, "That was great, a proper fell run, and you had to hold onto the grass to get up that steep bit!"



Gareth Pemberton (Calder Valley) leads a group over the flags (Photo Allan Greenwood)

It was great to see so much enthusiasm. So, my thanks to all the juniors who turned up to race and, spread the word, the Junior Shepherds Fell Races will be on again next year.

The senior race attracted its usual big field with 198 runners on the start line. Ian Holmes made it three wins in a row and still holds the course record and an amazing run in the conditions saw Jo Waites break Vanessa Peacock's ladies' record. Todmorden took the mens' team prize and Calder Valley the ladies'. I'm sure everyone enjoyed the race despite the mud. The marshals and race helpers did a sterling job as usual - the only headache we had was a collapsing finish funnel!

So, my thanks to all the runners who turned out and to everyone who helped with the race organisation.



Hope to see you all there again next year – the 21st Shepherds Skyline.

(I'll try and work out some statistics before next year's race to see who's run the most races. If anyone's managed 20 then let me know.)

*Phil Hodgson*

1. I. Holmes	Bing	42.12
2. G. Devine	P&B	43.05
3. K. Gray	CaldV	43.45
4. A. Wrench O/40	Tod	44.16
5. J. Logue	Horw	44.41
6. A. Whittam	Tod	45.53
7. C. Smale O/40	Tod	46.34
8. S. Birtwistle	Ross	46.36
9. I. Greenwood O/40	Clay	47.05
10. S. Macina	P&B	47.33

**VETERANS O/50**

1. (20) B. Grant	H'gate	49.26
2. (24) D. Schofield	Ross	50.13
3. (27) J. Holt	Clay	50.58

**VETERANS O/60**

1. (109) G. Breeze	Skyrac	59.23
2. (142) G. Webster	ValleyS	63.15
3. (186) G. Arnold	Prest	74.15

**VETERANS O/70**

1. (141) L. Sullivan	Clay	63.12
2. (188) D. Clutterbuck	Tod	76.01

**LADIES**

1. (25) J. Waites	CaldV	50.15
2. (42) L. Lacon	Holmf	53.07
3. (71) E. Barclay	Ilk	56.08
4. (90) T.Hird	Wharf	57.01
5. (92) C. Preston O/40	Kghly	57.32

**JUNIORS U/16**

1. B. Scarf Boy	Unatt	14.52
2. H. Page Girl	Hfx	15.08
3. J. Davy Day Boy	ARCC	16.01

**JUNIORS U/14**

1. T. Sessford Boy	Kghly	7.59
2. B. Page Boy	Hfx	8.46
3. P. McCluskey Boy	Unatt	14.16

**JUNIORS U/12**

1. B. McGrath Boy	MCleve	9.01
2. E. Throup Girl	Wharfe	9.36
3. J. Scarf Boy	Wharfe	11.13
4. H. Godden Girl	Tod	11.28

**JUNIORS U/10**

1. J. Willis Boy	NYM	7.49
2. H. Sessford Boy	Kghly	7.50
3. P. Done Boy	Kghly	9.19

**JUNIORS U/8**

1. J. Gaudie Boy	NYM	4.18
2. M. Pleedy Boy	Unatt	4.21
3. J. Crummett Boy	Tod	5.45
4. S. Wilson Girl	Tod	6.53

**CLWYDIAN HILLS RACE**

Clwyd

AM/10m/3100ft 06.11.05

Race day dawned, raining. An ominous start, especially as it was a new and, unlike previous years, unmarked course. When I went around the route on the Saturday evening the clag had been down. After not being able to hold the race last year because of the insurance issue, would the runners come back this year? As the morning progressed so did the preparations, the weather improved and the athletes arrived, 103 of them lined up for the start.

Ian Houston of Wrexham took the early lead to checkpoint 1, losing it to Pete Vale in the descent to checkpoint 2, and whilst he regained the lead on the off path descent to checkpoint 6, Pete regained the lead in the climb up Stony Gully to Moel Fammau and the run in down to the finish.

In the ladies' lead Jackie Lee took the early lead from Sarah Hammond and stayed ahead until

the finish, with both moving strongly through the field after the first checkpoint. In the M40 race Malcolm Fowler maintained the early lead, and although John Montgomery closed up on him by checkpoint 6, Malcolm forged ahead to win. In the M50 race Stephen Bellis took the early lead but faded in the later stages whilst after a steady start Stephen P. Jones finished strongly, coming through the field to take the lead in the climb to Moel Fammau. The two Johns, Amies and Morris, showed the experience of age in starting steadily and moving through the field to take 1st and 2nd vet 60 places.

Although not announced on the day, Wrexham were the clear winners in the team event, with all three counters coming in within 6th place, with Eryri in second place and local team Buckley in third place. Only Eryri had sufficient women running for a team.

A new course. Therefore, Pete and Jackie are the new record holders with times of 73:36 and 86:15.

Many thanks are due to Hilary and Sid, Helen and Mike, Geoff Clegg and Pete Norman for their help.

*Peter Taylor*

1. P. Vale	Mercia	73.36
2. I. Houston	Wrex	74.40
3. M. Fowler O/40	Chesh	78.57
4. M. Gilbert	Wrex	79.13
5. S. P. Jones O/50	Eryri	82.44
6. S. Jones	Wrex	82.52
7. J. Montgomery O/40	Buckley	83.08
8. J. Pearce	Congle	83.35
9. C. Jones	Eryri	83.49
10. D. Nuttall O/40	Clay	83.59

**VETERANS O/50**

1. (5) S. P. Jones	Eryri	82.44
2. (15) S. Bellis	Wrex	86.40
3. (21) A. Duncan	Bowl	87.21

**VETERANS O/60**

1. (29) J. Amies	Congle	88.55
2. (38) J. Morris	Buckley	89.43
3. (71) N. Griffiths	Spect	99.52

**LADIES**

1. (11) J. Lee	Eryri	86.15
2. (25) S. Hammond O/40	Tatten	87.46
3. (39) K. Ayres O/40	Chesh	89.47
4. (51) V. Musgrove O/40	Eryri	93.52
5. (63) D. Urquhart	Buckley	97.35
9. (84) M. Oliver O/50	Eryri	110.34

*99 finishers*

**COP HILL FELL RACE**

West Yorkshire

BM/7m/900ft 06.11.05

Andy Shaw won the 2005 Cop Hill Fell race, a one place improvement on his 2004 effort.

The conditions following the previous week's rain made for slippery and muddy conditions, not helped by the heavy downpour during the race itself.

The mainly off-road course covers approximately 10k along tracks and footpaths around the Meltham area. The two lap course starts from the Meltham Community Centre, over the fields at Helme Edge and Harrison Lane, along Blackmoorfoot reservoir embankment and takes in the top of Cop Hill before turning back towards the community centre via Orange Wood before finishing adjacent to the cricket field.

Andy Shaw led from the start and completed the course in 45.12. He was followed throughout the race by Julian Rank. Julian finished in 45.34 while third place was taken by Neil Armitage.

The ladies' race was won by Wendy Barnes. Wendy was followed by Rosie Taylor and Rachel Mellor.

Meltham AC honours were taken by Craig Robshaw who finished tenth and Ray MacArthur.

*Martin Sturdy*

1. A. Shaw O/40	Holm	45.12
2. J. Rank O/40	Holm	45.34
3. N. Armitage	PudseyP	46.40
4. M. Stenton O/40	DkPk	46.46
5. P. Grimes O/50	H'fax	47.20
6. R. South O/45	Holm	48.09
7. A. Hauser O/50	Holm	48.26
8. J. Stevens	CaldV	48.37
9. T. Underwood	Stain	49.00
10. C. Robshaw	Melth	49.19

**VETERANS O/60**

1. (33) G. Breeze	Skyrac	56.06
2. (43) N. Berry	Holm	59.36
3. (45) K. Bamforth	Holm	60.26

**LADIES**

1. (16) W. Barnes	Barns	52.21
2. (35) R. Taylor	Holm	56.10
3. (42) R. Mellor O/40	Holm	58.10
4. (51) G. Tombes O/50	Ackw	64.48
5. (53) G. Leary O/50	Hfx	66.46

*63 finishers*

**ROACHES RACE**

Staffordshire

BL/15m/3700ft 13.11.05

Nearly 200 runners enjoyed ideal conditions over this tough out and back course across the popular Roaches ridge to the top of Cheshire's Matterhorn – Shutlingsloe.

Simon Bailey lives only a few miles from the course and used his local knowledge to drop John Brown on the tricky woodland descent to the river crossing at Gradbach, and ran out an easy winner for the second time. There was more competition between the M50s with Tom McGaff and Barry Blythe battling it out and Jackie Lee and Jo Smith within a few minutes. No records in danger, the course is slightly longer now after the river crossing, many of the fields have thick mud to slow the runners down and there are more gates to negotiate.

*Andrew Addis*

1. S. Bailey	Mercia	1.58.21
2. J. Brown	Salf	2.05.41
3. P. Vale	Mercia	2.06.51
4. C. Fray O/40	Chesh	2.12.41
5. A. Wright	Mercia	2.13.26



Simon Bailey emerges from the murk to win the Roaches (Photo Kirstin Bailey)

6. R. Lamb O/40	Mercia	2.16.44
7. B. Carr O/40	Congle	2.20.18
8. N. Kirk	Unatt	2.20.59
9. T. Brunt	Holmf	2.21.36
10. A. Carruthers O/40	Hales	2.21.52

#### VETERANS O/50

1. (14) T. McCaff	Chesh	2.23.21
2. (15) B. Blythe	Maccle	2.24.29
3. (22) T. Longman	Maccle	2.31.34

#### VETERANS O/60

1. (95) K. Burgess	Altrin	2.58.42
2. (124) C. Ardron	Maccle	3.08.02
3. (139) G. Charles	EastVets	3.12.36

#### LADIES

1. (19) J. Lee	Eryri	2.28.20
2. (21) J. Smith	CaldV	2.31.32
3. (72) N. Spinks	P'stone	5.51.20
4. (92) S. Grimes O/40	Owls	2.58.24
5. (98) C. Davies	CaldV	3.01.12
11. (131) J. Davies O/50		3.10.40

187 finishers

### DRUIM FADA CHASE Fort William BM/6.5m/1100ft 13.11.05

The course was well flagged with tape and arrows. Jason Williamson was on course to win when he suddenly dived off the landrover track with only 2 miles to go having spied marker tape in amongst the trees and brashings. Unfortunately, the same kind of tape is being used by the timber extraction boys. Jason did well to rediscover the official route and finish 10th. Fifty two year old Ken Whyte took time out from bagging hills to finish 4th, great run!

Dawn Scott is getting fit again, wining the women's race by a big margin, and two minutes outside the record.

Roger Boswell

1. K. Rumgay	Lochab	51.41
2. N. Arnott	Lochab	51.49
3. R. Bannerman	H'land	52.19
4. K. Whyte O/50	Lochab	55.24
5. W. Boa	Lochab	55.05
6. N. MacBeath O/40	Lochab	55.30
7. D. Scott	Lochab	56.24
8. G. MacNab O/40	Lochab	57.37
9. P. Duggan O/40	Lochab	58.23
10. J. Williamson	Cosmic	58.30

#### VETERANS O/50

1. (4) K. Whyte	Lochab	55.24
2. (13) R. Boswell	Unatt	63.23
3. (15) R. Murdoch	Unatt	64.42

#### LADIES

1. (7) D. Scott	Lochab	56.24
2. (12) S. Byrne	Lochab	62.53
3. (14) E. Pearce O/40	Lochab	63.52
4. (16) N. Forster	Lochab	66.44
5. (19) B. Gow	Lochab	67.54

29 finishers

### CANDLELIGHTERS KELBROOK FELL RACE North Yorkshire BS/3.5m/800ft 13.11.05

It was a brilliant sunny day after a week of downpours, which had yet again made the course heavy going.

There were many excellent performances in the junior ranks but standing out above the rest was Rory Addison winning the under 12s by a clear 2 minutes. The Addison family whose fathers, Mike and Shaun, originate from Kelbrook went on to have a fabulous day with Jos winning the under 14s and Tom the under 17s. All stars of the future I'm sure.

Mark Horrocks now running for Wharfedale, showed great determination to win the senior



Splashing through the stream in the autumn sunshine at Kelbrook (Photo Mark Aspin)

race, keeping at bay the fast improving young England International, Harry Coates. Mark has regained fantastic form since his children Sam & Lucy started taking an interest in fell running, taking part as a family in BOFRA championship events and others where junior races are organised.

Juliet had a commendable run today finishing 4th lady. Sam and Lucy were 10th and 11th in the under 9s

The ladies saw a fast improving junior take the spoils. Vanessa Peacock the resilient veteran, had led most of the race but after the final steep climb from the beck they started on the fast road decent. Claire Lilley, fresh from being "vested" for England and still showing continuing improvement, was the stronger over the final stretches overtaking Vanessa to win by seconds. In finishing 2nd Vanessa took the Veteran class honours yet again.

The male vet went to Mark, of course, with team-mate Andy Black in 2nd.

Good to see Three Peaks winner, Dave Walker, making a come back after injury finishing 6th overall.

Graham Schofield took the 45s, Dave Archer the 50s and one of Clayton's old guard, Bob Hirst, winning the 55s. Graham Breeze took the 60s prize.

Tamara Hird figured 3rd in the race with Mark's wife, Juliet, 4th. Rachel Sharples was 1st vet 40, with Susan Jackson winning the 45s but strides ahead of all these was Vanessa. 1st vet and vet 50.

The school shields went back to Catterall and Settle Primary with good performances from both schools.

Well that's about it for results and reporting, its time to say farewell.

Many thanks to landowners and marshals and to the village hall team that help each year. Thanks go to our beloved Roger Dodger, the Woodhead's, Kelbrook Church and Giggleswick School for their support and help over the years. To Dennis Mendoras, (Euravia Engineering) a very special thank you, Dennis has generously sponsored both trophies and prizes every year.

£20,000 has been raised over in the last eight years and, sadly, Karen and I are to finish organising the race. Our thanks once again to

everybody who has been involved.

From Karen and me, our sincere thanks you to the runners and to those who sponsored them.

Barry & Karen Slater

1. M. Horrocks O/40	Wharfe	23.50
2. H. Coates U/20	Skip	24.31
3. A. Black O/40	Wharfe	24.42
4. J. Wright	Tod	24.47
5. T. Addison U/17	HelmH	24.51
6. D. Walker	Clay	24.56
7. R. Jackson U/17	Prest	24.59
8. S. Birtwisle	Ross	25.05
9. C. Waters	Amble	25.15
10. I. Greenwood O/40	Clay	25.17

#### VETERANS O/50

1. D. Archer	Bury	28.32
2. S. White	Clay	30.10
3. B. Scholes	Settle	30.36

#### VETERANS O/60

1. G. Breeze	Skyrack	31.15
2. T. Minikin	Kghly	33.33
3. N. Dyson	NYM	39.00

#### LADIES

1. C. Lilley U/17	Giggles	29.13
2. V. Peacock O/50	Clay	29.17
3. T. Hird	Wharfe	30.39

### LEG IT ROUND LATHKIL Derbyshire CM/7.25m/825ft 13.11.05

The sun shone on the organisers this year with glorious November sunshine, a good turnout for both the senior race and the fun run, and an enthusiastic group of marshals and helpers to boot. Although the ground was soft underfoot, the conditions were otherwise perfect and Alan Ward exploited this to take first position in the senior race in a record time of 45.32. Just under one minute behind, Phil Winkill also broke the previous record to take a well-earned second place.

Well done to Julia Toon who was the first lady, ahead of Lyz Evans, our first lady vet. Congratulations to Matthew Brown who was the first finisher in the fun run, in a time of 16.39 and he hardly broke a sweat!

Thanks go again to the many marshals and helpers at the race start/finish and to the many competitors who made a major contribution to

the fund raising efforts of Robert and Helen of the Lathkil Hotel, who, as ever, were raising money for Children in Need. Thanks to the Fullers Brewery who sponsored the event, including donating some thirst quenching prizes.

The last finisher in the senior race deserves a special mention, in a time of 3 hours 16 minutes, John Stockton completed the event carrying a 25kg hod of bricks and in doing so raised £540 for the Children in Need appeal. He should be all set for PB next year! (Hope you can be there too - on Sunday 12th November 2006).

*Joe and Al*

1. A. Ward O/40	DkPk	45.33
2. P. Winskill	DkPk	46.30
3. G. Briggs	StaffsM	47.31
4. P. Young O/40	DkPk	50.20
5. N. Halliday	Derby	51.36
6. O. Cox O/40	Unatt	52.04
7. M. Stenton O/40	DkPk	52.32
8. R. Snowden	Totley	52.47
9. P. Atkinson Brown O/40	Unatt	53.00
10. T. O'Neil	DkPk	53.25

**VETERANS O/50**

1. (11) A. Howie	Penn	53.37
2. (18) M. Harvey	BellHH	57.14
3. (24) G. Jones	Unatt	60.56

**VETERANS O/60**

1. (17) D. Tait	DkPk	56.32
2. (29) J. Trunscott	RedhillRR	62.46
3. (44) M. Edwards	DkPk	70.39

**VETERANS O/70**

1. (52) G. Richardson	Clowne	83.36
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**LADIES**

1. (28) J. Troon	Unatt	62.01
2. (32) L. Evans O/40	Chest'fld	64.21
3. (37) J. Buxton	Unatt	65.30
4. (38) E. Henstock	Unatt	66.00

58 finishers

**HARRIERS V CYCLISTS  
West Yorkshire  
CM/6m/650ft 19.11.05**

Despite a delayed start when contractors unexpectedly turned up in the field earmarked for the start, the race commenced in bright sunny and clear weather, with firm ground conditions - which favoured the cyclists this year (first 10 in each category to score).

As things turned out Rob Jebb led the cyclists home to victory with six cyclists in the first 10 to finish over the 6 mile (650ft climb) moorland course.

Given that Rob also ran the Whernside fell race earlier on the same day, he had obviously recovered from his victory in the Buff Skyrunner World Series in September. It seems unfair that talent should be distributed in such an arbitrary way!

This ever popular, unique event goes from strength to strength, with numbers up again. More pie 'n peas will have to be ordered in the Fisherman next year!

*Robert Dover*

1. R. Jebb	Wheelbase	34.52
2. I. Taylor	P/Milnes	35.40
3. G. Pearce	Crosstrax	35.46
4. D. Goodwin	Crosstrax	36.35
5. S. Macina	P&B	36.47
6. J. Senior	Bing	36.58
7. P. Caswell	H'gate	37.44
8. I. Sharp	Unatt	37.46
9. D. Foster	Crosstrax	38.18
10. C. Young O/40	MarieCurie	38.30

**VETERANS O/50**

1. (21) N. Woodland	Leeds	42.29
2. (31) J. Young	Bing	43.55
3. (38) M. Lister	H'gate	44.50

**VETERANS O/60**

1. (52) P. Thackray	P/Milnes	49.51
2. (57) J. Smithurst	Bing	52.53

**LADIES**

1. (26) S. Taylor	Bing	43.05
2. (40) D. Edmondson	L/BfdTri	46.09
3. (45) S. Brash	AiireVal	47.20
4. (47) L. Howley	L/BfdTri	48.03
5. (55) A. Marks O/40	Bing	50.31

67 finishers

**KIRKBYMOOR FELL RACE  
Cumbria  
BM/6.5m/1600ft 19.11.05**

1. P. Brittleton	Helm	54.40
2. C. Fray O/40	Chesh	54.41
3. M. Addison	HelmH	55.43
4. M. Robinson	DkPk	55.58
5. S. Addison O/40	HelmH	56.25
6. P. Knowles	Amble	59.30
7. A. Mouncy	Hinckley	59.54
8. J. Bradbury O/40	Unatt	60.16
9. R. Hill	Unatt	60.48
10. M. Addison O/40	HelmH	61.11

**VETERANS O/50**

1. (18) D. Richardson	HelmH	64.54
2. (20) D. Parminter	BlCombe	69.03
3. (21) G. Scott	Penn	69.14

**VETERANS O/60**

1. (22) G. James	Bl'pool	69.26
2. (27) B. Laycock	Amble	70.01
3. (48) G. Arnold	Prest	89.39

**LADIES**

1. (28) D. Pelly O/40	DkPk	70.02
2. (32) C. Musfuti O/40	Amble	70.47
3. (38) B. Sendeliter	Amble	75.05
4. (40) J. Taylor O/40	L&M	75.23
5. (46) N. Goffe O/40	BlCombe	80.36
6. (50) J. Laycock O/50	Amble	90.42

54 finishers

**PENMAENMAWR FELL RACE  
Conwy  
BM/11m/1500ft 19.11.05**

The Pen race was blessed with a still crispy sunny day, to my relief as organizer (as a runner I had always hoped for thick mist!)

Lloyd Taggart pulled clear of the field early on and was never troubled. Previous winner Colin Donnelly had to settle for 1st M40 on this occasion in 3rd overall.

The best run of the day belonged to Jackie Lee, who was nearly 10 min clear of the next lady and beat some very good men.

*Emlyn Roberts*

1. L. Taggart	DkPk	1.09.49
2. D. Jones	Eryri	1.12.05
3. C. Donnelly O/40	Cambus	1.14.53
4. R. Roberts	Eryri	1.14.56
5. M. Gilbert	Wrex	1.15.33
6. G. Rees Williams	Menai	1.16.23
7. R. Owen O/40	Eryri	1.16.44
8. J. McQueen	Eryri	1.17.53
9. S. Gilliland O/40	BroDys	1.21.00
10. S. Daws O/50	Telf	1.23.41

**VETERANS O/50**

1. (10) S. Daws	Telf	1.23.41
2. (15) S. Jones	Eryri	1.24.24
3. (22) R. Collister	Unatt	1.25.27

**VETERANS O/60**

1. (35) E. Davies	Eryri	1.29.50
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**LADIES**

1. J. Lee	Eryri	1.23.50
2. V. Musgrove O/40	Eryri	1.33.31
3. B. Eyke O/40	Oswest	1.38.12
4. A. Williams O/40	Eryri	1.38.55
5. O. Ball	VicPark	1.40.51

223 finishers

**GREAT WHERNSIDE FELL RACE  
North Yorkshire  
AS/4m/1555ft 19.11.05**

Well! What can I say about the weather! Can't believe we could have two years in succession with such perfect conditions.

A good quality field assembled for the second Great Whernside Race and, not surprisingly, a great battle developed between Ian Holmes and Rob Jebb. Rob managed to hold off Ian until the return journey but Ian descended with his usual fortitude to steal 2 seconds off Rob at the finish.

Sharon Taylor made a big improvement of over a minute on her performance last year to mark a new ladies' record.

Thanks to all the helpers, landowners, publicans and especially the Ron Hill clothing company for such generous sponsorship.

*Pete Jebb*



Graham Bird (Aire Valley) does a spot of portage (Photo Dennis Quinlan)



A chilly wait at the start of Great Whernside (Photo Allan Greenwood)

1. 1. Holmes	Bing	29.33
2. R. Jebb	Bing	29.45
3. D. Walker	Clay	34.18
4. M. Speight O/45	Unatt	34.21
5. B. Stevenson O/40	P&B	34.29
6. C. Moses	Bing	35.28
7. M. Walsh O/55	Kend	35.33
8. D. Wilby	Fellan	36.55
9. M. Davis	DkPk	37.02
10. M. McGoldrick	Settle	37.08

**VETERANS O/50**

1. (29) I. Robinson	Clay	41.15
2. (34) B. Scholes	Settle	42.13
3. (37) T. Metcalfe	Settle	42.43

**VETERANS O/60**

1. (39) G. Breeze	Skyrac	43.26
2. (51) B. Wade	Holmf	45.45
3. (63) P. Walsh	Lytham	48.30

**LADIES**

1. (15) S. Taylor	Bing	38.02
2. (24) E. Barclay	Ilk	40.13
3. (35) A. Weston O/40	Ilk	42.40
4. (36) H. Whittaker O/40	Carn	42.42
5. (44) K. Harrison	Ilk	44.15
9. (61) L. Lord O/50	Clay	48.23

75 finishers

**DAVID STAFF MEMORIAL FELL RACE  
Lancashire**

**BS/5m/900ft 27.11.05**

This year's race marked the tenth running off this event. Throughout the previous ten races AK20 Nobel (Crown Paints) have sponsored the race, which has allowed profits from the race to be donated to the charity 'CRY' in David's memory. Race numbers were up on previous years with both Sean and Lisa having comfortable wins.

*G. Taylor*

1. S. Bolland	Bowl	33.22
2. A. Ward O/40	DkPk	33.49
3. C. Seddon	Horw	36.02
4. P. Hall O/40	Clay	36.10
5. D. Raby	Chorl	36.11
6. P. Leybourne	Salf	36.46
7. S. Russell	Ross	37.18
8. A. Alty O/45	Chorl	37.29
9. B. Walton O/50	Horw	37.45
10. M. Ellsthorn O/40	Chorl	37.49

**VETERANS O/50**

1. (9) B. Walton	Horw	37.45
2. (26) F. Lynch	RedRose	40.24
3. (27) J. Singleton	Clay	40.28

**VETERANS O/60**

1. (96) A. Sumner	Rad	50.55
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**LADIES**

1. (28) L. Lacon	Holm	40.38
2. (33) V. Peacock O/50	Clay	41.11
3. (59) R. Wood	B'burn	45.40
4. (64) D. Cartwright	Radc	46.18
5. (69) K. Mather O/40	Sadd	46.55

136 finishers

**GRAVY PUD 5  
Derbyshire  
12/05**

In the first running of 'The Gravy Pud 5' fell race, runners were treated to a display of Gravy drinking to get the race underway.

English fell running champion, Simon Bailey of Mercia Fell Runners, made easy work of the first 'Gravy Pud 5' fell race, finishing 1.38 clear of Traffords' Andrew Lister, with junior David Marsh of Sale in third.

In the ladies' race it was Lisa Lacon of Holmfirth who took the honours ahead of Helen Moore and Julia Leventon, both of Manchester University.

The race, from Tintwistle, Derbyshire, was organised by northernboyslovegravy to raise funds for the John Taylor Foundation which helps to fund the running careers of young athletes. A total of £350 was raised for the Foundation. The next Gravy Pud 5 Fell Race will be held on Sunday 3rd December 2006. Sure to be much more Gravy fun at the event!

*Andi Jones*

**HEXHAMSHIRE HOBBLE  
Northumberland  
CM/10.5m/1220ft 04.12.05**

Early morning rain did not discourage competitors turning up in record numbers to take part in the 12th running of the race. 28 ladies took part, being almost 25% of the field, could this be a record?? Is this going to be the trend for the future?? I'm sure us gents are pleased to see more ladies joining us on the fells.

Fortunately the rain stopped but conditions on the fell was wet underfoot with the times generally down slightly.

The local clubs, Northumberland Fell Runners, Tynedale Harriers based in Hexham and from just over the border Durham Fell Runners were strongly represented.

18 year old Nick Swinburn has made a huge impact on the fell running scene in Northumberland and beyond winning both the British and English Intermediate Championships. On his first visit to the Hobble he became the youngest ever winner. For the second year running, Tim Wylie had a great run finishing 2nd overall and first V 40, little over a minute behind.

Karen Robertson enjoyed her 5th victory, after a tough battle with Alison Raw.

The gents' team prize was won by Northumberland Fell Runners with the ladies' prize won by the strong team from Durham Fell Runners.

Winner of the award to the first local was Brendan Jackson running his first ever fell race, finishing 42nd in 1.25.08.

*Stewart Beaty*

1. N. Swinburn	NFR	1.07.29
2. T. Wylie O/40	Tyne	1.08.55
3. F. Blunt	NFR	1.10.38
4. B. Abdelnoor	Amble	1.12.52
5. S. Coxon O/40	Tyne	1.12.59
6. D. Steele O/40	NFR	1.13.57
7. M. Jeffrey O/40	NFR	1.13.59
8. J. Dawson O/40	CFR	1.14.11
9. D. Armstrong O/40	NFR	1.14.43
10. P. Kelly O/40	DFR	1.15.02

**VETERANS O/50**

1. (18) N. Cassidy	Tyne	1.18.22
2. (39) J. Dallinson	NFR	1.24.22
3. (43) W. Bell	DFR	1.25.50

**VETERANS O/60**

1. (62) D. Hunter	Tyne	1.35.25
2. (113) P. Latham	Unatt	2.19.20

**VETERANS O/70**

1. (110) D. Wright	Tyne	2.00.59
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**LADIES**

1. (26) K. Robertson	NFR	1.20.29
2. (29) A. Raw O/40	DFR	1.22.03
3. (58) J. Dooley	Tyne	1.32.09
4. (59) D. Tunstall O/40	DFR	1.33.20
5. (60) C. Bruce	NSP	1.34.39
6. (63) H. Witham O/40	DFR	1.35.28

115 finishers

**WINGERWORTH WOBBLE  
Derbyshire  
BS/4.5m/600ft 04.12.05**

The day of the race for the first running of the Wingerworth Wobble was bright and sunny although the days leading up had been very wet so the course was pretty slippery. We had 73 entrants and raised over £300 for school funds. The Maw family chose to enjoy the Ashover and Stubbins vistas and walked round. We hope to have a few more walkers next year.

We were also pleased to receive the following comments: "We will be back next year!" "I didn't know some of these paths existed" - local resident of 19 years.

Unfortunately we did have one runner take a fall and injure her ankle which meant that the race organiser who was also the race doctor had to go and attend to the casualty so the results and prize-giving was a little bit chaotic. However, the generous donations of prizes meant that everyone who waited for the prize giving received a spot prize.

