The Fellrunner

SUMMER 2007

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SUMMER 2007

The Fellrunner

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Roger Ingham MBE – A Great Yorkshire Sportsman

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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Whilst putting together the list of contents for this, the summer edition of *The Fellrunner*, I was getting quite excited. I hope you'll agree that it contains something for everybody.

It's been good fun talking to so many of the characters who help make the magazine what it is and yet again I am most grateful for all the assistance and offers of help I've received.

With the poll on UKA affiliation behind us this edition concentrates less on the issues that divide us and more on what makes this sport so great. There is a fantastic piece from Bill Smith on the legend that is 'Roger the Dodger' Ingham and a profile on Simon Both - another Graham Breeze classic. There are articles on two race records, Langdale and Lantern Pike, both crying out to be challenged after 30 years, a really interesting piece for the male O60's (and all those who love stats) and an article on the Mountain Trial that may well have you dusting off your compass. There is also reports on many races, from the 'blustery' Edale to the madness of the Bunny Runs. Of course some more reports about your long distance challenges too: Training for the TMB, an outing over the Dragon's Back and the Lakes 2500s to name just a few.

No point mentioning it all though, when the contents page is to the left and you can flick through the pages yourself I suppose.

I'll mention what is missing then: There's sadly no Long Distance column from Martin as I type (although there's still a few hours left in the morning ...) and the answers to your nutrition questions will have to wait until the next magazine too. Please let me know what else, if anything I have missed – I have managed to, belatedly, include the 2006 English Championship results!

Please keep up the good work and continue to send me your articles as well as your suggestions and comments about what is or should be in the magazine.

To avoid leaving things to the very last minute again for the next issue I would like to ask everybody to submit articles as early as possible, rather than after the deadline. There is plenty of give in the dates given, but putting this magazine together in my spare time means I need to allow plenty of margin for error.

I hope you all have a successful and enjoyable summer of running ahead of you – make sure to report back from your adventures!

The joys of summer running...

Chairman's Chat

Following the promise I made at the last AGM the postal ballot has been carried out on whether we should remain affiliated to UKA and I would like thank the membership for their tremendous response. We had 2,853 replies, which was far in excess of my expectations, so thank you again and well done.

Whilst the committee had recommended staying within UKA I did make the point both at the Three Peaks Race, via the tannoy system, and on the forum that the only vote that counted at the end of the day was that of the membership. The result was an overwhelming endorsement of the committee's view with 2,449 voting to stay affiliated to UKA. That is a yes percentage of 86%, which I must confess did surprise me but confirmed my initial view that this matter was too important to be decided by an AGM/ EGM and should be decided by the whole membership.

It was interesting that whilst a few members wrote comments on their replies saying that the argument was biased in getting a yes vote, others wrote that the views on the ballot paper were well balanced.

I would like to express my appreciation to the sub committee that did the work on this subject. A special thanks must also go to Dave Jones and my wife, Freda, in opening the envelopes, sorting the votes and then counting them with me.

I am confident that we can now go forward and develop a meaningful relationship with UKA with the much better communications that we have in place with them.

The men's English championship, after Fairfield, is very close but Janet McIver appears to have opened up a healthy lead in the ladies race.

Tony Varley

Fellrunner

SUMMER 2007

The Fellrunner is published three times a year. Please send in any articles, letters or photographs which may be of interest. Ideas and comment on what content you would like to see in *your* magazine are always welcome.

The deadline for submission of content for the next issue is September 10, for editorial content and September 24, 2007 for news, reults and other 'last minute' things. Please try and let me know what you intend to send and try to submit articles as early as possible.

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COVER PHOTO Rob Hope and Simon Bailey battling it out at the Fairfield Horseshoe. Photo courtesy of Borrowdale Fell Runners.

Secretary's Corner

by Alan Brentnall

There have been two Committee meetings since the last issue of The Fellrunner, and here are some brief notes of those meetings. If anybody requires any further information, they can be obtained this by contacting me directly.

COMMITTEE MEETING –

Horwich, Saturday 13 January, 2007.
English Championship races continue to be ever popular, and the Committee learned that the forthcoming Edale Skyline race was already full. The Championship Subcommittee agreed to ask the race organiser to allow substitution within clubs.

Chris Knox informed the Committee that United Utilities were sticking to the agreement which was negotiated back in Mike Rose's day whereby fell races would not be charged for access to land owned by North West Water. He also stated that this could well change in the future if the agreement was renegotiated, and that the date for such renegotiation was the prerogative of United Utilities.

The status of the work being done by the Future Options Subcommittee was reported, and it was agreed that the full report should be delivered to the main Committee well in advance of the April meeting, so that Committee members could study the findings and come to the meeting prepared to debate the issues.

COMMITTEE MEETING –

Horwich, Sunday 15 April, 2007.
The initial part of this meeting was dedicated to discussing the findings of the Future Options subcommittee. Although a majority of the Subcommittee's members had initially been of the opinion that the facts would probably point towards disaffiliation, it was remarked that all members were now in favour of remaining in the UK Athletics fold at the current time.

Apart from the obvious pragmatic reasons for this (funding issues, and avoidance of problems for our members and clubs with other branches of Athletics), this change of heart was also felt to be due to the replacement of the PST, whose lack of response last year to the UK Athletics rule change notification had effectively brought about the feeling among our members that, maybe, now was indeed time for a change.

The new body which replaces the PST, the Competition Management Group, is composed entirely of fell runners who are also members of the FRA Committee, and this fact, coupled with the new communications links with both UK Athletics and their insurance brokers, also improve future prospects.

After a detailed discussion, the Committee agreed, via a vote, that it should make a recommendation to the membership for continued affiliation. It was also agreed that the full report would be too costly to post to all members, but that it would be available in its entirety via the website or, buy post, from the Secretary. A summary of the report was to be drawn up after the meeting, together with the ballot itself, and a copy of this was sent to all Committee members, and any amendments were implemented before the final mailshot.

Apologies to anybody who didn't like the idea of their names and numbers being on the ballot, but names and addresses were always going to be part of the mailshot as the single sheet folded into a window envelope saved a considerable amount of money. Membership numbers were used to prevent duplicate voting (intentional or otherwise) and the name helps multiple members in the same household to ensure that they fill in the correct ballot paper! At the time I write this, the votes are still in sealed envelopes and will be opened and counted in front of witnesses - any paperwork and computer files used in the count will be destroyed in front of the same witnesses.

Also at this meeting we agreed (again via a vote) to continue displaying race information on the FRA Website. This will be in the format of a rolling three-month period, holding the full details of all races where the race organiser agrees to this information being held on the website.

The Committee agreed that the fees for the FRA Safety and Navigation Courses should remain unchanged for this year, but that we would review them next year. Thanks to Margaret Batley and all the other helpers for providing these two great weekends.

The Committee learned that the FRA has received a letter thanking us for the donation in memory of Eddy Leal, who passed away last year. The funds are to be used to purchase a trophy for the Isle Of Wight Fell Running festival which will commemorate all Eddy's work and achievements.

On the International front, England Athletics have agreed to fund the U23 team on a competition-only basis at the first Grand Prix in Switzerland.

Junior Coordinator

The October 2006 *Fellrunner Magazine* (page 97) reported that Madeleine Watson, then FRA Statistician, had also agreed to take over the vacant role of Junior Coordinator. However since then Madeleine has succeeded me as FRA Treasurer, the position I vacated when I became Chairman at the last AGM.

The post of Co-coordinator is therefore vacant, although Madeleine has agreed to carry on in a temporary capacity until a new person takes over.

Fell running will only continue to prosper as a sport if we encourage junior runners to take up and enjoy the sport through, for example, the junior championship. The FRA Committee has therefore always allowed the Co-ordinator a lot of freedom to do the job as they wish and provided them with the money they need.

With the help of race organisers, Madeleine has already done much of the work for 2007 and so anyone interested in taking up the role would have a very gentle introduction, with Madeleine on hand in support.

The role of Coordinator has changed recently and it is now one member of a team. So Jim Godwin looks after the statistics, the 2006 Presentation Event was organised by Ian Smith and Madeleine is well on the way to finding lots more people each to do a small role to make up the team.

The post of Co-ordinator is not only vital for the future of fell running but is very enjoyable and rewarding. So if you have any interest in helping out in this aspect of fell running then please have a word with Madeleine (0113 269 2526) or me (01204 669570).

Tony Varley (FRA Chairman)

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Postal Vote

i - The Results

Counted by Tony Varley with the assistance of Dave Jones and his wife, Freda.

There was an excellent response from the members with 2,853 replies.

A BREAKDOWN OF THE VOTE WAS:			
Yes	I agree with the view of my elected Committee that the FRA should stay affiliated with UKA for the present and review the future position in the light of experience.	2,449	86%
No	I do not agree with the view of my elected Committee and want the FRA to dis-affiliate from UKA despite the Committee's recommendations.	404	14%

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place on Saturday 10 November 2007 at 4pm at the Castle Green Hotel, Kendal, prior to the Annual Dinner.

1. **Motions for the Agenda must be notified to the Secretary by Wednesday 22 August 2007. Details of the Agenda and Motions will be published in the October edition of "The Fellrunner".**

2. **Election of Executive Committee.**
   a) **Nominations for Officers must be notified to the Secretary by Wednesday 22 August 2007.**
   b) **Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Friday 2 November 2007.**
   c) **Nominations for Membership Representatives (four seats) may be made at the meeting.**

All members of the Executive Committee must be members of Clubs affiliated for fell running to one of the UK Athletics Regions.

3. **Voting.**
   a) **Individual members of the Association, including family members, who are present at the meeting have one vote each.**
   b) **English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Friday 2 November 2007.**

4. **As usual, an Open Discussion will follow the formal business. This is an ideal opportunity for the Membership to express views on any aspect of our sport.**

Alan Brentnall,
General Secretary,
April 2007.

RESULTS AND RACE REPORTS

Please submit all race reports and results for inclusion in the *Fellrunner* to Dave Weatherhead
16 Birchlands Grove, Wilsden,
West Yorkshire BD15 0HD
Tel: 01535 273508
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UKA News

The team are already busy planning the championship races for 2008 even though this years championship is only part way through and is probably far from most peoples minds. It is pleasing to see that the plans for this years relay in Bowland are well on schedule and I look forward to seeing many of you there at what promises to be a wonderful event.

The rule changes that we have proposed are passing through the various administrative stages required smoothly and are expected to be in the UKA rule book when it is published in April 2008.

As I write this we are preparing to hold the trial for the GB team for this years European Championships which incorporates juniors for the first time and I wish all competitors the best of fortune in France.

It is very pleasing to report that following cooperation between the FRA and English Road Running Association we have been successful in a bid to hold a trial Commonwealth Games event in both disciplines which is expected to take place in Keswick some time in 2009. We plan to turn this into a festival celebrating running and hope that many of you will attend hopefully to both compete and assist in the smooth running of the administration. Further news will appear as the organisation progresses.

Finally I would add that it was heart warming to see that so many members cared enough about our sport to vote in the recent FRA poll. Thanks to all of you.

Alan Barlow
Chairman
Competition Management Group

Change of address or missing magazines

Please contact:
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BY **MATTHEW BONTOFT**

Richard Durrant

1952–2007

It is with great sadness to have to report that Richard Durrant recently passed away after bravely battling cancer.

Originally from the Manchester area he settled in Lincoln after qualifying as an engineer at Durham University. Following a background in middle distance track running in his youth he became a formidable distance runner, being a regular at local road races for many years (there being few fells around Lincoln). However, his heart lay in the hills and both running and walking in the fells were his passion. He was a familiar face at many fell races in the West Yorkshire area, to which we regularly travelled together to compete. Age never seemed to slow him down – always well up the field (and in front of me), he won 1st V50 (his first) at the Tiggor Tor a couple of years back and was absolutely delighted to be presented with a pair of fleece gloves which he proceeded to show everyone! Perhaps his finest hour was completing two back to back stages in the Cleveland Way relay, as our team was short, winning both of them (also as a V50). His running style made his rapid pace look so easy.

Also a highly competent squash player, regularly at the gym and on his bike, a fitter person you would be hard pressed to find.

Richard was a founder member of 'Ruston Striders' twenty years ago – starting as a small group of Lincoln based runners and walkers who made regular trips to the hills, walking the Yorkshire Three Peaks as their main annual fixture. Richard flew back from the states specially last year to complete the walk, despite undergoing chemotherapy treatment. It almost goes without saying that he had also completed the Three Peaks fell race on several occasions. This years walk was a fitting tribute with around 30 striders making the annual pilgrimage, congregating on the summit of Pen-Y-Ghent for a short service in celebration of Richard's life before scattering his ashes.

Richard always enjoyed his running, was competitive and knew how to run hard, but always finished a race with a smile and a handshake – kind, courteous and one of lifes real gentlemen. His good company and friendship will be sadly missed by all who knew him.

Did you know???

… that funding is available from England Athletics to members of the FRA to support them in developing performance and junior initiatives? England Athletics is keen to provide financial support to fell running within the regions. Examples of the type of funding available from England Athletics include grants to attend coaching courses and funding for initiatives which aim to increase participation in fell running by juniors and develop our future champions. If you are organising an event which aims to support these initiatives or are looking to obtain funding to attend a coaching course and would like to obtain funding from England Athletics and are a member of a club affiliated to England Athletics, please contact your Local Athletics Development Group (the secretary of your club should be able to advise you of their contact details), alternatively contact either your local regional manager who will be able to provide advice and information as to what funding is available within your region and how to obtain it; or Alan Barlow, the Chairman of the UK A Competition Management Group.

Contact details for the North West, North East and Yorkshire & Humberside regional managers are listed.

North East
Richard Hunter
England Athletics (North East Region)
Gateshead International Stadium,
Nelson Road, Gateshead NE10 0EF.
Tel 0191 4200553
rhunter@englandathletics.org

North West
Michael Hunt
England Athletics (North West Region)
Sportcity, Gate 13, Rowsley Street,
Manchester M11 3FF.
Tel 0161 230 8184
mhunt@englandathletics.org

Yorkshire & Humberside
Kristine Monaghan
England Athletics
(Yorkshire & Humberside Region)
English Institute of Sport,
Coleridge Road, Sheffield S9 5DA.
Tel 0114 242 3831
Kmonaghan@englandathletics.org

Charity Auction

Rod Holt has offered the signed No 1 print of *Narrative of a Fellrace* *(see page XX for more information)* for auction.

The procceds will be donated to help the AIDS orphans of Tsabong.

To find out more have a look at www.tsabongorphanappeal.com or contact Rod.

Tel: 07709 240893 or 01457 864971

Email: mail@newleaf-designs.co.uk

Climbing for Cash

Please help!

www.justgiving.com/uphilldowndale

17 miles, 7000ft...a fair challenge!!

Emma is running the Borrowdale fell race for the first time on August 4 and is raising money for charity in the process.

She started running last Easter (2006) and has done a few races - mostly on the fells with the odd road race thrown in for good measure.

"This is the biggest challenge I've done to date! Not just because of distance, terrain, altitude(!), fear of heights and dangerous descents but the fear of forgetting how to read my map and indeed which way round to hold it!"

You can find out more information about her challenge and her chosen charity *The Fragile X Society* by visiting her webpage.

"There Are Three Things You Must Know About Protein If You Want To Perform At Your Best!"

If you know only one or two of these 'things' you'll never perform at your best. If you don't know any of the three you should pack in running and take up knitting. Without this knowledge, trying to improve your performance will be like trying to build a brick wall without bricks in fact you'll probably get worse.

But if you have this knowledge it will transform the results you get from training and you'll be 'awesome'.

It will also mean that you'll get 100% value for your money when using proteins. We've been making protein supplements longer than anyone else in the UK , that's how we make a living, so it's in our interest to let you in on this information, hoping you'll buy from us.

"I fully endorse Allsports range of Protein Supplements. Their products helped me to become the champion I am today."

ROB JEBB **World Sky Running Champion, British Fell Running Champion, Classic Ben Nevis fell race winner and 3 Peaks Cyclo-Cross course record holder.**

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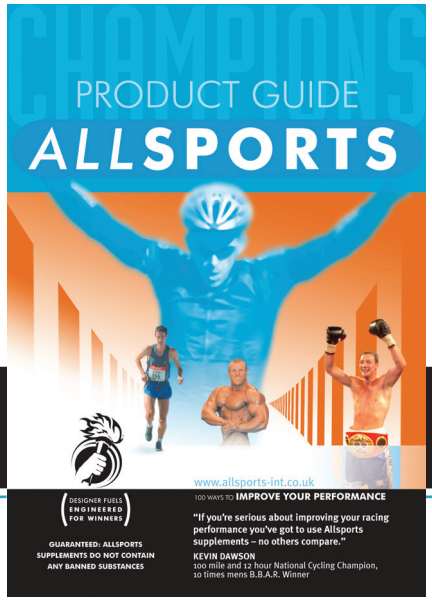
So we've prepared a 4 page in-depth report on protein and how to use it. And what's more it's yours FREE of charge with no other obligation.

You'll learn the three things you must know and how to avoid the 6 most common mistakes athletes make. If you're a beginner it'll save you years in trial and error.

If you've been running for years but haven't made the improvements you want, it could be the key you need to unlock your true potential.

Either way you've got nothing to lose except a stamp or a phone call.



For your FREE COPY just write, phone, fax or email with your name and address and don't forget to mention Fell Runner magazine.

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Who is the World Sky Running Champion?

a) Ronald Reagan ☐

b) Rob Jebb ☐

c) Tony Blair ☐

But be quick: Raffle will be drawn on Monday 10th September 2007. **Remember you've got to be in it to win it!**

Dept. FR

BY **CHRIS KNOX**

Access and Environment

Sometimes you just have to laugh, there was I reading about the athletic exploits of Esmond Tressider completing a record breaking traverse of the Cuillin ridge then I hear the Radio 4 newsreader say '…now sport, Chelsea and Manchester played out a bad tempered goal-less draw….'. And that was it, not even the crisp click of a cue ball in the umpteenth frame of snooker from the World Championships to raise the pulse. Both teams apparently put out reserve teams as 'there was nothing to play for' – sorry BBC and football fans everywhere but that's not my idea of sport. Turning up at the Dockray Hartside race on the following Wednesday night, paying my pound, running round the hills (oh OK there was a lot of walking too) and having a social pint afterwards is much more like it. Even though there were no prizes to go for, the pure sport of 'everything to play for' was obvious throughout the field judging by the number of neck and neck sprint finishes.

And the guy on the Cuillin? Well we know he's done it, he'll be chuffed to bits and no doubt Andy Hyslop, the previous record holder, will be happy too. After all it's taken thirteen years for his record to go. Isn't it nice to have such talented people around that most of the population will never hear about.

Access

One or two problems have arisen with United Utilities land at very short notice, it seems that their recreational rangers have been given instructions to charge our race organisers an arbitrary £1 per competitor plus a £30 permit/ administration fee. The organiser of Belmont Winter Hill had something like a weeks notice about charges which would have crippled the event had they been imposed.

Reference back to the FRA agreement with North West Water (UU's previous incarnation) from 1993 certainly helped to remove the charges, and the same reference has been used to advise others against paying.

However this situation is not good for anyone, our case against charging remains virtually the same as it was for Mike Rose and Selwyn Wright back in 1992. We have no objection in paying for the sole use of, say car parking or start/finish facilities, but we do object to having to pay just to cross land that other recreational users will continue to enjoy for free.

I'll be hoping to get some clearer information from their catchment team very soon, in the meantime our agreement is still valid.

Races

We've had several races that have attracted a relatively large entry, great to see and exciting to view, but it does concern me that entries are full with weeks or even months before the published closing date for entries is reached. A great big thanks to those organisers who have

LYME'S DISEASE

Yes, we've had versions of this article (twice) before in the 'Fellrunner', but it appears that ticks carrying the disease are turning up in areas other than previous accepted 'hot spots'. So much so that there was even a 'Tick Awareness Week from 7th to 13th of May. Seed ticks are tiny – 1 to 2mm, juveniles 2 to 4mm and adults up to 6mm, of course each range gets bigger as it bloats on blood. Each adult is capable of producing hundreds of offspring and without a natural predator in the UK, it is important to kill any that we find.

Lyme disease is still a rare infection but one which may cause long-term irreversible problems similar to Arthritis and Rheumatism. The major difficulty is that it may go unnoticed until too late, or be misdiagnosed as a 'flu type infection, however over 150 cases were recorded in Scotland last year. A big jump from the dozen or so in previous years.

The disease is transferred to humans via deer ticks which bite and embed themselves in arms and legs etc of humans as well as dogs and cats. So check and groom your pet well after a run.

Prevention

It is essential that anyone working, running, walking or just playing in areas wherever there are deer ticks (i.e. most of Scotland where there is bracken or heather) try to prevent ticks attaching themselves. Exposed flesh should be covered and trousers tucked into socks. That's official advice, it is obviously difficult to tuck shorts into socks (you'd get locked up anyway!) so it is even more essential for us to take care. Application of insect repellent is said to be useful in repelling ticks.

Personal hygiene is most important – thorough daily examination of the body (and clothing) and prompt removal of ticks is a vital preventative measure, it can take up to 48 hours for the infection to be transmitted. This could be part of your warm down routine. Run with a friend, check each other carefully after each run

Treatment involves injection with a course of drugs and should be commenced as soon as symptoms appear. There may be no symptoms unless the blood is tested and shows positive. If you are regularly exposed to tick bites it may be useful to have a routine blood test.

Symptoms may include:

- A rash appearing at the site of the bite (not the immediate soreness and itchy swelling associated with tick bites). This appear 'a few weeks' later and spreads out into a red irregular ring up to 10cm or more in diameter.

- Weeks or years after a bite (whether a rash occurs or not) joint problems can occur. Pain may move from joint to joint and be more obvious at night. ***If neglected, permanent damage may occur in the joints.***

- Occasional nerve-related symptoms may occur. Weakness of limbs, palsy of facial muscles, heart-block (slow beat rate which doesn't speed up with exercise) or the features may mimic the fatigue syndrome that occurs after a number of other (especially viral) infections.

As soon as any of the symptoms appear you should contact your Doctor and inform him/her of the possibility of Lyme's disease.

Ticks are more active around lambing time, Spring/early summer and towards Autumn, however with less severe winters they seem to be active throughout Spring, Summer and Autumn.

Removal of ticks

Although there are several methods of removal, some involve unpleasant materials or do not remove the complete insect (which has its whole head embedded after all). The following procedure has been tested on humans and dogs by NCC at Loch Lomond:-

1. Using a pair of sharp pointed tweezers, grasp tick firmly as close to the skin as possible.

2. Twist tick anticlockwise without pulling or

managed these events well, despite the number of runners, but are we becoming too successful at attracting new runners?

Footpath Management

One or two interesting threads on our forum mostly, it seems, quite critical of certain upland path repairs and bridleways that are too muddy/ under-maintained. If you have an issue, take it up with the local access forum or the county footpaths/ rights of way officer to see if the issue can be resolved. If there is no result and you feel its affecting access for fell runners, let me know to see if we, the FRA, can help.

And lastly a couple of weeks ago I was amused to be stood on the summit of Slioch (a big hill in Scotland for all you heathens) in a blizzard of close to 'white out' density, and yet still able to catch fragments of the Cuckoo calling from lower down the slopes. Certainly a first for me!

THE FELL RUNNERS ASSOCIATION

FRA Basic Navigation Course 2007

Learn the basics of navigation on the fells or come along to improve your navigation skills. Cost £60 FRA members, £75 non-members inclusive of full board.

Courses wil comprise instruction and practical sessions on the fells and indoor instruction, with discussions and talks on safety and anything else you request us to cover. There will be a presentation about the FRA. Low key map reading events will also be included.

Ideal for anyone new to the sport of fellrunning.

Autumn Course

Friday to Sunday 21st to 23rd September 2007.
Note: To be based at Langdale (High Close) Youth Hostel, near Ambleside, Cumbria.

For Details of both courses write to:

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

Please enclose an SAE - early booking advisable.

jerking. This may take 4-6 half turns, but the tick will come out cleanly. If the mouth parts remain under the skin, consult your doctor as soon as possible. (**note this is now being contradicted – do not twist, but lift the tick up before giving a sharp pull to cleanly remove the tick**)

3. Kill the tick by crushing (but not between your fingernails), burning or dropping into alcohol.

4. Wash hands with soap and water and apply antiseptic to the bite area.

5. If you can't bear the thought of plucking the tick from your flesh (or that of a friend or pet), Vaseline or similar products smothered over it will get it to release its grip, but this may take some time.

Right, now that's cheered everyone up, you can check for other information on various internet sites, but please cross reference information as there are some spurious sites out there.

One of our members, thank you David Wilman, pointed out the following link **www.manta-travel-health.com/tickalert** amongst others that have more data for here and on the continent. ✻

BY **MARGARET CHIPPENDALE**

CALENDAR UPDATE

By the middle of May I had received details of a total of 539 races for this year which is the largest number ever included in the FRA Calendar suggesting that fell running is flourishing in the UK. This number is made up of 426, 6, 51 and 56 races in England, Northern Ireland, Scotland and Wales respectively. For the 2007 Calendar I wrote to the organisers of virtually all the fell/hill/mountain races in the UK, whose details I could find, inviting them to submit their race information for inclusion in the Calendar free of charge. The 2007 Calendar now includes most of the fell races I am aware of in England and a high proportion of those in Wales. For Scotland information for about 40% of the races was supplied and for Northern Ireland only a small percentage.

Following a trial period of four months the FRA committee has decided to continue to post race information on the FRA website. Races whose organisers have not indicated their agreement to the data going on the website will continue to be excluded. The information on the website will be more up to date than that in the printed Calendar in that it incorporates details of additional races as well as date changes and corrections. Race information will be displayed for the current month and the following two months.

2008 race registration forms and information will be sent out to race organisers, whose 2007 race details were submitted for the Calendar, at the end of September. Anyone else who wants their event to be included or who is planning to organise a new race in 2008 should contact me so that they can also be included in the mailing.

Margaret Chippendale

RACE INFORMATION

Events which have been Registered with and Permitted/Insured through the FRA are identified by "(R)" after the name of the race. Most but not all the races in England have been Permitted/Insured in this way. They will be run in accordance with "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition"

Races which are not identified in this way are included for information only and are not Registered with the FRA. This includes all races held in Northern Ireland, Scotland and Wales. The FRA cannot vouch for their Permit or Insurance status and details should be obtained from the organisers if required.

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.

SUN.JUN 24. SUMMER HANDICAP 4 RACE SERIES (R). BM. 11.00 a.m. 6m/1100' from Redford car park, Hamsterley Forest (GR079309). £6 on day only. LK/PM. Over 18. Second race in 4 race series - other dates May 20th, July 29th and Aug. 26th. No toilets. Details: Gerry Hehir, 4 Hall View Gardens, Howden-le-Wear, Crook, Co. Durham, DL15 8HT. Tel: 07720 112500 or 01388 766524. Email: gerryhehir@btinternet.com

WED.JUN 27. EDDIE'S REVENGE (R). AS. 7.30 p.m. 3.8m/1060' from Shore Edge Methodist Church (GR 951097), Buckstones Road, Shaw, Oldham. £3.50 on day only. Teams men(4), women(3) free. PM. Over 16. New race. Parking half a mile from registration/start. U18s need parent/guardian to sign entry form. Details: John Cox, 36 Orford Road, Prestwich, Manchester, M25 3DB. Tel: 0161 773 3887. Email: midharriersmailmaster@yahoo.co.uk Website: middharriers.co.uk

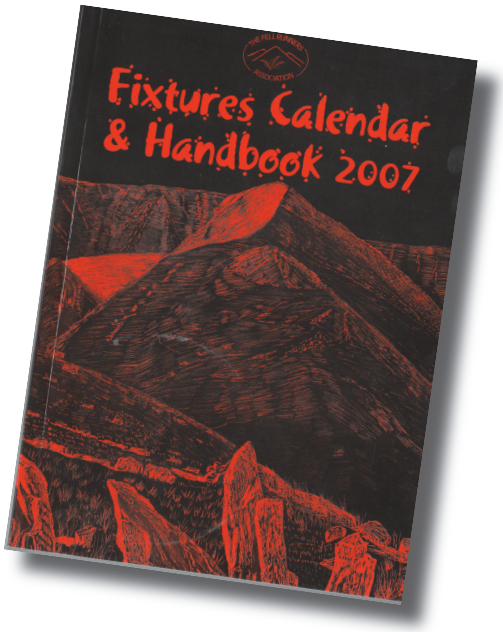
WED.JUN 27. HOPE WAKES FELL RACE (R). BS. 7.30 p.m. 4m/650' from the Sports Field, Hope (GR 165835). £3 on night only. PM. Over 18. Records: 23.46 M. Bishop 1985; f. 27.22 J. Smith 1999. No safety pins. Chance to view local well-dressings. Details: Steve Green & David Wing, 73 Castleton Road, Hope, Hope Valley, S33 6SB. Tel: 01433 620132 or 01433 621301.

SAT.JUL 7. CHARLESWORTH & CHISWORTH CHALLENGE (R). The entry fee is £3 **not** £2 as stated in the Calendar.

WED.JUL 11. LORDS SEAT (R). Date confirmed as permission for race now obtained. 7.00 p.m. All other details as in Calendar.

SAT.JUL 14. FINAL FRONTIER (R). CS. 11.00 a.m. 4m/450' from Lady Manners School, Shutts Lane, Bakewell (GR SK213677). £4 on day, pre-entry available. PM. Over 14. New race. 2 lap course with some man made and some natural obstacles. Also junior race for 11 to 16s; 2m/200'. Mementos to all finishers. Changing facilities and parking at school. Details: Paul Keetley, 49 Northwood Lane, Darley Dale, Derbyshire, DE4 2HQ. Tel: 01629 734358. Email: tok758@btinternet.com Website: ladymanners.derbyshire.sch.uk/parents

SAT.JUL 28. PENDLE ENGLISH JUNIOR CHAMPIONSHIP RACES (R). This event will incorporate the Lancashire County Junior Fell Championship with Medals and Perpetual trophies going to winners in U12/ U14/U16/ U18/U20 male and female categories. Eligibility is either by birth or 9 months continuous residence in the county. All other race details and categories for the English Junior Championship are given in the printed Calendar.



SUN.JUL 29. GRITSTONE TRYAL (R). BL. 10.00 a.m. 13m/2200' from Derbyshire Bridge, Goyt Valley, Derbyshire (GR 018716). £4 pre-entry or on day subject to limit of 60. ER/NS. Over 18. Orienteering-type event, competitors required to navigate between a series of controls, details available from 1 hour before start time. Copy of OS White Peak (OL24) map must be carried. Mixed path/track/open moorland terrain. Details: Ian Ankers, Ryecroft Farm, Rushton Spencer, Macclesfield, SK11 0RP. Tel: 01260 226482. Email: ianankers@tesco.net Website: staffsmoorlands-ac.co.uk

SUN.JUL 29. SUMMER HANDICAP 4 RACE SERIES (R). BM. 11.00 a.m. 6m/1100' from Redford car park, Hamsterley Forest (GR079309). £6 on day only. LK/PM. Over 18. Third race in 4 race series - other dates May 20th, June 24th and Aug. 26th. No toilets. Details: Gerry Hehir, 4 Hall View Gardens, Howden-le-Wear, Crook, Co. Durham, DL15 8HT. Tel: 07720 112500 or 01388 766524. Email: gerryhehir@btinternet.com

SAT.AUG 4. OSMOTHERLEY SHOW CENTENARY FELL RACE (R). BS. 2.00 p.m. 4.5m/700' from Osmotherley Show Field (GR452960 on OL26). £5 on day including entry to show. Teams free. PM. Over 16. New race. Please note that start goes through private estate - access ONLY for race. Details: Adam Haynes, Fron Deg Rhydd, Penrhyndeudreath, Gwynedd, N. Wales, LL48 6ST. Tel: 01766 771050. Email: adam.haynes@virgin.net

TUE.AUG 7. BRADWELL FELL RACE (R). BS. 7.30 p.m. 4.5m/650' from the New Bath Hotel, Bradwell, Derbyshire. £3 on night only. PM. Over 18. Records: 24.23 G.Hull 1988; f. 28.27 C.Haigh 1986. Details: Alan Ward, Rose Cottage, The Hills, Bradwell, Hope Valley, S33 9HZ. Tel: 01433 621351. Email: al.ward@ukgateway.net

SUN.AUG 26. SUMMER HANDICAP 4 RACE SERIES (R). BM. 11.00 a.m. 6m/1100' from Redford car park, Hamsterley Forest (GR079309). £6 on day only. LK/PM. Over 18. Last race in 4 race series - other dates May 20th, June 24th and July 29th. No toilets. Details: Gerry Hehir, 4 Hall View Gardens, Howden-le-Wear, Crook, Co. Durham, DL15 8HT. Tel: 07720 112500 or 01388 766524. Email: gerryhehir@btinternet.com

MON.AUG 27. GLENDALE SHOW FELL RACE (R). BM. 2.15 p.m. 6m/1000' from Glendale Showground (GR003251) on A697, 1m south of Wooler. £6 entry to show, race free. Teams free. LK/PM. Over 18. Records: 42.44 N. Swinburn 2006; f. 50.06 K. Robertson 2005. Also junior race; 2.00 p.m., 2m, over 12. Part of "Glendale Country Show", over 12,000 visitors each year, superb show attractions. Details: Glen McWilliams, Cheviot View, Doddington, Northumberland, NE71 6AN. Tel: 01668 282059.

SUN.SEP 9. EXTERMINATOR (R). The organiser's details have **changed to**: Mark Wilson, 44 Vernon Road, Dore, Sheffield, S17 3QE. Tel: 0114 236 3417. Email: markwilson527@btinternet.com

SUN.SEP 16. TOP OF THE FOREST (R). BM. 11.00 a.m. 9.5m/1250' from Grove car park, Hamsterley Forest (GR065298). £6 on day only. LK/PM. Over 18. New race route. No toilets. No safety pins. Details: Gerry Hehir, 4 Hall View Gardens, Howden-le-Wear, Crook, Co. Durham, DL15 8HT. Tel: 07720 112500 or 01388 766524. Email: gerryhehir@btinternet.com Website: durhamfellrunners.org.uk

SUN.OCT 28. PASSING CLOUDS (R). **Please note change of date from Sun. Oct. 21st.** All other details unchanged.

SUN.DEC 30. AYHOPE SKYLINE CHRISTMAS RACE (R). BM. 11 a.m. 9.5m/1350' from Grove car park, Hamsterley Forest (GR065298). £6 on day only. LK/PM/NS. Over 18. No toilets. No safety pins. Details: Gerry Hehir, 4 Hall View Gardens, Howden-le-Wear, Crook, Co. Durham, DL15 8HT. Tel: 07720 112500 or 01388 766524. Email: gerryhehir@btinternet.com Website: durhamfellrunners.org.uk

WASDALE HEAD

BY **PETER TRAVIS**

For me auld Will Ritson's gohst is still about
his inn where in time long gone he served
society's splendid few who chose the fells
for their escape from town or city.
Gents o' learning, bishops, poets, all where
levelled with the dalesmen and the shepherd,
none he favoured and none would care to contradict
the stories told by this man of Lakeland earth.

But times have changed; for the better,
the discerning few would wisely question.
A window front displays the cragsman's shining hardware,
like an ironmonger's well stocked shop.
A kaleidoscope of anoraks and sleeping bags,
the best in mountain footwear to tempt
the walker who has discovered this other eden
and is covered by it's magic.

The oak chest is gone where once
you could delve deep into its void
and claim such clothing as would suit
your frame and feet to challenge fell and crag.
The billiard room, where routes were made
that equalled those on steepest wall of rock,
that too has gone, no longer boots, tricouni nailed
grace the hall with rope and glinting ice axe.

But I can smell the stale smoke of pipes,
and I can hear the serious talk of mountain men,
and I can see the eager faces of those
who loved the fells and made the dale
a place of pilgramage.
They are still here, and generously smile
on such as you and me, for we too
are lovers of the hills; the generations are compatible.

Wasdale Church

BY **GRAHAM BREEZE**

Simon Booth

A Profile

Skyrac AC is a small club of around 100 members based in north Leeds. It is primarily a junior T&F/XC club although international runners such as Peter Whitehead, who was 4th in the 1995 World Championships Marathon, have been members. And so has one Simon Booth who left for an even smaller club: Borrowdale Fell Runners.

So What Has He Done?

A double British Fell Champion (2002 and 2005) Simon has now equalled the great Billy Bland with ten wins in the Borrowdale Race and in 2007 he might make it a unique eleven wins by *any* runner in *any* single event of the four long, tough races that make up the Lakeland Classics Trophy: DuddonValley-Ennerdale-Wasdale-Borrowdale.

Injury meant Simon had a relatively grim time in 2006 and so it should be again recorded that in Brian Martin's peerless article *Lakeland Classics Top 20 Men* (*The Fellrunner* June 2005) it was noted that the most prominent winner of these four races over the last decade was Simon who now has a total of 17 wins: Borrowdale (10), Duddon Valley (2), Ennerdale (3) and Wasdale (2). This total places him behind only Gavin and Billy Bland in the ranking.

Of course Simon has had victories in medium/shorter races such as Buttermere Sailbeck, Helvellyn, Coledale, Anniversary Waltz, Skiddaw, Dalehead, Causey Pike, Steel Fell, etc but his reputation is based on his victories in the long Lakeland races, preferably at the front of a Championship field.

Photos courtesy of Peter Hartley

Buttermere Sailbeck 1998

Ben Nevis 1998

Some observers might think his victory in the 2002 Three Peaks Race epitomised his strength of character. He had won in 2000 (2.52.43) and after the 2001 race was cancelled because of F&M he returned in 2002 to compete in possibly the most atrocious weather conditions of wind, hail and sleet ever experienced by runners in this event. Forty of the 232 men who started (i.e. 17%) dropped out producing the lowest number of finishers (192 men + 15 women) for 30 years. Simon was only 45 seconds ahead of "Scoffer" at the Hill Inn but on the long drag up to Ingleborough and down to the finish he gained nearly 6 minutes to finish in 3.10.43, exactly 18 minutes slower than in his first victory.

"Was this one of your best wins?" I asked.

"Not really," he said "I was much more pleased with my win in 2000 because that was an English Championship year" (he beat Ian Holmes by a minute). "If I win a race by a close margin I know I have been racing in a competitive field. I mean no disrespect to other runners but I have sometimes won races, including Ennerdale and Duddon Valley in non-Championship years, by big margins and I have felt that maybe I should have been racing somewhere else. This rather put me off the classic Lakeland races a few years ago although I am very pleased to see that the Lakeland Classics Trophy series has taken off and the long arduous races that make up the Trophy are becoming more popular and competitive again. However since 1998 my focus has been the British Championship and arranging my holiday plans round international mountain races".

Environmental Science?

Scoffer's *Purple Peril Unmasked* article (*The Fellrunner* February 2001) suggested Simon was a Nuclear Scientist, aka Pierce Brosnan, but

although Simon does work at Sellafield (British Nuclear Group) his educational background is a B Sc in Environmental Science at what is now Anglia Polytechnic University, Cambridge. He has been at Sellafield for most of his career-16 years, where his work involves reviewing best practice with regard to gas and fluid discharges, investigating incidents, etc. He enjoys his work although he knows that there are much better things to do with those 37 hours each week far away from Sellafield. He lived in Leeds for a year after graduation working on hydraulic modelling systems and this was the time when he ran with Skyrac, after which rich experience he took a year off to Inter-Rail round Europe and travel to New Zealand, Australia, the USA and Thailand.

Although his parents were from Cockermouth and Keswick, Simon was born in London but the family moved back to Keswick when he was five years old, ostensibly to relieve Simon of his asthma problems but more probably because his parents wanted to get back to Cumbria.

At school in Keswick he played football, mini-rugby and ran. "I didn't train and I actually didn't like running but I kept winning until I was around 15 when I started being beaten. So I stopped. I took my rugby seriously and represented my College Team and Keswick but I then had three injuries in a year all involving concussion and so decided I had had enough. After a short spell of inactivity my asthma began to return and I went back to running, really because it was the easiest sport to do- although at that time I would have preferred to do no sport at all!"

"Initially I was running on the roads but one day my father, who was a bit of a fell runner, although he had only started running when he was about 40, bet me that he could beat me in the Skiddaw race. I think he was 49 and I was 19. I beat him to the top but had to walk back and he was one of many who passed me on the descent-something very few people have done since".

Photos cortesy of Peter Hartley

Simon Booth - 2002
Borrowdale winner
with Stan Bradshaw

Buttermere Sailbeck 1998

"This was one of my best wins, mainly because it was the first British Championship counter that I won. I had targeted the race and trained hard for it but I even surprised myself how well I did. Although it is a tough race it is only a medium and the medium/shorter races are not my strong point. I do often win medium and short races but not normally when they are Championship counters and there is a top quality field".

The 1998 Sailbeck win also got his photograph (courtesy of Peter Hartley), bare-chested, into the October 1998 *Fellrunner.*

Was it true I asked that he still did a recce of Borrowdale every year as Ian Holmes had suggested?

"Well I do have a look at it and I often show others round the course. Last year Sue (his wife) did it and I took her round although I don't always have time to look at it every year with other race commitments. However I always find time to recce the Lakeland longs in the Championship and if this happens to include Borrowdale then it will get at least another look. People think I 'know it' but there are always better routes and the fells are very different in thick mist. Anyway it's a great route to run round".

I wondered why he had never won the other Lakeland Classics Trophy races: Three Shires and Langdale Horseshoe? "Well I've only done Langdale once and I got lost and I've only done the Three Shires a couple of times. They come a bit near the end of the season when I am tired. I get hay fever in August which reduces my training and my asthma sometimes affects me at this time of year. Also by then other races have had my attention like the Ben and Mount Kinabalu".

International Scene

Kinabalu (in Malaysia) and the La Plagne 6000d (in France) are both races Simon has done around half a dozen times. "Both are tough but fantastic races. I am very proud to have won the 6000d three years in a row (2000-2002), and Kinabalu is such a spectacular mountain race. Obviously I wish I'd won it but by finishing second or third I have usually managed to win more than it has cost me to get there."

Also on the bigger canvas, although the very idea of the World Mountain Running Trophy is usually held in disdain by true Cumbrian fell runners, Simon has a Silver Medal from the 2003 Competition held in Girdwood, Alaska along with Andi Jones, Simon Bailey and Lloyd Taggart. Presumably he felt quite at home in all that snow.

Like other top fell runners he has been sponsored by SAAB Salomon and in the Buff Sky Runner World Series in 2005 he was runner-up to another useful runner; Rob Jebb. "Looking back I should have competed in the 2004 series but I lacked motivation. I wasn't part of the Salomon team which had been selected on 2003 performances when, although I believed I was as fit as usual, I couldn't descend well because of the bad toe injury I suffered at Kinabalu in 2002."

Training& Injury

"I have never regarded myself as a high mileage trainer. When I lived in Keswick I was spoiled by having all the mountains close by and I used to do too much but since the beginning of 1998 my training has centred around a couple of fast ½ hour sessions, a long run and a hill rep session". His regular training partner is Pop-his dog. He attributes the hill reps to his improvement in form. "As everyone knows fell races are won on the descent but there is not a lot you can do to improve descending skills. That is mostly about natural balance and agility and certainly not courage! However you can improve your climbing strength and therefore speed by hill reps, which I started doing around 1998." Although he added "perhaps I should really give the credit for my improved performance to my wife's cooking (Sue is a dietician) since we moved in together in early 1998". Simon is 5'10" and claimed to be around 11 stones when I met him, although he looked a lot leaner than that to me.

He observed that "some runners are good climbers and others are natural descenders but few runners are very good at both, not at Championship level anyway. Gavin is (or was?) one exception and Simon Bailey might be another, but actually there have not been many occasions when I have been close enough to tell!"

Although he felt he had not had any serious injury problems in fact he broke a foot in 1995 and, as previously mentioned, he bent a big toe back after slipping off a rock at Kinabalu at the end of 2002 and since the winter of 2004

he has experienced aches and niggles in his hip/lower back which doctors do not seem to be able to clear up. He attributes these problems to running on the roads in winter and whereas normally they have cleared up when he has returned to the fells, in 2006 they didn't. He had a relatively tough year and so took last winter off. Now most runners would be delighted to win Borrowdale, Ennerdale, Coledale and Sailbeck, as Simon did in 2006, with or without injury, but Simon does measure himself against the highest standard. "I probably should have raced less in 2006 but after the enjoyment and success I got from completing the Sky Runner series in 2005 I was keen to have another go. I was given great sponsorship support again by SAAB Salomon and I wanted to repay them by turning out and performing well".

He said that he had really not enjoyed his running in 2006 but when I spoke with him in mid April he had just stepped up his return to running so he could prepare for Duddon Valley, a Championship counter, and then Borrowdale. However in case his rivals think he is now unfit he does cycle 36 miles every day to and from work from his home in the tiny community of Deanscales near Cockermouth, or even more if he does the "hilly route home".

And perhaps injury is good if a lay off after injury prevents stagnation, gives your body a rest and motivates you on your return?

Races I Wish I'd Won

"I have been lucky in that I have won most of the races I wanted to win, often against stiff competition when I didn't rate myself as favourite. However, I do wish I'd won the Ben (as well as Kinabalu). I have had a few seconds (actually he has been 2nd five times) and my best chance of winning was in 2002 (when he finished less than one minute behind Andy Peace) when my shoes fell apart and I ran what seemed like a very long way without the soles across a lot of scree and all the way down to the Red Burn before borrowing a pair of, rather too large, shoes". For the record his four other second places were in 1991 (to David Rodgers), 2000 (to Ian Holmes), 2003 (to Rob Jebb) and 2005 (to Jebb).

For a few mad moments he thought he could win the London Marathon. "I do run on the roads. Every winter I do races like the Derwentwater 10 to keep fit and to support my local races and I have done 10 miles in 50 minutes. I did the Cockermouth Marathon when I was 13 and in 1996 I did the London Marathon. I had broken a bone in my foot towards the end of November 1995 and had only started running in February and so I had only got up to 40 miles a week. I finished 65th in 2.31 but I knew I could have done better because it was a very hot day and times were slow. It felt so easy I felt I could come back the following year and win the race outright."

"Actually I was knackered for the next 4 months and the marathon ruined my fell season. Also I never managed to get up to much more than 50 miles a week on the roads before being injured and by 1998 I had learned to optimise my training for the fells and do much less on the roads".

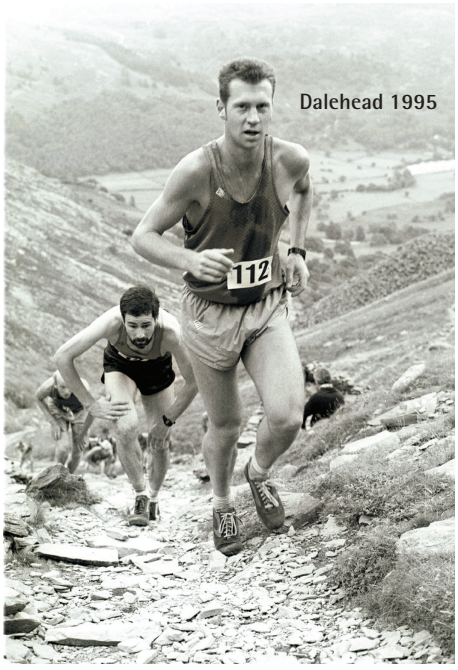
The Runner in Front Is?

What does he think of some of those who have beaten him on the fells? "I admire Rob (Jebb). He works so hard, he always gives his best and he seems to do everything. And he needs to know where he is going in races because he has to front run to avoid being beaten on the descents by people like me who can just follow and overtake on the downhill".

"And of course Ian Holmes. He has been around so long and won so much; but in my opinion the most outstanding UK fell runner has never beaten me, although maybe it is just a matter of time – Angela Mudge, she is extraordinary".

I asked who will be the next "strong man" of the Lakeland races? "Well there are younger runners who have the talent but they have got to *want* to win and dedicate a lot of time and training to these races. This will not be easy if you live outside the lakes and then there are so many other high profile events being promoted. Lloyd (Taggart) is obviously talented and enthusiastic but he is not much younger than me, although he may have fewer miles on the clock!" (actually Lloyd is only 15 months younger than Simon).

In my view Simon is candid in recognising his weaknesses and strengths, he is clear on his targets and is dedicated to achieving them. He loves his running, keeps a training/races log, is pleased with what he has achieved; and rightly so. He is proud to have won the British Championship twice. "Not many runners have won it twice and I try my hardest every year". He knows he lies just behind Gavin and Billy in elite rankings although he thinks the competition was tougher in Billy's day when the top fell runners were doing all the same races because the domestic calendar was much slimmer and there were fewer international races. And he adds "Billy did everything. I used to be the same, although I didn't win as often, but I have learnt to focus on the races I really wish to win".


Dalehead 1995

He is 40 next year but does not view this as significant: "If I want to win Borrowdale it really doesn't matter whether I am 39 or 40. I just want to win it".

Joss Naylor won 9 consecutive Ennerdales, Billy Bland won 9 consecutive Wasdales, Simon has won 9 consecutive Borrowdales of his 10 victories so far and there may be more wins to come. Joss and Billy are already established in the Pantheon of fell running but perhaps Simon has also entered the door?

And Finally.

In running terms Simon is the most thoughtful fell runner I have met and if admiration from his peers also counts for something then Simon got a name check in my earlier Profiles from "Scoffer", Ian Holmes and Sally Newman: although in her case only when baring his chest. ✻

Anniversary Waltz 2003

Photos cortesy of Peter Hartley

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BY **COLIN WILLIAMSON**

Who's the best MV60?

60 year old fell runners are a special breed. The fastest are (very) occasionally amongst the first ten in a race, but the majority of us are pleased not to be in the last ten home. We are, of course, fiercely competitive, but we temper this with a healthy dose of realism and content ourselves when we beat stripling fell runners with a mere 50 years under their belts.

But within the MV60 category there is, of course, an elite class and there has to be a top man. So, how do we determine a ranking amongst the V60s ? There are always the Championships of course and they are well documented on the various FR websites. According to this, the champion MV60 runners of 2006 were as follows.

British

Name	Club	Points
D Spedding	Keswick	45
K Carr	Clayton	42
B Magee	Larne	25
G Howard	Ilkley	17
N Griffiths	Spectrum	15

English

Name	Club	Points
D Spedding	Keswick	88
K Carr	Clayton	79
G Breeze	Skyrac	69
N Griffiths	Spectrum	67
R Whittaker	Cumberland	62

Scottish

Name	Club	Points
B Magee	Larne	5

Welsh

Name	Club	Points
A Oliver	Eryri	282
D Williams	Eryri	252
J Morris	Buckley	230
Y Tridimas	Bowland	156
G Gunner	Croft Ambrey	120

Northern Ireland

Name	Club	Points
D Rankin	BARF	250
J Adgey	Mourne	149

However, not everyone runs the championship races and many of us race most weekends rather than just concentrate on the Championship events. So how do we include them in the statistics? Well, one way is to compare their times against the fastest runners, so I averaged the times of the first five finishers in all 205 race results from January to December, 2006 as published in the Fellrunner. This average became the reference point for each race, and I then calculated the V60 category winners' times as a percentage of the top five. Where the Fellrunner listed just the 1st V60 in any race, I used just his time alone, where they listed the first two, three or even five V60s, I included all of them.

I chose the first five home in each race rather than just the winner because sometimes there is an 'unusual' winner. I also acknowledge that the first ten home is normally the best way to get a reference standard, that was too much like hard work. The first thing the analysis demonstrated was naturally the errors in the Fellrunner published results and things looked better once these had been eliminated. This gave a listing of outstanding performances of the year as follows.

Name	Club	Race	% slower than 1st 5 runners
Williams D	Eryri	Leg End	4.92
Amies J	Congleton	Chrome hill	7.09
Reilly F	Stockport	Bradbourne village	7.25
Tridiamas Y	Bowland	Moelfre	7.54
Williams D	Eryri	Pipe Dream	8.37
Spedding D	Keswick	Pentland skyline	8.89
Davies E	Eryri	Leg End	9.16
Spedding D	Keswick	Latrigg	9.52
Williams D	Eryri	Llantysilio	10.31
Williams D	Eryri	y Garn	10.97
Oliver A	Eryri	Tyn-y-groes	11.69
Mitchell B	Clayton	Bolton by Bowland	11.78
Marsh J	Tarren Hemdre	y Llethr	11.88
Tridiamas Y	Bowland	Rhinog horseshoe	12.19
Howard G	Ilkley	Helm hill	12.30
Norman J	Altrincham	Bollington	12.78
Norman J	Altrincham	Tockholes	12.97
Milligan D	Solway	Manor water	13.07
Mitchell B	Clayton	Mearley clough	13.09

Kieran Carr (CLM)
Kentmere 2004

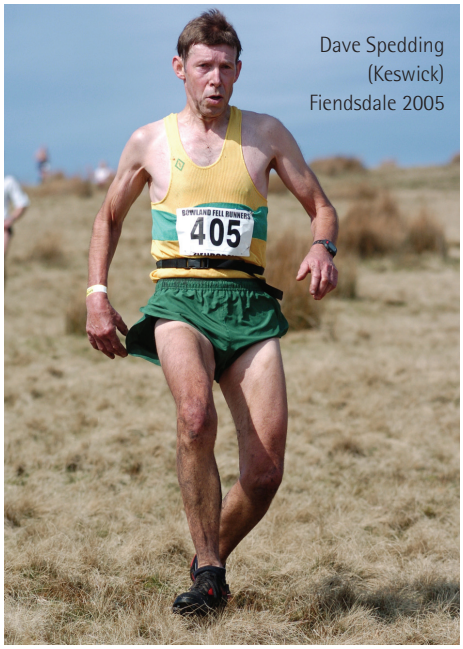
Photos cortesy of Peter Hartley

From this we can see that Don Williams had the year's best performance when he was less than 5% slower than then average of the first five home at Leg End.

And this might have been it, except that some names naturally occurred more than most, and a true champion should demonstrate consistency over the season and over C Short to A Long races. There was always the possibility that the best result might just have been at a race where there were few of the top runners, so that the average first five times was untypically slow. So the next task was to eliminate a few other anomalies like runners who only appeared once in the year's results yet posted amazingly fast times. These might be accurate of course, but I included in the next analysis only runners who have been in the results twice or more times in the 12 months covered.

This gave me a list of all the races where each V60 runner had appeared in the results and his performance in each race against the first-five reference point. Any one V60 runner will have good days and bad days, each generating a percentage figure of how much slower they were compared to the winners. So I calculated for each runner a number which represented how well he had performed over the season by simply taking a numerical average of his year's performances. So the rating table below is a measure of how well over the season each runner performed against the best youngsters.

Name	Club	Average score	No. of races
Williams D	Eryri	13.70	12
Amies J	Congleton	16.27	13
Hall P	Barrow	16.85	3
Spedding D	Keswick	18.33	10
Cochrane M	Dark Peak	19.33	3
Tridiamas Y	Bowland	20.76	5
Davies E	Eryri	21.04	8
Russell C	Matlock	21.56	2
Clemens J	Mercia	21.91	5
Minikin T	Keighley	21.96	2
Oliver A	Eryi	22.53	6
Roberts P	Buckley	22.55	6
Waywell D	Wesham	22.74	2
Marsh J	Tarren Hendre	23.00	5
Norman J	Altrincham	23.13	7
Carr K	Clayton	23.32	8
Morris J	Buckley	23.45	11
Howard G	Ilkley	23.63	8
Mitchell B	Clayton	23.69	8
Spendlove D	Calder valley	26.45	4



Dave Spedding (Keswick) Fiendsdale 2005

Don Williams' rating of 13.7 means that on average over 2006 he ran only 13.7% slower than the average of the first five in each race. If he or any other of the rankings finished badly in any race, their times presumably wouldn't get into the Fellrunner and I can't count them, so the figures could be falsely high. The final column is the number of races counting towards the numbers.

Of course, if there are two runners with the same name and initial, they'll get averaged as one I'm afraid. Similarly if a runner enters races under two slightly different names, eg if Tony Varley ran as both T Varley and A Varley, our chairman would be classed as two different people.

If the results as printed in the Fellrunner Magazine are wrong, there's nowt I can do about it!

If anyone would like to see the full results, just email me at cjw@smile-plastics.co.uk and I'll send back the Excel file. If you find any mistakes, please let me know as there are bound to be some, and I shall correct them and eventually launch them in a corner of the Shropshire Shufflers website (www.Shropshire-shufflers.org) ✻

John Clemens (Mercia) M60 – World Masters Keswick 2005

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BY **BILL SMITH**

ROGER INGHAM MBE

A Great Yorkshire Sportsman

Earlier this year, in the New Year Honours, Roger Ingham became the third fell runner to be awarded an MBE following Bill Teasdale (1970) and Jos Naylor (1976). Roger's came in recognition of his "services to sport in North Yorkshire", for he has been an all-round sportsman, both as competitor and coach.

He will be most familiar to FRA members as the commentator at such races as Buckden Pike and Bradley Show, and as an ice cream barrow vendor at these and other events, for Roger was not allowed to compete in our races as he was deemed by the AAA to be a "professional" athlete. This meant that he predominantly ran at Lakeland and Yorkshire Dales village shows and sports where small cash prizes were awarded. None of those competitors made a living from their sport, most of them being involved in farming and other manual work, while many top amateurs on the road and country, and in track and field, could make more from one meeting in the form of "expenses" than a champion "professional" fell runner would make over a whole season. Nowadays, of course, this hypocritical distinction does not exist, it having been abolished in 1992.

Roger's working life has included jobs as varied as the building trade and rent-collector for Skipton Rural District Council, which then covered all the villages around the town. He was born on March 7th, 1944 at Skipton, where he still lives, and his first competitive event took place seven years later when he and schoolmate David Jeanes qualified to run in the Skipton and District Schools "Festival of Britain" Sports Finals. David won their event but Roger was unplaced. The following year, 1952, he competed in the Skipton Swimming Championships and progressed in this sport to become the Craven Youth Swimming Champion of 1956, during which year he also reached the semi-finals of the Yorkshire Schools Championships. Other sports in which he competed as a schoolboy included football and rugby, while after leaving school he also took up boxing. The aforementioned David Jeanes, incidentally, went on to play in the 1968 Rugby League Cup Final at Wembley and also starred for Great Britain in their 1972 Rugby League World Cup triumph. This is the code of which Roger has been a staunch supporter all his life, though he himself played rugby union as Skipton then had no amateur RL team.

The Caldbeck Shepherd

David Jeanes, with whom Roger played in the school football team, had begun travelling to Dales and Lakeland shows at an early age with his father and would often regale Roger with awe-inspiring tales of the great Bill Teasdale, the legendary Caldbeck shepherd and gamekeeper,

Roger Ingham M.B.E. taking one of his many training groups.

Picture courtesy of the Craven Herald

Early leaders Hebden Sports 1962. Roger, top of picture. Eventual winner Norman Beck is bottom right whilst runner up Tony Bradley mentioned by Bill Smith is next to Roger on the wall.

whose achievements would eventually include winning the Grasmere Guides Race a record number of eleven times, Keswick twelve times, Croglin thirteen, Alva eight, Ambleside eight and Kilnsey seven. When Teasdale travelled to Burnsall in September, 1953 to have a crack at the then-43-year-old record of the Keswick gamekeeper, Ernest Dalzell, a seven times Grasmere winner, Roger together with his brother David and their mates tried to hitchhike to the race. They did manage to get a lift, only for the driver to turf them out when they were only halfway there, causing them to miss the event.