Thanks to everyone who came and helped or raced. In particular, thanks to Duncan Gee for providing first aid cover and Mike Sims and the Wingerworth footpath group for their hard work

notably the new bridge on the path leading up to Hardwick Woods. Mike also helped with marking the course and marshalling.

We look forward to seeing everyone next year

Pauline Miller

1. L. Banton	31.05
2. S. Penney	31.23
3. C. Howard	33.21
4. R. Fawcett O/50	33.46
5. S. Walker	33.47
6. S. Morgan	34.01
7. S. Bennet O/40	35.13
8. J. Hill	35.46
9. A. Mellor	36.07
10. J. Reed	36.26
<b>VETERANS O/50</b>	
1. R. Fawcett	33.46
2. T. Milner	37.04
3. G. Marsh	42.38
<b>VETERANS O/70</b>	
1. B. Rogers	44.16
2. G. Richardson	55.21
<b>LADIES</b>	
1. C. Howard	33.21
2. J. Reed	36.26
3. E. Evans O/40	42.19
4. D. Brown O/40	42.25
5. F. Milner O/40	42.52

### BOLTON BY BOWLAND FELL RACE Lancashire

CM/8m/800ft 04.12.05

The day dawned bright in Bolton-by-Bowland for the annual fell race. Not so for many of the entrants who reported stormy journeys to get here!

No such journey for last year's winner and local favourite, Thomas Cornthwaite, whose ambition is to break the course record. Despite an emphatic win, Thomas was a minute and a half outside Sean Livesey's long standing time but the ground conditions were against Thomas this year.

Jon Wright and Adam Breaks fought it out for the minor places with Amy Green taking the ladies' prize.

The starting line-up of 146 runners ensured a nice profit of £432. This will go towards the maintenance of the village hall.

Thanks to all who helped - the local farmers, the races marshals, and all those who donated



No messing about from Geoff Howard of Ilkley as he takes to the waters at Bowland (Photo Pete Hartley)

the prizes, which were shared between 30 category winners and runners up.

Roger Dewhurst

1. T. Cornthwaite	B'burn	45.48
2. J. Wright	Tod	49.02
3. A. Breaks	CaldV	49.03
4. G. Wilkinson O/40	Clay	49.33
5. Q. Harding O/40	Bowl	49.38
6. M. Brown O/40	Burn	49.45
7. G. Schofield O/40	Horw	49.45
8. I. Greenwood O/40	Clay	49.50
9. A. Black O/40	Wharfe	50.00
10. S. Livesey O/40	Bowl	51.14

#### VETERANS O/50

1. (16) M. Walsh	Kend	53.04
2. (26) S. Morran	FRA	54.50
3. (28) J. Singleton	Clay	55.23

#### VETERANS O/60

1. (37) G. Holland	Ilk	57.10
2. (73) G. Fielding	Ross	63.08
3. (81) T. Minikin	Kghly	63.37

#### VETERANS O/70

1. (139) B. Leathley	Clay	81.03
2. (144) A. Ball	Clay	106.33

#### LADIES

1. (32) A. Green	Kghly	56.02
2. (41) S. Budgett O/40	Horw	57.22
3. (44) V. Peacock O/50	Clay	57.53
4. (50) E. Barclay	Ilk	58.40
5. (56) L. Clough	Wigan	61.00

144 finishers

### BLAKE ROUND

Cumbria

AS/4.3m/480ft 10.12.05

Thank you for supporting the race. Sorry I haven't times for Lee, Les and John - the stopwatch decided not to print these for some reason. The times and positions either side are correct, so you should have a rough idea.

Many people help towards organising a successful race, so thank you to everyone who helped out today: Joe Richardson for use of his field and access through his land, Dave Hayton, Jim Davis, Geoff Ayers (registration and timing), and course marshals.

I've organised the race for three years now and won't be organising next year's race because I'd like a break, so if you'd like to volunteer please step forward!

I presented thank you presents to all the marshals in addition to race prizes (wine, beer, chocolate or biscuits) and the remaining income of £22.75 went to CFR.

Sam Ayers

1. A. Schofield	Borr	37.07
2. N. Cockbain	CFR	38.28
3. J. Noblett O/40	Ellen	39.27
4. M. Cunningham	Borr	39.58
5. R. James O/50	CFR	40.20
6. J. Dawson O/40	CFR	41.14
7. G. Byers O/40	CFR	41.22
8. C. Valentine O/45	Kesw	41.46
9. P. Wright O/40	Unatt	42.50
10. S. Steele O/45	CFR	42.55

#### VETERANS O/50

1. (5) R. James	CFR	40.20
2. (12) I. Block	CFR	43.36
3. (17) M. Litt	CFR	46.43

#### VETERANS O/60

1. (11) G. Breeze	Skyrac	43.02
2. (27) S. Watson	CFR	52.03
3. (32) D. Morgan	CFR	54.17

#### LADIES

1. (16) J. Grindley	CFR	46.02
2. (23) J. Carter O/40	Kesw	50.06
3. (29) L. Buck O/45	CFR	52.28
4. (30) S. Autie	Unatt	53.07
5. (35) P. Lander	CFR	56.56

39 finishers

### CALDERDALE WAY RELAY

50m/6000ft 11.12.05

Yorkshire/Lancashire

Bingley Harriers won the Screentone sponsored Calderdale Way Relay for the ninth occasion, and scored a winning double in the men's and women's sections. After leading the way for the first three stages in this, the twenty-second 'open' running of the annual race, the Bingley men temporarily lost control to defending champions, eight times past winners, Pudsey and Bramley, on legs four and five. Had Ireland international Shane Green not suffered a recurrence of a calf injury on the final section after leaving Shelf Hall Park with a 2? minute lead, the Pudsey men might have secured their third win in as many years.

However, Bingley were first to arrive back at Copley in a time of 5.59.49 followed by Sheffield's Dark Peak fell runners.

Bingley's International runners, Ian Holmes and Rob Jebb, set the pace over the first section from Copley to Cragg Vale via Norland Moor and Ripponden, reaching the changeover with a lead of three minutes and ten seconds. Next team to hand over were Calder Valley fell runners, Karl Gray and Adam Breaks, whose very creditable performance had people talking afterwards. However, a complaint was received from a marshal who had seen the Bingley men take the wrong path across Norland Moor, apparently giving them an unfair advantage. When challenged, Ian Holmes was most apologetic, stating that it had not been intentional, and accepted his half-minute penalty with good grace.

Bowland veterans started the relay as they meant to continue with a six minute advantage after stage one, only two seconds separating the chasing Dark Peak and Horwich veteran's teams. Sean Livesey and Mark Whyatt produced the second fastest leg six time of the day to pull Bowland back two positions to ninth overall, one place and one and a half minutes in front of Horwich vets.

In the women's section, Bingley ladies led from the start to land the popular double victory. Though the chasing teams jockeyed for position throughout the day, they were never really seriously challenged. After leg one, Clayton le Moors ladies were in second place, though seven and a half minutes behind. Only three places separated Dark Peak and Ilkley. Though Ilkley's Andrea Priestley and Helen Sedgewick ran a superb section four stint, closing to just one place behind Sharon Taylor and Sue Becconsall of Bingley through Heptonstall, Horse Bridge and over Midgley Moor to Wainstalls, the gap was still more than three minutes.

Pudsey and Bramley set out to again win the 'mixed' section, which they did with style, placing 33rd overall in 7-25-04. Calderdale locals Stainland Lions did themselves proud with their fine second place just two minutes behind, ahead of Leeds-based club Valley Striders. Todmorden Harriers fought hard with Calder Valley for the "first Calderdale team" award. After drawing level after the second leg, the Todmorden side eventually finished in seventh position in 6.13.00, four places ahead. Host team Halifax Harriers - all of whom marshal the route before or after running - finished in 23rd place in 7.01.00.

Halifax Harriers would like to acknowledge the generous assistance of Peter McCormick and Screentone Printers for their valued sponsorship, particularly with the provision of coasters as a memento to all who take part the event. Also to Pete Bland of Pete Bland Sports for provision of race numbers, to the landowners and farmers whose land we cross, Old Rishworthians RUFIC for the use of their clubhouse as race control, Calderdale RAYNET, and to the army of the 80



Bingley on their way to victory (Photo Mark Aspin)

or so Halifax Harriers officials and volunteer helpers who made it another successful event.

A few gripes as usual...

On leg one, after the initial climb from Copley, a section of farmland is crossed with a small gate and larger metal gate together at the western end (before the bridge and road crossing to Norland Moor). WHO OPENED THE BIG GATE ALLOWING THE LIVESTOCK OUT? Luckily a passing dog walker and a local resident managed to round up the cattle - including calves - that escaped. This incident could go a long way to ruining relations between farmers, landowners and the relay organisers, not to mention what might have happened - including the following lawsuit - if a road accident had been caused. If, on reading this, you feel that we need a marshal there, please do not hesitate to offer your services!

Another important issue; we WILL NOT tolerate the minority of individuals who directed VERBAL ABUSE at marshals and registration officials, notably those officials who were having to repeatedly ask people to move off the road at a changeover point. Some of our officials are not active club members. How can we hope to persuade them to help next year after being treated like this?

As usual there were complaints of cheating and corner cutting by several teams. Some were sorted out on the day but, as stated many times in the past, we cannot marshal every inch of the route and we have to rely on your honesty. Please get out and recce the route and, on the day, stick to it!

Finally, entry forms will be sent out by Halifax Harriers towards the end of August 2006. Would clubs please notify the Entries Secretary of any change of address or new contact for entry forms. Please do it *now* while it is fresh in the mind, to avoid missing out in 2006!

Hoping you all had a great time taking part in the biggest single day off-road race in Britain. See you all next year, Sunday 10th December 2006.

Halifax Harriers and Athletic Club

- |                       |         |
|-----------------------|---------|
| 1. Bingley A          | 5.59.49 |
| 2. Dark Peak Open     | 6.00.06 |
| 3. Pudsey & Bramley A | 6.03.48 |
| 4. Salford A          | 6.04.13 |
| 5. Clayton A          | 6.05.55 |

- |                        |         |
|------------------------|---------|
| 6. Keighley & Craven A | 6.11.33 |
| 7. Todmorden A         | 6.13.38 |
| 8. Horwich             | 6.19.22 |
| 9. Bowland B Vets      | 6.22.03 |
| 10. Horwich Vets       | 6.23.39 |

**VETERANS**

- |                   |         |
|-------------------|---------|
| 1. (9) Bowland    | 6.22.03 |
| 2. (10) Horwich   | 6.23.39 |
| 3. (16) Clayton A | 6.44.55 |
| 4. (19) Dark Peak | 6.52.07 |
| 5. (24) Bingley   | 7.02.09 |

**LADIES**

- |                   |         |
|-------------------|---------|
| 1. (36) Bingley   | 7.28.18 |
| 2. (38) Ilkley    | 7.34.28 |
| 3. (42) Dark Peak | 7.38.08 |
| 4. (47) Holmfirth | 7.42.24 |
| 5. (49) Clayton A | 7.43.39 |

**MIXED**

- |                          |         |
|--------------------------|---------|
| 1. (33) Pudsey & Bramley | 7.25.04 |
| 2. (35) Stainland A      | 7.26.52 |
| 3. (37) Valley Striders  | 7.33.49 |
| 4. (48) Bingley B        | 7.43.20 |
| 5. (52) Saddleworth A    | 7.47.52 |

97 teams finished

**MORTIMERS FOREST HILL RACE  
Shropshire**

CM/10m/1600ft 11.12.05

- |                   |         |       |
|-------------------|---------|-------|
| 1. P. Vale        | Mercia  | 68.44 |
| 2. M. Bouldsridge | Mercia  | 69.46 |
| 3. S. Shepley     | TarrenH | 70.26 |
| 4. G. Hide        | Winch   | 70.48 |
| 5. T. Clarke      | Heref   | 70.52 |
| 6. M. James       | Heref   | 71.20 |
| 7. A. Yapp O/40   | Mercia  | 72.22 |
| 8. I. Hughes      | Shrews  | 72.46 |
| 9. S. Geggie O/40 | Hales   | 74.20 |
| 10. S. Pye        | AmazF   | 75.21 |

**VETERANS O/50**

- |                       |       |       |
|-----------------------|-------|-------|
| 1. (30) S. Herrington | Heref | 80.39 |
| 2. (32) S. Daws       | Telf  | 81.04 |
| 3. (50) G. McAra      | Chesh | 83.44 |

**VETERANS O/60**

- |                     |         |       |
|---------------------|---------|-------|
| 1. (77) J. Marsh    | TarrenH | 87.44 |
| 2. (99) K. Cart     | Hales   | 91.21 |
| 3. (107) J. Coombes | Mercia  | 92.31 |

**VETERANS O/70**

- |                   |          |        |
|-------------------|----------|--------|
| 1. (303) T. Somes | Goodyear | 122.26 |
| 2. (339) J. White | Ludlow   | 143.10 |

**LADIES**

- |                      |         |       |
|----------------------|---------|-------|
| 1. (42) A. Bartlett  | Shrews  | 82.18 |
| 2. (46) N. Nealon    | Huncote | 82.37 |
| 3. (48) L. Taylor    | Telf    | 82.86 |
| 4. (71) F. Cotterill | Ludlow  | 86.58 |
| 5. (79) L. Gould     | Hales   | 87.57 |

**SIMONSIDE CAIRNS FELL RACE**

Northumberland

BM/11m/1420ft 11.12.05

Talented Nick continues to make winning a habit and world class Angela takes 5.5 minutes off the ladies' record.

R. Hayes

- |                     |       |         |
|---------------------|-------|---------|
| 1. N. Swinburn U/20 | NFR   | 1.18.10 |
| 2. T. Wylie O/40    | Tyne  | 1.21.07 |
| 3. M. Sprot         | DkPk  | 1.22.38 |
| 4. J. Blackett O/40 | DkPk  | 1.23.54 |
| 5. A. Mudge         | Carn  | 1.24.19 |
| 6. B. Abdelnoor     | Amble | 1.25.22 |
| 7. S. Coxon O/40    | Tyne  | 1.25.24 |
| 8. B. Roberts O/40  | NYM   | 1.25.36 |
| 9. D. Steel O/40    | NFR   | 1.25.42 |
| 10. M. Jeffrey O/40 | NFR   | 1.26.00 |

**VETERANS O/50**

- |                     |      |         |
|---------------------|------|---------|
| 1. (22) N. Cassidy  | Tyne | 1.32.47 |
| 2. (28) B. Mitchell | NYM  | 1.34.46 |
| 3. (36) J. Metson   | NFR  | 1.38.26 |

**VETERANS O/60**

- |                      |      |         |
|----------------------|------|---------|
| 1. (57) K. Rawlinson | NFR  | 1.51.06 |
| 2. (63) R. Clarke    | NYM  | 1.55.04 |
| 3. (70) D. Hunter    | Tyne | 2.04.52 |

**VETERANS O/70**

- |                   |      |         |
|-------------------|------|---------|
| 1. (78) D. Wright | Tyne | 2.36.10 |
|-------------------|------|---------|

**LADIES**

- |                      |      |         |
|----------------------|------|---------|
| 1. (5) A. Mudge      | Carn | 1.24.19 |
| 2. (23) K. Robertson | NFR  | 1.32.53 |
| 3. (24) H. Wooton    | NSP  | 1.32.54 |
| 4. (31) R. Vincent   | Tyne | 1.36.30 |
| 5. (32) K. Jenkins   | Carn | 1.36.32 |

78 finishers

**16TH STOOP RACE**

West Yorkshire

BS/5m/800ft 18.12.05

27 year old Andi Jones beat joint English champions Simon Bailey and Robert Hope, and denied Robert his 5th straight win here, on a very cold icy day from a record 298 runners, in one of the most competitive fields this race in its 16th year has ever seen.

"It's bloody freezing. What am I doing up here in this cold snap? Oh yes, that's it, just about to run my first Stoop race. I have heard so much about it - the course, the atmosphere, the presentation - so I thought I must take advantage of the start of my Christmas Holiday to run the Stoop and check this race out.

I looked at the route on the board prior to the race starting but for what reason I don't know. It made no difference to me. I didn't understand it and didn't have a clue where I was heading for as I left the quarry at the start of the race. As usual, I set off hard and led the race out for a mile or so. At this stage I became stuck. Crossed the bridge but didn't have a clue which route to take. Decided it was time to wait for Simon and Ian. For the next few miles I sat behind Ian and tried to follow the light-footed king of Howarth Moor as closely as I could. With the ground being frozen solid, the Puma Trail Fox I had opted for were perfect. Got to the stand stone and I then knew my way back to the finish. Only problem was going down the Stoop. Ian and Simon took off and left me at the top having to chase them hard in order not to allow them to build a too big a lead over me. I thought I could run down hill but might have to reassess this after Ian and Simon left me mucking around on the descent. Managed to

stay close and pulled them back on the uphill climb. Simon was making a move but I managed to pass him and I knew I could run for home as the rest of the course was a roadrunners' course. Worked hard in the race, harder than I was expecting to. Found going across the top of the moor tough going and different to running marathons on the tarmac!

The end of the race came, quick chat with Ian and Simon and then off for my warm down, another lap of the course with Bone and Dominion. It didn't get any easier on the second lap. The presentation was just like I was told about. I just need to start to like the taste of chocolate now but I know two little chaps, the nephews, who love the stuff. I can quite honestly say that I have never won a bag of sprouts or monkey nuts at any other race I have ever done!!!!"

*Andi Jones (Winner's account)*

Ian Holmes who turned 40 in early December, fittingly chose this race as his veteran debut. Ian has a great affinity with this festive race having previously won it ten times in a row. Could he be setting his sights for a veteran 10 out of 10?

Chesterfield Police Woman, and winner of the Cracken Edge race, Wendy Barnes, finally won the ladies' race after many 2nds and 3rds here. Hopefully the 35 year old is overcoming her injury problems to again gain a Yorkshire fells vest, and be a real challenge. Christine Preston is impressively improving with every race and finished second here, although her win at the Tour of Pendle shows what dedication and determination can do for you.

Last year's revised route via Harbour Lodge will now become the official route, slightly longer, some 800 yards or so, but with a much easier climb up Oxenhope Edge to the Oxenhope Stoop boundary stone, which marks the furthest extent of the Haworth parish. Only three records will be carried forward from last year because of the frozen ground; Ladies - Natalie White - 38-07, FV50 Margaret Jagan - 46-27 and FU18 Emma Clayton - 42-14.

15 Under 8 runners were first off in the Quarry Races with Finn Avison from Grassington



*Andi Jones ploughing through the undergrowth to win the Stoop (Photo Dave Brett)*

quickly scrambling up the first quarry climb, he held his lead, but Lily McGuinness from Mossey who won GU8 at Withins wasn't far behind. Lily actually ran 14 seconds faster as did James Turland 3rd and Amy Moses 4th, who was 2nd girl, what a difference frozen ground makes.

English silver medalist Niall Gould set a new U14 record, improving Thomas Sessford's 6-21 to 6-05, with Matthew Fretwell 2nd and Jos Addison 3rd. Rory his brother improved Ryan Gould's U12 record by 15 seconds to leave English Champion Tom Doyle in his wake.

For the girls first home overall was GU12 English bronze medalist Rosie Hellawell in another record, Rosie already owns the GU10 record, but chasing her all the way to the line was fast improving Amy Fretwell, who was also inside Emily Throup's old record, Emily came 3rd. Ruth Kitchen finished 1st GU14 and Lucy Alderman 1st GU10. As always goody bags of crisps, chocolate, lollipop and pop were waiting at the finish, this time there was an added extra - a YO YO from Magnet Limited. Hope you've mastered the art of YO YOING!

In total 65 ran, with 27 girls and 38 boys, who all hopefully received a free photo through the post, hopefully all this encourages them to keep competing.

#### The Woodentops

1. A. Jones	Salf	28.52
2. S. Bailey	Mercia	29.10
3. I. Holmes O/40	Bing	29.16
4. R. Hope	P&B	30.12
5. N. Leigh	P&B	30.30
6. C. Hardman	Salf	30.58
7. A. Brownlee U18	Bing	31.39
8. J. Wright	Tod	31.59
9. C. Miller	H'gate	32.04
10. R. Pattinson O/40	P&B	32.17

#### VETERANS O/50

1. (24) S. Jackson	Horw	34.51
2. (44) K Taylor	Ross	36.36
3. (47) P. Butterworth	Clay	36.58

#### VETERANS O/60

1. (94) G. Breeze	Skyrac	39.44
2. (177) P. Heneghan	Horw	45.32
3. (180) G. Webster	VStrid	45.36

#### VETERANS O/70

1. (243) J. Escritt	CFR	50.58
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#### LADIES

1. (75) W. Barnes	Barns	38.46
2. (101) C. Preston O/40	K&C	40.09
3. (110) D. Atkins	Chorl	40.34
4. (118) K. Bailey	Bing	41.07
5. (126) J. Foster	Ilk	41.49
15. (229) S. Watson O/50	VallStr	49.08

#### 266 finishers

#### QUARRY RUNS

##### JUNIORS U/14

1. N. Gould Boy	EChesh	6.05
2. M. Fretwell Boy	Settle	6.12
3. J. Addison Boy	HelmH	6.14

##### JUNIORS U/12

1. R. Addison Boy	HelmH	6.15
2. T. Doyle Boy	HelmH	6.24
3. L. Fleetwood Boy	Unatt	7.01

##### JUNIORS U/8

1. F. Avison Boy	Unatt	2.46
2. L. McGuinness Girl	Unatt	2.57
3. J. Turland Boy	Unatt	3.02

### CRUIM LEACAINN HILL RACE Fort William

CM/5m/800ft 26.12.05

The Cruim Leacainn Hill Race took place over a tough course on the Great Glen Cattle Ranch, Torlundy on Boxing Day. A skimming of ice on top of lots of mud and water ensured David Rodgers did not break the course record, but he

did win in 33 minutes. A minute later, rookie Findlay Wild, revelling in the conditions, came second in front of a lot of seasoned campaigners, what a prospect he is! Peter Kennedy and John Hepburn (1st veteran) enjoyed their usual ding-dong battle, finishing close behind, 3rd and 4th.

Sarah Byrne is getting fitter all the time, she won the ladies' race well clear of Nix Forster 2nd and Nicky Sharratt 3rd.

It's nice to see the cattle taking an interest, not only did they produce a five star cross country course by trampling the ground on the lower slopes of the hill, they also rearranged some of the marker arrows overnight with the result that Claire Treasurer and Clare Rungay spent more time on the hill than they expected.

Thanks to all the helpers, to the landowners Carver and Berardelli for access, and to Torlundy Trout Fishery for the use of the fishing hut.

#### Roger Boswell

1. D. Rodgers	Lochab	33.02
2. F. Wild	Aberd	34.12
3. P. Kennedy	Lochab	34.51
4. J. Hepburn O/40	Lochab	35.08
5. D. Paterson	Lochab	35.52
6. S. Simpson	Ochil	36.00
7. G. Campbell	Unatt	36.01
8. K. Rungay	Lochab	38.29
9. G. Cairns	Lochab	39.31
10. S. Cant	Lochab	41.06

#### VETERANS O/50

1. (12) K. Whyte	Lochab	41.50
2. (18) D. Duncan	Ochil	45.34
3. (21) R. Boswell	Unatt	46.46

#### VETERANS O/60

1. (22) E. Orr	Lochab	48.00
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#### LADIES

1. (19) S. Byrne	Lochab	45.46
2. (23) N. Forster	Lochab	48.39
3. (24) N. Sharratt	Lochab	50.11
4. (25) E. Gow	Lochab	50.19
5. (27) C. Paterson	Lochab	51.51

#### 32 finishers

### 12TH BRISCOES AULD LANG SYNE FELL RACE West Yorkshire BM/6.5m/1000ft 31.12.05

1. I. Holmes O/40	Bing	40.55
2. S. Bailey	Mercia	41.12
3. A. Norman	NBoys	41.15
4. L. Taggart	DkPk	41.25
5. A. Jones	Salf	41.45
6. A. Brownlee U/18	Bing	42.29
7. T. Cornthwaite	B'burn	43.41
8. S. Bolland	Bowl	43.49
9. A. Peace	Bing	44.07
10. K. Gray	Cald	44.20

#### VETERANS O/50

1. (41) P. Butterworth	Clay	48.28
2. (43) S. Jackson	Horw	48.47
3. (81) D. Schofield	Ross	52.01

#### VETERANS O/60

1. (110) K. Carr	Clay	53.24
2. (179) G. Breeze	Skyrac	57.43
3. (259) M. Coles	Skyrac	62.04

#### VETERANS O/70

1. (393) J. Escritt	CFR	73.00
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#### LADIES

1. (52) N. White	Bing	49.28
2. (74) A. Green	Kghley	51.32
3. (91) J. Smith	CaldV	52.26
4. (95) J. Lee	Eryri	52.38
5. (127) H. Sedgwick	Ilk	54.17

#### 432 finishers

## LLYDAW RACE 01.01.06

Congratulations to Mark Palmer, Helen Fines and Barney Broatch on fine runs in such trying conditions.

A huge thanks to our helpers and especially to Jeff, Helen and Chris who were out for over four hours in that weather!

Well done to all finishers especially Vicki Archard who took a bad fall requiring a hospital check – a reminder to us all that the risks on this race must not be underestimated.

Everyone coped well with the timing dibbers – did you like getting such quick results? Sorry about the labels – I thought they might fall off in the rain not stick even more firmly!

Andrew Middleton

1. M. Palmer O/40	Unatt	39.40
2. G. Rees Williams	Menai	44.04
3. P. O'Brian	Eryri	47.05
4. W. Prince O/40	Birch	47.15
5. H. Fines Lady	Bristol	48.32
6. A. Jackson O/40	Gor	48.34
7. E. Loffill	Unatt	48.56
8. E. Roche	Unatt	51.06
9. T. Harling	Border	51.34
10. J. Bennell O/50	Eryri	51.36

### VETERANS O/50

1. (10) J. Bennell	Eryri	51.36
2. (16) R. Jones	WFRA	53.54
3. (21) C. Hartfall	WFRA	56.32

### VETERANS O/60

1. (27) A. Oliver	Eryri	61.03
2. (31) P. Newby	Eryri	65.07
3. (38) D. Hall	Gor	69.58

### LADIES

1. (5) H. Fines	Bristol	48.32
2. (13) R. Metcalfe	Eryri	52.41
3. (26) K. Broach O/40	Unatt	60.55
4. (28) E. Salisbury O/40	Eryri	61.03
5. (32) Y. Beckwith O/35	Gor	65.41
6. (37) M. Oliver O/50	Eryri	69.00

59 finishers

## THE GIANTS TOOTH West Yorkshire CS/3m/400ft 01.01.06

Another amazing turnout for our New Year's Day race at Ogden Water saw 77 runners blast round the three mile route of woodland tracks and reservoir embankment.

No one could match the speed of Karl Gray, however, as he proceeded to string out the field from the start. His clubmate Adam Breaks - one place behind Gray at Auld Lang Syne race at Haworth 24 hours earlier - stayed the pace for a while, along with Jonathan Wright. Gray won by eleven seconds from Wright in 16.48, breaking Todmorden international George Ehrhardt's 2005 record time by 17 seconds. Breaks also dipped under the previous best mark for third place and with James Williams taking eighth position, Calder won the haul of beer.

The veteran categories were, rather unusually, arranged in a very neat and orderly fashion, each elder statesman having respect for his younger rival. Richard Pattinson won the over 40 veteran's prize in fourth place, Phil Grimes took the over 50s in 12th, Ken Taylor the over 55s in 17th and Graham Breeze, placing 23rd, won the over 60s. I was so impressed with this finishing order that during the prize giving, I almost overlooked the much improved Neil Holding who finished 14th to take the over 45's award.

The winner of the women's section surprised and delighted us as Linda's daughter, Amy Crabtree, came into the finish looking relaxed and fresh in 23.15. Amy, now 21 years old, won

the junior women's prize at this race (in record time) a few short years ago. Second place went to one of four women who ran under the colours of Edinburgh based Sri Chinmoy, Amelia Lloyd 23-54, leading her friends to the team prize wine.

Claire Hanson was third just two seconds behind while Linda Hayles took yet another over 50's prize, beating all the other vets into the bargain.

Thanks as always to all our marshals and helpers on the day and we look forward to seeing you here again at Ogden Water for the Windmills Whizz 10km trail run on 11 March.

Allan Greenwood and Linda Crabtree

1. K. Gray	CaldV	16.48
2. J. Wright	Tod	16.59
3. A. Breaks	CaldV	17.02
4. R. Pattinson O/40	P&B	17.26
5. N. Armitage	PudseyP	17.54
6. M. Mason	H'fax	17.56
7. C. Smales O/40	Tod	18.09
8. J. Williams	CaldV	18.18
9. D. Goodwin	AireV	18.32
10. B. Stevenson O/40	P&B	18.56

### VETERANS O/50

1. (12) P. Grimes	Hfx	19.14
2. (17) K. Taylor	Ross	20.02
3. (20) P. Hughes	Q'bury	20.31

### VETERANS O/60

1. (24) G. Breeze	Skyrac	21.25
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### LADIES

1. (39) A. Crabtree	Hfx	23.15
2. (45) A. Lloyd	SriChin	23.54
3. (46) C. Hanson	Hfx	23.56
4. (53) L. Hayles O/50	CaldV	25.34
5. (61) A. Gray	Unatt	26.50

77 finishers

## AONACH MOR GONDOLA UPHILL Fort William

AS/2.5m/2000ft 01.01.06

1. D. Rodgers	LAC	22.42
2. J. Hepburn O/40	LAC	25.03
3. M. Gorman	W'lands	25.26
4. T. Brand O/40	Oban	25.38
5. T. Smith	Oban	25.52
6. P. Kennedy	LAC	25.59
7. J. Williamson	Cosmic	26.05
8. P. Currant	Unatt	26.08
9. C. Near	Eyri	26.24
10. S. Wilson	Oban	26.30

### VETERANS O/50

1. (13) K. Whyte	LAC	27.09
2. (30) R. Boswell	Unatt	30.21
3. (33) G. Brooks	LAC	31.21

### VETERANS O/60

1. (52) E. Orr	LAC	34.39
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### LADIES

1. (31) N. Meekin	Oban	30.31
2. (35) J. Henderson	Helens	31.36
3. (36) N. Forster	LAC	31.46
4. (37) P. Near	Eyri	32.09
5. (38) N. Phillips	Oswest	32.42

94 finishers

## 16TH EL-BRIM-ICK DASH Aberdeen 3m/800ft 07.01.06

With thanks to Forest Enterprise, Aberdeen City Council and the Agricultural College for access and to Helen Mackie, Fiona Dahl, Harry Colegrove and Eugenie Verney for help on the day. Cold but no wind. Muddy underfoot.