As it turned out, Teasdale was besieged by unfeeling newspaper reporters prior to the race with the result that he didn't have time for a proper warm-up and consequently struggled to beat runners he was generally defeating much more decisively at that time. He missed the record, 12:59.8, by 67 seconds but at least became the second-fastest man over a course which had been contested annually by professionals up to 1931, and since then by amateurs. The Dalzell record was finally broken in another special race in 1977 when Fred Reeves, Coniston, set the still-existing record of 12:47.2 (amateur record 12:48 by John Wild, 1983). Roger himself was involved in that race, both as a co-organiser and competitor, finishing 7th after two crashing falls on the descent. He did finally get to meet Teasdale, by the way, when he hitchhiked to Kilnsey Show in 1957, and it is also worth mentioning that Bill still officiates at Ambleside Sports, aged 83 this year.

A Dales Farmer

Roger made his own fell racing debut at Clapham Sports, near Ingleton, in 1957, aged thirteen, but came in last. Undeterred, he competed a year later in the Craven Youth Cross-Country Championships over an undulating, snowbound course that seemed more like a fell race, and finished 2nd to John Longstaff, Grassington, a prominent junior fell racer who did well in the Sports track events when he moved up to senior level. Roger improved on his Craven Youth Championships performance in 1959 when he won the area title over a demanding Grassington course. Later that year, he hitchhiked to Dent Sports and again finished last in the fell race up Rise Hill. However, he now began to compete more regularly but admits: "I didn't have much fell success as a junior." But even those "last places" were decent efforts, for virtually all fell runners were well-honed competitors in those days. Indeed, even with the old-fashioned heavy fell boots, the winning time posted by Denis Robinson, Kirkby Stephen, in a very-closely-contested 1959 Kilnsey Junior Crag Race has only been marginally bettered by three runners since, namely future Commonwealth Games steeplechase finalist, Mick Hawkins, Grassington, 1978, Fran Batchelor, Gargrave, 1986, and future England Junior Fell Champion, Stuart Hunn, Skipton, 2003 – three of the many young athletes that Roger has trained over the years.

Roger was himself coached by the retired fell runner, Billy Pickering, a Dales farmer from Cracoe and a very generous contributor to the sport, from 1958 to 1964, the year Pickering died. "Although not one of the fell running 'greats' himself," says Roger, "Billy never gave less than one hundred per cent effort and was forever picking up tips from the top men and their trainers, which he utilised himself and, later, for those he trained. He could give a 'blow-by-blow' account of all the main races from about 1920 onwards, with full details of the leading positions."

It was due to Pickering's coaching that Roger achieved his first senior fell race victories in 1962, beginning with the old, historic Black Lane Ends race from the Hare and Hounds Inn on the low moors between Colne and Lothersdale, and followed by the neighbouring Cowling Gala race.

Roger amid familiar winning mode, Egremont mile 1974

BY **BILL SMITH**

Above: Roger proudly displays Lakeland Sports Personality of the Year Trophy 1974.

Right: Sharing the winning plaudits with Kenny Stuart Egremont 1978. Kenny won 800 and 1600 meters Roger won 5,000 meters.

Picture courtesy of David Hyde

Above: Approaching summit in Embsay Fell Race 1977 when he finished 4th behind Fred Reeves, Tommy Sedgwick and Kenny Stuart. Steve Carr and Graham Moffat were 5th and 6th respectively.

Right: Roger the day after he had won the vets title in the British championship hill race at Alva Highland games. On a training run with one of his many sporting prodigies, Andy Steadman who himself was celebrating his own call up to the Young England amateur boxing team for its prestigious match against East Germany.

He then scored the first of a consecutive hat-trick of wins at Pool-in-Wharfedale. This was actually an amateur race, though not run under AAA laws, and was mainly contested by club runners from the Leeds, Otley and Bradford areas. On the afternoon of his second victory there in 1963, Roger afterwards dashed off to Lofthouse Sports in Upper Nidderdale and finished 3rd in the fell race to Reg Harrison, Oxen Park and Norman Beck, Skipton. He also placed 3rd behind Beck and John Hodgson, Shap, at Chipping that year, and was runner-up to Beck at Hebden Sports in 1964. Another noteworthy 3rd placing had been gained at Reeth in 1962, amidst a particularly large field for that era, where he'd chased home Beck and Tony Bradley, Austwick, who a decade later, while representing the 16th Heavy Drop Paras, would break the Service Teams' record in the Welsh 1,000m Peaks Race.

The early '60s witnessed Roger's best form on the fells, prior to him breaking his leg at Rusland Sports in 1965. He usually gave the Grasmere Guides Race a miss, however, in the hope that he could watch his mate, Norman Beck, actually win it. Consequently, Roger would instead contest the track events at Grasmere, where his best result of that period was a close 2nd to John Shackley of Barrow-in-Furness in the Two Mile event of 1963.

One Saturday morning earlier that year, while working for a building contractor, he off-loaded from a wagon 164 bags of cement, each weighing a hundredweight, and carried them 50 yards across a snow-covered yard to stack inside a building. He then dashed off to compete in a Yorkshire Youths Cross-Country Championship race, organised by the Youth Service, and finished 4th from a field of well over a hundred, including several internationals, such as the race winner, Tony Evans (Hallamshire) and future four-minute-miler Walter Wilkinson (Rowntrees), who trailed Roger home.

Picture courtesy of David Hyde

Roger approaching the summit ahead of long time rivals, Harvey Gott and Keith Summersgill, Embsay fell race 1985

Reeves and Sedgwick

Despite breaking his leg at Rusland as previously mentioned, Roger went on to win over 130 races, covering track, fell, cross-country and even the odd road race. He names two Cumbrian fell races in 1978 as being particularly memorable: "At Preston Patrick, I won the inaugural race up Scout Hill. An unusual factor of the race was that to win it, I overtook the redoubtable downhill exponent, Tommy Sedgwick, on the descent …!! and held him off on the run-in. I would gladly have swapped that achievement, though, to have done the same at Buttermere Shepherds' Meet later in the year. I have never won a race to a height of over 2,000 feet but came close to it that day. Leading narrowly at the summit of Robinson, I launched my descent, determined to defy Tommy again. Wishful thinking, for Tommy flew past, crashed heavily – which gave me another 'bite' – but just as I'd almost caught him, he bounced up and rumbled forth, never to be seen again. I still held on to 2nd, though."

Sedgwick, the New Hutton farmer (now of Burton-in-Lonsdale), was one of the all-time great descenders, and is fondly remembered for his epic duels with the master climber, Fred Reeves, during the '70s. Reeves' eight Grasmere victories place him second only to Teasdale, though he eclipsed Bill's Ambleside tally by notching up a total of ten there. Sedgwick, the steep, rough specialist, triumphed twelve times in the British Hill Race Championship event over the notorious Alva course.

Roger beat Reeves later that year, 1978, on Fred's home ground when Walna Scar Shepherds' Meet was held at Torver, thereby terminating Fred's so-far-unbeaten run. Closer to Roger's own home, he placed 2nd to Reeves in the Embsay Crag race and won the inaugural Lunds Tower fell race at Cross Hills Gala, south of Skipton. Earlier that same year, Roger had also triumphed in the Kendal Sports Winter League Championship and overall won sixteen races on fell, track, cross-country and road.

When Reeves set his still-existing record of 12:21.6 for the Grasmere Guides Race in 1978 (though in actual fact, former guides racer Kenny Stuart of Threlkeld completed the same course in 12.01 in an amateur race, the Grasmere Dash, in 1985), Roger ran his personal best time of 13.51 to finish 8th in a highly-competitive race. However: "I had finished 7th to Reeves the

Roger finishes runner up to Fred Reeves Embsay fell race 1978

BY **BILL SMITH**

In the thick of the battle en route to winning the 800 meters at Egremont Crab Fair Sports 1974

Another gritty Roger effort at Egremont 1600 meters 1976

previous year when he clocked 12.40, whilst I clocked 14.09, which in essence was a better performance – accounting for various nullifying factors – than my 13.51 the year before." On the track at Grasmere, Roger won the Two Miles in 1970 and the One Mile in 1973.

Besides managing to beat both Reeves and Sedgwick during the same year, when they were in peak form, Roger has also contrived to beat all the other top stars at some point of his long career, including Teasdale, Harrison, Beck, Bobby Morton, Tommy Garside, Kenny Stuart, Mick Hawkins and even Ian Holmes – "but only," he emphasises, "when they were on the way up, career-wise, or else on the slide!" Above all, though, he says, "It is all about simply getting in there and giving it your best shot." One special career victory was achieved by Roger at Thoralby Fell Race in Bishopdale in 1992, which meant he had won either fell or cross-country races over five decades, including winning senior fell races thirty years apart.

Highland Games

"My best ever season," says Roger, "was 1974 when I won the Lakeland Sportsman of the Year award and triumphed in eighteen track and two fell races. The highlight was undoubtedly winning the Two Miles event at the Braemar Highland Gathering when the Queen and other members of the Royal Family were present. I'd no injury problems that season and was able to pursue my full training schedule from start to finish." At this time there was no fell event due to Queen Victoria having banned the original Braemar Gathering hill race in 1850 – and requested it never be held again – due to the distressed state of one of the competitors. Roger Ingham therefore played a leading role in getting the hill race reinstated there, assisted by local hill runners Mike Grant, Duncan Gillies and Guy Scott, though a different course is used for the modern event, which climbs to the 2,819-foot summit of Morrone. The first revived hill race at the Gathering in 1979 was won by Fred Reeves, though the current record of 24.28 was set by Mick Hawkins in 1984. Says Roger: "Hawkins' record-breaking run, which beat Kenny Stuart's previous record by two seconds, was as much due to a truly sensational descent as anything else. Indeed, he was 4th around the summit and not too far ahead of me at that point. I was truly amazed that he had even managed to win the race, let alone break the record, as he was well adrift of the leading trio. Rain and swirling mist were also detrimental factors but the rest is now history."

Roger's own outstanding Scottish victories came in the Weems Hill Race at Atholl and Breadalbane Highland Games in 1981, beating both the "professional" and "amateur" fields competing together, and in the Cow Hill Race at the Caol and Lochaber Highland Games a year later: "Rivals included one or two amateurs whom I believe were up to reccie the Ben Nevis Race course. These included Selwyn Wright, who would later become a very good friend and did much to bridge the amateur/professional relationships. For roughness, you will not find many courses worse than that on the wooded side of Cow Hill. I almost won at Lochinver (Assynt Highland Games) in 1985 but had a crashing fall on the rough descent and finished 2nd to Scottish cross-country international, Barry McKay. I'd hitchhiked to Assynt, involving 27 lifts over 700 miles, and also competed at Strathpepper and Perth Highland Games on the way home. That was three meetings crammed into four days since leaving Skipton, and I was just back in time for work on Monday morning with ten minutes to spare. I could write a book on my hitchhiking exploits alone!"

A Fell Running Footballer

Under Billy Pickering, Roger belonged to the same training stable as a growing-up pal from his Shortbank housing estate in Skipton, Norman Beck, who was three years older and worked for Billy after leaving school. "Norman came from a large family and was a rough, tough diamond," says Roger, "and also a great inspiration. He was a real grafter in the work-place. Norman revelled in the rough, steep fell races, especially on the descent, and in the early 1960s he chalked up an impressive record of fell race victories. These included him winning the Kilnsey Crag Race three times, Hebden six times, Reeth four times, and also Chipping, Clapham and Alwinton Border Shepherds' Meet, where he accounted for the best of the Scots besides the Anglos. His record there, achieved in the old fashioned heavy fell boots, stood for ten years.

"Norman was also a prominent local footballer, and had terrific reserves of energy, perhaps best typified by one day in 1962 when, after working on the farm since early morning, he played a

wholehearted 90 minutes in a district cup final in the afternoon, then dashed off straight after the game and won the tough Cautley Fell Race.

"His best finish at Grasmere was a close 3rd behind Bobby Morton and Teasdale in 1964, but in the previous two races, 1962 and '63, when he had best viewed his chances and prepared specifically for Grasmere, a catalogue of misfortunes and extenuating circumstances denied his ambitions. Indeed, in 1962 Norman missed the race altogether, but won the Mile, run much later, at the main expense of, ironically, Bobby Morton, while in 1963 an uncharacteristic series of falls, including a slip amid the soggy conditions of the last field when marginally ahead – as the leaders were almost four abreast – cost him dearly. With football commitments nullifying his early season fell training and invariably haytime taking its toll in mid-summer, Norman more often hit his peak form at show time and the first of his three Kilnsey Crag victories, amidst the quagmire conditions of 1963, came after him winning the Mile handicap from the back mark."

Sport With The Paras

Superb physical fitness and appetite for a challenge played an integral part in Roger joining the Parachute Regiment Territorial Army Volunteer Reserves: "The old Skipton Boxing Club closed down when I was still at school, so I boxed for Halifax Star, a potent force at that time (1970s), whose members included Richard Dunn, who would turn professional and win British, Commonwealth and European titles. Some of our boxing training sessions were held at the Paras' Thornbury Barracks in Bradford and this was a significant factor in me joining up. I twice reached the TA semi-finals at lightweight and once the final, and although I never won any titles in mainstream amateur boxing, I endured some hard contests in promotions between Liverpool and Newcastle, and won more than I lost. I have been Chairman of Keighley ABC for 23 years now". Roger's training assistance also extended to boxing, including him being the cornerman for Keighley's England International, Gary Felvus, in the 1982 lightweight final of the ABA Championships at Wembley against Jim McDonnell, which BBC commentator Harry Carpenter described as "one of the best of the past decade."

Besides boxing for the Paras, Roger also represented them in cross-country races: "They were tough, good oldfashioned events with plenty of hills. My TA achievements included winning a Northern Command and Scottish Units title ahead of around 300 competitors at Catterick. The race went out onto the moors and involved us clambering over snowdrifts galore, some of them around chest-high. And from a similarly-large field, I also won an Inter-Companies title at Ripon, where the course included four crossings of an icy river which was waist-deep in parts. In the 1978 TA National Championships, held over six miles at Cambridge, I finished 4th only 32 seconds behind English cross-country international Mike Turner, former winner of the UK Inter-Counties Championships, and Northern Ireland International Mike Teare, who would be competing in the World Cross-Country Championships that same month. From a field of well over 300, I beat a whole host of prominent amateur club runners, including internationals from Wales and Northern Ireland.

The Pro/Am Divide

One of Roger's outstanding achievements and legacies for athletics in general was the major role he played in securing the abolition of the hypocritical pro/am divide, or the "Berlin Wall" barrier, as he terms it: "Whilst continuing to keep the prosperity and heritage of the traditional sports and its competitors at heart, my lobbying and letters galore covered virtually anybody and everybody in authority, right up to and including the Minister of Sport. During all the years when I was barred from competing under AAA Laws, I always endeavoured to build as many bridges as possible between the ordinary people of both codes, and consistently tried to welcome as many amateurs as possible to compete in professional events.

"I was then involved with the organisation of just about every event in Craven: Kilnsey, Gargrave, Malham, Embsay, etc. … My sternest conflict was with the extra pressure imposed by AAA/WAAA militants upon school authorities, not only to have youngsters barred from athletics [following the abolition in 1975 of the rule which allowed children to compete at professional sports up to the age of 16 before making a choice between the codes] but also having them barred even from the schools' football and netball teams!"

One of the most influential features of Roger's efforts to win over the authorities at large was his long-standing encouragement and training of young people, not only in athletics but in sport generally: "The many youths I have helped over the years include a sizeable number who were hitherto heading 'off the rails,' some of them even prison-bound." The pro/am divide was, as previously noted, finally abolished in 1992. However, Roger's sterling work on all fronts of the athletics world was at last recognised by the amateur authorities in 1992 when he became the recipient of a prestigious award from the North of England AA for "outstanding services to athletics."

Coach and Commentator

Roger Ingham has hitchhiked to sporting events all over Britain and Europe and has been picked up by several well-known personalities: "I once even got a lift with the Archbishop of Canterbury, Doctor Coggan." One of his favourite British venues is Killington Sports, near Kirkby Lonsdale, where he ran the fell race on no less than forty occasions. One year he and Fred Reeves were joint back-markers in the Mile event there and Roger won it from Fred, while he has also finished runner-up in the fell race to the Coniston star during his dominant years. Roger commentates there now, also at such venues as Arncliffe, Buckden, Gargrave, Hellifield, Kilnsey and Malham, plus the Three Peaks Cyclo-Cross. He also entertains vast crowds at the Great Yorkshire Show, held annually at Harrogate, with a knowledgeable discourse on the sheep-shearing championships. A highlight of his commentating career came at a televised Grasmere Sports in 1985 when he introduced a gathering of distinguished oldtime fell runners to the assembled throng, the fitter ones jogging individually down the last field into the arena.

Roger has for many years contributed reports on fell racing and other sports to the *Craven Herald and Pioneer* and other local newspapers "purely for the good of the game and its participants" – in other words, he doesn't get paid for it. He has also written countless

Roger regaling the crowd including his Royal Highness The Prince of Wales. Moorcock Show ,Garsdale ,1986

BY **BILL SMITH**

ROGER INGHAM MBE – *A Great Yorkshire Sportsman*

Roger with some of his stable 1997 at the English National Cross Country Championships at Havant, Hampshire, where Skipton's Under 17 girls team, all home grown – won the team silver medals, after previously winning both the Yorkshire and North of England titles. Four of that group would win either English or UK fell titles. Left to right Emma Hopkinson, Mary Wilkinson, Sarah Dugdale, Roger Dodger Laura Sutcliffe, Eleanor Atkinson, Rebecca 'Tink' Taylor and Charlotte Sanderson. All except Atkinson-who won county honours in hockey-also won at least one county title in athletics or cross-country.

features for publications in various sporting codes, including a splendid three-part article. "Guide To The Guides" in the orienteering/fell running magazine, *CompassSport* (1984) chronicling the history of professional fell racing and illustrated with many fine photographs from his own extensive collection. Assisting in the organisation of local fell races and other sporting events is another of his long-standing pastimes, while he has also raised literally tens of thousands of pounds for life-saving charities.

Roger has coached in all the sports in which he has competed and has played an integral part in the rise and achievement of numerous champions and internationals. "I've always operated a strict policy of 'training, not straining," says Rogers. "I never take anyone until they have reached secondary school age. Then I apply an extremely economical schedule, with plenty of time off for other sporting activities. As some athletes have moved up the ladder of progression, I have moved them on – or they have moved on themselves – to other coaches, but I have still been there for them should they have incurred any problems. One of the other teachers I have linked up with has been Alistair Scholey, a teacher at Giggleswick School, who has performed a wonderful role taking sessions from the school, not only with pupils there, but also with youths attending other schools in the North Ribblesdale/Lunesdale areas. My winter groups, including indoor circuit training and mobility work in the gym, are based at Skipton's Aireville School or the swimming pool, but during light evenings we do track sessions at Nelson or Keighley, and fell training on the hills around Skipton and Upper Wharfedale.

"Among the youngsters who have attended my sessions over the years are some who have progressed to winning international honours in no less than seven different sports. Mary Wilkinson and Victoria Rusius have both won international honours on the fells, Victoria also as a tri-athlete, and they both possess considerable talent for football, which I have concurrently encouraged." In addition to the aforementioned Mick Hawkins and Stuart Hunn, other successful fell runners to have emerged from Roger's "training stable" include Oliver Brewer, Sarah Dugdale, Emma Hopkinson, Matthew Hurst, Sam Hutchinson, Claire Lilley, Luke Maude, James Mountain, Jonny Pawson, Charlotte Sanderson and Samantha Waddington, all of whom have won FRA English, Irish and British titles. Says Roger: "Skipton AC's senior men's team, which finished 6th in last year's British Fell Relay Championships, had all come up through the club's junior ranks, whose training I undertake."

Roger twice won the "Craven Sports Personality of the Year" title out of the four years it was held during the late '70s, and in 1985 became one of only six people to receive a special award from the Lord Mayor of Leeds "for services to Yorkshire, its image and its people." In 1977, he won *Yorkshire Life* magazine's "Man of the Year" award of £1,000, to be donated to a charity of his choice, and in 2005 became a highly popular winner of ITV's "Local Hero" title, which led to him being presented to the Queen at Buckingham Palace. However, all these tributes have, of course, been eclipsed by his recent MBE award, a richly-deserved and long-overdue honour which drew congratulatory messages from many internationally-famous sports personalities.

Perhaps nothing better illustrates Roger's dedication than one weekend when he boxed in Liverpool on the Friday evening, played rugby at North Wales cup-holders Ruthin on the Saturday afternoon, and finished 2nd to Tommy Sedgwick in the Scout Scar fell race on the Sunday. As one observer remarked after the latter event: "Had it been held a few miles further north, he could have claimed to have competed in three different sports in three different countries on the same weekend."

Roger Ingham no longer runs himself due to knee problems*, but he certainly believes in putting something back into sport! ✻

In his familiar ice-cream barrow role giving the legendary Desert Orchid its best ever licking!

*Roger's other injuries result from two deeds of gallantry – typical of his fighting spirit – firstly through him trying to rescue an elderly lady who died in an upstairs flat fire, and for which Roger received an award of bravery, and secondly, after a pushchair with child had blown into a path of an oncoming wagon – through his impulse actions in flinging himself full length into the road to snatch back the pushchair and almost certainly save the childs life.

The colourful character that is Roger'Dodger' - widely known as 'Skipton's Mr Sport':

Top: Starring on stage on Blackpool's Central Pier
Middle: Receiving a congratulatory pat from Sir Henry Cooper. or, as Roger insists about himself, the only boxer who ever forced Cooper to hold on!
Bottom: Showing his Royal Highness the Prince of Wales the way to the starting line

BY **A.CHEEKYCHAPPIE**

Bumbags Go Green

In times of carbon offsetting and recycling targets, you can't really accuse fellrunners of being a particularly wasteful bunch. I've often witnessed their consciences pricked by the mere possibility of food going to waste. Look at any dinner plate sat in front of a fellrunner and I'll bet you there'll be nowt left on it. It's possibly even been licked clean too, just to save on water in the dishwasher. And they'll probably clean your plate too, given half the chance, such is their environmental zeal. Up on high, I've witnessed ashen faced fellrunners snuffling the ground like pigs searching for truffles, just to ensure no one's left any jelly babies lying about. What great ambassadors for Planet Earth, eh!

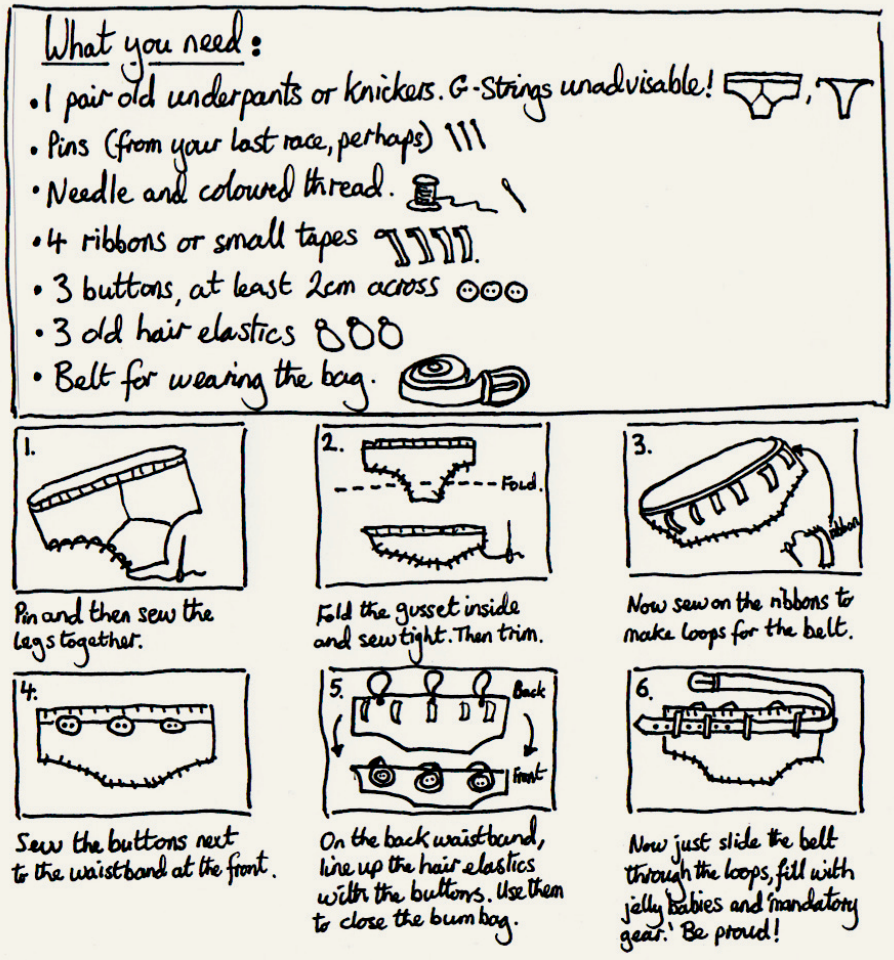
However, I think we can all do a lot, lot more for the environment. And I've come across just the thing.

Why waste money and valuable resources on a new nylon bumbag when the answer is right there, hanging down your trousers? Recycled underpants transformed into bumbags! It's green, it's cheap and it's GENIUS!

Simply follow the instructions below and you'll be running across those fells feeling proud as punch. Even perverts can join in, using their former partner's underpants which they've just somehow 'forgotten' to throw away. If you're a 'g string' wearer, you may have more problems, but why not turn these into tasteful wrist bands? Cool and quite youthful! Please be aware that for some of you, turning your underpants inside out may be breaking the Rules of the Fellrunners Association, though you can clarify this position with Scoffer. Just post him your underpants with a SAE.

Good luck with the sewing. You can always ask someone else to do it whilst you nip off and have a swift pint. Just ask the volunteers to form an orderly queue, and leave some surgical gloves behind.

And for the first person that I see on the fells with a Recycled Bumbag 'a la Y front', I will donate my very own recycled PB voucher. Long Save the Planet.



BY **BEN ABDELNOOR**

A Lesson in Survival

The Edale Skyline

It's been a week now since *it* happened. Sitting looking out of my window here in the Lake District, I can feel the warming sunshine, and see a perfect blue and cloudless sky. In the garden bob a sea of yellow daffodils, beyond lie soft green fields, home to early spring lambs, and on the hillside purple and green blend together in new growth; an idyllic Lakeland scene. It seems a far cry from the dark horrors of the Edale Skyline and the grey Arctic wasteland that was the Peak District, just seven days ago…

It's hard to put what happened into words. I've tried to describe to others, who weren't there, the anxiety, fear, pain and discomfort I suffered at the merciless hands of the Skyline race. I've tried to convey just how cold it was, how it felt to have hail lashing at bare legs; how hard it was just to stand in the buffeting winds; and the struggle just to move forward. Yet they simply nod sympathetically and look incredulous; but it is not a question of believing, more of understanding. *You simply had to be there.*

Four hundred and fifteen runners set off on that fateful morning. We set off into some of the worst weather conditions many will have ever experienced; weather that would turn back even the most foolhardy outdoor enthusiast. Of those 415 iron-willed competitors, 77 dropped out or were timed out. Simply to have the courage to line up at the start line in those horrendous conditions was enough – there was no shame in not making it around the course. A significant number of runners were treated for hypothermia by Mountain Rescue teams. Dozens of distraught and bewildered runners, suffering from cold, exposure and exhaustion were helped and supported by fellow runners, walkers and spectators.

For the first hour of the race I had little idea of the evils and horrors that were to unfold. Up until Win Hill summit the running had been easy, the buffeting winds coming from behind, or from one side. But turning at the checkpoint I realised I was entering a world of trouble and misery. Unrelenting hail attacked me head-on, driven by a ferocious wind. My skin felt as if it were being pierced. With one hand over my eyes, and through splayed fingers, I dodged the oncoming runners and headed off onto the bridleway and down towards the appropriately named village of Hope.

Off the hillside and away from the worst of the weather's fury, I smiled wryly and thought to myself how well I'd coped in such atrocious conditions. Oh how wrong I could be – that was a mere taster of what was to come! The climb up to Lose Hill brought flurries of snow, mixed with intermittent gusts of hail as we struggled into the mist. And then it was upon us: a vengeful wind, stronger than anything I thought possible, that threw up snow and whipped icy crystals into my face and onto my legs. Eventually the barrage of ice-clad ball bearings became too much to take. My bare legs were in agony and stung terribly; a thousand unremitting pin pricks. I stopped, turned my back to the howling banshee, and dragged my waterproof trousers over my shorts. I knew the trousers were hopeless for running in, but these were desperate times and necessary if I were to have a chance of continuing.

Photos courtesy of Adam Bridgen

There was one moment that gave cause for a smile, if only briefly. It was during that climb up Lose Hill, and the incident gave an idea of the appalling whiteout conditions experienced. Trudging up the hillside behind another competitor we came upon a stile. Having 'reccied' the route a week before I vaguely recollected that there was no fence either side of this particular stile, but in today's conditions you wouldn't have even been able to see this anomaly. I smiled to myself as simultaneously, and much to his surprise, he climbed up and over the stile whilst I ran alongside him and through the nonexistent fence!

Having reached the summit of Lose Hill worse was to come as I dragged myself up towards Mam Tor (passing *en route* a Mountain Rescue emergency tent, treating a runner who sounded in great pain and discomfort). Although it wasn't raining, my gloves had become wet from spilt water at the drinks station. I was now acutely aware that my fingers were painfully cold and unresponsive. I pulled my gloves off and desperately blew into my hands to warm them. I was only wearing thin gloves and I thought longingly of my thick waterproof pair at home. I ran with my hands clasped behind my back in a vain effort to shield them from the wind.

It was going to be a hard decision as to whether I should carry on. I prayed for an indication as to whether I should retire at the Mam Nick road crossing. By the time I reached Mam Tor summit, having almost hyperventilated through blowing furiously into my hands, I had gained some warmth by scrunching my fingers into the palm of the glove. I would carry on.

Up onto Rushup Edge and along to Lord's Seat, the wind howled and screamed around me. Progress was pitifully slow. With my head down I could see my pathetically short footfalls, at times a mere shuffle. As runners trudged past I realised I was dropping down the field, but strangely I didn't care. It didn't matter. And as I dragged myself through the peat bog and mud,

Photos courtesy of Adam Bridgen

further and further into the tempest, it dawned on me as to why I didn't care. For me this was no longer a race: this was about survival; I just wanted to survive.

By now my hands had again succumbed to the gnawing cold, never before had it caused such pain and discomfort. My gloves had slipped off again, and such was the state of my hands – they felt numb and hard – I couldn't make my fingers move; it was as if they no longer belonged to me. By now I had stopped running. I had entered a state of mild panic, I was in a blizzard and unsure whether I was coming or going. My Velcro cuffs had come loose, letting the icy wind rush up my sleeves, freezing my arms. I looked down at my hands and muttered, "Come on, do something. Move!" But they refused, they were without co-ordination, and I realised there was no way I would be able to get my gloves back on. I was somewhere off the back of Brown Knoll, partially sheltered from the storm in a peat trough. For a moment I glanced helplessly at a stone wall and thought, "I could sit behind that wall, it'd be nice and warm." "No!" I scolded myself, "You'd never get up and going again." And so I ran, gloveless and freezing, sleeves flapping and balaclava askew, into the gale, onwards and down to Jacob's Ladder to find some respite from the hail and wind.

At Jacob's Ladder someone asked if I was alright and I explained my predicament. I hoped that if I could pull myself together and continue, then the final miles would be largely with the wind at my back. But at the present I couldn't undo the clasp on my rucsac or unclip the waist buckle, nor could I unzip my rucsac. But with some help I got out a spare top and rubbed my hands vigorously to regain some warmth. The minutes ticked by and a dozen runners came past, but I focused on the task in hand. Eventually some feeling returned, and with further kind assistance I managed to pull the gloves back on.

With renewed vigour and determination I set off again. I knew this section was runable and reasonably pleasant under good conditions – but today it proved unrelentingly tough. What little high spirits I'd revived were soon dashed as I began to suffer from cramp. I still felt I had the energy to run but I was hindered by cramp whenever I overstretched my stride. Stepping though peat and mud gave me cramp as I pulled my feet out. I could only continue at a frustratingly slow and laborious pace.

Eventually I arrived at Grinslow Knoll and turning at the checkpoint into an icy blast of wind I was again reminded of the awesome power unleashed by today's weather. I truly feared a moment's lack of concentration would see me blown off the path and down the hillside. All that remained for the final mile or two was to hang on, grimly determined not to give up, muttering encouragements and willing myself on. I had managed to claw back half a dozen places, dropped during my Jacob's Ladder saga, but it was not the result I had wanted, nor hoped for. But I had survived. I had finished. I was there. I ran the 2007 Edale Skyline. ✻

Many thanks to Britta S., Cath M., Becky C. and Anna F. for having me along for the weekend. Sorry for locking the keys in the car at the end of the race!

BY **MARK CROASDALE**

World Mountain Running Trophy

TRIAL RACES 12TH AUGUST 2007

The England Team trials will be held at Braithwaite Lodge, Braithwaite, near Keswick (NY233231). We aim to send full teams of 6 men, 4 women, 4 junior men and 3 junior women, however the committee reserve the right not to send full teams if the standard is considered insufficient.

The trial races will be our primary means of selection and all eligible athletes are expected to do the trial races, but if any athlete is unable to do the trial and wants to be considered for selection they must inform either Mark Croasdale (Seniors) or Bashir Hussain (Juniors) by email or letter before the 12th August 2007.

✱ **Entry on Day - £2**

Start times:

Junior Women	10.30
Junior Men	11.00
Senior Women	12.00
Senior Men	13.00

Age Groups:

Juniors – The races are open to athletes aged 16-19 (inclusive) on December 31st 2007

Selection:

Juniors – As a minimum the first two junior men and the first two junior women in the trial race will be selected. The final places in each team will be decided by the International Committee.

Seniors – As a minimum the first four senior men and first two senior women in the trial race will be selected. The final places in each team will be decided by the International Committee.

The final team selections will be made by the 13th August and all team members will be notified by the 14th August.

The 2007 World Mountain Running Trophy will be held in Ovronnaz, Switzerland on the 15th September, the team will be away from the 13th–16th September. More information about the World Trophy can be found at **www.wmrt2007.org**

Under 23s – A development team of 3 men and 3 women is also being selected for the Smarna Gora Mountain Race in Slovenia, which is to be held on the 6th October. The race is 9km and has 710m ascent and 350m descent; it's also the final WMRA Grand prix event.

Selection will be open to athletes who are aged 19, 20, 21 and 22 on the 1st January 2007. The team is targeted at athletes who are too old to qualify for the WT junior team and maybe, are not yet competitive enough to be selected for the senior WT team.

As a minimum the first two U23 men and first two U23 women in the trial race will be selected. The final places in each team will be decided by the International Committee. If an U23 athlete is selected for the WT senior team they will not be considered for the Smarna Gora race.

The team will be selected on the 3rd September to give athletes enough time to prepare.

Again any athlete wishing to be considered for selection, but unable to do the trial race must inform either Mark Croasdale or Bashir Hussain. The committee reserve the right not to send full teams if the standard is considered insufficient. ✻

More information about the Smarna Gora race can be found at www.english.smarnagora.com

Contact details:

Mark Croasdale (Senior Team Manager)
01524 388748 or croasdales@btinternet.com

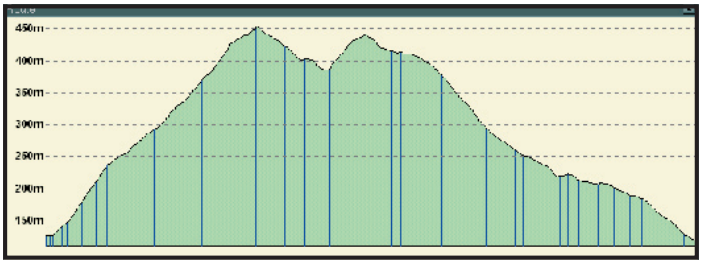
Bashir Hussain (Junior Team Manager)
0161 4747554 or bh122@tiscali.co.uk

Course:

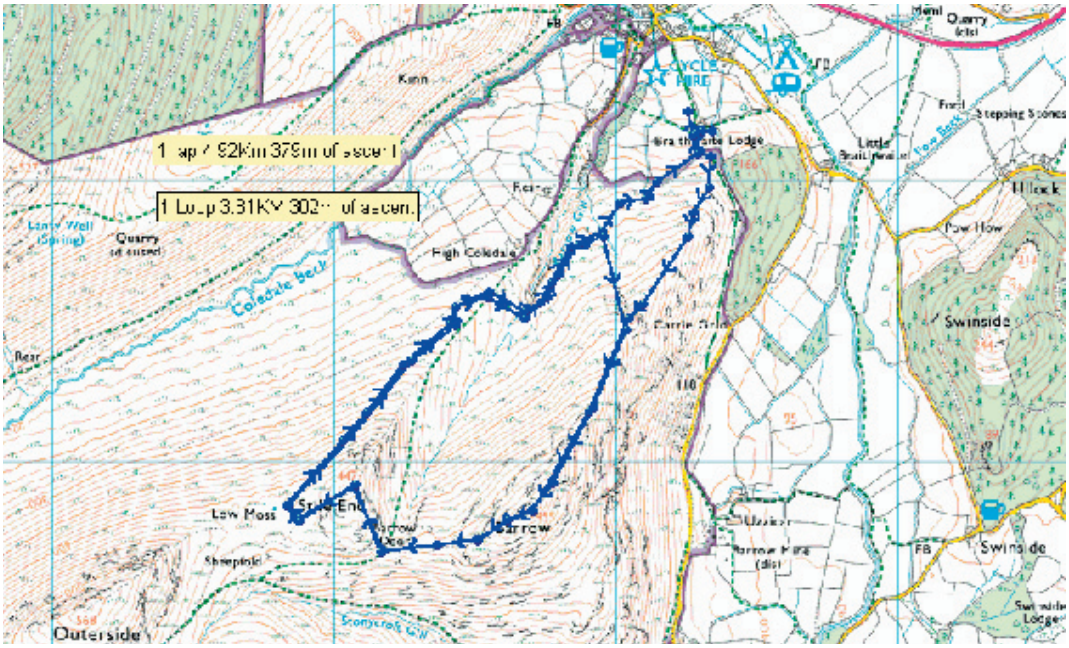
Lodge-Barrow-Barrow Door-Stile End-Low Moss-Lodge.

Junior Women	4.9km, 380m ascent
Junior Men	8.7km, 680m ascent includes extra loop
Senior Women	8.7km, 680m ascent includes extra loop
Senior Men	12.5km, 980m ascent includes 2 extra loops

See Map and Profiles (below) for more detail of the course.



World Trophy Trial course and profile - Braithwaite



Opening Hours:
Mon to Sat 9 - 5.30
Sun 10 - 5

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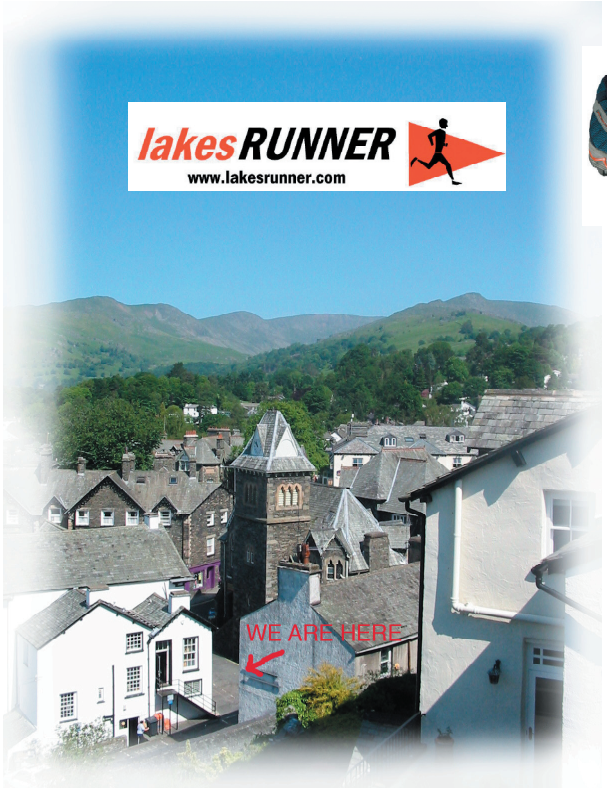
Inov8 Mudclaw 270 £65
This is a very lightweight, comfortable and secure shoe with outstanding grip. The upper is very breathable and quick drying. Grip is superb owing to unique dual compound rubber - harder rubber on heel and toe areas.
Sizes: 4 - 12

Inov8 Mudclaw 'O' 330 £65
Extremely durable fell shoe with aggressive outsole. Dual layer mesh upper for comfort and protection. Outstanding grip from Inov8 sticky rubber compond. Also suitable for orienteering.
4-12.5, 13, 14,

Inov8 Mudroc 280 £65
Lightweight racing version of the original mudroc™ 290 with a minimal upper construction, precise fit and more sensitive underfoot with exclusive sticky rubber sole.
"British Championship winning shoe 2005
4-12.5, 13, 14,

Inov8 Roclite 315 £65
Trail running shoe with high levels of comfort, upper support and grip. Medium profile cushioned midsole provides comfort while the patent pending fascia-band™ aids propulsion efficiency of the running cycle. 4-12.5, 13, 14,



Mizuno Harrier WAS £60 NOW £40
This is a real mountain type trail shoe. Low profile shoe with agressive lugging on the outsole. Heel and toe area is made of hard durable rubber and the rest of the outsole of softer rubber that grips well on wet rocky surfaces. Broader in the forefoot than Inov8 shoes.
Men's sizes: 6 - 13
Women's sizes: 4 - 8

Featherlite H2O Jacket £60
The world's lightest weight, waterproof multi-activity top. The featherlite H2O is a very lightweight, simple, windproof, waterproof and breathable top for active sports.
Weighing in at less than a banana at 100g and breathable to 6000g/m²/24hrs it is ideal for biking or running, in sustained cold and wet conditions.
Colour: Morrocan Blue

We stock the full range of the new Inov8 packs

Inov8 Race Pro 18 £45
Elite functional lightweight hydration compatible pack. The large stretch mesh pocket on the rear is multi-accessible for storage on the move. Includes a large stretch mesh pocket on the top for access to more frequently needed items. Minimalist design makes this pack ideal for running, fast and light walkers, cycling and travel

Probably the largest selection of fell running shoes under one roof.
Full range of Walsh fell shoes in stock.

Walsh PB Extreme Ultra £65
Sizes 6 - 12 inc. half sizes

Walsh PB Trainer Boot £65
Sizes 6 - 13 inc. half sizes

Inov8 Race Pro 4 £25
A functional belt pack which is compatible with the H2Orizontal hydration system. A large main compartment, two hip fin pockets and external bungee for extra storage make this pack ideal for light weight long distance running, cycling or light and fast walks

Montane Featherlite Pants £40
Pack smaller and weigh less than a typical eating apple. Features include:
Pertex fabric
Elasticated waist with single hand operated, lockable draw-cord. Articulated knees.
Elasticated ankles. Calf length ankle zips.
Own stuff sac.
Colours: Black

Running Bear Gladiator £55
Sizes: 7 - 12 inc. half sizes

Walsh PB Trainer £55
Sizes 4 - 13 inc. half sizes

Inov8 H20rizontal™ Hydration Bladder £15
A highly stable and easily accesible bladder for the above Inov8 bags

www.lakesrunner.com

BY **SCOFFA**

Mountain Trial

Come and have a go if you think you're hard enough!

Recently I was asked by the *Lake District Mountain Trial Association* (LDMTA) if I would write an article for *The Fellrunner*, explaining just what the mountain trial was all about and hopefully attracting a few more people to have a go. I said I would, but that it wouldn't be a list of places, dates and times as there's already a fantastic book out there that does all that.

The book is called *Fifty Years Running – A history of the Mountain Trial* and chronicles the first fifty years of the trial. Obviously, it's a fascinating book, full of tales from runners and accounts from every trial. I've no idea where you could get a copy though, maybe get in touch with the LDMTA. *(Editors note: check two pages on for details on where to get the book)*

I said my account would be from my point of view, they said that's ok, so here goes!

It's not going to be to the standard of a Graham Breeze article though, as I ~~have nowt better to do,~~ haven't got the journalistic skills or amazing attention to detail that he has.

The first trial was held back in the early fifties. I am sure most of you will have seen the picture of the guys running down the track from the Old Dungeon Ghyll, up Langdale, dressed in boots, baggy canvas shorts and anoraks! This was back in the days when they had to travel to races by public transport, often having set off early the previous day to get to the trial destination. This tradition is still kept up today by Joe Blackett. Joe used to do this by choice, but now he has to, as none of his North Yorks North Yorks Moors mates will give him a lift following his switch to the North East fell running giant Dark Peak!

The first few trials involved a mass start with a series of checkpoints, usually on the summits of the fells, which had to be visited in order. I would imagine a few of the lads would navigate between the points and the rest would just follow – much the same as a fell race these days!!

After a few years, competitors were set off at minute intervals. You would have to hope that you were set off near somebody who knew what they were doing, just as it is at the trial nowadays.

The second Sunday in September is the date for the trial and the venue is changed every year. The exact location is only divulged two weeks prior to the day. It is surprising though what can be let slip by a local farmer who had been asked if his fields could be used. I think the earliest I've known where a trial is located was in May – much to the annoyance of Michael Hind, who was long time entries secretary and who swore blind he didn't know until two weeks before.

The course itself is usually between 4-4.5 hours in length for the winner and a slightly shorter course for women, as well as a short course of about two thirds the length of the long course. This is a new innovation to try and encourage some younger competitors (young in mountain trial talk is 50 and under!) and also older trialists like Ken Ledward who compete well into their 80's!

The exact length of the course depends on three things: the weather, how good the winner is and perhaps most importantly the mood of the course planner when he decides where it is going to go. Good mood: four hours, bad mood: five hours! The course planner of the Wasdale Head trial in 1987 must have been in a particularly foul mood, as it was won by a very fit Mark Rigby in 5hrs 10mins. This was mainly due to the one but last checkpoint (after four hours of running for Mark) being the col between Scafell Pike and Lingmell and the last one being at the little tarn between the two summits of Kirk fell. Have a look at a map to see what I mean! Cruelty, absolute cruelty!! Billy Bland has even been forced into having a lie down and eating bleaberries on a mountain trial!

As I said before, you set off at a minute intervals and after about half a mile you are given a map with the checkpoints already marked on for you. The pre-marked map is a recent, welcome innovation as in the past you had to set off with your map, pen (which wouldn't write properly) and you were handed a piece of paper with the checkpoints written on. It was then up to you to mark up your own map. Mistakes were often made.

Start of the first trial 1952. Graham Breeze and Alan Brentnall are not in the picture but they DID set off!

Gavin Bland climbing out from Link Cove

The organisers supply the event map and this is usually fine, apart from Grasmere in 1999 when it was printed using non-permanent ink! No I'm not joking. Fortunately it was a nice day and everybody (nearly) seemed to manage.

One thing I have noticed over recent years to my disappointment is the lack of obvious checkpoints. Back in the good old days they used to be manned by people with big orange tents that you could see from the moon. The best of which was one near Hart Crag (Ian Hodgson, leg 4) which could be seen from the other side of the Kirkstone road, Cauldale Moor area, probably four miles away. Now they tend to hide themselves away in green or brown bivi bags and the first you know is when you get a "well done mate, what's your number?" – most unfair!

My first trial was Grasmere in 1987 aged 19 – imagine that, 19 and doing a long fell race – it'll put me off for life! I think I came about 35th, about an hour behind Billy Bland who won in 3hrs 39mins. I was hooked!

This was followed by the 1988 trial from Hartsop, which was won by 20-year-old Mike Fanning, who did promptly retire for a year or ten, but is now back keener than ever.

December 1988 saw me reach the tender age of 21 – yes, that means I am 40 this year – look out Holmesey! One of my presents was a winners tankard from an earlier trial, given to me by Billy Bland. Now some might say "the tight git" he could have bought something, but not me. I vowed to one day win my own tankard, something like that anyhow. This I've tried to do on 12 occasions and have I managed it? Have I sh**e!

Every year it seems to be the same. I do ok for the majority of the route but I always manage one big cockup, costing anything between 10-30 minutes. A good example of this is climbing out of Eskdale in the mist to what I thought was Foxes Tarn (on route to the ridge of Scafell) only to be stood next to a mountain rescue box at Mickeldore. It was then Broad Stand on a wet misty day or back down and try again. I opted for the latter.

A recent addition to the trials is the use of electronic timing (ok Martin, I'll admit it) which is a good one as it gives accurate split times between checkpoints, allowing everybody to see where their own and everybody elses' cockups were made.

For me to win though, I think there must be a bit of luck involved. Things like arriving at a particular checkpoint at the same time as three or four other people, or, better still, arrive there at the same time as Steve Birkenshaw or Ifor Powell. One of the best feelings is to catch one of your main rivals who set off before you. You know then that all you need to do is follow them or run together, then you've beaten them. The reverse happened to me last year, when after three hours John Hunt caught me for about ten minutes and it was just a case of "well that's it then, there's always next year!".

To be honest, I think I've only ever come close to winning on two occasions. Once when the venue was Buttermere when I was out-

navigated by Brendan Bolland. The course was on the fells I train on all the time and I made the mistake of taking routes I would go on in training, not looking at the map more carefully. A lesson to everyone there.

The second time was a misty day in the Duddon Valley and I literally came within 50 yards of winning. I'd set off a few minutes behind Phil Clarke and after a couple of hours caught sight of him climbing back into the mist onto the Dow Crag ridge. I ran like hell to try and catch him, knowing that if I did, I could just follow him, much to my delight and his disgust. I just failed to do so though and he was out of sight never to be seen again. Phil went on to win and I came a distant third. Phil's view of this maybe different to that of mine!

It's not always been happy times though, as the Mountain Trial was also the scene of my worst injuries incurred on the fells – and I've had a few. Descending into Grizedale from the col between Helvellyn and Nethermost, I stood at the top and thought it's a bit steep, but it should be alrighteeeeeee. I slipped on wet grass, onto my arse, and started to gather speed – to say I s**t myself would be an accurate description. When I'd reached terminal velocity I came to a sudden halt when I hit a handily placed patch of boulders. I say handily placed, as had they not been there, I'd gone off a cliff and fallen 20 metres, good night Vienna! Anyhow, a 90 minute walk back to the start (thanks Bob for the company) and a visit to Keswick hospital, where I received nearly 50 stitches in various cuts and gashes, I returned to the finish to tell everyone how I would have certainly won as I was flying, had I not has a tumble, probably anyhow!

This incident happened on the very few occasions, maybe the only one, the trial has been shortened because of bed weather. Gavin Bland won that day on a course that was entirely on the fells he roams 365 days a year in his job as a shepherd. How fair is that?

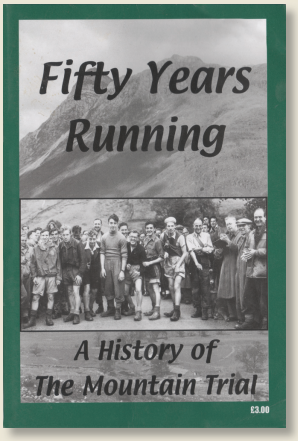
The prize giving is a well attended affair with

Fifty Years of Running

– A history of the Mountain Trial

Costs £5 and can be bought from :

- Rathbones Book Shop in Keswick
- The LDMTA Secretary, Susan Clough. Send £6.00 (includes package and postage) to Elm Cottage, Scroggs Bridge, Staveley, Cumbria, LA8 9JG
- The registration table at the Mountain Trial



55TH LAKE DISTRICT MOUNTAIN TRIAL

SUNDAY 9TH SEPTEMBER, 2007 – FOR A GREAT DAY OUT IN THE LAKES

First Mountain Orienteering Event ever held in the UK

3 Courses with approx. distance/climb:

Mens – 16m/7000',
Ladies – 12m/5000',
Short – 10m/3500'

Please enter online at www.ldmta.org.uk

Alternatively, send an SAE to request an entry form from **Simon Patton, 2 Sunnybank Cottages, Jaggers Lane, Hathersage, Hope Valley S32 1AZ**

Photograph courtesy of Peter Hartley

numerous prizes awarded to first Outward Bound member, first Girl Guide, first WI member and RAC member! One thing i do miss from the good old days is the beer tent. Bring back the beer tent! To be honest, what everyone is waiting for at the prize giving is the draw for the prize of a weekend for two at the Wasdale Head Inn which is drawn out of a hat and can be won by anyone who has completed any of the courses that day. But you have to be there to claim it and you only have five seconds to make yourself known or it's drawn again. It's the UK's equivalent of the great La Plagne prize draw, which a few of you may have been present at _ though that is all in French and you have 3 seconds claiming time, une, deux, trois, au revoir!

So for anybody who hasn't seen the book mentioned earlier, there's been about 55 Mountain Trials. Joss has won 10 times, Billy 9 times. Sue Parkin has been the most successful woman with 9 wins and Miriam Rosen and Wendy Dodds have both done over 20 trials. Me, myself, I've done 12 trials, no wins, but maybe this year will be lucky 13? I doubt it! I can live with that though as better mountain trialers than me have tried and failed. Peter Radcliffe and Pete Haines to name only two. They did have Billy Bland at his best to try and beat though. I haven't got that as an excuse.

If you fancy a longish day out in the Lakeland hills or perhaps a slightly shorter one for you under 50's, second Sunday in September, the time, the place is not yet known, or is it? And if you think all that jogging about is not for me, it was good enough for Olympic gold medallist on the track on more than one occasion!

Printed below is the course from last year's trial, just to give you an idea of what it's all about. Use an Ordenance Survey Lakes NW or Harveys Lakeland West:

Map issue:	Sour Milk Gill	233122
1	Westernfoot, Rocky Knoll Little Round How	207132
2	Between tarns	199128
3	Stream junction	214064
4	Col Gunson Knott/Shelter Crags	249053
5	Source Little Gill Head	254080
6	Knoll Wrist Knott	243115
7	Wall junction	239110
Follow tapes to finish		235122

Jonny Bland won in 3hrs 50mins ish.

Mike Walford in tight shorts

The Mountain Trial

A supplement to Scoffer's article.
Ali Bramall - Organiser

If you love the mountains, and feel exhilarated when moving swiftly over varied terrain, the Mountain Trial is a different way of experiencing the Lakeland Fells.

This is a fell race with a difference. This was the first Long Orienteering type event to be run in this country and to me its all about being able to look after yourself in the fells, tackling all types of terrain and keeping your wits about you when you're knackered. For me, and many others, it's the best race in the calendar.

As you decide on the optimum line between checkpoints, you'll visit bits of fell you've never been to before, maybe spotting deer, a hidden valley or a pleasing line to try out on another day. And whilst you will see other competitors, unless you follow them, it's likely that you'll be spending much of the time out on your own.

The starts are at one minute intervals from 08.00. After following a flagged route for a few minutes to the map issue point, you receive a pre-marked map and details of the checkpoints, which must be visited in the order given.

Unlike other fell races, you need to be self reliant. So, it's not just fitness that counts, but identifying the best route choice between controls andyour ability on steep, rough ground that determines how long it is before you reappear at the finish, or in a different valley! As the venue is not disclosed to the competitors until two weeks before the event, there is little chance to reccy the area.

Owing to the severity of the Men's and Women's courses, you need to demonstrate to Simon Patton, the Entries Secretary, that you are competent in the mountains through participation in events such as mountain marathons, cycle navigation events, orienteering, mountaineering or class A fell races; and be aged 21 or over.

The Mountain Trial was started in 1952 and the Short Trial, was introduced six years ago to allow those whose hips or knees could no longer manage the full men's or women's course, to extend the number of years when they could still take part. This course, about 10 miles with 3500 feet of ascent, also serves the purpose of encouraging younger runners, (minimum age 18 years) and those who are rich in mountain experience (but not necessarily running), into the event.

The other aspect of the Mountain Trial is the post race experience – an opportunity to discuss your route choices and blunders over the food and drink that is provided as part of the entry fee. Each year the prizes are awarded by a well known or inspirational runner or mountaineer. This year is the turn of Richard Askwith, author of Feet in the Clouds.

To enter on line go to www.ldmta.org.uk £15 per person includes a specially commissioned map and post race food and drink.

BY **ROD HOLT**

Narrative of a Fellrace

Rod Holt - Artist and Fell Runner

The artist's studio

Above: Jostling for position at the start of the Hades Hill fell race (1981 or thereabouts). Below: Showing off my trophy! Brown Wardle Fellrace (1980)

My first experiences of fell running came back in the early 80s when I started running whilst at university and stepped it up on leaving in 1980. I had a good training partner Gordon Hart and also ran with an old school mate Geoff Read and his brother Pete. I won the Brown Wardle Fell Race in 1980 and took part in the Pony and the Snowdon Marathons, but my leaning was for the fells and along with Geoff, Pete and another Rochdale Harrier Kevan Shand I moved up a peg – cycling out to such races as Thieveley Pike, Pendle Hill and Kinder Downfall. I also started doing the harder local races like Turnslack, Wardle Skyline and the fantastic Blackstone Edge (organised by Kevan to this day). The running was also a springboard to a cycle trip around France. On my return cycling took over and I spent some years cycle racing.

One of the achievements I am most proud of is the National Three Peaks in 1996 (along with my friend Nigel Hill). We combined cycling and running to do a non-stop journey from Ben Nevis, Scafell and to Snowdon.

I have always lived near to the Pennines, firstly in Littleborough and now, since 1993, in Glossop where I live just on the edge of the Peak District and I feel that my recent work reflects a profound attachment to the wonderful Dark Peak landscape: an emotional element that may have been missing from my earlier work.

In my pictures, I want to capture the wildness and beauty of the wider landscape that you take in whilst running through it – the paths leading away to the distance, the steep hillsides retaining a few scraps of snow and the fantastic skies above - but I am also fascinated by the richness and delicate intricacy of things close too – the gleam of wet rock; frosted footprints on a path; bushy spikes of ling and shaggy clumps of wimberry.

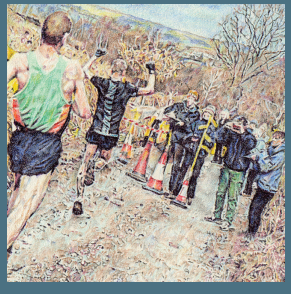
I trained at Rochdale College of Art and read Graphic Design and Illustration at the University of Northumbria, graduating in 1979. At first unsure of my career I explored various directions, including a couple of years in the Greater Manchester Police and then working for Rossendale Groundwork Trust. I also had six months cycling around France, earning money along the way by doing on-the-spot commissions. In 1986, I became the Graphic Designer at UMIST and spent 18 years working on publications, displays and illustrations. However, in 2004 the opportunity arose to take voluntary severance (when UMIST merged with the Victoria University of Manchester) and we (that is my wife Alison, son James and myself) took the collective decision that now was the time to take the plunge and return to my "true calling" as an artist.

I have set up my own company – Newleaf Designs Ltd – so that I can publish and sell limited edition prints of the original pictures as well as accepting commissions. Over the years of full-time employment, I've always managed to produce some artwork, mainly detailed, urban pictures plus a much larger piece showing the cyclist Chris Boardman at the Manchester Velodrome, achieving the world Hour record in 1996. I also hosted a couple of exhibitions and won a special prize in the BBC's "Look Northwest" art competition.

Perspective is a key element of the composition: I love to find an unusual and unexpected point of view, and I think this is a something of a "signature" theme in my work. *Water over the Edge* shows the view towards Kinder Reservoir from behind the waterfall itself so that you get all the intensity of the water droplets spraying through the air and falling onto the rocks before your eye is lead into the distance. With this picture, I was fascinated by the geological processes at work, continually casting up and wearing away the mountains, and the subtle yet irresistible, energies of water, ice and wind.

The medium I use is a combination of ink (from a ball point pen, first used on my cycle trip round France – avec bic) and watercolour pencils (Caran d'Ache or Derwent) on paper. Each larger piece takes up to two to three months to complete and its hard work at times! I take a lot of reference sketches and photographs and often run back to the settings in different conditions to see if there is something new I can add. When I was drawing *Overexposed*, which shows the wreckage of the crashed superfortress called 'Overexposed' on Higher Shelf Stones, I was struck by the stark contrast of the metal fragments, some still

Narrative of a Fellrace



Close on the Heels

gleaming untouched by corrosion, against the muted tones of the exposed peat and sandy gravel. There is beauty and tragedy up there: and also hope as the runner approaches, strong and full of life. *Close on the Heels* is an evocation of running: the freedom and exhilaration of pursuing an adversary down a tricky path that is still icy.

I have recently taken up fell-running again and the experiences of ascending the Pennine moors after a 21 year absence. I raced the Kinder Downfall for a second time and came 13th winning a vets prize! I also travelled back to Littleborough to do Blackstone Edge again and much to Kevan's surprise won the 1st vets prize. I've also completed some of the races I missed the first time round like the 3 Peaks and Calderdale Relays and supported a friend on the two final legs of the Bob Graham. In 1995 I took part in the World Masters Hill Running Championships in Keswick and Alison and I also won our club championships.

No stranger to injury like most runners I developed bursitis in my heels and had to back off a little, and concentrated more on my artwork, however leaning on a hard drawing board for hours gave me a similar condition in my elbows. Team mates found it very amusing that I couldn't go out because I had injured myself drawing!

Narrative of a Fellrace

The starting point was wanting to draw a race on the fells, but broken down in order to capture the progression and the changing aspects of it in 'snapshots' from a runners point of view.

So you get close-up detailed pictures but also subtle, almost abstract ones. Images of muddy footprints, alongside a procession of runners making their way up the ascent and brief glimpses of the surrounding landscape. I have been able to work quickly on these pictures, concentrating on the composition because each picture has to move the narrative forward and work as an individual picture. I hope that this will widen its appeal but still have integrity amongst fellrunners, as a true representation of a race on the hills. Also, it's a celebration of taking part – each race has only one outright winner but everyone has covered the same ground and endured the same obstacles, felt the same exhaustion and elation. So it is a piece of collective artwork for everyone and I hope people will have a sense of recognition that I've captured something familiar and special.

I am having a limited edition print with all the pictures, but also each one will be available as a stand-alone print.

Mountain Rescue Fund Raising

Water Over the Edge was printed as a greetings card and 25p from each card sold are donated to Glossop Mountain Rescue Team to help with their equipment and premises requirements. I sold nearly 1000 cards in the immediate pre-Christmas period and sales have continued since as it is not a specific Christmas card and is still selling.

Several friends and fellow fell-runners are members of the rescue team and I am pleased to be able to help their work in this way. Cards and prints are available direct from my website (www.newleaf-designs.co.uk).

I have now had my work taken on by 'The Blue Apple Gallery' in Hope, Derbyshire.

Along with the precision of execution, I would like people to see new and unexpected things each time they look at my pictures and for each picture to work on different levels – either because it is highly detailed, or because of the particular location or subject matter. I want people to look and then look again and think.

"Wow – how did he do that!"

In summary, "taking the plunge" has had its chillier moments but I have never been happier, nor more sure that I am finally on the right track, pencil in hand and fell-running shoes on my feet!

BY **JOHN PRESTON**

A tough day at the office

Mark Russell was sitting at his desk considering his next assignment, a photo-shoot with the Sugarbabes, when his editor shouted over the background chaos that was the GQ Magazine office… "Mark, you like whisky and you do a bit of jogging don't you, and you said you needed a holiday, well I've got this great opportunity."

I imagine that's close to how Mark landed his most testing journalistic challenge to date. He'd just been volunteered to compete in the Isle of Jura Fell Race, undoubtedly one of the toughest races in the fell running calendar.

Mark Russell is the Chief Sub-Editor for GQ Magazine – for those not in the know it's the Gentleman's Quarterly, best described as an up-market FHM with all the flesh taken out and nothing at all like Nuts or so I'm told.

Through a series of connections including the Jura Distillery, a PR agency and GQ magazine Mark was on the road if you pardon the pun, to doing his first ever fell race. He had done the odd 10k and jogged a marathon but was a complete stranger to mountains and had certainly never considered the madness of fell running. Not been one to decline an opportunity he decided to accept the challenge. A bit of a run on a remote and beautiful Scottish Island followed by a wee dram can't be too difficult he mused to himself as he looked out of his office window across the London skyline from the 31st Floor of the Canary Wharf Tower.

> "A gentle run up the Pikes and across Bowfell followed by the Crinkles quickly convinced him that fell running was not at all like cross-country and reality began to dawn"

"Mandy, Mandy, av just bin speaking to the Jura Distillery and there's this bloke who works down thur in London for a magazine who's writing an article on our race and he wants to do it - awesome. You need to get it sorted, I'll leave it with you." That was Phil Hodgson briefing wife and Ultra Organiser Mandy Goth that a southern softie pen pusher who'd never been up in mountain in his life wanted to do one of the toughest mountain races in the UK.

Mark was invited to a weekend taster session in the Lakes, a chance for Mandy and Phil to meet him and assess his fitness. A chance too for Mark to see what this fell running lark was all about. A gentle run up the Pikes and across Bowfell followed by the Crinkles quickly convinced him that fell running was not at all like cross-country and reality began to dawn. He did however pass the first test and a training plan that included all the big hills you can get in down south was drawn up.

The Jura Fell race is officially 16 miles and 7,500ft. Actually it's 8,500ft and it feels more like 18,000ft when you are running the 3 miles of tarmac to the finish. This is no race for a novice and all entrants are vetted by Mandy and Phil to check they have appropriate mountain experience. Based on Mark's performance in the Lakes and after much discussion about the safety issues it was decided Mark could take part but only if he were accompanied throughout. That task fell to Christine Preston.

A couple of days before the race Mark met up with Chris at the Big Hooose (Jura House) for a pre-race briefing. Cut-off times were the main discussion point. Even if he ran well it was going to be close and he'd never set foot on anything like this before. In his favour was

Mark and Christine tackle Jura

Photos courtesy of John Preston

enthusiasm and he had bags of it, you could see the excitement on his face. Chris was impressed by his attitude but realistic about his chances as were many of the runners in the Tod Harriers party. "He's never done anything like this before, he's no idea of what's ahead of him, so of course he's not worried," was Chris' summary after the meeting.

The morning of the race arrived, kit was checked, clothing adjusted, and off they went with Chris leading the way. Almost immediately Mark was at the back of the field watching the race disappear ahead of him. Chris had warned him that this would happen but had told him not to worry as the objective of the day was simply to keep going at a steady pace and enjoy it.

Beautiful clear weather made the navigation simple and the views just stunning. This has to be one of the most spectacular race routes in the world never mind the UK. There's something very special about racing in the mountains with views of the sea all around and Mark enjoyed every second – until the ascent of the first Pap that is.

"This is killing me, I can't believe how tough this is, what's the pace like for you" he asked. "I'm getting cold, we need to press on to meet this checkpoint time, dig in Mark, a bit more effort and you'll be there," was Chris' response. And this was the pattern for the rest of the race, constant encouragement and guidance over which line to take, when to speed up when to be especially careful.

On the summit of Pap three Mark knew he was going to complete the race and this gave him a boost for what was to follow, the long scree descent that we had cunningly avoided discussing at the briefing. Mark's technique was unusual but effective. His backside certainly got some use on the steeper sections but he gritted his teeth and clenched his buttocks very tightly and made it intact to the bottom.

"One last climb Mark then you're home and dry," was perhaps a slightly rosy description by Chris of the last stage given most people find the three miles of road alone a desperate challenge. Once again though Mark pushed hard and ran well off the final summit and he was looking forward to the road run, "it's my surface, I'll be fine when we hit the road."

The opposite was true – it was more like the road hit him and every so often we had to drop the pace and walk but never when people were watching of course. Much to Mark's delight we were not last but we were being chased down by other runners as we pushed on to the finish. Pride took over and he decided he was not going to give up hard won places at this late stage and again he dug in deep and kept going.

Crossing the finish line was a huge achievement for him and an experience he will never forget. It would be fair to say Mark was delighted and summed it up by saying, "Crossing that finish line today means more to me than any road race I have ever done, that was brilliant."

Photos courtesy of John Preston

BY **LINDA LORD**

Thirty years on...

View from a Lancashire Hill

Today I stood on the start line of an all ladies fell race. Unusual, except for the fact that this was a short English Championship counter, where men's and women's races have become the norm when a large entry is anticipated. Standing with several of my club mates, I had no illusions of the pain and effort to come, but knew that after the finish, the post race buzz would still be as uplifting as ever, even after 30 years in the sport.

In April 1977 I ran my first fell race, again an all women's line up, but I was then unaware that this was to become a lifetime obsession and things would never be quite the same.

Back in the mid seventies, fell running was a little known sport, and to most people the term 'runner' was synonymous with skinny, sinewy men and women in skimpy shorts and vests who ran around a track or cross country course. The first London Marathon was still 5 or so years away, running and jogging had still not become popularised sports, and it was very rare to see runners out on the streets, let alone on the hills. As a keen mountain and fell walker, I was vaguely aware of events such as the Yorkshire 3 Peaks, and had even watched the race a couple of times when it was run from the Hill Inn. In February 1977, a climber/fell walker/runner friend Michael Raine had been a member of Clayton le Moors Harriers for about a year, and it came as a bit of a shock when he suggested that myself and his wife have a go at the first Pendle Fell Race for women on 2nd April.

Realising he wasn't joking, I wondered what made him think I could run a fell race. Winning the 400 yards aged 15 at school sports day in 1963 (even then only because the favourite tripped and fell) was hardly a good enough credential for an event such as this.

"Just walk up the hills, and run down, and you'll get round fine, a fit fell walker like you will easily beat those track running women who've entered" was Michael's optimistic observation. My husband Pete was less enthusiastic, remarking that the marshals and their flags would be long gone as I finished the race. Choosing to ignore this discouraging comment Susan Raine and I started our "training". This consisted of several excursions on Pendle in the weeks leading up to the big day. We jogged through the fields towards the 'big end', walking up any slight inclines and steep bits to the summit, running only on any downhill.

The race itself was a baptism of fire. I lined up nervously at the start in track suit and 'new for the event' smooth soled white leather trainers. Standing at the rear of the group I nearly backed out there and then. Most of the other 19 women and girls looked supremely confident, experienced and athletic, jogging on the spot and stretching their leg muscles as if they were in the final of an Olympic 1500 metres. Many of them sported club vests, and most wore shorts despite the cold wind and occasional hail showers. One of the women wore a Clayton vest, and I later discovered she was Anne Marie Grindley, a recent recruit to that club and their first lady member. I recall being at the back as the runners streamed along the road and up the first field, but true to Michael's prediction, I passed the track running women in the claret and blue vests of Burnley AC on the climb to the 'big end'. Sweating in my thick track suit, legs were like jelly as I turned at the top and tried to run downhill, lungs heaved as I negotiated the muddy fields on the return, and after collapsing on the grass after the finish line, 'never again!' were the first words I managed to gasp out, and I meant it! I later found out I'd finished 13th out of 20, mildly surprised that a mere hill walker like myself could run faster than some of the athletic looking youngsters, but this was a defining moment in my life, and after the stiffness and pain had worn off I experienced a post race buzz, a feeling of elation and accomplishment, and I knew I just had to do another. I joined Clayton Harriers, and started training with Anne Marie who took me under her wing, and for another couple of years we were the only lady members. The rest, as they say is history. I was addicted, and fell running became more than a hobby, it was a lifestyle, and as necessary to me as breathing. I trained and raced over mountains and moorlands at all distances, moved to Sabden to be nearer Pendle, and over the ensuing years made many lifetime running friends, both in Clayton Harriers and other clubs.

As I look back at the results of that day (yes, I'm one of those anoraks who's kept the results of every race I've run!) I see that almost none of the other women competitors are still on the fell racing scene, nor have been for years. That day was the 22nd running of the men's Pendle Fell Race, with 233 finishers and again looking down the list I see only a handful of names of men who are still in the sport, many no doubt fallen prey to injury, passed away or just dropped out of the sport for whatever reason.

As for me, I hope to be participating for a good few years yet. Out training a week or so ago, on the High Street ridge in the Lakes, a young recent convert to the sport accompanying me remarked:

"Fell running's a great sport, you get to experience all that wonderful countryside, and although at my first race I was a bit nervous, I needn't have been, everyone's so friendly and welcoming."

As we ran down off Kidsty Pike, the mist cleared and the vast panorama of the Lake District mountains came into view, I couldn't have agreed with her more. ✻

BY **SIMON SARGINSON**

The 'When'

"If you do not have that almost constant feeling of dissatisfaction with everything, success may always elude you." Herb Elliot.

When; it's early evening and the sun is beginning to set, creating yet more colour and texture across the Langdale valley. It was after the horseshoe race and my wife and I had met up with a fellow runner known as the 'Oracle', for a bit of additional dehydration in the Old Dungeon Ghyll. A quiet moments contemplation just soaking up the view.

"My wife doesn't get this." He confided in his usual quiet, understated way. "She can't see the point of this." He waved expansively down the vale. I filled with a feeling a sorrow, surprise at his candour, a sense of discomfort but for whom, himself or his spouse?

When; it began as a long training run (as sometimes these things do) but turned into something much more serious. The current Mrs S and myself had been on our feet for over four hours and now the day had pulled back its lips to reveal teeth.

Thick cloud covered everything reducing visibility to a few yards. A piece of hillside, which should have proved no difficulty had changed into a meaningless jumble of damp rock, grass and lots of path type things. The terrain had begun to change out of recognition. We had both been here before yet, subtle changes became more manifest with each footstep. Eventually we had to concede and get the map out knowing that some big crag tops lurked not far away in several directions to punish any further misjudgement.

As navigation experts are want to tell us, map reading should be done before you become lost. On this occasion the map proved to be of no use. They rarely are when the ground in every direction looks the same. In my wisdom and confidence I had failed to pack a compass. Events like this tend to push a relationship, the mood, like the temperature, began to drop.

We stopped wandering around in apparent circles to gather our thoughts, calm down and think of a solution. We were even uncertain of what direction we had even arrived from. At that single moment the clouds parted, opening up to reveal each distant hill in momentary clarity. To the west Fairfield and Dove Crag, falling away to the north Little Heart Crags and only a short distance away the wall and well-worn path from Scandale Pass up along to Red Screes. Within a few minuets the window had closed once more to cloak everything in a grey white.

That briefest of glimpses was enough to understand where we actually were. More than that it was an unforgettable snap shot of the landscape. Enhanced to maximum effect by brevity and beauty.

When; it's time to get out and get a bit of training done. The Kentmere Horseshoe is a convenient mountainous run for visitors from a bit further south. On this occasion there were about six of us from 'the club' out for a bit of early season fitness in Feburary. Snow covered all of the high ground so the party was dresses appropriately, hats, gloves, tights and so on.

On the long descent from Kentmere Pike one of our number, Dave (not his real name) stopped to re-tint some of the snow. The remainder of the group jogged on slow to keep warm until he caught up again. As the contours dropped so did Dave's legwear, beginning to make gradual progress towards his thighs then his knees.

He ran on apparently oblivious to his lack of clothing. Slowly the giggles and titters became louder as everyone else became aware of his growing exposure of bare flesh and ragged underwear.

The last to realise what was happening he stopped and stared down at his legs surprised.

"It's so cold I can't feel a thing down there!" (or words to that effect) he declared.

When; the bright sunlight years shone upon a more youthful man, my passion was rock climbing. Finding the way from the ground a higher point, that might often be reached more quickly and with less grunting by a more roundabout means. I was in no way a climber of any sort of greatness despite being mistaken for Johnny Dawes on occasions. Poor sense of balance, puny upper body, lack of height and general fear kept me at an average sort of level. None of these things dampened my enthusiasm in any way; I really loved it, the whole 'Llanberis Scene', the mountain lifestyle.

Then the day came when I realised what it was I liked so much. Longer climbs are broken into pitches, sections where the climbing stops between rope lengths. Pitched high on a shelf of quartz with the solid earth a distant memory, my partner had climbed on leaving me alone. Looking out from the pitted face of Llewedd across towards Crib Goch I knew what I really loved so much. Moments alone between the heavens and the earth swathed by majestic vistas. The climbing itself became secondary, a vehicle of transport, it is all about time and place.

When; the competition element of hill running is no more then a means to an end. That end not being measurable in physical terms. Best that we enjoy running as a part of a whole experience that is the sum of the moments when.

When; what seems too good to be true turns out to be just that. Regular participants in the Ian Hodgeson Relay (and lots of other events) will be familiar with the wondrous bargains to be had at the Pete Bland van. One particular year I spotted a pair of shoes at a ridiculous knock down price, only ten quid, should have been sixty.So cheap that even I could consider their purchase. True they were a size smaller than my usual fit, so I gave them a try. They were a bit on the snug side, but a bargain is a bargain. So I bought them. After one crippling run I threw them into a deep dark cupboard never to be seen again. ✻

BY **PETER HAYES**

The Return of Oliver Mallis

Episode Five: Don't Count your Chickens

The story so far: Oliver Mallis has returned to fell running after an accident many years ago on the Bob Graham Round.

Dunmail Raise 8 am

'No Mallis! You've tied it too tight again. Can't you do it properly'?

Biting his lip, Oliver Mallis patiently retied the shoelaces of Adrian 'A.D.' Tyke.

'That's better. Now cut my banana up'.

It was one of the unwritten rules of the Bob Graham Round that before you had a go, you first had to be a helper. And with his heart once again set on the mighty goal, Mallis reminded himself that he would just have to put up with his ungracious charge for the next six hours or so.

Tyke was perched in a camping chair on top the ancient stones that marked the burial spot of King Dunmail, while Mallis squatted at his feet. Around them were a profusion of tables loaded with food, drinks and clothing; as well as rucksacks, cool boxes, stoves, torches, first aid kits, portaloos, and off road vehicles. Reg Trooper, who was coordinating the attempt, hopped amongst the equipment and the milling supporters giving orders through a megaphone.

'Four minutes to off'! Trooper boomed. 'Hurry up with Tyke's banana Mallis'.

Of the seven starters on this years 'club' attempt, five were down. Three of them had fallen early on after they had followed Herdwick Studs' 'short cut' through the kennels at Threlkeld and been badly mauled. Two more had last been seen climbing steadily up into the clouds around Watson Dodd.

Aye! Mallis reflected, The Bob Graham was a cruel mistress who reaped a heavy toll on those would conquer her—as he himself knew only too well. In fact, he was amazed that little Tyke was still going. No one had given 'A.D' much chance of completing the Round, and if Mallis was honest with himself, he hoped that Tyke would fail. Tyke! That beady-eyed scrawny little bantam cock, constantly whining about his blisters, how could a man like that possibly find a place amongst the Homeric heroes who were members of the most sacred of all fell running clubs?

The one other remaining contender was Tricia Openshaw. Mallis sighed deeply at the thought of his would-be inamorata, a sigh that became a tired yawn. For Mallis had spent a restless night. Usually the traditional sounds of a Lakeland campsite—bleating lambs, laughing children, throbbing pop music—would have quickly lulled him into sleep. But last night the prospect of helping Tricia had kept him tossing and awake until dawn while a thousand possibilities had crowded his fevered brain. Perhaps he could carry her clothes, perhaps she would injure herself a bit and need to lean on him, perhaps her tired muscles would need rubbing? Ah Tricia. Tricia! If only he could be ministering to her! It was so unfair. Why-oh-why had Trooper assigned him to look after the wretched Tyke?

Mallis glanced enviously over at his arch love-rival Don Bates whose job it was to support Tricia over the next section and who was now laughing and joking with her as he kneaded her legs.

'I'm still hungry. Go and fetch me some rice pudding'.

'Right-oh A.D'.

Mallis scrambled over the stones to the food table where Trooper had dropped his megaphone and was chatting confidentially with Studs. What was that he was saying? 'I agree. Our one hope is Tricia. Tyke's got no chance. That's why I've assigned him to Mallis'.

High Raise 9.30 am

'Come on Tyke you've got to touch the top'!

Tyke spat in the direction of the summit cairn. Mallis was doubtful. What did the rules say about that? He wished he could have consulted Bates, but Batesy and Tricia had forged on ahead. In any event, it was probably all academic by now. Tyke was fading fast, even as Mallis watched him he let out a groan and collapsed on the wet grass.

'My legs are in agony Mallis'.

'Another Mars Bar'?

'I'm sick of Mars Bars. I'm giving up'.

'Oh dear', said Mallis, trying to keep the cheerfulness out of his voice. 'Hard luck Tyke. Still, you've done well to get so far. Have a rest for a few minutes and then we can walk back'.

'Walk'!

Tyke glared at Mallis resentfully.

'How can I walk with my legs in this state, you should have rubbed them better. No, you'll have to carry me, and fast, before I start getting hypothermia as well'.

Mallis crushed the summit schedule into a ball and flung it aside. He had always been rather confused by this section with all of its crags and pikes and stickles, but now it was just a question of how best to get down. He looked over at the dejected heap on the grass. Surely Tyke could not be that bad? Still, it was his job to help him, and if he did not do as he was asked, Tyke would probably catch hypothermia out of pure spite.

'Tell you what Tyke', said Mallis generously, 'I'll piggyback you to Rossett Gill. Ryan Soap will be there with tea and sandwiches. He can help you down the rest of the way'.

Above Rossett Gill 12 noon

Oliver Mallis was close to exhaustion. He had not realised how far it would be. And although Tyke was light, all skin and bones, he was not the best of riders; his continual urging for Mallis to 'giddy up' had been intensely irritating. With his brain dulled by lack of sleep, Mallis could barely even remember the name of the rendezvous. Harrison's Ford? No. … Sergeant someone-or-the-other…Gussett? Rossett Gill! That was it. And there it was! He could even just make out Ryan 'Cakey' Soap laying out the picnic tablecloth.

Suddenly agile, Tyke jumped off Mallis's back.

'I'm feeling better now.' he announced. 'A cup of tea and a sandwich—just what I need'! And

with that Tyke went flying down the hill to the feast below.

Rossett Gill 12.06 pm

Mallis munched a sausage roll and felt a little better. Everyone was hungry and ate in concentrated silence, Tyke pecking eagerly at a sandwich and Cakey scoffing food like there was no tomorrow. But where were the others? There they were! Two figures, running and bouncing with grim determination towards the head of the gill.

As Bates and Tricia came closer, it became clear that things had not been going well. Bates looked sheepish, while Tricia looked tired and bruised, her face a mixture of exasperation and frustration.

'Crag bound on Thunacar Knott', Bates explained tersely. 'How long have you two been here'?

'Oh A.D's had to re…' began Mallis, before Tyke butted in.

'Mallis navigated superbly. We've been here ten minutes. I went through a bit of a bad patch, but Mallis pulled me through it. Fantastic! Tremendous navigation! Full credit to Mallis'.

Mallis was gratified if slightly confused, he decided simply to look modest, as Tyke continued to sing his praises.

'And I'll tell you another thing--and I'll say the same to Reg Trooper. As far as I'm concerned, Oliver Mallis is at the top of the list to make the 'club' attempt next year. OK. I'm about ready to carry on'.

Mallis was speechless at the effrontery of A.D. Tyke's final sentence. Did Tyke seriously propose to keep on going as if nothing had happened? And did he really expect that Mallis would keep quiet in return for a dose of flattery and a bribe to put in a good word for him with Trooper? Mallis boiled with indignation 'a bit of a bad patch' indeed! Mallis had *carried* Tyke for four miles. He opened his mouth to denounce the imposter, then stopped as he noticed that Tricia was looking at him admiringly, …even hopefully. She glanced demurely at her watch.

'Oliver', Tricia said, 'Could I ask you to accompany *me* for the rest of the section? A.D has had a good turn of you by now'. She turned to Tyke. 'Adrian, would you mind awfully if I swapped you Batesty for Mallis'?

Tyke smiled a beaky smile. 'Fine by me Tricia. Carry the rest of my sandwich Bates; I'll eat it as I run'.

Mallis hastily reconsidered; perhaps there was no need to make a big song and dance about Tyke after all. Why not just let things drop?

'I would be delighted to assist you Tricia'.

His face as dark as thunder, Don Bates could only snarl in impotent fury. 'Carry your own effing sandwich Tyke'. He stonked off up the next hill, pausing only to tread deliberately on Cakey Soap's all-day-breakfast.

Wasdale 3 pm

Mallis was tenderly rubbing Tricia's shoulders amidst the pit-stop chaos of the Wasdale lay-by. She was back on schedule and Mallis felt that despite his intense weariness he had risen magnificently to the occasion. He and Tricia had soon drifted apart from Bates and Tyke and there had followed the most romantic couple of hours of his life. Tricia had been quiet, staring at her feet and trying to conserve her strength, but she had put absolute trust in him, bouncing obediently behind him on every route choice, dutifully touching every cairn he suggested, and even allowing him to push her--with the utmost delicacy--up Broad Stand. Now Reg Trooper was reading through the records Mallis had hastily scratched on a bit of paper.

' …Great End 1315, Ill Crag 1330, Broad Crag 1338, Broad Stand 1400, Scafell 1415'. Trooper paused.

'Hold on a minute Mallis. What about Scafell Pike?'

'Scafell what?'

'Scafell *Pike*. It isn't on the list'.

'Ah …er…um…'

It was left to Tricia to put it into words.

'Mallis, you stupid turd. You forgot to take me up Scafell Pike'!

Then she burst into tears.

Adrian 'A.D.' Tyke went on to complete the Round in 23 hours 39 minutes. ✻

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BY **STEVE CLIFF**

19th UKA British Fell & Hills Relays 2007

SATURDAY 13TH OCTOBER – THE FOREST OF BOWLAND

Organised by Bowland Fell Runners

The 2007 UKA British Fell & Hill Relays will be centred at Fell Foot, 1.5 miles to the North West of Chipping on the South West fringe of the Bowland Fells.

Situated in the North West of England, the Forest of Bowland Area is a designated area of Outstanding Natural Beauty (AONB), covering 808 sq km of rural Lancashire and North Yorkshire.

In September 2004 parts of Bowland became open to walkers for the first time as the Countryside and Rights of Way Act 2000 gave general right of access to the public to 'Access Land' for the purposes of "open-air recreation on foot". Until then the area was used as a private sporting estate and was the largest single tract of land in England without public access.

Although the hills of the Forest of Bowland are relatively low, the area contains some very rough moorland, offering hard running conditions. In addition, the race area is located on the south-west side of the Forest, and is very exposed to wind and rain from the south, west and north-west.

Details

The race will start at 10:30am in the field opposite Fell Foot Cottage (GR 599 445 on sheet 41). Registration will be open from 8:30 am to 10:00 am in a marquee in the start / finish field.

There will be space on the start / finish field for clubs to erect a "club tent".

Car Parking

Car parking is extremely limited and sharing transport is essential. Cars / minibuses with 4 or more people in will be charged at £1 per vehicle. Any partially filled cars will be charged £ 3 per vehicle.

Experience and Eligibility

All runners must have experience of competing in at least 2 Category 'A' fell races in the 12 months prior to the event.

All runners must be first claim members and over 18 years of age on the day of the event.

Each team must consist of six runners. Each competitor may run on one leg, only.

The relay is open to Clubs affiliated to UK Athletics or one of its constituent area Associations.

Categories

Clubs may enter in three categories: -

- Men's Open
- Veteran Male – 40 or over
- Ladies

Entries

There is a provisional limit of 130 teams for this event and Club entries will be allocated on a "first come, first served" basis until the limit is reached. Clubs may enter more than one team in each category but the acceptance of these additional teams will be dependent on the number of entries received and cannot be guaranteed.

The entry fee is £48 per team and cheques should be made payable to "Bowland FR". Entry fee includes maps (where appropriate) and food. All entries should be sent on the official entry form (photocopies acceptable) to Wynn Cliff, Paddock View, Frolesworth Road, Leire, Leicestershire, LE17 5HJ and must be received by Monday 3rd September.

Safety Requirements

In accordance with FRA safety requirements, ALL runners MUST carry the following equipment:

- Waterproof and windproof full body cover
- Compass and Whistle
- Hat and gloves
- Map
- Emergency food

Kit will be checked and non-compliance will result in team disqualification.

Additional rules on kit

Runners without club vests will not be eligible to run. Passing equipment onto next leg runners is not allowed.

Route description

The routes are covered by O S Map 41, 'Forest of Bowland and Ribblesdale.'

Leg 1 is the only leg partially marked; navigational skills are required for Legs 2, 3 and 4.

Each of the legs traverse rough open fell with steep ascents and descents. The competition area covers a variety of terrain including rough grass, heather, bracken, peat bog and rock.

Legs 2, 3 and 4 are designed to give a number of route choices between check points and much of the routes are not on recognised paths.

- **Leg 1.** AS (Solo) 4.75 m/2,000' ER / NS / PM. Estimated winning time 45 min.
- **Leg 2.** AM (Pairs) 7m/2,800' ER / LK / NS. Estimated winning time 65 min.
- **Leg 3.** O (Pairs) Approx. 6m/1900' ER / NS. Estimated winning time 60 min.
- **Leg 4.** AS (Solo) 3.5m/2,000' ER / LK / NS. Estimated winning time 40 min.

Photos courtesy of Harry Walmsley

Photos courtesy of Harry Walmsley

Further information

All competing clubs will be sent a race information pack shortly after the closing date. For further enquiries regarding the event, contact: -
Steve or Wynn Cliff
Tel: 01455-202365
Email: scliff4915@aol.com

Also keep an eye on
www.bowlandfellrunners.org.uk
for further event information.

The 19th British Fell and Hill Running Relay Championships
Saturday 13th October 2007 – Fell Foot, Lancashire

OFFICIAL ENTRY FORM

CLUB	
NAME AND ADDRESS OF CLUB OFFICIAL RESPONSIBLE FOR ENTRIES	
PHONE NUMBER	
EMAIL ADDRESS	
IT IS IMPORTANT THAT YOU PROVIDE AN EMAIL ADDRESS, AS WE WILL BE SENDING FURTHER INFORMATION TO CLUBS WHO HAVE ENTERED ABOUT THE COURSES, ETC.	

Each club is guaranteed one entry in each of the categories. Please enter as many teams as you like. However, if there is more than one entry in any category, the organiser reserves the right to refuse the extra entries if the race limit is reached. Extra teams will be distributed as fairly as possible across clubs who require them. A full refund will be given to unaccepted teams.

TEAM CATEGORY	NO. OF TEAMS
OPEN	
MALE VETERANS	
LADIES	
TOTAL NO. OF TEAMS ENTERED	
TOTAL AMOUNT @ £48 PER TEAM	

Please make cheques payable to "Bowland FR".

Entries to be returned to – Wynn Cliff, Paddock View, Frolesworth Road, Leire, LE17 5HJ

Please enclose a stamped, self-addressed "A4 sized" envelope

Entries to be received no later than MONDAY 3rd SEPTEMBER 2007

NO LATE ENTRIES WILL BE ACCEPTED

BY **MARK HOBSON**

English Championship 2007

Standings after Duddon

Report produced: Tue Jun 12 12:16:01 2007.
Provisional results.
Any queries to mhobson@mishmash.freeserve.co.uk or mark.hobson@uk.fujitsu.com

Men's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	**Total**
1=	ROBERT HOPE PUDSEY & BRAMLEY M	48	PADD	52	FAIR	47	DUDD	44	EDAL	48	52	47	191
1=	Rob Jebb Bingley Harriers M	46	PADD	49	FAIR	48	EDAL	48	DUDD	46	49	48	191
3	LLOYD TAGGART DARK PEAK M	44	PADD	42	FAIR	52	EDAL	46	DUDD	44	42	52	184
4	Thomas Owens Mercia Fellrunners M	41	PADD	41	FAIR	49	DUDD	47	EDAL	41	41	49	178
5	JOHN HENEGHAN PUDSEY & BRAMLEY M	42	PADD	47	FAIR	43	DUDD	39	EDAL	42	47	43	171
6	Peter Vale Mercia Fellrunners M	32	PADD	36	FAIR	45	EDAL	41	DUDD	32	36	45	154
7	JIM DAVIES BORROWDALE M40	39	PADD	44	FAIR	38	DUDD	30	EDAL	39	44	38	151
8	SIMON BAILEY MERCIA M	49	PADD	48	FAIR	49	EDAL	0	....	49	48	49	146
9	MARK ROBERTS BORROWDALE M45	34	PADD	39	FAIR	42	EDAL	29	DUDD	34	39	42	144
10	Nick Sharp Ambleside AC M	0	....	45	FAIR	46	EDAL	45	DUDD	0	45	46	136
11	Ian Holmes Bingley Harriers M40	47	PADD	29	FAIR	52	DUDD	0	....	47	29	52	128
12	John Hunt Dark Peak FR M40	23	PADD	33	FAIR	36	DUDD	35	EDAL	23	33	36	127
13	Karl Gray Calder Valley FR M	0	....	38	FAIR	43	EDAL	40	DUDD	0	38	43	121
14	Stephen Pyke Staffordshire Moorlands AC M40	31	PADD	22	FAIR	36	EDAL	30	DUDD	31	22	36	119
15	MORGAN DONNELLY BORROWDALE M	43	PADD	0	....	34	DUDD	33	EDAL	43	0	34	110
16=	Dave Milliken Salford M40	26	PADD	31	FAIR	37	DUDD	0	....	26	31	37	94
16=	Jon Wright Todmorden Harriers M	21	PADD	0	....	40	EDAL	33	DUDD	21	0	40	94
18	Graham Pearce Ilkley Harriers M	24	PADD	23	FAIR	37	EDAL	0	....	24	23	37	84
19	Darren Kay Horwich RMI M	40	PADD	40	FAIR	0	....	0	....	40	40	0	80
20	Andrew Schofield Borrowdale M	0	....	0	....	41	EDAL	35	DUDD	0	0	41	76

Men's Vets 040 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	JIM DAVIES BORROWDALE M40	39	PADD	42	FAIR	39	DUDD	36	EDAL	39	42	39	156
2	MARK ROBERTS BORROWDALE M45	38	PADD	39	FAIR	42	EDAL	34	DUDD	38	39	42	153
3	John Hunt Dark Peak FR M40	33	PADD	37	FAIR	38	EDAL	37	DUDD	33	37	38	145
4	Stephen Pyke Staffordshire Moorlands AC M40	36	PADD	33	FAIR	39	EDAL	35	DUDD	36	33	39	143
5	Ian Holmes Bingley Harriers M40	42	PADD	35	FAIR	42	DUDD	0	....	42	35	42	119
6	Mike Egner Dark Peak FR M50	26	PADD	29	FAIR	32	DUDD	28	EDAL	26	29	32	115
7=	Dave Milliken Salford M40	35	PADD	36	FAIR	38	DUDD	0	....	35	36	38	109
7=	JOE BLACKETT DARK PEAK M40	18	PADD	24	FAIR	36	DUDD	31	EDAL	18	24	36	109
9	BARRY WILKINSON BORROWDALE M40	13	PADD	21	FAIR	37	EDAL	33	DUDD	13	21	37	104
10	Dave Taylor Dark Peak FR M40	0	....	34	FAIR	31	DUDD	30	EDAL	0	34	31	95

Men's Vets 045 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Mike Egner Dark Peak FR M50	36	PADD	38	FAIR	39	DUDD	38	EDAL	36	38	39	151
2=	Mike Johnson Bowland Fell Runners M45	34	PADD	36	FAIR	36	EDAL	36	DUDD	34	36	36	142
2=	Colin Fray Cheshire Hill Racers M45	29	PADD	33	FAIR	42	EDAL	38	DUDD	29	33	42	142
4	MARK ROBERTS BORROWDALE M45	42	PADD	42	FAIR	42	DUDD	0	....	42	42	42	126
5=	Jerry Dawson Cumberland FR M45	26	PADD	30	FAIR	37	EDAL	30	DUDD	26	30	37	123
5=	Peter Crompton Cumberland FR M50	21	PADD	34	FAIR	37	DUDD	31	EDAL	21	34	37	123
7	Tom McGaff Cheshire Hill Racers M50	31	PADD	29	FAIR	29	DUDD	28	EDAL	31	29	29	117
8	MICK STENTON DARK PEAK M45	32	PADD	26	FAIR	32	EDAL	21	DUDD	32	26	32	111
9	Dave Massey Horwich RMI M45	39	PADD	39	FAIR	32	DUDD	0	....	39	39	32	110
10	Jackie Winn Cumberland FR M55	24	PADD	27	FAIR	31	DUDD	21	EDAL	24	27	31	103

Men's Vets O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Mike Egner Dark Peak FR M50	29	PADD	32	FAIR	32	EDAL	32	DUDD	29	32	32	125
2	Peter Crompton Cumberland FR M50	23	PADD	29	FAIR	29	DUDD	28	EDAL	23	29	29	109
3	Tom McGaff Cheshire Hill Racers M50	28	PADD	27	FAIR	26	DUDD	25	EDAL	28	27	26	106
4	Jackie Winn Cumberland FR M55	26	PADD	26	FAIR	27	DUDD	20	EDAL	26	26	27	99
5	Steve Storey Dark Peak FR M50	22	PADD	20	FAIR	24	DUDD	21	EDAL	22	20	24	87
6	David Hollins Staffs Moorlands AC M50	32	PADD	28	FAIR	24	EDAL	0	....	32	28	24	84
7	Andrew Robinson Clayton-le-Moors Harriers M50	14	PADD	22	FAIR	29	EDAL	18	DUDD	14	22	29	83
8=	BRIAN GOODISON ABBEY RUNNERS M50	21	PADD	24	FAIR	26	EDAL	0	....	21	24	26	71
8=	Pete Booth Clayton-le-Moors Harriers M55	13	PADD	15	FAIR	22	EDAL	21	DUDD	13	15	22	71
10	David Spedding Keswick AC M60	0	....	19	FAIR	28	DUDD	23	EDAL	0	19	28	70

Men's Vets O55 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Jackie Winn Cumberland FR M55	32	PADD	32	FAIR	29	DUDD	28	EDAL	32	32	29	121
2	Pete Booth Clayton-le-Moors Harriers M55	26	PADD	26	FAIR	29	EDAL	28	DUDD	26	26	29	109
3	Dave Tait Dark Peak FR M60	28	PADD	24	FAIR	27	EDAL	27	DUDD	28	24	27	106
4	David Spedding Keswick AC M60	0	....	27	FAIR	32	EDAL	32	DUDD	0	27	32	91
5	Ken Taylor Rossendale Harriers M55	27	PADD	28	FAIR	25	DUDD	0	....	27	28	25	80
6	BARRY BLYTH MACCLESFIELD M60	24	PADD	23	FAIR	26	DUDD	0	....	24	23	26	73
7	Graham Breeze Skyrac AC M60	20	PADD	14	FAIR	18	EDAL	18	DUDD	20	14	18	70
8	Kieran Carr Clayton-le-Moors Harriers M60	23	PADD	21	FAIR	25	EDAL	0	....	23	21	25	69
9	MICHAEL COCHRANE DARK PEAK M60	22	PADD	20	FAIR	23	EDAL	0	....	22	20	23	65
10	Geoffrey HOWARD ILKLEY Harriers M60	17	PADD	22	FAIR	23	DUDD	0	....	17	22	23	62

Men's Vets O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Dave Tait Dark Peak FR M60	22	PADD	18	FAIR	19	EDAL	19	DUDD	22	18	19	78
2	David Spedding Keswick AC M60	0	....	19	FAIR	22	EDAL	22	DUDD	0	19	22	63
3=	Graham Breeze Skyrac AC M60	16	PADD	11	FAIR	15	EDAL	12	DUDD	16	11	15	54
3=	BARRY BLYTH MACCLESFIELD M60	19	PADD	17	FAIR	18	DUDD	0	....	19	17	18	54
5	Kieran Carr Clayton-le-Moors Harriers M60	18	PADD	15	FAIR	18	EDAL	0	....	18	15	18	51
6	MICHAEL COCHRANE DARK PEAK M60	17	PADD	14	FAIR	17	EDAL	0	....	17	14	17	48
7	Paul Murray Horwich RMI M65	11	PADD	10	FAIR	14	EDAL	11	DUDD	11	10	14	46
8	Geoffrey HOWARD ILKLEY Harriers M60	14	PADD	16	FAIR	15	DUDD	0	....	14	16	15	45
9	John Amies Congleton Harriers M65	15	PADD	13	FAIR	14	DUDD	0	....	15	13	14	42
10	Ken Taylor Rossendale Harriers M60	0	....	22	FAIR	17	DUDD	0	....	0	22	17	39

Men's Vets O65 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Paul Murray Horwich RMI M65	18	PADD	19	FAIR	19	EDAL	19	DUDD	18	19	19	75
2	John Amies Congleton Harriers M65	22	PADD	22	FAIR	22	DUDD	0	....	22	22	22	66
3	PETER COVEY PUDSEY & BRAMLEY M65	19	PADD	18	FAIR	22	EDAL	0	....	19	18	22	59
4	RICHARD CLIVES FRA M65	14	PADD	12	FAIR	18	DUDD	0	....	14	12	18	44
5	Lawrence Sullivan Clayton-le-Moors Harriers M70	17	PADD	17	FAIR	0	....	0	....	17	17	0	34
6	Pete Dowker Kendal AC M65	16	PADD	16	FAIR	0	....	0	....	16	16	0	32
7	Donald Rigg Cumberland FR M70	15	PADD	14	FAIR	0	....	0	....	15	14	0	29
8	GEORGE ARNOLD PRESTON M70	13	PADD	9	FAIR	0	....	0	....	13	9	0	22
9	Kevin Heywood Kendal AC M65	0	....	15	FAIR	0	....	0	....	0	15	0	15
10	Barry Johnson Cumberland FR M65	0	....	13	FAIR	0	....	0	....	0	13	0	13

Men's Vets O70 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	Total
1	Lawrence Sullivan Clayton-le-Moors Harriers M70	12	PADD	12	FAIR	0	....	12	12	24
2	Donald Rigg Cumberland FR M70	9	PADD	9	FAIR	0	....	9	9	18
3	GEORGE ARNOLD PRESTON M70	8	PADD	8	FAIR	0	....	8	8	16
4=	D CLUTTERBUCK TODMORDEN M70	7	PADD	0	....	0	....	7	0	7
4=	Tony Breakwell Borrowdale FR M70	0	....	7	FAIR	0	....	0	7	7
6	BARRY THACKERY DARK PEAK M70	6	PADD	0	....	0	....	6	0	6

Men's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	BORROWDALE	8	PADD	12	FAIR	12	EDAL	12	DUDD	8	12	12	44	361
2	Dark Peak FR	7	PADD	8	FAIR	9	EDAL	9	DUDD	7	8	9	33	475
3	PUDSEY & BRAMLEY	9	PADD	7	FAIR	8	EDAL	8	DUDD	9	7	8	32	482
4	Bingley Harriers	6	PADD	9	FAIR	0	....	0	....	6	9	0	15	292
5	MERCIA Fellrunners	5	PADD	4	FAIR	6	DUDD	0	....	5	4	6	15	709
6	Clayton le Moors	4	PADD	2	FAIR	5	DUDD	2	EDAL	4	2	5	13	1432
7	Ambleside AC	0	....	5	FAIR	7	DUDD	0	....	0	5	7	12	397
8	Horwich RMI Harriers	12	PADD	0	....	0	....	0	....	12	0	0	12	890
9	Bowland Fell Runners	1	PADD	1	FAIR	7	EDAL	1	DUDD	1	1	7	10	1506
10	Cheshire Hill Racers	0	....	0	....	5	EDAL	4	DUDD	0	0	5	9	1547
11	Todmorden Harriers	3	PADD	0	....	4	EDAL	0	....	3	0	4	7	1250
12	Horwich RMI	0	....	6	FAIR	0	....	0	....	0	6	0	6	143
13	CALDER VALLEY Fell Run	0	....	0	....	6	EDAL	0	....	0	0	6	6	1053
14	Ilkley Harriers	2	PADD	0	....	3	EDAL	0	....	2	0	3	5	1280
15	Keswick AC	0	....	3	FAIR	0	....	0	....	0	3	0	3	374
16	Cumberland FR	0	....	0	....	3	DUDD	0	....	0	0	3	3	799
17	Macclesfield	0	....	0	....	2	DUDD	0	....	0	0	2	2	386
18	Glossopdale Harriers	0	....	0	....	1	EDAL	0	....	0	0	1	1	497

Men's Vets O40 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Dark Peak FR	9	PADD	12	FAIR	12	DUDD	9	EDAL	9	12	12	42	162
2	Borrowdale FR	12	PADD	9	FAIR	12	EDAL	9	DUDD	12	9	12	42	217
3	Cheshire Hill Racers	7	PADD	5	FAIR	8	DUDD	7	EDAL	7	5	8	27	469
4	Clayton le Moors	8	PADD	8	FAIR	5	EDAL	5	DUDD	8	8	5	26	494
5	Bowland Fell Runners	4	PADD	6	FAIR	6	EDAL	4	DUDD	4	6	6	20	603
6	Cumberland Fell Runner	5	PADD	4	FAIR	7	DUDD	4	EDAL	5	4	7	20	623
7	Pudsey & Bramley	0	....	3	FAIR	8	EDAL	0	....	0	3	8	11	277
8	Kendal AC	0	....	7	FAIR	0	....	0	....	0	7	0	7	125
9	Pennine Fell Runners	3	PADD	2	FAIR	2	DUDD	0	....	3	2	2	7	729
10	Horwich RMI Harriers	6	PADD	0	....	0	....	0	....	6	0	0	6	144
11	MACCLESFIELD Harriers	0	....	0	....	6	DUDD	0	....	0	0	6	6	529
12	Staffordshire Moorland	0	....	1	FAIR	3	EDAL	0	....	0	1	3	4	815
13	Ambleside AC	0	....	0	....	3	DUDD	0	....	0	0	3	3	571
14	Glossopdale Harriers	0	....	0	....	2	EDAL	0	....	0	0	2	2	226
15	Ilkley Harriers	1	PADD	0	....	1	EDAL	0	....	1	0	1	2	888
16	Todmorden Harriers	2	PADD	0	....	0	....	0	....	2	0	0	2	1056
17	Keswick AC	0	....	0	....	1	DUDD	0	....	0	0	1	1	703

Men's Vets O50 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Dark Peak FR	12	PADD	9	FAIR	12	EDAL	12	DUDD	12	9	12	45	87
2	Cumberland Fell Runner	9	PADD	12	FAIR	9	DUDD	8	EDAL	9	12	9	38	117
3	Clayton le Moors	8	PADD	8	FAIR	9	EDAL	8	DUDD	8	8	9	33	166
4	Pennine Fell Runners	6	PADD	6	FAIR	6	EDAL	4	DUDD	6	6	6	22	414
5	Cheshire Hill Racers	7	PADD	7	FAIR	7	EDAL	0	....	7	7	7	21	215
6	Keswick AC	0	....	5	FAIR	7	DUDD	0	....	0	5	7	12	158
7	Staffordshire Moorland	4	PADD	3	FAIR	5	EDAL	0	....	4	3	5	12	357
8	Bowland Fell Runners	0	....	0	....	6	DUDD	0	....	0	0	6	6	87
9	Horwich RMI Harriers	5	PADD	0	....	0	....	0	....	5	0	0	5	124
10	Todmorden Harriers	2	PADD	0	....	3	DUDD	0	....	2	0	3	5	324
11	Horwich RMI	0	....	0	....	5	DUDD	0	....	0	0	5	5	337
12	Keighley & Craven AC	0	....	4	FAIR	0	....	0	....	0	4	0	4	134
13	Bingley Harriers	3	PADD	0	....	0	....	0	....	3	0	0	3	320
14	Kendal AC	0	....	2	FAIR	0	....	0	....	0	2	0	2	147
15	Borrowdale FR	0	....	1	FAIR	0	....	0	....	0	1	0	1	167

Women's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**JANET MCIVER DARK PEAK L**	**28**	**PADD**	**29**	**FAIR**	**32**	**EDAL**	**32**	**DUDD**	**28**	**29**	**32**	**121**
2	Sharon Taylor Bingley Harriers L	0	....	24	FAIR	28	DUDD	27	EDAL	0	24	28	79
3	ANNA BARTLETT SHREWSBURY L	26	PADD	25	FAIR	27	DUDD	0	....	26	25	27	78
4	Sally Newman Calder Valley FR L45	0	....	23	FAIR	28	EDAL	25	DUDD	0	23	28	76
5	HELEN FINES BRISTOL & WEST L	18	PADD	26	FAIR	26	DUDD	0	....	18	26	26	70
6	Jo Waites Calder Valley FR L	27	PADD	21	FAIR	21	DUDD	0	....	27	21	21	69
7=	Jane Reedy Ambleside AC L	24	PADD	20	FAIR	24	EDAL	0	....	24	20	24	68
7=	Emma Barclay Ilkley Harriers L	16	PADD	13	FAIR	22	EDAL	17	DUDD	16	13	22	68
9	RACHEL VINCENT TYNEDALE L	23	PADD	19	FAIR	23	DUDD	2	EDAL	23	19	23	67
10	Judith Jepson Dark Peak FR L40	15	PADD	14	FAIR	20	EDAL	16	DUDD	15	14	20	65
11	Kate Burge Stafford Harriers L	21	PADD	18	FAIR	23	EDAL	0	....	21	18	23	62
12	Candice Leah Clayton-le-moors Harriers L	10	PADD	28	FAIR	22	DUDD	0	....	10	28	22	60
13	NATALIE WHITE BINGLEY L	32	PADD	27	FAIR	0	....	0	....	32	27	0	59
14	SARAH TUNSTALL YORK ACORN LU23	29	PADD	22	FAIR	0	....	0	....	29	22	0	51
15=	Karen Nash Preston Harriers L45	7	PADD	10	FAIR	16	EDAL	13	DUDD	7	10	16	46
15=	Aly Raw Bingley Harriers L40	0	....	0	....	26	EDAL	20	DUDD	0	0	26	46
17	JO BUCKLEY CALDER VALLEY L	19	PADD	0	....	24	DUDD	0	....	19	0	24	43
18	Hazel Jones Dallam Running Club L	0	....	17	FAIR	25	EDAL	0	....	0	17	25	42
19	Karen Robertson Northumberland FR L	17	PADD	8	FAIR	12	DUDD	0	....	17	8	12	37
20	Rebecca Cash Borrowdale L	0	....	0	....	18	EDAL	18	DUDD	0	0	18	36

Women's Vets O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Judith Jepson Dark Peak FR L40**	**22**	**PADD**	**19**	**FAIR**	**17**	**EDAL**	**17**	**DUDD**	**22**	**19**	**17**	**75**
2	Sally Newman Calder Valley FR L45	0	....	22	FAIR	22	EDAL	22	DUDD	0	22	22	66
3	Karen Nash Preston Harriers L45	17	PADD	18	FAIR	15	EDAL	15	DUDD	17	18	15	65
4	Katherine Harvey Pennine Fell Runners L45	15	PADD	12	FAIR	18	EDAL	0	....	15	12	18	45
5	Alison Weston Ilkley Harriers L40	16	PADD	0	....	14	EDAL	10	DUDD	16	0	14	40
6	Aly Raw Bingley Harriers L40	0	....	0	....	19	EDAL	19	DUDD	0	0	19	38
7	MARY EDGERTON Pennine Fell Runners L45	9	PADD	4	FAIR	13	EDAL	9	DUDD	9	4	13	35
8	Nicky Jaquiery Ilkley Harriers L40	0	....	17	FAIR	16	EDAL	0	....	0	17	16	33
9	SALLY GILLIVER CHESHIRE L45	14	PADD	14	FAIR	3	EDAL	0	....	14	14	3	31
10	Jane Meeks Keswick AC L45	0	....	11	FAIR	16	DUDD	0	....	0	11	16	27

Women's Vets O45 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Karen Nash Preston Harriers L45**	**19**	**PADD**	**19**	**FAIR**	**18**	**EDAL**	**17**	**DUDD**	**19**	**19**	**18**	**73**
2	Sally Newman Calder Valley FR L45	0	....	22	FAIR	22	EDAL	22	DUDD	0	22	22	66
3	MARY EDGERTON Pennine Fell Runners L45	13	PADD	11	FAIR	17	EDAL	15	DUDD	13	11	17	56
4	Katherine Harvey Pennine Fell Runners L45	18	PADD	14	FAIR	19	EDAL	0	....	18	14	19	51
5=	Wendy Dodds Clayton-le-moors Harriers L55	10	PADD	7	FAIR	16	EDAL	12	DUDD	10	7	16	45
5=	SALLY GILLIVER CHESHIRE L45	17	PADD	16	FAIR	12	EDAL	0	....	17	16	12	45
7	CLARE KENNY CALDER VALLEY L45	9	PADD	15	FAIR	13	DUDD	0	....	9	15	13	37
8=	JOYCE MARSHALL Ilkley Harriers L45	11	PADD	6	FAIR	14	EDAL	0	....	11	6	14	31
8=	Jane Meeks Keswick AC L45	0	....	13	FAIR	18	DUDD	0	....	0	13	18	31
10	Kathleen Brierley Todmorden Harriers L45	0	....	5	FAIR	15	EDAL	7	DUDD	0	5	15	27

Women's Vets O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Karen Nash Preston Harriers L45**	**19**	**PADD**	**19**	**FAIR**	**18**	**EDAL**	**17**	**DUDD**	**19**	**19**	**18**	**73**
2	Sally Newman Calder Valley FR L45	0	....	22	FAIR	22	EDAL	22	DUDD	0	22	22	66
3	MARY EDGERTON Pennine Fell Runners L45	13	PADD	11	FAIR	17	EDAL	15	DUDD	13	11	17	56
4	Katherine Harvey Pennine Fell Runners L45	18	PADD	14	FAIR	19	EDAL	0	....	18	14	19	51
5=	Wendy Dodds Clayton-le-moors Harriers L55	10	PADD	7	FAIR	16	EDAL	12	DUDD	10	7	16	45
5=	SALLY GILLIVER CHESHIRE L45	17	PADD	16	FAIR	12	EDAL	0	....	17	16	12	45
7	CLARE KENNY CALDER VALLEY L45	9	PADD	15	FAIR	13	DUDD	0	....	9	15	13	37
8=	JOYCE MARSHALL Ilkley Harriers L45	11	PADD	6	FAIR	14	EDAL	0	....	11	6	14	31
8=	Jane Meeks Keswick AC L45	0	....	13	FAIR	18	DUDD	0	....	0	13	18	31
10	Kathleen Brierley Todmorden Harriers L45	0	....	5	FAIR	15	EDAL	7	DUDD	0	5	15	27

Women's Vets O55 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Wendy Dodds Clayton-le-moors Harriers L55**	**12**	**PADD**	**12**	**FAIR**	**12**	**EDAL**	**12**	**DUDD**	**12**	**12**	**12**	**48**
2	SHEILA MCNULTY RADCLIFFE L60	5	PADD	9	FAIR	0	....	0	....	5	9	0	14
3	JEAN RAWLINSON Clayton-le-moors Harriers L55	9	PADD	0	....	0	....	0	....	9	0	0	9
4=	ALISON BRENTNALL Pennine Fell Runners L55	8	PADD	0	....	0	....	0	....	8	0	0	8
4=	MOYRA PARFITT TODMORDEN L60	1	PADD	7	FAIR	0	....	0	....	1	7	0	8
4=	Margaret Chippendale Pennine Fell Runners L60	0	....	8	FAIR	0	....	0	....	0	8	0	8
7	LINDA LORD Clayton-le-moors Harriers L55	7	PADD	0	....	0	....	0	....	7	0	0	7
8	LOU LYNESS BARROW & FURNES L55	6	PADD	0	....	0	....	0	....	6	0	0	6
9	ALEXIS DINSMOOR Pennine Fell Runners L55	4	PADD	0	....	0	....	0	....	4	0	0	4
10	JAN ATKINS CHORLEY L60	3	PADD	0	....	0	....	0	....	3	0	0	3

English Women's Vets O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	Total
1	**SHEILA MCNULTY RADCLIFFE L60**	**12**	**PADD**	**12**	**FAIR**	**0**	**....**	**12**	**12**	**24**
2	MOYRA PARFITT TODMORDEN L60	8	PADD	8	FAIR	0	....	8	8	16
3=	JAN ATKINS CHORLEY L60	9	PADD	0	....	0	....	9	0	9
3=	Margaret Chippendale Pennine Fell Runners L60	0	....	9	FAIR	0	....	0	9	9

English Women's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	**Aggregate**
1	**Ilkley Harriers**	**12**	**PADD**	**8**	**FAIR**	**12**	**EDAL**	**6**	**DUDD**	**12**	**8**	**12**	**38**	**223**
2	Dark Peak FR	8	PADD	7	FAIR	12	DUDD	7	EDAL	8	7	12	34	223
3	Calder Valley Fell Run	9	PADD	9	FAIR	9	DUDD	5	EDAL	9	9	9	32	210
4	Bingley Harriers	0	....	12	FAIR	8	DUDD	0	....	0	12	8	20	86
5	Pennine Fell Runners	5	PADD	2	FAIR	9	EDAL	4	DUDD	5	2	9	20	414
6	Todmorden Harriers	4	PADD	3	FAIR	6	EDAL	5	DUDD	4	3	6	18	405
7	Ambleside AC	3	PADD	5	FAIR	8	EDAL	0	....	3	5	8	16	292
8	KESWICK AC	7	PADD	0	....	7	DUDD	0	....	7	0	7	14	276
9	Clayton le Moors	6	PADD	4	FAIR	0	....	0	....	6	4	0	10	209
10	Cumberland FR	0	....	6	FAIR	0	....	0	....	0	6	0	6	105
11	CHORLEY	2	PADD	0	....	0	....	0	....	2	0	0	2	196
12	Radcliffe AC	0	....	1	FAIR	0	....	0	....	0	1	0	1	139
13	HELSBY	1	PADD	0	....	0	....	0	....	1	0	0	1	209

Photo courtesy of Tim Austin

The snaking field at Paddy's Pole

British Championship 2007

Standings after Duddon

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Any queries to mhobson@mishmash.freeserve.co.uk or mark.hobson@uk.fujitsu.com