1. D. Coombs Junior	Dees	22.51
2. D. McDonald	Cosmics	23.32
3. J. Britton	Unatt	23.41
4. H. Lorimer	HBT	23.51
5. J. Williamson	Cosmics	23.56
6. C. Pryce O/40	Cosmics	24.10
7. B. Sheridan	Cosmics	24.18
8. R. Coombs O/40	Dees	25.02
9. J. Schjeldrup (Norway)	Unatt	25.06
10. K. Robertson	Cosmics	25.20

### VETERANS O/50

1. (17) A. Jermieson	Cosmics	26.58
2. B. V. Tuijil	LynxP	26.59
3. (27) M. Brice	Cosmics	29.34

### LADIES

1. (11) S. Armitage O/40	Cosmics	25.28
2. (20) A. Miller	Cosmics	27.17
3. (25) L. Noble O/40	Cosmics	28.28
4. (26) A. Hamilton O/40	Cosmics	28.41
5. (29) S. Farrar	Cosmics	30.07

37 finishers

### JUNIOR RACE – 2.2k/90m

1. K. Coombs Girl	Dees	10.59
2. S. Watt Boy12	AAAC	11.56
3. K. Murdoch Girl	AAAC	12.03
4. L. Alexander Boy11	AAAC	14.44

## SHINING CLIFF WOODS FELL RACES Derbyshire BM/6.2m/1100ft 08.01.06

The opening race in the 3 race Shining Cliff Woods Fell Race series attracted a record number of entries from far and wide.

Runners from New Zealand, Wales, Manchester, Berkshire and several Northern Counties joined local runners on a cold but ideal day for tackling the climbs and descents in a beautiful woodland setting.

In the shorter race, over 3.1 miles, Loughborough student, James Fanous, just got the better of 14 year old Niall Gould who lead home a trio of young athletes from the East Cheshire club.

After being the bridesmaid for the last 2 years, Lewis Banton took the victory in the 6.2 miles event by 39 seconds from veteran runner Dav Connor, with Graham Moffatt in bronze medal place.

Finishing in a superb fifth place and also knocking over five minutes off her previous best for the course, in-form Christine Howard was delighted winner of the womens race.

David Denton

1. L. Banton	Clowne	50.11
2. D. Connor O/40	Ripley	50.50
3. G. Moffatt	HolmeP	52.04
4. G. Lowry O/40	Belper	53.43
5. C. Howard Lady	Matlock	54.26
6. C. Nicoll	BlackCTri	55.07
7. C. Rowe O/40	Matlock	55.59
8. A. Billington	DkPk	56.10
9. J. Lee Lady	Eryri	56.30
10. R. Fawcett O/50	DkPk	56.34

### VETERANS O/50

1. (10) R. Fawcett	DkPk	56.34
2. (19) M. Moorhouse	Matlock	58.50
3. (37) M. Harvey	BellHH	62.23

### VETERANS O/60

1. (53) N. Weightman	KirkH	67.06
2. (86) J. Truscott	RedhillRR	73.52
3. (109) B. Allsop	BellHH	79.00



**LADIES**

1. (5) C. Howard	Matlock	54.26
2. (9) J. Lee	Eryri	56.30
3. (39) T. Greenway O/40	Ashbourne	62.42
4. (46) H. Mort	Chest'fld	64.56
5. (68) M. Mills	HolmeP	70.12
6. (69) A. Heading	MilltownM	70.30

**131 finishers****SHORT RACE****3.1m**

1. L. Fanous	Lough	25.50
2. N. Gould Jun	EChesh	25.55
3. R. Gould Jun	EChesh	26.58
4. M. Antill Jun	EChesh	27.27
5. P. Moffatt	Unatt	29.54
6. A. Breakwell O/50	Unatt	30.48
7. A. Broomhead O/40	Ripley	32.07
8. R. Morton	Unatt	32.34
9. B. Greenway	Ashbourne	34.14
10. C. Hamer Lady	Unatt	35.09

**34 finishers****ROSSENDALE MID-WEEK SERIES  
2005**

1. S. Molloy	Ross	34 pts
2. M. Solomon	Unatt	94pts

**VETERANS O/40**

1. M. Nutter	Clay	72pts
2. A. Yeomans	Ross	149pts

**VETERANS O/45**

1. M. Moran	Unatt	129pts
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**VETERANS O/50**

1. P. Booth	Clay	68pts
2. I. Barnes	Ross	104pts
3. T. Spicer	Ross	121pts

**VETERANS O/55**

1. K. Taylor	Ross	57pts
2. G. Large	NVets	169pts
3. M. Bull	Middle	219pts

**SHROPSHIRE SUMMER SERIES 2005**

The summer series seems to be going from strength to strength with larger fields turning up to all six of the evening races. In all, 220 runners competed in one or more of the fell races, with 78 completing 4 or more races. Michael James ran away with Series winning all four of his races, Pete Vale and Andy Yapp chased hard, but were unable to match Michaels' speed on the climbs. Andy also took top spot in M40

In the senior ladies' race it was a battle all the way to the line of the final race between Louise Taylor winning the first three races and Anna Bartlett winning the next three. However, Louise came out on top her initial lead being too great, Anna ending up just five points behind

In the M50's it was Ed Davies who had not only stepped up an age category this year but also his pace. Ed was not just giving the M50 a hard time but giving the M40 & SM a run for their money!

In the L40's Gill Evans made the long journey to every race and was well rewarded with a fine victory, Helen McDonald Jones won the L50 competing in a league of her own

John Clemens returned to the Shropshire Hills for the first time in many years and proved he's still a top class runner finishing well up the field and in his five runs took the M60 title with ease from nine other M60's who took part.

The Shropshire Summer Series consists of 6 races: The Wrekin Streak, Caradoc Classic, Pontesbury Hill, Batch Bach, Stiperstones and Ragleth Inn. The best four races from six count towards series overall result. For details contact Keith & Pauline Richards 01743 352387 or e-Mail [keithandpauline01@btinternet.com](mailto:keithandpauline01@btinternet.com)

Keith & Pauline Richards

1. M. James	Shrews	500
2. P. Vale	Mercia	496
3. A. Yapp O/40	Mercia	495
4. R. Sedman-Smith	Telf	492
5. R. Lamb O/40	Mercia	486
6. E. Davies O/50	Mercia	483

**LADIES**

1. L. Taylor	Telf	402
2. A. Bartlett	Shrews	398
3. G. Evans O/40	Sheps	254

**MALE VETERANS O/50**

1. E. Davies	Mercia	483
2. B. Dredge	Mercia	428
3. G. Spencer	Mercia	343

**LADIES VETERANS O50**

1. H. MacDonald-Jones	Newp	162
2. S. Richards	Shrop	121
3. J. Leventon	Wrekin	79

**MALE VETERANS O/60**

1. J. Clemens	Mercia	362
2. C. Williamson	Shrop	265
3. M. Edwards	Wrex	215

**MANX WINTER HILL LEAGUE  
Isle of Man**

1. S. Skillicorn	Manx	55.30
2. T. Cringle	Manx	58.26
3. M. Garrett	Manx	62.15

**VETERANS O/40**

1. A. Gosnell	IOM	64.09
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**VETERANS O/50**

1. L. Brown	Manx	74.58
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**LADIES**

1. G. Musson	Manx	74.01
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All the home comforts at the end of a race! Runners enjoying the extensive facilities at Bolton-by-Bowland (Photo Pete Hartley)

# Dr Martyn's Problem Page

I have to admit that I am struggling with other people's problems at the moment as I am very concerned for my own wife, clearly she is losing it. As is the norm in our sport my morning run and Sunday long run are compulsory events regardless of the weather. Over Christmas I am ashamed to admit that after setting off for a Sunday long, a half mile up the road I bottled it due to the foul weather. On returning home and hopping back into bed I muttered to number 3 wife, "You won't believe it love, but the weather out there is diabolical!" - to which she replied, "I know but my idiot husband still went running" - fancy not recognising her own husband.



## Teenagers of Today

Dear Dr Martyn,

1st off what a grate section in the mag on Junior F Running. Wicked pages but not quite enuff on ASBOs though. Cos of the new wedge that u docs is getting paid on your new contracts I is givin up on the pro footy ambition and gunna be a Doc insted. Can u text us a few words to be learning like?

T Anxst

Dear Anxst

You are to be congratulated on aspiring to such a caring and rewarding vocation as medicine. However, the course is long and hard and the ability to text 10 words a minute without the backing of a good set of CGSEs and A- levels is not normally an acceptable entry qualification. However, to assist you in your chosen career I hope you find the following definitions apt and useful.

Artery	Study of paintings
Bacteria	Back door of cafeteria
Barium	What doctors do when treatment fails
Bowel	Letter like A.E.I.O.U
Cauterize	Made eye contact with her
Colic	Sheep dog
Coma	A punctuation mark
Congenital	Friendly
Diaorrhea	Journal of daily events
Dilate	To live long
Enema	Not a friend
Fester	Quicker
Fibula	A small lie
Impotent	Distinguished, well known
Intense pain	Torture in a teepee
Labour pain	Got hurt at work
Morbid	Higher offer
Nitrate	Cheaper than day rate
Node	Was aware of
Outpatient	Person who had fainted
Pelvis	Cousin of Elvis

Protein	Favouring young people
Rectum	It almost killed him
Rheumatic	Amorous
Secretion	Hiding anything
Seizure	Roman emperor
Serology	Study of knighthood
Terminal illness	Sickness at airport
Tibia	Country in North Africa
Tumour	An extra pair
Urine	Opposite of you're out
Varicose	Located nearby

## Cold Weather Approaching

Dr Martyn,

In recent times, following a tiny bit of snow, I have become increasingly concerned about the current trend to put on 15 layers of water wicking, micro piling, thermally insulating, wind repellent material at the first sign of a bit of cold. This is all well and good down south where standards are lower but up in normal country this all looks a little bit like running in a dress. By way of help to all your readers can I offer them the following advice on winter attire as published in the RHNFR's members handbook. I trust your readers to act accordingly and uphold the reputation of our sport.

Jed Steel

RHNFR Winter Attire Guidelines (Rev 3 - Oct 2004)

Above 50 Degrees F - summer rules apply.

50 Degrees F  
Road Runners (RRs) - bitch like hell and wear hats.

RHNFRs - Acceptable to run with club vest on even if the sun is shining.

30 Degrees F  
Road Runners (RRs) - begin to debate the merits of running at all in such weather.

RHNFRs - consider it

acceptable to use the term bracing whilst out for early morning and late night runs only.

10 Degrees F  
RRs - consider evacuating to warmer climes.

RHNFRs - accept it's getting colder and don a heavy cotton T Shirt instead of running vest.

Zero Degrees F  
RRs - Southern RRs cease to exist and Northern RRs revert to running on the treadmill in front of the living room fire.

RHNFRs - acceptable to stop post run swims in the Tarns.

Minus 80 Degrees F  
RRs - all RRs cease to exist and Polar Bears are observed thumbing through the Thomas Cook winter sun brochures.

RHNFRs - Put the BBQ away for the winter.

Minus 173 Degrees F  
RRs - No RR in existence and alcohol freezes.

RHNFRs - start to complain on training nights about the slow service at the bar.

Minus 297 Degrees F  
RRs - long since gone and microbial life now also begins to disappear.

RHNFRs - Long sleeved tops now allowed on training runs.

Minus 460 Degrees F  
RRs - Nike air max heels implode and all atomic motion stops.

RHNFRs - Cows on Jed's farm are bitching on about cold hands - gloves and hats now permitted on training runs.

Minus 500 Degrees F  
Hell Freezes over and Jed Steel observed running with tracksuit bottoms on.

Dear Jed,

Wise advice indeed. With global warming increasing temperatures to the extent that more Southerners are now

venturing North, it is important that we all do our best to re-enforce the image of our sport.

## Clever Shoes

Dear Dr Martyn,

I have recently bought a brand new pair of trainers that the salesperson assured me were so technically advanced that they could actually tell me the weather. However, on getting them home I haven't been able to figure out how to do it. Can you help?

Ronde Blunner

Dear Ronde,

It's relatively easy - 10 minutes before you are due to go out on your run put your new shoes outside the back door. When you go to put them on if they are wet it's raining, if they are dry it's sunny and if you can't see them it's foggy.

## Oldest Profession

Dear Dr Martyn,

I recall you settling a dispute as to which profession invented men/women but I wonder if you could assist in my debate on which is the oldest profession. I have argued that as God took a rib from Adam on the 6th Day this is clearly a surgical procedure and therefore Medicine is the oldest profession. My colleague however, argues that prior to this operation God had first created the heavens and earth from chaos and confusion - clearly an engineering feat thereby making Engineering the oldest profession. Could you please help?

Zafira Mann

Dear Zafira

Sadly once again you are both wrong. I have to report that Lawyers are the oldest profession of all. Who do you think created the chaos and confusion in the first place!

# British Fell Relays 2006

Saturday 14th October

Castle Carr Estate - Luddenden Valley

Castle Carr Estate .... the Luddenden Valley .... where? You've never heard of them! Well you soon will as this is the venue for the British Fell Relays 2006 hosted by Calder Valley Fell Runners as part of their 21st year celebrations.

The Private Estate is situated North West of Halifax, West Yorkshire in the picturesque South Pennines. This land was bought by Captain Edwards in 1852 who started construction of a "castle" in 1859. The building took thirteen years to complete with battlements, turrets and a stone gateway with portcullis. To go with the building a landscape garden was created and as part compensation for giving the Water Corporation the right to build reservoirs on the land the waters were channelled through aqueducts and waterfalls. There was also a fountain which could fire water 130 feet into the air.

Captain Edwards was killed in a train crash before the "castle" was completed but his son finished the building. The land passed through a number of owners with the "castle" being eventually demolished in the 1960's. However, bits of the "castle" can still be seen and the water gardens are still there, though a bit overgrown.

Although we don't have the big hills of the Lake District or Yorkshire Dales, don't be fooled as this relay has something for everyone ... tough climbs, fast and technical descents, runnable tracks, bogs and the occasional tussock. All that we love about fell running is here and it will test the best of the British fell running fraternity.

Get familiar with the area by doing some of our local races like the "Midsummer Madness 3 day event" on June 23rd - 25th including beer festival on the Saturday evening.

*A view of the Luddenden Valley*



PLEASE DO NOT RUN OVER THE LAND ON THE ESTATE AS IT IS PRIVATE AND WE HAVE SPECIAL PERMISSION TO RUN ON THE DAY OF THE RELAY ONLY



*What's left of the "Castle"*

The team categories will be Mens Open, Ladies Open and Mens Vet 40 and will consist of:

Leg 1 (AS, solo): 5.9mls - 1500'  
Leg 2 (AM, pairs): 9mls - 2300'  
Leg 3 (pairs/navigation): approx. 7 or 8mls  
Leg 4 (AS, solo): 5.9mls - 1500'

As the legs cross the beautiful valley and over the dam walls there is fantastic viewing for spectators and team mates alike.

Entry forms will be published in June's "Fell Runner" with the closing date for entry. There will be a limit of 100 teams so enter early. Relay packages, with all instructions, including accommodation guide, will be sent to all competing teams at a later date. The prize giving will be held at Mytholmroyd Community Centre around 5.00pm and then we will continue with a "Night Do" including live music and a bit of dancing. So kick off those fell shoes and come and celebrate with Calder Valley Fell Runners.

For more information see our website at [www.cvfr.co.uk](http://www.cvfr.co.uk) or contact Bill Johnson by telephone on 01422 881312 or email [watchcave@hotmail.com](mailto:watchcave@hotmail.com)



proud sponsors of the  
**British Relay Championship 2006**  
1 Coach Street, SKIPTON  
Your nearest ultimate outdoors shop to the event  
[www.ultimateoutdoors.co.uk](http://www.ultimateoutdoors.co.uk) Shops also at: Betws y Coed, Lancaster, Keswick

# British Fell and Hill Running Relays - Alva 2005

from Mark Johnston

Once again the relays came north of the border and it was down to the Scottish Athletics Hill Running Commission to take the lead in organising the event. The commission itself is a small group of hill runners who essentially manage the sport north of the border, with most of our time taken up with planning international trials and events, selection, championships and all the usual stuff of committees! There are perks however, such as getting the opportunity to organise the relays, though it was also a daunting task at times.

#### Venue

With a country the size of Scotland and an abundance of hills, you'd think it would be easy to identify a venue for the relays.

However, once you realise all that is required for a suitable venue with suitable facilities, good hills, routes choices etc. and within not too far a drive from the North of England, then the choice is somewhat reduced. The relay event was held in Alva in 1999 and proved very successful, and Plan A this year, after considering a few other possibilities in the Borders, was to go to Dollar which sits at the foot of the Ochils less than 10 miles to the east of Alva. Unfortunately this fell through due to planned building work at Dollar Academy, so we began to think the unthinkable and considered a return to Alva. It was however also an easy option! We were confident that we could open up areas not touched in the 1999 event, and hopefully running in the same hills area in 6 years wasn't asking too much, fantastic as it is!

#### Preparations

And so, about a year before the event I took to the hills with Ron and Pete from the local club, Ochil Hill Runners, to recce a few possibilities for new routes. That day we climbed up a precipitous route above Menstrie Reservoir which was to become the not so gentle start to Leg 1. The route picked its way up through some crags and we were lucky to have time to pause and take in the view, perched high up on the hillside, a luxury not afforded to the competitors on the day. This was a new route up onto Mid Cairn for me, though I'm lucky to find myself more often than not running from Alva on a Sunday up into the hills, so I knew most of the area very well already.

The Ochils may lack some of the dramatic features of the hills further to the north and west, but it can be argued that they are more suitable for hill running. The terrain is generally grassy with a network of paths on the main ridges, making for good running. There is plenty variety in the landscape too, with the high plateau dropping off steeply to the south and cut into by steep ravines. We didn't want to make life too easy however by sticking to the easier paths, so threw in a few 'interesting' features such as the short sharp descent down to the burn in Tillicoultry Glen on Leg 4. The marshals on the day reported some folk crawling down the descent on their backsides, though the prize for best descent went to recent World silver medalist Tracey Brindley who skipped down the hill as though it was flat.

She did have the advantage in that the route for Leg 4 was basically her favourite Sunday run over which she had built the strength required to gain her silver medal in New Zealand.

As the months went by, we ticked off all the tasks which had to be done in preparation for the event. Not everything worked out perfectly, despite an initial request for the event to take place on the Saturday, organisational constraints meant that it was much easier to go for the Sunday and unfortunately a missed ceilidh opportunity!

Financially we had to make projections and plan budgets, setting the entry fee before costs were fixed, which can always be stressful! You've just got to hope that the expected numbers enter, and it's one of the strengths of the event that so many teams turn out year after year. We were also very grateful to get the backing of both Clackmannanshire Council and Sports Council who helped out financially and with much of the administration and arrangements.

Of course, there are those to be thanked for all their efforts, not least my Carnethy clubmates as well as the members of Ochils, Lothian, Fife and City of Edinburgh running clubs who provided the manpower required on the day for marshalling, start/finish etc., and this is where the strength of the clubs shines through with everyone mucking in and just making it work. The hill marshals in particular are worth their weight in gold, not least Dave Francis of Fife who lent a lace from his boot to an unfortunate leg 3 runner who was having fellshoe problems. Such acts of generosity speak volumes for the camaraderie of the fells, and we're glad to report that Dave made it back down from the summit of Colsnaur Hill eventually! We were also helped out by the local Army Cadets and St Andrews Ambulance Corp, and a big thanks to them.

#### The Event

And so to the event itself. The one variable which we could not control was the weather, and in this respect we were blessed, with the early morning mist on the tops burning off to leave a gloriously sunny October day. How lucky we were was illustrated only one week later when I ran round Leg 4 and faced driving snow on a northerly gale over the summit of Ben Cleuch.



*Lyn Thompson of Keswick and Dave Owen of Ambleside in hot competition on Leg 2 (Photo Keith Lodge)*

## Leg 1 : Solo 6 miles, 2500ft

Mile for mile this was the toughest leg, with the previously mentioned precipitous climb of 1700ft up onto the plateau, followed by an abrupt descent and steep climb of 800ft over The Nebit. Dark Peak were defending men's champions and Alan Ward took it on from the start, on the road run in to the hill. Alan Bowness of CFR showed for a time at the front, using his strength on the climb. Alan had a cracking run at Alva in 1999 and has often produced the goods at the relays. In some respects though it was out with the old and in with the new as Joe Symonds of Kendal took it on towards the first top and extended his lead from there onwards to finish nearly 2 minutes up on Danny Hope of Pudsey and Bramley. Alan Bowness held on for 5th and fastest vet. Meanwhile the tough going was much to the delight of Jackie Lee of Eryri who had opened a good gap on Louise Roberts and Karen Davison.

### FASTEST :

**Men :** Joe Symonds (Kendal) 46.33, Danny Hope (P&B) 48.18, Sean Bolland (Bowland) 48.48

**Ladies :** Jackie Lee (Eryri) 58.59, Louise Roberts (Keswick) 61.55, Karen Davison (Dark Peak) 62.19

**Vets :** Alan Bowness (CFR) 49.08, Richard Patterson (P&B) 50.38, Mark Brown (Clayton) 53.56



Ladies to the fore yet again on Leg 2  
(Photo Margaret Chippendale)

## Leg 2 Solo 3.5 miles 1400ft

This leg was the 'softest' choice, with a runnable climb and descent on good tracks over The Nebit, perhaps the leg to put your weakest runners on. Holders Dark Peak took the race by the scruff of the neck and Robert Little proved he wasn't their weakest

link by posting the fastest leg time to pull them up 5 places into first. The relay event often attracts strong orienteers as well as fell runners and Robert is certainly in that category. Pudsey kept up the strong challenge, with Pudsey's Steve Neill finishing hard on Robert's heels.

### FASTEST :

**Men :** Robert Little (Dark Peak) 27.20, Karl Gray (Calder V) 27.59, Steve Neill (P&B) 28.15

**Ladies :** Amanda Allan (Horwich) 33.44, Jane Lloyd (Eryri) 35.41, Lynn Bland (Dark Peak) 36.31

**Vets :** Paul Stevenson (P&B) 29.04, Brian Thompson (CFR) 29.39, Eddie Whittaker (Staffs) 31.17

## Leg 3 Pairs Navigation

This leg is always the hardest to plan and the route was set with controls which were located at obvious features, but with plenty of scope for route choices in between. Some of the route choices were subtle, including on the climb to the first control which was anything but subtle, being a steep 1300ft climb up towards Wee Torry, though most teams played "follow my leader" round the front of the hill or over the top rather than heading more directly into the control. The blue skies made the navigation much easier, the Ochil plateau can be very confusing in the mist.

It was a chance for some of the teams to regain lost ground, and Pete Vale and Andrew Yapp gained most advantage posting the fastest leg and moving Mercia into medal contention. As expected from a club not short of an orienteer or two, Dark Peak maintained their lead. Biggest movers in the other categories were Angela Mudge and Lyn Wilson of Carnethy who posted the fastest ladies time by 15 minutes to gain a commanding lead.

### FASTEST :

**Men :** Pete Vale & Andrew Yapp (Mercia) 74.17, Oli Johnson & Andrew Middleditch (Dark Peak) 74.31, Gary Devine & Steve Bottomley (P&B) 75.15

**Ladies :** Angela Mudge & Lyn Wilson (Carnethy) 83.08, Nicky Lavery & Jayne Rigby (Helm Hill) 98.03, Nicky Jacquiere & Alison Eagle (Ilkley) 98.52

**Vets :** Adrian Davis & Adam Ward (Carnethy) 78.02, Shane Green & John Ailwood (P&B) 79.58, Mike Wallis & Steve Whittaker (Clayton) 81.37

## Leg 4 Pairs 8 miles, 3800ft

This run is a real classic way of seeing the best that the Ochil Hills have to offer, taking in Wood Hill, Tillicoultry Glen, The Law, Ben Cleuch and Ben Ever. It contained a fairly hefty amount of climbing and as such it was debatable whether or not it was a little too long. Part of the fun of organising the event was trying to predict the fastest times, and it was a truly amazing performance from Tim Austin and Lloyd Taggart which not only secured Dark Peak a resounding victory, but beat what

we thought was an optimistic predicted fastest time of 75 minutes by an astonishing 3 minutes. Nick Sharp and Simon Stainer were closer to the mark posting 74.56, securing 3rd behind Pudsey who had remained in second throughout the race.

British Champion Jill Mykura secured the ladies event for Carnethy, running the fastest ladies leg time with Lucy Colquhoun, though local Andrea Priestley and her partner Helen Sedgewick running for Ilkley were only 1 second in arrears to bring Ilkley up into second place. Only 40 seconds separated Pudsey and Carnethy in the vets competition with Stewart Whitlie and Ronnie Gallagher running a strong leg for the Scottish club, but just not quite having enough in the tank to close the gap.

### FASTEST :

**Men :** Tim Austin & Lloyd Taggart (Dark Peak) 72.09, Simon Stainer & Nick Sharp (Ambleside) 74.56, Tim Davies & Andrew Davies (Mercia) 75.41

**Ladies :** Jill Mykura & Lucy Colquhoun (Carnethy) 92.11, Andrea Priestley & Helen Sedgewick (Ilkley) 92.12, Gillian Godfree & Edel Mooney (Lothian) 92.43

**Vets :** Dave Taylor & Joe Blackett (Dark Peak) 76.26, Dave Neill & Andy Wilton (Staffs) 76.59, Stewart Whitlie & Ronnie Gallagher (Carnethy) 77.31

### OVERALL RESULTS

#### Open

1. Dark Peak	3.42.11
2. Pudsey & Bramley	3.47.47
3. Ambleside	3.53.43
4. Mercia	3.54.52
5. Lothian	4.00.29
6. Keswick	4.06.30
7. Helm Hill	4.07.30
8. Clayton Le Moors	4.08.08
9. Newcastle	4.08.38
10. Carnethy	4.09.37

#### Ladies

1. Carnethy	4.39.47
2. Ilkley	4.56.41
3. Keswick	5.06.21
4. Eryri Harriers	5.06.58
5. Clayton Le Moors	5.12.26

#### Vets

1. Pudsey & Bramley	4.02.47
2. Carnethy	4.03.27
3. Clayton Le Moors	4.09.05
4. Cumberland FR	4.11.29
5. Staffordshire Moor	4.20.54

## Postscript

We hope those of you who travelled up to Alva for the event enjoyed making the trip north. One of the pleasures of going to British Championship events such as the relays is the excuse to go and explore the variety of running to be found on the hills and fells throughout the UK. We wish Calder Valley Fell Runners all the best in their organisation for the 2006 relay event and I know that my own club Carnethy are looking forward to making the journey south. See you there!

# English Championships 2005

from Madeleine Watson

**W**e hadn't quite finished the English championships in 2005 before I needed to write the article for the October fellrunner (although the last race itself had actually happened by the time the magazine was out). The position was fairly open going into the final race, Langdale, for the majority of the categories. Well, Langdale did not fail to live up to its promises.

In the Ladies' Open, Sally Newman (Calder Valley) managed to hang on to her lead from the first 5 races. The only person who could have beaten her overall was Natalie White (Holmfirth), who had to win at Langdale. Although Natalie did beat Sally she was second to Christine Howard (Matlock) on the day and thus Sally won overall, with Natalie second. Elizabeth Batt (Dark Peak) had a good run at Langdale, coming fourth, which gave her third overall. Sharon Taylor (Bingley) was fourth and Emma Barclay (Ilkley) fifth.

Elizabeth Batt's first place at Langdale in Ladies Vet 40 gave her joint first place in the championships in the ladies over 40 with Sally Newman. They each won 3 of the 6 championship races and so deserved their equal placing. Maureen Laney (Clayton le Moors) was third.

In the Ladies Vet 50, Maureen Laney needed to run at Langdale to get points in a long race. She duly did run, was first lady over 50, giving her four wins and overall first place, retaining her title. Team mate Wendy Dodds won the other two races and with 2 second places was easily the second overall. Rachel Gooch (Ilkley) was third.

Moyra Parfitt (Todmorden) won all the races in ladies over 60 to make her the champion in that age group.

The Men's Open race indeed proved to be a very exciting finish to the season. Literally fresh off the plane from New Zealand, Rob Hope (Pudsey & Bramley) had a brilliant run at Langdale, just beating Simon Bailey (Mercia). This meant that with 2 wins and 2 second places each, they were joint winners. Rob Jebb (Bingley) came 5th at Langdale to give him points in a long race and third place overall. John Heneghan (Pudsey & Bramley) also added a long race to his score coming 10th at Langdale and fourth overall. Danny Hope (Pudsey & Bramley) did improve his long race score (coming 9th at Langdale) for fifth overall. The others in the top ten were Jim Davies (Borrowdale) 6th, Dave Neill (Staffs Moorland) - who has now turned 50! - was 7th, Karl Gray (Calder Valley) 8th, Ricky Lightfoot (Ellenborough) coming through the junior ranks with a good 7th place at Langdale to give him 9th overall. He was one of only 2 in the top 10 to run all 6 championship races (the other was Rob Hope). Sean Bolland (Bowland) came 10th.