British Men's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Rob Hope Pudsey & Bramley M	48	LLAN	52	DONA	47	DUDD	0	....	48	52	47	147
2	Rob Jebb Bingley M	46	LLAN	49	DONA	48	DUDD	0	....	46	49	48	143
3	Lloyd Taggart Dark Peak M	45	LLAN	47	DONA	46	DUDD	0	....	45	47	46	138
4	Tom Owens Mercia FR M	35	LLAN	46	DONA	49	DUDD	0	....	35	46	49	130
5	John Heneghan Pudsey & Bramley M	43	LLAN	41	DONA	43	DUDD	0	....	43	41	43	127
6	Nick Sharp Ambleside AC M	42	LLAN	39	DONA	45	DUDD	0	....	42	39	45	126
7	Jim Davies Borrowdale FR M40	37	LLAN	42	DONA	38	DUDD	0	....	37	42	38	117
8=	Danny Hope Pudsey & Bramley M	44	LLAN	48	DONA	16	DUDD	0	....	44	48	16	108
8=	Pete Vale Mercia FR M	29	LLAN	38	DONA	41	DUDD	0	....	29	38	41	108
10	Karl Gray Calder Valley M	27	LLAN	40	DONA	40	DUDD	0	....	27	40	40	107
11	Tim Davies Mercia FR M	49	LLAN	44	DONA	0	....	0	....	49	44	0	93
12	Mark Roberts Borrowdale FR M40	34	LLAN	27	DONA	28	DUDD	0	....	34	27	28	89
13	Darren Kay Horwich RMI M	40	LLAN	45	DONA	0	....	0	....	40	45	0	85
14	Des Woods Mourne Runners M40	28	LLAN	36	DONA	20	DUDD	0	....	28	36	20	84
15	Morgan Donnelly Borrowdale FR M	47	LLAN	0	....	34	DUDD	0	....	47	0	34	81
16	Ricky Lightfoot Ellenborough AC MU23	38	LLAN	37	DONA	0	....	0	....	38	37	0	75
17	Brendan Bolland Horwich RMI M	23	LLAN	32	DONA	18	DUDD	0	....	23	32	18	73
18	Andrew Schofield Borrowdale FR M	0	....	34	DONA	35	DUDD	0	....	0	34	35	69
19	Richard Pattinson Pudsey & Bramley M40	21	LLAN	31	DONA	15	DUDD	0	....	21	31	15	67
20	Joe Blackett Dark Peak M40	7	LLAN	26	DONA	31	DUDD	0	....	7	26	31	64

British Men's O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Jim Davies Borrowdale FR M40	32	LLAN	32	DONA	29	DUDD	0	....	32	32	29	93
2	Mark Roberts Borrowdale FR M40	29	LLAN	25	DONA	24	DUDD	0	....	29	25	24	78
3	Des Woods Mourne Runners M40	27	LLAN	29	DONA	20	DUDD	0	....	27	29	20	76
4=	Richard Pattinson Pudsey & Bramley M40	26	LLAN	27	DONA	19	DUDD	0	....	26	27	19	72
4=	Joe Blackett Dark Peak M40	22	LLAN	24	DONA	26	DUDD	0	....	22	24	26	72
6	Dave Taylor Dark Peak M40	24	LLAN	20	DONA	21	DUDD	0	....	24	20	21	65
7	Mike Egner Dark Peak M50	23	LLAN	14	DONA	22	DUDD	0	....	23	14	22	59
8	Barry Wilkinson Borrowdale FR M40	18	LLAN	16	DONA	23	DUDD	0	....	18	16	23	57
9	John Hunt Dark Peak M40	25	LLAN	0	....	27	DUDD	0	....	25	0	27	52
10	Colin Fray Cheshire HR M40	13	LLAN	17	DONA	18	DUDD	0	....	13	17	18	48

British Men's O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Mike Egner Dark Peak M50	22	LLAN	22	DONA	22	DUDD	0	....	22	22	22	66
2	Tom McGaff Cheshire HR M50	19	LLAN	18	DONA	16	DUDD	0	....	19	18	16	53
3	Stephen Storey Dark Peak M50	16	LLAN	8	DONA	14	DUDD	0	....	16	8	14	38
4=	Andy Hauser Holmfirth Harriers M50	18	LLAN	19	DONA	0	....	0	....	18	19	0	37
4=	Paul Kelly Durham Fell Runners M50	12	LLAN	12	DONA	13	DUDD	0	....	12	12	13	37
6	David Spedding Keswick AC M60	0	....	17	DONA	18	DUDD	0	....	0	17	18	35
7=	Dave Tait Dark Peak M60	10	LLAN	15	DONA	7	DUDD	0	....	10	15	7	32
7=	Ken Taylor Rossendale Harriers M50	15	LLAN	16	DONA	1	DUDD	0	....	15	16	1	32
9	Graham McAra Cheshire HR M50	8	LLAN	13	DONA	9	DUDD	0	....	8	13	9	30
10	Keith Holmes Dark Peak M50	7	LLAN	9	DONA	10	DUDD	0	....	7	9	10	26

British Men's O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Dave Tait Dark Peak M60**	**12**	**LLAN**	**9**	**DONA**	**9**		**0**	**....**	**12**	**9**	**9**	**30**
2	Barry Blyth Macclesfield Harriers M60	9	LLAN	8	DONA	8	DUDD	0	....	9	8	8	25
3	David Spedding Keswick AC M60	0	....	12	DONA	12	DUDD	0	....	0	12	12	24
4	Geoffrey Howard Ilkley Harriers M60	7	LLAN	6	DONA	4	DUDD	0	....	7	6	4	17
5	Graham Breeze Skyrac AC M60	6	LLAN	5	DONA	1	DUDD	0	....	6	5	1	12
6	Donald Williams Eryri Harriers M60	8	LLAN	0	....	0	....	0	....	8	0	0	8
7=	Jim Patterson Mourne Runners M60	0	....	7	DONA	0	....	0	....	0	7	0	7
7=	Ken Taylor Rossendale Harriers M60	0	....	0	....	7	DUDD	0	....	0	0	7	7
9	James Patterson Mourne Runners M60	0	....	0	....	6	DUDD	0	....	0	0	6	6
10=	Peter Roberts Buckley Runners M60	5	LLAN	0	....	0	....	0	....	5	0	0	5
10=	Tony Richardson LOC M60	0	....	0	....	5	DUDD	0	....	0	0	5	5

British Men's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	**Aggregate**
1	**Pudsey & Bramley**	**12**	**LLAN**	**12**	**DONA**	**8**	**DUDD**	**0**	**....**	**12**	**12**	**8**	**32**	**265**
2	Borrowdale FR	8	LLAN	9	DONA	12	DUDD	0	....	8	9	12	29	270
3	Dark Peak	7	LLAN	7	DONA	9	DUDD	0	....	7	7	9	23	389
4	Mercia FR	9	LLAN	5	DONA	6	DUDD	0	....	9	5	6	20	547
5	Horwich RMI	6	LLAN	8	DONA	3	DUDD	0	....	6	8	3	17	695
6	Cheshire Hill Racers	4	LLAN	4	DONA	4	DUDD	0	....	4	4	4	12	991
7	Mourne Runners	3	LLAN	6	DONA	0	....	0	....	3	6	0	9	513
8	Ambleside AC	0	....	0	....	7	DUDD	0	....	0	0	7	7	192
9	Clayton Le Moors	0	....	1	DONA	5	DUDD	0	....	0	1	5	6	758
10	Eryri Harriers	5	LLAN	0	....	0	....	0	....	5	0	0	5	233
11	Newcastle AC	0	....	3	DONA	0	....	0	....	0	3	0	3	316
12	Carnethy HRC	0	....	2	DONA	0	....	0	....	0	2	0	2	389
13	CFR	0	....	0	....	2	DUDD	0	....	0	0	2	2	400
14	Wrexham AC	2	LLAN	0	....	0	....	0	....	2	0	0	2	459
15	Macclesfield	0	....	0	....	1	DUDD	0	....	0	0	1	1	408
16	Clwydian RR	1	LLAN	0	....	0	....	0	....	1	0	0	1	563

British Men's O40 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	**Aggregate**
1	**Dark Peak**	**12**	**LLAN**	**9**	**DONA**	**12**	**DUDD**	**0**	**....**	**12**	**9**	**12**	**33**	**128**
2	Cheshire Hill Racers	9	LLAN	8	DONA	8	DUDD	0	....	9	8	8	25	267
3	Borrowdale FR	0	....	12	DONA	9	DUDD	0	....	0	12	9	21	70
4	Macclesfield Harriers	7	LLAN	0	....	6	DUDD	0	....	7	0	6	13	332
5	Clayton le Moors	0	....	6	DONA	5	DUDD	0	....	0	6	5	11	290
6	Eryri Harriers	8	LLAN	0	....	0	....	0	....	8	0	0	8	156
7	Newcastle AC	0	....	7	DONA	0	....	0	....	0	7	0	7	121
8	CFR	0	....	0	....	7	DUDD	0	....	0	0	7	7	125
9	Bowland Fell Runners	0	....	3	DONA	4	DUDD	0	....	0	3	4	7	378
10	Buckley Runners	6	LLAN	0	....	0	....	0	....	6	0	0	6	218

British Women's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Sharon Taylor Bingley Harriers L**	**17**	**LLAN**	**18**	**DONA**	**18**		**0**	**....**	**17**	**18**	**18**	**53**
2	Fiona Maxwell Mourne Runners L40	18	LLAN	14	DONA	17	DUDD	0	....	18	14	17	49
3	Anna Bartlett Shrewsbury AC L	19	LLAN	13	DONA	16	DUDD	0	....	19	13	16	48
4	Sally Newman Calder Valley L40	13	LLAN	17	DONA	14	DUDD	0	....	13	17	14	44
5	Jo Waites Calder Valley L	22	LLAN	10	DONA	10	DUDD	0	....	22	10	10	42
6	Jackie Lee Eryri Harriers L	14	LLAN	16	DONA	0	....	0	....	14	16	0	30
7	Sarah Kleeman Eryri Harriers L	15	LLAN	12	DONA	0	....	0	....	15	12	0	27
8	Helen Fines Bristol & West L	11	LLAN	0	....	15	DUDD	0	....	11	0	15	26
9=	Angela Mudge Carnethy HRC L	0	....	22	DONA	0	....	0	....	0	22	0	22
9=	Janet McIver Dark Peak L	0	....	0	....	22	DUDD	0	....	0	0	22	22
11	Alwynne Shannon Newcastle AC L40	9	LLAN	4	DONA	8	DUDD	0	....	9	4	8	21
12	Aly Raw Bingley L40	0	....	11	DONA	9	DUDD	0	....	0	11	9	20
13=	Andrea Roberts Eryri Harriers L	12	LLAN	7	DONA	0	....	0	....	12	7	0	19
13=	Natalie White Bingley L	0	....	19	DONA	0	....	0	....	0	19	0	19
13=	Karen Davison Dark Peak L	0	....	0	....	19	DUDD	0	....	0	0	19	19
16=	Louise Roberts Keswick L	8	LLAN	8	DONA	0	....	0	....	8	8	0	16
16=	Lisa Lacon Holmfirth Harriers L	16	LLAN	0	....	0	....	0	....	16	0	0	16
18	Jill Mykura Carnethy HRC L	0	....	15	DONA	0	....	0	....	0	15	0	15
19	Jo Buckley Calder Valley L	0	....	0	....	13	DUDD	0	....	0	0	13	13
20	Rachel Vincent Tynedale L	0	....	0	....	12	DUDD	0	....	0	0	12	12

British Women's O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	**Fiona Maxwell Mourne Runners L40**	**12**	**LLAN**	**9**	**DONA**	**12**	**DUDD**	**0**	**....**	**12**	**9**	**12**	**33**
2	Sally Newman Calder Valley L40	9	LLAN	12	DONA	9	DUDD	0	....	9	12	9	30
3	Alwynne Shannon Newcastle AC L40	8	LLAN	5	DONA	7	DUDD	0	....	8	5	7	20
4	Aly Raw Bingley L40	0	....	8	DONA	8	DUDD	0	....	0	8	8	16
5	Anne Sandford Newcastle AC L40	5	LLAN	4	DONA	0	....	0	....	5	4	0	9
6=	Katherine Harvey Pennine L40	7	LLAN	0	....	0	....	0	....	7	0	0	7
6=	Alison Eagle Ilkley Harriers L40	0	....	7	DONA	0	....	0	....	0	7	0	7
8=	Janet Hatton Macclesfield Harriers L40	6	LLAN	0	....	0	....	0	....	6	0	0	6
8=	Sarah Legge Fife AC L40	0	....	6	DONA	0	....	0	....	0	6	0	6
8=	Judith Jepson Dark Peak L40	0	....	0	....	6	DUDD	0	....	0	0	6	6

British Women's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	**Calder Valley**	**9**	**LLAN**	**7**	**DONA**	**9**	**DUDD**	**0**	**....**	**9**	**7**	**9**	**25**	**94**
2	Eryri Harriers	12	LLAN	8	DONA	0	....	0	....	12	8	0	20	50
3	Bingley	0	....	12	DONA	8	DUDD	0	....	0	12	8	20	69
4	Dark Peak	0	....	0	....	12	DUDD	0	....	0	0	12	12	19
5	Ilkley Harriers	0	....	5	DONA	6	DUDD	0	....	0	5	6	11	155
6	Carnethy HRC	0	....	9	DONA	0	....	0	....	0	9	0	9	25
7	Clwydian RR	8	LLAN	0	....	0	....	0	....	8	0	0	8	76
8	Keswick	0	....	0	....	7	DUDD	0	....	0	0	7	7	66
9	Fife AC	0	....	6	DONA	0	....	0	....	0	6	0	6	60
10	Todmorden	0	....	0	....	5	DUDD	0	....	0	0	5	5	86
11	Pudsey & Bramley	0	....	4	DONA	0	....	0	....	0	4	0	4	108
12	Pennine	0	....	0	....	4	DUDD	0	....	0	0	4	4	138

BY **MADELEINE WATSON**

Junior championship

WREKIN

Sunday 1st April 2007

The junior championships started down in Shropshire with Wrekin fell races. Full results are on the website and the points are on the fell junior site. Photos on this page are of the age group winners.

U12B – Kristian Edwards, Tamworth
U12G – Hannah Bethwaite, Ellenborough

U14B – Joe Johnston, Rossendale
U14G – Laura Riches, Leigh Harriers

U16B – Joe Gratton, Hallamshire
U16G – April Stevenson, Horwich RMI

U18B – Tom Addison, Helm Hill
U18G – Holly Page, Halifax

Winners of the Walsh shoe vouchers were Emily Knox, Keswick and Jenny Dybeck, Ilkley.

U12G
Hannah Bethwaite
(Ellenborough)

U18G
Holly Page
(Halifax)

U12B George Tighe (Matlock) and winner KristianEdwards (Tamworth)

U14B
Joe Johnston
(Rossendale)

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2007 FRA *Junior Presentation*

The date for this years junior presentation will be the 14th October at the Horwich RMI club which is on the A673 Chorley New Road, Horwich about three miles from junction six of the M61. Tickets will be available at Sedburgh from Ian Smith, Madeleine Watson or Jim Godwin. Starts at 2pm and will include pasty and peas.

U16B
Joe Gratton
(Hallamshire)

U14G
Laura Riches,
(Leigh Harriers)

HIGH RIGG

27th May 2007

U12 Boys

1	James Knox	Helm Hill	10.57
2	George Tighe	Matlock	11.12
3	Dale Sutton	Dallam	11.28

U12 Girls

1	Hannah Bethwaite	Ellenborough	11.52
2	Shannon Johnson	Leigh	12.22
3	Megan Stuart	Helm Hill	12.38

U14 Boys

1	Tom Doyle	Helm Hill	13.57
2	Joe Johnson	Rossendale	14.17
3	Rory Addison	Helm Hill	14.26

U14 Girls

1	Laura Riches	Leigh	15.13
2	Mel Hyder	Dallam	15.31
3	Beckie Taylor	Blackburn	17.00

U16 Boys

1	Alex Till	Dallam	14.32
2	Matthew Alexio	C.F.R.	15.08
3	Joseph Kelly	Rossendale	15.23

U16 Girls

1	Laura Park	Ellenborough	16.09
2	Hannah Bateson	Lancs & Morecambe	17.09
3	April Stevenson	Horwich	17.39

U18 Boys

1	Jonathan Hare	Halifax	24.34
2	Tom Addison	Helm Hill	25.29
3	Lee Amor	C.F.R.	27.08

U18 Girls

1	Anna Anderson	Pendle A.c.	31.13
2	Dionne Allen	Leigh	32.19
3	Holly Page	Halifax	33.36

Winners of the Walsh shoe vouchers were Robert Payne, Hallamshire and Matthew Alexio, CFR

LOTHERSDALE

3rd June 2007

U12 boys

1	James Knox	Helm Hill	12:56
2	Kristain Edwards	Tamworth	12:59
3	George Tighe	Matlock	13:21

U12 girls

1	Hannah Bethwaite	Ellenborough	13:54
2	Shannon Johnstone	Leigh	15:07
3	Sally Searson	Blackburn	15:26

U14 boys

1	Jamie Crompton	Horwich	25:42:00
2	Paul Richardson	Ellenborough	26:18:00
3	Ben Marriot	Bingley	26:39:00

U14 girls

1	Melanie Hyder	Helm Hill	27:39:00
2	Laura Riches	Leigh	29:56:00
3	Becky Taylor	Blackburn	31:15:00

U16 Boys

1	Josh Moody	Matlock	28:28:00
2	Joseph Kelly	Rossendale	28:55:00
3	Joe Gratton	Halifax	29:12:00

U16 girls

1	Hannah Bateson	Lancs & Morecambe	32:19:00
2	April Stevenson	Horwich	33:44:00
3	Annaka Jarman	Lancs & Morecambe	34:19:00

U18 boys

1	Tom Addison	Helm Hill	26:56:00
2	Jonathan Hare	Halifax	27:24:00
3	Phil Bolton	Rossendale	30:38:00

U18 girls

1	Anna Anderson	Pendle	33:04:00
2	Dionne Allen	Leigh	34:22:00
3	Danielle Allen	Leigh	35:22:00

Winners of the Walsh shoe vouchers were Danielle Allen, Leigh and Nicole Narey, Bingley

Championship standings after three races

U12 boys

1	George Tighe	Matlock	53
2	James Hall	Bingley	47
3	James Knox	Helm Hill	40

U12 girls

1	Hannah Bethwaite	Ellenborough	60
2	Shannon Johnson	Leigh	54
3	Sally Searson	Blackburn	33
3	Megan Stuart	Helm Hill	33

U14 boys

1	Tom Doyle	Helm Hill	50
1	Joseph Johnston	Rossendale	50
3	Ben Marriott	Bingley	49

U14 grils

1	Laura Riches	Leigh	58
2	Mel Hyder	Dallam	56
3	Rebecca Taylor	Blackburn	51

U16 boys

1	Alex Till	Dallam	51
2	Joseph Kelly	Rossendale	49
3	Josh Moody	Matlock	38

U16 girls

1	April Stevenson	Horwich	54
2	Emma Flanagan	Rossendale	44
3	Laura Park	Ellenborough	40

U18 boys

1	Tom Addison	Helm Hill	58
2	Philip Bolton	Rossendale	51
3	Liam Taylor	Helm Hill	42

U18 girls

1	Holly Page	Halifax	53
2	Emily Knox	Keswick	47
3	Anna Anderson	Pendle	40

BY **MADELEINE WATSON & MARK HOBSON**

U23 British Fell Running Championship 2007

Standings after 2 races

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Sponsored by Pete Bland Sports and Norman Walsh Footwear

Men's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	**Total**
1	Ricky Lightfoot Ellenborough AC MU23	22	LLAN	22	DONA	0	....	22	22	44
2	Peter Haworth Horwich RMI MU23	17	LLAN	19	DONA	0	....	17	19	36
3	Jason Wilson Pegasus MU23	15	LLAN	18	DONA	0	....	15	18	33
4	Robert Little Dark Peak MU23	19	LLAN	0	....	0	....	19	0	19
5	James Kevan Horwich RMI MU23	18	LLAN	0	....	0	....	18	0	18
6	Neal O'Boyle Larne AC MU23	0	....	17	DONA	0	....	0	17	17
7	Jonathan Maxfield Scunthorpe & Dist MU23	16	LLAN	0	....	0	....	16	0	16
8	Adam Godwin Rossendale Harriers MU23	14	LLAN	0	....	0	....	14	0	14

Ricky Lightfoot on his way to win at Causey Pike

Photo courtesy of Pete Richards

Women's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	**Total**
1	Emma Clayton Scunthorpe & D LU23	22	LLAN	0	....	0	....	22	0	22

U23 English Fell Running Championship 2007

Standings after 2 races

Sponsored by Ultimate Outdoors

Men's U23 Championship

Pos	Name	Wrekin	Paddy's Pole	Fairfield	Pendle	Weasdale	Great Whernside	Total
1	Adam Godwin Rossendale	17	13	13	....	....	....	43
2	Martin Mikkelson-Barron Borrowdale	....	19	18	....	....	....	37
3	Nathan Lawton Chorley AC	22	12	....	....	....	....	34
4	Peter Haworth Horwich RMI	....	17	16	....	....	....	33
5	Andrew McWade Blackburn Harriers	....	16	15	....	....	....	31
6	Sam Hewison Chorley AC	19	11	....	....	....	....	30
7=	Harry Coates Skipton	....	22	....	....	....	....	22
7=	Ricky Lightfoot Ellenborough AC MU23	....	....	22	....	.....	.....	22
9	Robert Little Dark Peak MU23	....	....	19	....	....	.....	19
10=	Jonathan Hare Halifax	....	18	....	....	....	....	18
10=	Stephen Marr Wirral	18	....	....	....	....	....	18
12	James Kevan Horwich	.....	....	17	....	....	....	17
13	Jonathan Maxfield Scunthorpe	....	15	....	....	....	....	15
14=	John Harrocks	....	14	....	....	....	....	14
14=	Thomas Edwards Dark Peak	....	....	14	....	....	....	14

Women's U23 Championship

Pos	Name	Wrekin	Paddy's Pole	Fairfield	Pendle	Weasdale	Great Whernside	Total
1	Emma Clayton Scunthorpe & District LU23	22	18	19	....	....	....	59
2	Jenny Reed Chesterfield LU23	18	16	18	....	....	....	52
3	Sarah Tunstall York Acorn LU23	....	22	22	....	....	....	44
4	Emma Stuart Keswick AC LU23	17	17	....	....	....	....	34
5	Alice Robson Dark Peak LU23	....	15	17	....	....	....	32
6=	Helen Glover Keighley & Craven LU23	....	19	....	....	....	....	19
6=	Rachael Thompson Altrincham LU23	19	....	....	....	....	....	19
8	Helen Finch Solihull LU23	....	....	16	....	....	....	16
9	Clare Haslam Scarborough LU23	....	14	....	....	....	....	14
10	Lucy Harris Pennine FR LU23	....	13	....	....	....	....	13

Update after first 2 races

Wrekin, Sunday 1st April 2007

Not a large turn out (perhaps due to the British championship race in Ireland the day before!)

Wins for **Emma Clayton**, Scunthorpe and **Nathan Lawton**, Chorley

Winners of the Inov-8 shoes donated by Ultimate Outdoors were **Jenny Reed,** Chesterfield and **Stephen Marr**, Chorley

Paddy's Pole, Sunday 27th April 2007

Wins for **Sarah Tunstall**, York Acorn and **Harry Coates**, Skipton

Inov-8 shoe winners were **Emma Stuart**, Keswick and **Jonathan Maxfield**, Scunthorpe.

Nathan Lawton (Chorley)

Photo courtesy of Steve Bateson

BY **DAVE WOODHEAD**

The lunatics are taking over the asylum!

Bunny Runs

A senior runner looking at all the young, eager, fresh faced juniors warming up said 'bloody hell, the lunatics are taking over the asylum', this is definitely the case as they all want to pit their wits against the big 'uns, this is what the Bunny Series is all about, and pit them they do, admirably. All the youngsters want to do is 'mix it' with the seniors, unfortunately for the seniors this means eggstra hard racing, if they don't want egg on their faces.

The new course has got the seal of approval, and although faster, it is more runner friendly with wider paths and few bottlenecks, with the start easily coping with an average of 200, much better than Harden Moor, which is now just a distant memory. The Old Sun Hotel is a family run establishment by Peter, Carole and son Robert, and they really rolled out the welcome mat, embracing the Bunny Runners and the races quaint and quirky ways.

IT'S CHOC'S AWAY!

32 year old GB international Alan Buckley, who ran in the recent World Cross Country Champs in Kenya was the celebrity and shouted 'GO' to the 188 runners which included 65 ladies. Alan got into the antics of a BR by wearing bunny ears and a bunny nose, which kind of complimented his GB track suit beautifully. What a night it was for the Buckley's as Alan's wife Jo, the recent Yorkshire half marathon silver medallist won the ladies Egg Stage in 4-08 just ahead of English U14 champion Mel Hyder down from the Lake District. 30 year old Jo continued to blaze the trail to win in a new record for the revised route in 18-37, with Keighley & Craven's Helen Glover, 22, only 7 seconds behind and young Mel came a further 9 seconds adrift, and the first FU14. Jo last won the race under her maiden name of Smith in 1998, and held the second fastest ever time over the old Harden Moor course behind Lucy Wright. To round off the Buckley's celebrations, the following day saw them popping corks with their first wedding anniversary and sharing her chocolate haul, we hope the cuddly perpetual rabbit trophy enjoys the Buckley homestead on Harden Moor.

Local club Keighley & Craven dominated both the mens and ladies team chocolate prizes, and in the ladies Rosie Hellawell, 8th, and the second FU14, backed up Holly Williams, 6th, and Helen Glover, 2nd, Rosie the Yorkshire U12 champion pursued the first V60 Graham Breeze all the way to the line; age before beauty by a mere two seconds.

Showing no signs of age or loss of speed, 41 year old Ian Holmes put the youngsters in their place setting a new record of 15-15, breaking away on the roller coaster part in West End Quarry, although Jonathan Hare kept a beady eye on his 'quarry', the back of Holmes, and never gave up with one second separating them at the end. Third was 'Two Dogs' Matthew Pierson from Holmfirth who also won the Egg Stage in 3-28, well shy of his mentor Mark Buckingham 2006 record of 3-24, who couldn't attend any of the Bunny's due to him studying across the pond in America. Incredibly this was Ian's 23rd BR win – his first coming 13 years ago in 1994 – could this be the year we see Ian make it a magical 25?

Sports company **Crosstrax** generously donated a pair of fell shoes to each BR, for a free prize draw to all runners, the BR1 winner was Chris Stacy of Otley AC who finished in 49th in 19-53, while guess the mens winning time winner was Martin Horbury.

IT'S BIRTHDAY FUN!

200 chocolate chasing runners 'hared' around the 3 mile circuit in near perfect conditions, with records tumbling everywhere. But before all this began it was birthday fun, for Rosie Hellawell, and her mummy, Steff, as they were brought forward to receive a 'Happy Birthday' rendition from the congregation of 'rufty tufty' fell runners, before being given a 5 second head start. A womans age should NEVER be revealed but between you and me, one was 13 the other 40.

Donning the guest celebrity bunny ears and nose for that night, Ben Lindsay of Pendle AC, a GB international, who cut his teeth on the BR's not that long ago, just missed out in the ferocious battle for the Egg Stage award, with 'Two Dogs' Pierson just hanging on, literally, to win in 3-28. Although a virus picked up at the World Junior Cross in Kenya, certainly didn't help this 1-55, 800m runner's cause. Holmsey laid off the pace and joyfully watched these two lock horns, and gleefully acknowledged the pair as lactic acid coursed through their veins which virtually stopped them in their tracks, tactics tonight were his aim. Pushing on Holmes eventually won in a new record of 15-10, with Andy Hilton of York Acorn and young Hare having their own personal battle, Hare once again losing out by one second. Two new youngsters appeared, stamping their prowess on the race in the form of Barrow's Stephen Wilson, the new U16 record holder in 17-19 and Marc Scott, the U14 winner in 18-09. Shock of the night, was the shocking pink attire of team Sport Camps from Keighley, with the ring leader being 'big' Willy Smith, who finished fifth overall just ahead of a tiring Lindsay while his other

179 Dave Lewis
196 Ben Ingleson

Photo courtesy of Paul Wood

Hare & Holmes do battle

Photo courtesy of Paul Wood

co-conspirators were Rob Shaw 8th, and Adam McLean 9th, as they took the team award.

Lucy Griffiths, by now sunning herself in South Africa, set her stall out and won the ladies Egg Stage in 4-05, showing what determination and perseverance can achieve, but she did pay the price and slipped to sixth lady behind birthday girl Rosie. Dr. Jo Buckley won again, just having the experience over FU14 Mel Hyder, as they both improved on their own records, while Helen Glover feeling the effects of third place at Pendle Hill finished third, again.

At the fever pitched prize giving, where young and old gather round to watch that nights racing on the big screen, and where chocolate literally rains on everybody, young and old again fight it out to compete on a different level, to see who is the best chocolate catcher. In amongst the mayhem the **Crosstrax** prize shoe draw was won by, V50 Jonnie Butler of Keighley & Craven who finished in 103rd in 21-24, and the guess birthday girl Rosie's time was won by Nigel Bedell.

'Scary' Mary leading the group, followed by U14 winner Marc Scott (81), Rob Thackery (187), U14 Ben Marriott (46), V40 Andy Shaw (72)

Photo courtesy of Peter Ellwood

IT'S THE BEST EVER!

Keighlian, Ian Holmes, achieved another milestone in his illustrious career in winning an amazing 25 BR's ahead of the 212 strong field. In many peoples eyes Ian has got to be the best fell runner ever, winning all the classic races – 3 Peaks – Ben Nevis – Scafell – Snowdon – Burnsall – Bens of Jura – Mount Kinabalu in Borneo – you name it, his name is on the trophy, and not just once! And as for Haworth Moor 10 Stoops, 13 Soreen Stanbury's, 12 Auld Lang Synes and 4 Withins Skyline race wins speak for themselves. So the accolade of best fell runner ever fits perfectly on his shoulders, and to acknowledge his BR achievement of 25 glorious wins he was presented with a statue of Billy Whizz. The statue was inscribed with 'To commemorate Ian 'Billy Whizz' Holmes winning 25 Bunny Runs', it was funny at the prize giving because the comments were he had a striking resemblance to the Beano comic cartoon character. On the night he even reduced his own course record by 10 seconds to 15 minutes dead, with again youngster Hare in second, but also inside Ian's old mark of 15-10. Current British and English fells champion and former World Sky Running champion, Robert Jebb, posed in the now famous bunny ears and nose, as he was the guest celebrity, he finished third, with Martin Peace tenth, plus Ian, Bingley Harriers easily won the team. This is now getting boring, because 'Two Dogs' Pierson won yet again in 3-29, but at least he had Ian breathing down his neck at the line.

Last years BR winner, 'Scary' Mary Wilkinson another Bingley international returned to break Jo Buckley's ladies record by a massive 69 seconds, and took the Egg Stage in 4-08, still seven seconds shy of Blue Haywood's 2006 record. Mel Hyder again broke the FU14 record, with FU16 Rossendale's Emma Flanagan having a fantastic run in third. Emma has ensured her form has come good at the right time, and the 15 year old has just secured one of her dreams, and will run for England in the Marco Germanetto race in Italy, well done Emma! The ladies team was won by Ilkley Harriers, with FV40 Alison Bennett, who finished 7th, and also set a new record of 22-00, next was second FV40, Diane Hagger, 9th and 15th was third FU16 Catherine Gibbons. All these ladies had other members of their families running, as does numerous others, because this is what the races are all about. Can mum beat dad? Or are both going to get beaten by their offspring? A race is a race, but here racing seems all the more relevant when family is involved!!

For a refreshing change the guest celebrity drew a ladies name out of the bunny hat for the **Crosstrax** shoe prize draw, and Holly Page of Halifax Harriers who finished 8th lady was the well chuffed recipient, the guess the winning ladies time was also won by a lady, Gillian Sessford, hope you enjoyed your Easter Egg.

IT'S THE SCARY ONE

Taking it a step further the guest celebrity World Downhill Mountain Bike champion, Karen Ballantine, not only donned the customary ears and nose, but also had to contend with being dressed as a playboy bunny girl, which might have dumbed down her world championship rainbow cycle jersey. But this bubbly character thoroughly enjoyed the experience, and seeing her white bobbing bob tail setting off into the distance being chased by 197 eager runners, brought a smile and a giggle to the crowds watching. Fresh back from running in the Addis Ababa 5k race in Ethiopia, Scary Mary executed a winning performance by not only slicing 6 seconds off her own record of 17-26, but more importantly she broke the illusive 4 minute barrier for the ladies Egg Stage with 3-59. The 26 year old finished 21st overall, but still had two BU14 runners, Marc Scott and Ben Marriott ahead of her. You may be asking yourself where her nickname Scary comes into the equation, it's because of her absolute recklessness when descending, and sheer fearlessness when competing. Jo Buckley finished second in her fastest ever time, 18-08, and clinched the series title, which will now feature her picture on the 2008 beer bottle label, along with Ian Holmes, this is part of the prize for winning the series.

Feeling the need for chocolate, 41 year old Greg Hull of Leeds City, returned after an absence of 11 years, and duly won in 15-07, but was disappointed that Ian Holmes was a spectator, he reckoned it would have been an epic head to head, maybe next year. Not quite 'The Rumble in the Jungle' but more like 'The Thriller on the Hiller'. Ian was resting for the 3 Peaks, he finished third. Greg one of the Leeds City greats first won a BR in 1993, before winning again in 1996, so with this win he has finally achieved his hat trick of BR wins! Even though his campaign has been over a span of 14 years, this really does show the caliber of this remarkable athlete, who has represented England over all surfaces. 'Two Dogs' was second, who again took the Egg Stage in a slowish 3-30, with new Yorkshire Inter-Counties representative, Graham Pearce from Ilkley finishing third.

Still young at heart and with a spring in their step, FV60 Jan Atkins, FV50, Linda Bostock, FV40 Alison Bennett, MV60 Graham Breeze and MV50 Malcolm Pickering all won three races each, and consequently the series awards.

At the mammoth chocolate eggstravaganza of a prize giving, which also includes the overall prize giving as well, the **Crosstrax** prize shoe draw winner was Anthony Blythe of Idle AC who finished in 116th in 22-04. Besides the abundant Easter egg prizes to numerous overall competitors, they also received a limited edition specially labeled bottle of ale, this year with the picture of 2005 series winners, Blue Haywood and John Heneghan, (there wasn't a series in 2006). For any of you 'worrying willies' out there, don't, the traditional giving and receiving of the brew to the junior boys and girls is watched on by mum and dad, grandpa and grandma, uncle and auntie, in fact just about all the family are there to cheer them on. This is what the Bunny Runs are all about, FUN and if you don't get it, then maybe the Bunny's aren't for you.

Photos courtesy of Paul Wood

Ooops, where's the egg? World Champ' Alistair Brownlee with not a safe pair of hands

IT'S THE EGG FINALE

Smiling all over her face, and rightly so, celebrity here was the newly crowned Queen of the 3 Peaks, and with it the Yorkshire championship, none other than Scary Mary Wilkinson, who donned the bunny ears and nose to bring the series to it's finale – The relay!

This is when even more fun is to be had, because any concoction of team is accepted, and runners certainly take on this challenge, from assembling runners they've made friends with along the way, to mixed and family teams taking precedence. This was never so more evident this year, when for the first time ever a family team won outright, The Brownlee Brothers, both who are world class triathletes, Jonathan Brownlee ran fastest on leg one, over the two and half mile / 250ft circuit with 12-55, and has just been selected to run for England in the Marco Germanetto race in Italy. Elder brother, World champ Alistair ran legs two and three to record 9-23, and then 9-55 for the two mile / 200ft circuits. We warned you they were coming to win in the last Fellrunner issue, although super slick on the running, their ability to keep a grip of the baton proved to be their Achilles, never mind lads the best relay teams drop the baton! Well when we say baton, we mean an egg, not just any egg mind, these were painted silver to recognize Ian Holmes' 25th BR victory, and yes, they are fresh eggs not hard boiled or pot ones. To give credit to Alistair, he did retrieve the egg from the ground, but by then it was out of it's shell and running free, he still scooped up what he could, and began his leg with egg flailing everywhere, much to the shock and amusement of the other 54 teams waiting to take possession of their baton eggs at the Dimples Quarry change over. The Brownlee's didn't put much thought into their team name, but that's not the case with everyone else, wacky, bizarre, comical, topical, farcical and just plain stupid team names are somehow conjured up, it seems as much time is taken thinking them up than is actually spent running the race. Sport Camps finished second team with Adam McLean running second fastest on leg two with 9-45, whilst Matt Billy No Mates, Matthew Pierson, finished third running all the legs himself, with 13-20, 9-59 and finally 10-02, very impressive. Another solo competitor, 18 year old Jonathan Hare finished fourth. Team name, The Twirlies, finished top ladies in 16th, with Helen Glover, 15-37, Laura Greenham, 12-04 and Holly Williams, 11-48, all these girls run for Keighley & Craven, second were GU16's Flower Power, Sarah Wilson, 20-52, Emilee Throup, 13-51 and Emma Thompson, 14-12. What a team Whizz were, the GU14's, Charlotte Cox, 20-17, Hannah Kutny, 16-41 and anchor girl, Chelsey Holder, 15-46, although rumour has it the egg didn't make it back in one piece.

With more prizes donated to the family and mixed sections, it's not surprising that 11 family and 26 mixed teams get themselves organised, with the second mixed being made up of two classy U14 athletes, Marc Scott ran 15-16, to pass the egg to Mel Hyder, 11-11 and then Marc ran again, 11-29 to take team Marc, Mel & Marc to 12th overall. Pendle Possy with Anna Anderson, 15-44, Dean Thompson, 11-07 and Anna's dad, John, 11-27 finished 3rd mixed, Snap, Crackle & Pop were 4th.

We don't know which was which, but The good, The bad & The ugly team finished second family, with junior Oliver Watson running last leg, 13-48, dad Jerry, first leg, 15-30 and Jill Myers second leg, 12-29. Our BR4 celebrity, Karen Ballantine teamed up with hubby Dick to finish third family, although Dick must have found it hard having competed the 3 Peaks race just 48 hours earlier, and here running legs one, 16-26, and three, 11-44, while Karen ran, 13-53.

Here are a few team names to cogitate with whilst you read this eggcellent magazine and dip your soldiers in your chucks; 2 fat 2 furious, Squashed Tomatoes, Innit T'winnit, Stripey Legs, A pea between 2 meats, Skool Kidz (their teacher Mrs. Roberts picked their prizes up, as they had school the next day). But the most reluctant prize winner of the night has to go to Declan Bulmer who came forward with Emma Spencer and Melissa Berry, team name Declan Dollies; he'd been out voted on the name, now that's girl power for you!

Finally a first ever we believe anywhere, as the Ginsters team of current English fells champion Natalie White, partner Tim Austin and their beloved four legged friend, Val Austin-White took the egg to anchor them home in 10th overall and first mixed team, now that's pooch power for you!

Photos courtesy of David Brett

BY **DAVE WOODHEAD**

VIEWS OF THE THE BUNNY'S FROM OTHER ANGLES

One of the revelations of the BR's was 13 year old Marc Scott who now holds both the under 16 and the under 14 records, and even had his photo in the premier athletics magazine, Athletics Weekly, there he was pictured on the last climb with rival U14 Ben Marriott and the new ladies record holder Scary Mary, who they both beat. Marc is the youngest of triplets, Ben and Rob are not as keen on running, but share a passion for football like Marc, with all three playing for North Allerton Juniors, although Marc plays in the A team in the Teeside League Division 3 where they finished fourth; Ben and Rob play in the B team. Marc's siblings did come along to BR2 to cheer him on, maybe next year the lure of chocolate could persuade them to participate.

So different from Cross Country

'I started running 3 years ago at the age of 10, and joined Richmond & Zetland Harriers and soon decided that I wanted to compete at the longer distances. As soon as I was old enough at age 11, I started running in the North Yorkshire South Durham cross country league and was actually 2nd overall in my first season, also winning the North Yorkshire and York Area Schools Championships.

After this I entered my first fell race, the Baht'at then an English championship race in March 2006, and came 14th overall taking a liking to the steep hills and boggy conditions. This past cross country season at U13 I have recorded some decent results, notably - 11th in the UK Inter Counties, which helped Yorkshire win a Gold Team Medal, 4th English Schools cross country Cup Final, 4th in the Yorkshire Championships and 17th at the English National Championships. My next aim is to compete in the FRA Junior English Championship, and I decided to get some fell practice by running in the Bunny Run Series which I found to be different from cross country races. These races had a great atmosphere, and also gave you the chance to run against runners of all ages and abilities which provided a greater challenge. I found the course to be quite demanding and a lot faster than I expected, although there were some quite long hills, I was hoping it would be wet and boggy as I prefer to run in ankle deep mud. I really enjoyed the races, and have never ever received so many Goodies for winning a race. I thought the organisation and especially the Prize giving was First Class. My long term ambition is to run for England at either cross country or Fell, but hopefully both. I am now looking forward to the FRA races where I hope to have as much fun and success.'

Marc Scott, Richmond & Zetland, U14 & U16 Record Holder with 16min 58sec.

Photo courtesy of Paul Wood

Birthday girl Rosie Hellawell (73) leads the pack

Bunny experiences of a tail ender Granny age 62 and a bit

'No matter how hard I ran I just couldn't catch the little girl with golden curls racing ahead of me in her Keighley and Craven vest, running with her father. Every so often she walked up the steep inclines, my chance to catch and overtake her. Then she'd hear my gasping as I nearly reached her. Throwing a glance over her shoulder her eyes wide in horror at the sight of me, her grandmothers age, catching up on her – off she shot up the hill like a bat out of hell it was then I realised that the BR's included a clandestine race involving junior and senior runners. Their aim to beat us seniors, mine to overtake as many youngsters as my aging body would allow.

Such fun, what a course, what a place, Penistone Hill, a place that seems to know no sun or warm weather, what a race. At my age, 62, I ought to know better and do as my family expect, sit and knit whilst dispensing grannyish wisdoms. But no, I have for a long time harboured the desire, nay, urge to run the Bunny Runs. My family said, "mum's crazy", and off they went to live half way round the world whilst I plotted how to fit work around the logistics of getting to the BR's on time. It was impossible. It was only when I retired to look after Jim, my bees and my allotment that suddenly, this year, I was free to achieve my dream, to run at least 3 BR's. I would have run all 4, but was away in Ireland for the first run, running the Connemara marathon.

So on a freezing cold windy evening, thankfully wearing my thermal, I lined up at BR 2 at the back to sing "Happy Birthday" to the girl whose 13th birthday happened to be that day, along with her mums 40th. What a heady experience to be on the start line including many legends of fell running. My excitement was just too much. I was actually there; so were my doubts. Would I get totally left behind, would I get lost? Ok the course was marked but, let's face it I went astray on the Rivock Edge fell race, also a marked course, when hypnotised by the semi naked bodies of the cream of English manhood flying downhill towards me on their return. I failed to follow the marker sending me on the correct route, away from them, choosing instead to run towards them. What woman wouldn't, I argue.

It was brilliant, (The BR I mean). I didn't get lost, and the course was wonderfully marked. A perfect course for anyone wanting an introduction to fell running, with the bonus that experienced international fell runners of all ages also took part. Ok I was at the back, but all my daily niggling aches and pains were swamped by my total body insurrection at being made to run over such a testing course. Every part of me hurt. It was truly mind over matter. The exhilaration of being able to run, and keep up with the pack, and even start to overtake other runners, including some of the youngsters, made it all worth while. A plus is that I didn't fall, or twist my ankle, or, even fall into the lake we all had to traverse around.

The course even sent us all down the steep

Photos courtesy of Paul Wood

part of the quarry, then immediately made us scramble up the other side. It was here that I overtook some of the youngsters, knowing that I had to get some distance between them and me because I knew that as soon as they hit the slightest downhill, off they would shoot like race horses.

Rob Jebb started BR 3, in a gale and the BR 4 was started by world downhill mountain bike champion, Karen Ballantine who took part in the race, but stopped half way round to cheer us on. Her words of encouragement were invaluable as my tired legs tried to run up an embankment. I was so impressed that such a wonderful athlete should take time to shout words of encouragement to me, an also ran at the end of the field. But that is the nature of the Bunny Runs. I felt welcomed, whatever my performance, and didn't at anytime feel that I was holding up the race or keeping marshals out. The weather improved for BR 4 and I was able to shed my thermal. At the last downhill to the finish line someone shouted to me, "well run – now just let go". And I did, leaning forward, arms out I felt as though I was flying freely, and finished loving the exhilaration. What a race!

Over the three races I ran I shaved 1 minute 5 seconds off my time, did even Ian Holmes achieve this I wonder? What more can I ask of that, we all have our goals and I feel that I certainly achieved mine.

And I haven't talked about the presentations – where we can all watch our performance on the big screen in the Old Sun Hotel. Yes – the whole race is filmed from warming up to the finish line. So whilst Dave Woodhead dispenses the biggest eggs I have ever seen to the winners and others, we can relive the race; he must have more Easter eggs than Tescos!!!

What a series of races, what an experience. Thank you Dave, Eileen and the helpers for all your hard work and for opening up fell running to everyone, whatever their age or ability. Especially, thank you for allowing the kids to run with the adults. I loved every minute despite the pain, and will definitely be returning next year'.

Lyn Eden, a granny from Nidd Valley Harriers, Harrogate, best time of 29-20.

Everyone's a winner!

'Why do hundreds of runners gather on a Tuesday evening at Penistone Hill during April? Because there is fun to be had and chocolate to be won! It's quite unbelievable that a mid-week race of just 3miles can attract so many runners, but such are the quality & reputation of these races that the fields are not only big, but usually contain several world class runners putting themselves on the line to risk being beaten by the undaunted up and coming youngsters.

Having won the 'Return of the Bunny Run' last year I thought I knew how to race against these young whippets, but once again I was left feeling like I was standing still as the majority of the runners sprinted away from me at the start in search of the 'egg stage' prize. How do they manage to start so fast? I think I may invest in some starting blocks for next year!

Once over the shock of being totally left behind I eventually clawed my way through the field as the sprinting specialists began to slow after their rather exuberant starts, and just managed to claim the female 'egg stage' ahead of the ever so impressive U14 runner Melanie Hyder…now that's a girl who has a very promising future ahead of her.

Being a relatively short, very runnable course provided a good opportunity to push the pace, but since last year an extra hill had been added at the end of the course, and this proved to be a real sting in the tail, and with the finish in touching distance provides a final opportunity to be caught. Thankfully, the lure of the chocolate pulled me through to a reliving victory.

Being a series of events, provides a great opportunity to measure your progress, and when I returned the following week I was just as keen to better my own performance as I was to win, and this time my personal goal was to challenge the 'Egg Stage' record which I had missed the previous week, and was piped to last year by another star of the future Blue Haywood. This time I was better prepared for the furious start, and managed to get the record and hold on to my title. But more importantly it was great to see the satisfaction gained by individuals as they made improvements each week, and proves it is not necessarily winning that is most important at the Bunny Runs, but rather beating your personal best. The chocolate sharing fest that evolves at the prize giving in the Old Sun Inn afterwards ensures that everyone feels like a winner anyway!

Bring on next year…I think I may have just enough chocolate to last me till then, and I hope that everyone continues to improve their Bunny Run PB's, that's me included!'

Mary Wilkinson, Bingley Harriers, ladies record holder with 17-20 & Egg Stage record holder with 3-59

Congratulations to BR3 guest celebrity Rob Jebb on winning the classic 3 Peaks race, and with it his first ever Yorkshire fells title, obviously the good luck tidings all the Bunny Runners articulated at the prize giving worked it's magic.

BY **STOCKPORT HARRIET & ISAAC**

Belmont Village Winter Hill Fell Race

BS 4.5m/1000'

Stockport Harriet:
You can tell that summer is almost upon us my dad gets out his fell shoes, compass and whistle ! Not that I am saying he is a fine weather runner !

This was the second time I have run at Belmont (I only started running less than two years ago). Last years race was so hard for me - one of my first fell races and against much stronger juniors in the trial race - this year, although I'm not old enough for the trial race, I felt much stronger and faster and more confident on the down hills. This year the two mile race passed so quickly, but that hill (I'm sure its a mountain) was still as steep. I really enjoy the last 800m of the race following the stream and over the boards.

My next fell race is going to be the Hayfield May Queen race and I know already that it will be raining - it always is in Derbyshire !

Isaac:
The Belmont Fell races have all the ingredients that make a great fell race - fast road start, hard climbs, wet and marshy underfoot on the top (despite two weeks without rain), very fast down hills, unbelievably well organised and that most important ingredient ... an excellent pub at the end of the race - many thanks to Alan and the team at the Bull!

Fine performances from all the Juniors in very hot conditions, with close run finishes especially in the trial race to run in the Marco Germanetto Memorial Race later in the year in Northern Italy.

A couple of not so serious 'tumbles' on the way back from Winter Hill were dealt with by Bolton Mountain rescue who were on hand as usual despite spending most of the previous night 'fire fighting' on the hills.

The excellent weather meant a fine turn-out for the senior race with a fast time by Darren Kay to retain his title from last year, an equally impressive time from Katie Ingram finishing first lady and 13th overall.

A full house at The Bull to watch the presentations outside in the sunshine amid many conversations of 'It was too hot...' but even more of 'Cant wait till next year !'

Big thanks to all the teams involved in making this such a great event but especially to Dave Bateson, , Bolton Mountain Rescue, local police, local farmers, Alan and the team at The Bull and United Utilities.

BY **DAVE WEATHERHEAD & BARBARA CARNEY**

Results

October 2006 - May 2007

Juniors at Ilkley Moor fell race
Photo courtesy of Mick Watson

LONG MYND HIKE
Shropshire
BL/50m/8000ft 08.10.06

With a record entry and this being the last race in the series of the Montrail Ultra series, the weather forecast was good, so a race was on with 448 starters.

Jez Bragg and David Waide started to pull away. Navigation of local knowledge paid off. First lady Ulla Korenjak, broke Gill Harris' record by 3 minutes. First vet lady was Juliet Cowley, who was equal second lady with Geralyn Dewhurst. Thanks for the fantastic support and organisation and thanks to Montrail.

P. Harris

1. J. Bragg	att	8.16
2. D. Waide O/40	Mercia	8.29
3. A. Smalls	Unatt	8.56
4. I. Hill	Bing	9.03
5. M. Beale	Unatt	9.08
6. S. White	Unatt	9.26
7. S. Halliday	Unatt	9.59
7. J. Browne	Unatt	9.59
9. M. Grover	Unatt	10.14
10= G. Dean	Unatt	10.18
10= D Ellis	Ludlow	10.18
10= S Dawes O/50	TAS	10.18
10= U. Korenjak Lady	IOW	10.18
VETERANS O/50		
1. (10) S. Dawes	TAC	10.18
VETERANS O/60		
1. (15) J. Yandell	Mercia	10.53
LADIES		
1. (10) U. Korenjak	IOW	10.18
2= (15) J. Cowley O/40	Unatt	10.53
2.=(15) G. Dewhurst	Unatt	10.53
4. (25) J. York O/40	Unatt	11.25
5. (48) E. Hargreaves	Unatt	12.35

TOUR OF PENDLE
Lancashire
18.11.06

Congratulations to Karl and Christine, both first time winners of this race. In spite of the rain, hail and sleet and bitter wind, people ran good times. 208 started and 201 finished. So many runners asked me to thank the marshals and I have received a letter of thanks and e-mail thanking them for their commitment, humour and friendship on the course and at the start and finish. I thanked them all as they came back to registration with their tags. Not one had lost their humour and they all had smiles on their faces. Minor problems at the finish recording times and numbers with the showers soaking the paper but we can solve that easily for next year.

Thanks to Pete Bland Sports for the numbers and generous discount with the prizes.

Next year's race will be on Saturday 17 November and the Village Hall is already booked; Mrs Weatherell will once gain put on soup, tea and cakes at reasonable prices.

As quite a few runners will know, I ran out of T-shirts but did get more and posted them out to those who did not get one on the day. I thought I had calculated the number correctly but ended up one short so had to give the one I saved for myself away! If anyone finds they have two, I would love to have one back just for the record.

Kieran F Carr

1. K. Gray	CaldV	2.19.27
2. L. Taggart	DkPk	2.19.32
3. B. Bolland	Horw	2.21.38
4. M. Horrocks O/40	Wharf	2.22.39
5. J. Logue	Horw	2.25.23
6. M. Palmer O/40	MynDu	2.26.10
7. A. Breaks	CaldV	2.26.13
8. Q. Harding O/40	Bowl	2.31.00
9. P. Thompson	Clay	2.31.35
10. M. Nuttall	Bl'burn	2.31.50
VETERANS O/50		
1. (28) S. Jackson	Horw	2.46.20
2. (31) A. Robinson	Clay	2.47.52
3. (34) S. Storey	DkPk	2.51.35
VETERANS O/60		
1. (137) P. Walkington	Horw	3.25.37
2. (158) M. Coles	Skyrac	3.36.36
3. (169) R. Blakeley	Tod	3.43.23
LADIES		
1. (33) C. Howard	Mat	2.48.13
2. (41) J. Lee	Eryri	2.53.35
3. (75) H. Dawe	Ilk	3.05.54
4. (93) C. Preston O/40	Tod	3.09.40
5. (95) K. Robertson	NFR	3.09.56
(129) C. Kenny O/45	CaldV	3.20.18

201 finishers

WANSFELL
Cumbria
AS/2.5m/1400ft 27.12.06

1. A. Dunn	Helm	20.34
2. J. Atkinson	Amble	20.53
3. N. Fish	Amble	20.54
4. J. Mercer	Skipt	21.34
5. M. Addison	HelmH	21.41
6. A. Schofield	Borr	22.06
7. T. Addison	Helm	22.21
8. C. Steele	Borr	22.21
9. M. Reedy	Amble	22.25
10. I. Magee	Skipt	22.29
VETERANS O/40		
1. (11) P. Cornforth	Borr	22.32
2. (12) G. Devine	P&B	23.07
3. (22) P. Pollitt	CFR	23.48
VETERANS O/50		
1. (6) B. Proctor	HelmH	23.27
2. (18) P. Crompton	CFR	23.33
3. (27) P. Clark	Kend	24.26
VETERANS O/60		
1. (96) G. James	Bl'pool	31.04
2. (109) P. Dowker	Kend	32.07
3. (117) S. Watson	CFR	35.01
LADIES		
1. (36) S. Taylor	Bing	25.32
2. (41) M. Hyder	Dalham	26.15
3. (42) J. Reedy	Amble	26.29
4. (64) R. Cash	Borr	28.17
5. (71) T. Hird	Wharfe	28.48
(86) K. Harvey O/45	Penn	29.57
(101) L. Buck O/45	CFR	31.31
(37) D. Patton O/50	CFR	36.23
(36) J. Motram O/50	CFR	38.58

132 finishers

TOR Y FOEL
Powys
AS/2m/1000ft 13.01.07

Another successful day for a South Wales Winter Hill series, with a large field turning out for the first running of a new race. It was a wild and windy day in the Brecon Beacons, and our intrepid summit marshal, Kay Lucas, made the wise decision to turn the runners about 50 feet below the summit while they were shielded from the worst of the gale.

Mark Palmer was a comfortable winner, and special note should be made of Helen Fines' excellent run to be first lady in 10th overall.

The popularity of the Winter Hill series has increased noticeably since the effective takeover of the sport in Wales by the WFRA. Copies of their excellent 2007 calendar with full colour photos throughout were selling quickly and hopefully we can look forward to a well-attended summer season.

Martin Lucas

1. M. Palmer O/40	MDC	19.17
2. D. Finn	MDV	19.59
3. M. Shaw	MDV	20.48
4. P. Woodisse	B&W	21.05
5. M. Saunders O/40	MDC	21.09
6. M. Duxbury	Stroud	22.21
7. I. Powell	Westb	22.31
8. D. Austin	B&W	22.35
9. P. Gardner O/40	FRA	22.41
10. H. Fines	B&W	23.21
VETERANS O/50		
1. (15) S. Littlewood	Heref	24.09
2. (28) M. Lucas	MDC	26.40
3. (30) C. Ryder	CRB	26.57
VETERANS O/60		
1. (20) D. Ormerod	FRA	25.48
2. (27) G. Gunner	CAmb	26.35
3. (42) R. West	MDC	30.45
VETERANS O/70		
1. (39) I. Turnbull	FOD	30.14
2. (51) J. Battersby	MDC	37.12
LADIES		
1. (10) H. Fines	Brist&W	23.21
2. (31) E. Salisbury O/40	Eryri	27.01
3. (33) S. Ashton O/50	Chep	27.11
4. (40) D.Woodbridge	Fairw	30.15
5. (47) L. Hurst	Unatt	34.36

51 finishers

LAMB'S LONGER LEG FELL RACE
Derbyshire
BM/6m/1000ft 14.01.07

We were lucky with the weather on the day, it being a bright and sunny Sunday in a week when it was windy and wet before and after. Once again it was a terrific turnout for the first in the Hayfield Championships and thanks to all of you who made it such a great race. Lloyd led the way from the start and the half way positions were maintained to the finish. Jackie Lee led the ladies to the finish and Ann Johnson, coming back from injury, had a fine run to finish in second position, just less than two minutes behind Jackie. Well done to all of you who completed this tough little race and hope to see you all again next year.

As ever, many, many thanks to everyone who helped out and whilst it maybe a cliché, it's worth saying that without this help the race wouldn't have taken place – thanks again.

Brian Shelmerdine

1. L. Taggart	DkPk	24.36
2. R. Graham	Horw	26.10
3. T. Austin	DkPk	26.20
4. D. Taylor O/40	DkPk	26.55
5. C. Leigh	Traff	27.04
6. C. Fray O/45	Chesh	27.36
7. S. Harding	Congle	27.56
8. M. Hulley	DkPk	28.26
9. D. Dunn	Penn	29.03
10. E. Gamble O/40	Chesh	29.30
VETERANS O/50		
1. (14) G. McAra	Chesh	30.05
2. (39) R. Scottney	Penn	32.46
VETERANS O/60		
1. (94) N. McGraw	Gloss	38.14
LADIES		
1. (26) J. Lee	Eryri	31.22
2. (44) A. Johnson O/40	CaldV	33.11
3. (45) E. Clayton	Scunth	33.17
4. (53) J. Jepson O/40	FatBoys	33.57
5. (64) A. Bell	Chesh	35.05
(11) L. Hayles O/50	CaldV	41.37
(12) B. Buckley O/55	Gloss	44.35

CANNOCK CHASE TRIG POINTS RACE
Staffordshire
15m/1500ft 14.01.07

A near record entry of 184 runners, double last years, travelled from as far as Thame to Northumbria and represented over 30 different clubs. The open races saw a group of four men and two ladies closely challenging each other throughout the whole 15 miles.

2006 winner, Tim Werrett, led narrowly at the first checkpoint. At half way he had been passed by Tom Owens and together with Pete Vale and Rob Little, had established a gap of five minutes over the field. By the time they reached the glacial boulder (13 miles), Rob Little had pulled level with Tom. They were a minute up on Pete and Tim and a staggering 12 minutes on the rest! This is how they finished, but Tom's winning margin was a mere two seconds in 15 miles!

The ladies' race was nearly as close. Kate Burch led to the first checkpoint, closely followed by Christine Howard. They kept together to half way but then Christine took the lead and managed to hold on to win by 12 seconds. Both ladies worked their way consistently through the overall field finishing 13th and 14th respectively.

In all, 174 completed the race and there were few stragglers. Most marshals were able to get their well deserved soup and cake at the village hall prize giving. Class winners certainly appreciated the generous gift vouchers provided by the sponsors, Mammoth Lifestyle and Science in Sport (who also provided the much needed isotonic drinks at the finish). The specially produced Trig Point beer prizes were also much in deman - good try the person who asked for a second so they could keep the first as a special memento!

My deep thanks to all the volunteers and helpers, especially the registration team who coped with far more entries than we expected. Also to my daughter who raced after extra provisions when we saw how the numbers were going. My apologies to the few who had to wait for drinks at the finish – another symptom of the unexpected extra numbers and a lesson for me next year.

Bob Dredge

1. T. Owen	Mercia	1.33.20
2. R. Little	DkPk	1.33.22
3. T. Werrett	Mercia	1.34.33
4. P. Vale	Mercia	1.34.47
5. S. Pyke O/40	Staffs	1.44.43
6. G. Briggs	Staffs	1.44.57
7. B. Cole	Stoke	1.45.25
8. B. Gamble	Stone	1.45.30
9. M. Scriven	Mercia	1.46.37
10. A. Davies O/40	Mercia	1.46.08
VETERANS O/50		
1. D. Tait	DkPk	1.49.55
2. A. Lewis	Shrews	1.56.39
3. D. Rowley	W'hampton	1.56.40
VETERANS O/60		
1. B. Blythe	Macc	1.50.29
2. J. Clements	Mercia	2.00.07
3. C. Jackson	Aldridge	2.06.10
LADIES		
1. C. Howard	Mat	1.46.43
2. K. Burgh	Staffs	1.46.55
3. Z. Flemming	Bowline	1.50.17
4. L. Clough	WiganP	1.59.33
5. J. Dickens	Stone	2.00.06
C. Kilkenny O/50	C&S	2.04.13
T. Greenway O/40	Ashb	2.04.37
Y. Lewis O/40	Mercia	2.09.06
S. Johnson O/50	Staffs	2.17.03
E. Statham O/60	Bidd	3.04.56

174 finishers

ASHURST BEACON
Lancashire
CS/5.9m/950ft 20.01.07

1. N. Leigh	P&B	37.14
2. C. Donnelly O/45	Lochab	37.37
3. J. Hunt O/40	DkPk	38.19
4. B. Bolland	Horw	38.45
5. I. Nixon	P&B	39.21
6. G. Heyes	Horw	39.37
7. S. Edmondson	Chorl	39.57
8. R. Ashworth O/40	SWAC	40.15
9. J. Pearce	Congle	40.29
10. G. Groves	Liv	40.35
VETERANS O/50		
1. (11) G. Schofield	Horw	40.40
2. (18) T. Hesketh	Horw	42.28
3. (19) S.Morran	NVets	42.40
VETERANS O/60		
1. (38) J. Amies	Congle	46.19
2. (83) A. Todd	Helsby	53.39
3. (85) G. Large	NVets	54.08
VETERANS O/70		
1. (114) R. Bray	Bl'pool	62.58
LADIES		
1. (16) K. Ingram	Horw	42.03
2. (25) D. Culshaw	Wigan	43.39
3. (35) L. Heyes	Horw	45.48
4. (37) S. Charnock	AchillR	46.11
5. (46) R. Chatwin	Penn	47.40
(65) K. Forster O/45	Spect	50.34
(71) G. Darby O/45	LivPemb	51.44
(76) S. Cain O/50	PennyLa	52.09
(102) S. Charman O/55	Helsby	58.29

118 finishers

JARRETT JAUNT
Cumbria
AS/4.5m/1500ft 27.01.07

This year's Jarrett Jaunt attracted a field of 68 runners, which was a record field for what is becoming a very popular handicap race.

Despite the going being a little heavy, both men's and ladies' records were broken. Ricky Lightfoot, who was back marker with Nick Fish setting off some 22 minutes behind the first starter, showed the kind of form he is in by storming through the field to finish 23rd and in doing so, smashing Gavin Bland's record of 34.34. Nick Fish was second fastest and also got inside the record with a time.

Jackie Hargreaves set the ladies' record in 2005 and this stood as 39.48 until this year's race when Laura Park took just over two minutes off this to finish 6th fastest of the day. This is a remarkable run from a very promising athlete who is still only 15 years old.

Jackie Winn who, this year, competes in the V55 category, had a fine run to finish 9th fastest with a time of 38.30.

It was good to see Martin Amor returning to racing after a long lay off through injury. He finished 4th fastest with a time of 36.34. Martin's 16-year old son, Lee, looks one for the future finishing 10th fastest in 38.31. The handicap winner was Ian Foster.

H. Jarrett

1. R. Lightfoot	Ellenb	33.56
2. N Fish	Amble	34.30
3. C. Steel	Unatt	35.12
4. M. Amor	CFR	36.24
5. C. Robinson	HelmH	36.50
6. L. Park	Ellen	37.36
7. B. Thompson O/40	CFR	38.09

Photo courtesy of Bill Smith

Katie Ingram (Horwich) first lady at Ashurst Beacon

8. T. Dawson O/45	CFR	38.22
9. J. Winn O/55	CFR	38.30
10. L. Amor	CFR	38.31
VETERANS O/50		
1. J. Winn	CFR	38.30
2. P. Crompton	CFR	38.51
3. I. Block	CFR	41.06
VETERANS O/60		
1. S. Watson	CFR	54.42
2. D. Morgan	CFR	59.33
VETERANS O/70		
1. D. Rigg	CFR	57.58
LADIES		
1. (6) L. Park	Ellenb	37.36
2. (28) F. Moss	Kghly	43.51
3. (31) H. Williams	Bowl	44.21
4. (33) K. Beaty O/40	CFR	45.28
5. (35) J. Carter	CFR	45.47

68 finishers

RAAS GHREEBA
Isle of Man
AM/9m/2500ft 27.01.07

Simon Skillicorn's one minute winning margin over Paul Sheard does not truly reflect the race long battle the pair endured in the second round of the Manx Fell League over the popular Greeba course. The duo ran in tandem after gaining advantage on the initial climb to the summit of Greeba Mountain. On the final descent from Greeba, after almost nine miles of running, Simon pulled out all the stops to gain his lead and secure his first win of the season. Dave Young took the honours in the veteran over 50 category and in doing so improved on his own veteran 55 course record by an incredible two minutes.

Rose took the honours in the women's race. She bided her time on the initial climb but once out on the fell she established a comfortable lead over her nearest rival Bridget Kaneen. Rose was ever conscious however of Bridget's running abilities and had to maintain her pace in order to keep Bridget at bay.

Christine Barwell

1. S. Skillicorn	ManxFR	1.15.02
2. P. Sheard O/40	ManxFR	1.16.02
3. I. Gale O/40	ManxFR	1.18.36
VETERANS O/50		
1. D. Young	ManxFR	1.25.31
2. R. Stevenson	ManxFR	1.39.53
3. P. Trees	IOM	1.42.38
VETERANS O/60		
1. S. Sille	IOM	1.58.02
2. R. Callister	ManxFR	2.07.28
LADIES		
1. R. Hooton O/40	ManxFR	1.44.06
2. B. Kaneen O/40	Manx H	1.46.04
3. C. Barwell	West	1.54.11

TIGGER TOR FELL RACE
Derbyshire
BM/10m/1750ft 28.01.07

This year saw another great turnout for the 22nd Tigger Tor race from Sheffield Tigers Rugby Club. After a flash freeze and snow blizzards earlier in the week, the new route over Oxstones and Burbage Rocks was looking very bleak. Four feet cornices and deep drifting made it impassable. By Saturday morning the deep melting snow was still covering Burbage Rocks and the deep heather on Burbage Moor. We had no option but to use the bad weather route avoiding these areas to maintain a safe race.

The new course was announced and described as rough tracks, wet deep heather, rocky, tussocks, and very boggy. There were no complaints from the runners "lets just get on with it" was the reply. No one was deterred, fantastic spirit.

The first five runners were very close together throughout with the lead changing several times. Phil Winskill was the winner finishing just one second ahead of Stuart Board. Third and fourth positions were also decided by a sprint finish, with a one second time difference between Mick Stenton and Dave Taylor.

Six seconds behind them came Sean Ledger, a young runner of outstanding ability and enthusiasm. He looked like he had been mugged on the way round, covered in blood, but after a hot shower he was fine. I am sure we will see a lot more of him in the future.

Janet McIver had a great run in the women's race, she finished one minute ahead of Christine Howard who also ran a good race.

Congratulations to Dark Peak who won the first three team prizes and first ladies team. Hosts, Totley won the second ladies' team prize.

My thanks go to all who helped and gave up their time to make it such a successful event.

Also my thanks go to our race sponsors, Autocraft Services Ltd, Keep on Running, Marstons Brewery, Walker Midgley and Symmetry Medical (manufacturers of artificial joints). Their help and generosity is greatly appreciated.

Finally thanks to everyone who ran, supported their friends and families, and enjoyed themselves.

Next year will have Oxstones in the route so if you went out on the course before this years race it wasn't for nothing, you now know the way ! Hope to see you all next year.

Don

1. P. Winskill	DkPk	1.12.31
2. S. Bond	TomFell	1.12.32
3. M. Stenton O/40	DkPk	1.12.48
4. D. Taylor O/40	DkPk	1.12.48
5. S. Ledger	Unatt	1.12.54
6. J. Boyle	DkPk	1.13.32
7. M. Sprot	DkPk	1.14.22
8. S. Marsden	DkPk	1.14.23
9. S. Patton	DkPk	1.14.33
10. J. Morgan	BlckD	1.14.41
VETERANS O/50		
1. (40) R. Fawcett	DkPk	1.20.47
2. (45) K. Holmes	DkPk	1.21.31
3. (46) G. McMahon	Nott	1.21.39
VETERANS O/60		
1. (72) J. Amies	Congle	1.27.15
2. (81) M. Cochrane	DkPk	1.28.43
3. (149) M. West	DkPk	1.36.40
LADIES		
1. (24) J. McIver	DkPk	1.18.41
2. (38) C. Howard	Mat	1.20.35
3. (53) S. Newman O/40	CaldV	1.22.40
4. (107) J. Jepson O/40	FatBoys	1.31.54
5. (137) P. Weir O/40	Totley	1.34.08
(210) P. Goodall O50	Totley	1.44.14
(283) A. Dinsmoor O/50	Penn	2.04.54
(249) B. Haigh O/60	P'stone	1.49.20

313 finishers

24TH SOREEN STANBURY SPLASH
West Yorkshire
BM/7m/1200ft 28.01.07

Former England junior international, Helen Glover, now 22, made a major step forward by winning the 24th Soreen Stanbury Splash in gale force winds from Stockport's talented Estelle McGuire and Ali Richards. She was 'well chuffed' with the surprise result. A doctor's receptionist in Skipton, last year Helen finished second in the BOFRA fell championships, and was fourth at the Auld Lang Syne, so with this result the 2007 season looks promising. On the day Helen couldn't put a foot wrong, since she also won the local ladies' award and astonishingly even won one of the Soreen cycle tops which will be personally signed by Olympic cyclist, Christ Hoy.

Welshman, Paul Oldfield, was the other winner in the prize draw to all competitors who took part. First local man was Robin Bradbury who won the trophy for the 4th time in 12th overall, having the edge on six times winner, Colin Moses in 14th. The grand master of Haworth Moor, Ian Holmes, won the race for the 13th time, even though he had run the Northern X-Countries the previous day finishing 30th and first Bingley Harrier. Relative unknowns, Ricky Graham, 26 and Stuart Carmichael, 35 finished second and third, these two should be names to watch for. Ricky, originally from Northern Ireland, is a trainee teacher at Manchester University and won the silver medal in the British under 19 championships in 1998 behind England's Michael Caton. Stuart meanwhile is a convert from the roads and won a Trunce race but found the Scafell race a real eye opener!

Ian's son, Louis, won his first Quarry Run in the U8's race, from Thomas Sumner, Jack Garside and William Pallister, whose dad Richard was a mean fell runner in the early 90s. U14 winners, Mathew Nash and Rosie Hellawell, had the honour of sending the 250 seniors that took part on their merry way. Congratulations to winners Chris Nash, BU12, Phil Done, BU12, Lucy Worrall, GU12, Katie Handforth, Gu10. Beth Roberts, GU8, Henry Fulton, BU16 and Sarah Wilson, GU16 from the 70 juniors in these races which, to the runners, are affectionately called the Malt Loaf Runs due to the energy giving Soreen product which each senior and junior runners receive.

The Woodheads

1. I. Holmes O/40	Bing	44.29
2. R. Graham	Horw	45.01
3. S. Carmichael	Hull	47.05
4. G. Pearce	Ilk	48.21
5. M. Cox	Otley	48.39
6. O. Bielby	Wharfe	48.54
7. J. Rank O/40	Holmf	49.39
8. M. Corbishley	Ross	49.43
9. S. McDermott	K&C	49.45
10. J. Sutton	Chorl	49.48
VETERANS O/50		
1. (28) D. Collins	Tod	54.48
2. (32) C. Marshall	Kghly	55.27
3. (38) R. Hamilton	Ilk	55.53
VETERANS O/60		
1. (61) G. Howard	Ilk	58.00
2. (135) R. Blakeley	Tod	65.21
3. (149) D. Illingworth	BfdA	66.11
LADIES		
1. (64) H. Glover	Kghly	58.36
2. (70) E. McGuire	Stockp	59.07
3. (77) A. Richards	Tod	59.43

Photo courtesy of Dave Woodhead

4. (81) K.Nash O/40	Prest	59.58
5. (87) H. Carbishley	Ross	60.38
(92) C. Preston O/40	Tod	60.59
(187) S. Heywood O/50	Sadd	71.16
(199) S. Morley O/50	NiddV	73.16
(206) M. Parfitt O/60	Tod	73.54
(214) J. Atkins O/60	Chorl	75.49

245 finishers

U/18 Race

1. A. Fulton F	Bing	36.49
2. T. Wilson	Pend	37.30

U/16 – 2m/300ft

1. H. Fulton	Bing	12.11
2. T. Sessford	Kghly	12.15
3. L. Wright	Bing	12.49
7. S. Wilson Girl	Pend	16.54

8 finishers

U/10, U/12 & U/14 1m/150ft

1. M. Nash B14	Prest	6.57
2. B. Mariot B14	Bing	7.03
3. C. Nash B12	Prest	7.11
8. R. Hellawell G14	Kghly	7.46
10. P Done B10	Kghly	7.57
14. L. Worrall G12	Ilk	8.37
31. K. Handforth G10	Kghly	11.04

39 finishers

U8 – 0.5m/100ft

1. L. Holmes	Kghly	3.20
2. T. Sumner	Unatt	3.25
3. J. Garside	Unatt	3.31
6. B. Robertson Girl	ChapAll	3.49
8. L. Horrocks Girl	Wharfe	3.51

22 finishers

CHARNWOOD HILLS RACE

Leicestershire

CL/13m/1200ft 04.02.07

The 21st Charnwood Hills race was run in unseasonably warm and sunny weather with the going fastunderfoot. Tim Hartley won for the fifth time in six years, missing the other one through injury.

Ladies' defending champion, Zoe Fleming, was beaten by Kirsty Whigham running in her first hill race. Barrow running club won the men's team and Bowline Climbing Club, the women's. A record 387 finished.

Howard Pymm

1. T. Hartley	Barrow	1.22.28
2. P. Chritchlow	Beaum	1.24.04
3. P. Swaine	Harb'rgh	1.24.24
4. C. Southam O/40	Stilt	1.24.43
5. P. Harwood	Leam	1.25.30
6. P. McKnight	Unatt	1.26.23
7. C. Mattocks	Wootton	1.26.35
8. M. White	TeamTri	1.27.14
9. M. Bridges	Owls	1.27.23
10. C. Hanney	Huncote	1.28.14

VETERANS O/50

1. (36) S. Bolton	Wreake	1.36.42
2. (48) S. Colbourne	Sphinx	1.39.21
3. (54) S. Elliott	Siemens	1.40.16

VETERANS O/60

1. (161) J. Carrier	Siemens	1.53.03
2. (171) T. Illston	Bowline	1.54.02
3. (174) V. Blow	Votwo	1.54.17

VETERANS O/70

1. (164) G. Oliver	Hinck	1.53.26
2. (325) J. McKellar	MiltK	2.15.27
3. (359) P. Kirby	Wreake	2.25.47

LADIES

1. (26) K. Whigham	Wootton	1.34.02
2. (30) Z. Fleming	Bowline	1.35.21
3. (33) L. Cocks	Birst	1.35.45
4. (58) E. Marvine	Desf	1.40.37
5. (70) S. Haines	Harb'rgh	1.42.58
(92) G. Vaughan O/45	Beau	1.46.21
(93) D. Pearson O/45	Ivan	1.46.22
(242) S. Butcher O/55	Shelt	2.02.14
(261) V. Goode O/50	Harb'rgh	2.04.38

387 finishers

PENNINE BRIDLEWAY RELAY

Lancashire

5x47m/6300ft 04.02.07

We passed our self imposed limit of 60 teams, set mainly with an eye to potential parking problems at the changeover points, and allowed 72 teams to enter (57 was the previous high in 2006). Four teams failed to turn up which left 68 teams (680 runners) to battle for the honours. Bingley entered two teams but were unable to get their teams together. We were disappointed that a large first division club like Bingley could not muster a team, although this did not detract from the race at the sharp end. When I first looked at the Borrowdale team sheet I thought that they would take some beating, and who would bet against them in a mountain relay on this terrain, though it's a different matter and they were up against a Horwich team that were unbeatable on the day.

With the fastest leg on every leg and three new leg records, Horwich were simply superb and led from the start to finish also smashing the overall record (4.48.15) held previously by Borrowdale from 2005 (4.56.37) Horwich won this event in 2004 (5.10.36) five members from that winning team surviving to take the honours three years on.

2005 winners, Borrowdale, were second and last year's winners Bowland were third. Clayton Vets were the first vets team beating their open team by only a second, what a battle that must have been, but I wonder how they might have done had they fielded their best team? Well done to Dark Peak for winning the Mixed team race (18th overall) and beating usual winners of this category Pudsey & Bramley into second place. Whilst there seems to have been

Photo courtesy of Nigel Aston

R. Bettsworth (32) stretching out. Near the start of Charnwood Hills Race

Photo courtesy of Pete Hartley

Pennine Bridelway Relay – leaving Hurstwood Reservoir behind on leg 2

confusion over what constitutes a mixed team it must be 5 men and 5 ladies. A good battle was also taking place to secure the ladies' team honours, Clayton eventually coming out in front finishing 29th overall. Rossendale Ladies fielded their best ever team and were in contention eventually finishing in third place behind Todmorden Ladies and only five minutes off the pace.

Despite the extra number of teams entered the only problem encountered was due to some inconsiderate parking at Callis Bridge where, despite our arranging special parking for the day, someone chose to block access to a garage causing distress for a local resident. With this in mind and given the increasing popularity of the event, we will consider increasing our limit for next year.

Also for next year we will resort to the new "official" route above Callis Woods, which has now been opened and way marked by the Countryside Agency. This will make the third leg shorter, cutting out the section through Horshold.

Many thanks to all of the team captains for all of the work they put in sorting out their teams, it involves a lot of hard work and commitment and it is appreciated by the organisers.

Date for next year Sunday 3 February 2008.

Graham Wright

1. Horwich RMI	4.48.15
2. Borrowdale F.R	5.00.40
3. Bowland F.R	5.08.16
4. Todmorden H	5.13.39
5. Rossendale H	5.16.36
6. Clayton Vets A O/40	5.21.09
7. Clayton A	5.21.10
8. Horwich Vets O/40	5.25.36
9. Rossendale Vets O/40	5.42.27
10. Darwen Dashers Vets O/40	5.43.20

LADIES

1. (29) Clayton	6.27.58
2. (32) Todmorden	6.30.51
3. (35) Rossendale	6.33.21
4. (37) Ilkley	6.39.15
5. (40) Horwich	6.46.24

WINTER HILL FELL RACE

Lancashire

AM/11m/2750ft 11.02.07

This was the 25th running of this popular race and since the date change enforced upon us a

number of years ago it saw a record number on runners setting off.

The detour caused by problems with the rhododendrons in the terrace gardens was still in place, but this did not stop Rob Hope setting a new course record. Hopefully the route will be back to normal next year and Rob will then be able to lower the record even more on the original shorter version.

The mist and low cloud in the early part of the race did cause some runners to be a bit apprehensive, but whilst the first three runners represented Pudsey & Bramley, giving the club an easy team victory, they were all locals and therefore they had no difficulty in knowing the course. Rob and Danny led all the way round until Rob decided to make a move on the way to checkpoint 4, which proved decisive.

Special mention must go to Peter Howarth, representing the local club Horwich, who at only 18 finished in 8th place.

Christine Howard was again a convincing winner of the ladies' race with a gap of almost 18 minutes back to the 2nd lady and she seems to be making this race her own.

The other team prizes went to Horwich for the vets and Chorley for the ladies.

I would like to thank all the marshals and others who helped both on the day and in the organising of the race and Bolton Mountain Rescue who provided safety cover. Walsh Sports again were generous in their sponsoring of the prizes and thanks also go to them.

Tony Varley

1. R. Hope	P&B	1.33.03
2. D. Hope	P&B	1.35.12
3. N. Leigh	P&B	1.41.16
4. B. Bolland	HOrw	1.44.15
5. D. Milliken O/40	Salf	1.46.05
6. K. Webster	Mat	1.47.31
7. R. Thomas	Eryri	1.47.49
8. P. Haworth	Horw	1.48.00
9. S. Bond	TomFell	1.50.28
10. T. Austin	DkPk	1.51.03
VETERANS O/50		
1. (25) G. Schofield	Horw	1.57.03
2. (45) A. Butler	GoytV	2.06.15
3. (49) A. Fox	Gloss	2.08.16
VETERANS O/60		
1. (36) K. Carr	Clay	2.02.15
2. (54) J. Amies	Congle	2.09.32
3. (68 K. Burgess	Altrin	2.14.44
LADIES		
1. (30) C. Howard	Mat	2.00.39
2. (81) N. Rushton O/40	Chorl	2.18.10
3. (83) S. Jackson	L'pool	2.18.44
4. (86) S. Gordon	Unatt	2.19.37
5. (93) S. Massey	Rad	2.24.08
(104) A. Crabtree O/40	Chorl	2.28.16

165 finishers

'TISO' CARNETHY 5 HILL RACE
Borders
AM/6m/2500ft 17.02.07

With a record field at the Carnethy 5 race and race records at the junior Scald Law race, it was a great day of hill racing with the sun out showing the Pentlands at their best.

The Scald Law race started first and as Mark Johnston reports:

"Jamie Stevenson of Ochill Hill Runners made good use of the fine conditions at the Scald Law Junior race to set a new under 16 course record and win the race outright from Joss Addison of Helm Hill. Joss led Jamie for most of the race only to be overhauled on the lower half of the descent. Only Scott Fraser (Lothian), Kyle Greig (Forres), Tom Addison (Helm Hill) and Andrew Lemoncello (Fife) have posted faster times over the course, an impressive list of footsteps in which to follow. There were further battles behind the leading pair with Stewart Fraser (City of Edinburgh) holding of Andrew Tullie (Teviotdale) for 3rd overall and 1st under 18, and Tom Doyle (Helm Hill) getting the better of fellow under 14 and clubmate Rory Addison, to set a new under 14 record (previously held by Scott Fraser). Megan Gray of Law & District produced a solid performance in her first hill race to finish first and only girl in 33.36."

Five minutes after the Scald Law race started, nearly 500 runners were sent on their way (after a false start !) for the 37th Carnethy 5 Hill Race.

Global warming can probably be blamed for the glorious spring like conditions for the race, but was it only last year we were all complaining of the cold, ice and wind ! British Champion, Rob Jebb, stormed round in 47:59 to win by half a minute from Jethro Lennox. Jethro made a determined attempt to hang onto Rob and was still there at the Howe, but a strong climb up Carnethy by Rob was enough to pull away for his third win. Youngster, Scott Fraser (holder of the Scald Law record) had a magnificant run in 3rd place. For the ladies, Angela Mudge won for the 10th time in 56:09, comfortably in front of British Champion Natalie White, with Jill Mykura getting 3rd spot. There is a new name on the team claymore, as Hunters Bog Trotters turned out in force to take the trophy with hosts, Carnethy, coming second. The ladies ended up a draw between Bingley and Carnethy on 12 points each!

The only records broken this year were in the size of the race as there was a massive 484 finishers (24 more than the previous largest field in 2003) and 103 of these were women - also a new record ! Special mention to the new members of the 21 Race Club, who were awarded their quaich: Tom Ross of Fife and Rod Dalitz of Carnethy (plus Brian Howie, who should have had one last year). Great to see so many runners from England and Northern Ireland (including 10 finishers from Larne AC) travelling to the race - must be either the scenic bus tour or the school dinner that brings them! Apart from Carnethy who, as expected had the most runners (61 finishers), there were large turnouts from Fife AC, who had 31, and Lochaber, an amazing 30 finishers.

Andy Spenceley

1. R. Jebb	Bing	47.59
2. J. Lennox	Shettle	48.32
3. S. Fraser	Ed'burgh	48.51
4. A. Anthony	Ochil	49.50
5. M. Donnelly	Borr	50.02
6. J. Davies O/40	Borr	51.34
7. B. Marshall	HELP	51.47
8. I. Wellock	HBT	52.19
9. M. Strain	HBT	52.37
10. E. Tresidder	Carn	52.40
VETERANS O/50		
1. (50) J. Winn	CFR	59.04
2. (54) J. Holt	Clay	59.30
3. (70) T. Scott	Fife	61.35
VETERANS O/60		
1. (86) D. Spedding	Kesw	62.54
2. (199) T. Bowie	Fife	69.41
3. (221) B. Magee	Larne	71.16
LADIES		
1. (25) A. Mudge	Carn	56.09
2. (44) N. White	Bing	58.41
3. (61) J. Mykura	Carn	60.42
4. (91) S. Taylor	Bing	63.04
5. (100) C. Gordon	HBT	63.34
(112) A. Raw O/40	Bing	64.18
(126) F. Maxwell O/40	SlieveDon	65.49
(255) A. Hamilton O/50	Cosmic	73.28
(353) J. Smith O/50	HBT	81.10

380 finishers

FOUR TRIGS CHALLENGE
Devon
BL/16m/3000ft 18.02.07

1. M. Bayer	2.24.56
2. T. King	2.36.47
3. N. Keast	2.37.40
4. A. Seddon	2.40.48
5. J. Keast	2.45.03
6. M. Stamp	2.46.47
7. M. Lascelles	2.46.51
8= L. Cummings	2.47.06
8=C. Taylor	2.47.06
10. J. Pearce	2.48.52
3 TRIGS	
1. K. Wood	3.02.50
2 TRIGS	
1= L. Jarrett	2.46.00
1= K. Stamp	2.46.00
1= J. Orme	2.46.00

RAS MOEL Y CI
Gwynedd
BS/5m/950ft 24.02.07

Fine weather and the prospect of a new route with interesting and varied terrain brought 86 runners to the Moelyci Environmental Centre this year. The new route rises up through fields at the Centre, circles and climbs with a long testing 'green lane' and a final pull up through heather and peat to Moelyci summit at 1300 feet. If runners can raise their heads, there are views to the Anglesey coast, Snowdon, the Glyders and the Carneddau.

Congratulations to Richard Roberts, who set the new course record of 37.03, passing first-to-the-top Colin Donnelly (2nd and 1st MV40 at 38.05) on the first steep descent off the summit. Third home was Dylan Jones.

Sarah Kleeman romped home as 1st woman and 14th overall, followed by Andrea Roberts and Jayne Lloyd (1st FV40). Maggie Oliver 1st FV50, Steve P Jones 1st MV50 and Don Williams 1st MV60 took the other class prizes.

The junior race winner was Rhys James in a sprint with Ben McPartland. Lisa Peters was first girl and 3rd overall with Claire Donnelly 2nd girl. Joseff Williams was 3rd boy and Bronwen Jenkinson 3rd girl.

Projects at the Moelyci Environmental Centre focus on sustainability, local produce and local crafts. In consequence, race prizes included local honey and preserves, hazel sticks, wooden trinkets, compost and reclaimed wood window boxes. The soup, rolls and cakes were from organic local suppliers accompanied by Fair Trade tea and coffee.

Our thanks to the Centre staff, marshals, 'Team Dolly' radio network and the registration and finish team.

Jeremy Williams

1. R. Roberts	Eryri	37.03
2. C. Donnelly O/40	Lochaber	38.05
3. D. Jones	Eryri	39.31
4. G. Hughes O/40	Abergele	39.35
5. R. Samuel	BangorUni	41.03
6. M. Roberts	Eryri	41.05
7. S. Jones O/50	Eryri	41.54
8. P. Howarth O/40	Clwyd	42.11
9. C. Jones	WFRA	42.20
10. J. McIlveen	Abergele	42.27

VETERANS O/50

1. (7) S. Jones	Eryri	41.54
2. (28) J. Bennell	Eryri	48.02
3. (35) P. Jones	Eryri	50.26

VETERANS O/60

1. (22) D. Williams	Eryri	45.32
2. (60) F. Uhlman	Unatt	58.08
3. (68) M. Edwards	Wrex	62.05

LADIES

1. (14) S. Kleeman	Eryri	43.37
2. (26) A. Roberts	Eryri	46.37
3. (32) J. Lloyd O/40	Eryri	49.41
4. (39) L. Peter O/40	Unatt	51.23
5. (43) S. Rowlands O/40	Clwyd	53.16
(51) M. Oliver O/50	Eryri	56.26
(62) S. Hughes O/50	Eryri	59.15

79 finishers

JUNIORS

1. R. James		10.23
2. B. McPartland		10.24
3. L. Peters Girl		11.49
4. C. Donnelly Girl		12.25
5. J. Williams		12.57
6. B. Jenkinson Girl		13.40

BLEASDALE CIRCLE FELL RACE

Lancashire

AS/5m/1250ft 24.02.07

This was the best turnout we have had so far, with 112 entries for this year's race. Most runners seemed to have to be coaxed out of the refurbished warm Parish Hall for the start, it was quite cold and very misty, but at least the Lancashire rain held off for a moment. The slightly enthusiastic crowd of fell runners headed off for the first waterlogged field on the run out to Fairsnape Fell, which passed within feet of the Bronze Age Timber Circle. Not much to see there, nor was there much to see ahead either with the fell covered in dense low cloud.

Danny Hope was after Lloyd Taggart's record and by the summit of Fairsnape he was ahead by two minutes, and then eventually winning the race by three and a half minutes, but missing the record in a time of 36.19. This was actually an excellent time for the very wet conditions.

First woman back this year was Aly Raw in 27th place overall.

Second overall was Bowland's own Steve Swarbrick, and just under 40 minutes.

First MV40 was Joe Blackett, just ahead of Graham Schofield MV50 (6th) and Wendy Dodds was the first F50.

The race for first M60 was a close thing, with Dave Tate just beating Kieran Carr. My apologies to George Arnold of Preston Harriers, MV70, we missed your prize

but will make up for it next year if you come.

Many thanks to all who helped by marshalling, and to all the land owners who kindly gave their permission for us to use their muddy fields and the fells.

Do please all come again, but if you could try to share transport it would be a great help. Thanks also to the Preston Harriers for using a large minibus to bring all of their runners, but knowing the Harriers quite well it was probably an excuse for a good few pints in Chipping after the race.

Les Orr

1. D. Hope	P&B	36.19
2. S. Swarbrick	Bowl	39.59
3. S. Thompson	Clay	40.18
4. M. Chippendale	Bowl	40.54
5. J. Blackett O/40	DkPk	41.34
6. G. Schofield O/50	Horw	41.40
7. D. Walker	Clay	41.54
8. C. Smale O/40	Tod	41.59
9. D. Raby	Chor	42.02
10. D. Nuttall O/40	Unatt	42.10

VETERANS O/50

1. (6) G. Schofield	Horw	41.40
2. (19) P. Harlong	Wharfe	44.30
3. (35) P. Booth	Clay	46.58

VETERANS O/60

1. (26) D. Tate	DkPk	45.40
2. (28) K. Carr	Clay	46.18
3. (76) T. Peacock	Clay	55.52

VETERANS O/70

1. (110) G. Arnold	Prest	67.41

LADIES

1. (27) A. Raw O/40	Bing	45.42
2. (52) K. Nash O/40	Prest	51.36
3. (62) W. Dodds O/50	Clay	52.39
4. (70) N. Raby	Chorl	54.04
5. (78) A. Crabtree O/40	Chorl	55.59
(91) L. Lord O/50	Clay	59.34

111 finishers

ILKLEY MOOR FELL RACE

West Yorkshire

AS/5m/1260ft 25.02.07

Wheer has tha' bin sin I saw thee?
On Ilkley Moor bah't 'at
Cat A, 5 miles, 1260 feet
On Ilkley Moor bah't 'at

Ah've been a-racin' Joe Symonds
On Ilkley Moor bah't 'at
37.46 was his win
On Ilkley Moor bah't 'at

282 followed on
On Ilkley Moor bah't 'at
Cow n' Calf, Pancake Stone and yon
On Ilkley Moor bah't 'at

Down Hangingstone, past Crocodile
On Ilkley Moor bah't 'at
And right up bloomin' other side
On Ilkley Moor bah't 'at

Rocky Valley, up Top Cairn
On Ilkley Moor bah't 'at
Barmishaw and Badger Stone
On Ilkley Moor bah't 'at

283 ran, plus 146 bairns
On Ilkley Moor bah't 'at
A reet good day that was
On Ilkley Moor bah't 'at

Paul Wood

1. J. Symonds	Kend	37.46
2. A. Whittem	Tod	39.47
3. G. Pearce	Ilk	40.09
4. J. Morgan	DkPk	40.14
5. T. Mason	Wharfe	40.36
6. I. Nixon	P&B	41.17
7. S. McDermott	Kghly	41.26
8. H. Haines U/18	Ilk	41.59
9. M. Peace	Bing	42.29
10. S. Macina	P&B	42.34

VETERANS O/40

1. (17) C. Moses	Bing	43.14
2. (19) A. Grant	Abbey	43.23
3. (21) M. Holroyd	Borr	43.28

VETERANS O/50

1. (59) N. Pearce	Ilk	47.48
2. (62) M. Pickering	Ilk	48.03
3. (84) D. Collins	Tod	49.28

VETERANS O/60

1. (88) G. Howard	IIlk	49.35
2. (113) M. Hetherton	Nestle	51.59
3. (160) G. Breeze	Skyrac	55.52

LADIES

Photo courtesy of Mick Watson

Daniel Netherwood (Bingley)

1. (44) J. Waites	CaldV	46.08
2. (55) E. Clayton U/20	Scunth	47.18
3. (60) I. Ilsley	Ilk	47.55
4. (86) E. Barclay	Ilk	49.32
5. (106) T. Hird	Wharfe	51.23
6. (108) H. Weston O/40	Ilk	51.28
(120) H. Page U/18	Hfx	52.20
(250) S. Morley O/50	NiddV	64.11

283 finishers

JUNIORS

Under 16s

1. H. Fulton	Bing	13.31
2. T. Sessford	Kghly	13.45
3. J. Bradshaw	Wharfe	13.56
(8) H. Craig Girl	Bing	16.07

14 finishers

Under 14s

1. B. Marriott	Bing	6.58
2. R. Hellawell Girl	Kghly	7.48
3. F. Jordan Girl	Ilk	8.00
4. J. Thompson	Spen	8.01

20 finishers

Under 10s & Under 12s

1. J. Hall U/12	Bing	7.31
2. B. Ingleston U/12	Kghly	7.31
3. L. Burthem U/10	Warring	7.53
(6) P. Done U/10	Kghly	8.02
(18) L. Worrall Girl U/12	Unatt	8.52
(19) A. Tench Girl U/12	Ilk	8.52
(45) I. Wharton Girl U/10	CaldV	10.18

70 finishers

Unders 8s

1. W. Tench	Ilk	4.06
2. T. Summer	Unatt	4.11
3. C. Smith	GhyllR	4.14
4. J Garside	Unatt	4.21
5. L. King Girl	Ilk	4.24
(7) C. Hemingway Girl	Rivside	4.51

40 finishers

QUANTOCKS FELL RACE

Somerset

AM/7m/1900ft 25.02.07

1. T. Gibbs	MDC	52.56
2. M. Green	Thornb	53.30
3. D. Pile	GtWest	56.34
4. M. Thomson	W'bury	56.45
5. I. Travis O/40	FRA	57.25
6. D. Austin	BristWest	58.28
7. C. Elsey	Unatt	59.13
8. D. Wood O/40	Dursley	59.19

9. M. Longhurst O/50	QO	59.45
10. N. Hindle O/50	Unatt	60.00
(20) C. Kelsey O/50	Wells	65.10
VETERANS O/60		
1. (24) L. Green	Weston	72.10
LADIES		
1. (24) L. Green O/60	Weston	72.10
2. (25) K. Land	Unatt	73.23
3. (29) R. Vincent O/40	Weston	74.22
4. (30) L. Edmondson O/40	Wrekin	75.19
5. (31) H. Thorburn	DkPk	75.44

35 finishers

RAAS VING VRADDA (BRADDA)
Isle of Man
AL/15m/4100ft 25.02.07

Back in 2003 Manx born, Lloyd Taggart, secured the local course record for the Bradda Fell Race. In 2007 he went one step further and broke the overall course record, previously held by Del Davies since 1986, by almost two minutes.

For the third round of the Manx Fell League conditions were relatively mild and clear in the shelter of Bradda Glen in the south of the Island. However, the fells were far from ideal with slippery, muddy and extremely wet terrain, combined with low cloud and mist, which rolled in on a south-westerly breeze. Lloyd had the company of Simon Skillicorn and Paul Sheard in the early stages of the race, however unperturbed by the, at times, poor visibility, Lloyd pulled away from his immediate rivals, reaching the halfway point on the summit of South Barrule, some five minutes clear. He continued to extend this advantage to the finish, securing a superb victory.

Dave Young continued his record-breaking year with a course record in the veteran over 55 category, breaking his previous time set in 2005, by 21 seconds.

Jackie Lee, in her debut race on the Island, secured a convincing win in the women's event. She looked comfortable throughout finishing a superb 12th overall. Rose Hooton was under no illusion regarding her competitor's abilities, however she ran a well-measured race to finish second ahead of Bridget Kaneen, who finished a fine third.

Christine Barwell

1. L. Taggart	DkPk	2.04.34
2. S. Skillicorn	Manx	2.12.29
3. P. Sheard O/40	Manx	2.15.30
VETERANS O/50		
1. D.Young	Manx	2.37.34
2. L. Brown	Manx	3.19.31
3. J. Crellin	Manx	3.28.44
VETERANS O/60		
1. R. Callister	Manx	3.29.35
2. S. Sille	10MVets	3.32.03
LADIES		
1. J. Lee	Eryri	2.45.08
2. R. Hooton	Manx	3.08.12
3. B. Kaneen	Manx	3.24.12

CLOUD NINE
Cheshire
CM/8.75m/950ft 04.03.07

This was the 20th running of the Cloud Nine Hill Race and although the pre race entries were at a normal level, the weather forecast for the day was horrendous, so we were expecting a reduced turnout. As it turned out we had a record number of 360 entries, and a record number of 329 runners.

The weather on the day was as forecast and was wet, windy and cold from the start. A misunderstanding just after the start, resulted in the first part of the course being done in reverse, this caused some queuing at stiles, which should have come later in the course. Next year, we will hopefully run the intended way and this should be avoided. As it turned out local runner, Simon Bailey led from the start, finishing an easy winner from Andrew Lamont , who had a great run and continues to improve. Malcolm Fowler, in normal form, was comfortably 1st V40 and 4th overall. Jackie Lee won the ladies' race with Clare Thompson a couple of minutes behind. First men's team of three was Cheshire Hill Racers.

We look forward to seeing everyone next year for more fun in the mud.

Pete Doyle

Photo courtesy of John Amies

Cloud Nine 2007. Brian Carr Congleton Harrs, 119, being chased home by Paul Davies 140 and James Pearce 124

1. S. Bailey	Mercia	54.55
2. A. Lamont	Macc	58.37
3. G. Briggs	SMoor	58.55
4. M. Fowler O/40	Chesh	59.36
5. A. Smith	Amble	59.47
6. A. Ashton	L'pool	60.53
7. R. Down O/40	Chesh	61.02
8. T. McGaff O/50	Chesh	61.23
9. M. Kieras	Glossop	61.39
10. J. Field O/45	Mansf	62.10
VETERANS O/50		
1. (8) T. McGaff	Chesh	61.23
2. (38) W. Alves	Totley	66.47
(45) A. Hulme O/55	Chesh	68.25
VETERANS O/60		
1. (124) G. Fielding	Ross	77.04
(284) M. Briggs O/65	SWirks	102.34
LADIES		
1. (42) J. Lee	Eryri	68.05
2. (57) C.Thompson	Cong	70.12
3. (64) J. Clarke	Unatt	70.58
4. (66) E. McGuire O/40	Stockp	71.18
5. (93) K. Harvey O/45	Penn	73.49
(197) S HeywoodO/55	Saddle	85.36
(276) J. Langley O/50	NDerby	100.04
(313) J. Walsh O/60	Rugby	113.03

GREYS PIKE FELL RACE
Northumberland
BS/5m/830ft 04.03.07

Ink black crows wheel around the austere ramparts of Kielder Castle as the runners gather by the old sandstone walls. Breathing out mist and banging gloved hands together, there is a hushed expectancy punctuated by nervous laughter. Sideways glances confirm the presence of old friends and bitter rivals, the Southern Raiders mingling with athletes from Wooler, Keswick and Midlothian. Faces drawn, determined. No defending male champion this year but Karen Robertson is smiling and confident. Joe Blackett, up from the Dark Peak , has been out on the course since eleven o'clock checking the route and conditions with customary meticulous planning.

A few words from Racemaster James and the field is unleashed; away down the hill, over the river and off on the first easy mile. There's a dash for the front – Coxon, Horsley, Armstrong, Steel and Jones leading the local challenge. The caterpillar strings out along the viaduct and then it's "hands on knees – through the trees" over and over - the mantra in time with the muddy footfalls. Slipping and sliding through sphagnum slurry, the panting chain threads up through the firebreaks and the snagging branches. Breaking out onto open ground, the angle eases and gaps in the chain become bigger. The leaders reach the top and turn back – flying past their teammates who struggle upwards. Blackett and Horsley have reached the top first and astonishingly, Will (who was second last year), stops dead. Does he feel responsible for the lack of summit marshal? After waiting a while and directing others, he too heads down after sacrificing a possible winning position. Coxon is now in second but this position is squandered after he takes the wrong direction on the descent. Maynard and Steel are fighting for bronze medal position and Relentless Robertson is well up in the overall classification. A steady drizzle sets in. Those at the back are walking up to the trig point as, two miles away, the leaders arrive back along the river with the iron grey castle coming into sight through the trees. A final push up the last incline and it's all over. Joe Blackett has won, but outside Nick Swinburn's record setting time last year. As the runners drip back into the castle there is concern. Where is Steph? Wasim? The others? Anxious moments but they all arrive. Back in the castle the Webmaster allocates the spoils. Smiles all round. 54 started and finished. Relentless is rewarded, Dexter is 3 places up on last year, and scouts look to sign up Adrian Brown. The Southern Raiders claim their prizes, the tea cups are put away and the castle is left to the crows. The wilderness is pristine again. The Theatre of Dreams reconvenes in May at the Borderer.

Philip James

1. J. Blackett O/40	DkPk	40.44
2. K. Maynard O/45	Durham	41.31
3. D. Steel O/40	NFR	41.39
4. D. Armstrong O/45	NFR	43.00
5. G. Jones	NFR	43.09
6. G. Owens O/50	NFR	44.26
7. M. Jeffrey O/45	NFR	45.40
8. K. Robertson	NFR	45.45
9. W. Horsley	NFR	46.22
10. D. McPatrlan O/45	NFR	46.32
VETERANS O/50		
1. (6) G. Owens	NFR	44.26
2. (11) N. Cassidy	Tyne	46.44
3. (14) R. Maynard	Durham	47.50
VETERANS O/60		
1. (36) P. Whewell	NYM	58.54
VETERANS O/70		
1. (37) J. Garbarino	NFR	60.24
LADIES		
1. (8) K. Robertson	NFR	45.45
2. (22) L. Wilkionson	NFR	50.14
3. (36) S. Davis O/45	NFR	56.26
4. (39) S. Scott	NFR	60.00
5. (42) R. Fletcher O/55	NFR	61.05
(45) P. Cooper O/50	NFR	68.59
(46) J. Ryall O/45	Tyne	69.30
(51) K. Dallinson O/60	NFR	75.27

54 finishers

BISHOPHILL RACE
Fife
AS/2.5m/100ft 04.03.07

We are usually lucky for early March but this year the forecaster summed up our weather outlook in one word – awful! At twelve when we arrived with tape and canes to mark out the course it was still fair but with a cold wind blowing. By three with 70 lined up in the trees, the rain made its appearance and by the time the runners are on the hill it's heads down into gales and rain. After a few hundred metres the path narrows so it's a tussle to get your position. Soon the view opens up over Loch Leven with the gliders riding the thermals overhead but this race is short so not much chance to admire the scenery. Beyond the stile at half way the route traverses round to the left and then climbs to the two tops of White Craigs.

On the ascent Brian Marshall, Dan Whitehead and Graeme Campbell are in close contention but on the way down Brian's superb descending skills come to the fore with yet another victory. Dan just holds off Graeme for second place with an equally close tussle for the male vets, Alan Smith just beating Des Crowe.

Eilidh Wardlaw had a good run to win the ladies' race ahead of Kate Jenkins fresh from her morning's cross country. First male supervet over the line was Brian Brennan with Tom Bowie first over 60. Joan Wilson finished first female vet in a cracking time with Anne Nimmo first supervet. First junior in the full race, Adam Harris, showed his great promise to finish in 23.45. In the half race Jamie Crowe had a fine run in 13.29 with Ali Mudie not far behind and Tom Harris in third place.

Thanks again to Charlie and Findlay who survived yet another battering to marshal us round the tops and the timekeepers who struggled to keep their fingers working in the cold. Back at the hall enjoying the soup and tea all the nasty weather was forgotten and it is always good to have a blether and look forward to new adventures.

1. B. Marshall	HELP	18.47
2. D. Whitehead	Cosmic	19.28
3. G. Campbell	H'land	19.29
4. I. Stewart	Unatt	19.47
5. N. Scott	W'lands	19.48
6. T. Smith	Lochab	20.34
7. B. Wiseman	Ochil	20.57
8. A. Smith O/40	Dees	21.00
9. D.Crowe O/40	Shettle	21.04
10. S. Bennett O/40	Carneg	21.55
VETERANS O/50		
1. (25) B. Brennan	Westies	24.24
2. (29) D. Duncan	Ochil	24.53
3. (53) A. MacAulay	Caneg	29.24
VETERANS O/60		
1. (36) T. Bowie	Fife	25.57
2. (43) E. Orr	Lochab	27.12
3. (49) B. Beveridge	Lomond	28.24
LADIES		
1. (28) E. Wardlaw	HBT	24.37
2. (34) K. Jenkins	HBT	25.45
3. (37) J. Turner	Carneg	25.59
4. (40) J. Wilson O/40	Caneth	26.41
5. (45) C. Myerscough O/40	Kinross	27.54
(61) A. Nimmo O/50	Carneth	31.50

67 finishers

MOEL WNION RACE
Conwy
AS/4m/1600ft 10.03.07

Good fast running saw a new ladies record by Natalie White, close finish for Alan with Tim descending quickly on his tail end.

Thanks to marshals Trevor, Mike and Ray, not forgetting Geoff and team Dolly on the radio links. All takings and collections will be going to the Children's Heart Federation in memory of Charles McQueen (my 'wee' brother).

See you all again next year.

James & girls

Photo courtesy of Tim Austin

Natalie White on her way to another Welsh record

1. A. Vaughan	Eryri	36.01
2. T. Higginbottom	Eryri	36.02
3. H. Matthews	MynDu	36.05
4. G. Owen	Eryri	36.17
5. G. Hughes O/40	Abergele	36.37
6. P. Thompson	Clay	36.43
7. I. Houston	Wrex	36.47
8. C. Near	Eryri	37.07
9. R. Thomas	Eryri	38.02
10. I. Merton	Eryri	38.36
VETERANS O/50		
1. (17) S. Jones	Eryri	39.57
2. (18) G. McAra	Chesh	40.21
3. (39) J. Bennell	Eryri	47.09
VETERANS O/60		
1. (35) D. Williams	Eryri	44.46
LADIES		
1. (14) N. White	Bing	39.27
2. (24) A. Bartlett	Shrews	41.09
3. (25) S. Kleeman	Eryri	41.10
4. (30) A. Roberts	Eryri	43.54
5. (48) R. Riddines	Menai	49.12
(56) E. Salisbury O/40	Eryri	50.40
(60) M. Oliver O/50	Eryri	51.42

76 finishers

HALF TOUR OF PENDLE
Lancashire
AM/9m/2250ft 10.03.07

Anyone who's used new technology will know that the first law of computers states that everything will work perfectly until you *really* need it to. In keeping with this truism the electronic timer broke down as the third runner approached the finish line. This, coupled with the annual shortage of helpers (hence the unmanned check points), resulted in a few problems with the results. My apologies, therefore, for the tardiness of the results on the day, and the less-than-accurate times for the busiest part of the field.

Other than that, and Mick Stenton's heroic 13th place whilst doing a remarkable impression of Terry Butcher, everything went well. Lloyd took advantage of Ian Holmes' absence and won by over a minute from Darren, with Dave's third place giving him first vet. Graham was first vet 50, one place ahead of Bloody Mick Stenton.

A fine run from in form Candice gave her a comfortable victory over first vet Sally, with fellow Calder Valley runner Joanna, seconds back in third. Linda Lord was first vet 50, but said not to mention it; so I won't!!

Thanks to helpers and landowners. I'll see you all next year, hopefully with sufficient volunteers and working equipment.

Keith Thompson

1. L. Taggart	DkPk	66.03
2. D. Key	Horw	67.14
3. D. Taylor O/40	DkPk	68.42
4. S. Godsman	Tod	69.19
5. M. Bryant	Leeds	69.24
6. T. Mason	Wharf	69.55
7. S. Thompson	Clay	70.37
8. S. McDermott	Kghly	71.08
9. B. Wilkinson O/40	Borr	71.48
10. J. Blackett O/40	DkPk	71.49
VETERANS O/50		
1. (12) G. Schofield	Horw	72.19
2. (31) A.. Robinson	Clay	78.27
3. (42) P. Booth	Clay	80.52
VETERANS O/60		
1. (53) G. Howard	Ilk	82.25
2. (111) D. Kay	Horw	88.21
3. (118) G. Breeze	Skyrac	88.53
LADIES		
1. (25) C. Leah	Clay	76.44
2. (33) S. Newman O/40	CaldV	79.02
3. (34) J. Waites	CaldV	79.06
4. (51) J. Lee	Eryri	82.12
5. (72) A. Lupton	Rad	84.05
(121) D. Gowans O/40	Acc	89.10
(206) L. Lord O/50	Clay	102.51
(207) K. Thompson O/50	Clay	103.15
(229) S. McNulty O/60	Rad	109.07

243 finishers

IAN ROBERTS FELL RACE
YORKSHIRE VETERANS FELL CHAMPIONSHIP
West Yorkshire
BM/7m/1000ft 11.03.07

1. K. Gray	CaldV	53.58
2. D. Watson	Holmf	54.57
3. P. Howarth	Horw	56.55
4. R. Barrett O/40	Skipt	57.10
5. S. Dimelow	P'stone	57.14
6. D. Brane	K&C	57.20
7. A. Shaw O/45	Holmf	57.34
8. K. Hodgson	HVAC	57.42
9. J. Chambers	Stockp	57.47
10. P. Mitchell O/40	Bing	58.14
VETERANS O/50		
1. (18) A. Hauser	Holmf	60.31
2. (22) P. Pyrah	Bing	61.32
3. (25) J. Brooksbank	Abbey	61.45
VETERANS O/60		
1. (57) W. Helliwell	FRA	65.42
2. (79) B. Wade	Holmf	67.01
3. (84) C. Grime	Spect	67.40
LADIES		
1. (40) H. Berry	Holmf	64.26
2. (46) S. Grant	Abbey	64.45
3. (49) K. Farquhar	Holmf	65.04
4. (50) J. Shotter O/40	Holmf	65.04
5. (52) K. Mather O/40	Sadd	65.19
(67) L. Ewart O/50	Holmf	66.21
(114) J. Davies O/55	Sadd	71.13

149 finishers

RAAS SNIAUL (SNAFELL)
Isle of Man
AS/5m/1900ft 24.03.07

Twenty or so of the runners who competed the Snaefell Race were expected on the start-line for Easter Saturday's Manx Mountain Marathon, just two weeks later. This five-mile course therefore offered some respite from the heavy training mileage undertaken over the winter months, providing some vital speed work in preparation for the big race of the season.

Marathon competitors Simon Skillicorn, Paul Sheard and Ian Gale, together with Half Marathon competitor Tom Cringle maximised this opportunity by leading from the start. On the approach to the penultimate checkpoint on Clagh Ouyr however, Ian and Tom were dropped from the quartet. Paul stayed in Simon's shadow until the checkpoint, however Simon made a tremendous effort on the run down to the Black Hut, an effort he maintained on the final climb up Snaefell. He reached the final checkpoint on Snaefell in relaxed style, well ahead of his immediate rival Sheard. With not even a glance over his shoulder Skillicorn held his lead to the finish line.

In her first appearance on the fells in 2007, Cal Partington returned in style to take the women's prize. With another consistent performance Rose Hooton was second. Marathon debutante Bridget Kaneen once again showed her strength on the hills, finishing an excellent third.

Christine Barwell

1. S Skillicorn	ManxFR	42.52
2. P. Sheard O/40	ManxFR	44.55
3. I. Gale O/40	ManxFR	47.23
VETERANS O/50		
1. R. Stevenson	ManxFR	55.27
2. R. Moughtin	Western	60.06
3. J. Crellin	ManxFR	64.43
VETERANS O/60		
1. S. Sille	IOMV	72.14
LADIES		
1. C. Partington	ManxH	55.33
2. R. Hooton	ManxFR	60.36
3. B. Kaneen	ManxH	63.20

LLANBEDR TO BLAENAVON
Gwent
AL/15m/4500ft 24.03.07

1. M. Palmer O/40	MDC	2.06.38
2. M. Humphreys	Stroud	2.10.45
3. M.Shaw	MynDu	2.13.35
4. M. Beale	Unatt	2.18.20
5. C. Flower	MynDu	2.18.50
6. D. Finn	MynDu	2.21.50
7. M. Pengilly O/40	Chep	2.24.31
8. M. Scriven	Mercia	2.24.40
9. A. Orringe O/50	MynDu	2.29.39
10. O. Rees	BroDys	2.31.46
VETERANS O/50		
1. (9) A. Orringe	MynDu	2.29.39
2. (19) C. Kelsey	Wells	2.50.27
3. (31) P. Morfey	Cardiff	3.14.30
VETERANS O/60		
1. (34) G. Gunner	CroftAmb	3.14.31
2. (42) R. Canavan	AmazFeet	3.53.25
LADIES		
1. (26) J. Woodisse	Chelt	3.02.30
2. (28) M.Gillie	ClwdRange	3.04.40
3. (32) S. Ashton O/50	Chep	3.14.31
4. (39) E. Salisbury O/40	Eryri	3.30.20

42 finishers

FIENDSDALE FELL RACE
Lancashire
AM/7.5m/2500ft 24.03.07

A field of 122 runners set off on a glorious spring morning up Parlick Pike on this year's Fiendsdale Fell race. Lloyd Taggart soon took up a commanding lead that he never relinquished and finished almost three minutes ahead of his nearest rival, Darren Kay. Lloyd knocked a full five minutes off the record set last year when the route was changed. Jackie Lee also put in a fabulous performance, taking 10 minutes off the ladies record also set last year.

Thanks go to all members of the Bowland Club who take an active role in the organization of the race and to the Bowland & Pennine Mountain Rescue Team whose presence manning the checkpoints always makes the race easy to organise. Proceeds from the race, as always, go to the MRT.

Andrew Farmer

1. L. Taggart	DkPk	1.04.19
2. D. Kay	Horw	1.07.08
3. D. Taylor O/40	DkPk	1.07.58
4. M. Chippendale	Bowl	1.08.15
5. M. Johnson O/40	Bowl	1.08.48
6. S. Thompson	Clay	1.09.05
7. R. Mellon	Bowl	1.09.14
8. J. Logue	Horw	1.09.35
9. K. Harding O/40	Tring	1.10.14
10. C. Fray O/40	Chesh	1.10.42
VETERANS O/50		
1. (11) G. Schofield	Horw	1.10.51
2. (31) K. Taylor	Ross	1.18.55
3. (52) D. Holmes	Prest	1.25.46
VETERANS O/60		
1. (49) J. Nuttall	Clay	1.25.22
2. (74) G. Breeze	Skyrac	1.30.02
3. (84) T. Peacock	Clay	1.35.56
LADIES		
1. (27) J. Lee	Eryri	1.17.40
2. (53) C. Wilson	Ross	1.25.48
3. (63) S. Sarginson	Bowl	1.27.53
4. (66) D. Culshaw	WiganP	1.28.14
5. (67) K. Nash O/40	Prest	1.28.19
(70) R. Browne O/40	Bowl	1.29.09
(75) W. Dodds O/50	Clay	1.31.37
(99) K. Thompson O/50	Clay	1.43.48

118 finishers

CAUSEY PIKE FELL RACE
Cumbria
AS/4.5m/1780ft 24.03.07

After the terrible racing conditions of last week at Edale Skyline, the Causey Pike race saw almost perfect weather with warm sunshine. A total of 127 runners tackled the steep climb up Rowling End with Andy Hilton taking an early lead. On the final climb up Causey Pike, he was passed by Ricky Lightfoot, who went on to win the race in a good time of 33.55. In second place was Alastair Dunn followed by local runner, Simon Booth.

The first lady home was Lisa Lacon in 41.58, followed by Lou Roberts and fellow club-mate, Angela Brand-Barker.

Borrowdale won the men's team prize with Keswick AC taking the ladies. The race was part of Keswick Athletic Club's fell championship and there was a large contingent from the club with Ed Loffyle taking maximum points, closely followed home by Dave Troman and Dave Birch.