In Men Vet 40, Dave Neill duly ran at Langdale, coming 3rd over 40, got his points for a long race and won the over 40 mens championship. Joe Blackett (Dark Peak) ended up second and Malcolm Fowler (Cheshire Hill Racers) improved his long race points to finish third.

The top three places for the men over 50 remained the same as after 5 races. Steve Jackson (Horwich) won at Langdale and ensured that he maintained his lead overall and retained his title. Tom McGaff (Cheshire Hill Racers) was second and Jackie Winn (Cumberland Fell Runners) was third.

Kieran Carr (Clayton) had already won the men over 60. John Amies (Congleton) got his missing long points to finish second overall. Dave Spedding (Keswick), who wasn't 60 until part way through the championship and therefore missed out on points from a medium race, came third.

In the men over 70, Alex Menarry (Durham) was convincing champion, winning 3 of the 4 races. Second and third places were close with Derek Clutterbuck (Todmorden) second and Donald Rigg (Cumberland Fell Runners) third.

Ilkley ladies won the ladies' team championship for the first time, with Calder Valley second and Dark Peak third.

In the men's open team, it was basically down to whichever of Pudsey & Bramley or Borrowdale won at Langdale. As Pudsey & Bramley were first team at Langdale, this gave them points in a long race and first place in the men's team championship. Borrowdale were second and Dark Peak third.

In the men over 40 teams Clayton had already won. Bowland's win at Langdale gave them second place overall and Cheshire Hill Racers just managed to pip Dark Peak to third place. They both got the same team points, but CHR got the third place medals on individual race team scores.

Cumberland Fell Runners over 50 men's team won at Langdale, giving them four wins and victory overall. CFR were unique in that it was the same people in all of the winning teams (Jackie Winn, Rob James & Willie Bell). Clayton were second and Dark Peak were third.

Well done to everyone and thanks to Wasdale & the weather and Langdale for producing an exciting end to the championship. I look forward to a good championship series in 2006 (the first race is very soon.....)

## LADIES OPEN

1 Sally Newman	Calder Valley	124
2 Natalie White	Holmfirth	122
3 Elizabeth Batt	U/A	111
4 Sharon Taylor	Bingley	103
5 Emma Barclay	Ilkley II	100
6 Karen Davison	Dark Peak	96
7 Helen Sedgwick	Ilkley II	91
8 Nicky Jaquiere	Ilkley II	81
9 Philippa Jackson	Keswick	78
10 Helen Fines	Bristol & West AC	76

## LADIES VET 40

1 Sally Newman	Calder Valley	85
1 Elizabeth Batt	Dark Peak	85
3 Maureen Laney	Clayton-le-Moors	82
4 Alison Eagle	Ilkley	55
5 Kate Ayres	Cheshire Hill Racers	54
6 Claire Kenny	Calder Valley	49
7 Sally Malir	Ilkley II	47
8 Jane Meeks	Keswick	44
9 Sue Beconsall	Bingley	38
9 Wendy Dodds	Clayton-le-Moors	38

## LADIES VET 50

1 Maureen Laney	Clayton-le-Moors	48
2 Wendy Dodds	Clayton-le-Moors	42
3 Rachel Gooch	Ilkley II	30
4 Hilary Bloor	Dark Peak	24
5 Margaret Jagan	EPOC	19

## LADIES VET 60

1 Moyra Parfitt	Todmorden II	36
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## MEN OPEN

1 Simon Bailey	Mercia	202
1 Rob Hope	Pudsey & Bramley	202
3 Rob Jebb	Bingley	193
4 John Heneghan	Pudsey & Bramley	183
5 Danny Hope	Pudsey & Bramley	174
6 Jim Davies	Borrowdale	171
7 Dave Neill	Staffs Moorland	161
8 Karl Gray	Calder Valley	156
9 Ricky Lightfoot	Ellenborough	155
10 Sean Bolland	Bowland	150

11 Simon Booth	Borrowdale	144
12 Paul Thompson	Clayton le Moors	142
13 Mark Denham-Smith	Keswick	141
13 Nick Sharp	Ambleside	141
15 Gavin Bland	Borrowdale	139
15 Gary Devine	Pudsey & Bramley	139
17 Alan Ward	Dark Peak	133
18 Ben Bardsley	Borrowdale	132
18 Pete Vale	Mercia	132
20 Joe Blackett	Dark Peak	117

## MEN VET 40

1 Dave Neill	Staffs Moorland	161
2 Joe Blackett	North York Moors AC	151
3 Malcolm Fowler	Cheshire Hill Racers	142
4 Christopher Smale	Todmorden	135
5 Julian Rank	Holmfirth	133
6 Kevin Harding	Tring RC	127
7 Mark Croasdale	Lancaster & Morecambe	120
8 Richard Pattinson	Pudsey & Bramley	115
9 Steve Jackson	Horwich	112
10 Tom McGaff	Cheshire Hill Racers	106

## MEN VET 50

1 Steve Jackson	Horwich	128
2 Tom McGaff	Cheshire Hill Racers	121
3 Jackie Winn	Cumberland Fell Runners	114
4 Willie Bell	Cumberland Fell Runners	102
5 Nick Hewitt	Bowland	101
6 Derek Schofield	Rossendale	98
6 Ken Taylor	Rossendale	98
8 Andrew Robinson	Clayton le Moors	92
9 Rob James	Cumberland Fell Runners	91
10 Dave Tait	Dark Peak	89

## MEN VET 60

1 Kieran Carr	Clayton le Moors	85
2 John Amies	Congleton Harriers	71
3 Dave Spedding	Keswick	63
4 Geoff Fielding	Rossendale	59
5 Jeff Norman	Altrincham	53
6 John Nuttall	Clayton le Moors	52
6 George James	Blackpool & Fylde	52
8 Roger Ashby	Sale	47
9 Raymond Johnson	Cumberland Fell Runners	41
10 Robin Wignall	Altrincham	37

## MEN VET 70

1 Alex Menarry	Durham Fell Runners	36
2 Derek Clutterbuck	Todmorden	27
3 Donald Rigg	CFR	26
4 Peter Duffy	Northern Vets	15
5 Lawrence Sullivan	Clayton-le-moors	9

## LADIES TEAMS

1 Ilkley II	45
2 Calder Valley	41
3 Dark Peak	32
4 Horwich	19
5 Keswick	16
6 Ambleside	14
7 Clayton	14
8 Pennine	12
9 Borrowdale	11
10 Todmorden II	11

## MEN OPEN TEAMS

1 Pudsey & Bramley	48
2 Borrowdale	42
3 Dark Peak	32
4 Todmorden	27
5 Mercia	25
6 Clayton-le-Moors	24
7 Bowland	20
8 Horwich	16
9 Ambleside	15
10 Cumberland Fell Runners	14

## MEN VET 40 TEAMS

1 Clayton	43
2 Bowland	38
3 Cheshire Hill Racers	33
4 Dark Peak	33
5 Cumberland Fell Runners	31
6 Horwich	21
7 Todmorden II	16
8 Mercia	14
9 Holmfirth	11
10 Pudsey & Bramley	10

## MEN VET 50 TEAMS

1 Cumberland Fell Runners	48
2 Clayton	42
3 Dark Peak	29
4 Rossendale	28
5 Cheshire Hill Racers	28
6 Horwich	27
7 Pennine	14
8 Bowland	8
9 Keswick	6
10 Holmfirth	6

# GEAR REVIEWS

Three of them this time round and a very varied little bag indeed – a headtorch, a mapping programme and a lightweight waterproof.

I don't know whether manufacturers are getting more careful about their products' specifications or that they're just becoming a touch more canny about what they send out for review but all three of the items proved to be very, very good at their respective jobs and would enhance a fellrunner's life no end.

As usual, what follows is an amalgamation of a variety of opinions from people who have used the products in different conditions and for different purposes – I hope you find their conclusions useful.

## Princeton Tec Apex Headtorch

Let's get straight to the one disadvantage – this is NOT a cheap headtorch, in fact it's a very expensive headtorch indeed, which would set you back £69-95p, which you might think was a lot of money for helping you find your way back from the pub every now and again or enabling you to find the elusive miniature bottle of single malt in the recesses of your tent at a KIMM midpoint campsite. If those are your headtorch needs then you would be right but if you want a Rolls-Royce of headtorches which comes up trumps in just about any area you can think of then it's well worth the money.

Princeton appear to have looked at the requirements of a number of sporting activities and then spent an awful lot of time devising a headtorch which will satisfy just about all those requirements and which is also constructed extremely ergonomically and most robustly, so if you have a number of different uses for your light system – running, walking, climbing, biking, caving or even (and I'll say this quickly) night-time fishing – or need a unit that will operate for a long time without repair, maintenance or a million batteries an hour this could well be the only thing you'll ever need to purchase.

Its basic appearance is that of a futuristic Petzl Zoom which has been shrunk in the wash – it has the standard arrangement of a light module at the front, a three-band head cradle and a battery compartment at the back but it differs from the Petzl in a number of significant ways. Firstly the light unit (much more about this later) is very compact in appearance and light in weight with the whole thing only weighing 10 ozs, secondly the straps are completely or partially detachable to enable the torch to be fixed to a number of things in a number of ways, thirdly the battery compartment operates on four AA batteries and fourthly the whole thing is waterproof.

Despite it having enough inbuilt high-tech electronics to warrant a user's manual the size of a telephone directory (well, maybe not quite!!) the whole thing appears to be utterly bomb-proof – our model has been out in the pouring rain, has been bounced off a crashing mountain bike onto a very hard track, has been subjected to the abuses to which only cavers can subject a light, has been dropped into puddles and out of bum-bags and has even been deliberately plunged into a sink-full of water while switched on and nothing seems to trouble it at all. The light itself is a sealed unit, while the battery compartment uses rubber seals and a turncatch so powerful it even has its own built-in screwdriver on the strap buckles to operate it.

Most people normally have two main light requirements to a greater or lesser degree; firstly a powerful main beam for distance use and secondly a wider, more ambient beam for greater lateral visibility. The Apex not only has both these but they both have

two different settings, thus widening your options (and your battery life) still further. The main beam is supplied by a central, circular high output 3-watt LED only one inch in diameter with two output settings and the performance of this has to be seen to be believed. LED technology has developed apace over the last few years and the more powerful of the two main beam settings is incredible, giving a clear white light which casts well in excess of 200 feet yet still projects an impressively wide visible "cone". LED light is much better at illuminating objects clearly than standard, halogen or even Xenon bulbs, with no concentric "target" effect at the end of the beam and, despite being the proud owner of no fewer than three Petzl headtorches of various specifications I have to say that the Apex main beam outperforms the lot. Even on the lower of the two settings the light is easily more than adequate for running on the level or uphill or for steady-paced biking.

The wider beam is provided by four long-burn, wide-area LEDs set one above the other in pairs on either side of the main beam unit and this configuration certainly makes for excellent light diffusion, which is not to say that you don't still get an impressive beam from these LEDs because you do but their main purpose is to give a crystal-clear wide-angle light over an area large enough to enable you to be fully functional. Once again these LEDs have two settings and the lower of the two gives the sort of light you'd need around a bivi or camp site and appears to last about three decades because we got bored waiting for it to dim down and gave up. Even with three lights on the cluster the unit still only measures two and a quarter inches across and one and a half inches high in total and that includes the switches. These clever little things are rectangular-ish rubber press switches set beneath the twin LEDs on either side of the light unit and on the bottom of it. This seemed a bit odd at first inspection but once it's on your head and you put your hand up to it then you realise that your fingers drop naturally onto the top of the unit and your thumb automatically positions itself over the switches – left thumb for main beam, right thumb for wide angle and both easily operable with gloved hands. As if four different light settings wasn't enough you can also press the wide-angle button three times and the LEDs will start flashing for those times when



you want a light to flash ..... All you do to turn the thing off is to press on the appropriate switch for two seconds and it goes out – simplicity itself.

The light unit is on an angle-change pivot which is a tightenable bolt to ensure it never gets sloppy and the cable-entry point is sealed by a screw-down "O" ring.

At the other end of the cable is an equally robust battery case with squishy rubber grips on the back for a non-slip grip on hoods and helmets which extends round to the front presumably to ensure that you won't drop it when handling it with cold hands or with wet gloves. The catch to open the case is a slotted cylindrical affair set into the bottom and to save your blushes when you find you can't move it with your fingers the strap buckles both contain cunning little protrusions which have it open in a flash.



The fact that the torch uses AA batteries is very much a plus point as they are readily available all over the globe and the rechargeable versions are getting better and better. The "user's manual" recommended alkaline or lithium batteries (have you seen the price of lithium batteries!?!?!\*) but to replicate the real, parsimonious world of the fellrunner virtually all the testing was done on rechargeable NiMH batteries and no-one had any problems whatsoever. Battery life is excellent and far exceeded the specifications. The torch was used on its most powerful setting for over three hours with no noticeable diminution in light intensity and on its lower settings seems able to function for days – this is clearly yet another spin-off from the use of LEDs – so it easily fulfils most people's requirements for length of output.

There are all sorts of high-tech bits built into the torch to make it perform as it does – heat-sinks, current regulators, etc., etc. but these are best left to the user manual and a quiet evening with an hour or two to kill!!

How, then, did it perform?

For walking and fellrunning it was exceptional, light and unobtrusive to wear while remaining steady and stable all the time and with a light to suit every situation. Particularly noteworthy was the power and clarity of the main beam which enabled the testers to descend even very rough ground at a speed not a million miles off their daylight pace. It also fitted easily into a bumbag, together with a pextex, hat and gloves.

For climbing it slotted well onto the standard helmet fittings and gave both a piercing beam when the way forward or the line of a retreat abseil needed to be identified and also gave a clear ambient light for close-up technical stuff.

For biking it was a revelation; normally no headtorch can compete with the beam of a good bar-mounted light-set but this unit did, with its main beam easily throwing enough light for fast downhill

and the ambient settings nice for uphill struggles or slower, technical biking. It also had the advantage of a head-mounted light of moving with your head, so you could see round the corners before you were on them and it fastened easily on a helmet by the simple expedient of taking off all the straps and replacing them with a single webbing strap which went through the light unit and the helmet ventilation slots and held the lot as solid as a rock.

For caving it overcame all the tester's objections to this kind of light unit bar one (see later) and he stated that "I certainly found the lighting to be excellent for caving" and "I would happily cave using one of these." However, it was caving that produced the one and only adverse criticism which was that most serious cavers prefer to have their lights bolted firmly on to their helmets (for obvious reasons) and there is at present no facility for doing this. The tester took off the central strap and used Petzl Crochlamp clips to hold the elastics to the helmet rim but a few strategically placed pre-drilled bolt holes in the light and battery mountings would see off even this criticism.

So there you have it – I can remember few articles which have been so rigorously tested in so many different ways and come back with nothing but praise. It's obvious that Princeton have done their research and their design/construction work well and they deserve to sell a lot of these – even at nearly seventy quid!!

### **Tracklogs Version 3 Digital Mapping Programme** (website – [www.tracklogs.co.uk](http://www.tracklogs.co.uk))

Like the majority of fell-runners I have an amazing collection of OS maps rendered virtually useless by years of being overwritten with checkpoints, compass bearings and notes and being stuffed into bumbags, dragged out into the pouring rain and dropped into the mud. I have some maps which I open only to discover large chunks cut out of them here and there to make smaller, more portable works of reference. Years ago I tried to minimise all this by investing in the laminated versions but these all proved to be too bulky for bumbag use and too difficult to write on semi-permanently with any degree of success – OS maps are wonderful in their clarity of detail and fine if you're walking with a real, proper rucksack or a jacket with big pockets but they don't translate very well to the world of fell-running.

Fell-runners need maps, in fact most race organisers stipulate that runners MUST carry a map of the area, and up to fairly recently there hasn't been a really satisfactory solution to the problem but the advent of digital mapping programmes has changed all this, especially as most people now have access to a computer and a printer, and there are currently several mapping programmes on the market, of which the one under review, Tracklogs Version 3, seems to be easily the best at present and, judging by the comments from our testers, tailor-made for the needs of fell-runners.

What, for the uninitiated, are the advantages of using mapping software over using an ordinary map?

Well, there are several.

The first one is that you only end up with one sheet of paper which, if laminated or in a sealed poly bag, is infinitely easier to cart around a race with you and to use in adverse conditions; the second one is that you can customise the map to the particular race route by adding checkpoints, precise bearings and little notes at especially tricky points and the third is that (at least with Tracklogs) you can do all this without obscuring any map detail along the route. Once you've got your sheet then you can add it to your rapidly growing library of race route single-sheet maps for use next year and, even if you need to alter it at some stage, you simply do so on computer and just print off one replacement sheet. You can do this for actual race routes, reces, walks, training runs, navigation courses, points score courses and any number of variants, all without mangling your expensive collection of OS maps.

To do everything necessary a programme needs to be versatile and this is one of the main features of Tracklogs, together with the

excellent clarity of the mapping printouts. The programme will trace the actual route you wish to follow in a variety of possible formats but their default version of a pale yellow, lightly edged track seems to be the best as it is very clearly seen on the map and doesn't obscure any detail at all – obviously a carefully researched feature. If you want your route to be traced in any other colour or a in different width or without an edging then that's all fine, you simply find the appropriate menu and change it to suit yourself. Once you've got your route then you can do virtually anything you want to it – you can identify checkpoints and add little boxes with their grid references and descriptions; you can insert text boxes with specific notes on particular sections of the route; you can create a bearing from any point you choose to anywhere else and then move the resulting arrow away from the actual route so it doesn't block out any features and the clever little programme will thoughtfully give you a little box next to the arrow with the precise bearing and the distance between the two points. In fact you can very quickly produce an accurate route, together with all the additional information you normally stick onto your compass, scribble on the back of your hand or put onto your long-suffering full-size map.

You finish up with everything you want to remember about your route arranged just how YOU want it to be on one sheet of paper.

Having done that, you can then refine things even further if you wish, because there is a facility to add branching tracks, which appear as narrower tracings; in practical terms these are very useful for adding escape routes or alternative route choices.

Once you're happy with the finished product you can ask the programme to calculate the route statistics – distance, ascent/descent, probable time (which you can pre-programme into a "Naismith" setting for walking, running or biking) and produce a diagrammatic route profile as well.

I've described above the procedure for producing a fell race route map but the programme will do much more than that if you want to go into greater detail. As only one example it has a variety of icons you can add to the map to indicate such things as parking spots, pubs, viewpoints, etc., etc. and if you're not happy with the vast selection on offer you can even make up your own!! Also, for the dinosaurs among us, there is a facility to change the units used in the programme to whatever you want – personally I'm all for miles and feet!!

Together with the two-dimensional mapping there is a three-dimensional facility; if you call this up then your map is displayed in 3D either by the side of the map or beneath it, whichever you prefer, and either viewed from the ground or the air. This you can adjust in a variety of ways and your route is not only rendered onto the 3D mapping but you can then "fly" along the whole route with the landscape changing with you as you go – really quite brilliant. I thought this was very interesting but a bit of a gimmick until it was pointed out to me by various people who are involved with navigation instruction at various levels just how incredibly useful this feature was, firstly at demonstrating how 2D map contouring translates into real landscape features and secondly at assisting people in planning effective routes over varied terrain. If you purchase the appropriate aerial photography package then you can also recreate this effect with the actual ground photos themselves.

There are innumerable additional features and refinements, both in what things the programme will produce, how it can display them and how it can store them but suffice it to say that both as a mapping tool and an instructional aid it is thorough, efficient and interesting.

Once you've got your route, or whatever else you want to create, one of the other main strengths of the programme comes into play – its printout facilities. Once again it appears to be streets ahead of its rivals here, enabling you to print maps at any scale or to suit your paper size – including printing large routes onto multiple pages with configurable overlaps (I produced a Bob Graham Round map like this and I wish I'd had it to hand twelve years ago!!). You can nudge the map around a bit if you wish, put an OS grid around it, decide how much of a spare border of mapping to

put around the actual route and so on and so on. The quality of the finished article is almost indistinguishable from the original OS data from which the maps are created, provided of course that you print it out on decent quality paper.

Tracklogs uses the Ordnance Survey for its base data, so you get all the fine detail you would expect from an OS map. They produce CDs using the data from the 1:25,000 Explorer Series throughout the UK, which are the maps of most relevance to fell-runners, walkers and serious off-road bikers, but they also produce CDs at 1:50,000 based on the Landranger maps and a 1:250,000 Road Map package. For those who wish to go the whole hog you can also get the previously mentioned aerial photograph packages.

Because they use OS data there is an OS Licence fee to take into account, which is fair enough because without the superb groundwork done by the OS there wouldn't be any data for organisations such as Tracklogs to utilise and no-one wants the OS to have to curtail their activities because of a revenue problem or we'd all be worse off!! This results in the most useful packages retailing at around £25/£30 each, which is roughly three times the price of the equivalent paper map but you have to remember that you're also paying for a very complex and sophisticated programme indeed and one which will allow you to use your map data in any number of useful ways, so overall it's pretty good value for money. Tracklogs constantly review the feedback they get and improve their programmes accordingly and you can download updates from their website to keep the whole thing current.

#### WHAT ARE THE DRAWBACKS?

1. If you're only an occasional user then the price of getting all the maps you're likely to want might be a bit prohibitive.
2. Because it's such a comprehensive programme it's a bit difficult finding your way round it at first as there are a lot of menus and sub-menus, some of which by the nature of the beast affect others but once you've got the hang of it the basic operations are very straightforwardly organised and quick to apply and they do have a superb "user manual" you can download from the website.
3. If you've already got some Version 2 CDs and then purchase a Version 3 CD you can't use the Version 2 maps with the Version 3 programme without paying for an upgrade. Tracklogs explained the rationale of this to me in some depth and it has a lot to do with OS licences but I must confess I didn't wholly understand it and it does seem a bit steep. You can, in mitigation, use your new Version 3 map with the Version 2 programme but then what's the use of having an improved programme if you can't utilise its features to the full??
4. Only a titchy one this and Tracklogs have indicated that it is under consideration for inclusion in the future but that most useful of icons/waypoints/trackpoints (call them what you will), namely the hollow, red circle which you can put round a point without obscuring the detail within it is not currently available. Their alternative, a little red waypoint dot, is OK but I look forward to the appearance of the red circle and its good mate, the red triangle.

#### OVERALL CONCLUSION??

An extremely effective and well-constructed programme which is capable of producing just about any type of mapping and associated data, tables, route cards, etc that you could possibly need. The programme is flexible enough to be useful for many sporting activities and instructional situations and is particularly well-suited to the needs of the fell-runner.

If you need to use maps a lot then it's a very good buy indeed.

### Salomon Pacfitte Jacket

Waterproofs are something of a problem area for fell-runners for a number of reasons. Weight and pack size are serious issues when all you've got is a bumbag; cut and design are often over-generous and overspecified for fell-running needs and the majority of proofings simply can't cope with the sweat output of a runner in full exertion mode. As a result most of us rely for most of the time on Pertex jackets or pull-ons of one sort or another and, on the



majority of occasions, these serve us fine. They're cheap, they're light, they keep the wind out and the fact that they're about as waterproof as a piece of toilet paper rarely matters, we just run wet but warm.

However, there are races and conditions when something altogether more robust is called for if we're not either to perish from hypothermia, get the dreaded "DNF" against our names or just jack in the much anticipated training run after a mile and a half and dash back to the pub. For these occasions there is something of a gap in the supply chain which is exceptionally well filled by the Salomon Paclite. Over the last year or two Salomon have turned their undoubted expertise to the "lightweight adventure" market of which fell-running apparently forms a part and have come up with some very effective pieces of kit indeed and this jacket is one of them.

It is simplicity itself, uncluttered, light, well designed in every detail and was much appreciated by our testers, who used it for innumerable wet, windy and snowy runs; a couple of two-day events; several somewhat demanding races and a fair number of mountain bike rides. There is nothing on it that you don't need and what is on it is very thoughtfully and efficiently constructed – it is, uncompromisingly, a high-performance jacket intended for running.



The material is Gore-Tex Paclite, which is not far off the lightness of Pertex, and which is both wind and waterproof and offers infinitely more protection than Pertex does. It is possible, of course, to sweat it up inside if you're going hard but most of this dissipates through the Gore-Tex once you ease off and it's far preferable to being soaked through and freezing cold. It has to be remembered that the effectiveness of Gore-Tex depends a lot on what you wear underneath it – put a T-shirt over a Lifa and all you get is a sodden T-shirt in no time at all but wear a Polartec or a light fleece over the Lifa and you stay nice and dry with just a film of condensation on the inside of the jacket. It fits without any problem into a bumbag (or mini saddlebag) together with the other vital bits and pieces such as gloves, hat, map, etc.

The jacket is cut to fit quite snugly, so there are no areas of loose, flapping fabric when you're running, and it has a waistline somewhere between waist and crotch level, so there are vital bits of you which get very wet but, on the other hand, the jacket never rucks up or gets in the way. The jacket has a slightly dropped back, which doesn't make a lot of difference one way or the other when you're running but is a godsend when you're biking because it ensures that the small of your back is fully protected from the deluge of filth hurled up (despite Crud-Catchers) from the rear wheel. The hem has an elastic cord adjuster with a sliding grip, although so snug is the fit that hardly anyone needed to use it.

The sleeves are close fitting, quite long and slightly articulated, which once again means that that you don't have loose, flapping material and the articulation makes the sleeves fall naturally into the slightly bent-arm position of the runner or bikeist while the length ensures you don't get cold, wet wrists. The cuff fastening is via a thin but heavy-duty rubberised Velcro strip which was easy to adjust even wearing gloves.

The hood is a little gem – it doesn't have a volume adjuster but then it's designed to fit over nothing more bulky than a thin fleece

hat or balaclava, so it doesn't really need one. What it does have is a slightly stiffened peak which does an efficient job of keeping the worst of the weather from your eyes and a very close, weather-proof cut which all the testers found kept out virtually all the rain. The hood adjuster is captive elastic cord with small, captive sliding grips, so there's nothing to flail about and beat you in the face when it's windy. The hood itself folds neatly into a nicely windproof collar which, once you've worked out how to use the little press-studded tape to clip it to the hanging loop (I couldn't work out at all what this tape was for and was reduced to the ignominy of phoning the suppliers to find out!!) stays perfectly in place.

There are two pockets on the lower front of the jacket and both are mesh lined for comfort, to increase breathability and (presumably) to let the water out if you're silly enough to leave the pocket zips undone. The zips themselves are both trendy, new, waterproof creations, as is the main zip, which runs over a small flap for comfort. At least half the testers had no experience with waterproof zips and some were a bit suspicious but it has to be said that no matter what we tried we couldn't get them to let water in, although you do have to make sure that the pocket zips have the sliders pushed right up into the little pocket provided at the top of the zip otherwise you'll leave a small hole above the slider. There are quite a few thoughtful little touches, all of which work – the top of the zip runs into a small, folded over pocket to avoid any discomfort and there are two soft mesh strips lining the hood in the chin area for the same reason. The zips all have small rubberised plastic pullers on short cords so you can operate them easily even when wearing gloves and all the stitching, hemming and re-reinforcing is of a very high standard indeed.

For the fashionistas out there (Phil Winskill, take note) the jacket comes in "Matador" or "Dark Cloud" – someone actually pays good money to marketing departments to come up with rubbish like that!!\* \$! – which translates as orange or grey, although the test jacket was a blend of the two.

In conclusion, everyone was very impressed with the simplicity, the practicability and the efficiency of this jacket no matter what they used it for. It feels as if it's been designed by fell-runners for fell-runners and all Salomon need to do now is come up with a complementary pair of Paclite overtrousers to go with it.

No-one came up with anything they considered a flaw, which is quite astonishing, and there appears to be only one disadvantage about the jacket and that is the price. It retails at around a hefty £150, which is undoubtedly a lot for a running jacket but, in mitigation, you do get a superbly designed and very well made jacket for your money and one which ought to last you a fair time. Most of the testers thought it would be money well spent, although they'd take a deep breath as they handed the cash over!!



## Future Reviews

I've received two useful-looking booklets from Keven Shevels, one entitled "Mountain Marathon Preparation" and the other "Downhill Techniques for Off-road Runners", both of which seem very relevant to fell-running but unfortunately they arrived too late to be included in this edition of this magazine, so we'll let you know about them in June.

# Ladies Double Their Value: 4th Lakeland Classics Trophy 2005

from Graham Breeze

## Women to the Forefront

The most significant change in the fourth year of the LCT was the significant number of women who completed the series. Eleven women (25% of the total of 44 finishers) completed the series in 2005 which is higher than the total for the first three years of the LCT. Four women were awarded mugs, double the number awarded in any previous year.

First Lady was again Jackie Lee (Eryri) but Ilkley Harriers, English Lady Champions, accounted for four of the eleven women who completed the series.

Wendy Dodds collected her fourth mug, this year for being First LV50 with the other four-mug holder being the indefatigable "Scoffer" who retained the overall trophy.

## What Is It All About?

Approaching its 5th year there is the possibility that the Trophy is becoming regarded as just another Grand Prix. It may therefore be timely to recall that the purpose of establishing the series was to promote participation in some of the great Lakeland classic races and to recognise performance in these races; not for the Trophy to take on a life of its own. The individual races and their organisers remain supreme and all the LCT organisers wish for is to "add value" to these great and long established events.

## The Best Is Yet To Come?

Including Wasdale as an English Championship counter helped boost the LCT entry and it was no surprise that a record 44 runners completed the 2005 series. Given that Ennerdale is easier than Wasdale - we are talking relativities here - it is anticipated that even more runners will complete the LCT in 2006.

The idea of the series arose at a time when the possibility of the great Lakeland classic races dying through lack of interest seemed real. Dockray Helvellyn has not been held since 2002 and Ennerdale was cancelled in 2003.

In the 2005 Ennerdale Race Report Colin Dulson was kind enough to write "The Lakeland Classics Trophy, amongst other factors, is encouraging people back to the traditional routes". One of these factors may be the influence of the current FRA Championship Committee (Jon Broxap, "Scoffer" and Madeleine Watson) in ensuring the selection of Superlong races for the English Championship.

But whatever the reason, support from runners for the Ennerdale, Wasdale and Duddon Valley races can only be welcomed and from the dark days of only 25-30 finishers, the number of runners completing the Superlong races in the four years of the LCT is now much more robust:

	2002	2003	2004	2005
Duddon Valley	197*	74	58	89
Ennerdale	30	Cancelled	85	95
Wasdale	54	53	49#	141*

Notes: \* Championship Race; # clash with British Championship.

## Trophy & Category Winners

Most of the awards are presented at the FRA Annual Presentation & Dinner Dance, with the support of Pete Bland and Jon Broxap, and whilst this might be thought to be slightly at odds with the low profile that the series adopts, the great benefit is that it publicises the individual races that make up the Trophy.

### SLATE TROPHIES

Male Trophy	Andrew Schofield	Borrowdale
Female Trophy	Jackie Lee	Eryri
Team Trophy	Borrowdale	

## BENTHAM POTTERY "LAKELAND CLASSICS 2005" MUGS (11)

First Male	Andrew Schofield	Borrowdale
Second	Pete Vale	Mercia
Third (& V40)	Leigh Warburton	Bowland
V50 (16th)	Ian Cowie	Mercia
V60 (44th)	John Ely	CFR
Highest Completer of all 6 races (4th)	Mike Robinson	Dark Peak
First Female	Jackie Lee	Eryri
V40 (22nd)	Jane Meeks	Keswick
V50 (37th)	Wendy Dodds	Clayton-le-Moors

Borrowdale Team Counters Michael Cunningham (who completed the LCT) Rebecca Cash

A mug was also given to Jon Wright who was the highest finisher (7th) of Todmorden Harriers who had sponsored the 2005 Bentham Pottery mugs.

Full results can be accessed via the Ambleside AC and FRA websites

## View From The Clouds

Whatever one may think of *Feet in the Clouds* it is now the best known and most popular book on fell running, as perhaps one would expect from an author who is a professional journalist and Richard Askwith described the Lakeland Classics as events that "do what amateur fell races have always been supposed to do: test resilience, resourcefulness and self-reliance as well as speed". Completing the minimum two Superlong races in one year is and never will be easy, and so Mike Robinson (Dark Peak) who completed all three Superlong races and the three Long races in 2005 deserves particular respect.

However even the inclusion of a Superlong race in the Championship is never going to result in a large number of runners completing the series.

In 2002 38 runners completed the series and 9 Bentham Mugs were awarded. By 2005 the number had increased to 44 runners (i.e. more runners than have completed Ennerdale and Wasdale in some years) and 11 mugs, or an award for around one quarter of the field. The organisers think this is about right.

And after four years 106 runners (91 men, 15 women) have the pleasure of being able to claim that they have completed a LCT at least once.

## Thank You

Todmorden Harriers who sponsored the mugs for 2005. Runners do not pay to be eligible for awards but simply enter the six races that make up the trophy in the normal way. Given that some of these races barely manage to break even financially the organisers have relied on voluntary contributions from the more financially robust races to pay for the mugs and in the past Selwyn Wright and the Duddon Valley organisers have also contributed towards supporting the Lakeland Classics Trophy.

The FRA Championships Committee for selecting Wasdale as an English Championship race for 2005 and Ennerdale in 2006 (and Richard Eastman and Colin Dulson for accepting the problems that can arise e.g. "timing out", when huge entries distort the nature of the event). The selection of these two great races for the English Championship is rightly putting them back in the forefront of runners' minds.

And of course to Selwyn Wright, Ambleside AC, Brian Martin, Pete Bland & Jon Broxap, Race organisers and helpers; and the runners who support these great races.

## LCT 2006?

Same locations. Same races. Same exhilaration!

# A companion to Bob's Law from Stuart Ferguson

As a climber in the late 70's and early 80's explosion of crag exploration at home and abroad, getting to a crag by the shortest route was implicit. Having completed many orienteering events in my late teens and, most importantly, owning a compass, ensured that majority of navigation was my responsibility both getting to and off a crag in summer and winter. To aid in the task as I poured over maps to try and get the right line, prior to the walk in, to aid in time and being inherently lazy, I used index lines for height gain and my thumb to gauge the distance. This navigation tool has been refined over years, taking out the old imperial feet and miles so to become metric and adapting to not just OS maps. For no other reason than clarity I will call this Stu's Law [ he, he. ].....

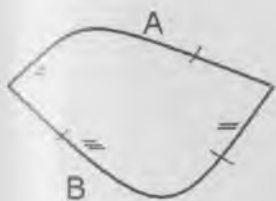
Flat Distance in Km (1 grid line = 1 km)

Height is in Index Contours  
(1 index = 50 m of climb)

If we assume 100 m of climb is equivalent to 1 km of running on the flat then the (Number of Index Contours x 0.5) + Distance on Flat = Hypothetical Distance.

See below for two examples of how this works in practice.

**Example 1.**

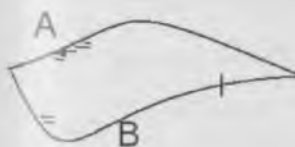


$$A = [ 2 \times 0.5 ] + 1.25 = 2.25 \text{ km.}$$

$$B = [ 5 \times 0.5 ] + 3.0 = 5.5 \text{ km}$$

A is the quicker Route.

**Example 2.**



$$A = [ 5 \times 0.5 ] + 1 = 3.5 \text{ km}$$

$$B = [ 2 \times 0.5 ] + 1.25 = 2.25 \text{ km.}$$

B is the quicker route.

## Key



Contour height index



Distance mark, Kilometres

We have seen how this works for 50 m index contours as found on OS maps but what about Harvey's maps with 75 m index contours.

$$(\text{Number of Index Contours} \times 0.75) + \text{Distance on Flat} = \text{Hypothetical Distance}$$

Using this for Example 1. - So for 5 index contours on 3 km on the flat the formulae would look like.

$$(5 \times 0.75) + 3 = 6.75 \text{ km}$$

Therefore we have a universal formulae of:

$$(\text{Number of Index Contours} \times \text{Fraction or Decimal of Height Index}) + \text{Flat Ground Distance} = \text{Hypothetical Distance}$$

In 1993 the excellent Martin Bagness book 'Mountain Navigation for Runners', still the definitive book today for mountain movers, came on the scene and Bob's Law was introduced to a wider audience.

Bob's Law looks at the index height of straight line and distance from straight line leg to alternative leg as the 2 x factors for correlation and ultimate decision whereas Stu's law looks at the height index and distance of each leg for correlation for direct length comparison.

These laws are both subjective as if one route is along a path then the route choice is made easier, but these help you to 'feel' the map and this can only aid in your navigation skills.

In summary, I use both these laws for mountain marathons, fell races and general days out finding remote crags [still!].

I generally use Bob's for the short should I go Up or Around decision and the other for the longer distance route choice. Neither are an exact science, terrain and weather conditions are important aspects of fundamental route choice.

## Errata

Apologies to Bill Smith for inaccurately crediting him with the three photos in his "60 at 60 – and other adventures of Yiannis Tridimas" article in the last magazine.

The first two should have been credited to Yiannis and nobody seems to know who took the third one but it definitely wasn't Bill.

In the same article it is stated that Jon Broxap's Scottish Round consists of 28 peaks – this was correct when he did it but since then one of the intermediate tops has been accorded Munro status and so, if we're being totally accurate, the total now stands at 29.

## Urgent notice from the "Gendarmerie de Nice"

Would the member of Pudsey & Bramley club who allegedly "borrowed" a van to transport himself and his bike from the mountains to Nice airport please return the keys to the Gendarmerie de Nice as soon as possible as the furious owner (reputed to be a M. Gerard Acier) has already racked up a 17,000 euro fine for illegal parking at the airport.

If the person concerned would also send us his name and address we will be only too pleased to return the oil-stained Pudsey & Bramley vest he abandoned in the van in his haste to catch the plane back to England.

## Photographers we owe money to

Either because their photos were sent via email, or because they didn't include their addresses, or because I've mislaid them I haven't been able to re-imburse the people listed below for their photographic efforts in the last magazine.

If they could email me with their addresses I'll rectify this as soon as possible.

Dave Jones

Denise Park (£20); Paul Bateson (£10);  
Ian Austin (£7); Rod Davies (£7);  
Stevie McLoone (£7); Marcos ?? (£7)



# OVER THE HILL CLUB – News

by Tony Wimbush



**H**ere is something for the more mature discerning athlete - a roller-coaster run round the wild trackless terrain of the Howgills area. Full Membership is open to anyone of 50 or more who completes the challenge; under 50's may become Associate Members. Based on Sedbergh the 40 mile circuit links together the seven trig pillars located on Baugh Fell, Gt Shunner Fell, Wild Boar Fell, Green Bell, Middleton and Winder. For fell runners there is a range of first class time limits related to age starting with 12 hours for over 50's.

Since the five completions previously reported for 2002 (see February 2003 Fellrunner) there were a further five successful attempts during 2004 and three in 2005 bringing the total to thirteen. As yet there are no lady members!

- Ian Charters - over 50
- Keith Foster - over 50
- Anton Ciritis - over 50
- Dave Hainsworth - over 55 (1st class)
- Sandy Presly - over 55 (1st class)
- Rod Heywood - over 60
- Nick Ford - over 50
- Phil Goodwin - over 50

A quality certificate is awarded for all successful completions. For further details of the route, age categories and registration form send SAE to OTH Club, 10 Beaufort Grove, Bradford BD2 4LJ or email [twimbush@fish.co.uk](mailto:twimbush@fish.co.uk)

## DARK PEAK 4 COUNTY TOPS

The main purpose of the Over The Hill Club is to encourage the continued participation in long distance challenges by the over 50's. To this end members of the club are invited to devise further challenges which can be completed in less than 12 hours by the over 50 category of fell runners. The first in what it is hoped will become a series is located in the Dark Peak. Apart from being a unique wilderness the Dark Peak is the only upland area in the UK that can boast having as many as four county tops all within the compass of a single day's outing. This route was inaugurated last year by Tony Wimbush in an unsupported attempt. By Dark Peak standards the going is moderate rather than tough as use can be made of the Pennine Way from Black Hill most of the way to the finish.

The start and finish is at Hayfield's Bowden Bridge Car Park under the plaque dedicated to the 1932 Kinder Trespass. It provides a continuous circuit of over 40 miles by linking the four county tops of:

Derbyshire	Kinder Scout 636m/2,088ft
South Yorkshire	High Stones 548m/1,797ft
West Yorkshire	Black Hill 582m/1,908ft
Greater Manchester	Black Chew Head 542m/1,778ft

The latest OS OL1 map shows the former county top of Margery Hill as 2m lower than High Stones a little to the south; both can easily be included.

Any route may be chosen subject to it crossing at the Snake Inn between Kinder and High Stones and Snake Top between Black Chew Head and the finish. For a registration form and full details send SAE to OTH Club (address as above).



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# Mountain Running PST Notes

January 2006

from Ian Taylor

**A**t this time of the year we review the past and plan for the future. 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 2006 the senior series is spread over the year more than in 2005, beginning with the short Slieve Bearnagh in Northern Ireland in April and running through to the long Peris Horseshoe in Wales in September. With none in May or June, you still can complete the British Championship alongside more local series. Can we encourage you to try a new race from the series or get your club to take a weekend trip to one in hills you have not been to before.

As part of the development of the series we were asked to consider enhancing the Championship with a further team award to vet50s. We reviewed the results from the past season but felt that a team award for this age category would be too similar to the current English vet50 team results. Unfortunately there are only three or four clubs outside England that have sufficient strength to contribute teams in any of the age categories.

However we do see a more important gap amongst younger athletes moving from junior to senior ranks. Hence, as you will know if you have read the 2006 Calendar, we are introducing an under 23 category in the senior Championship. The overall ranking will be based on the best three results out of the four short and medium races only. The age range allowed is for athletes aged at least 18 on the day of the race and no older than 22 on 31st December 2006.

The committee has also been concerned about the relatively few athletes entering the European Trial Selection race, this year on 18th June at Braithwaite, Cumbria. To encourage clubs to send groups of athletes we are sponsoring team prizes to the first three teams in each of the men's and ladies' categories. With up to £950 in total being offered by the PST, it becomes well worthwhile for a club to enter three or four athletes, with the possibility of a handsome team prize, with ranking based on positions of the first three team members. The UK team will be selected on the basis of the trial, with the European Championship itself on 8th July in the Czech Republic.

At our most recent meeting we congratulated Danny Hughes in being re-elected WMRA President and Adrian Woods as Marketing Manager. Perhaps we will be able to look forward to cheaper travel if Adrian can raise our profile with sponsors. Danny updated the committee on international developments. Team managers are reminded that at the World Trophy in Turkey all the races are on one morning, so more officials to support each team will be required. A World Trophy venue for 2007 has still to be agreed. Discussions are ongoing between WMRA and the World Ultra Association (IAU) on the possibilities for a Commonwealth Championship, with up to two ultras and two mountain races, with the aim of enhancing participation and raising the standard of international competition.

## ALCOHOL AND THE RUNNER

FROM PATRICK MILROY

**"T**he services rendered by intoxicating substances in the struggle for happiness and in warding off misery rank so highly as a benefit that both individuals and races have given them an established position within their libido-economy. It is not merely the immediate gain in pleasure which one owes to them, but also a measure of that independence of the outer world which is so sorely craved... We are aware that it is just this property which constitutes the danger and injuriousness of intoxicating substances..."

It is difficult to make the point in a more literate fashion than did Freud in 1939. We enjoy alcohol, therefore we drink it, and runners in particular seem generally to have a close attachment to intoxicating liquid refreshment. But does it do good, can it harm, and if so why, and in what quantities is it safe?

Government guidelines suggest that between 21 and 28 units for men and 14 to 21 for women are probably safe weekly quantities. A unit is half a pint of beer or lager, a small pub glass of wine or a measure of spirits. Alcohol acts upon the body's central nervous system, where somewhat surprisingly, it is a depressant. Its action is similar to that of an anaesthetic and has psychic effects, so that finer grades of judgement, reflection, observation and attention are lost, together with the loss of power to control moods. Physical signs of alcohol ingestion include vasodilation, a feeling of warmth which can cause the drinker to become hypothermic and even die of cold; it can act as a diuretic by inhibiting secretion of a hormone which controls the need to pass urine and it can increase secretion of gastric acid in the stomach, which can result in gastritis and stomach ulcers in those who are predisposed to them. If alcohol had just been invented, it would fail to pass any of the tests imposed by regulatory authorities for food and drugs!

However alcohol is here to stay, so the aim of this article is to minimise any risk from drinking. It has its good points, in that it is a very pleasant way to increase calorie intake, and Guinness has long been given to pregnant mothers both for its nutritional and iron-containing properties! That this practice has now ceased is due to the discovery of foetal alcohol syndrome. It may help mothers, but can cause retardation in the unborn child.

One of the joys of a long summer's day run is the pint or more of cool amber nectar afterwards. But do not think that it is going to replace the sweat lost earlier. Its diuretic action will actually produce further dehydration, so if you are going to drink after a run, match each unit with a pint of water. This will help to reduce the effects of a hangover, though these are also caused by other constituents of the drink, as well as food, polluted atmospheres and fatigue.

Whilst 10% of consumed alcohol is lost in breath, sweat and urine, 90% is metabolised in the liver by glutaryl gamma transferase (GGT). This enzyme can be measured, and a high level of over 50 units may indicate chronic overindulgence, though there are non-alcohol related causes. Alcohol leaves the body at a steady rate, though secondary effects may remain for an indeterminate time span. This raises the question as to how long before training or a race you should be drinking. To a large extent this depends on the quantity consumed, though a minimum of twelve hours would be sensible if performance is not going to suffer. Some athletes like a drink to help them sleep the night before a race (anaesthetic effect). One would suggest that more than two pints is going to do little for the race speed or hydration the following day.

Ultimately, alcohol is a poison. Every individual has their own tolerance for it, but similarly there comes a point at which it will affect the brain, liver, heart, muscles and other organs. A psychosis within the brain may cause hallucinations, and heart and other muscle will have cellular function destroyed. The liver can tolerate vast quantities before failure occurs, but the choice then lies between abstinence, a liver transplant or death. Of sexual function Shakespeare wrote that alcohol "provokes the desire, but it takes away the performance".

Don't let this frighten you, though it does no harm to reflect on your alcohol intake. If you think you might be drinking too much, you probably are. GPs and charity organisations can advise on what is safe drinking and what may harm. The majority of runners drink sensibly and should continue to do so. Enjoy your drink but remain the master of it and running will not suffer. Become a slave to it, and you are in trouble.

# Lochans, Knolls and Re-entants

A report on the Elterwater Navigation Course  
23 / 24 / 25 September 2005

from Andrew Knox

Given the course subject there was a certain irony about the various tales of missed motorway exits, wrong turns and similar navigational difficulties that were exchanged amongst the course delegates as we all met up on the Friday evening at the Elterwater Youth Hostel.

What quickly became apparent was not only the different parts of the country that people had come from but also the complete range of ability and experience people had of both hill running and navigation. Fortunately this was fully recognised and catered for by the instructors throughout the weekend.

As well as all the introductions Friday night involved a presentation on basic map and compass theory ...oh yes and a brief visit to the Ship Inn.

Saturday started with a very well attended early morning run, breakfast and then outdoors for the first navigation exercise. Late afternoon it was back to the Youth Hostel, showers, debrief, more 'class room' work ( really very informal ) and dinner. Then, after being divided into pairs, out onto Elterwater Common for the night navigation exercise. The day finished with a welcome ( and well earned ) trip to the Ship Inn.

Sunday's morning run was noticeably less well attended! After breakfast we had a debrief on the previous night's navigation exercise together with some fell running advice and tips and then it was out for the final exercise - the Silver Howe 10K Chase. The weekend then finished with a debrief before we all went on our way.

The weekend was a really excellent mix of theory and practice undertaken in good company and all in fantastic Lakeland terrain

Our instructors really did hit the right balance in their delivery of the training - it was informal and relaxed but a lot of information, advice and tips were passed on.

The instructors also had an uncanny, but very welcome, knack of being invisible out on the fell side but then suddenly appearing when anyone needed assistance (this ranged from helping the completely lost to those just needing confirmation that they actually were where they thought they were).

In addition to us all considerably improving our navigation skills what else did we learn from the weekend?

On the night exercise finding a beck by means of navigation is preferable to the alternative of falling into it.

Any member ever considering getting amorous with their better half in a remote part of the countryside this summer should consider that they are probably being watched by an FRA navigation instructor.

Wendy Dodd's dog can eat many times its own body weight in unwanted YHA sausages.

It's not just Yorkshiremen who are capable of blunt ( but factually correct ) answers - in the Ship Inn I was unable to recognize one of the many real ales on offer, turning to the barman I enquired where it came from ' England ' he replied in an Eastern European accent.

The 'Undead' in horror films that appear to wander aimlessly have actually been damned to wander for eternity searching for a bracken topped knoll.

Regrettably The Ship Inn does keep to traditional pub opening hours

Thanks for the weekend go to the Course Director John Gibbison, Margaret Batley (who organised all the administration / logistics) and all the instructors for their time and great patience - Richard Lamb, Chris Knox, Wendy Dodds, Ray Pickett, Kevin Davison, Peter Knott, Paul Oates and Steve Batley. In addition we were also very well looked after by the staff at Elterwater Youth Hostel.

Participation at a future course is highly recommended-whatever your navigational skills or running aspirations -the next course will be run at Kettlewellk in April -see advertisement elsewhere in this issue.

NB : (Given my displays of navigational incompetence, Chris Knox would like it made very clear that he is in no way related to me).

# sdC CUMBRIAN TRAVERSE

## Dunnerdale to Derwent

This is a new Lakeland route which gets high and stays high in a similar way to the Joss Naylor Challenge, and includes 21 peaks, 46.2 km on map, 3700m. ascent, and 2 support points. The difference is that it runs south to north (or if you prefer north to south) and is not as long as Joss's route. It has a nice gentle finish!

The route was devised by Sue and Dick Courchee and measured by Chris Wales. The first completion was on 26 June 2005, with Wendy Dodds "in charge" and was Sue's last long day in the hills, supporting and encouraging with full vigour. So far, nine people have completed the Traverse, the oldest being 66. Times taken have been in the range 15 to 16 hours and it would no doubt be possible to do it under 10 hours. But the time taken is seen as unimportant; it is the completion that counts.

### Start at Village Hall, Broughton Mills

1	Great Stickle	305m
2	Stickle Pike	375
3	Caw	529
4	White Maiden	608
5	Brown Pike	682
6	Dow Crag	778
7	Old Man of Con.	801
8	Swirl How	802
9	Great Carrs	770

### Wrynose Pass (support)

10	Cold Pike	680
11	Crinkle Crag	859
12	Bowfell	902
13	Esk Pike	885
14	Great End	910

### Styhead Pass

15	Great Gable	899
16	Green Gable	801
17	Brandreth	715
18	Grey Knotts	697

### Honister Pass (support)

19	High Spy	653
20	Maiden Moor	576
21	Cat Bells	451

### Finish at Moot Hall, Keswick

Nearly all the peaks have a reasonably obvious top. The exceptions are firstly Great End, where the two tops have less than 1 metre of height difference, so that either top counts, and Grey Knotts, where it is the northern top, overlooking Honister.

Wendy rates the route highly. Would anyone considering a traverse, or wishing to report one, please contact Dick Courchee on 015395 36426 or e-mail [sdC@sunset-house.ndo.co.uk](mailto:sdC@sunset-house.ndo.co.uk)

# Carnethy Hill Running Club

from Nick McDonald

"Sed revocare gradum superasque evadere ad auras, Hoc opus, hic labour est"

Virgil

(To withdraw one's steps and to make a way out into the open air, that's the task, that is the labour).

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one. Jane Howard

"When you see a great hump anywhere there's just this irresistible urge to get on top of it"

Keith Burns

Think of over eight thousand days and three thousand nights upon the hill. That should be enough in itself, but in the company of friends, with well savoured silences, or songs in the heart and on the lips. Words spoken or simply felt; times too of good crack, camaraderie, competition and times of conversation, racing and running, hugs and hurts, hands reaching. Holding. Heartbeats and heartaches, death and defeat, flower and fauna, ales and athletics, insults and injuries, life, love and laughter, legs bent, buckled, bruised and broken; heads buffeted, bashed and burst but unbowed. Think of running further than you'd expect, of running faster than you ever thought you could. You are beginning to think of a hill running club.



Think of heat that melts reason and resolve. Think of white-outs and freezing snow, cold that silences all thought, numbing the body long before, of cloudless skies and gentle zephyrs, of chiaroscuro of nature's light and shade shifting across the changing hillside, of the song in a sentence that guides your step; think of rain so hard it makes you bleed before you think to weep, think to pause and find shelter. Think of getting frost nip on one of Nigel Rose's journey runs. Think of the solo trip and lying in the kennel straw, eating Dundee cake and reading a book, both salvaged from the bins outside. Think of the lifeboat searching for you in the preternatural darkness and the jokes you shared with *Death* wondering who would have the last laugh, think of the sick bucket you shared with your partner; holding the bucket out and the sick in. It's his turn. Think of the truth of friendship; love. Think of leaping from the speeding yacht onto the pier ladder and being dragged up by your pal, three years dead. Think of the sled, salvation, out there on the ice-cap and the shadow which gave a glimpse of where it might be. Think of poetry and prose, talk and tales. Think of

those briefly caught: Dennis, Janice, Moi, Margaret and yet still pushing the boundaries. Think of swimming in the seemingly concrete, and yet weary snow (avalanche) and three times leaving the mountain, wondering in the all too few seconds about the ice axe dangling on your wrist. Where it might be now, where it might go *then*. Think of lying beneath the gnarled and knotted tree roots and hearing the bark of the search and rescue dogs, think of hope and fear, peace and pain. Think of the freezing rain that day. Think of searching for your fellow club mate. Think of being asked to identify the body. Think of crying and laughing so hard you finally understand why you're here. Think of bothy and bunkhouse, hut and hostel, burn side and barn, griip hole and gite, shelf and shelter, tarpaulin, tent, train and tree branch. We sleep around. Think of the hopeless hunger that makes you appreciate your "friends" in a totally new way - a passing thought perhaps ... Think of running through clouds, think of running through lifetimes, think of running through desert sands that fill your eyes, lungs, tripping round the already cluttered, crumbling, corners of the mind. Think of runs on myriad mountains, countless countries, crumpled continents, a literary alliteration of allegories. Think of friends old and new, found and lost. Think of the people you have met and married, met and wouldn't. Twice. Think of the people who just don't understand. Think of the three "Ms", mountains, motivation and money and the huge gulfs in between. Think of the dissent and the descent in between. (Politics). Think of the tribe that makes you separate and one. Think of the eclectic mix of eejits and egotists, exceptionals and eccentrics, elsewhere and elite, and me of course. You are thinking of Carnethy. You are thinking of being in love.

Carnethy Hill Running Club takes its name from one of the Pentland Hills, Carnethy,



from the Welsh *carneiddau* meaning a heap of stones, which is a fair description of it's boulder strewn summit. A running club named after a heap of stones? Aye, why not, for we continually grow "boulder" over the years and the Carnethy *faithful* are like the hill itself - part of the land, young and old, weathered, wild, waiting our time before we rise to, or just trip over, the top and aye, often hugging, huddled, humbled together on an exposed summit.

Disparagingly, we've been described by other clubs who have road and cross, perhaps very cross country sections, as "Edinburgh University at play", perhaps because we've more degrees in Carnethy than on a compass although that's missing another point (so, off compass) or perhaps it is because the assorted Carnethy crazies, cranks and crocks, misanthropes and misfits could easily attract funding for enough research projects and dissertations to put hundreds of students through Uni'.

In the past Carnethy has also been called "a particular lesser club" by the well respected former Olympian and Convenor of another Scottish club which is now sadly long defunct and we are of course perversely proud of it but now, with some 250 + members, perhaps we should simply be called a great big heap instead?

We've also heard Carnethy being described as the biggest and the best? Good titles, but not really for us, although our run of success has given others the perception of the Carnethy *faithful* as an elitist bunch. Yet, Carnethy, the hill, is not the highest hill in the Pentland range although it is by far the most attractive with different aspects from every side—red screes, steep flanks, tussocked hollows, bouldered summit and that funny bit almost always in the shade. In a way those aspects of the hill are echoed in the very ethos of Carnethy, the club, for with Carnethy Hill Running Club there is too an attraction and oddly unifying diversity and always the thought that there's room for those with aspirations to strive higher, or for some to simply explore that little bit further the view from the next top or revel in their ability to get there.

It was in February 1983 that William Burns Scott, the original organiser of the Carnethy Hill Race, noticed a peculiar phenomenon. No, not the acrid, cat-pee smell of old Hellys but that a large

proportion of runners in the Carnethy Hill Race were unattached. OK, he noticed the cat-pee thing too. After a few enquiries, Burns Scott began to realise that there was this weird breed of runner out there who didn't do track, didn't do road, didn't, well, didn't do much of anything except run on the hills but who had no club which catered specifically for their needs. Should one be formed? The legendary John Blair Fish (JBF) remembers: "We discussed how to do this and I expressed willingness to help" ... "other fell running friends - Mike Lindsay, Bill Henderson and Jim Barton ... negotiated". So on the 16th March 1983 Burns Scott sent out a call to arms, perhaps that should be legs, calling together "all interested parties with a view to starting some form of athletic club..."



A press release from Carnethy Community Education Centre in April announced the result: "An unusual athletic club was formed in Penicuik...on 12th April 1983...an athletic club specifically for people interested in hill and fell running, and this will be the first club of this kind in Scotland..."

So what became of that rounded up, ragbag "first club of it's kind in Scotland". Well amazingly, 23 years on, Carnethy is now recognised as one of the premier Clubs in Britain and is certainly the largest hill running club in Scotland with a membership of some 250 members. So are we the biggest and the best after all then? It would be easy to think like that, given that nowadays a glance through the past and present members list reads like a Hill Running Who's Who: JBF, John Coyle, Jill Mykura, Stuart Whitlie, Marbeth Shiell, Adam Ward, Andy and Hilary Spenceley, Kate Jenkins, Keith Burns, Brian Waldie, Ronnie Gallagher, Helene Diamantides, Maggie Creber, Lyn Wilson, the Charlie Ramsay to name but a few. With it's brace of Ladies World Champions, Beverly Redfern and Angela Mudge, and World M70 Champion Bill Gauld, plus Carnethy's legions of European, British and Scottish

Champions and Internationalists, oh and a plethora of distance running and race record holders and highly successful competitors over all age groups from junior to—aye well, whatever the odd categories are that put an excited, enthusiastic 72 years young Alex Menarry into silver medal position in 2005's World Masters, or an equally excited 9 year old Lewis Holding into being the winner of the unique Allermuir trophy - a fantastic, bronze-metalled, two feet tall Felix the Cat attired in yellow enamelled Carnethy vest, which actually runs! The trophy being awarded for best junior achievement. But the lengthy who's who would give a false impression of Carnethy's origins, aspirations and what Carnethy is still about today. In essence, Carnethy is simply an association of like-minded people, enjoying hill running for all it has to offer whether it is some crucial competition or a social stravaig 'up there'.