Lyn Thompson

1. R. Lightfoot	Ellenb	33.55
2. A. Dunn	HelmH	34.03
3. S. Booth	Borr	34.21
4. A. Hilton	YorkA	35.50
5. M. Horrocks O/40	Wharfe	35.52
6. M. Mikkelsen-Barron	Borr	35.54
7. B. Abelnoor	Amble	36.20
8. P. Cornforth O/40	Borr	36.42
9. J. Blackett O/40	DkPk	37.05
10. N. Lockwood	Borr	37.17
VETERANS O/50		
1. (29) P. Clark	Kend	41.47
2. (32) P. Barron	Borr	42.14
3. (35) D. Owens	Kesw	42.29
VETERANS O/60		
1. (52) D. Milligan	Solway	45.10
2. (58) G. Howard	Ilk	45.51
3. (76) M. pearson	Kesw	48.59
VETERANS O/70		
1. (120) J. Rutter	Kesw	59.28
LADIES		
1. (31) L. Lacon	Holm	41.58
2. (51) L. Roberts	Kesw	44.44
3. (55) A. Brand-Barker O/40	Kesw	45.38
4. (74) J. Meeks O/40	Kesw	48.13
5. (89) J. Moore	Kesw	50.27
6. (99) D. Thompson O/50	Kesw	53.26

127 finishers

Jumping the stile at Fiendsdale

Photo courtesy of Gemma Aspin

Photo courtesy of Pete Richards

All smiles at Causey Pike

BROUGH LAW FELL RACE
Northumberland
AS/5m/1250ft 25.03.07

1. W. Horsley	NFR	38.30
2. P. Brittleton O/40	HelmH	40.30
3. G. Jones	NFR	40.38
4. M. Jeffrey O/40	NFR	40.56
5. T. McCall O/40	Norham	41.44
6. V. Oldham Lady O/40	Norham	41.47
7. G. Scott O/40	Unatt	42.26
8. J. Britten	Moorf	42.36
9. D. Steel O/40	NFR	42.42
10. J. Dickenson O/50	Tyne	43.07
VETERANS O/50		
1. (10) J. Dickenson	Tyne	43.07
2. (19) W. Hutchinson	Concord	46.19
3. (21) L. Turnbull	Norham	46.30
VETERANS O/70		
1. (37) J. Garbarino	NFR	55.37
LADIES		
1. (6) V. Oldham O/40	Norham	41.47
2. (18) S. Scott	NFR	46.10
3. (22) C. Bagness O/40	Wooler	46.31
4. (26) R. Smith	Moorf	47.36

45 finishers

MIDGLEY MOOR RACE
West Yorkshire
AS/5m/1250ft 31.03.07

It was a fine day with a cooling breeze – perfect. A great run by Janet McIver gave her the women's record, beating Sally Newman's record by a minute. The moor is changing as the heather grows, and areas are burnt off, so maybe what used to be the best route now isn't. Let's see what next year brings.

There are prizes for five year age groups up to 105. Dennis Clutterbuck (V75) is maturing nicely, with young upstart Lawrence Sullivan also prominent. The men's and women's team prizes went to local clubs Calder Valley and Todmorden respectively.

Rod Sutcliffe

1. S. Godsman	Tod	38.33
2. O. Beilby	Wharf	40.10
3. S. Oldfield O/50	BradAire	40.19
4. S. Carmichael	Hull	40.21
5. M. Horrocks O/40	Wharf	40.26
6. A. Breaks	CaldV	41.37
7. S. Macina	P&B	42.23
8. J. Stevens	CaldV	42.40
9. C. Moses O/40	Bing	43.05
10. M. Goldie	Tod	43.07
VETERANS O/50		
1. (3) S. Oldfield	Hull	40.21
2. (19) M. Foschi	Cumber	46.04
3. (20) P. Harlowe	Wharf	46.07
VETERANS O/60		
1. (76) W. Mikkon	AchilRat	58.04
2. (93) M. McDonald	Bowl	69.30
VETERANS O/70		
1. (70) L. Sullivan	Clay	56.44
2. (95) D. Clutterbuck	Tod	69.46
3. (96) G. Goodall	DenbyD	70.50
LADIES		
1. (14) J. McIver	DkPk	43.20
2. (23) L. Lacon	Holmf	46.30
3. (53) K. Forster O/45	Spect	53.10
4. (54) S. Grant	Abbey	53.24
5. (55) K. Brierley O/45	Tod	53.46
(97) A.Baldwin O/55	Stain	71.14

98 finishers

MIDDLEFELL FELL RACE
Cumbria
AM/6.6m/1700ft 31.03.07

1. N. Fish	Amble	53.09
2. B. Taylor	Ellen	54.11
3. C. Robinson	Helm	55.04
4. M. Robinson	DkPk	55.14
5. N. Lockwood	Borr	55.33
6. C. Knowles O/40	CFR	56.36
7. M. Cunningham	Borr	57.05
8. D. Truman	Kesw	57.37
9. J. Holt O/50	Clay	60.03
10. O. Fielden	Helm	61.17
VETERANS O/50		
1. (9) j. Holt	Clay	60.03
2. (21) R. Unwin	Kesw	65.43
3. (22) I. Robinson	Clay	66.00
LADIES		
1. (34) D. Cartwright	Rad	72.02
2. (35) A. Astle	Unatt	72.22
3. (37) J. Taylor	Bowl	73.11
4. (43) N. Walkinshaw	Unatt	80.18
5. (49) J. Howells	Wharf	83.15

52 finishers

Photo courtesy of Danny Hughes

Nick Fish (Ambleside AC) at Middlefell fell race

KINDER DOWNFALL FELL RACE
Derbyshire
AM/10m/2500ft 01.04.07

263 runners gathered on the bridge at the centre of Hayfield Village for the start of the 2007 Kinder Downfall Fell Race. The weather conditions, in stark contrast to 2006, were much more seasonal and the runners set of with the sun on their backs. With the sunny weather there were no visibility problems this year, however, strong headwinds across the plateau presented an alternative challenge.

Phil Winskill trotted home looking comfortable in first position. First lady back was Judith Jepson. Further down the field there were some good tussles and notable performances from the local club Pennine Fell Runners: Alan Kirk has clearly returned to form and finished first M45 (8th overall) relative youngster Darren Dunn was 9th overall, Graham Smith put down a mark as first M50 (28th overall) the evergreen? Richard Scotney was first M55 (42nd overall).

I would like to thank all the marshals for making the event possible, Running Bear for donating a pair of fell shoes as prizes for the first man and lady. Also, thanks to Kinder Mountain Rescue Team who, though not part of the race, maintain a presence on race day and as a result were able to recover an injured runner with amazing rapidity. This kind of support is a reassurance to competitors and organisers alike.

All proceeds from the event go towards local causes. This year the beneficiaries will be Hayfield Playgroup, Kinder Kids, Hayfield Scouts and KMRT.

D. Soles

1. P. Winskill	DkPk	1.10.29
2. G. Cudahy	Stock	1.10.59
3. C. Leigh	Traff	1.13.12
4. L. Banton	Clowne	1.14.31
5. S. Patton	DkPk	1.14.55
6. A. Pead O/40	Goyt	1.15.11
7. J. Chambers	Unatt	1.15.34
8. A. Kirk O/45	Penn	1.15.51
9. D. Dunn	Penn	1.16.02
10. K. Lilley O/45	DkPk	1.16.09
VETERANS O/50		
1. (28) G. Smith	Penn	1.21.20
2. (31) R. Fawcett	DkPk	1.23.09
3. (33) G. McMahon	Unatt	1.23.26
VETERANS O/60		
1. (142) W. Helliwell	Unatt	1.40.09
VETERANS O/70		
1. (244) B. Thackery	DkPk	2.07.15
LADIES		
1. (72) J. Jepson O/40	FatBoys	1.28.50
2. (75) G. Benson	Stain	1.29.27
3. (78) J. Hatton O/40	Macc	1.30.10

259 finishers

EXE TO AXE COASTAL PATH RUN
Devon
BL/20m/4000ft 01.04.07

The runners taking part in the Exe to Axe 20 mile run along the South West Coastal Path were greeted with a strong and cold easterly wind. There were 160 of them, all listening intently to the Race Director's detailed instructions on the route: "Keep the sea on your right hand side and you won't get lost!"

Having sorted out the navigation problems it was time to face the race itself. It is a very tough one but the first half to Sidmouth is relatively easy. That said, a number of runners still dropped out at Sidmouth and over 20 failed to complete the course pulling out at various stages. Those taking part as members of a relay team were more fortunate and all teams successfully completed the course.

Local vet, Malcolm Bayer, the course record holder quickly stamped his authority on the race and at Sidmouth was in the leading pack of three. By the finish he had established a significant lead and won by 50 seconds in a time of 2.50.25 from Greg Deacon. A mere 14 seconds behind in 3rd place was Nathan Montague and all three of them beat the first relay team from Taunton. Last man home was Neville Dewson from Birmingham in 5.11.02.

Despite the clear instructions at the start one runner was found on the A3052 over a mile from the coast and returned safely to the finish at Seaton where a Jazz Band at the Hook and Parrot entertained those runners replacing their fluid loss at the end of a long hard run along the

challenging but picturesque Jurassic Coast.
John Perratt

1. M. Bayer O/40	Sidmth	2.50.25
2. G. Deacon	Basild	2.51.15
3. N. Montague	Unatt	2.51.29
4. S. Jeffery	Unatt	2.52.03
5. Team Bio	Unatt	2.53.05
6. C. Flower	Unatt	2.54.01
7. M. Stilleman	Hardley	2.54.10
8. T. King O/40	Dartmoor	2.54.10
9. T. Charles	Chelt	2.56.06
10. M. Thomson	Westb	2.56.22
LADIES		
1. (27) D. Snow	Trull	3.16.44
2. (43) L. Porter	Bitton	3.21.53
3. (55) J.Wilson	Unatt	3.30.47
4. (58) E. Wood O/40	Axe	3.32.37
5. (72) K. Miller	Trull	3.30.01
(81) D. Puzey O/40	Sidmouth	3.43.54

130 finishers

BUNNY RUN ONE (THE CHILLY ONE)
West Yorkshire
CS/3m/300ft 3.04.07

1. I. Holmes O/40	Bing	15.15
2. J. Hare	Hfx	15.16
3. M. Pierson	Holmf	15.43
4. W. Smith	Kghly	16.04
5. G. Pearce	Ilk	16.09
6. S. McDermott	Kghly	16.19
7. M. Cox	Otley	16.25
8. N. Armitage	PudseyP	16.37
9. R. Shaw	Kghly	16.42
10. A. McClean	Kghly	16.43
VETEARNS O/50		
1. (29) M. Pickering	Ilk	18.25
2. (42) B.Hamilton	Ilk	19.15
3. (43) P. Clarke	Bing	19.22
VETERANS O/60		
1. (60) G. Breeze	Skyrac	20.32
2. (118) P. Gilham	Chorl	22.50
3. (120) T. McDonald	Bing	23.01
LADIES		
1. (34) J. Buckley	CaldV	18.37
2. (35) H. Glover	Kghly	18.44
3. (37) M. Hyder U/14	Dallam	18.46
4. (46) L. Griffiths	Holmf	19.36
5. (51) T. Hird	Wharfe	20.08
(74) C. Preston O/40	Tod	20.58
(99) S. Blackburn O/40	Horsf	21.54
(135) J. Rawlinson O/50	FRA	24.16
(145) J. Vesey O/50	Bing	25.10
(147) J. Atkins O/60	Chorl	25.30

187 finishers

KRUNCE
Grampian
BS/3m/500ft 03.04.07
Despite falling over twice Kyle Greig had an easy win in the first Krunce of the 2007 season. Indeed, his time suggested that with a bit of competition he could get near Jon Duncan's course record.

Natalie White was delighted to win the women's race, her first ever win, but close behind Anita Hamilton destroyed the female O/50 record.

Excellent turn –out.
Ewan Rennie

1. K. Greig	Forres	22.40
2. D. Crowe O/40	Shettle	24.25
3. C. Mitchell	Aberd'n	24.32
4. A. Smith O/40	Dees	24.34
5. D. Tivendale	Cosmic	24.35
6. J. Williamson	Cosmic	24.36
7. K. Robertson O/40		24.51
8. B. Sheridan		24.53
9. D. Duguid O/40		25.04
10. K. Harper		25.55
VETERANS O/50		
1. (14) D. Duncan	Fife	26.40
2. (28) J. Colegrave	Cosmic	28.48
3. (31) G. Gutteridge	Cosmic	29.59
LADIES		
1. (29) N. White	Cosmic	29.08
2. (30) A. Hamilton O/40	Cosmic	29.51
3. (32) L. Chellingsworth	Cosmic	30.06
4. (42) S. McKay	Aberd'n	33.27
5. (43) L. Smith O/40	Cosmic	34.15
(44) E. Stewart O/50	Cosmic	34.16
(48) A. Stone O/50	Dees	35.16

55 finishers

PENDLE FELL RACE
Lancashire
AS/4.5m/1500ft 07.04.07
Easter Saturday, and the weather not typical of a Bank Holiday was warm with blue sky and sun. Barley Village was buzzing, with the car park full by lunch time, and thoughts that running the race on Easter Saturday might reduce the numbers were unfounded, with 217 entrants, 40 up on the previous year.

Danny Hope led the field up through Buttock and on to the top of the hill on the first climb and at the bottom he was still just ahead of Darren Kay, a good climb up the face of Pendle, round the Trig and back off Pendle, with Danny slowly pulling away to win just one minute from Darren, with Chris Miller third.

In the ladies' race Candice Leah who is having an excellent early season (she was first lady at the half tour of Pendle), was first, with Lisa Lacon second and Helen Glover third.

In the Vet categories, Gary Devine was 1st Vet 40 and 5th overall. Mike Egner was 1st Vet 50, with Dave Tait 1st Vet 60. In the Vet 70 category, Lawrence Sullivan was first with Barry Thackery second and Brian Leathley third. Brian also won the Jack Riley trophy for the eldest runner to finish, donated by Tony Ball, who sadly died early this year.

At the finish Danny Hope, when told his finishing time, said that he had no excuses apart from it being hot, and that Jack Maitland's record time was a "hell of a time". This got me thinking, I've only been organizing this race for the last 7 or 8 years and can't be exactly sure if the present course is exactly the same as it was in 1984. If anybody can confirm this or knows of a different course, then please could you contact me.

Many thanks to all the marshals and helpers who helped make the race run so smoothly, and Mrs Weatherall, for providing the refreshments and the Village hall. Hope to see you next year, and don't forget our Junior Championship race on the 28th July.
David Bailey

1. D. Hope	P&B	31.47
2. D. Kay	Horw	32.57
3. C. Miller	H'gate	33.53
4. J. Wright	Tod	34.32
5. G. Devine O/40	P&B	35.08
6. M. Fanning	Borr	35.14
7. A. Whittam	Tod	35.33
8. R. Barrett O/40	Skipt	35.36
9. P. Mitchell O/40	Bing	35.40
10. D. Walker	Clay	35.50
VETERANS O/50		
1. (12) M. Egner	DkPk	36.02
2. (29) P. Harlow	Wharfe	38.38
3. (36) A.Robinson	Clay	39.10
VETERANS O/60		
1. (39) D. Tait	DkPk	39.26
2. (68) G. Breeze	Skyrac	41.40
3. (72) P. Covy	P&B	41.57
VETERANSO/70		
1. (151) L.Sullivan	Clay	48.46
2. (210) B. Thackery	DkPk	59.59
3. (215) B. Leathley	Clay	62.06
LADIES		
1. (24) C. Leah	Clay	38.15
2. (32) L. Lacon	Holmf	38.43
3. (55) H. Glover	Kghly	40.42
4. (70) E. Barclay	Ilk	41.50
5. (83) S. Sarginson	Bowl	42.50
(84) D. Gowans O/40	Accring	42.59
(89) A. Weston O/40	Ilk	43.17

Competitors at Pendle

Photo courtesy of Dave Woodhead

RIVINGTON PIKE FELL RACE
Lancashire
BS/3.25/700ft 07.04.07

This year's Rivington Pike Fell Race, Horwich RMI Harriers & AC's annual classic fell race and the second oldest in the country dating back to 1882, was again a fabulous occasion. Since its inception the race has always been tremendously well supported by the people of Horwich, the crowds of spectators always lending a great atmosphere to this short, classic race, and this year this tradition was once more well and truly upheld. Graced with superb weather, huge crowds and a large number of competitors the race was another remarkable event.

The race itself saw many great performances on the 3.25 mile, 700' feet ascent course. This year's first Horwich RMI Harrier, winning the RMI cup, was Brendan Bolland who finished ninth in a time of 18.47. The overall race winner this year, receiving the Moss Challenge Trophy, was local runner Rob Hope. Rob, who had previously won the Pike Race in 2005, set a time that improved on last year's winning time by thirty-two seconds. Rob finished ahead of last year's winner Thomas Cornthwaite, who also bettered his last year's winning time. The ladies' Doris Moss trophy was won by Mary Wilkinson.This was a terrific ninety-one seconds faster than last year's winning time and some fifteen seconds faster than when she won the race in 2005. Indeed, Mary's time was the fourth fastest ever by a lady on the course.

Cash prizes were awarded in the 1950's races and in 2004 were re-established, this year again being awarded for the first three men and ladies and also the first man and lady to the top. The £50 cash prize for the first runner to the Pike tower, together with the Cyril Hodgson Cup, was won by race winner Rob Hope in a time of 10.44. The cup was donated some years ago by Cyril's family in his memory, Cyril having marshalled at the Tower for approximately 30 years. Ladies' race winner Mary Wilkinson was also first lady to the top in a terrific time of 11.57, winning the £50 prize. Winning cash bonus prizes for breaking age group records were Horwich's Janet Rashleigh who lowered the Over 45 record, previously set by herself last year, by thirty-nine seconds and Helsby's Joe Beswick who lowered the Over 75 record, also set by himself last year, by thirty-four seconds.

Horwich RMI Harriers' category winners included Lisa Heyes (Over 35), Janet Rashleigh (Over 45), Christine Sweatman (Over 50), Dave Massey (Over 45), Graham Schofield (Over 50) and Mike Short (Over 55). In addition, Horwich recorded excellent team victories in the Men's, Veteran Men's and Lady Vets team categories. There was also local success for Rivington Barn which won the prize for the first non-athletic team.

The junior races again proved extremely popular, with forty-eight athletes competing in the junior Pike races.

The Horwich RMI Harriers were delighted to have the Mayor and Mayoress of Horwich in attendance, Councillor Bernard McCartin and Mrs. Lynne McCartin. It was also an honour to have six time winner Paul Dugdale, Horwich's Over 55 World Mountain Running Champion Mike Short and Life Member Kath Schofield as special guest presenters. Indeed, it was extremely fitting that Kath Schofield was in attendance to present the Men's Team trophy, The Malcolm Schofield Trophy. This was donated by Life Members Kath and Peter Schofield twenty years ago in memory of their son Malcolm.

The Pike race was again chosen to host the Merseyside AA Fell Championships, with organiser Phil Thomas presiding over the awards.

On Behalf of the Horwich RMI Harriers Rivington Pike Fell Race organising committee, race organiser Ian Smith would like to thank everyone associated with this year's race. Everyone worked really hard to make the event run smoothly. Thanks also to the many Horwich RMI Harriers who competed, some of whom also did a sterling job by helping as well. A special thanks to the Bolton Mountain Rescue Team for providing first aid cover for the event, race HQ hosts Gary and Beverley Parker (landlord and landlady of The Crown Hotel) and the main race sponsors Walsh Sports, Bara-Mix and Sweatshop.

Ian Smith

1. R. Hope	P&B	17.07
2. T. Cornthwaite	B'burn	17.28
3. A. Hilton	York	17.55
4. G. Hull O/40	Leeds	18.05
5. C. Roberts O/40	Kend	18.12
6. C. Leigh	Traff	18.16
7. N. Leigh	P&B	18.18
8. J. Hunt O/40	Wirral	18.37
9. B. Bolland	Horw	18.47
10. D. Massey O/45	Horw	18.54
VETERANS O/50		
1. (19) G. Schofield	Horw	19.58
2. (25) S. Williams	Wigan	20.26
3. (38) M. Short	Horw	21.25
VETERANS O/60		
1. (71) G. Norman	Altrin	23.17
2. (119) A. Peers	Spect	25.38
3. (120) N. Griffiths	Spect	25.41
VETERANS O/70		
1. (163) B. Rogers	NVets	28.20
2. (203 G. Arnold	Prest	30.58
3. (205) J. Beswick	Helsby	31.14
228 finishers		
LADIES		
1. M. Wilkinson	Bing	20.03
2. J. Rashleigh O/45	Horw	22.14
3. E. Klee	Leeds	22.15
4. R. Searson	Bl'burn	22.29
5. S. Deanhoward	S'thport	23.12
(7) C. Shelley O/40	M'chester	24.03
(28) S. Charman O/55	Helsby	28.45
(34) C. Sweatman O/50	Horw	29.25
(54) D. Lock O/60	Lytham	38.44
56 finishers		

SHINING CLIFF WOODS FELL RACE
Derbyshire
BS/5m/900ft 08.04.07

There was only ever going to be one winner in the sun-drenched Shining Cliff Woods for the annual Easter Sunday fell race, reports David Denton.

Stuart Bond went straight into the lead from the gun, and despite going off course in the woods in January at a longer race, he was determined to make amends and so it proved. He finished almost a minute clear of Robert Keal.

David Denton

1. S. Bond	TomFell	28.12
2. R. Keal	Redhill	29.09
3. N. Gould	EChesh	30.07
4. R. Gould	EChesh	32.47
5. B. Clarke O/40	SuttonAsh	32.51
6. R. Baines O/40	Unatt	33.02
7. M. Morley O/40	Birchf	33.49
8. A. Perry	Manch	33.58
9. M. Moorhouse O/50	Mat	33.59
10. R. Wilkinson O/40	LongEat	34.02
VETERANS O/50		
1. (9) M. Moorhouse	Mat	33.59
2. (17) M. McDermott	LongEat	34.57
3. (45) D. Case	Unatt	39.40
VETERANS O/60		
1. (40) B. Mackey	Uttox	38.46
2. (86) D. Haynes	NthDerby	46.33
3. (104) M. Edwards	DkPk	53.25
LADIES		
1. (31) H. Mort	Ch'field	36.18
2. (44) J. Sutton	Unatt	39.33
3. (52) S. Butcher O/50	Shelt	41.04
4. (60) E. Bridgen	Ere	42.02
5. (62) E. Martin	Totley	42.14
(78) J. Marriott O/40	Shelt	45.13
(91) A. Hemstock	Unatt	48.10
109 finishers		

BUNNY RUN TWO
West Yorkshire
3m/300ft 10.04.07

1. I. Holmes O/40	Bing	15.10
2. A. Hilton	YorkA	15.18
3. J. Hare	H'fx	15.19
4. M. Pierson	Holmf	15.47
5. W.Smith	SportsCamp	15.59
6. B. Lindsay	Pendle	16.03
7. G. Pearce	Ilk	16.11
8. R. Shaw	SportsCamp	16.17
9. A. McClean	SportsCamp	16.22
10. C. Loftus	Kghly	16.28
VETERANS O/50		
1. (21) A. Normandale	YorkAcorn	17.43
2. (39) M. Pickering	Ilk	18.15
3. (54) B. Hamilton	Ilk	19.02
VETERANS O/60		
1. (127) D. Illingworth	BfdAire	22.31
2. (128) P. Gillham	Chorl	23.03
3. (129) T. Cock	Holmf	23.06
LADIES		
1. (47) J. Buckley	CaldV	18.35
2. (48) M. Hyder U/14	Dallam	18.44
3. (55) H. Glover	Kghly	19.04
4. (64) T. Hird	Wharfe	19.44
5. (66) R. Hellawell U/14	Kghly	19.52
(75) A. Bennett O/40	Ilk	20.19
(89) D. Hagger O/40	Ilk	21.01
(136) L. Bostock O/50	Clay	23.31
(151) J. Rawlinson O/50	Clay	24.21
(165) J. Atkins O/60	Chorl	25.15
(192) L. Eden O/60	NiddV	30.20
199 finishers		

LLANTYSILIO MOUNTAIN RACE
Denbighshire
AM/6.2m/2100ft 14.04.07

The race moved to an earlier slot for an 11 00 a.m. start and judging by the high number of runners, this proved successful. The race took place on an extremely hot day but everyone was able to recover as the Sun Inn is only yards away from the finish!

I would like to thank Allun and his family for allowing the race to use his pub facilities (registration, prize giving etc) for many years and we wish them all the best for their move to Anglesey.

Particularly given the heat, Ian Houston ran a fast time of 51.41 to win from James McQueen, the current race record holder. The ladies' race was won convincingly by Andrea Roberts.

Nick Holmes

1. I. Houston	Wrex	51.41

2. J. McQueen	Eryri	54.39
3. E. Davies O/50	Mercia	56.14
4. J. Montgomery O/40	CRR	57.36
5. M. Roberts	Eryri	57.38
6. G. McAra O/50	CHR	58.04
7. J. Donelly O/40	Darwen	58.15
8. P. Taylor	Tatten	58.41
9. J. Moore	CaldV	59.06
10. A. Roberts Lady	Eryri	59.11
VETERANS O/40		
1. (4) J, Montgomery	CRR	57.36
2. (7) J. Donelly	Darwen	58.15
3. (17) P. Browning	Clay	63.13
VETERANS O/50		
1. (3) E. Davies	Mercia	56.14
2. (6) G. McAra	CHR	58.04
3. (18) N. Hindle	Unatt	63.15
VETERANS O/60		
1. (13) D. Williams	Eryri	60.57
2. (20) P. Roberts	Buckley	63.33
3. (43) E. Davies	Eryri	71.38
VETERANS O/70		
1. (65) J. Carson	Eryri	89.00
LADIES		
1. (10) A. Roberts	Eryri	59.11
2. (30) H. Jeanes	Unatt	66.37
3. (53) A. Gooda	Meirionn	76.50

66 finishers

CIOCH MHOR HILL RACE
Ross shire
AM/8.5m/2250ft 14.04.07

The 6th Cioch Mhor Hill Race broke all records. A record entry of 29 runners, including one junior, improved on the previous year's best of 22, and a new race record set. In fact, the first three runners home were all under last year's time of 1.10.44.

The conditions were almost perfect for the strong field assembled as it was fairly dry underfoot on the hill and slightly overcast with a light wind. Some runners did mention finding boggy areas down at the Skiech river which was thankfully low this year compared with last year's torrent.

Graeme Campbell won the race in 1.08.38 for the first time of entering. There was a right battle at the front from start to finish with Colin Donnelly in second place and not far behind. Alec Keith was third. The junior race was won by John McKechnie for the third time in 28.44.

Highand hospitality followed at Dingwall Sports Centre and home baking, sandwiches and lemon tea were enjoyed before the prize presentation.

Alex Brett

1. G. Campbell	HHR	1.08.38
2. C. Donnelly O/40	Lochab	1.08.53
3. A. Keith O/40	Inver	1.09.29
4. P. Raistrick	HHR	1.12.19
5. A. Smith O/40	Deeside	1.12.54
6. P. McLean	Lochab	1.14.18
7. R. Bannerman	HHR	1.14.20
8. N. Speight O/40	HHR	1.14.53
9. T. Smith	Lochab	1.16.29
10. P. Ward	Lochab	1.18.21
VETERANS O/50		
1. (13) D. Duncan	Ochil	1.25.19
2. (17) G. Edge	Skye	1.31.40
3. (24) R. Mackay	Unatt	1.50.43
LADIES		
1. E. Patterson	HHR	1.33.17
2. (23) J. Wilson O/40	Unatt	1.47.07
3. (25) T. Smith O/40	Unatt	1.51.58

27 finishers

JUNIOR RACE

1. J. McKechnie	HHR	28.44

SCREEL HILL RACE
Dumfries & Galloway
AS/4m/1300ft 14.04.07

With high pressure forecast Screel Race again had perfect weather. Sunshine and no wind.

As the 46 runners started Marcus Scotney, a local lad running for Shettleston, dominated the race all the way until the final half mile on forest road, when Andrew McCall, sped past and won the race by nine seconds. In third place and only 29 seconds off the winner was junior runner Jamie Stevenson, also beating his father who finished in 5th place as 1st vet 40. Mark Whitelaw showed good form by finishing in 4th place, only one second behind Jamie. The vet 50 class saw some close racing with Martin Flynn taking the honours in 8th Place. The vet 60s was dominated by race organizer Dougie Milligan, who had a very good race finishing in 12th overall. Joan Wilson, vet 40, won the female race by a good margin, beating Janice Smith, who finished second female.

With ground conditions being perfect everybody enjoyed their days racing.

Carol Milligan

1. A. McCall	GrGlenpark	31.22
2. M. Scotney	Shettle	31.33
3. J. Stevenson Jun	Ochil	32.51
4. M. Whitelaw	Annan	32.52
5. J. Stevenson O/40	Ochil	33.07
6. M. McLoone	GrGlenpark	33.48
7. A. Anderson	Carn	34.21
8. M. Flynn O/50	Moray	35.56
9. R. Irving O/40	Annan	36.15
10. A. Robinson O/50	Clay	36.22
VETERANS O/60		
1. (12) D. Milligan	Solway	37.25
2. (29) J. Buchanan	Annan	45.20
LADIES		
1. (35) J. Wilson O/40	Carn	46.30
2. (41) J. Smith O/50	HBT	50.55
3. (42) J. Robson O/50	Annan	52.09

46 finishers

KNOCKFARRELL HILL RACE
Aberdeenshire
BS/5m/1200ft 14.04.07

This year's Knockfarrell Hill Race attracted a field of 52 runners, the highest number for many years. Last year's race was preceded by snow and the course degenerated into a mud bath. This year was the exact opposite, the course being bone dry and conditions very warm, with one runner commenting that her running shoes were cleaner when she got back than when she had set off!

Following recent trends the first two places were taken by veterans, in first place was Colin Donnelly, followed almost a minute later by Dave Cummins. For the ladies Mari Todd was a clear winner 3 minutes 44 seconds ahead of last year's winner Dawn Scott. The first male 50+ was Alex Brett in a time of 52.16 and the first lady 40+ was Karen Macleod in 55.30. There were only two juniors running, the first home being Ali Macleod in 51.44

The team competition was very keenly contested with Lochaber taking the honours with first, third and fourth places against Highland Hill Runners second, fifth and sixth.

Many thanks to all the marshals and other helpers who turned out to help, and to the kitchen staff who supervised the excellent spread after the race.

1. C. Donnelly O/40	Lochab	41.21
2. D. Cummins O/40	H'landHill	42.19
3. T.Smith	Lochab	44.02
4. P. MacLean	Lochab	44.49
5. R. Bannerman	H'landHill	44.50
6. M. Todd	H'landHill	45.41
7. S. Gill	Kieth	46.30
8. G. Whyte O/40	Invern	46.34
9. B. Skinner O/40	invern	46.44
10. G. Jervis O/40	Forres	47.08
VETERANS O/50		
1. (18) A. Brett	H'landHill	52.16
2. (28) R. Boswell	Unatt	56.08
3. (39) G. Reid	Unatt	63.24
LADIES		
1. (6) M. Todd	H'landHill	45.41
2. (12) D. Scott	Lochab	49.25
3. (13) M. Grant	HuntBog	49.47
4. (15) E. Wardlaw	HuntBog	50.54
5. (20) K. MacLeod	Invern	52.53
(27) K. MacLeod O/40	Unatt	55.30
(41) T. Smith O/40	Dees	65.08

51 finishers

WIRKSWORTH INCLINE RACE
Derbyshire
BS/4m/600ft 15.04.07

The annual Wirksworth Incline Race was held from Ravenstor Road, Wirksworth. The four mile long course rises steeply from Ravenstor Road up the Middleton incline on the High Peak Trail then over to Middleton moor, a climb of over 600 feet, returning on the long descent to the starting point.

A record turnout of 146 finishers completed the course in the warmest conditions experienced in the seventeen years of the race. The runners braved the very warm weather and returned some excellent times. Despite the very hot conditions, Simon Patton clocked a fast time of 23.56 to win the senior race.

Local runners were well represented in the final placings with 15-year old Joshua Moody and Ray Foley taking second and third positions with excellent times in the senior race.

The ladies' race was won by Clare McKittrick for the second time in three years. The evergreen Kevin Brailsford took first place in the Over 50s' category, repeating his 2005 performance.

In the junior race, Tom barker broke the tape in first position improving on last year's third spot, and 11-year old Kristian Edwards came second. Fiona Gilbert repeated her last year's performance by winning the junior girls' race for the second year running with young Haley Cameron taking third place.

The Sam Taylor Shield was awarded to 11-year old Jake Lancaster finishing in a time of 16.40, as the second fastest runner under 12 years. 9-year old Art Lindop was the winner of Under Ten Shield in a time of 19.44.

The oldest contestant prize went to Bryan Rodgers, who returned a time of 35.24 at the tender age of 73.

Alan Woolley

1. S. Patton	Hathers	23.56
2. J. Moody	Matlock	24.16
3. R. Foley	Wirksw	24.33
4. M. Stenton O/40	Sheff	24.57
5. J. Bacon	Bakewell	25.14
6. A. Rollitt	Ashb	25.59
7. M. Hulley	Sheff	26.19
8. K. Brailsford O/50	Derby	26.25
9. M. Foschi O/50	Chesh	26.35
10. B. Clarke O/40	Derby	26.39
VETERANS O/60		
1. (74) B. Tresidder	Unatt	34.54
2. (93) M. Briggs	Unatt	38.33
VETERANS O/70		

1. (77) B. Rogers	Chest'fld	35.24
2. (94) P. Duffy	Oldham	39.07
3. (97) B. Howitt	Matlock	39.30
LADIES		
1. (12) C. McKittrick	Loughb	26.58
2. (23) J. Reed	Chest'fld	28.41
3. (32) H. Mort	Chest'fld	29.27
4. (37) S. Spencer	Wirksw	29.51
5. (43) J. Sutton	Bakewell	30.42
146 finishers		
JUNIOR RACE – 2 miles		
1. T. Barker	Matlock	14.34
2. K. Edwards	Tamworth	15.05
3. R. Talbot	Mansfield	15.48
4. F. Gilbert Girl	Matlock	15.51
5. J. Brown	ChurchW	16.06

LAD'S LEAP FELL RACE
Derbyshire
AS/5.9m/1700ft 15.04.07

Once again the weather was with us, but maybe a little too warm for some runners, well done to Lloyd for winning the first Derbyshire Championships.

Thanks to all marshals and helpers and to our sponsors Running Bear and Ronhill Sports, also United Utilities, John Bland, Caravan and Camping Club and Crowden Outdoor Centre.

1. L. Taggart	DkPk	42.17
2. A. Kirk O/45	Penn	46.59
3. S. Ledger	TomFell	47.23
4. D. Raby	Chorl	48.00
5. G. Briggs O/45	Penn	48.50
6. S. Coldrick	Unatt	49.39
7. J. Sutton	Chorl	49.46
8. R. Green	Saddle	50.19
9. A. Norris O/40	Saddle	51.09
10. D. Dunn	Penn	51.19
VETERANS O/50		
1. (16) R. Fawcett	DkPk	51.58
2. (19) G. McAra	Chesh	52.27
3. (24) K. Holmes	DkPkl	53.16
VETERANS O/60		
1. (23) D. Tait	DkPk	52.58
2. (41) J. Amies	Congle	56.49
3. (53) W. Helliwell	FRA	60.01
VETERANS O/70		
1. (96) B. Thackery	DkPk	83.30
LADIES		
1. (17) J. Lee	Eryri	52.08
2. (39) E. Clayton	Scunth	56.32
3. (46) K. Harvey O/45	Penn	57.41
4. (51) D. Cartwright	Rad	59.48
5. (54) S. Parkinson	Chorl	60.03
(56) C. Fryer O/40	H'fax	60.17
(88) B. Haigh O/60	P'stone	72.39
(93) B. Buckley O/55	Glossop	75.56
97 finishers		

BUNNY RUN THREE
West Yorkshire
CS/3m/300ft 17.04.07

1. I. Holmes O/40	Bing	15.00
2. J. Hare	Hfx	15.03
3. R. Jebb	Bing	15.15
4. M. Pierson	Holm	15.32
5. T. Addison	HelmH	15.39
6. W. Smith	SportsC	15.44
7. G. Pearce	Ilk	15.48
8. S. McDermott	Kghly	16.09
9. M. Cox	Otley	16.21
10. M. Peace	Bing	16.25
VETERANS O/40		
1. (1) I. Holmes	Bing	15.00
2. (12) G. Devine	P&B	16.30
3. (16) P. Hall	Clay	16.41
VETERANS O/50		
1. (37) P. Pyrah	Bing	17.49
2. (40) M. Pickering	Ilk	18.09
3. (51) R. Hamilton	Ilk	18.45
VETERANS O/60		
1. (79) G. Breeze	Skyrac	20.33
2. (132) T. McDonald	Bing	22.20
3. (138) D. Illingsworth	BfdA	22.30
LADIES		
1. (29) M. Wilkinson	Bing	17.26
2. (49) M. Hyder U/14	Dallam	18.35
3. (62) E. Flanagan U/16	Ross	19.27
4. (64) A. Anderson	Pendle	19.41
5. (69) L. Griffiths	Holmf	19.54
6. (70) H. Williams	Kghly	19.55
7. (71) A. Bennett O/40	Ilk	20.00
8. (78) D. Hagger O/40	Ilk	20.27
(147) L. Bostock O/50	Clay	23.05
(170) J. Atkins O/60	Chorley	24.52
206 finishers		

11TH ANNIVERSARY WALTZ
Cumbria
AM/11.5m/3600ft 21.04.07

The Eleventh Anniversary Waltz had a great turn out in this it's tenth year (11 minus 1 for foot and mouth). 267 started the senior race and 262 finished. In addition a record 102 juniors completed their courses.

Angela Mudge finished 7th in the open event, smashing her 11 year record by over 4 minutes in 1:44:02. Ben Bardsley won the open race in 1:36:20.

Race conditions were near perfect, although there was a strong head wind on a couple of the tops.

As a result of the race we were able to donate £500 back into the valley l - one year we hope to be able to buy a new roof!

A huge thanks to our marshals - our key sponsors – Pete Bland, Up and Running and Tirril Brewery – and to all of the runners for your support.

Steve and Wynn

1. B Bardsley	Borr	1.36.20
2. A. Dunn	HelmH	1.38.47
3. A. Schofield	Borr	1.39.54
4. M. Palmer O/40	MDC	1.41.19
5. M. Horrocks O/40	Wharfe	1.41.42
6. N. Fish	Amble	1.43.20
7. A. Mudge Lady	Carn	1.44.02
8. N. Lockwood	Borr	1.44.46
9. J. Morgan	DkPk	1.45.31
10. R. Vacqueray	Unatt	1.45.58
VETERANS O/50		
1. (35) p. Clark	Kend	1.55.00
2. (46) D. Owens	Kesw	1.58.38
3. (59) G. Owens	NFR	2.01.20
VETERANS O/60		
1. (131) J. Nuttall	Clay	2.16.06
2. (147) A. Dixon	FRA	2.19.18
3. (187) W. Helliwell	FRA	2.29.48
LADIES		
1. (7) A. Mudge	Carn	1.44.02
2. (52) O. Walwyn	Altr	1.59.42
3. (56) H. Jones	Dallam	2.01.09
4. (80) K. Beaty O/40	CFR	2.06.16
5. (81) C. Suddaby	Unatt	2.06.24
6. (92) A. Lupton	Radc	2.07.42
(155) W. Dodds O/50	Clay	2.20.33
262 finishers		
JUNIORS		
Under18s		
1. T. Addison	HelmH	13.51
2. L. Amor	CFR	14.42
3. L. Taylor	HelmH	16.44
Under 16s		
1. A. Till	Dallam	14.25
2. T. Sessford	Kghly	14.54
3. L. Park Girl	Ellenb	15.00
Under 14s		
1. T. Doyle	HelmH	11.13
2. S. Till	Dallam	11.27
3. L. Tyrer	Ellenb	11.44
4. P. Richardson	Ellenb	11.46
5. M. Hyder Girl	Dallam	12.05
Under 12s		
1. J. Knox	HelmH	8.33
2. H. Bethwaite Girl	Ellenb	8.46
3. J. Hodgson	Kesw	9.05
Under 10s		
1. B. Tyrer	Ellenb	4.39
2. C. Robson	Kesw	4.44
3. S. Garratt	NMarske	4.47
(12) L. Whelan Girl	CFR	5.19
Under 8s		
1. F. Grove	CFR	
2. R. Farrar	CFR	
3. T. Sumner	Unatt	
(5) C. Atkinson Girl	CFR	

MOELWYN THREE PEAKS RACE
Gwynedd
AM/10.5m/2800ft 21.04.07

A very encouraging turnout of 107 senior and junior runners turned to compete in the 25th anniversary of the race on 21st April. With the weather conditions near perfect for the race, expectations for a record breaking time wad expected, but it was not to be with the eventual winner, Tim Higginbottom coming in with a time of 1.22.47 well outside the record time set by S McQueen in 2000, time of 1.17.13 who this year came in 3rd. But runner Jackie Lee, who broke the course record by 3 minutes to come in with a time of 1.33.14, a fantastic run by her.

With possibly the best marshalled race on the calendar, the organizers are hopeful of an even bigger turnout next year with the news from this year's runners circulated amongst the Fell Runners fraternity of this fantastic and challenging race.

D. Roberts

1. T. Higginbottom	Eryri	1.22.47
2. J. McQueen	Eryri	1.26.12
3. R. Stafford	Mercia	1.27.11
VETERANS O/40		
1. R. Lamb	Mercia	1.27.37
2. G. Williams	DkPk	1.30.18
3. R. Owen	Eryri	1.31.45
VETERANS O/50		
1. R. Hutton	DkPk	1.30.54
2. I. Edgar	Unatt	1.34.21
3. H. Lewis	Buckley	1.42.47
VETERANS O/60		
1. D. Williams	Eryri	1.42.55
2. P. Roberts	Buckley	1.45.00
3. J. Morris	Buckley	1.49.52
LADIES		
1. F. Blunt	Unatt	1.25.23
2. J. Lee	Eryri	1.33.14
3. H. Toberman	Eryri	1.47.55
VETERAN LADIES		
1. S. Rowlands O/40	Clwydian	1.54.46
2. M. Oliver O/60	Eryri	2.03.25
E. Salisbury O/40	Eryri	2.06.15
107 finishers		

PADDY'S POLE
Lancashire
AS/4.5m/1100ft 22.04.07

Our first attempt at organising an English Championship race was very successful thanks to a great team effort. Race day was damp and cool, the ground firm, so ideal running

conditions. We had also improved the course by altering or by-passing some stiles so fast times were expected, and we were not disappointed. The course is also great for spectators and it was nice to see so many on Parlick watching and encouraging the runners.

The ladies' race had 102 runners and Natalie White, Sarah Tunstall and Janet McIver contested the lead from the start. Natalie and Sarah crossing the step stile on Fairsnape true summit together, with Janet on their heels. First to finish was Natalie in a new course record beating the old one by 2 minutes 40 seconds. The quality of the field and an excellent course resulted in the first 11 ladies breaking the old record. The team prize, 3 to count, went to Ilkley.

After that we wondered what would happen in the men's race as I was told the one to watch was Joe Symonds, also Billy Burns had come over from Switzerland, so we all anticipated a cracking race. At 1 00 p.m. the 305 runners in the men's race set off at a fast pace, all the way up Parlick and continuing at speed towards Fairsnape. At the true summit Joe Symonds had a good lead with Rob Jebb, Simon Bailey and Rob Hope in pursuit. He held the lead to win in a new record time, 2 minutes 58 seconds faster than the old one. Again the quality of the field and good running conditions meant 23 runners beat the old record and one equalled it. It was fantastic watching the top men descending at speed down Parlick to the finish. The team winners were Pudsey and Bramley.

After the race everyone said how much they enjoyed the race and the course was excellent. The subsequent messages saying how well it was organised were much appreciated after all the hard work. We would like to thank the land owners and farmers for permission to run the race, Chipping Village Hall for the presentation, our sponsors Sweatshop, Pete Marquis Skips and Conlon Construction. A special thanks to everyone who helped from Preston Harriers, without whom we couldn't stage any races. We hope you got a taste for the Bowland Fells and we see many of you next year.

Michael McLoughlin.

1. J. Symonds	Kend	27.27
2. S. Bailey	Mercia	27.43
3. R. Hope	P&B	27.53
4. I Holmes O/40	Bing	28.02
5. R. Jebb	Bing	28.05
6. B. Burns	Salf	28.20
7. L. Taggart	DkPk	28.25
8. M. Donnelly	Borr	28.42
9. J. Heneghan	P&B	28.48
10. T. Owens	Mercia	29.01
11. D. Kay	Horw	29.08
12. J. Davies O/40	Borr	29.21
13. S. Stainer	Amble	29.23
14. N. Leigh	P&B	29.26
15. T. Werrett	Mercia	29.31
16. M. James	Shrews	29.37
17. M. Roberts O/40	Borr	29.44
18. J. Atkinson O/40	Amble	29.49
19. P. Vale	Mercia	29.58
20. S. Pyke O/40	StaffsM	30.05
VETERANS O/50		
1. (56) D. Hollins	StaffsM	31.53
2. (57) D. Egner	DkPk	31.55
3. (72) T. McGaff	Chesh	32.31
VETERANS O/60		
1. (114) D. Tait	DkPk	34.59
2. (152) B. Blyth	Macc	36.40
3. (161) K. Carr	Clay	37.00
VETERANS O/70		
1. (257) L. Sullivan	Clay	43.08
2. (288) D. Rigg	CFR	47.46
3. (297) G. Arnold	Prest	50.26
305 finishers		
LADIES		
1. N. White	Bing	34.09
2. S. Tunstall U/23	YorkA	34.22
3. J. McIver	DkPk	34.30
4. J. Waites	CaldV	35.18
5. A. Bartlett	Shrews	35.22
6. L. Lacon	Holm	35.25
7. J. Reedy	Amble	35.31
8. R. Vincent	Tyne	35.36
9. H. Glover U/23	Kghly	35.44
10. K. Burge	Staff	35.47
(16) J. Jepson O/40	FatB	37.33
(29) L. Thompson O/50	Kesw	39.14
(84) S. McNulty O/60	Radc	47.13
101 finishers		

21ST PENTYRCH HILL RACE
Glamorgan
BM/6.5m/1600ft 24.04.07

After five weeks of dry weather, the rain started just an hour before the race. Although it was mild, it rained heavily throughout the race with a strong wind. The mist closed in just after the start, with visibility on top of the Garth Mountain down to 20 metres. However, the 30 plus marshals from St Catwg's Church strategically placed around the one lap course kept the runners on the right path and all finished safely. Unfortunately, the weather conditions led to numbers being blown off or disintegrating, causing difficulties for the recorders.

Andrew Hunt and Daniel Gurmin had a lively battle up the first 1in 3 climb through the woods, and Daniel stuck close for the rest of the climb to the top of the mountain. Andrew Davies' superior speed and fitness showed on the downhill section, so that by the time he started the second climb up the mountain he had opened a gap of over a minute which he extended in the final mile downhill section. Gurmin comfortably held off Stan Charles, who had his own personal battle with Rowan Axe. Peter Coles, Vet 40, was the first vet home while his team mate, Nick Coles V45 followed him.

The ladies' race was dominated by Ruth Pickvance, the current record holder, as she made light of the conditions to finish 14th overall in a time of 51.38 minutes. Second lady, Laura Jackson, showed considerable promise in finishing in 57.06 minutes.

The conditions were the worst we have experienced in the history of the race. It is a credit to the many marshals who so readily kept to their stations, that the race was so successful, and athletes were wholesome in their praise and thanks.

John Gough

1. A. Hunt	Cardiff	43.33
2. D. Gurmin	Swansea	45.07
3. S. Charles	Unatt	46.18
4. R. Axe	Cardiff	46.39
5. A. Wood	Bridgend	47.49
6. J. Scanlon	Pontyp	48.01
7. P. Coles O/40	Pontyp	48.09
8. N. Frost O/40	Pontyp	49.13
9. R. Jones O/40	LesCroup	49.42
10. J. Rowley	Cleve	50.05
VETERANS O/50		
1. (17) M. Tabor	LesCroup	52.49
2. (21) R. Morris	SanDom	54.50
3. (30) J. Shanahan	Unatt	57.10
VETERANS O/60		
1. (57) J. Collins	Swansea	61.01
2. (94) R. Jones	LesCroup	74.54
3. (99) C. Jones	LesCroup	76.47
LADIES		
1. (14) R. Pickvance O/45	LesCroup	51.38
2. (28) L. Jackson	Unatt	57.06
3. (58) M. Jones	Islwyn	61.04
4. (65) V. Coopey	Pontyp	61.42
5. J. Scholey O/45	Les Croup	62.03
(80) C. Dallimore O/50	Les Croup	66.44
104 finishers		

BUNNY RUN FOUR
West Yorkshire
CS/3m/300ft 24.04.07

1. G. Hull O/40	Leeds	15.07
2. M Pierson	Holm	15.29
3. G. Pearce	Ilk	15.43
4. W. Smith	SportsC	15.48
5. G. Devine O/40	P&B	16.15
6. P. Branny	Kirk	16.16
7. Z. Jones	Kghly	16.18
8. N. Armitage	PudseyP	16.24
9. A. McLean	SportsC	16.28
10. M. Peace	Bing	16.36
VETERANS O/50		
1. (28) M. Pickering	Ilk	18.11
2. (39) B. Hamilton	Ilk	18.59
3. (49) P. Clarke	Bing	19.59

Photo courtesy of Tim Austin

Ali Welsh looking focussed on Paddy's Pole

VETERANS O/60

1. (55) G. Breeze	Skyrac	20.13
2. (119) D. Illingworth	BfdA	22.15
3. (124) T. McDonald	Bing	22.35

LADIES

1. (21) M. Wilkinson	Bing	17.20
2. (27) J. Buckley	CaldV	18.08
3. (32) A. Anderson	Pendle	18.39
4. (34) S. Graham	LeedsUni	18.45
5. (36) M. Hyder U/14	Dalam	18.51
(48) A. Bennett O/40	Ilk	19.45
(61) A. McGivern U/16	Holmf	20.21
(129) L. Bostock O/50	Clay	22.46
(183) L. Eden O/60	NiddV	29.20

194 finishers

'JOE BARBER' HEROD FARM HILL RACE
Derbyshire
AS/3m/110ft 25.04.07

This short three miles race saw an influx of elite athletes that ensured the race records were demolished, and with a fantastic turnout in three figures was a fillip for the small club.

Last year's winner, Andi Jones, the Salford Harrier who is the current Northern Cross-country Champion and had tenth place from the previous week's London Marathon still in his legs, had a great tussle with Lloyd Taggart. Taggart, who had raced that day too and placed seventh in a competitive English Championships race, gave him a fright. Taggart led to the second climb up Whitely Nab and just powered away from Jones who had 26 miles in his legs as opposed to a mere four by Taggart. It was no consolation to Jones, a 28-year-old Technology teacher at Saddleworth School, that he had run the third fastest time over the course.

Such was the competitive nature of the pair that the record set by Andy Trigg of 22 minutes 23 seconds was reduced by four seconds. Taggart won by half a minute and the pair were streets ahead of the rest. Andrew Lamon took the third place in exactly 25 minutes. Some going for these athletes went from the Drovers up past Herod Farm to the top of the Nab, descended to behind the Hare and Hounds in Simmondley, then meandered over the fields to Pennine View Nursing Home. There they had another climb up the Nab and finally returned to their starting point, and all in under half an hour for most.

Many had competed three days before in a very competitive race near Preston in an English Championship event. These included Andy Howie, who just edged out club-mate Richard Scottney for the honour of being the first over 50 home. The first veteran over 40, David Safranavskas, who was sixth overall.

Macclesfield Harriers had the event down as one of their club championships and one of their leading runners was Barry Blyth, an over 60 veteran, who took 28:03. Janet Hatton, the third lady, was timed at 31:07. Evergreen runner Barry Thackery, was the first in his age group, the over 70s. He took an incredible 43 minutes.

The young Turks from Dark Peak took the team prize with three home in the first nine. The winner Taggart, Thomas Webb fourth (25:20) and John Boyle in ninth (26:12).

Quite a number of the Harriers took part on an overcast evening and first back again was ever improving Matthew Kieras, the club captain. He sliced forty seconds off his 2006 time. Another harrier to compete was John Barber who is in charge of Joe Barber. He was about half way down the entry list of 109 competitors. "I was pleased with my effort, and happy too with the turn out. It was good to hear that over 100 entered. Clearly the Champions League semi-final did not seem to have any effect on the turnout."

Dr Andy Wilkins, a former Club Champion and first Harrier back in this race in 2002 and 2003, was another athlete who had tested himself against the best in England last Sunday. Like John Barber he savoured the climb back up the Nab. Andy presented Natalie White, a Bingley Harrier and the current English Champion, with the Stella Judd Memorial Shield. It is a perpetual one and has been instigated by Andy in memory of his wife Stella, who tragically died late last year. She was herself a former competitor and had vividly described her racing experiences in print.

The race was organised on behalf of the club by Dr Lindsay Palmer, who thanked the owner of Herod Farm for use of his land, Anne Clarke, the landlady of the Drovers Arms for hosting the event, and John Barber of Joe Barber, Plumbers Merchants of High Street West, Glossop who sponsored the race.

Dr Lindsay Palmer

1. L. Taggart	DkPk	22.19
2. A. Jones	Salf	22.44
3. A. Lamont	Macc	25.00
4. T. Webb	DkPk	25.20
5. P. Devine-Wright	Leices	25.24
6. D. Safranauskas O/40	Traff	25.26
7. J. Williamson	Cosmics	25.31
8. M. Kieras	Glos	25.41
9. J. Boyle	DkPk	26.12
10. C. Fray O/40	Chesh	26.23

VETERANS O/50

1. (36) A. Howie	Penn	29.25
2. (37) R. Scottney	Penn	29.43
3. (47) F. Fielding	Unatt	30.46

VETERANS O/60

1. (23) B. Blyth	Macc	28.03
2. (63) W. Helliwell	FRA	32.25
3. (76) R. Bradley	Sadd	33.55

VETERANS O/70

1. (103) B. Thackery	DkPk	41.30

LADIES

1. (12) N. White	Bing	26.34
2. (18) J. Lee	Eryri	27.20
3. (52) J. Hatton O/40	Macc	31.02
4. (57) J. Mellor O/40	Penn	31.43
5. L. Worthington U/18	Unatt	31.47
(89) B. Nixon O/50	P'stone	36.18

109 finishers

WREKIN STREAK
Shropshire
AS/2.75m/810ft 25.04.07

On a fine evening 120 runners lined up for the 2007 Wrekin Streak. The race takes the tourist path up the Wrekin and returns the same way.

A new name was added to both the ladies' and men's winners this year. Harold Wyber, running for Mercia on the fells, won the men's race, and Liis Johanson won the ladies' event. Pete Vale followed up his excellent performance at the Three Peaks with second place and no sign of tired legs! Evergreen Roger Lamb, running as well as ever, took the V40 prize in 5th place overall. Local "Flying Doctor" Rick Hailey stormed the V50 race finishing 8th and showed he is not just quick on the roads! The longevity of the vertan runner was displayed by Geoff Gartrell as first V70!

The race made a donation of £300 to a local special school.

Although put on by Telford AC, I would like to thank the other clubs who provided marshals and finish support.

S. Daws

1. H. Wyber	Mercia	17.51
2. P. Vale	Mercia	18.07
3. G. Gristwood	Mercia	18.13
4. R. Roberts	Eryri	18.29
5. R. Lamb O/40	Mercia	18.44
6. R. Stafford	Mercia	18.55
7. M. Boulstridge	Mercia	18.56
8. R. Hailey O/50	Telf	19.21
9. A. Davies O/40	Mercia	19.37
10. P. Ball	Shrews	19.40

VETERANS O/50

1. (8) R. Hailey	Telf	19.21
2. (15) G. Jones	Shrews	20.01
3. (24) S. Daws	Telf	20.46

VETERANS O/60

1. (72) J. Coombes	Mercia	25.25
2. (80) C. Williamson	ShropShuff	26.06
3. (92) J. Brown	Newport	28.20

VETERANS O/70

1. (116) G. Gartrell	Wrex	35.41

LADIES

1. (28) L. Johanson	Unatt	21.40
2. (40) M. Price	Mercia	22.50
3. (49) S. Gatford	Unatt	23.29
4. (59) V. Swingler O/40	ShropShuff	24.16
5. (62) T. Gordon	Unatt	24.27
(89) G. Harris O/50	Mercia	27.43

120 finishers

GRISEDALE GRIND
Cumbria
AS/3m/1600ft 26.04.07

Despite the forecast for a wet and wild end to the day, 64 runners enjoyed a mist free summit during their annual "grind". The summit marshal reported a temperature inversion which meant the start and finish marshals had to wrap up warm.

A different start/fini9sh avoided road crossing anxieties so two new records – well done to Ricky and Hazel. Neither of these runners were first in their category to the summit so they are positive proof that you need to be a good descender to be a winner.

Many thanks to all who helped on the night (special thanks to young Bheinn who manned the visitor centre car park and directed runners over to Revelin Moss).