Established as a refuge for the homeless; a place for all those unattached or displaced hillrunners in Athletics Clubs who didn't have a real hill running club to call home, Carnethy is now 'home' to a wide-range of eclectic and some say, OK most say, eccentric individuals, such as Alex Menarry, Andy Spenceley, Bill Gauld, Bob Waterhouse, Brian Cunningham, Cali Ingham, Curly Mills, Dave Peck, Eddie Harvey, Ian Frost, Jim Barton, John Blair Fish, John Coyle, Kate Jenkins, Keith Burns, Nick Macdonald, Nick Schierloh, Nigel Rose, Richard Robertson, Robin Morris, Steve Fallon, Fraser and Willie Gibson oh and Robin Morris, all completely, absolutely, bonkers. Weapons of Mass Distraction, without even the documented 45 minutes warning. Seen the X-Men? Aye, think less power with more mutation and you're half way there.



With our oldest competing members in their seventies and some young, non-competing, members of around a few months, we've quite a range of runners, raconteurs, reprobates and rogues. There are many outstanding athletes of all sorts in the Club, as well as people talented in all sorts of diverse ways. One of the features of the Club is that, whether champion or also-ran, we are all enthusiasts, lovers of life. You will find mountain bikers, sea-kayakers, snooker

players, dancers, cross-country skiers, sailors, rock-climbers, orienteers and mountaineers among our membership, all eager to share their own interests and skills. Time and again people have said that they joined Carnethy because of the friendly people and their attitude to running in the hills. With a strong ladies section - a third of our membership - and an enthusiastic junior section Carnethy's strength lies in the diversity of it's members and their interests.

Perhaps unusual in a running club and especially one with such a successful racing contingent, the majority of the Carnethy faithful are recreational runners. This is undoubtedly because hill running has a non-competitive side to it that track and field athletics simply doesn't have. Carnethy offers these runners something too which the stereotypical athletic club doesn't - journey runs, weekends in the hills and foreign trips, running over well-trodden trails or through remote wilderness. This interesting mix of competitive and non-competitive members makes Carnethy a breath of fresh air. The club newsletter - a bi-monthly 40 to 60 page read - is alive with stories of epics and exploits as well as races and is a huge incentive to make you 'get out there' and join a trip, enter a race or organise something yourself.

Carnethy's website - [www.carnethy.com](http://www.carnethy.com) - is regarded by many as the hill running website. The source of news, views, results and reports of myriad epics and events. Willie "Webmeister" Gibson and his able team of helpers make sure that if it happens in the hills tomorrow you'll know about it on our site just as it is announced. If it happened today then you'll read about it on our site either later today or at worst first thing tomorrow. For both the newsletter and the website are but expressions of Carnethy's enthusiasm for the sport and the sharing of it and we want to shout it to the world! Oddly this transition from race or run to record or recall which echoes our great achromatic tradition (boring everyone witless with stories about how high, low, good, bad it all was) is also denigrated by some as being too organised, too professional. So even Carnethy can't win all the time.

Think again. It is a sunny day in Iceland. We swim naked in a hot spring pool in Landmannalaugar after the run over glaciers, deserts, boiling pools, grinding the fading pumice, true thoughts, half spoken loves; We are in love with the world; Hey, it is the same on Jura doing the Lowe Alpine as we bathe in the icy waters of a lochan, then, still hot, we - some with altitude sickness - coil the ropes and run down 1000ft of undulating Pyrenean slabs of red-faced rock to the lunch spot. At the front we experiment with verticality, friction and gravity and the optimum angle of lean. At the back, they climb down, slowly. Again the swim is good. Are we becoming a swimming club?





In Norway we run where hill, thought and sky are one, and on Ewan Gowrie's birthday watch the unhidden and unbidden stars, space stations affirm our planet, it's creations and it's leading lights. On a ledge below the summit of Gerlachovscky Stit we eat Andy Spenceley's birthday cake and await tomorrow's snow. Setting off in the darkness we conquer the "Bob Graham" and run Ramsey's Round with "Sophie". Then after lunch we run across Baffin Island, do a few new ascents in Greenland, fail to "sand" kite across the Antarctic so glide across the Gobi desert instead, pushing ahead of the others to run straight off the crag - making up two places in the race - before we gird our aged loins to stand on Aconcagua, settle troubled guts to run a marathon on Everest, break through the cornice on Cotopaxi and in the darkness of a winter's night clamber over the rim of the Grand Canyon to charge down Carnethy's clashing screes. Instantly, ok, seconds too late we realise that the blade of the ice-axe has caught on the edge of the slab and we recognise that life still wants us, if we can clamber back. Shhh. Each of these and more are Carnethy moments shared over hill, heath and heather with humour and humility ... and of course with friends.

Carnethy organise, or are involved in organising, about a dozen races a year, spread across the running year and across the country too. From East Linton to East Fife, from Moffat to the Moorfoots, from



Skye to the Skyline (Pentlands that is) we try to contribute to open but safe and well-organised competition in the hills. The first race of the Scottish hill running Calendar in more ways than one, *the Carnethy 5* is Scotland's biggest hill race with over 500 entrants in 2005. The idea for this race came from Jimmy Jardine of Peebles, an ex-member of the Octavians Athletic Club, with the intention being to commemorate the battle of Roslin that was fought in February 1302.

The first race started and finished in the public park in Penicuik and climbed only Carnethy, a return distance of about 9 miles. From 1972 to 1980 the route was changed to climb Carnethy and Scald Law from the public park. But in 1980 due to thick fog, the road crossing onto the Pentlands was deemed too dangerous so the race was changed to a cross-country race round Penicuik. However, many 'true' hill runners decided to ignore this and



have an unofficial race up the hills anyway. Positions were recorded but no times taken. From 1981 the course was changed to the current one starting in the field at Silverburn covering a shorter distance of some 6 miles but taking in five hills and 2500 ft of ascent, which avoided any road and yet made it a true and classic hill race.



On a much smaller scale Carnethy organises the *Traprain Law Race*. Traprain Law is a typical volcanic hill rising from the fertile East Lothian agricultural lowlands. The race began when the East Linton Village Gala Committee decided in the 70's that a race to the top from the village would be an entertaining event. Carnethy became the host club and organisers in the late 80's. The race (6.5m + 650ft.) follows the riverside footpath and farm tracks to the foot of the Law. The ascent is a steep rock scramble up the east ridge on the edge of the old quarry followed by a fast grassy descent back to farm tracks and the riverside path. The

outgoing route involves a wade across the River Tyne which is usually no more than a welcome cooling but sometimes becomes a raging torrent forcing a course detour by the footbridge.



And so over to the Isle of Skye. In the summer of 1899 General Bruce brought Ghurkha Harkbir on leave with him from the Himalaya and explored the Alps along with Norman Collie the renowned climber and alpinist. The estate owner, McLeod of McLeod, heard of an extraordinary run that Ghurkha Harkbir had done from the Sligachan Inn to the summit of Glamaig and back in one and a quarter hours. He refused to believe it and had a heated argument with some local gillies (who presumably had witnessed the ascent). Bruce offered to resolve the dispute and asked Harkbir to do it again. He did, and knocked twenty minutes off the alleged one and a quarter hours. It is recorded that he did it in bare feet, which seems implausible. Surely a sensible Ghurkha who had already explored the local hills would have worn sandals (without socks). Almost simultaneously in 1987 the Campbell Family, owners of the Sligachan Hotel, spurred on by the loss of the Hotel visitor's book & records, and David Shepherd (a member of Carnethy) had the inspired idea to commemorate Ghurkha Harkbir's run with *the Glamaig Hill race* as it is now. David was tragically killed in an accident on the family farm near Fochaber, Morayshire, before his idea was really known. That the race went ahead is also a fitting memorial to David. The Shepherd family have maintained a link with the race through David's brother Andrew (another Carnethy member) who has competed every year but two. The record is now a staggering 44mins 41secs set in 1997 by Mark Rigby (wearing shoes) who descended from the summit to the hotel in approx 13 minutes (a descent time that was equalled by Haddington & East Lothian Pacer's (HELP) Brian Marshall in winning the 2005 race).



Back in the Pentlands the Carnethy's *Caerketton Hill* senior race (pictured below) is a brief but brisk 1.5 miles long and climbs from Hillend ski slope to the summit of Caerketton and back, an 800ft climb. The junior race is for under 14s, about 1 mile long and climbs 350 feet to the summit of the ski slope and back.

Carnethy's Mark Johnston also organises a more informal occasional downhill only race on the same hill. Oddly for such a popular event, the race description includes the terms, "insane" and "suicidal".



So, more islands - Mull, Jura and Arran - for a race which isn't strictly speaking a Carnethy race but which is perennially marshalled and supported by the Carnethy faithful and has 4 Carnethy members on the organising committee. The Scottish Islands Peaks Race has several objectives: one is to encourage sailors to appreciate hill running, for runners to appreciate sailing and for both to enjoy what must be some of the best sailing and hill running in the world; another is to help to build the self confidence of the youngsters running and sailing in the Youth Teams; yet another is to raise funds for various good causes; but the main objective is to provide a challenging experience to sailors and runners who may be too busy to devote weeks to sailing the Atlantic or trekking in Tibet but who still relish overcoming a challenge which is well beyond those normally encountered in our modern well insulated lives.

The race is for teams of hill runners and sailors over a long weekend around the beautiful West Coast of Scotland. The Race starts in Oban with a short hill run, then a Sail to Salen on Mull, run over Ben More, sail to Craighouse on Jura, run the Paps, Sail to Arran, run Goat Fell, then sail to Troon. Easy! The sailing course of 160 nautical miles includes the strong tides and overfalls of the Corryvreckan and the Mull of Kintyre whilst the runners cover 60 miles and 11,500 ft of climbing



Another classic race but one that was at one time destined to disappear from the race calendar- the Angus Munros Race - has recently been rescued by Carnethy's Adrian Davies. (Pictured on the course). This tough race over difficult terrain has severe navigational problems thrown in to make those thrown enough to give it a go to wonder not just why they are there but also - too many times - just where they are. The last descent - not the original crag loping, foot groping, last hoping, organ grinding (spot the monkey) chance to gain seven places with one trip and a drop off Dreish (appropriately the Gaelic "Dris" means thorn) still involves running over concealed boulders and an almost welcome river crossing before the final few hundred metres to the pub.



The inspiration for the Devil's Beef Tub Race came from John Blair Fish who whilst travelling south to other races over the years was continually impressed by the view of the Devil's Beef Tub and eventually the possibility of a race round it. To John, the photo opportunities seemed endless as well as the sponsorship possibilities such as the "Bovril Beef Tub race" perhaps. Together with Roger Blamire who had similar thoughts John talked to the local farmers and the race went ahead in August 1992.

With Carnethy ever mindful of the pre or post-race opportunities the race was held in the morning so runners could compete in the Roan Fell Race at Newcastleton in the afternoon, with a prize for best performance over the two races. Although it's a superb little course (2 miles, 750 feet) in a superb area, the race has never drawn many runners but that's just another reason for Carnethy to support it.

Back in the Borders, Carnethy organise a surprising little race, the Manor Water. Surprising because there is no water anywhere on the course. Looking down from Cademuir Hill a singular hollow can

be seen, now without stream or water, which was probably the channel of the Manor Water. Although there is a river in the valley both geology and history agree that this is *not* the Manor Water because the source and course are wrong.

The race began in 1992 as an adjunct to the Manor Water Sheepdog Trials that had been taking place since 1960 odd.



Originally organised by local farmer John Nash, with local help from "retired hill runner", Carnethy's Graham Pyatt. Graham took over the organisation after John died in 1995.

The course has changed little over the years. In 1999 Carnethy followed the advice of previous race runners who suggested that the section of road (500m), at the beginning and end, could be removed by going directly across fields. When the Manor and the Skyline (see below) are on the same weekend there's a competition for those who do both with the best aggregate time. The winner gets the Man(or) Mouse Trophy. The runner with the worst aggregate times gets a toy mouse!



2006 will be the 20th year for the epic Pentland Skyline Race, a 16 mile, 6200 feet circuit of the Pentland Hills in what has been weather both fair and foul. One year it was even run anti-clockwise as an experiment. Organised by the safety conscious Richard Robertson for several years it continues to be a chance to experience the rough and the smooth - distressingly runnable ridge paths and valleys on the way out, tussocks and trouble, heath and heather on the way back, with the regular marshals being a constant reminder that there are worse things than running it.



The final race of the Scottish Calendar, the Tinto Hill Race is also organised by Carnethy. In 2005 it's 20th year, current organiser Derek Bearhop engineered its biggest turnout ever for this slender 4.4 miles, 1500 feet beauty. Once described as a "shockingly runnable out and back course" because there is no excuse for not running every step and the continual false summits on the ascent are compensated by the glorious return on the descent, even if one year Carnethy's Paula Drouet hitched a lift back down in her pal's helicopter! But then she is a whirly bird...

In 1989 Carnethy began the - open to all - Handicap Race Series of firstly five but now six races throughout the year. (We screwed it up one year and had to add a decider and we've stuck with the format ever since). Based on the Biblical principle that 'the first shall be last and the last first', runners are given different start-times, with the slowest off first and the fastest off last to give everyone the opportunity to beat a World, Scottish or British Champion or two, or at least run with them fleetingly as they pelt past. You'll learn they never smile. There is a catch of course. If you thought Catch 22 was bad, wait until you try to outsmart the formula of our handicapper, currently Willie Mykura. For points are gained throughout the series by running faster than everyone else but the faster you run and the better you do the worse your handicap is next time out. Which means that the only way to get a good handicap is by running slowly but then you don't score points. So how is it done? Come along to a Wednesday night handicap race and find out. You can always complain about it afterwards in the pub, assuming there's anyone left by the time you actually get there...

In 1990, the then club President Dave Peck wrote up a simple run in the hills for the club newsletter; not a race or organised event, just a superb run, and unwittingly instituted a great change in the club. With each of us out there doing our own thing, we began to write up - in poem and prose - our days, our journeys, in the hills. Before long the "journey run" was a mainstay of the club with day runs, weekend runs, week long runs being organised, principally by the meteorically challenged Nigel Rose who seemed to be responsible for some of the worst weather ever experienced on a day's run. Think biblical floods and then extrapolate. So we ran and still run some fantastic routes - Dalwhinnie to Fort William, The Great Canal Run, The Great Golf Course Run, most of the Scottish "Ways" (St Cuthbert's, West Highland, Southern Upland, for each of

which Carnethy hold various records) the "Cross Scotland's" - Lochinver to Berrisdale, Montrose to Inverey. The Balquidder Rectangle, the Waverley Line, Forth from Fife and myriad more. As one of our members recalled "One of my most memorable long runs (back when I was young, had hair, and was fit enough to run for more than 20 minutes without need of resuscitation) was a two-day winter epic organised by Helene (Diamantides). We ran / snow-ploughed from Glen Doll along Jock's Road to Braemar, where we spent a jolly evening in the Braemar hostel. Next day we caught a bus to Ballater (probably too far over the limit to drive anyway) and trotted down to Loch Muick before nipping over the top of the valley and Walsh-skiing down into Glen Doll again. Such fun. Come to think of it, most of the NQTK runs I went on were brilliant too. That's Not-Quite-The-KIMM for you newbies, sadly now defunct but one of the finest contributions made to Carnethy's collection of slightly daft excursions by the King of Epics, Dr Deluge himself - Nigel. Ah, those slap-up ding-dong Sat night meals and heavy metal Sunday breakfasts while those KIMM nutters were shivering in their crisp packet tents... Magical".



In the winter months when the moon is up and the darkness descends the Carnethy faithful hibernate and dig out the "big Walsh" to huddle down, sit by the fire and reminisce, Aye, well not really as of course we organise a series of night runs in the hills. Aye, when the "auld mune in the airms of the new" is done, we're out there being drawn to the "dark side". There are only a few - drink takes it's toll - who remember that originally these runs were organised to cunningly circumnavigate the very, very, convoluted drink licensing laws - consider the new legislation - that existed in Scotland at the time. "What you want to drink but not eat, eat but not drink?" By criss-crossing the Pentlands we could time our arrival to the peculiar (yet legal) timings and peculiarities of each hostelry. Sadly, although Carnethy goes on, those once great pubs, the hogget haudin, Howgate, which some of us remember in 1743 (now houses), the marvellous Marchbanks (burnt down), the glorious Glenburn (flats), the happy, homely, hospitable, haven of Habbies Howe (houses), sigh. In 1913 the Baptist Church travelled to Habbies Howe for their reunion, in 1963 it's only solidification was this crumbling picture (right) but in 1983 we ran there for a decent real beer and the inviting, warm, welcome and

generous hospitality; The standby of The Steading (still there and now very good); the, then, feeble, floundering Flotterstone Inn that's grasping the current day like a hill runner grasping a nettle when falling downhill ...and of course the outlying Leadburn Inn, which until recently was one of the oldest inns in Scotland. The missive was dated August 26th 1777. Those who know the odd snippet of history will recall that when Bonnie Prince Charlie was still alive and Napoleon was but a schoolboy, hiding his hipflask in his shirt pocket (why else was his hand tucked in there) and playing with toy soldiers, that the Thomson family were given "the privilege and liberty of brewing, baking, vending and retailing ales, spirits, bread and others"... Alas, recently a freak car accident took away yet another of our happy hostelries as somehow a Vauxhall Cavalier took flight at 120 mph then ploughed straight through the inn to leave a burnt out husk which has now been demolished.

Each night run is now timed to coincide with the full moon, not the peculiarities of provincial pubs, yet oddly seems to be when some of the Carnethy faithful are more hirsute - the men too - and of course there's no need for namby-pamby lights and head torches. LED over the hills? Not Carnethy. Often wondered how the Scots train on those breakneck descents on the downhill? Pull your Buff or Balaclava down over your eyes, or poke out the odd eye or two and give it a go. Doing it in daylight suddenly becomes easy... The locations and terrain vary but always end with 'pub and grub', conversation and conviviality, somewhere near at hand. The pace is often slow but the conversation and the wit is usually quick. "Eh, what", one of our elder statesmen quipped recently to emphasise the point. This early tradition was not only the precursor of the night runs as they are now but is the progenitor of the infamous Carnethy Pub Run, a gentle jog round 12 pubs in southern Edinburgh. (Beware the night runners, my dear ... they also drink beer) Initially this run met with some hostility from some of the regulars of these very traditional pubs ... "S\*\*\*t, it's men in tights" ... but now not only do they expect us but they 'phone ahead to let the other pubs know we're on the way!



Not content with getting out there and "just doing it", the Carnethy faithful have the great achromatic tradition of talking about their epic events afterwards, such as the "great safety pin of '67", The "night Keith drank the washing up liquid" and "the mystery of the not so hidden hoard of whisky on Mull". The Trotternish Run (7 hours with 4.5 hours in blizzard conditions and Nick Macdonald breaking, yes breaking, off a chunk of his hair when he took off his hat - because he wasn't wearing one (ouch, yes it was his actual hair - frozen solid).



Unusual for a club of such longevity, Carnethy has had very few Presidents, perhaps because once surprisingly nominated and elected, Nick Macdonald kept being re-elected despite standing down twice and being voted in *in abstentia*, sigh. Charlie Gordon, a close friend of Burns Scott did the initial 2 year stint. In the book "Flowers for Algernon", by Daniel Keyes, a man named Charlie Gordon was given a chance to become a genius through an operation. He was the subject of an experiment that increased the intelligence. The experiment worked and Charlie Gordon became a genius. It would be nice to think that this was an allegory for Charlie whose genius set up Carnethy so well but ... After Charlie, the larger than life - and even his 't' shirt - Dave Peck, suddenly became "El Presidente" and steered the club into the great unknown for the next four years. Keith Burns, not surprisingly led us into the nuclear age (he was a nuclear power engineer) before in another two years Nick blinked and double blinked into the headlights. Pushing his passion for poetry and prose, Nick rebelled

when the political polemic pushed in and he engineered a restructure that created the *Carnethy model* whereby the club split into racing and running sections, with the running section disaffiliating from scottishathletics and the racing club buying into the scheme. With the same committee, funds, newsletter, website and social events Carnethy preserved its origins and also rans and kept the competitive contingent all within the same club. Sadly a lot of other long-established clubs just didn't survive. Following the restructure, "world traveller" and poet, Colin Pritchard took the helm before stepping aside to allow our first lady president, Anne Nimmo, to step into the breach and steer us through another period when politics pounced on pleasure. Job done, Anne slipped back out of the limelight to be replaced by our current president Robin Haynes, elected under the slogan "no corporate crap".

It is inevitable that with four-fifths of our membership non-affiliated to scottishathletics Carnethy is seen to be anarchic and rebellious. Not so. We simply recognise that sport is not just about competition, it's about social inclusion and the promotion of a healthier lifestyle. Think, feel. We're back to love again. Oddly for a club perceived as being anti-scottishathletics Carnethy regularly



JB-F at Kentmere (photo Pete Hartley)

provide volunteers to help in scottishathletics races such as being the main help in their hill running championships in Falkland, World Trophy

Trials in Glentress and the FRA relays, and we also help at road races like the Edinburgh 10k and Edinburgh marathon. Carnethy are also the major volunteer force in the tremendous Scottish Islands Peaks Race. On top of this, the Running Club is responsible for the biggest hill race in Scotland - the Carnethy 5 - along with several other hill races in diverse parts of Scotland. Using the profits from "big" races to support the smaller races which would otherwise die is one of the ways in which Carnethy tries to put something back into the sport. Away from races, Carnethy has several members on the Hill Running Commission - the official scottishathletics. So you can see that the Running Club puts a lot of time and effort into the hill racing scene, directly and indirectly helping scottishathletics. The Newsletter has been an integral part of the Club and a mainstay of its fabric and cohesiveness, since the Club's formation. Many members have said how much they enjoy it and read it from cover to cover on the day it drops through the letterbox. Bi-monthly and free to all club members it has expanded over the years from a one-page Newsheet to a 40-page Newsletter with a wide variety of contributions from many members. From poetry to politics, records and results, tales of derring do and didn't dare, it is an invaluable record of the doings of the Club and an important archive resource. Want to find out what the Club's been up to or is planning for the months ahead it's all in the Newsletter.

We believe that the 'running / racing' structure of Carnethy has made it an inclusive club, enticing people into hill running. In fact scottishathletics itself has a similar structure in place with Jog Scotland - where people can join the scheme at different levels of commitment allowing them to try out running before joining a racing club. We did it first! We believe our club's inclusive structure makes Carnethy pretty special - just look at our website or newsletter and see the amazing variety of things our members get up to. Let's keep it that way.

## PHYSIO TIP : LACING THE INOV-8 MUDCLAW from Denise Park

After discussion with Wayne Edy at Inov-8 (at the World Masters, Keswick) we have come up with an alternative method of lacing the Mudclaw shoe, which currently has an off-centre lacing system.

Some of you have experienced splitting or 'kinking' of your shoes at the front, and I have also received comments that some of you feel the shoe causes 'twisting' or rotation of your forefoot - the front half of your foot.

When I first saw the shoe, I had some personal concerns that this design might



cause problems for those who already pronate excessively so had discussed this with Wayne to try to come up with a solution.

There is nothing wrong with the shoe design and the sole is out-of-this-world, but for those of you who may be experiencing problems, this could be the answer:-

If you miss out the first lacing hole nearest to the front, the lacing becomes more horizontal so will alter the rotation forces through the front of the shoe and influence the alignment of the forefoot. (see pic).

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Tuesday	June 13th	→ Science in Sport Leaver Park Run 6km paths and tracks (Permit No. 06/7500)
Wednesday	June 14th	→ On The Run Jubilee Road Race 5 miles (Permit No. 06/7500)
Thursday	June 15th	→ Welsh Two Leads Hill Race (under FRA Rules) 5.25 miles, 900 ascent
Friday	June 16th	→ Joseph Holt Brewery Cross Country approx 4.5 miles (Permit No. 06/6958)
Sunday	June 18th	→ Georgia Pacific Horwich Carnival 5K (Permit No.06/7500)

Each evening race starts at 7.30pm Sunday race starts at 2.55pm Non tour entries are available for all races except Joseph Holt Brewery XC



## TERRIFIC PRIZES FOR OVERALL TOUR AND INDIVIDUAL RACES

let 6 men - let 3 ladies - let 3 MV25 - let 3 MV40 - let 3 MV45 let MV50 let MV55 - let MV60 - let LV15 - let LV40 - let LV45 - let LV50 let 3 Men's teams (4 to count) - let Male Vets Team (4 to count) let Men's B team - let Ladies Team (3 of any age group) 50 spot prizes per race

There will be additional race only prizes at the Leaver Park Run, Jubilee Road Race, Two Leads Race and Town Centre 5K Race.

Tour Programme for each competitor will be available at the first race. Tour Results Booklet will be sent to each competitor in the week commencing June 26th. Sweatshirt for each tour entrant. Bonus of a Tour T-shirt for those who enter before 31st March. Commemorative glass to all who complete the tour. First 100 tour entrants receive a pair of Helly Hansen LIFA gloves or other HH items.

Tour standings are based on cumulative time. Presentations will be at approximately 8.45pm at each race HQ (Carnethy 5K approximately 4.00pm).

## RACE HEADQUARTERS

The Crown Hotel Leaver Park Run, XC and Carnethy 5K (BR 5063-418) Rivington Village Bowling Green Jubilee Road Race (BR 50625-14) The Bridge Hotel Two Leads Hill Race (BR 506-4116)

Send your completed entry form with large S.A.E. and cheque payable to "The Horwich Tour" to

Mr.A.Murray,  
5 George Street,  
Horwich,  
Bolton, BL6 6BP. Tel. 01204 460608 email: alastair.murray@gmail.com  
Postal Closing Date: 2nd June



## ENTRY FORM

NAME  CLUB (if any)

POSTAL ADDRESS

TEL. No.  AGE  POST CODE

MALE / FEMALE  NuEAA/NECAA/Sol/AA No  D.O.B.

SWEAT SHIRT SIZE  SMALL  MEDIUM  LARGE  X LARGE

Tour Entry Fee: £25 (Club), £35 (unattached) Postal Closing Date 2nd 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 endorse the appropriate fees. I am an amateur as defined by the I.A.A. 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)

Signature

Date

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The upper is very breathable and quick drying. Grip is superb owing to unique dual compound rubber - harder rubber on heel and toe areas.

Sizes: 3.5 - 12  
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**Inov8 Flyroc 310**

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**Inov8 Mudroc 280**

This is a stripped down version of the original Inov-8 Mudroc. Sticky rubber on the outsole helps with grip on rocky surfaces. A real race shoe.

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**Inov8 Mudroc 290**

New fell running shoe. Lightweight, breathable uppers which dry very quickly. Lace webbing system for secure fit. META FLEX midsole for accurate contouring. Anti clog outsole.

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The strapping on the upper gives a comfortable snug fit. Larger square studs are more durable than smaller ones and grip very well on wet grass.

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The classic fell running shoe. Glove like fit and superlative grip on virtually all surfaces. PB Extreme (Black) has durable, stretch resistant overlays. Sizes 1-13, also available in 1/2 sizes from 3-13.

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Sizes: S,M,L,XL

Complete with stuff bag  
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One of the lightest and softest rain jackets available today. Roll away hood with volume adjustment, peak and adjustable face drawcord.

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# EVEREST MARATHON

## - November 2005

from Pete Hartley

The Everest Marathon is listed in the Guinness Book of Records as the highest marathon in the world. The start line is at Gorak Shep 5184m (17,000 feet), close to Everest Base Camp in Nepal. The finish is at the Sherpa town of Namche Bazaar at 3446m (11,300 feet) and the course is a measured 42 km (26.2 miles) over rough mountain trails. It is the world's most spectacular race and this year's race was the eleventh since the events inception in 1987.

To acclimatise naturally to the high altitude all runners join together for a 26 day holiday in Nepal. This holiday combines sightseeing in the capital, Kathmandu, a 16 day trek to the start under medical supervision, ascents of Gokyo Ri (5483m) and Kala Pattar (5623m) for the best views of Everest and one of the most gruelling races in the world.

Garry Wilkinson of Clayton le Moors Harriers was 8th overall (1st V40) and was the first non-Nepalese runner to finish in 4:57:56 (this repeated his 1999 success when he was again first non-Nepalese & 3rd overall). Katharine Harvey (Altrincham AC) had a storming run to finish 15th overall, 3rd non-Nepalese and 1st LV40. 73 runners completed the course.

The race is a non-profit-making venture with all profits put into the Everest Marathon Fund. Over the years the event has raised an enormous amount of money to support health and educational projects in rural Nepal. Most of the money has been raised by the runners themselves and many divide the amount raised, with 50% to the Everest Marathon Fund and 50% to a charity in their home country. A team of seven (self funded) runners from Clayton le Moors Harriers raised around £50,000 to be split between the Nepal charities and the home charity 'Get Kids Going' which helps disabled youngsters get into and achieve their potential in sport. They were at many fell races in 2005 with their special van, selling the very brightly coloured t-shirts and raffle tickets to help with their charity effort.

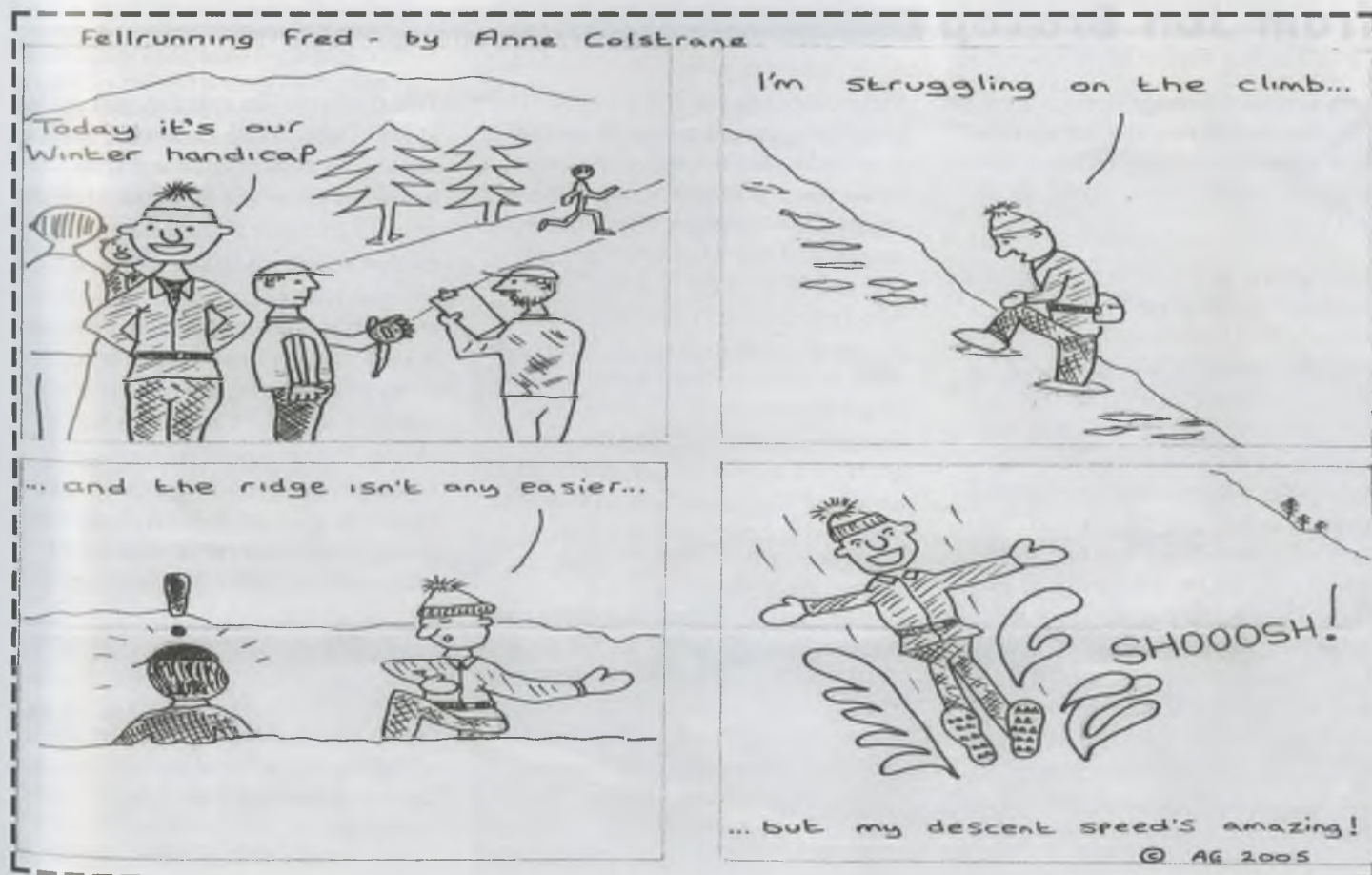
More information about this amazing event from [www.everestmarathon.org.uk](http://www.everestmarathon.org.uk)

The next event will be in November 2007 - details available Autumn 2006.

A selection of photos from this year's event can be seen on [www.sleepmonsters.com](http://www.sleepmonsters.com)



Kath Harvey of Pennine at the end of the Everest Marathon (Photo Pete Hartley)



# THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

The 10th Dinner was very well attended and we enjoyed the usual excellent meal at The Bridge. Of the nine successful contenders, three were unable to attend on this date and will be presented with their tankards in 2006. We now have two who have also successfully run the Everest Marathon; Barry Johnson, M60, 2000, was our first and now we also have Rainer Burchett, M65 who has also run all the London Marathons - 'formidable'! In addition to the nine new runners this year, there were three who had done successful repeat runs, with Alan Yates, Dark Peak, John Crummett, Rucksack Club and Dave Sleath, White Peak all having reached 60. Not for them the luxury of taking their permitted 18 hours - they were well within the new M55/59 allowance, running round with consummate ease in celebration of their entry into this decade. This brings the total of such runs to four, Brian Leathley having set the trend as M70 in 2002.

Also worth noting is that there were nine 'Naylors' competing in the World Masters in Keswick in September. In fact, we were represented in M/W50 right through to 70. It was a really good day and in sunshine, too.

Charity donations are continuing to flow nicely, with £2,484 having been collected in 2005, bringing the overall total to £17,585.

2006 will be the fifteenth anniversary of the first successful run in this event. For those aiming to run this year, it would be a good time to win a tankard as a plan is afoot to have them specially engraved to mark the occasion. Our thanks to John Green for this generous offer. We hope to have a bumper turnout, so make sure that training involves reconnaissance over the entire route, in sections, by both pacers and contenders. It is the best 'fail-safe' way to go.

*A note for your diaries*

**THE PRESENTATION DINNER 2006**  
will be held on Saturday, October 21st.

*Information: Monica Shone, Swn y Gwynt, Penmynydd,  
Llanfairpwll Anglesey. LL61 5BX. (SAE, please).*

e-mail: [mandc@gwyntog.freeseve.co.uk](mailto:mandc@gwyntog.freeseve.co.uk)  
(Please include postal address as well)

## Ramsey Round Summary

from Jon Broxap

Successful Ramsey Rounds are a bit like buses, you wait for ages and none come along and then all of a sudden here's two or three....or in this case nine.

After several very lean years 2005 was a bumper crop with nine complete Rounds. The Dark Peak duo of Gavin Williams and Tom Westgate went for an early attempt, 21st/22nd May and were successful in 23.28 and 23.48 respectively. Club mate Kev Saville failed that weekend but went again on 16th/17th July and despite bad weather - heavy rain and hail - made it in 23.44. All the others this year chose the longest day option - five of these were from Charlie's home town of Edinburgh - a combo of Carnethy and Hunters Bogtrotters proving very productive. Jamie Thin (23.31), Mick James (23.30), Ollie Stephenson (23.30), Graham Ackland (23.58) and Nick Wallis (23.30) cooperating rather

than competing on this occasion. The group's experience ranged from fifth time lucky, Jamie - well done, mate! - to the pacer who kept going and just sneaked in - Graham. Ninth but by no means least was Martin White from that epicentre of fell running - Winchester! Martin used a plane on his reces - not for a quick flythrough - but to get him north at the weekends as quickly as possible. Gatwick to Glasgow apparently being the way to go. His 23.46 completion meant that he joined Gavin and Tom in that elite bunch who have done all 3 big Rounds.

To date the established precedent has been to start and finish the RR at Glen Nevis Youth Hostel - much like recognised BGs must start and finish at the Moot Hall. This has meant some desperate dashes along the road on one or two clockwise attempts. Pete Simpson will not like being reminded!

Two clockwise Rounds this year started at Poll Dubh which meant the road section became a gentle warm up before climbing the Ben instead of an appalling stagger along a seemingly endless stretch of tarmac. Although I feel that we must recognise these attempts, a straw poll of other Ramsey Rounders came out strongly in support of only recognising attempts that do start and finish at Glen Nevis Youth Hostel. Purists would recognise only anticlockwise Rounds but that would be too much - yes, I did it clockwise! No other rules except to visit the 23 Munros that Charlie did in 24 hrs, starting and finishing at Glen Nevis Youth Hostel.

I hope to build a RR website this spring which will give route details, schedules and a list of known successes. Details in the June Fellrunner.

# Ramsay Round

## 25th - 26th June 2005

from Martin White

To a fell-running audience, the Ramsay round is most concisely described as the Scottish Bob Graham round. Starting at the Youth Hostel in Glen Nevis, it first climbs Britain's highest mountain, Ben Nevis, before heading off Eastwards over the Grey Corries. Descending to from Stob Coire Claurigh 6 hours later, you complete what "The Big Walks" describes as "an exceptionally arduous walk over the highest hills in the British Isles". However at this point you are only a quarter of the way! The route continues East, crosses the dam of Loch Treig, then swings South over three remote peaks rarely visited except by Munro baggers. The scale of the Scottish mountains now makes itself evident. Simply to reach the foot of the next mountain requires a nine mile journey through deep valleys, uninhabited save the occasional bothy. The route traverses the magnificent Mamores ridge over some outstanding narrow rocky crests, before giving way to friendlier, rounded terrain. It has a dual sting in the tail of a very long final descent from the Mullach, and a merit-less thrash through some steep forest, before finishing where it started in Glen Nevis. All told, it is 60 miles and 26,000 feet of ascent and descent, slightly shorter than the BG, but over higher, harsher, more remote terrain.

I had already completed the Bob in 1995 in the days before children when training time abounded, and the Paddy Buckley round in 2003, in a frantic final scramble with a mere 3 minutes to spare. The third great British 24-hour round exerted a powerful magnetic attraction. I toyed with the idea last year, but instead accompanied a friend to ride "L'Etape du Tour", a public bike race over the longest and steepest stage of the Tour de France. Since I had never raced a bike, this was a great challenge and memorable experience, with some thrilling adrenaline rushes hurtling down steep winding roads elbow-to-elbow with dozens of other riders. It was fun to feel part of the high tech razzmatazz of Le Tour, carbon fibre and titanium components everywhere, a myriad sponsors' logos on every Lycra-clad backside. But, all that glitters is not gold. I was pleased with myself for finishing, but as I privately contrasted its glitz and frenzy with the calm, beauty and simplicity of a long day out in the mountains, I found it wanting. I came back to running refreshed and with appetite and as an unexpected bonus. I found myself climbing more strongly than ever too. The Ramsay round became my New Year's resolution.

Training for mountain races is difficult when you live in Hampshire, but in January, I had a stroke of luck. My company signed the German Sports Science Institute in Cologne as a client, and I had the privilege to visit them. This impressively equipped outfit claims to be the premier sports science institute in the world, providing for example advice to the German Olympic Association and blood doping services to the IAAF. Introducing myself to a room of lean looking people, I felt obliged to share my sporting credentials as well as my professional qualifications. They immediately latched onto my claim to be an ultra marathon runner, because the medical doctor who runs the blood doping laboratory is himself an ultra runner, just off to the Andes with a party of others to study the effects of altitude and acclimatisation as they ran a relay 4000km along the ancient Inca trails. When they discovered that my claim was genuine rather than bravado, they insisted on testing me. Soon I was on a treadmill, hooked up to a breathing mask, with tubes and electrodes, running a step-test which comprises running for 5 minutes at 5 mph, then 5 minutes at 6mph, then 7 mph, and so on. In the 30 second pause between each 5-minutes they pierced my ear to take blood to measure the lactic acid build-up. At 10 mph I was at close to my limit. After 60 seconds at 11 mph I had reached it!

All the data was plotted onto graphs which the doctor helped me interpret. "Your lactic acid curve is very flat at the beginning, but very steep at the end. You would be a terrible 800m runner, but you have the perfect profile for an ultra-runner." Naturally I was flattered. They then

produced a personalized training program for me, specifying times and distances to train at various heart rates. For the first time in my life, my heart rate monitor became a useful training aid, rather than a useless distraction.

My training until Easter was based on a marathon program, and I ran my best half marathon time for 13 years. The plan for April to June was to turn this basic fitness into mountain fitness. I enjoyed the Great Lakeland 3-day, which I'd highly recommend, and finally dared to enter the Old County Tops race, which I've always thought too intimidating. That also went very well, until we made what turns out to be a classic mistake of climbing Dow Crag instead of the Old Man of Coniston. Mountain honing continued with a recce trip to Scotland, half term spent in the Lakes with my family, and a beautiful summer's evening in the Brecon Beacons, all of which left me feeling stronger uphill than ever before. I was lucky to stay healthy, and felt physically ready. Mentally, I was obsessed with the round for the whole final month, forever looking at my watch and wondering where I'd be, alternating between confidence derived from knowing that I'd done everything that I'd planned in training, and irrational, paralysing butterflies, fearful of an unexpected painful collapse and of letting people down.

Despite Glastonbury-flooding thunderstorms during the Friday, Saturday 25th June was a beautiful day, sunny with friendly white fluffy clouds. I had chosen to start at 12:00 noon, reasoning that it would be light for the tricky descent off Sgurr Eilde Mor early the next morning. I



Martin and his team just before the "off" (Photo Martin White)



was lucky to have an excellent support team, comprising Chris Rhodes, John Amies and Bryan Carr from Congleton Harriers, Peat Allan and Pete Halson from Southampton Orienteering Club, Nigel Fenwick, my Karrimor partner for 17 years, from Winchester & District AC, Marcus Brooks, once-but-not-now-fit whose first experience of mountain running this was to be, and Walker Cowan, Peat's father-in-law, who drove for us. We all met in Glen Nevis at 11:30.

That final half an hour passed very quickly amid a whirl of introductions, final support instructions, a tense phone-call to my wife, and liberal applications of Vaseline. I felt oddly nervous. There was no starter with a gun or horn, no-one to tell me to go. From somewhere, I had to summon the will to make myself start, but the prospect of the whole 24 hours seemed too daunting, so I shut it out and set myself a target: just one hour, with the reward of a banana when I got through it. Suddenly it was noon, and I was off without thinking. I've never done a parachute jump, but I imagine that this is how it is in those final moments before throwing yourself out. You want to do it, but all reason tells you that it's not a sensible thing to do, and suddenly, mid-way through your internal debate about whether to do it or not, you've done it and there's no turning back.

Chris and Bryan were helping me on the first leg. The game plan was to avoid going too fast at the start. I've never finished a long event thinking, "If only I'd started faster". The converse isn't true. Pace judgement is difficult because of the adrenaline and because pacing yourself for 24 hours is not something you practice very often. After a first exuberant surge, we soon found a comfortable rhythm - well, comfortable for me anyway. I was carrying nothing, while Chris & Bryan had food, water and clothing for me as well as for themselves. Their rucsacs would have seemed small, except they were trying to keep up with someone who had done everything in his power for months to be in tip-top shape at this precise moment, and who wasn't weighed down by anything.

It was warm and humid, but thankfully not scorching or stifling. Being mid summer, the main path up the Ben was thronging with coach-loads of people embarking on the three peaks challenge. We seemed to be the only party not heavily dressed in boots and armed with walking poles. A woman hobbled down assisted by others, clearly in terrible pain from one knee. A young man asked, open-mouthed, "Are you doing fell-running?" What should I have answered?

Soon it was banana time. The basic plan was to eat something significant every hour, and I was pleased to enjoy eating it, not having to force it down. Bryan was

pleased to be carrying a few ounces less. Short cutting the ziz-zags of the main tourist path means a steep climb up loose stones and rocks. It's not a great way up this great mountain, but I didn't worry about that today. As we came over the final rise to the summit plateau, we were amazed to see literally hundreds of people picnicking. I understand why it's a popular mountain, but this was ridiculous. After leaving the summit, I saw fewer than ten people during the next 22 hours.

Chris led off confidently in what seemed the wrong direction to the Carn Mor Dearg arête, treacherous in winter but a total pleasure in today's perfect conditions. We left Bryan behind down the steep, awkward boulder field, and took it very easy to allow him to catch up as we tackled the arête itself. The best route is to stick to the absolute crest, and the great grip of new Walshes on dry rock gave me the confidence to do so.

Chris found a great line off Carn Mor Dearg, just left of the nose. This descent is very steep, and you have to drop much further to the col than it first appears. The climb up Aonach Mor is the steepest of the round. Chris & Bryan took a short-cut and a breather, leaving me to go up solo. A narrow gully trends leftwards up the impressive face, grassy at first but finishing up the base of an imposing rocky cleft. Fell-running turned briefly to mountaineering. I suddenly felt remote and alone, vulnerable, surrounded by cliffs and with a long, steep drop below, but I soon popped out onto the summit plateau and jogged up to the cairn.

The gradual descent to the next col is a lovely, easy grassy run. I met Chris and Bryan for the short pull up to Aonach Beag. From here, the views were fantastic in all directions. We could see almost the entire route, although I hardly dared look at everything that was still to come. We picked out the summits on the Mamores ridge, and noticed how perfectly conical and small Binnean Beag looked. More of Binnean Beag later.

A lovely mountain ridge leads in a few minutes to the top of a steep buttress, 1200 feet above the col far below. Here, the natural slope of the ground tempts you to head right. Chris led directly off the nose. It was extremely steep, and looked frightening. "Are you sure?" I was forced to ask. Of course he was. It's not a line you would take unless you were! After 50 feet or so it eased slightly, and we found a good line just left of the ridge, and rapidly arrived at the col to meet Marcus, who'd carried in 10 litres of water.

I took a cheese & tomato roll, and set off at a very gentle stroll while the others decanted water from Marcus's huge bottles and shared the load out. Chris again found a fine line skirting the grassy flank of Sgurr Choinnich Beag to reach the ridge leading

up to Sgurr Choinnich Mor, Marcus' first Munro. Here the ridge becomes rocky and stays so for most of the next four miles over the pale quartz ridges of the Grey Corries. I was in total cruise mode, relishing the fabulous views, impressed by the scale and breadth of the valleys below us, easily able to pick out the route that I would be taking overnight. The whitewash walls of the Luibeilt bothy stood out clearly, with their accompanying stand of dark trees. However, behind me, weighed down with the fresh water, all my supporters were finding the pace too quick. Hints gave way to outright pleading for me to slow down. Slowing down definitely went against the grain, but eventually I managed to control myself. We re-grouped for the excellent ridge-run to Stob Coire Clairigh. Marcus said later how difficult he'd found this whole section because of the rocky terrain. "Every step is different", he said, "It makes it really hard to find a rhythm." I'd found it a pleasure.

Now we headed off down a steep grassy descent, during which Marcus discovered that the grip of a worn out pair of road running shoes is inadequate for the job. He claims two complete summersaults. Chris and he took a short cut while Bryan and I toiled up the loose scree on Stob Ban, definitely the most slippery climb of the round. At the summit, it was precisely 18:00. I felt great, but it was pretty daunting to realise that I'd only completed a quarter of the task!

The long descent to the Lairig Leach was easy and fun. The long haul up Stob Coire Easain was not. This seems a dull climb through deep pathless heather. You face into the flank of the mountain, the topography doesn't draw your eyes away to the views and there are few features to relieve the monotony. On the col before Stob a Choire Mheadoin, the wind freshened from the North, and for a few minutes it was chilly.

From the top, we looked straight across Loch Triage to the West face of Stob Coire Sgriodan opposite. Foreshortened, it looked utterly sheer. Surely there is no way up that? But I knew different, because I was about to spend an hour climbing up it. The loch looked a long way below. Again Chris picked a super line, down the broad flank, easy downhill running for a mile until we plunged steeply off over the right-hand edge. A series of broad terraces led diagonally down and left, until swinging down the birch trees on a final steep step, Bryan and I reached the track and turned towards the dam. Soon I could see Pete, Peat and Walker, waving at us, and moments later, after eight and a half fantastic hours, we were there, 10 minutes up on my optimistic schedule.

In nine minutes flat, I ate two bowls of soup, an entire tin of Ambrosia Creamed Rice (what would we do without it?), and the obligatory tinned peaches. I was very



Looking excessively cheerful and confident on Aonach Beag (Photo Martin White)

pleased that I could eat so well, and even more pleased that I could move quite comfortably immediately afterwards. We trotted along the railway line, speculating what would happen to us if a train just happened to come whilst we went through the 200 yard tunnel, and remembering the scenes from *The Railway Children*. Over the deer fence, then up that fearsome face.

It was great to have a change of personnel. Bryan and Chris had had to work extremely hard, and there hadn't been a lot of breath left for gossip. Water abounds on this leg so Peat & Pete's sacs were lighter. It was cooler and I was going slower. We nattered happily, as I heard the long story of Peat's short leg! The top of Stob Coire Sgrìodan soon arrived. We picked a perfect line through the broken ground at the next col, and as we walked up the rise to Chno Dearg, we were treated to a splendid sunset in the North West, black summits stood silhouetted against a backdrop of brilliant orange. There were mountains as far as we would see in all directions.

We turned, and ran happily down on almost perfect ground, celebrating the feeling of pleasure and privilege. Again finding a good line, we skirted the next hump, as a herd of deer flowed past on the skyline. We dived steeply down the valley side to the stream, and inched slowly up the other side to reach the summit of Beinn na Lap. Now nearing midnight, there was still enough light in the sky for us to pick our line down the broad, spongy ridge. The Petes both had new toys, wrist mounted GPSs, into which they had programmed various waypoints. Conditions were so good that we didn't need them for navigation, but Peat kept piping up curious things like, "only 1.63

miles to go till the bridge". As we ran down, it felt good for the distances to be falling fast.

Now we began the long valley journey, a couple of hours of walking and jogging with no steep ups or downs. The stars came out. We could clearly see the shapes of the hills against the pale sky, but turned head-torches on to help pick our footing on the rough stony track. From the end of Loch Treig, the path winds its way along the grassy banks of the Abhainn Rath. Last time I was here, this river had been fearsome to cross. Tonight in contrast I thought of Psalm 23 as the path led us by still waters, their mirror surface unruffled by even a breath of wind, reflecting the monochrome mountains. We paddled across barely shin-deep. After a surprisingly short stomp through soft sphagnum moss we found the stony track on the other side. It took effort to run now, but I felt that I was still moving well, and soon we arrived at the change-over at Loch Eilde Mor, still 10 minutes up on my optimistic schedule.

Nigel & John had set off to walk in from Kinlochleven just before midnight, and were waiting in a lightweight tent. Nigel wrapped a sleeping bag around me like a shawl to keep me warm while I ate soup, rice pudding and peaches again. In just 8 minutes I was ready, and we set off up the long haul up Sgurr Eilde Mor. I had noticed the Petes hurriedly changing into warmer clothing, their stint done, but as soon as we were going I felt warm again, and my T-shirt came off.

It was 2:30 am, very still and quiet. It was getting light already, and soon the moon rose over the top of a bank of cloud behind us. The short night was over. I felt

calm, climbing with a reasonable rhythm, although I began to feel sick – too much rice pudding perhaps? Knowing that there were many false summits on this flank, I was pleased that the real summit came sooner than I expected, albeit a couple of minutes behind my generous time allowance.

Despite it being light, we didn't find the best line down the awkward boulders and scree, losing a few minutes. We found the steep grassy ridge that leads down to the stream junction and the next path. Nigel & John began to press me to eat or drink. I still felt sick. I had been banking on some flat Coke to give me a caffeine boost, but it was too sweet. I struggled to sip some water.

Looking up, the summit of Binnean Beag seemed to tower high above us, and also seemed a long, long way away. I felt like I was approaching a Himalayan giant. I asked how long I had to get there. 55 minutes summit to summit was the answer. In slow-motion mental arithmetic, I deducted the time spent descending so far, and was appalled at the result. It was a crushing blow. "Ridiculous. I can't possibly climb that massive mountain in such a short time." I felt awful. Was this it? Was this me blowing up? Would my attempt peter out like John's had two years before, somewhere near here? I felt like I was underwater, drowning, but I could still see the shiny surface of the water and desperately wanted to get to it to get some air. Nigel spoke sternly. "Don't be silly. You've lost a few moments, but this is not cause for a major downer." I broke through the surface and gasped some air.

The path winds around to a col, from which the steep out-and-back climb starts. The climb went easily enough, and soon John led us down a sneaky scree run which saved a couple of minutes. We looked ahead up the ridge of Binnean Mor. When we had reced it in May, we had found a nice line despite the 20 yard visibility and pouring rain. Today we could see perfectly, but couldn't pick out a good line up the broken ground and between the cliffs. It was steep, and I pulled at clumps of grass with my hands. Half way up, John pointed to a rare flat spot. "That's where my attempt ended with me being sick into the heather", he said. I felt like I might follow suit at any moment! I lost another few minutes on this climb.

Light clouds enclosed the summit, and I needed my shirt again. Without seeing anything, we ran along the ridge to Na Cruagaichean - the twins - then descended sharply to a col and headed left on an improbable narrow line, skirting the top of the smaller twin across a very steep face. Gradually the ground eased, until we reached the ridge and an easy run down to the next col. Another traverse path lead to the foot of An Gearanach.

A steep climb leads to a fantastic rocky ridge, which is a scramble not a run. I hadn't reccied this, nor had I allowed enough time, so I lost another seven minutes. John and Nigel were worried about me now. I was barely eating or drinking, and was going backwards on the schedule. It was John's turn to speak to me sternly. "You can't afford to carry on like this. *You've got to do something different.* You must eat." The only thing I could face was wine gums, but they were in a bag mixed with some apricots that I couldn't stomach. Nigel solved that by eating the apricots, and we diluted the Coke with water. Going up Stobe Coire a Chairn I forced some down. "How long to the next summit?" I asked. "Thirty minutes", came the answer.

Right. Time to do something different. I dug in, forced my legs into a higher cadence, and stomped up Am Bodach, reaching the summit in 29:56. What a difference those four seconds made to my state of mind! I had stopped the slide. And somewhere during all of this, we found that John & Nigel had mis-read the schedule for that section to Binnean Beag, and instead of losing six minutes, I had gained one. What relief!

Coming off Am Bodach, we saw Chris and Bryan waiting in the sunshine at the next col. It was 8:00 am. After their long day yesterday, they'd got up at 5:00 for the long haul up to the col. Isn't it amazing what

people will do to help? Chris was cheerful and noisy. Suddenly, it was sunny and warm. The early morning blues evaporated, and everything was going to be OK.

The fine Devil's Ridge leads out to Sgurr a Mhaim. To the West, the valley was full of cloud. To the right, there was none. The network of streams in the valley bottom shone and sparkled iridescently in the sun. The ridge was rocky, and now my feet began to hurt when I placed them. I didn't have blisters, but the pummelling of so much rock had made them sore. I longed for some grass. Going back, I overtook, and then left all my support behind on the steep grassy descent to the lochan. That felt good, but they soon caught up again as I wearily plodded up Stob Ban. Over to our right, Ben Nevis towered in the sunshine, its head standing tall out of a scarf of cloud wrapped around its throat.

At the summit of Stob Ban I had nearly two and a half hours left, with only 1 hour 48 needed according to the schedule. There was little doubt now that I'd make it, but the Mullach looked a long way away. I was very tired now, and looking forward to the end. My feet hurt, and I wanted soft grass to run on.

The Mullach eventually came, but the descent was purgatory. My thighs hurt. My feet hurt. My fluent descending had turned to painful hobbling. It seemed such a long way, and I fell several times in the soft,

slippery peat. Then I spied the big path down the Ben which pointed to where the Youth Hostel must be. My heart sank. It looked miles away. The path through the forest was horrible. I slipped and stumbled, grabbing on to trees. It seemed to go on forever. We came out onto the nearly level forest track, and tried to jog along it. Everything hurt. I knew that I would make it, but I just wanted it to end. Please let it be all over. I expect if you're fresh, this bit takes no time at all, but to me it seemed to take an age. I wanted the pain to stop, but the only way to make it stop was to keep going. It was agony. I began to sob, and tears started rolling down my cheeks. I felt stupid, but I simply couldn't stop them. More steep forest. More track. Wouldn't it ever end? At last, we emerged onto the valley road, with 600 yards to go, and finally it was certain. I smiled for the first time ages, and managed to run.

The Hostel came into sight. There were Peat, Pete, Marcus & Walker, waiting, smiling, clapping. I touched the bridge and looked at my watch. 23 hours & 43 minutes. At last, it was over. At last, I could stop. I flopped onto the grass verge, utterly exhausted, smiling and crying at the same time. I'd had a fantastic time in perfect conditions, with a first-class support team, but it had still taken everything that I could summon to get around. What an unforgettable day. Try it!

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# Iron Grahams or Bob Irons?

from Phil Cheek

**M**y brief note in Martin Stone's long distance news last year stimulated a number of responses and I was encouraged to write this article outlining the exploits of a small band of likeminded lunatics who have completed both a Bob Graham and an Ironman Triathlon. So here goes, (hopefully) in the order in which people "joined the club" and with apologies in advance for any errors or omissions where my research has let me down.

**PETE SIMPSON** was first to double up. A very early BG member (Number 93 in 1978) Pete was also a survivor of the first winter BG, an epic worth reading about if you can get hold of a copy of Studmarks. Pete did at least one Ironman, in the early '90s I think.

I did my qualifying BG in '87 and a totally unsupported solo 2 years later before getting in to Triathlon. My Ironman career spanned 7 races over 10 years, the last at the age of 55. I also did Zofingen, duathlon's nearest equivalent to Ironman and highly recommended to any nonswimmers, particularly as unlike most (all?) Ironmans it finishes with a run up and down a mountain offroad. In my dotage I've gone back to long runs on the fells and enjoyed (?) a great day this summer adding a Naylor Challenge to my ticklist.

**ANNETTE MORRIS** (Blengdale Runners & Trilakeland) is the only female member so far with 7 Ironmans, including two of the acknowledged tough ones (Hawaii & Lanzarote), plus Zofingen. Annette did her BG in '98 and then went on to win the Ace Race adventure racing series 3 years in a row and numerous Polaris 2-day mountain bike races.