Angela & Tony Brand-Barker

1. R. Lighfoot	Ellenb	25.59
2. S. Booth	Borr	26.10
3. M. Donnelly	Borr	26.13
4. J. Bland	Borr	26.40
5. M. Roberts O/40	Borr	26.42
6. A. Schofield	Borr	26.46
7. M. Mikkleson-Barron	Borr	26.50
8. J. Davies O/40	Borr	27.38
9. N. Lockwood	Borr	27.49
10. P. Cornforth O/40	Borr	28.41

VETERANS O/50

1. (16) D. Owens	Kesw	32.12
2. (19) P. Barron	Borr	32.32
3. (20) D. Overton	Kesw	32.35

VETERANS O/70

1. (57) J. Rutter	Kesw	43.19
2. (64) I. Addison	Kesw	49.13

LADIES

1. (15) H. Owens	Unatt	32.10
2. (29) L. Roberts	Kesw	34.21
3. (30) L. Thompson O/50		Kesw 34.32
4. (31) K. Beaty O/40	CFR	34.55
5. (37) L. Cowell O/40	Borr	36.37

64 finishers

HARTCLIFFE HILL RACE
Derbyshire
BS/2.5m/500ft 26.04.07
Perfect conditions saw the course record fall for the second successive year, with Stuart Bond taking 20 seconds off the record set last year by Tim Austin and claiming the £50 put up for doing so. Impressively, first female home was local resident and Under 16, Ellie Bishop but it will take a good run to beat the Ladies record of 17.10 set last year by Natalie White. The organiser is hoping that conditions are not so dry next year so that he does not have to part with yet another £50…..!!
Pete McLeod

1. S. Bond	TommysFS	15.10
2. R. Little	DkPk	15.19
3. S. Ledger U/18	Unatt	15.33
4. N. Swift	DkPk	15.38
5. S. Dimelow	P'stone	16.10
6. A. Kirk O/40	Penn	16.14
7. A. Llewellyn	SheffUni	16.34
8. N. Barton	SheffUni	16.39
9. M. Stenton O/40	DkPk	16.43
10. D. Jones	Roth	16.48
VETERANS O/50		
1. (43) S. Woodhead	P'stone	20.05
2. (52) P. Williams	Unatt	20.34
3. (54) N. Whittingham	P'stone	20.42
VETERANS O/60		
1. (35) D. Tate	DkPk	19.14
2. (65) D. Jeffrey	P'stone	22.02
3. (89) P. Parkin	P'stone	26.56
VETERANS O/70		
1. (91) N. Cole	P'stone	27.15
LADIES		
1. (50) L. Britton	SheffUni	20.30
2. (51) H. Tant	SheffUni	20.32
3. (58) C. Stephenson	KimbStr	21.26
4. (68) A. Higgins O/35	Holm	22.22
(71) H. Sinkinson O/45	Holm	22.37
(92) J. Bond U/18	TommysFS	27.43

95 finishers

SUGAR LOAF FELL RACE
Gwent
BM/7m/1725ft 28.04.07
A classic circular route over the Sugar Loaf Mountain, Abergavenny, this race just scrapes in at a B category but continues to grow in popularity. With extensive views over the Brecon Beacons and Black Mountains situated at the gateway to Wales and supported with excellent facilities, it's one race that must be done time and time again.
Apologies to Martin and Daniel who were sent the wrong way due to someone sabotaging the route by moving tape at the first path junction sending them off course. Fortunately, other runners were kept on course by those who knew the route but something for me to bear in mind for next year. This wouldn't have affected the results which stand as they are though the old course record remains at 49.09.
In the ladies' race, Louise Barker set a new record beating the previous record of 67.40. Not surprisingly, Mynydd Du won the team prize, after all this is their HQ but, unfortunately, as Mynydd Du could only muster two women, there was no ladies' team prize this year.
This race is a bit of a one-man band affair but many thanks once again to my chief marshal, Roger Finn, and my chief wife, Pat.
Adrian Orringe

1. M. Shaw	MynDu	48.29
2. D. Gurmin	Swansea	51.56
3. S. Ryall	Unatt	55.18
4. D. Finn	MynDu	56.10
5. M. Saunders O/40	MDC	58.10
6. O. Iles	GtWest	58.14
7. C. Walker	CaldV	58.34
8. M. Ligema O/50	Ludlow	58.48
9. J. Bristow	Unatt	58.55
10. P. Gardner O/40	FRA	59.10
VETERANS O/50		
1. (8) M. Ligema	Ludlow	58.48
2. (19) C. Kelsey	Wells	65.01
3. (20) J. Darby	MynDu	65.11
LADIES		
1. (21) I. Barker	Aberyst	65.15
2. (30) M. Jones O/40	Islwyn	69.04
3. (33) S. Ashton O/50	Cheps	70.40

45 finishers

53rd THREE PEAKS RACE
North Yorkshire
AL/24m/4500ft 29.04.07
Yet again we were blessed with good weather, so good that one of the long-standing competitors, a 21 races plus, said it was the best conditions ever for the race. Having said that, our marshals on Ingleborough complained about how cold it was during their five hour stint on the summit.
Congratulations to Rob Jebb on completing his hat trick of wins in the fastest time this century, Rob's strength on the climb up Whernside was the decisive factor and he went on open a gap of four minutes by Ingleborough summit. Mary Wilkinson's last minute decision to run was rewarded by recording the fastest ladies time since 1999. Her presence also enabled Bingley to achieve a win in the team race over the pre-race favourites, Ilkley. The men's team went to Dark Peak despite Ian Holmes' third place overall and first vets award, giving Bingley two places in the top three.
Other veteran's awards went to Andy Hauser, Keiran Carr, Christine Preston and Wendy Dodds. However, with due respect to these excellent performances, the run of the day was surely by eighteen years old Sedbergh School boy Simon Barnby. Simon went with the leaders on Pen y Ghent and against many expectations hung on to take the eighth place award and also the first Newcomer Trophy. The revised route to the finish was not only much safer but also slightly shorter. Not many people would welcome 500 runners crossing through their garden and we are very grateful to the Smith family for this concession.
In some ways this year's race was a rehearsal for 2008 when the Three Peaks will incorporate the World Long Distance Challenge. Our main sponsor staged some family entertainment events on the Start/Finish field which were very well received but the inflatable finish gantry was, perhaps, not quite so successful. Given a stronger breeze it may have ended up on Pen y Ghent or at least in the river Ribble.
Nonetheless, our grateful thanks to Northern Rail for their generous contribution, their staff are a pleasure to work with. We must also thank Hanson's Quarry and Pete Bland Sports for their financial support.
We had over eighty marshals out on the course and many not only turn up on race day but also give their time to attend pre and post race briefings. Our thanks to them. We are also glad to acknowledge the help from: - Raynet, Sportident. Cave Rescue Organisation, Horton Playing Fields Association, West Yorkshire Ambulance Service, the Police, and the farmers and landowners without whose co-operation the event could not take place.

1. R. Jebb	Bing	2.51.49
2. J. Heneghan	P&B	2.54.54
3. I. Holmes O/40	Bing	3.03.39
4. P. Vale	Mercia	3.04.53
5. B. Bolland	Horw	3.07.38
6. A. Schofield	Borr	3.08.02
7. J. Hunt O/40	DkPk	3.08.14
8. S. Barnby U/25	SedbSch	3.08.37
9. J. Blackett O/40	DkPk	3.11.34
10. J. Deegan O/40	Amble	3.11.50
VETERANS O/50		
1. (32) A. Hauser	Holm	3.29.52

Ian Holmes & Rob Jebb passing the viaduct together at Ribblehead

Photo courtesy of Pete Hartley

2. (55) G. Schofield	Horw	3.40.23
3. (61) A. Robinson	Clay	3.42.22
VETERANS O/60		
1. (69) K. Carr	Clay	3.44.13
2. (156) D. Tair	DkPk	4.03.20
3. (170) G. Howard	Ilk	4.05.55
LADIES		
1. (34) M. Wilkinson	Bing	3.30.22
2. (46) S. Taylor	Bing	3.36.28
3. (73) J. Buckley	CaldV	3.45.43
4. (75) H. Jones	Dallam	3.46.01
5. (87) H. Sedgwick	Ilk	3.49.05
(154) C. Preston O/40	Tod	4.03.00
(246) W. Dodds O/50	Clay	4.18.08

459 finishers

BUNNY RUN RELAY
West Yorkshire
CS/Leg 1 2.5m/250ft Legs 2 & 3 2m/200ft
01.05.07

1. Brownlee Bros	32.13
2. Sports Camps	33.17
3. Matt. Billy No Mates	33.21
4. Hare	35.04
5. Bingley Reserves	35.15
6. Doss AC	35.16
7. Rossy 3-1	35.29
8. Bob Jim Bob	36.13
9. Holmfirth 2	36.45
10. Ginsters	36.51

52 teams finished

Photo courtesy of Paul Wood

Egg stage winner and solo winner Matthew Pierson (Holmfirth)

YALE HOSPITAL DINAS BRAN HILL RUN
Clwyd
BS/5m/800ft 02.05.07

Ian Houston who was runner up last year went one better when he was a comfortable winner this year finishing 24 seconds faster than his 29.40 last year.

Paul Aird proved his consistency in placing second in the race.

Alison Tickner had a tight battle with Dawn Urquart Buckley with just two seconds separating them at the finish.

We were able to hand over a nice little sum of £96.50 to the newly formed Wrexham Special Olympics Group who are to travel to Bournemouth to represent Wales in the International Competition for Learing Difficulties Athletics.

Doug Morris

1. I. Houston	Wrex	29.16
2. P. Aird O/40	LastInn	31.42
3. P. Jones	OswOly	31.55
4. P. Stinton	Clwyd	32.19
5. A. Gray	Shrews	32.30
6. S. Bellis O/50	Buckley	33.23
7. S. Edwards	Buckley	33.25
8. R. Edwards	Menai	33.41
9. S. Jones	Wrex	33.45
10. P. Williams	OswOly	34.04
VETERANS O/40		
1. (2) P. Aird	LastInn	31.42
2. (11) H. Lewis	Buckley	34.39
3. (12) N. Blake	OswOly	34.56
VETERANS O/50		
1. (6) S. Bellis	Buckley	33.23
2. (17) D. Owen	Shrews	36.24
3. (18) J. Linley	Clwyd	36.27
VETERANS O/60		
1. (19) P. Roberts	Buckley	36.32
2. (28) J. Morris	Buckley	38.38
3. (32) D. Ormerod	WelshFRA	39.45
LADIES		
1. (26) A. Tickner O/35	OswOly	37.43
2. (27) D. Urquart O/35	Buckley	37.45
3. (30) J. Ashbrook	Helsby	38.58
(43) K. Curzon O/40	OswOly	42.42
(46) S. Charman O/50	Helsby	44.51

53 finishers

TIGER'S TODGER
Derbyshire
BM/6m/880ft 02.05.07

What a fantastic night – record entry, wonderful weather, free massage, good food and excellent beer!

Many thanks to Don Longley and Richard Duikin and the other marshals and timekeepers and helpers at this second Hallamshire Harriers v Dark Peak race. Anyway, in spite of Hallamshire fielding a crack team of runners, they managed to get lost and, therefore, handed a soft victory to Dark Peak.

The first female was an amazing tenth and even Totley managed to get a prize for first veteran's team.

William Alvey

1. S Marsden	DkPk	35.12
2. M. Sprot	DkPk	35.17
3. S. Bell O/40	DkPk	35.21
4. J. Cox O/40	Hallam	35.48
5. G. Turner	Hallam	35.49
6. S. Bond	Hallam	35.55
7. A. thake	Hallam	36.16
8. M. Stenton O/40	DkPk	37.08
9. C. Gilhooley	Unatt	37.17
10. J. McCiver Lady	DkPk	37.24
VETERANS O/50		
1. (18) r. Fawcett	DkPk	38.49
2. (35) K. Holmes	DkPk	40.02
3. (46) S. Brister	Matlock	41.30
VETERANS O/60		
1. (30) D. Trickett	Hallam	39.46
2. (108) M. West	DkPk	45.53
3. (114) S. Whittaker	Erewash	46.00
LADIES		
1. (10) J. McCiver	DkPk	37.24
2. (20) L. Adams	Hallam	38.56
3. (28) J. Wilson O/40	DkPk	39.37
4. (48) J. Jepson O/40	FatB	41.53
5. (54) J. Fielder	SheffUni	42.14

217 finishers

STUC A' CHROIN HILL RACE
Perthshire
AL/14m/5000ft 05.05.07

Almost 200 runners turned out for the first race of the Scottish Championship series. The weather was sunny with a light breeze. The preceding weeks of dry weather meant that there was little snow on the top.

Our usual number of marshals carried a huge number of highland spring water onto the hill – much appreciated by the runners.

Altogether a very good day – visit www.scottishhillracing.co.uk/forum/viewtopic.php for runners' comments.

Archie Bennie

1. S. Whittle O/40	Carn	2.14.24
2. S. Peachey	Carn	2.14.40
3. B. Marshall	HELP	2.15.29
4. D. Coombs	EdinUniH	2.18.34
5. C. Donnelly O/40	Loch	2.22.02
6. M. Strain	HBT	2.22.29
7. D. Cummins O/40	Shettle	2.23.12
8. N. Scott	Westies	2.24.00
9. B. Smith O/40	Carn	2.25.53
10. G. Campbell	H'landHR	2.26.17
VETERANS O/50		
1. (31) D. Scott	Ochil	2.37.56
2. (44) T. Scott	Fife	2.41.57
3. (60) D. Duncan	Ochil	2.47.33
VETERANS O/60		
1. (82) D. Milligan	Solway	2.58.05
2. (91) T. Ross	Fife	3.02.25
3. (98) T. Bowie	Fife	3.05.54
LADIES		
1. (23) J. Myruka	Carn	2.34.09
2. (68) H. Dean O/40	CentAth	2.52.19
3. (72) D. Scott	Loch	2.54.15
4. (79) C. Fennell	W'lands	2.57.37
5. (81) S. Legge	Fife	2.58.02
(100) J. Scott O/50	Fife	3.06.26
(117) A. Hamilton O/50	Cosmic	3.14.40

179 finishers

BELMONT VILLAGE WINTER HILL FELL RACE
Lancashire
BS/4.5m/1000ft 05.05.07

Fantastic sunny and warm day for the second year on the trot (so don't expect it next year!). There was a great turnout for both the senior and junior races.

Congratulations to Darren to retaining the men's trophy and to Katie for a fantastic run (13th overall).

Many thanks to all the helpers; those involved in registration, finish, refreshments, marshalling. Thanks to Alan at the Bull for the Bank Top beer and to the local farmers, landowners and United Utilities. A special thanks to the police who devoted three officers for around three hours to ensure safety on the road – at no cost! A very special thanks also to Bolton Mountain Rescue who, having spent the previous night with the firefighters on Great Hill, turned out in force and were kept busy attending to injuries to two juniors and one senior. We are pleased to be able to donate £220 to BMR this year.

Next year the races will be on the weekend after the Bank Holiday and we may have to raise the entry fee as United Utilities are wanting to charge us around £100 for a permit to race on Winter Hill. I shall be taking FRA advice on this matter.

Dave Bateson

1. D. Kay	Horw	31.54
2. P. Winskill	DkPk	32.37
3. S. Thompson	Clay	33.15
4. T. Addison U/20	HelmH	33.18

5. S. Diaz	Horw	35.00
6. G. Schofield O/50	Horw	35.43
7. D. Haygarth	Unatt	36.20
8. S. Edmondson	Unatt	36.26
9. B. Elsworth	Wharfe	36.41
10. K. Thomas O/40	Lostock	36.43
VETERANS O/40		
1. (10) K. Thomas	Lostock	36.43
2. (11) M. Green	Lostock	37.16
3. (15) D. Fleming	Horw	38.13
VETERANS O/50		
1. (6) G. Schofield	Horw	35.43
2. (14) B. Walton	Horw	37.52
3. (26) G. Johnston	B'pool	39.55
VETERANS O/60		
1. (95) G. Large	NthnV	47.56
2. (106) A. Jones	Chorley	49.57
3. (113) P. Jepson	Ross	51.13
VETERANS O/70		
1. (125) G. Arnold	Prest	53.03
2. (133) R. Lee	Middle	56.24
3. (143) B. Smith	Clay	66.29
LADIES		
1. (13) K. Ingram	Horw	37.33
2. (37) S. Becconsall O/40		Bing 40.58
3. (42) C. Wilson	Ross	41.29
4. (78) C. Scholes	Lostock	46.27
5. (98) M. White O/50	Horw	48.22
(122) S. McNulty O/60	Radc	52.44
146 finishers		
JUNIORS		
Born 1990/91		
1. J. Brownlee	Bing	18.47
2. J. Moody	Matlock	19.02
3. L. Maude	Skip	19.57
4. A. Till	Dallam	20.01
5. H. Crott	Skip	20.26
(15) H. Bateson Girl	LancsM	23.08
(17) L. Kay Girl	Stock	23.24
(18) R. Season Girl	B'burn	23.25
23 finishers		
Born 1992/93		
1. T. Sessford	Kghly	15.51
2. J. Bradshaw	Wharfe	15.57
3. J. Addison	HelmH	16.23
(7) M. Hyde Girl	Dallam	17.14
(8) A. Stevenson Girl	Horw	18.37
18 finishers		
Born 194/95/96/97		
1. R. Addison	HelmH	12.11
2. S. Johnson Girl	Leigh	12.48
3. J. Thompson	Spen	13.01
4. M. Brown	Chorley	13.22
(8) M. Nuttall Girl	Bolt	14.26
19 finishers		

CONISTON FELL RACE
Cumbria
AM/9m/3500ft 05.05.07

After several weeks of clear skies, the tops were clagged in on the morning of the race but lifted in time for the start.

Lloyd set the pace with Ben Bardsley and Ian Holmes making up the lead group. Ian got the better line off the Old Man to win by just ten seconds. The second group took a detour via Goat's House; this group included Angela Mudge, who was on course to break the women's record So it meant a huge gap of twelve minutes before Al Powell led the rest of the field in with Jackie Lee taking the women's prize, two minutes clear of Angela.

More people took advantage of the campsite this year – next year I'll try to organize a BBQ and live music.

Thanks to all the helpers, Coniston Mountain Rescue team, Conistone Junior School and the Coniston Sports & Social Club.

See you next year – same course.

Sam Clarke

1. I Holmes O/40	Bing	68.37
2. L. Taggart	DkPk	68.47
3. B. Bardsley	Borr	69.52
4. A. Powell	P&B	81.18
5. S. Shuttleworth O/40	Amble	81.20
6. M. Robinson	DkPk	81.31
7. D. Nuttall O/40	Clay	81.49
8. J. Senior	Bing	82.59
9. J. Holt O/50	Clay	83.07
10. A. McWade	B'burn	83.47
VETERANS O/50		
1. (9) J. Holt	Clay	83.07
2. (44) R. Unwin	Kesw	92.04
3. (45) A. Fox	Gloss	92.09
VETERANS O/60		
1. J. Amies	Congle	99.48
LADIES		
1. (15) J. Lee	Eryri	84.15
2. (20) A. Mudge	Crn	86.39
3. (35) H. Jones	Dallam	89.36
4. (82) A. Richards	Tod	103.08
5. (87) C. Frost	Unatt	104.22
178 finishers		

KIELDER BORDERER
Northumberland
BL/17m/3000ft 06.05.07

31 runners looked up into greying skies as they waited to take on the best and worst that the Kielder fells could throw at them. Taking in some of the remotest countryside in England, skirting the old Border fence and following (for those in the know) old river paths (or thigh deep heather depending on your route choice), the Kielder Borderer still remains a great challenge of endurance, loneliness and navigation. The runners make their way up to Greys Pike and along to the cairns at Three Pikes. Down into the valley they head passing the remote farmsteads at East Kielder and Kielder Head. Through the woods climbing onto the fells proper up to Grey Mares Knowe where the views open up to the Scottish lowlands and the Cheviot Hills. The heather and weather begin in earnest as they head for Knox Knowe – one of the remotest points in any English fell race (GR NY652 025). The runners turn and head down through the heather desperately scanning the horizon to pick up the remnants of the old border fence, and a route home. Past the eerie Kielder Stone, what stories have been told round lonely camp fires here, and up to Peel Fell they plod, bog pulling at tired legs. Round they trod to Deadwater passing Mid Fell and salvation, tracks and a view down Kielder Water. Weary travellers through history, bog, weather and their own personal battles arrive back at the castle to be greeted by tea, cakes, beer and smiles.

Steve Birkinshaw breaks the course record, Karen Robertson and Louise Wilkinson battle it out all the way round the course, Karen pipping Louise on the descent. The hotly contested M40 category is eventually won by Dave Armstrong, just ahead of Garry Owens the M50 winner. Ken Rawlinson dips on the line to win a spring finish amongst the M60s.

Many thanks to the helpers – Louise, Will, Toby, Phil and James Green and Dave Hicklenton who marshalled the course, Monica and Paul at the start/finish and Waz and Graham in the car park. Big thanks to North of Tyne Search and Rescue and Northumberland National Park Mountain Rescue and to Duke's Pantry for the cakes.

Thanks to our supporters – Northern Runner, Forestry Commission, Northumbrian Water, School of Civil Engineering and Geosciences, Newcastle University. See you all next year.

Phil James

1. S. Birkinshaw	NFR	2.41.47
2. G. Jones	NFR	2.45.44
3. D. Armstrong O/40	NFR	2.53.35
4. G. Owens O/50	NFR	2.53.36
5. D. Atkinson O/40	NFR	2.57.18
6. T. Makin O/40	DkPk	2.59.43
7. A. Anostasi O/40	Gloss	3.04.35
8. M. Jeffrey O/40	NFR	3.12.49
9. T. Mullen O/40	Unatt	3.14.11
10. K Robertson Lady	NFR	3.16.17
VETERANS O/60		
1. K. Rawlinson	NFR	4.02.53
31 finishers		

LLANGYNHAFAL LOOP
Denbighshire
AS/4.5m/1500ft 06.05.07

The Clwydian Hills – a natural barrier augmented by Offa's Dyke to keep the English safe from the marauding Welsh tribes. Well the Welsh certainly scared the English this time and stopped them going home with all the prizes. In fact a good selection of Celtic runners was a key feature of

Just approaching the summit. From left to right: Morgan Donnelly (Borrowdale), Rob Hope (P & B) and Tim Davies (Mercia), with Rob Jebb (Bingley) a short way behind

Photo courtesy of Peter MacMillen

this year's race – numbers were more than doubled with this being not only a Welsh Championship event but also a British Championship 'short' counter. With separate men's and ladies' races, an entertaining afternoon was had by all. Andrea Roberts started strongly leading the way up the first hill but it was Jo Waites from Yorkshire who came first being followed closely to the finish by Welsh international, Anna Bartlett, who had a superb race against a top class field, Fiona Maxwell from Northern Ireland completed the trio at the front. A strong showing from Eryri Harriers ensured that they came away with the team prize their counters being Sarah Kleeman, Jackie Lee, Andrea Roberts and Jane Lloyd.

The men, champing at the bit having watched the ladies hurtling down to the finish, then had their turn. Despite being on unfamiliar territory, Joe Symonds found the best line coming off the final ridge chased hard by Welshman, Tim Davies, who knows the Clwydian Hills pretty well. They were followed by a phalanx of top class runners including a platoon from Pudsey and Bramley who took the team prize (Hope, Hope, Heneghan and Leigh – sounds like a firm of dodgy accountants!) One or two English runners had also brought their autograph books as it seemed that they were under the impression that a top African runner was going to try his hand at fell racing.

In order to accommodate numbers the route was changed slightly and we had many favourable comments about this new version – we may be able to keep to this course in future thus James McQueen's old record will stand in perpetuity. James did his usual warm down by running round the course again – perhaps next time we do a championship with separate races we could send the ladies out second and James could accompany them on his warm down?

Many thanks to Meirion Jones who allowed us to use his land, he and his wife have donated the parking fees to Cancer Research. Team Dolly and NEWSAR gave us great cover on the course and we had a veritable army of helpers who enabled me to walk around looking very important with a clipboard under my arm seeming very calm, cool and collected. Proceeds from the race go to St Kentigern's Hospice with a donation also from "Stop and Stuff" our friendly refreshment wagon.

Martin Cortvriend

1. J. Symonds	Kend	32.46
2. T. Davies	Mercia	32.51
3. . Hope	P&B	33.28
4. M. Donnelly	Borr	33.33
5. R. Jebb	Bing	34.01
6. L. Taggart	DkPk	34.06
7. D. Hope	P&B	34.20
8. J. Heneghan	P&B	34.23
9. N. Sharp	Amble	34.28
10. J. Lennox	Chesh	34.37
VETERANS 0/40		
1. (14) J. Davies	Borr	35.02
2. (17) M. Roberts	Borr	35.22
3. (18) M. Palmer	MDC	35.27
VETERANS O/50		
1. (36) M. Egner	DkPk	37.33
2. (52) T. McGaff	Chesh	39.08
3. (55) A. Hauser	Holm	39.28
VETERANS O/60		
1. (99) D. Tait	DkPk	43.11
2. (102) B. Blyth	Macc	43.23
3. (106) D. Williams	Eryri	43.53
UNDERS 23		
1. (13) R. Lightfoot	Ellenb	34.57
2. (15) R. Little	DkPk	35.15
3. (40) J. Kevan	Horw	37.48

170 finishers

LADIES

1. J. Waites	CaldV	40.54
2. A. Bartlett	Shrews	41.17
3. F. Maxwell O/40	Mourne	41.23
4. S. Taylor	Bing	41.35
5. L. Lacon	Holm	42.04
6. S. Kleeman	Eryri	42.20
(8) S. Newman O/40	CaldV	43.51
(11) E. Clayton U/23	Scunth	45.16
(35) M. Oliver O/50	Eryri	54.01
(38) J. Atkins O/60	Chorley	57.37

45 finishers

COINERS FELL RACE

West Yorkshire

BM/7.5m/1100ft 07.05.07

The Coiners Race has been moved to Bank Holiday Monday to encourage junior participation. The junior races are now an established part of this event with over 70 juniors having a great day.

In the senior race, Ben Mounsey flew round the route to win easily and lead Calder Valley to the men's team prize. Jo Buckley smashed her own record, though Todmorden pipped Calder to the women's team prize.

The new start, together with the junior races, has shortened the race by half a mile, so both winners made records for the new route.

70% of the field were vets and 23% were women. However, women made up almost half of the non-vets, so where are all the young men?

Rod Sutcliffe

1. B. Mounsey	CaldV	45.10
2.S. Oldfield O/50	BfdA	46.25
3. C. Smale O/40	Tod	47.48
4. A. Clarke O/40	CaldV	48.40
5. M. Stenton O/40	DkPk	48.41
6. R. Houghton O/40	Bux	48.48
7. G. Oldfield O/40	CaldV	48.53
8. P. Butterworth O/50	Clay	51.48
9. J. Buckley Lady	CaldV	51.49
10. D. Foster	Otley	52.10
LADIES		
1. (9) J. Buckley	CaldV	51.49
2. (22) G. Benson	Stain	55.18
3. (26) N. Sharratt	Stain	56.45
(37) C. Fryer O/40	Hfx	59.46
(65) K. Pierce	CaldV	80.56

100 finishers

JACK BLOOR RACE

West Yorkshire

BS/5.2m/1150ft 08.05.07

The blustery May weather gave way to a calm sunny evening for the 22nd running of the Jack Bloor Memorial race sponsored by The Complete Runner of Leeds Road, Ilkley. Conditions were perfect for fast running with the recent dry period making the moor completely dry underfoot, with the heather fires of 2006 creating fast route choice options not previously considered.

And so it was that the senior race saw the men's record of 12 years shattered by a minute by Greg Hull, the previous record holder when he was just a young lad (he is now a veteran over 40). Just one second behind in the sprint finish was his Leeds City team mate, Chris Birchall, followed by last year's winner Karl Gray.

With Greg also the first over 40 veteran, the first over 50 was local Malcolm Pickering of Ilkley Harriers.

The team competition was won by Leeds City, with Ilkley Harriers second and Pudsey and Bramley third.

The ladies' race was won by last year's winner, Jo Buckley, making it three wins in a row, with Alison Weston second and Sarah Haines third. The Mike Rose Bowl for the first over 40 lady vet went to Alison Weston.

The junior races were well supported as usual with 111 runners over classes from 6 to 16. The highlight of these races was the finish of the boy's 14-16 event, where Tom Sessford, Duncan Birtwhistle, and Alex Sinclair were locked in a tremendous tussle coming down the hill to a terrific sprint finish with only 2 seconds separating all three runners.

As ever the races were well supported by orienteers and climbers as befits Jack Bloor's legacy.

Peter Haines

1. G. Hull O/40	Leeds	38.04
2. C. Birchall	Leeds	38.05
3. K. Gray	CaldV	39.02
4. J. Hare	Hfx	39.30
5. T. Mason	Wharfe	39.44
6. H. Haines	Ilk	40.36
7. A. Robertshaw	Otley	41.18
8. R. Lawrence	Bing	41.45
9. P. Branney	Kirkstall	41.57
10. J. Aghart O/40	P&B	42.12
VETERANS O/50		
1. (24) M. Pickering	Ilk	45.30
2. (51) R. Pritchard	Skyrac	49.49
3. (56) R. Hawksby	Otley	50.50
VETERANS O/60		
1. (55) D. Tait	P&B	50.49
2. (60) G. Howard	Ilk	51.19
3. (144) B. Speare	Ebor	62.07
LADIES		
1. (31) J. Buckley	CaldV	46.32
2. (54) A. Weston	Ilk	50.43
3. (57) S. Haines O/40	Ilk	51.06
4. (76) H. Dawe	Ilk	53.00
5. (90) H. Williamson	Ilk	54.32
(155) S. Morley O/50	NiddV	66.02

175 finishers

JUNIORS

14-16 years		
1. T. Sessford	Kghly	11.31
2. D. Birtwistle	Hghte	11.32
3. A. Sinclair	Skip	11.34
4. F. Jordan Girl	Ilk	14.30
10-13 years		
1. M. Scott	RZH	7.42
2. S. Westcott	Skip	7.47
3. K. Thompson	Wharfe	8.15
4. P. Done	Kghly	8.16
5. J. Uren	Kghly	8.18
(12) C. Cox Girl	Kghly	9.11
(13) C. Jones Girl	Aire	9.14
8-9 years		
1. J. Stapleton	Unatt	3.33
2. W. Giles	Ilk	3.42
3. B. Cheetham	Ilk	3.44
(8) M. Gray Girl	Unatt	4.10
(17) L. Williamson Girl	Ilk	4.24
6-7 years		
1. C. Smith	Unatt	4.08
2. R. Johnstone	Unatt	4.39
3. A. Robinson	NiddV	4.42
(8) C. Boyle Girl	Unatt	5.09
(12) S. Pickering	Ilk	5.21

FOXSTONE FROLIC (SADDLEWORTH FELL RACE)

Lancashire

AS/4.2m/1160ft 08.05.07

Or 'Not the Saddleworth Fell Race', aka 'the Foxstone Frolic', 4.2 miles (approx) 1160' (approx) as it was this year. A last minute request from a

local farmer to avoid his lambing fields meant coming up with a 'Plan B' route this year. Then the week before the race was due the local moors were closed due to a high fire risk following a long dry spring. Fortunately it rained sufficiently in the couple of days preceding to allow the event to go ahead.

In the tussle for first place, Tom Brunt used his superior descending skills to prevail over Jon Ingram, in a record time for this new event of 34.33. David Safranauskas chased hard for in third place and first V40. Adam King ran a superb race to be first junior and 8th overall, Sam Tosh was 2nd junior in 43.05

The women's race was won by Andie Higgins, with Karen Sinkinson not far behind. Lucy Clough was the first Saddleworth woman back.

Thanks to generous sponsorship from the Millstone Brewery in Mossley, we were able to give bottles of beer to the first 24 finishers, as well as 20 prizes shared out between the field of 38 runners – not many went home unrewarded on the night!

There was a lot of positive feedback on the route we used, many runners appreciated the run out to the foot of the climb so they were well warmed up for the ascent, and they thought the grassy descent from Foxstone cairn was very fast and runable. So watch out in the FRA calendar and Saddleworth Runners' website for information about next year's race.

Very many thanks go as ever to local landowners, Tanner Bros for the use of their loading bay, Oldham Mountain Rescue team and St John's, and especially all family, friends and club members for their help and support.

Sue Ratcliffe

1. T Brunt	Holmf	34.33
2. J. Ingram	Sadd	35.13
3. D. Safranauskas O/40	Traff	35.31
4. R. Green	Sadd	36.10
5. M. Kieras	Gloss	36.42
6. P. Devine-Wright	DkPk	37.15
7. M. Jagger	Unatt	39.26
8. A. King Junior	Sadd	39.42
9. A. Lee	Ross	39.49
10. J. Patterson O/40	Holmf	39.52
VETERANS O/50		
1. (17) R. Paul	Salf	42.28
2. (18) F. Reddington	Spen	42.45
3. (20) S. Moss	Spen	44.08
VETERANS O/60		
1. (26) J. Torr	Sadd	47.04
2. (29) T. Greene	Sadd	50.24
3. (38) L. Paul	Chorley	68.05
LADIES		
1. (28) A. Higgins O/40	Holmf	48.03
2. (30) K. Sinkinson O/40	Holmf	50.40
3. (31) L. Clough O/40	Sadd	50.51

38 finishers

RESULTS AND RACE REPORTS

Please submit all race reports and results for inclusion in the *Fellrunner* to Dave Weatherhead
16 Birchlands Grove, Wilsden,
West Yorkshire BD15 0HD
Tel: 01535 273508
Email: resultsfra@aol.com

CARADOC CLASSIC
Shropshire
AS/3.5m/880ft 09.05.07

On an unusually cold and wet May night the Caradoc failed to get more than 100 runners for the first time in over five years. However, the 99 that started the race had good conditions as the weather eased and the rain subsided.

Tom Owens posted the ninth ever fastest time in the race's 21-year history and was well clear of the Wrekn Streak winner, Harold Wyber, almost a minute down. Pete Vale in third gave his club, Mercia, a clean sweep in the podium positions in the men's race.

Anna Bartlett continued her fine form equaling Louise Taylor's record of 27.33 set last year. Mel Price also had a fast time in second with Julie Cowlem in the third and first veteran lady. Roger Lamb was well clear in the men's V40 race and Ed Davies dominated the V50s with another fine performance.

Thank to all who helped make this another great race.

Simon Daws

1. T. Owens	Mercia	23.10
2. H. Wyber	Mercia	24.07
3. P. Vale	Mercia	24.20
4. I. Houston	Wrex	24.28
5. R. Lamb O/40	Mercia	24.44
6. D. Lewis	ShaftsB	24.57
7. R. Stafford	Mercia	25.11
8. M. Bollom	Mercia	25.24
9. P. Ball	Shrews	25.40
10. K. Francis O/40	Shrews	25.59
VETERANS O/50		
1. (14) E. Davies	Mercia	26.22
2. (28) B. Dredge	Mercia	29.09
3. (34) A. Lewis	Shrews	29.36
VETERANS 0/60		
1. (86) A. Hodgkiss	Telf	37.29
2. (91) J. Brown	Newport	38.33
LADIES		
1. (20) A. Bartlett	Shrews	27.33
2. (27) M. Price	Mercia	28.59
3. (43) J. Cowley O/40	Unatt	30.25
4. (56) V. Swingler	ShropShuff	31.55
(84) H. Macdonald-Jones O/50	Newport	37.20

99 finishers

DOCKRAY HARTSIDE FELL RACE
Cumbria
AM/6m/1800ft 09.05.07

1. B. Bardsley	Borr	47.00
2. M. Donnelly	Borr	47.31
3. A. Schofield	Borr	50.03
4. D. Birch	Kesw	53.54
5. M Robinson	DkPk	54.27
6. C. Upson	W'lands	55.06
7. P. Brittleton	HelmH	55.45
8. I. Nixon	P&B	55.48
9. S. Hebblethwaite	Kesw	56.25
10. A. Beaty	CFR	57.25
11. R. Bannerman	HHR	58.14
12. S. Ruane	Unatt	58.16
13. D. Owens	Kesw	58.19
14. R. Unwin	Kesw	58.20
15. D. Ward	Borr	58.21
(28) H. Jones Lady	Dallam	63.26
(31) K. Beaty Lady	CFR	64.41
(42) D. Thompson	Unatt	74.26

53 finishers

Dockray Hartside fell race: Paul Brittleton (Helm Hill)

Photo courtesy of Chris Upson

UPHILL TECHNIQUES FOR OFF-ROAD RUNNERS

By Keven Shevels

Uphill running plays quite a big part in a fell runner's life and now *the Coaching Off-Road Running* series* has devoted a whole title to the subject.

This 52 page booklet explains in much detail what happens in our body as we head up the slopes and how we best condition it to cope with the demands.

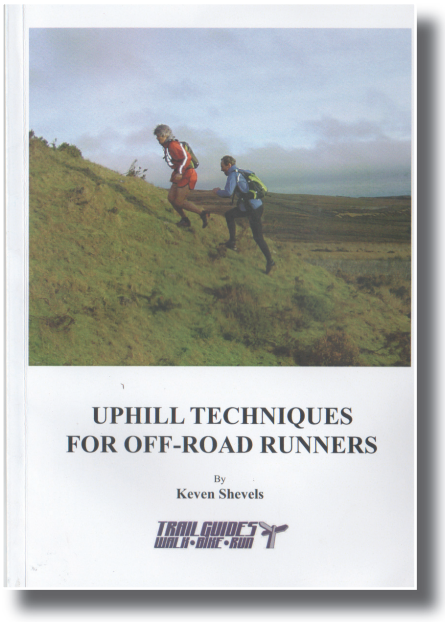
As the other titles in the series, this one is easy to dive in and out of yet concise enough to get through in one reading. It is simple to understand and well illustrated.

In the early part both strength and stretching exercises are recommended.

The next section on *the technical aspects of uphill running* includes chapters on planning, route-choice, balance, angle of lean, stride length, foot plant, stamina/lactate build up, warming up, walking, hands, running with a rucksack and body weight. Most chapters include specific exercises to improve the various elements.

This is followed by a section on *training sessions for improvement*. The booklet differentiates training for cross-country, trail running and the different categories of fell races and suggests sessions for each type of running.

**Downhill Techniques for Off-Road Runners* was reviewed in the June 2006 issue of the Fellrunner Magazine, *An Introduction to Trail and Fell Running* in the February 2007 issue.



"Most trail and virtually all fell races have an uphill close to the start. Without adequate warm-up to generate and then disperse the start-up lactate, you can be approaching the first hill with an already high level in your muscles. And from there the race goes downhill... in more ways than one!!!" PAGE 30

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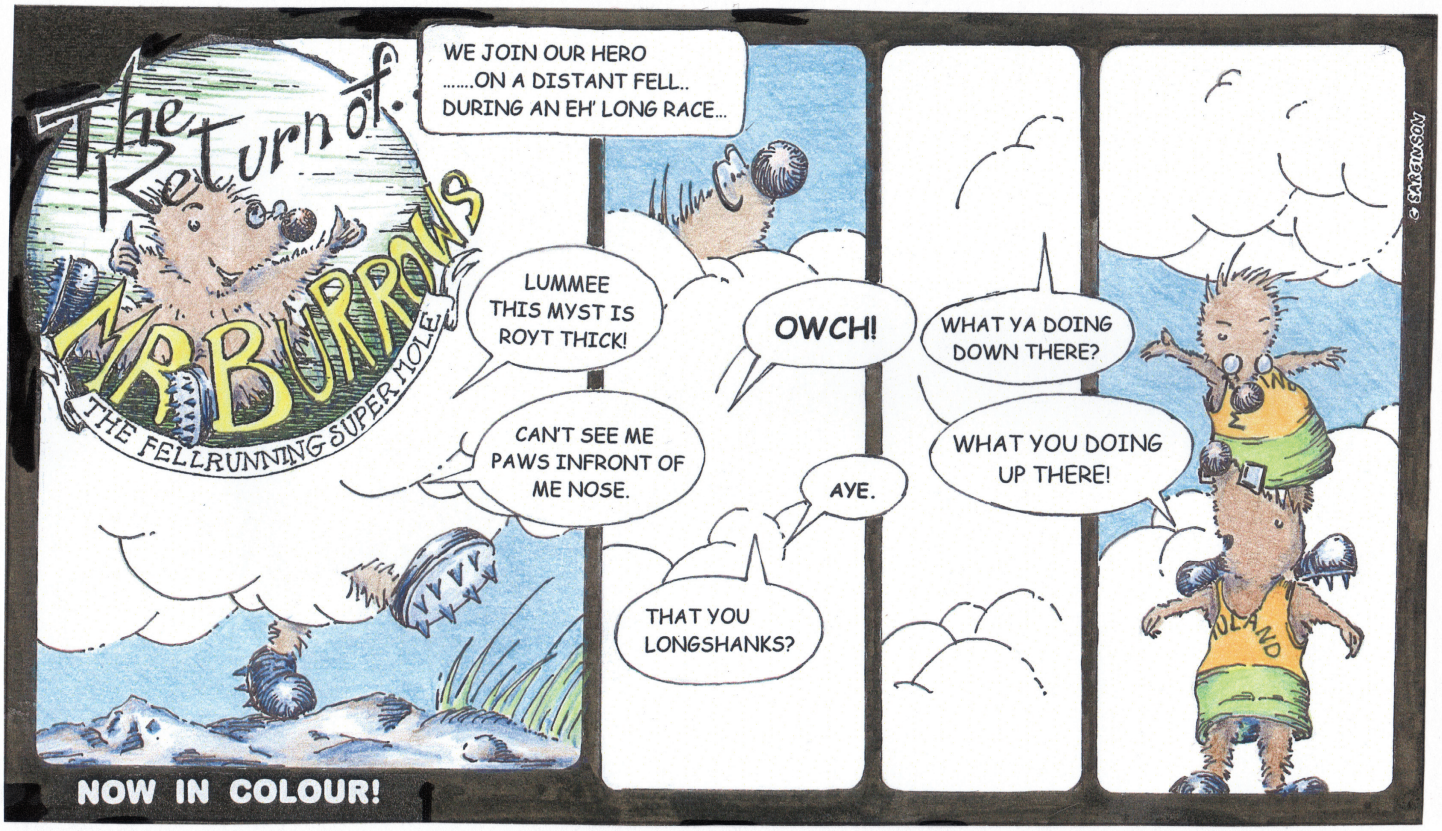
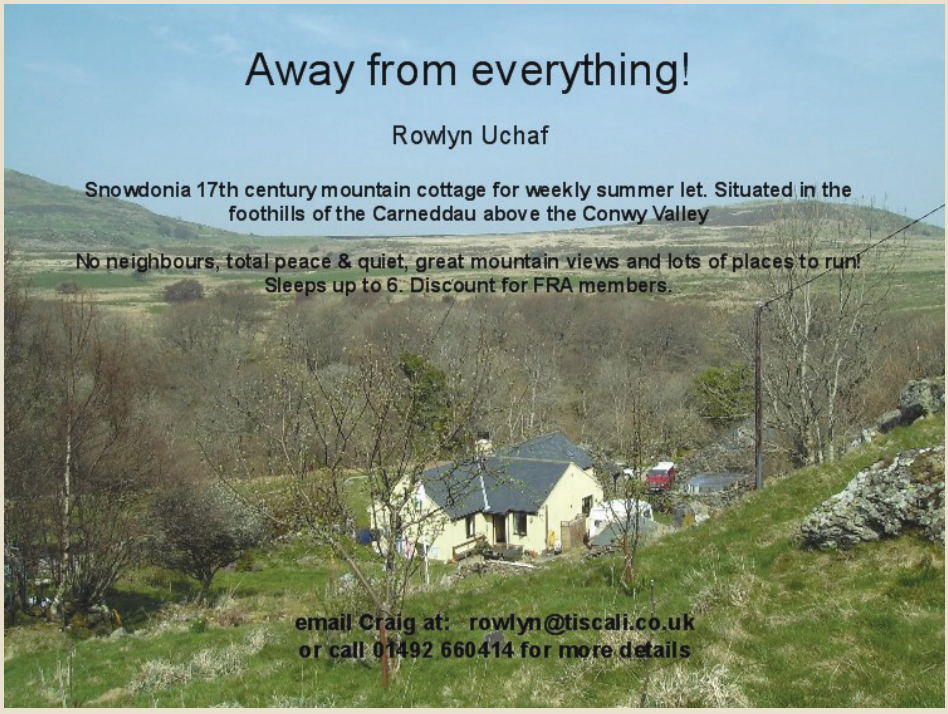


BY **JOHN LINLEY**

LESSONS IN FELL RUNNING

LESSON 1

What happens if the first stile is too early on in a championship race!



WANTED

It is 75 years since the original Bob Graham Round.

To celebrate the anniversary in the next edition of *The Fellrunner* I'd like as many different people to tell me what this challenge means to them.

Whether it's your experiences on a recent round, memories of an attempt in the early days or your thoughts on it's soaring popularity... please send it in!

Where possible, keep it reasonably short, so we can feature as many different view points as possible.

"The theory of a fell race: it is so marvellously simple"

W T PALMER – ODD CORNERS IN ENGLISH LAKELAND

1920's. NARTIVE SPOTRTS pp166/167

THE GUIDES RACE

Guide-racing, or more correctly, since Johnson Thompson of Grasmere is the only true mountain guide remaining to us, fell-running, is an adaptation of cross-country running to the surface peculiarities of the Lake Country. It is problematical whether it will spread farther, for few places present difficulties enough to make a bad dream of an obstacle race into a sporting event. One scarce needs to explain the theory of a fell race: it is so marvellously simple. Some rocky bluff near the sports ground has been marked with a flag. The competitors are shown it. "Go !" and they are away. ' The first man back after completing the course is victor. Time was when the runners paused at the summit to change footgear. A light pair sufficed for the ascent, but stout ones were held necessary for descent. One man, not finding the boots provided to his taste, is said to have run the remainder of the course barefooted ! The chief difficulties are choosing the best line for travel and keeping to it—no easy matter on a steep, rock-set slope of 1500 feet. The problem is more difficult when descending, as some of the scars may be twenty feet sheer, and with men dashing down at antelope speed the slightest halt is generally fatal to victory. The walls are of the loosest kind and the screes as splintery as they can be, bracken twines into the way and heather is a nuisance to the man travelling at speed, but all these things are part of the game. The following terse bit of dialect shows the sport well.

"Nobbut this year I was at t' Girsmer Spooarts, an' efther sittin' a bit I slipt away an' thowt I wad just ga up to t' flag whoar t' fellers ga i' t' fell reace. My sarvice, it was a job I What it was that brant yan med ha' rowlt fra' t' top to t' boddom, that is if yan hedn't brokken to peeses afoor yan gat theer. An' to see them chaps cum up efther ! What they fairly ran maest o' t' war, an' what's mair they lowpt doon that fast ye waddnt believe ! An' they whemmelt ower scoors o' times till yan wad ha' thowt they wad ha' brokken ther necks. But they geddthered thersells up, an' off agean as if t' diwel was efther them."

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BY **ANTHONY ROBSON**

Keeping a balance

Omega-3:6 balance and human health

Who I am and what I do

I am a fell runner (Pennine Fell Runners) and a PhD student with peer reviewed scientific health facts published in *NATURE* – the international weekly journal of science and the most reputable scientific journal in the World. I work with Professor William Lands from the National Institutes of Health, USA and Dr Clive Askew from the Shellfish Association of Great Britain, telling people the scientific facts about how to promote health and prevent disease.

Unfortunately, the Western World is still focused on treating the symptoms of our preventable diseases instead of preventing their cause.

Shellfish, Omega-3 and Human evolution

The human brain cannot develop normally without a reliable supply of several nutrients, notably omega-3 (docosahexaenoic acid (DHA)), iodine and iron. Shellfish, fish and shore-based animals and plants are the richest dietary sources of the key nutrients needed by the brain. The consumption of most shore-based foods required no specialized skills or tools, shellfish such as mussels and cockles are still (commercially) hand picked today. The presence of 13% body weight as fat in human babies appears to be the product of a long period of sedentary, shore-based existence by the line of hominids destined to become humans, and became the unique solution to insuring a back-up fuel supply for the expanding hominid brain. Hence, survival of the fattest (omega-3 babies) was the key to human brain evolution.

Western diet today

The omega-3:6 balance in the Western diet has changed substantially in the last 50+ years. Seafood (omega-3) consumption has decreased, while omega-6 consumption has substantially increased. Mechanisation has allowed the human consumption of oils from seeds (also confusingly labelled vegetable oil/fat) and nuts high in omega-6 fats. Even worse the hydrogenation of seed, nut including soya oils, producing trans-fats removes even more omega-3 from the oils (see Table 1).

The Western diets current mean omega-3:6 ratio of 1:17 can be up to 1:30 coupled with excess food energy (being over weight - a huge buffer against obtaining omega-3:6 diet balance) is the cause of the "diseases of civilization" including heart disease, thrombosis, arrhythmia, strokes, cancer, mental ill-health, arthritis, asthma, menstrual cramps, type II diabetes, infertility and obesity.

A healthy dietary allowance for DHA and eicosapentaenoic acid (EPA) omega-3s for current US diets was estimated at 3.5 g day^{-1} for a 2000-kcal diet. This allowance for omega-3s can be reduced to one-tenth of that amount by consuming fewer omega–6 fats; oils and spreads high in omega-6 e.g. sunflower/soya oils and spreads. Obviously it is insufficient to eat more fish (omega-3) without telling you that seafood including mussels, oysters, salmon and mackerel can contribute to the Western World's current unhealthy 1:17 omega-3:6 ratio. If seafood is canned or cooked in seed or nut oils (most oils high in poly-unsaturates) or added in sauces (Table 1). These oils can far outweigh the omega-3 goodness in fish.

Treating the symptoms not the cause of preventable diseases

Unfortunately, the Western World is currently focused on treating the symptoms of omega-3:6 diet imbalance rather than preventing the cause of these preventable diseases. For example, the cholesterol myth: "cholesterol is a major cause of heart disease". No one has ever demonstrated how elevated levels of cholesterol in the blood actually cause heart disease. Our body makes more cholesterol than we eat because cholesterol is an important building block of every cell membrane in the body. Humans need cholesterol. Half the people with heart disease don't have elevated cholesterol levels. Half the people with elevated cholesterol don't have heart disease. In contrast we've know how "thromboxane" can kill people (thrombosis caused by omega-3:6 diet imbalance – thick blood that clots quickly) since 1975.

Humans still need to eat (shell)fish

A multi-million pound drugs industry poorly treats what we can prevent through good nutrition. Peer reviewed scientific good nutrition defined: eating an omega-3:6 balanced diet (<40% omega-6 highly unsaturated fatty acids (HUFA) in total HUFA in the blood plasma) rich in shellfish, fish, seaweed and green vegetables while avoiding excess omega-6 oils, spreads and nuts. With modern drugs, many people now suffer from but don't die from preventable diseases. For the future health of the people in the Western World the we must embrace the 30+ years of peer reviewed scientific health facts and eat (shell)fish (high in DHA and EPA omega-3s) and remove excess omega-6 (seed oils, spreads and nuts) from our diets.

Food	Approximate omega-3:6 ratio
Shellfish	
Mussel, blue	5.5:1
Oyster, Pacific	10.6:1
Clam	3.5:1
Scallop	8:1
Abalone	12.9:1
Lobster	17.2:1
Shrimp/Prawn	4.7:1
Crab, blue	4.9:1
Fish	
Salmon, Atlantic	4.6:1
Cod, Atlantic	7.2:1
Mackerel, Atlantic	6.6:1
Tuna, skipjack	6.4:1
Seaweed	
Wakame	6.1:1
Laver	6.2:1
Green Vegetables	
Spinach	5.3:1
Broccoli	2.3:1
Kale	1.3:1
Meat	
Chicken, no skin	1:7.9
Turkey, no skin	1:12.7
Pork, loin, no fat	1:28
Beef, sirloin	1:6.6
Lamb, leg	1:3.5
Fats, Spreads and Oils	
Flaxseed	4.2:1
Butter, unsalted	1:8.7
Olive	1:12.8
Margarine, 80% fat	1:9.4
Flora®, omega 3 plus[2]	1:4.4

Humans Getting Bigger and Thicker

In the last century, there was a nutrition driven rise in average human height by 0.4 inches per decade, along with the occurrence and increase in the "diseases of civilization" including mental ill health. The brain evolved with DHA (omega-3) in the sea 600 million years ago. Early humans evolved eating shellfish (high in DHA+EPA omega-3s, iodine, iron, selenium and zinc) while living a shore-line existence in Africa. We still use the same DHA for our brain function. Now, as when the hominid brain expanded, herbivorous shellfish such as mussels and clams can help people reach a healthy 1:1 balance of omega-3 and omega-6 fats in their diets, instead of the current Western diets 1:17. Balancing essential fats in foods promotes health and prevents disease.

Eating nuts is nuts!

A good analogy: squirrels eat acorns, seeds and other nuts in the autumn. These nuts and seeds are sky high in omega-6. This omega-6 lowers squirrel metabolism and causes them to hibernate. Fell runners want their body to have high metabolism and not be going into hibernation. It is only in the last 50+ years that with global trade, nuts and seeds have become year round food stuffs. Nuts and seeds should be eaten in small quantities as a rare treat along with a food high in omega-3 (to balance the 3's and 6's in your body). But there is always an exception to the rule. Flax (linseeds) seeds contain more 3's than 6's (Table 1). However, the short chain omega-3s found in flax seeds do no have the omega-3:6 balancing power of the long chain omega-3s found exclusively in fish.

Domestication of animals and plants

Omega-6 is a storage fat. Omega-3 is a growth fat. Omega-3 is unstable and thus food high in omega-3 has a short shelf-life e.g fish. Omega-3 has been removed from foods to increase shelf-life. For example purslane (wild spinach) contains 6 times more omega-3 than today's cultivated spinach. Domestication of animals reduced their omega-3 content and increased their omega-6 content e.g. grain fed cows, corn fed chicken. Cows should eat grass!

Omega-3 advertising

There are many foods you can buy with labels on such as "good source of omega-3". It should be apparent to you now that this is only half the story. You need to know the balance of omega-3:6 in the food because omega-3 and 6 cannot be understood separately. It is the omega-3:6 interactions that are fundamentally important for health. Check the labels of cholesterol lowering spreads and you will see that they are "unhealthy" health products high in omega-6 and low in omega-3. Plus you now know about the cholesterol con (there is a whole book written about in now).

Putting the omega-3s back into your diet

1. Eat a wide variety of seafood, everyday
2. Eat lots (and lots) of green vegetables and seaweeds
3. Use fats and oils low in omega-6 such as flaxseed oil, canola oil, non-hydrogenated soybean oil, a little butter and a dash of olive oil
4. Eat omega-3 enriched eggs
5. Try to include a source of omega-3 in every meal
6. Eat cereals and breads containing whole and ground flaxseed.
7. Eat fruit (not the seeds) for their anti-oxidant benefits
8. Use supplements carefully. Eating a healthy omega-3:6 balanced diet is much better than pill popping. Take fish "body" oil if you are vegetarian
9. Maintain a healthy weight by fell running and consuming the calories you need
10. Eat free-range meat that is allowed to wander in search of its natural food (not confined, grain fed livestock).
11. Chips (deep fried foods) should be a rare treat and fried in beef fat, lard or canola oil. Currently, most fish and chips is fried in oils sky high in omega-6.

Further Information

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BY **ALLAN GREENWOOD**

Cracking Spring races

When local historians look back through their newspaper cuttings and web page archives in around 100 years from now, some might remark on the immense popularity of fell racing in the late 20th and early 21st centuries. And nowhere moreso than in my own corner of the world, where the *Halifax Evening Courier, Hebden Bridge Times* and *Todmorden News* free up generous amounts of space for the inclusion of words and pictures from the action on the hills each week. Even the County wide morning daily *Yorkshire Post* ran a worthwhile and in-depth profile of the sport in late May.

The South Pennines boasts and impressive array of fell races throughout the year, organised either by local clubs or enthusiastic individuals. Here is a short review of four such events that I visited during the spring.

The Windmills Whizz is really a six mile multi-terrain race or trail run. However it deserves it's slot in most local fell runners' itinerary due to it's harsh exposed location, with a high level moorland course passing close to a windfarm. 70 runners thought so in March anyway, as well as around 30 who took part in the 1½ miles 'round the reservoir' fun run.

Linda Crabtree puts this event together with all the organisational skill one might expect from the woman who currently also masterminds the Calderdale Way Relay. Ample car parking, registration inside the large open plan Causeway Foot Inn, a superbly well marked route and computerised results on the day make the whole event appear slick.

As the seniors headed off across the moors above Ogden reservoir, the youngsters - some with parents in tow – enjoyed their own bit of sport as they hared along the level pathway around the dam. All proceeds from the event were going to be donated to Guide Dogs For the Blind. Linda's friend Peter Melling brought his own guide dog, Tony, to the finish line, and was happy to assist in presenting all the children with their medals and goody bags of sweets, pop and crisps, before they had the chance to meet Tony and have their photo's taken.

Together with Linda's - and her daughter Amy's - London marathon sponsorship, the total amount raised topped £1,700.

First man back in the senior race was Ilkley's Graham Pearce, while the winning woman was Lisa Lacon of Holmfirth.

The men's team winners were Calder Valley and Bingley took the womens.

Linda Crabtree, with funrunners and Peter Melling and Guide

Chris Smale (Todmorden) 3rd

Start of Windmills Whizz (winner Graham Pearce-left, front row)

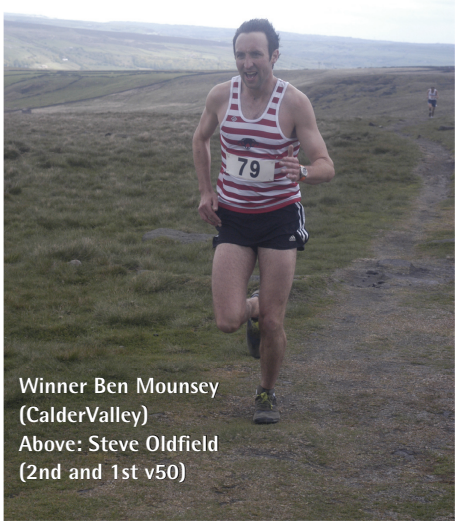
Photos courtesy of AllanGreenwood

Three local races took place in quick succession throughout May, all commanding strong fields. On a beautifully clear and bright bank holiday Monday, **the Coiners race** from Mytholmroyd attracted seventy senior runners and an astounding seventy competitors in the junior races, with ages ranging from under eights to under 16's.

The race takes its name from the ancient illegal act of coin clipping. Gangs of counterfeiters operated in the area long ago. Peter White instigated the fell race, which is now organised by Rod Sutcliffe of Cragg Vale. Early flyers for the event told the fascinating story of how they would remove a small fragment or 'clip' of metal from the edge of many coins, then melt the pieces down to make more coins. The crooks, that is, not Peter and Rod. And the race leaflets quoted the race entry fee as One Groat.

A long slog over the wilds of Erringden Moor took runners to Dick's Lane and up to Stoodley Pike monument. By this point Calder Valley's Ben Mounsey had established a healthy lead over Bradford's former World Masters silver medallist Steve Oldfield, now in his fifties but as fit as ever. Ben continued to apply pressure along the rather squelshy path through the plantation to Swan Bank and Bell House Moor. He powered down Daisy Bank and across Stubbs fields to win by over a minute, leading his club to win the team prize. With Steve taking second, Todmorden's Chris Smale finished third with Calder's club captain Andy Clarke just holding off first over 45 Mick Stenton of Dark Peak by a second for fourth place.

In the women's section, Jo Buckley



Winner Ben Mounsey (CalderValley) Above: Steve Oldfield (2nd and 1st v50)

Photos courtesy of AllanGreenwood

Winning lady Sue Becconsall

Paul Rawlinson (Stainland) outsprints Graham Hill (Calder V)

Jonathan Hare (HalifaxHarr)-2nd

made it a winning double for the local Calder Valley side, taking ninth place overall and smashing her own course record. Second placed Gayle Benson of Stainland beat her clubmate Naomi Sharratt by four places, young Holly Page of Halifax in fourth, narrowly beating Rossendale's Cath Wilson by seven seconds.

The following Sunday saw Halifax Harriers in action as organisers of the popular **Mytholmroyd fell race**. Formerly a mid-week fixture, the numbers began to drop off, dipping to around only three dozen competitors a few years back. Linda Crabtree's idea of moving it to a Sunday has worked wonders as the field continues to grow each year, with one hundred toeing the line this time.

The route takes in an eight mile loop on the opposite side of the steep sided valley from the Coiners race, initially climbing steadily through Red Acre Wood and then steeply to Midgley Moor via Wicken Hill, 1000 feet of ascent in a mile and a half. From here the Calderdale Way footpath is followed past Churn Milk Joan standing stone and then a narrow sheep track under Crow Hill is taken before dropping into the Luddenden Valley. A fast section to Castle Carr Lower Lodge on a shale track leads to the tortuous climb on steep steps back to Midgley Moor and a fast run along a different section of the Calderdale Way to pass behind Mount Skip golf course and return via the steep and fast reverse of the outward route.

On a very warm and humid day, Ben Mounsey made his intentions clear from an early stage in the race, pushing the pace along the Way towards Crow Hill with Todmorden resident James Logue of Horwich, Todmorden Harriers' in-form Shaun Godsman and unknown quantity as far as these lads were concerned, Adam Osborne of Leeds City.

The Leeds road and track specialist however soon gave the fell specialists a surprise as he opened up a good margin on the good running to Castle Carr and again along the second fast section of the Calderdale Way. Godsman chased hard in second but was made to fight all the way in a tremendous tussle with the Calder man. He was overhauled on the final descent as Mounsey was witnessed to throw himself down the hill with controlled precision, just nipping into the finish a second ahead of the Tod firefighter. Osborne, however had opened a sufficient cushion to hold off the fast finishing duo by 19 seconds. First among the women was Mytholmroyd local and former World Masters silver medallist, Sue Becconsall of Bingley Harriers. Sue, who holds the women's course record, beat Stainland's Naomi Sharratt into second place. However, Naomi had the satisfaction of leading her club to a fine win in the team race with Gayle Benson third and Mags Jordan in fourth.