**GORDON DIXON** of Northumberland FR did 2 Ironman in '98, Switzerland and Hawaii, and added a BG the next year.

**BRIAN MEAKIN** of Kendal AC did his BG the hard way, with a 23:48 completion in December of '99, having done the very popular German Ironman in Roth some years previously. Is Brian the only person to have a winter BG as his qualifying round I wonder?

Next up is another Northumberland FR man, **DAVE ATKINSON**, whose 8 Ironmans include all the hard ones-Hawaii (hot and windy), Embrun (think Tour De France mountain stages) and Lanzarote (hot, hilly and windy). Dave's BG was a mere 10

weeks after Ironman Lanzarote so I think his training schedules for that spring and summer could make someone a really good PhD thesis.

**CHRIS RAY**, like Annette, is a triathlete turned fellrunner-but Chris apparently only did one fell run, a sub-22 hour BG in a pair of 5-a-side football boots! Chris was a Royal Marine and his BG came about when the RM boat for the 3 Peaks race fell through at the last minute and his running partner suggested a BG (which neither of them knew anything about) instead. With help from Martin Stone and others they just went and did it. Chris by the way was British record holder for Ironman with a time below 8:30.



Phil finishing an "Iron Graham" (Photo Chris Cripps)

**PETE HAMILTON** (Trilakeland & CFR) will be known to many runners, he's been around fellrunning and outdoor pursuits in Cumbria for many years. I'm sure Pete won't mind me saying that he's not the most gifted swimmer in the world, but lots of hard graft and early morning openwater sessions in Ullswater were the basis of a successful Longest Day (in exotic Wolverhampton) to add to his BG.

Another of the CFR/Trilakelanders, **CHRIS CRIPPS** is our youngest member. Chris spent so much time on BG support since the Millennium that his own round was a

formality, followed a year later by a trip to the flatlands of Aalmere for an Ironman where the biggest climb is a motorway bridge. I'd recommend Aalmere as a first Ironman, relatively cheap and easy to get to, well organised and supported.

**ERIC BLAKIE** is 6'5" ex rugby player (Ryton Tri & Ambleside) who has propelled that big frame round 5 Ironmans in Austria, Japan and Canada in the last 3 years and with a BG in '98. Eric has also ridden the formidable round of the 6 Lakeland passes (Honister, Newlands, Whinlatter, Wrynose, Hardknott and Kirkstone), a serious day out.

**ROY RUIDDLE** will be known to many for a series of big routes on the fells of Wales and Scotland and he (like Chris Cripps) has his eyes on a Paddy Buckley to add to his '99 Longest Day and '02 BG.

Our most recent recruits both did Ironman UK in Dorset in 2005. **STEVE BENTLEY** had to endure 2 punctures in the first 30 miles. Steve is an ex Rochdale Harrier now based down south, so his 2004 BG must have put some miles on the car as well as his legs. Steve is also a kayaker with aspirations to do the classic Devizes to Westminster race to complete a unique treble, now there's an idea. The other newboy is another of the Trilakelanders, **DAVE HAYTON**, making 4 from this tiny club..

Over the years folk have asked me which is harder, BG or Ironman? I really don't know, obviously BG is a lot longer and has a higher failure rate, but Ironman demands ability at 3 disciplines (a 2.4 mile open water swim can be pretty daunting) and IF you start racing it can and does bite back. Somehow starting even a flat marathon after 7 hours is even more mentally challenging than Yewbarrow after 15.

The camaraderie is similar. The atmosphere very different. BG is a group of mates working together on a quiet day out on the fells, Ironman is usually full of hype, razzmatazz and excitement.

Oh, and despite the appetites of fellrunners a BG doesn't cost as much - Tri kit is expensive, races cost £100 or more and most involve foreign travel.

Of course there are lots of other multisport achievements to combine with your BG (Helene Diamintides' solo Heb Challenge springs to mind) but if you are one of a number of BG members who I know are looking at Ironman, good luck and please let me know when you've done it.

# Ultra-running – the new black?

from Mark Hartell

Consider this – three years ago the future of the High Peak Marathon looked in doubt with only about 30 teams entering and entry on the night possible. For 2006, the lottery entry system drew 110 entries for only 40 places! That's 440 people who all want to run through the bogs of the Derwent Moors on a cold, dark March night.

Next, look at UK representation at overseas races. This year Liz Hawker from Essex was overall female winner of the 158km Tour de Mont Blanc and there were 6 competitors from Macclesfield Harriers alone; this in a race that has gone from zero to 2000+ entries in just 3 years. Over in the USA, Mark Hartell and Rex Stickland became the 2nd and 3rd Brits to complete the Grand Slam of 4 x 100 mile races, Tim Laney scored a top 5 place in the Hardrock 100 and there were UK entrants at several other 100 milers. Right across the world - in races like the Marathon des Sables, the Yukon Challenge and the Everest Marathon British runners are competing and getting results.

Then take the traditional "ultra" Challenges – last year saw a bumper 49 completions of the Bob Graham round and at least 6 successful completions of the Ramsay Round.

Whether fuelled by Richard Askwith's excellent book "Feet in the Clouds", or the rapid growth of Adventure Racing, more and more people are discovering the attractions of the longer races and challenges. What are these challenges? Well, an Ennerdale or a Wasdale are very different to the 3-mile blast of a summer evening race. Ultra-running is different again; extending the concept of self-reliance, looking after

body and soul and managing resources over hours of effort. It can be a journey of elation and despair, stripping away the humdrum of daily existence and getting back to being alive. At the end - a deep sense of satisfaction in knowing that you have traversed a great swathe of mountain and moor. As Mike Cudahy titled his book – following the "Wild Trails to Far Horizons"

There are many excellent ultra-running (off road events of marathon and beyond) in the UK but strangely no structure or framework to these. Well, all that is set to change in 2006 with the inaugural Montrail Ultra-running Championship.

From Galloway to the Cotswolds, from the Yorkshire Dales to mid-Wales the Montrail Ultra-running Championship is a series of 12 of the best ultra-distance challenges in the UK. Free to enter, it offers over £7,000 worth of prizes and a fantastic perpetual trophy for the overall winners. Apart from over £2,000 in cash prizes for overall and category leaders there are loads of spot prizes too so anyone can be a winner.

Are you ready to take the challenge? – Well, "to win it you have to be in it" as they say, so the first step is to register for the series at [www.runfurther.com](http://www.runfurther.com) – this is free. Once that's done – choose your races from the 12 listed and enter them in the usual way. Your best 4 scores count but these have to include one at each distance: short (but that's 26-31 miles), medium (up to 40) and long (40 plus).

For anyone interested in ultra-running [www.runfurther.com](http://www.runfurther.com) is set to become the place to go – as the series unfolds it will feature profiles of all the series races plus race reports and photos. There is a forum there where you can ask fellow runners about eating on the move, training tips and so on. You will also find profiles of some of the regular ultra-running competitors and the inside track about other races and challenges in the UK and around the world from people who have "been there, done that".

Both Montrail and Planet Fear, the sponsors of the Championships and providers of all the fantastic prizes, are committed to supporting UK ultra-running at a grass roots level. Involvement in an exciting new race series, giving people the chance to experience the highs and lows of the long distance off-road game, shows this attitude.

So, what's stopping you? – head to [www.runfurther.com](http://www.runfurther.com) and "take the challenge" in 2006.





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- Is free to register for the series (standard race fees apply)
- Prizes for men's and women's overall, 50+, 60+ and teams
- Spot prizes up for grabs to registered runners completing ANY of the races
- 1 race from each distance plus 1 other to count to the championship.
- Event details, prize info, runner profiles and more at [www.runfurther.com](http://www.runfurther.com)

Date	Event	Miles	Location
<b>Short (26 – 31 miles)</b>			
11 March	Wuthering Hike	31	Haworth - Yorkshire
6 May	Rhayader Mountain Trail	28	Elan Valley – mid Wales
30 July	Downland Challenge	30	Sussex
9 Sept	Chatsworth Challenge	26	Baslow, Derbyshire
<b>Medium (32 – 40 miles)</b>			
25 March	Compton Downland	40	Cotswolds
8 April	Calderdale Hike	37	Sowerby, Yorkshire
1 July	Osmotherly Phoenix	33	Yorkshire
16 Sept	High Peak 40	40	Buxton, Peak District
<b>Long (41 miles plus)</b>			
13 May	Fellsman	62	Yorkshire Dales
12 Aug	Rings of Fire	42	Galloway, Scotland
2 Sept	Bullock Smithy	56	Hazel Grove, Peak District
7 Oct	Long Mynd (tbc)	50	Church Stretton, Shropshire



[www.runfurther.com](http://www.runfurther.com)

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*Being one of the many people who didn't succeed at the Bob Graham first time round I found the article below particularly evocative. Allan's got it all in there, the effort, the companionship and the crushing sense of disappointment and of having let everyone down .....and this is only part One; the saga continues in the June edition!!*

# Trials and tribulations of long days in the hills (part one)

By Allan Greenwood

It was pitch dark and a chilly breeze was blowing the ever-thickening mountain mist around, making our torches almost useless. The beams of light simply shone straight back into our faces so I pointed mine down towards the ground, swinging it from side to side in an effort to pick out any sign of a path. Now it was the early hours of the morning and I'd been travelling for around seven hours over lakeland mountains, keeping more or less to a pre-arranged schedule. So far, the way had been clear, with a beautiful sunset over Bassenthwaite Lake as I climbed Skiddaw with Karl Gray and later a cloudless night sky and I'd stayed on the route. Now I was starting to experience that feeling of dread as I was falling behind time and visibility was worsening. Rod stopped and stared at his plastic covered map closely under the bright light of a halogen head-torch. He was sure he knew where we'd gone astray and was fairly certain he knew where we were. He was clearly aware that we were in a serious predicament but kept as cool and methodical as one might expect from someone who earns his living as a practising GP. Another bearing was taken and then off we went again along the short grassy turf. Of course, I silently blamed myself for this scenario, as I must have covered this ground six times on training runs this year and should have known the way. But darkness and mist can make a massive difference on even the most simple straightforward route. To make matters worse, it had now started to rain. It was becoming too cold to be standing around at over 2000 feet up in these conditions, so I decided to put on an extra windproof layer. "Good idea", said Rod, who did likewise. It was amazing how much warmer it felt with just an additional layer of thin ripstop nylon. We shared a drink, then continued searching. After what seemed like an age scouring the ground we found the right track. Up we went, and then onto the next hill, and two further peaks later we were on our way down and out of the mist to the road where the next set of pacers would be limbering up and Linda would be waiting with food. We were late. In fact we were very late and with the weather worsening I had to make an agonising decision. My pacers were fully fleeced and waterproofed up and the look of doubt in their faces said it all. I was still hyped up and ready to go on however as I pulled on a couple of

fresh dry thermals. As I gobbled some food and drank tea I looked up at the clouds swirling around on Steel Fell. It was probably hail-stoning up there now. Glancing behind me, the clag was right down on the Dodds ridge. I was well over an hour behind schedule and would need to push on hard without any more navigational mistakes. I can't convey the feelings that were going through my mind at that time. I couldn't bear to jack it in and waste my pacers' time but then, equally, I couldn't bear the thought of going on and failing miserably to get under 24 hours after all the training I'd been putting in.

Every single weekend since the week after my local 20 mile bog trot, The Wadsworth Trog in February, where after a good hard Winter's training, I'd had a storming run despite the inclement weather, I'd been up in the lakes receiving legs of the Bob Graham Round both Saturday and Sunday.

Jeff came forward. He spoke quietly but with some authority. "Look, It's been a great training run for you today. Why not come back in a few weeks and have another crack when the weather's better. Don't worry about us, we will get out for few hours walking this afternoon when the day has brightened up, and we've got tomorrow too".

I reluctantly slumped onto the grass and took off my shoes. "The mountains won't run away," was the last thing I remember Jeff saying, then before I could change my mind I had clambered into the car and we were heading back towards Keswick.

I felt so miserable and dejected. All that dedicated training had come to nought. I felt then that I couldn't put myself through it all again. All the organising, sorting out how to get pacers' cars to the beginnings and ends of sections and the right people with dry clothing and food to the right place at the right time had been a logistical challenge. I didn't believe that I could bear to face all that again.

Until Anne rang.

Anne Johnson used to be Anne Stentiford. She'll probably kill me for this, but she is probably one of the greatest endurance fell runners of our time, male or female. When she did her Bob Graham Round, there were only a handful of MEN that had done a faster circuit. Since then she has done

other endurance fell runs including a 61 peak Lakeland Round within 24 hours.

Anne called me on the Monday and asked if I would allow her to organise everything for another attempt in a fortnight. "Leave it all to me," she said. "Pacers, navigators, road support, you just give me a box of food and clothes". I had to admit that it would be a lot less hassle if someone else helped in that department. So I agreed.

That night I put four words in my diary - I WILL NOT FAIL.

Two weeks later, at 10pm on a Friday night, we were running from Keswick again. The first two sections went fairly well, Karl Gray again leading me effortlessly over the first 15 mile / 5000ft leg with Clare Kenny and Nick Harris looking after my every need. Before long we were descending Hall's Fell Ridge and handing over to Andy Clarke and Andy Addis, who Anne had described as "a shit hot navigator" for leg two. Alec had food ready and tea cooled perfectly. "Standing blowing hot tea wastes precious time!" he said. Great job Alec, cheers. But how, I wondered, would he spend the next four hours? Again, things weren't quite straightforward over the Dodds ridge as a large cloud bank swirled in right on cue, causing us to drift off line in the dark, misty gloom. However, Andy Addis soon took charge and kept his reputation as a fine compass man admirably. Andy C kept my engines stoked. He later told Thirza Hyde, our club membership secretary that he had never seen anyone eat so much food on the run... "More than I eat in a whole day!"

Bill and Anne were waiting at Dunmail Raise with Jon Underwood, who, along with his wife Julie, had mind blowingly cut short a holiday in Scotland just to accompany me on leg three, over the highest mountains in England to Wasdale Head. What great friends! After Alec's tea and rice pudding with peaches, and a change out of my wet thermal shirts, we set off into the mist over Steel fell. Anne kept the Jamaica ginger cake coming and she and Jon kept the conversation light and cheerful as Bill trotted on ahead. I had to consume this food quickly otherwise the rain would have it. Climbing Calf Crag Jon offered me a jam filled Hot Cross bun. I declined as I was still trying to prise cake from the roof of my mouth. Shooting into the dip before Sergeant Man I took him up

on the offer of his jammy treat. "Too late!" he grinned, smiling like the cat who's had the cream (bun).

Looking up at the mass of rock that is Bow Fell, I could see that Bill, Jon and Anne were, like me, wondering how on Earth we were going to get up there. The rain was sheeting across and the mist obscured the top two thirds of the fell. Bill went ahead, looking for the path below the slabs. "This way," he called. I kept craning my neck to look up as I climbed on all fours with my back bent double. I had my head down, shielding the wind blown rain from my eyes. Onwards and upwards I trudged, zigzagging through the rocks over soggy grass and moss. Water poured down the fellside soaking my feet which were by now getting pretty cold. I continued to crawl up the hillside in this monkey fashion, pushing myself on and on. Every few minutes I had to pause. On again after a breather, now the wind was lashing the rain into our faces. Another pause and a couple of very deep breaths, more like sighs. I was so weary but *had* to push on. We gained the plateau and with Bill in front route-finding, the three of us walked, huddled together, the wind nearly lifting us off our feet. We stopped as Bill checked his compass bearing and I confided in Anne that I was really getting cold. Without a word she unslung her rucksack shoved me into a sheltered alcove between large rocks and began stripping my clothes off. Now at any other time I may well have enjoyed these advances but Anne knew that if I got cold up here, at over 2000 feet on a grim day, we could be in real trouble. Off came my outer waterproof cagoule and both thermal shirts and I was quickly forced into new dry layers. The cagoule was reapplied, with a further cagoule, thin gloves, thick fleece gloves, then thick poly bags rubber banded at the wrists. Hood up, held in place by a balaclava and fleece hat over the top. Now I was ready to go again! The mist was thick on Esk Pike and over to Great End but Bill was navigating brilliantly. Jon and Anne kept the banter going though I was tiring now, trudging along behind.

Scafell Pike summit was no place to hang around in these conditions. We certainly didn't find the hordes of tourists normally found up here at midday. Notices warning of the precarious boulder on Lord's Rake forced us up to Scafell by the Foxes' Tarn path, a long grinding slog. I was so weary now though my mind was focussed and my heart was willing! Anne had noticed that I was stiffening up bodily so gave me a couple of Nurofen capsules.

Eventually we made it to the summit of Scafell and descended steadily down to Wasdale. We came out of the mist and I heard excited shouts as we approached the camp site, Thirza and Julie were ready to serve up the nosh Alec had organised. "You're not stopping," shouted Thirza, as tea and a tub of rice pudding were thrust into my hands

My great mate Wayne Percival from Warrington was kitted up and ready to go. Two lads I'd never met before were waiting in the wings. One of them, Phil Cheek of Macclefield Harriers, an old friend of Anne and Bill's, came across immediately. "Right Allan, this is Chris Cripps of Wasdale. He's going to take you over the next section". Two minutes later and I was to begin another six hour section on the hills with two lads I had never seen in my life before, but who would become the best mates anyone can have.

Chris said little, but just kept moving ahead, showing us the way over the Wasdale mountains on the foulest day. Phil behind me and Wayne just in front, did all the talking, reminiscing past long days on the hills. I followed on at a trudge, listening in. "That's the way," said Phil, "You only need to eat, drink and put one foot in front of the other". At times Phil was encouraging, gently coaxing me up the next climb. At times he was cruel. "You are going to have to raise your game," he told me as the wind and rain lashed us on the climb of Joss's Gully up the back of Kirk Fell. He repeated this on the way up Great Gable. On an utterly foul day I was still moving, which is tribute to the fine job the three lads were doing. I was cold and weary but pushed as hard as possible over the rocks, telling myself we only had five eaks to go.

I couldn't fail them.

Down we dropped to Honister, my legs heavy and wooden, my clothes soaked through. Here Wendy Dodds was waiting with host of other helpers. "Straight through again!" shouted Thirza. My mind was numb and I could do no more than simply obey.

In and out of the quarry carpark and onto the steep grassed side of Dale Head. Anne passed me tea and Thirza gave me rice pud and bananas. Cerys and Ben Davies and Barry Shaw joined the throng and we chatted happily on the steady trudge. The atmosphere was good and I was gaining strength. Cerys passed me a bottle of cold drink that tasted like petrol, but it did the trick. I didn't care, it was fuel in the tank. Steadily, I picked up speed, jogging the level sections.

I touched the big slate built summit cairn and we were off to Hindscarth, but not before I'd let out an almighty fart. All that crap food you eat on these runs can produce a real shirt flap ripper. This caused laughter all around but I had to apologise profusely. Then Wendy proceeded to entertain us with a story about when she once nearly shat her pants on an ultra long challenge. Down into the col - Cerys feeding me lovely jaffa cakes and her petrol drink - and away to Hindscarth running almost all the way. Then down into the second col and up towards the final peak, Robinson. As I reached the summit pile of rocks I lunged forward and threw myself at the masonry. I had reached the 42<sup>nd</sup> peak. This was a very proud, personal moment as I patted the rock with a thick fleece gloved hand. Now for the first time all day, I allowed myself a glance at my watch. It was exactly nine o'clock. This meant two significant things. Firstly, I had been travelling over the mountains on foot almost non-stop for 23 hours, and secondly, I had an hour to reach Keswick Moot Hall and qualify for membership of the Elite 24 hour club. As Phil Cheek would say, It was 'do-able'! Wendy came over and hugged me, saying she was proud of me. The others cheered and shouted. "Lead the way and get us down as fast as you can Wendy," I said.



Signs of fatigue as Allan and party leave Honister (Photo Allan Greenwood)



Down the fellside we flew. It was growing dark now as we went along a bridleway past Snab farm and on to the little chapel. I'd studied the map in recent weeks and reckoned it to be about three miles over farmland and bridleways to the finish. If we had half an hour in hand I reckoned I could still do it even on these sixty odd mile legs. "We are going on the road, as it's quicker!" someone shouted and I wasn't in a position to argue. Anne stood ahead on the road with a mug of tea for me but I ran straight past as hard as I could. I didn't speak or even look at her and I hoped that would get the message across. I meant business. Barry joined me along the road. He told me what an achievement it was, having made up so much time. "I'm going to do it Barry!" I said quietly. Now we were really moving. I felt as if I was six minute miling along the tarmac, but then I lifted my head to look at the road ahead and my heart sank. 'Oh no', I thought, no one told me it was so *hilly*! I was reduced to a walk as the road rose and disappeared around a bend in front. It was murder. I swung my arms, walking at a brisk pace. Soon it levelled out and we were off again. As it sloped downhill I put the boot in again and surged ahead. "Go on lad!" shouted Barry with glee, but it was short lived as the track began to rise again and I was reduced to a pitiful amble. On and on it

went, Ben and Cerys out in front, Wendy just ahead, Barry and Bill passing me drinks and jelly babies. "How much further Bill and how long have I got?"

It occurred to me that this was the only part of the whole 70 miles I hadn't been on before. "Oh, it's going to be close, a couple of minutes either way." I didn't want to look at my watch. I just wanted to keep the belief that I could actually do it. I could vaguely see the fence at the end of a wood going sharp right from our road. Only the bridleway over a bridge and it was into the lights of Keswick and to the finish. Skiddaw stood over to our right, silhouetted against the deep blue night sky. It didn't seem like a day ago I'd set off to climb its slopes. Suddenly my legs were fresh again. I was in striking distance and really thought I was in with a chance. To miss by a few seconds would be heartbreaking, so I upped the pace to the gate Ben was holding open. Right, over the bridge and along the town street, Barry said he could see the town hall clock through the darkness. Onto the cobbles and away I flew, sprinting into Keswick market square. Anne, Thirza and Barry's wife Tracey were near the Hall, shouting, "Come on Allan!" clapping and cheering. Another few yards and I slapped my hands against the wall of the Moot Hall breathless, then frantically pulled at my

shirt cuff to see the watch. 10-23.

At first it didn't make sense. Had I set my stopwatch the previous night and it was now saying 10 hours 23 minutes after resetting to zero at 12 hours and starting again?

No, I realised, it was 23 minutes past 10 p.m. I was 23 minutes too late.

I collapsed over a litter bin to catch my breath. When I straightened up and looked around, all my friends were clapping and smiling, congratulating me, though I couldn't really understand why. Surely I had failed.

I shook hands with them all in turn and hugged and thanked Anne, then we all had our photos taken by Alec and Barry. More than anything I felt so proud of everyone who had helped make it happen. We had set out to achieve something together, a pointless thing that wouldn't change the World, but would change our World somehow for the better.

After a (very sound!) night's sleep, I sat outside my tent at Castle Rigg and did some very deep thinking. I then made myself a promise.

In a few weeks, I would return and try again..... I would not fail.

## Hebridean Challenge - 3rd/7th July 2006

The classic British adventure race, the Hebridean Challenge, is set to return to the magnificent Outer Hebrides of Scotland from the 3rd to the 7th July 2006. This unique race has grown in size and prominence, as the sport of adventure racing has evolved rapidly. This year up to 26 teams and 6 elite pairs will be able to push themselves to their limits.

As always the event will be a relay style, allowing teams of four or five, and pairs, to complete the 700km course in five days, with overnight stops at community halls along the island chain.

The route will involve hill running, mountain biking, road biking, swimming and sea kayaking, although as it's a relay, teams choose which member completes each activity and normally teams have specialists at each sport.

### Not just for superfit athletes

The Hebridean Challenge is not just an event for super-fit athletes (though we normally have a few in the race) but is aimed at people who consider themselves to be fit and are competent at navigating in the outdoors- possibly in poor visibility.

As one recent competitor put it: "the best qualification for this event is a love of wild places". Not only are the islands wild, remote and beautiful, they also provide unique physical and logistical challenges due to the varied terrain, ranging from rocky hills, rough grass and heather, huge white beaches and myriad small, and not so small, lochs and lochans.

### 'Heb' Race Director and familiar Scottish racer, John Laughlin says:

"The Outer Hebrides are a truly stunning part of the British Isles and this race is often an eye-opening experience to the beauty of this quiet part of the British Isles. We have racers return year after year to challenge themselves, but also to experience the warm hospitality of the locals, the camaraderie of team racing, the humour and good spirits with other teams, the magnificent landscapes and occasionally some fabulous weather!"

### Pairs category for 2006

2006 will see the introduction of a 'pairs' category for suitably fit and qualified racers. This will present a major undertaking, as the pair will be entirely self-supporting, and will compete along virtually the same course as the teams. In addition, teams of four will be accepted without the sea kayaker.

### Logistics-the key to the race!

The logistical challenges that teams face in this race, make it stand out from other races in the UK. There are certain stages where team members may be involved in parallel legs, perhaps with one biking and one running, while the others move the team vehicle and prepare maps/food/drinks etc.

Teams must collect points during the week (or face a time penalty for any deficit) by sending multiple team members on some sections, which they can choose. The Hebridean Challenge is not necessarily won by the fastest team, but by those who can manage the logistics and cover the ground the most efficiently.

### Entries

Entries are open now at £500 per five person team, £400 per four person team and £200 per pair. A number of entries have already been accepted. Further details and application forms can be found at the race website [www.hebrideanchallenge.com](http://www.hebrideanchallenge.com) or by contacting Event Organiser, Stephanie Sargent e-mail : [Stephanie@hebrideanchallenge.com](mailto:Stephanie@hebrideanchallenge.com)

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Press Release from Race Director John Laughlin, contact him at: [john@johnlaughlin.co.uk](mailto:john@johnlaughlin.co.uk)

# Martin Stone's Long Distance News Summary

## Jan 2006

### FRA LONG DISTANCE AWARD 2005

Yiannis Tridimas was the worthy winner of the 2005 Long Distance Award with his amazing achievement. He became the first person aged 60 to complete a round of 60 Lakeland Peaks. He succeeded on his third attempt so not only was it an amazing Tour de Force but it also called for determination to succeed in the face of previous failures. You can read all about Yiannis achievement in the October 2005 *Fellrunner*. The panel of 20 long distance 'experts' were overwhelmingly in favour of Yiannis receiving the award. The award was presented at the biennial Bob Graham Dinner at the Shap Wells Hotel in October. Many of Yiannis's 20 strong team joined him at the dinner to share his celebration.

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](mailto:martin.stone@sportident.co.uk)

### STUART FERGUSON – DURHAM RESERVOIR ROUND

On 17th September 2005 Stuart established a new route by completing a solo, unsupported round of all the reservoirs in the Durham Dales of the North Pennines. Stuart lives in Wolsingham in Weardale from where the circular route over his local fells started and finished. He covered 61 miles with 9,200 feet of ascent in 11 hours 37 minutes. The reservoirs visited in order were Hury, Blackton, Balderhead, Grassholme, Selset, Cow Green, Burnhope, Derwent, Smiddy, Shaw, Hisehope, Waskerley and Tunstall.

### LAMM 2006 LOCATION

The advert in the FRA Fixtures List for the LAMM may have confused some regular competitors, especially those who took part in Isle of Mull 2005. The 2006 LAMM will be further north than the Isle of Mull. Entries will open at the end of February and if 2005 is anything to go by, the event will overfill very quickly. To enter, visit [www.lamm.co.uk](http://www.lamm.co.uk).

### JOHN FLEETWOOD – WINTER BOB GRAHAM SUCCESS

After a few abortive attempts, John finally completed a Winter BG within 24 hours. He left the Moot Hall at 4a.m. on Saturday 17th December and travelled anti-clockwise via the Newlands Fells to Honister. He was disappointed that there was no snow but it was cold. This time he chose to attempt the round with plenty of support. He spent a lot of time at Dunmail feeling sick and took the final two sections over the Helvellyn ridge and northern fells very gently to avoid further problems. His pacer was concerned coming down Skiddaw that the attempt had been cut too fine but John completed the round with 6 minutes to spare! John described his main emotion as relief to have completed the Winter BG after several attempts. Bob Wightman has posted some pictures on the gallery of the [www.fellrunner.org.uk](http://www.fellrunner.org.uk) website.

### JOHN LAUGHLIN & PAUL CURRANT – WINTER TRANTERS ROUND ATTEMPT

After a winter attempt in January 2005 with Gary Tompsett, another at Easter and a summer attempt with Tim Lenton, John could have been forgiven for thinking that he deserved to succeed on his fourth attempt. Tranters Round is approximately 40 miles with 20,000ft ascent/descent. John Fleetwood had set the previous best winter time of 26hrs 40mins in December 2002.

Paul Currant and John Laughlin set off at 13:00 on?? January with the long climb onto the Mamores. The hills were almost clear of snow and clear skies made for perfect winter conditions as they scurried along the Mamores, taking in the out and backs. The sinking sun was replaced by the highest and brightest full moon for 18 years. Avoiding unexpected patches of ice they completed the Mamores and crossed the boggy head of Nevis.

It was a tough climb onto Stob Ban, the first peak on the Grey Corries ridge and the temperature dropped sharply to around -7C. They moved quickly along the ridges, their safety assured by a hard frost that coated the rocks like sandpaper. At the col before the climb onto the 4000ft Aonachs, they met Nicola Macleod and Willow who provided them much appreciated sustenance. They had been running for 15 hours and were on schedule to complete the round in about 20 hours. As they climb onto the Aonachs the weather changed dramatically and they were enveloped in low cloud and buffeted by the ever strengthening wind. They encountered icy rock coated in a fine covering of snow. On top of the Aonachs, driven snow convinced them that it was time to "get the hell off the hills" and in the dark at about 06:00 they headed north off Aonach Mor, descending to the top of the Nevis Range gondola and eventually to safety. They came very close to success and had they attempted the round in the other direction, it might well have been possible to battle the weather along the last few peaks of the Mamores.



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