The following Wednesday evening, the spell of fine weather came to an abrupt end and the heavens opened for the **Blackstone Edge race** near Littleborough. One really has to feel for the organiser who has put in so much effort before the night, and on this occasion Kevan Shand must have been cursing his luck – though with over 20 years experience of race organising, he is probably well used to it!! Well over a hundred runners turned out in spite of the poor conditions, and on the way out onto the moor it was young Jonathan Hare of Halifax Harriers who made all the running. Up and away into the gloom the runners went, the rain continuing to fall from a grey and dismal sky. Another young Halifax talent, 18 year old Holly Page led the way on the climb, with in-form Gayle Benson of Stainland right on her shoulder.

The mist which clung to the moor top rocks along the top of Blackstone Edge was so dense that John Hey admitted to becoming disoriented while putting out the course markers. "I had to 'phone base to ask in which direction the wind was blowing before I could begin my descent" he said.

As the leading men appeared, descending the rough and sodden moor it was clear that Hare had been caught and overhauled by the more experienced Danny Hope, who had opened up a gap of a minute. Hare showed his mettle however, as he came down the track 20 seconds in front of Horwich Harrier Darren Kay to take second place, Ben Mounsey of Calder Valley more than a further 20 seconds back in fourth. Holly Page powered down the fell having pulled away from her competition, and joined the final

Winner Holly Page (HalifaxHarr)

Joe Johnston (Rossendale) 1st U16

road section looking comfortable as she coasted in to win by 20 seconds. Benson took runner up spot, with Calder Valley's Clare Kenny taking the veteran prize in third.

Sandwiches, teas and cakes were laid on before the prizegiving back at the farm, with computerised results produced on the day.

BY **DAVE WOODHEAD**

Hellifield Gala

A race steeped in history hosts of the 2007 Junior Yorkshire Championships

The 12th running of the Junior Yorkshire Championships kindly sponsored by Norman Berry of the **Burton Safe Company** are to take place on Saturday the 4th of August at the village of Hellifield near Skipton in North Yorkshire. This promises to be a grand day out with the village hosting it's 38th annual Gala with a street procession, fancy dress, amusements, various stalls, children's novelty races, refreshment tents (for young and old) and not forgetting the prestigious fell races.

Runners that have visited before don't be caught out by the race running order or the Gala procession! Previously the seniors went first and the juniors followed. This year the juniors take precedence because of the Yorkshire championships, with the racing beginning at 2-15pm and the finale being the Yorkshire Under 18 and Under 20 boys and girls racing it out with the open seniors with £40 on offer to the first male and female back to the Gala field finish. An extra bonus of £10 is available to anyone breaking Steve Oldfield's 2002, record time of 24-28, and Lisa Lacon's 2006, time of 29-14. Who says Yorkshire folk are tight?

A new introduction this year, is that all competing runners will receive a tube of Smarties. Why? Because only Smarties have the answer!!

Yorkshire gold, silver and bronze championship medals are awarded to boys and girls in U12, U14, U16, U18 and U20 with the ages being as per FRA rules on 1st January 2007.

Surprisingly it's been 21 years since this race was last used as a championship event, and that was by the British Open Fell Runners Association (BOFRA). We think it's been a long time coming, let's see what you all think!

Trevor Metcalfe on Haw Hill

THE EARLY YEARS

The first ever Gala was in **1969** on the old football field and it was called the Youths Gala. There was no cross country or fell racing,

Photos from Gibson Scrapbook

Hellifield Gala Race 1992: Winner Roger Gibson leads Jeff Emmott, Mick Greenwood, Kevin Wright and John Hodgson

although there was children's sports with flat races for pre school to 14-15 years, sack races, wheel barrow racing, an obstacle course and of course egg and spoon racing, which attracted over 60 entrants!

The first cross country race was organised in the early seventies with Peter Metcalfe being one of the main instigators. Competitors were mostly locals from Hellifield, Otterburn and Long Preston villages. The course took in such things as the Water Board Pumphouse on Haw Lane, then onto the back of Haw Hill, over Haw Hill, with a steep descent under the railway bridge before negotiating the Gas Works yard and a fast finish on the football field. Locals to the fore were Jimmy Coates, Philip Howarth, Robert & Andrew Haggas, Brian Hardacre, Garry Murfin, B. Underwood, Rebecca Robinson, Dawn Arthurs, Julie Moorhouse, Peter Metcalfe, D. Lund and the Seggars of Long Preston, who all rose to the challenge admirably.

First reference to the name being changed from a cross country to a fell race was in **1976** and Peter Metcalfe kept things afloat until the early 80's when the Northern Sports Promotors Association was founded. This was pre BOFRA.

Peter also encouraged his brother Trevor onto the scene. Trevor's fell racing initiation ceremony was at the Burnsall Open Race on a wet and drizzily day in 1982. He actually came last, but thoroughly enjoyed the experience and like most of us was then hooked.

It was around 1983-1984 that Peter and Trevor joined the Gala committee. Mick Hawkins from Grassington won from one of the greats of open running, Steve Carr of Kendal, with Skipton's Keith Summersgill third, in **1984.**

Carr won again in **1985** from Jeff Emmott.

BOFRA asked if Hellifield would stage their**1986** championship race, thus it came about that true fell racing was born in Hellifield. Steve Carr won for a hat trick with Cowling's Jeff Emmott second and Kevin Wright of Silsden third, Peter Metcalfe finished seventh and first local. In the under 17's Robert Hudson won from Keith Mullen and Steve Wright, while in the under 12's Mark Webb triumphed. This was the only time this 3.5 mile/800ft route was used as a championship race – the biggest hazard were the trains on the Skipton to Carlisle railway, which is part of the famous Settle to Carlisle line and the runners couldn't go until it was safe to cross, hence the route was altered.

1987 saw builder Jeff Emmott win in 26-40 from first local Peter Metcalfe and Fran Batchelor. That day also saw Trevor finish third local and Mike Wooding take the first veteran prize; tragically Mike died in 2007.

After winning Cowling Gala the previous week, Roger Gibson, a sheep farmer, won from Jeff Emmott and Mark McGkincy third in **1988.**

1989 Steve Carr returned to win again with Steven Wright second and Jeff Emmott third, while in the under 12's Jon Whitelock took the honours from Stefan Briggs and Richard Fell.

ANNIVERSARY CELEBRATIONS

The 21st anniversary of the Gala was in **1990** and to celebrate the occasion Trevor and Peter Metcalfe organised a 10 mile fell race to Rye Loaf Hill and back. This hill is on the skyline between Settle and Malham. Two days previously at Ambleside Sports it was a scorching hot day but fresher cooler conditions met the 34 runners at Hellifield. As expected Steve Carr won in 71-13, with Kevin Wright second 1-25 behind. Keighley's own Craig Bottomley was third. Wright was then making a name for himself as within eight days he had won a short fell race, a 6oom track race, a 3200 track race and had taken second at an 800m. An epic battle for the first local's prize ensued between Keith Blades and Trevor Metcalfe, with Trevor grabbing the glory by just one second in 84-13, finishing fifteenth overall.

Photos from Gibson Scrapbook

Five times runner-up and 1987 winner, builder Jeff Emmot, here winning at Bolton Abbey Show 1988

1991 saw three times BOFRA champion (1985, 1986 and 1987) Steve Carr win for the fifth time, once again from Jeff Emmott

Roger Gibson who finished twice runner up in the BOFRA championships in 1991 and 1992, and has been recognised as the best athlete never to win the title, mainly due to lambing time taking precedence in the early season, won for the second time in **1992** with that Jeff Emmott in the runner up spot for the fifth time. As you can see it was one of Jeff's favourite courses.

While in **1993** Robert Hudson triumphed in 24-58 from Andy Holden, 26-05 and Kevin Wright, 26-16, with no ladies competing that year from the 32 runners. 26 under 12's competed with David Huff first boy and Samantha Waddington first girl. But in the U14's race, Richard Fell won in 12-51 from Lee Proctor, 5th overall was local lass Sarah Dugdale who will figure highly later! In 9th and second girl was a certain Long Preston runner, Mary Wilkinson, who has through the years become a well known and respected international runner, with wins at such classics as Mount Snowdon, Rivington Pike, The Three Peaks, finished 4th at the World Trophy, and also has become 3 times the senior Yorkshire Lady Champion. Although here she finished nearly two and a half minutes behind Sarah, so all you youngsters out there take heed 'dreams can come true, just believe'.

A changed 6 mile route in **1994** saw Steve Oldfield finishing in 47-20 ahead of Dave Woodhead, 48-36 and Ken Taylor, 49-58, while Ilkley's Sally Malir won the ladies in 63-08 from Steve's wife Pauline in 68-20. In the juniors James Mason and Nicole Slater won the Under 12's with James Pratt and Samantha Waddington the Under 14 race.

INTERNATIONALS DRAWN TO

BY **DAVE WOODHEAD**

HELLIFIELD

An international flavour came to the race in **1995**, when England international Matthew Moorehouse of Salford won in 23-01 from Andy Smith, 23-40 and Steve Oldfield, 23-51 with Steve's wife Pauline taking the ladies winning rosette in 31-42 from Kirsten Bailey, 40-25 and Yvonne Proctor, 40-40. Moving up into the under 17's Sarah Dugdale won in 23-13, with Stefan Briggs winning in 17-47, while in the under 14's Geoff Slater beat James Mason, another name of the future. Slater did go on to win two Yorkshire titles at U14 and U16, whilst James Mason took three titles at U14, U16 and U18.

Another international Mick Hill of Tipton Harriers took the honours in **1996** from Rob Grillo and Graham Hawkins.

1997 Leeds City's Greg Hull ran a fast 23-34 from Alfie Atkinson, 24-17 and Rob Grillo, 24-50 with 44 runners racing, Jo Prowse took the ladies in 30-22, from J. Tomkins, 31-17 and Sarah Dugdale, 33-12, now moving up to the senior race. Bradford Airedales Steve Oldfield won in **1998** in 25 dead with Crawley Harrier Andy Carruthers second in 25-48 with Steve's training partner and team mate Richard Crossland third, 26-36. International Jo Prowse took the ladies in 31-26, just behind now organiser Stephen Moore a mere second separated these two, while only 15 seconds separated Kendra White, Yorkshire U18 champion Sarah Dugdale and Emma Hodgson (now Barclay).

1999 saw Steve beaten by the thickness of a vest by Mark Horrocks in the 30th anniversary 10 mile race to Rye Loaf Hill and back which they completed in 72-34, with Darren Brame third, three minutes behind, the only lady was 1999 English Intermediate champion and Yorkshire U20 champion Sarah Dugdale in 67-17.

Veterans dominated the millennium year, **2000**, with who else but Oldfield winning easily in 26-27 from Cowling's Jeff Emmott, 28-09 with Brian Goodison third in 28-32, Sarah Dugdale who had retained her Yorkshire U20 title took the ladies in 8th overall, 34-06 and second was Lynn Whittaker, 44-28.

The dreaded foot and mouth saw no race in **2001** although the charismatic Roger Ingham did organise a mile handicap race round the football field.

Five times winner and three times BOFRA Champion competing here in his come back at 50, who else but Steve Carr

Photos courtesy of Dave Woodhead

ALL CHANGE TO NOW

2002 saw a change to the route for all age groups to what it is now. This came about due to the building of the new housing estate at the back of the old auction mart, although Haw Hill is still the main feature of the race. It overlooks the Gala and is a great vantage point for spectators if you can haul yourself up there.

Who else, but Steve Oldfield won in 24-28 with Will Smith second in 25-53 and Steve's nephew Gary Oldfield third in 26-03. Helen Glover, the Yorkshire U16 champion of 2000progressing nicely, won in 35-42 from Sally Horn, 42-12 and Lyn Whitaker, 44-16.

The introduction of the U9 race came in **2003** and the winner was Jarrod Nolan in 7-54. Unfortunately he was the only competitor, but ten took part in the under 12's with William Heseltine winning in 9-25. In the seniors where 34 ran, Ian Rowbowtham won in 28-34 from Guy Heyes of Salford, 28-51 and Settle Harrier Alex Pilkington third in 29 minutes dead. England international Lisa Heyes, Guy's better half won the ladies in a new record time of 30-37 from Karen Slater, 31-19 and Helen Johnson, 31-22. Probably the most competitive ladies field assembled.

Steve Oldfield carried on his winning ways in **2004** in 24-35 from Paul Brittleton, 26-19 and Will Smith, 26-31. Keighley & Craven also supplied second lady in Helen Glover, 34-35 and Fiona Raby, 36-13, behind Veteran lady Karen Slater who won in 31-12. Skipton's Matthew Hurst won the under 17's from Harry Coates, while Nial Nicholas of East Cheshire won the U14's, Thomas Sessford the U12's and Marcus Preedy the U9's. In the girls races Alice Lilly took the GU17's whilst sister Claire won the GU14's. In the GU12 it was Wharfedales Florence Haines and the GU9's Holly Roberts.

England team manager and international, Mark Croasdale of the Royal Marines took the **2005** winners rostrum in 25-50 from Will Smith, 26-21 and Steve Oldfield, 26-48 with a record 54 competing. Local lady Sarah Dugdale won for her hat trick in 32-58 from 2004 U18 English champion Sarah Tunstall, 34-01 and Dewsbury Road Runner Flora Skidmore, 34-19.

Youth triumphed in **2006** with U20 Yorkshire champion Harry Coates of Skipton AC unexpectedly upsetting the apple cart by beating Steve Oldfield by 9 seconds in 24-33, with recent Snowdon England international and 2002 U20 Yorkshire champion Lee

Trevor Metcalfe presenting his son Kevin with his trophy from the U9's race.

Athersmith third in 25-36. Twice U18 and Intermediate English champion Lisa Lacon, broke Lisa Heyes record by a massive 83 seconds to record 29-14, with Sarah Tunstall second again in 33-57 and Aire Valley's Shona Brash third in 34-53.

So what of the 35th running of the **2007** Hellifield Gala fell races? The seniors may attract a bigger field, but the 12th Junior Yorkshire championships are bound to become the main chapter in the chronicles of Hellifield Gala and the history of it's fell running.

Many thanks to Sheila Swinbank of the gala Committee, Peter and Trevor Metcalfe and numerous others who have compiled this archive of Hellifield Gala and it's fell racing. Apologies for any inconsistencies in the results, but as with all races some results go astray; of course if you can fill the gaps in please contact; Dave Woodhead 01535 66910

A list of all Junior Yorkshire Championships Medallists from 1996-2006 can be found on the FRA website. www.fellrunner.org.uk/magazine

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BY **DENISE PARK** MSC MCSP SRP GRAD DIP PHYS

CORE STABILITY EXERCISES PART II

Denise Park Practice
01200 423181

How to improve your running – without running!!

In my last article, I discussed how to work the deep trunk muscles which act as stabilizers of the body. As a runner it is very important to have a solid base of support during powerful movements of the arms and legs. Training the core muscles will help maintain a good posture during daily and sporting activities, but will also help to correct postural imbalances which, over a period of time, may lead to injuries.

Test yourself by altering the position of your pelvis. If you stand and put your hands on your hips then tilt your pelvis forwards so your back becomes hollowed and your bottom sticks out, you will notice that you transfer your weight towards the front of your feet and that the arch on the inside of your foot becomes flatter and you go into a pronated position. Alternatively, if you then tilt the pelvis backwards and tuck your bottom underneath, you shift your weight towards the back of your feet and the arch lifts – this is known as supination - the opposite of pronation. It is important that the core stability muscles can hold the pelvis in a neutral position whilst you run – ie not tilted forwards or backwards so you do not encourage over-pronation or supination. The neutral position provides a stable platform for an improved, more powerful performance, with much less chance of injury.

I suggested previously that some runners put orthotics in their shoes to correct pronation. Pronation can be a result of weakness in the core muscles and whilst orthotics can be used to help correct the alignment, it is important to strengthen the weak core. Wearing orthotics without incorporating the core strengthening exercises may not resolve your problem – it takes a bit of effort on your behalf as well!

In the last article, I discussed how to achieve a 'zipped position' by concentrating on contracting the deep, stabilizing muscles, then how to perform a few very basic activities whilst maintaining this position. If you cannot remember how to do this, it is important that you go back to the last article and get this right before moving on to these next exercises.

The next set of exercises sound easy, but it is important to 'zip up' and stabilise the core whilst doing them. They divide into static floor exercises which develop stability and strength endurance in certain positions, and dynamic exercises which require the core muscles to maintain correct posture and alignment whilst other body parts are moving. Dynamic exercises can be carried out on the floor or are often done using a gym ball (Swiss ball).

It is important to incorporate both of these types of exercise into your programme. You need to be able to stabilize the core when static, but as a runner, you need to be able to maintain this stability and alignment whilst moving. Begin with the static exercises and progress to the dynamic exercises.

KEEP THE PELVIS IN THE NEUTRAL POSITION FOR ALL OF THE FOLLOWING EXERCISES

REMEMBER - STAY 'ZIPPED'

STATIC FLOOR EXERCISES

1 The Plank

Lie on the floor face down supported on the elbows and toes. Lift the pelvis off the floor whilst maintaining a straight body position Hold this position for a few seconds initially, gradually increasing the time up to 1 minute. Repeat 2-3 times.

2 Side Plank

Lie on your side making sure the hips are in line vertically – not one in front of the other. Lift the body off the floor keeping the head, shoulders, hips and feet in a straight line and the supporting elbow under the shoulder. Hold this position for a few seconds then slowly lower back to the ground. Gradually build up the hold until it can be maintained for a minute. Repeat 2-3 times then repeat on the opposite side.

3 The Bridge

Lie on the floor on your back with knees bent and feet on the floor. Squeeze the buttocks together and lift the hips off the floor until there is a straight line from the upper body, through the pelvis and down to the knees. It is important not to lift too high making the back over-arched. Hold for a few seconds initially and increase to a minute. Repeat 2-3 times.

4 The Kneeling Superman!

Start in a position on all 4's on the floor. The hands below the shoulders, and knees below the hips. It is very important that the pelvis is in its neutral position and the back isn't over or under arched. Slowly slide 1 leg back and the opposite arm forwards, lifting them up to create a balanced 'hold'. It is important that you only lift the arm and leg as high as the 'zipped' position will allow – you might not be able to get to vertical but that is not important. Do not allow the pelvis to drop, or the shoulders or hips to move sideways. Hold this position for a few seconds then slowly return to the starting position and repeat with the opposite limbs. Repeat 2-3 times.

DYNAMIC FLOOR EXERCISES

1 Oblique Crunch

Lie on your back with the knees bent and feet resting on the floor. Then cross your right leg and put the right foot on the left knee. Keeping the right shoulder on the floor, place the fingers of the left hand on the side of your head and lift the left shoulder towards the right knee then slowly lower back down. This can be repeated 15 times on each side. It is very important to keep the head in a neutral position - as if there was a peach tucked under your chin and you can't squash it. Also, the hand must be on the side of the head – not behind the head pulling the head forwards.

2 The Plank With Leg Lifts

As above, but raise 1 leg off the floor approximately 6 inches and lower, then repeat with the other leg.

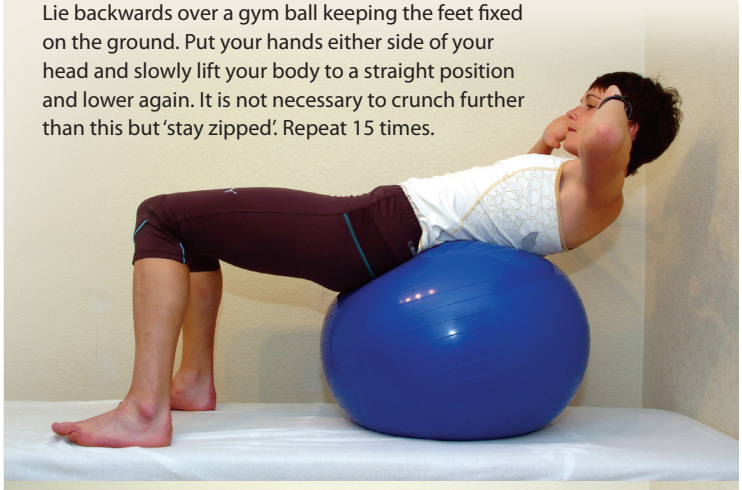
3 The Side Plank With Leg Lifts

As above, but lift the top leg approximately 6 inches and then lower again. Repeat several times on each side.

DYNAMIC BALL EXERCISES

1 Abdominal Crunches

Lie backwards over a gym ball keeping the feet fixed on the ground. Put your hands either side of your head and slowly lift your body to a straight position and lower again. It is not necessary to crunch further than this but 'stay zipped'. Repeat 15 times.

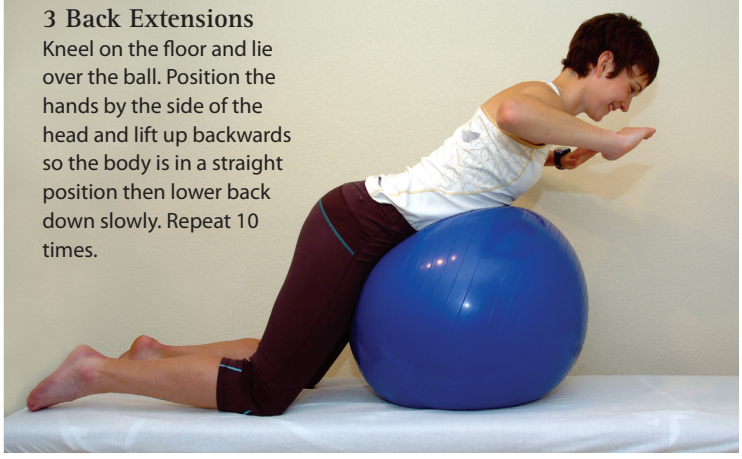


2 Side Lifts

Lie sideways over the ball, keeping the feet fixed on the ground. Lift the body up sideways until straight and lower back down. Repeat 10 times and turn over to work the opposite side.

3 Back Extensions

Kneel on the floor and lie over the ball. Position the hands by the side of the head and lift up backwards so the body is in a straight position then lower back down slowly. Repeat 10 times.



REMEMBER - STAY 'ZIPPED'

Core stability exercises are often referred to as BORE stability exercises. It takes a lot of motivation to carry out these exercises 2-3 times/week, but vary the exercises to make them more interesting. I have described some of the more popular exercises here, but the options are endless. If you find it difficult to motivate yourself to do these on your own, look for classes at your local gym – Pilates, body pump and core stability exercise classes all focus on developing these specific muscles – and you will be checked to make sure you are doing it correctly.

It is only when you develop these muscles that you will realize how much they enhance your running style and performance. If you want confirmation of this – ask Mary Wilkinson, who kindly posed for my photos in the 2 core stability articles, Anna Pichrtova (European Mountain Running Champion) who used these exercises to improve her performance over the 2006 season, and Joe Symonds, who I think has got some of the best core muscles I've seen in a runner.

BY **GARRY FORRESTER**

3 Peaks

(A year in the making)

Every year members of Fenner Flyers AC from Hull have a lads weekend away somewhere in the Dales, usually around April time. This usually consists of a fair bit of running but also quite a bit of drinking. Last year we decided to go to Horten in Ribblesdale and managed to get booked into Dovecot Bunkhouse, on the foothills of Peny Ghent, just outside the village.

After a good few hours running on the Saturday we rested our weary limbs in the local pub that evening. As the beer started to flow, we got talking to a couple of gentlemen about running. I believe one of them was Bryan Speight. Anyway, they mentioned they were some of the organisers for the following days 3 Peaks Fell Race and gave us a bit of info about the event.

As the beer started to kick in, we all foolishly thought it would be a great idea to have a go at next years race. To cut a long story short, I gave Bryan my name and address on the back of a beer mat and asked him to send me a few entry forms when they came out.

The following morning, nursing one hell of a hangover, I thought all the beer talk and last night's topic of conversation seemed like a bad idea, but we decided to go and watch a bit of the actual fell race, to see what all the fuss was about. We watched as the runners made there way up Penny Ghent to the first check point and then back down and across the fells out of sight, heading towards Ribblehead.

It looked an amazing challenge. Probably out of my depth, but something I'd love to have a go at. As we made our way home on the Sunday afternoon I couldn't get the idea of maybe having a go at the race next year out of my head. The more my hangover wore off the more I fancied it.

The week after we got back I joined the FRA, as I remembered Bryan saying something about having to do some qualifying Fell Races. I pencilled in several races in the fixtures handbook that I might be able to have a go at. Throughout the summer I carried on my usual training, only about 30 miles a week with a few local road races thrown in, but unfortunately I never got to do any of the fell races I was hoping to do. As summer turned to autumn I thought I'd have to make an effort, so I and a fellow Flyer, Dave Anderson, decided to do Guisborogh 3 Tops in November. We upped our training a little but couldn't really get on any decent hills.

Come the day of the race we made our way up to Guisborough and had a great day. We were made to feel really welcome. The run itself was tough but enjoyable. We took it steady near the back of the field up the first climb to High Nab. As we made our way across the moors to Roseberry Topping we started to get into our stride and pushed up the pace a little, but on our way to Hanging Stone I started to struggle to maintain the pace. Tiredness soon set in and a

Photo courtesy of Pete Hartley

bunch of us got a bit lost and added 15 minutes to our time, but we really enjoyed it and even won a bottle of whiskey as a spot prize.

We wanted to get another fell race under our belts in the new year but with work commitments couldn't get away until the last weekend in January.

For many years I'd heard about a mad event called Tough Guy and this year I was running for my works team in this event. Quite how this was good preparation for 3 Peaks I don't know, but it was certainly good character building.

It was around this time an envelope came through the post – Bryan had kept to his word and sent me a few application forms for 3 Peaks. Many thanks.

After recovering most of the next week from the Tough Guy I had to get my head round our next race, Winter Hill, at Rivington in the middle of February. Three of us were interested in this one: I, Dave and Tony Stephenson, another Fenner Flyer and probably the maddest Flyer of the lot.

We made our way over the Penines on a drab, miserable Sunday morning, not really knowing what to expect. 11 miles. Surely it can't be that bad? After the usual kit check we were soon on our way, winding our way up a stoney track into the mist and low cloud. Snow still lay on the ground, quite deep in parts, as we struggled across the harsh terrain. The three of us felt reasonably OK early on, but that was soon to change. About an hour into the run we were starting to feel it. It wasn't just the hills but the terrain in general. We just weren't prepared for it and started to struggle. Every step started to feel like a mighty effort as we often ended up way past our knees in mud. We struggled on, but the steep hills soon took their toll, I was knackered, Dave and Tony were a few minutes behind and, as I found out later, were also struggling. Two hours in and I was walking and felt like I'd ran a marathon, totally drained. I managed to stagger across the finish line in just under 2 and a half hours, totally gone. I started to have my doubts about this fell running lark. I don't think I'm cut out for it, but as Tony often reminds us, it's all character building (yeah 'course it is Tone). At least we've had our 3 Peaks qualification I kept telling myself, but bloody hell, if we can only just manage 11miles on the fells how are we going to cope with 24? God knows.

Over the next few weeks my training was going well as I picked up the mileage week by week. By late March I was up to over 40 miles per week, also travelling out of town to get in some hill work. On Good Friday we did the Brantingham 7 Mile Hill Race. Not exactly a fell race but still a tough course and a good test.

In mid April Fenner Flyers all got together for our annual weekend away, this year staying in Ingleton. We did quite a bit of running on Ingleborough and Whernside, as well as Ingleton Falls, but as there was just over a week to go to the 3 Peaks race, we eased back a little. I was still a bit concerned we still might have done too much.

Did hardly any running the following week, didn't want to risk anything. The night before the race I couldn't sleep much. Too many pre-race nerves. Set off about 6-ish on the Sunday morning, arrived in Horten just before 9 o'clock.

Photo courtesy of Pete Hartley

"I was finding it hard now, legs were shot, but just managed to keep going slowly, didn't want to drop out, even if it killed me..."

Plenty of time to register and take in a bit of the atmosphere. Whilst we were all gathering for the start I couldn't help but think back to last year when we were all in the pub talking to two of the organisers about maybe doing next years race, most of it beer talk, and yet here we were, exactly one year on, lining up for the start. Quite unbelievable really.

At 10 o'clock, the gun went off and we were away. As we made our way out of the field and through the village I felt such a sense of pride just to be taking part in this fantastic event. The steady climb up to Peny Ghent was fine, we just took it nice and steady. In the distance we could see the leaders snake their way up to the summit. It wasn't long before they were hurtling back down again at an unbelievable pace while we carried on at what seemed like a snails pace. Finally got there in 43 minutes, feeling OK.

The descent was enjoyable as we left the path and ran down the well cushioned grassy areas. The trek to Ribblehead was great, chatting away to fellow runners and generally having a relaxed and steady run. Got there in one hour and 51 minutes, feeling reasonably alright, but once we passed the Viaduct and began to make our way up Whernside, things started to get tough. We spent a lot of the time scrambling on all fours. Dave and I had stayed together up to this point but I started to pull away from him now, not intentionally, while I tried to maintain an even-ish pace. The last steep part near the summit was hard, but I managed to get there in two hours and 35minutes. Once at the top I struggled to get going again as my thighs were killing me, but soon started a slow jog down, finding it quite tough going as my legs seemed to be taking a battering. Tried to run on the grassy sections as much as possible to ease the pounding.

By the time I got to Hill Inn in about three hours and five minutes I was struggling to be honest. Stopped for a while to refuel, then plodded on. Dissapointed with myself a little because I couldn't manage much running up Ingleborough, but I wasn't alone. Nearly everyone was either walking or very slow jogging, many ceazing up with cramp. God I was finding it hard now, legs were shot, but just managed to keep going slowly, didn't want to drop out, even if it killed me. The climb up to Ingleborough was unbelievably hard, can't say it was enjoyable at all, seemed to take forever, but in reality took about 45min, as I reached the summit in just under three hours and 50 minutes. "All down hill from now" someone shouted. Yeah, easier said than done. This was probably the hardest part for me, the long never ending run to Horten. I'd ran this section a few times before, but it never felt like this. Eventually got sight of the playing field, what a fantastic feeling. Many thanks to the couple who allowed us all to run through their garden onto the field. I even managed a (sort of) sprint to the finnish line with a fellow competitor, that's all I needed I remember thinking.

Yeah, I'd managed it, I'd actually got round, all the pain and agony of the last couple of hours was worthwile. Fanatastic. Finish time was 4hours 40 minutes 53 seconds. Dave wasn't far behind, just outside 5 hours. He found it the same as me, bloody hard, unbelievably tough but definatley on the list of things to do before you die.

After a quick wash in the nearby river we felt a bit better, but not much. Overall definatley one of my proudest moments ever. I'd recommend it to anyone who has a love of running and who is also up for an amazing challenge.

Hopefully we'll be back next year, to go through it all again. Maybe.

BY **ANDY STYAN**

THAT Langdale Record

1977 Langdale Horseshoe

It's 30 years this October since the record was set. People have often asked me over the years about that 1977 race so I thought I'd put it in writing. Every year when I hear the results and see the record still stands, I'm pleased but I'm also surprised - all my other records got broken, so why not that one?

In the months leading up to the race, I had been on an obsessive weight loss programme and had increased my mileage considerably. My results improved considerably, and when I finished only one second behind the winner (Alan McGee) at Hades Hill in early September, I knew something exciting was happening to my form. I'd done the Langdale race the previous year, so had a good feel for the course, and thoroughly enjoyed it, apart from one bit, that is. When I was following Joss Naylor on the traverse below Esk Pike, I had no idea of the route and he suddenly said to me: "Are you any good at rock-climbing lad?" "No", I replied and he said: "Don't follow me then".

Photographs courtesy of Pete Hartley

I had little choice, because it was misty and I didn't know the route, so I followed him over a hairy route with my heart in my mouth. I'm sure he did it deliberately, but fair enough!

On the day of the 1977 race, there were 3 people expected to be battling it out up front. Mike Short was in tremendous form, and held the record, Alan McGee was winning races all over, and Billy Bland was starting to show his class on the long races. I was an outsider.

The conditions were great - clear skies, no mist and dry underfoot (and it was September - a month earlier than the current race date, which maybe makes a bit of a difference).

Over 200 runners set off, and by Thunacar Knott, Mike Short and Alan McGee had a good lead. By the beck in the bottom, Billy and I had caught them and this set off a pattern. Every uphill, Mike and Alan would pull away, and every downhill or bit of rough ground, Billy and I would catch them up. By Bowfell the four of us were way ahead of the rest of the field.

We reached Crinkle Crags all together and Billy and I pulled away on the down. At the top of Blisco, Mike and Alan were only just catching us, and at that point I knew the race was between Billy and me. I followed Billy on the descent, because I didn't know the route, and left him as soon as I reached familiar ground at the cattle grid checkpoint. I finished in 1:55:03, Billy in 1:55:17, Alan in 1:55:33 and Mike in 1:56:08. The previous record had been beaten by over ten minutes.

In the two or three years after that, I expected to lower the record again. I got even fitter, broke other long race records, and became "Fell Runner of the Year", but the nearest I got was in 1979 - a whole five minutes slower!

So, I guess the reason the record hasn't been broken is because it's a good one! Perfect conditions and four determined runners all going hell for leather and pushing one another - it made for a great race and certainly one of the most exciting I've been in.

Will it last? Logically it cannot, but over 30 years only Gavin Bland has come near it - 20 years later in 1997 he won in 1:56:13 (and thought he was the second fastest ever until it was pointed out that B. Bland, McGee and Short had also run faster than him!).

These days I'm an arthritic jogger who can't do any fell running, but I'll be going up to watch this year. Oh, and I'll be praying for wet conditions and a bit of mist.

AL. 14m/4000'. Record: 1.55.05 A. Styan 1977

"These days I'm an arthritic jogger who can't do any fell running, but I'll be going up to watch this year. Oh, and I'll be praying for wet conditions and a bit of mist"

Andy Styan at the Blue Pig in 1988

Photographs courtesy of Pete Hartley

Langdale Horseshoe 1986 – climbing Pike of Blisco

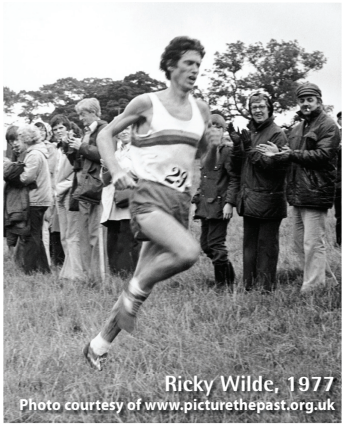
BY **MEL CRANMER**

Lantern Pike

A record that's stood for 30 years

1977 The innaugral hayfield sheepdog trials and show staged the first Lantern Pike Fell Race – the race was won by Ricky Wilde in a time of 29.12 – that record still stands

There had been a fell races in Hayfield before 1977, but the idea of making one an attraction at the innaugral Hayfield Sheepdog Trials and show was to prove inspirational. Organised by Alan Bond DPFR, a top class field of runners and a few locals were persuaded to take part in The Lantern Pike Fell Race.



Ricky Wilde, 1977
Photo courtesy of www.picturethepast.org.uk

Both the male and female race records are outstanding; Ricky Wilde won the race with a time of 29.12, a record that has remained unbroken for thirty years. Carol Haigh set the womens' record of 34.54 in 1984. Both Ricky and Carol came back in 1997 for the twentieth anniversary race though not many of the then participants had even heard of them. We decided, in the future, to introduce a numbering system to identify the first 10 all time fastest winners, male and female, these past winners are given their number in rank order, so if you see somebody with No1. to No10., no matter where in the field, then RESPECT.

LANTERN PIKE 10 FASTEST RACE WINNERS					
MEN			WOMEN		
1977	R. WILDE	29.12	1984	C. HAIGH	34.54
1993	C. ADDISON	30.04	1993	K. DRAKE	36.27
2005	L. TAGGART	30.17	1991	S. BOAM	37.03
1992	J. TAYLOR	30.27	1996	T. SLOAN	37.20
1996	A. WILTON	30.30	1989	N. SAILSBURY	37.30
1988	B. HUSSEIN	30.33	2006	O. WALWYN	38.04
1979	R. BAILEY	30.44	1999	E. McGUIRE	38.22
1991	A. TRIGG	30.46	1981	J. LOCKHEAD	38.41
1994	N. WILKINSON	30.48	1988	B. MURRY	38.52
1987	P. DUGDALE	30.50	1992	J. SMITH	39.07

The start, 1977
Photo courtesy of www.picturethepast.org.uk

Help us celebrate this race and the outstanding record set thirty years ago, by taking part this year, Saturday 15th September, 2.00pm

We are holding a round of the English Fell Running Junior Championships the same day
SATURDAY 15TH SEPTEMBER, FROM 11AM
Catagories are:
* Under 8 - 1/2 mile (0.7k)
* Under 10 - 1 mile (1.5k)
Under 12 - 1.8 miles (3k)
Under 14 - 2.2 miles (3.5k)
Under 16 - 3 miles (5k)
Under 18 - 5 miles (8.5k)
Ages are as at 1st January 2007
Minimum age 6 on day of race
* Non Championship
www.felljunior.org.uk

This year, our 30th anniversary promises to be the best show ever. We have a packed entertainment schedule throughout the weekend, including a medieval jousting show performed by professional stunt men from the film Gladiator. We have a superhuman axedisplay team and a mountain bike trials team that defies belief.

The kids will love the fantastic childrens entertainer along with the many great rides on offer. There's also the crufts style dog agility show and the amazing free flying birds of prey demonstrations.

There is the opportunity to buy something for dinner from the farmer's market marquee, have a tasty snack in the food marquee and a cool glass of your favourite tipple while listening to live music in the beer tent.

There are lots of trade stands, not to mention the popular craft marquee making for good retail therapy if required.

Take time out to watch the sheep dog trials themselves. One man and his dog in perfect harmony! They really are a sight to behold.

The Lantern Pike Fell Race on Saturday 15th September 2007 is part of the Hayfield Country Show and Sheepdog Trials Trials run over the Saturday and Sunday, 15th and 16th. Spray House Farm, Little Hayfield, High Peak, Derbyshire. Grid Ref: SK035886. Off the A624 between Glossop and Chapel-en-le-Frith.

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SENIOR RACE: JIM TRUEMAN, Tel: 01663 743179
Email: jtrueman@cisco.com
www.cs.man.ac.uk/~temples/hc/

ENTRANCE CHARGES
Park as directed, then make your way the entrance.
Adults £5.50, **Concession** £2.00,
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REGISTRATION in far corner of the beer tent.
Fastest ten male and female past winners your numbers are on the wall please take them to registration.
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BY **STEVE FREEMAN**

Stud Marks on Brown Willy

Fellrunning in Cornwall

Stud marks *where*? Brown Willy (originally named Bronewhella) is a hill on Bodmin Moor, and the highest point in Cornwall. For the northern fellrunner exiled to Cornwall Bodmin Moor, and particularly the area around Rough Tor and Brown Willy, is the best place to re-create the fellrunning experience. Since moving down here nearly two years ago I have made a good many trips to the moor for a fell 'fix'.

At first I spent ages poring over the Ordnance Survey map, and trying out different variations, in my quest for a good circular route. In the end I came up with a great ten mile circuit, and I nearly always just stick with this now. Starting at Rough Tor car park, 2 miles south-east of Camelford, I run up and over the shoulder of Rough Tor and down to a small river. At first the terrain is nice smooth turf grazed by sheep and ponies, but beyond the river the going gets rougher. It's a fairly steep climb up onto Brown Willy, and this path gets extremely muddy in winter. On top of Brown Willy there are outcrops of granite, and a fingerpost indicating a permissive path that takes me southwards along the ridge. The views from up here are very extensive, and on a clear day you can see the sea on both sides of the peninsula. My route takes me past Garrow, 'King Arthur's Hall' (a ruin), and Candra, over Alex Tor, and then over the pathless moorland back to Rough Tor. It's a steep rocky scramble up the huge granite boulders to the top of Rough Tor, followed by a beautiful long grassy descent back to the car park.

This run always leaves me feeling pleasantly tired, peaceful and satisfied in a way that only a *fell* run can make me feel. Okay, it's not really fellrunning by Lake District standards, but what constitutes 'fellrunning' anyway? There are no mountains on this route, but otherwise it contains all the ingredients of fellrunning. There are lots of ups and downs, twists and turns, the terrain is mostly wild – sometimes grassy, sometimes rocky, sometimes trackless, and definitely requiring fell shoes. You are surrounded by loads of open space, you can see for miles, and (beyond Brown Willy at least) there are very few other people around. In short, you get a sense of freedom.

There are two races on Bodmin Moor. There is the unofficial 'Brown Willy Run' on New Years Day, which is a six mile out-and-back route from the Jamaica Inn on the A30. This is a great little event organised by Truro Runners that is free to enter (donation to local search and rescue team). When I did it this year conditions were very wet and muddy underfoot, and there were horizontal hail showers on the 'fell'. Afterwards I sat by a huge open log fire in the pub with a pint and a pasty.

The other race, which is a proper fell race run under FRA rules and in the fixtures calendar (late March), is the Five Tors Moorland Run (11m/1170') from Minions, near Liskeard. This has been organised by Cynthia Weston for the last twenty years, but she is now hoping that some local club will take over. Although I was 'at the sharp end' I couldn't tell you exactly where it went, but fortunately it was well-flagged and marshalled throughout. It may only be a category 'CM', but it certainly felt like a proper fell race, with plenty of rocky and tussocky and boggy terrain. For most of the way I ran with and battled against fellow northern fellrunner-in-exile, Dave Miller (running for Devonshire club Teignbridge). In the FRA handbook it says that the record for this race is held by Graham Patten, but that was for the slightly different old course – which I think was a bit shorter.

Most of my off-road running in Cornwall has been on my own, and it's a shame there aren't more races. It's hard finding other people down here who actually like to run on rough ground, although I have sometimes been kept company on the coast path by another fellow northern fellrunner-in-exile, Dave Hakes of Dark Peak. Running on the coast path is probably the next best thing to fellrunning, and I am fortunate enough to live very close to the coast path in a beautiful area near the Helford River. It's mostly good running, and constantly undulating, but can be busy with walkers (and dogs), especially in the summer. Sometimes I drive up to the north coast for a run, and here the coast path is a lot more rugged and harder running. One of my favourite sections is between St. Just and Lands End.

One of Cornwall's fellrunning claims to fame is that the youngest member of the Bob Graham Club is a Cornishman (with northern genes) - Ben Squibb. Ben completed the round back in 1991, at the tender age of 13. A legacy of knackered hips ensued, and he isn't doing much running now. He did tell me that he's going to have another go at the BG this year, although I don't believe him. Maybe he'll get round to it when his kids have grown up a bit. Getting the right kind of training in for such a challenge when you live down here isn't exactly easy. It is of course possible to get quite fit running in Cornwall, but with no big climbs or descents to condition the fell legs, and with such vast distances to travel to the fells proper, it's never going to be a good place for a fellrunner to live. To paraphrase A. Wainwright: All those who truly love the fell country are exiles when away from it. See you at home on the fells – *soon*, hopefully. ✻

To paraphrase A. Wainwright: All those who truly love the fell country are exiles when away from it

A sequence of Steve's fellrunning poems are to be published by bluechrome press later this year. Three of the poems first appeared in *The Fellrunner* in the early nineties. Steve has also recently completed a novel set partly in the Lakes and partly in Tasmania. For more information on both of the above visit his website: www.stevenfreeman.net

Celtic Corner

BY CHRISTINE BARWELL

Manx News

Boosted by the inclusion in the Montrail Ultra-running Championship, the premier event on the Manx fell running calendar, the Manx Mountain Marathon, attracted a fantastic 130 athletes to this year's race. Prior to the race on Easter Saturday, the Island enjoyed a long spell of warm, dry weather, which continued over the Easter weekend. With the ideal conditions both underfoot and in terms of visibility, a course record was always going to be a possibility, particularly with the wealth of talent on the start sheet. The top five in last year's event, current Manx Fell Running Champion Simon Skillicorn, the only Manxman to win the event Ian Gale and last but by no means least Manx born Lloyd Taggart. Not surprisingly Lloyd proved his International status by dominating the proceedings from start to finish. He broke Colin Donnelly's 2002 record by an incredible 17 minutes, to finish the 31 miles and 8000ft of ascent in a magnificent 4 hours 22 minutes 45 seconds, almost 30 minutes ahead of his nearest rival Calder Valley's Adam Breaks, with last year's winner Paul Thompson in third. Not to be outdone by her male rivals, Lloyd's partner Jackie Lee mixed it well at the front of the field to finish a superb ninth overall. Her nearest competitor in the women's race, some 40 minutes adrift but a fine 27th overall, was Hazel Jones, with Mandy Calvert in third place and 47th overall.

The Half Manx Mountain Marathon covers the final section of the full event and is a category B race totaling 13 miles, with 2600ft of ascent. Manx Fell Runner Tom Cringle led the race from start to finish, securing his first victory on the Manx hills. The 24-year-old opted for the shorter event this year and was delighted with the performance. Fellow local Rob Holden, more renowned for his cycling exploits, was no slouch on two legs and finished second. Jill Mykura established a new course record and finished an amazing third overall.

➤ March's Half Tour of Pendle is a popular race amongst the Manx fell runners and this year attracted Tom Cringle, Richard Sille, Richard George, Godfrey Clayton, with Richard Jamieson and Allan Corrin, who are now based off Island, travelling to compete with their teammates. Richard Jamieson and Tom Cringle were the pick of the bunch finishing 20th and 22nd respectively.

➤ Manx Fell Runner John Crellin has aspirations far beyond the Manx hills. His ambition is to be the first Manxman to stand on the summit of the highest peak on each of the seven continents. On each climb John carries his Manx flag to record his endeavours, which began in December 1998 when he successfully conquered Aconcagua (22,830ft) in the Andes in Argentina. In 1999 his challenge was Everest (29,035ft), disappointedly bad weather prevailed, turning him back at 26,000ft. In 2000 he added Elbrus (18,510ft), the highest point in Europe to his list. He succeeded his ascent of Kilimanjaro in 2001 and on a second attempt made it to the summit of Mount McKinley (Denali – 20,320ft). With Antarctica's Mount Vinson (16,067ft) under his belt, his second attempt of Everest was in 2003, however the weather was once again not on his side. In 2006 Kosciusko (7,310ft) in Australia and Carstensz Pyramid (16,023ft) in Papua New Guinea were attained, leaving Everest remaining. John, whose adrenaline junky habits extend to racing in the infamous TT races, will test Everest once more in 2008.

BY IAN TAYLOR

NIMRA

Our 2007 Championship is now at the halfway stage, with one race from each category. Joint leaders are Deon McNeilly (Newcastle) and Des Woods (Mourne Runners) with last year's joint champion Neil Carty close behind in third place. Brian Ervine, the other 2006 joint Champion is some way behind, with only one race completed.

In the Ladies' section, Fiona Maxwell (Mourne Runners) one of the 2006 joint champions, is in a clear lead with maximum points, followed by Alwynne Shannon (Newcastle). The other champion from 2006, Shileen O'Kane, is taking a year out to ensure there is a new generation of mountain runners in the family. In the classic Annalong Horseshoe race, the ladies' record has stood at about 2:42 or so for quite a few years – at least until this year, when Fiona, in flying form, took over 13 minutes off the record to reduce it to 2:28:50 and finish ahead of all but 8 men in the process.

Donard-Commedagh

Our round of the British Championship was held on 31st March over the medium Donard-Commedagh course with 240 athletes from throughout the British Isles competing. Rob Hope (Pudsey & Bramley AC) and Angela Mudge (Carnethy Hill Runners) broke the course records. First local runners were Des Woods in 15th place, Neil Carty 16th and Fiona Maxwell 7th lady. Subsequently a sizable group of Mourne Runners, with support from Newcastle, have competed in more recent Br Championship events, with best performances from Des Woods & Fiona Maxwell.

Photo courtesy of Tim Austin

Lloyd finds time for some River Dancing in Ireland! (Donard-Commedagh)

News

Other Events

Virtually all races from February onwards have had record entries, with the midweek Hill and Dale 11 race series continuing in popularity, with fields averaging 140 per event. In this series every race is different, attracting road runners and orienteers as well as mountain runners, with one uphill only, others mainly in forest but most with relatively safe open mountain terrain. At least that was until the Slieve Loughshannagh event, held mostly in thick mist. The leaders took themselves and the majority of the field up the wrong mountain with only those confident in their own navigation leading the returning runners. A notable mention should be made of Pauline O'Hara, normally one of the last ladies to finish, but this time being first lady in 13th place overall. An added bonus of the series is the brilliant incisive reporting of each race, usually as seen from near the front, by "Bogboy" and his assistant "Bogman".

Of course we have not been restricted to local events only. A large group, mostly from Larne, were at Carnethy in February. More recently athletes were at Jura, the Yorkshire Three Peaks, London Marathon, Connemara Ultra Marathon and the Long Distance Walkers 100 mile event, with the participant in the latter event taking 5 hours off his pb. I guess we all wish we could do that more often. However even UK hills are a bit low for two of our regular mountain runners, with Hannah Shields and Nigel Hart, in different expeditions, both summiting on Everest in May. Hannah is an experienced arctic traveller and Nigel was also there to carry out medical research.

As I write we look forward to our annual All Ireland Championship, hosted by Irish Mountain Runners in the Wicklow hills on a course designed also to assist in selecting for the Irish European Championship team. As in past years, we plan to send an all-Ireland team to the Pyrenees for this Championship in July.

Ian Taylor

BY **ROSS POWELL**

Welsh FRA

British Championships 2007

Two Welsh Fell Runners Association races have been included in the British Championships this year – Llangynhafal Loop and Carneddau. The Llangynhafal Loop race took place in the Clwydian Hills, in North East Wales, on 6th May. We hope that everyone who attended enjoyed themselves. All the feedback on the race has been very positive. Thanks must go to Martin Cortvriend and his band of helpers for a well organized event. There has been a resurgence of interest in fell running in north east Wales in recent years and I am pleased to see the area being rewarded with a British Championship event. It is possible that the British Relay Championships could be held here in 2008. The area is ideally suited to an event of this nature. We now look forward to the Carneddau race on 24th June.

WFRA Open / Welsh Championships 2007

At the time of writing two of the six Championship races have taken place. Mynydd Du seem to be taking the Championships very seriously this year, with the Club currently taking the first 3 places in the table. Mark Palmer is leading (also 1st over 40), closely followed by Martin Shaw and Dave Finn. Ross Powell (WFRA) is leading the over 50 category (it does pay to travel!), and Gary Gunner of Croft Ambrey is first over 60. Ellie Salisbury of Eryri is leading the ladies category (also 1st over 40). First over 50 is Sue Ashton of Chepstow. It is still early days, however, and positions can change when runners reach the limit of 4 races to count.

WFRA North Wales Series 2007

After three races the current positions are as follows. Roland Stafford of Mercia is leading the Series. Rob Hutton of Dark Peak is first over 40. The over 50 category is led by Neville Boler (WFRA), and Don Williams of Eryri is first over 60.

Hannah Toberman of Eryri is leading the ladies category, with Sandra Rowlands of Clwydian first over 40, and Maggie Oliver of Eryri leading the over 50 category. The next race in the Series is the Carneddau race.

WFRA South Wales Series 2007

At the time of writing this Series had not commenced.

For more details of the WFRA Championships / Series and up to date results tables visit the WFRA website.

2007 WFRA Wales and Borders Race Calendar

This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders that were available at the time of publication. It includes some races not in the FRA Calendar. The Calendar is free to paid-up members. Non members can obtain a copy for £2 (plus 55p postage) from Geoff Clegg *(see below for details)*. Cheques payable to 'Welsh Fell Runners Association'.

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.

Membership forms are available on the WFRA website – 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.

BY **MARTIN LUCAS**

South Wales Winter Hill Series

2006 - 2007

As the glaciers retreat from the hills above Blaenavon and the Abergwynfi mammoth hunt draws to a close for another year, we can look back at another successful Winter Hill Series season. 130 runners took part in at least one race, with 25 doing at least five out of the seven races to maximise their League points. Final positions in several categories were in doubt right up to the last race, and eventually only 10 points covered the top three places. Here's a few notes on how things went…

Fan Fawr: the sunny one

It was a glorious autumn day in the Beacons and the car park at Storey Arms was overflowing with a record turnout for this short sharp blast to the summit, exchange of pleasantries with the marshal ('Number please!' 'Eeurgh-spit' 'Thank you!') and straight back down. League newcomer Robert Gordon set a fine standard with a flying 17.42, over a minute clear of a close bunch including Mick O'Doherty (first vet) Robert Mullett, Peter Ryder and Mike Fawcett. Steve Littlewood resumed where he left off last season with a convincing o/50 win, with Helen Bennett holding off Emma Bayliss for the Ladies' prize.

Sugarloaf: the long one

A huge field by South Wales standards assembled at the foot of the steepest tarmac road in Monmouthshire for the third running of this fine race. After the initial lung-busting climb there is a level(ish) section across the open hill before a steep climb to the summit. A couple of nasty undulations on the way back can take their toll but at least we don't run back down that road! Last year's League champion Mark Palmer made his season's debut and the Pontypridd firefighter comfortably saw off the challenge of Mullett, O'Doherty and Martin Shaw. Steve Littlewood decided to let others have a chance by getting hopelessly lost and scoring a glorious 1 point, but more excitingly Helen Fines of Bristol and West had a fine run as first Lady in eight place overall.

Blorenge: the steep one

The nub, crux and scariest part of the series, this climbs ever more steeply to the blockhouse on the summit, from where the descent route is slightly easier – but mind your head on the canal tunnel just before the finish! Robert Gordon returned for his second win of the season, closely followed by Martin Shaw and Dave Finn. Helen Fines scored another top 10 finish and to the best of my knowledge is the first lady to score over 90 points in a winter league race. There were no hospital cases this year, perhaps due to the relatively dry slopes and less bracken than usual. The legs still hurt until the Wednesday though!

Tor y Foel: the stormy one

January in the Beacons was always going to be tough, and the exposed nature of the higher slopes with a westerly gale driving spray over the Talybont dam and low cloud meant that the marshal turned the race about 50 feet below the summit – without any complaints. Mark Palmer returned to beat Dave Finn by 42 seconds, but with Martin Shaw scoring 98 the championship was still wide open. A third excellent run by Helen Fines consolidated her lead in the Ladies' category.

The Darran: the snowy one

Heavy snow from the night before was just starting to thaw, but the icy steep climb to the Twmbarlwm hill fort caused problems for many on the way up and again the way down. The Gwent League on the same day was cancelled – wimps – and the fell race picked up a few extra entries as a result. Local hero Matt Collins showed how it should be done, beating Robert Gordon by a clear minute with Pat Wooddisse close behind in third. Helen Bennett took advantage of the other Helen's absence to make up ground in the Ladies', closely pursued by first 'Lady of a certain age', Sue Ashton. Martin Shaw missed this one – his assumption that it would be cancelled underestimated the tenacity of the Winter Leaguers!!

The Tumble: the 'down and up' one

Now this was a strange result. With a few of the leading contenders absent, Mike Duxbury took advantage of some uncertainties over the precise route over the moorland to the top of the long descent to open a large lead which was never challenged, and which took him to the top of the table with one to run. The never-ending climb to the finish, though, caused the rest of the field to bunch closely, with very high scores being recorded even as far down as me! Young Ms Bennett wheezed past me in the last few yards to take the girlies' prize, with a fine run from an improving Sue Ashton very close behind in second.

Pen Cerrig Calch: the last one

It was an odd-numbered year so the weather was OK, but with an easterly gale which just about helped the runners up the long climb. League newcomer Harry Matthews and Robert Gordon opened up a large lead by the summit over Martin Shaw and Mike Duxbury, which did not close on the very fast descent. Max Suff was first veteran, concluding a very consistent series, but the race for first O/50 was hotly contested right down to the line between Steve Littlewood (running with a wooden leg apparently), John Darby (returning from skiing), yours truly (recovering from…well, you don't want to know) and John Collins, who at 69 should be taking things a little easier by now. Modesty prevents me from mentioning who prevailed. Helen Fines had another excellent run, but as this was only her fourth race of the series her chances of catching Helen Bennett in the overall standings were very remote.

So to the pub and the presentation of awards. Due to the pressure of time and trying to work it all out before everyone went home I'm afraid there were a couple of errors on the day so apologies to Peter Williams for missing him out of the second vet prize – entirely my fault and the correct prize will be awarded when I see you. Also to Mike Duxbury for confusing you and Pat Wooddisse in second and third overall – this was not entirely my fault as Mike didn't put his surname on his entry form at PCC. Only a fell runner…

We hope those who did all seven races enjoy their special Walter Winterleague mugs. Many thanks to all our organisers for volunteering their races for the League and to their generous donations to the prize fund, and to the long-suffering marshals for freezing their bits off through the winter so we can have our fun. We hope to see you all at Fan Fawr for the start of the 2007-2008 season: tell your friends! The full results and places will be on mdcwales.org.uk or the wfra website or can be obtained from me.

The major results were:

Senior Men:	
1. Martin Shaw (Mynydd Du)	489 pts
2. Mike Duxbury (Stroud)	484
3. Pat Wooddisse (MDC)	479
Ladies:	
1. Helen Bennett (MDC)	374
2. Sue Ashton (O/50) (Chepstow)	350
3. Helen Fines (B&W)	342
Vets O40	
1. Max Suff (Hereford)	451
2. Peter Williams (MDC)	426
3. Ian Richards (Sospan)	396
Vets O/50	
1. Steve Littlewood (Hereford)	438
2. Martin Lucas (MDC)	382
3. Chas Ryder (CRB)	362
Vets O/60	
1. Ian Turnbull (O/70) (FoDAC)	290
2. Eric Meredith (MDC)	251
3. John Collins (Swansea)	215

Challenge yourself

Helly Hansen Adventure Challenge Series

Outdoor adventures come in all shapes and sizes and the TrailPlus organised Helly Hansen Adventure Challenge Series is no exception. A sort of adventure triathlon with a difference, the Series comprises four events at four different venues but with a consistent format. It is a team event for three people (any combination) who must undertake a marked course (no navigation required!) consisting of up to 10km of trail running; 25kms of mountain biking and 1.5kms of kayak canoeing... but not necessarily in that order. And there are usually a number of other special challenges thrown in, including the fames "Slippery Wall". All team members undertake all the activities and must stay together at all times, so the Challenge really is a team effort.

If it sounds like a lot of fun, it is, with organisers TrailPlus designing the events to appeal to those new to adventure racing, particularly runners. All the event equipment is included in the team entry fee of £125.00 apart from the mountain bike and helmet.

For 2007 a concerted effort is being made to attract more 'all-female teams' and at each event there will be a special Boobydoo.co.uk Women's Adventure Quest award provided by local Sports Bra e-tailer, Boobydoo.

For 2007 a concerted effort is being made to attract more 'all-female teams'

Further details are available at **www.trailplus.com** and any club member wanting copies of the Series brochure should send an email to **info@trailplus.com** or call **01457 855425**. ✻

Martin Stone's LONG DISTANCE

NEWS SUMMARY – JUNE 2007

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

SKYE RIDGE RECORD – ESMOND TRESIDDER

On 4th May, Es Tresidder set an astonishing new record for the Skye Ridge traverse, which includes 14 Munros between Gars-Bheinn and Sgurr Nan Gillean. He reduced Andy Hyslop's 1994 record time of 3hrs 32mins 17secs by almost 15 minutes to 3hrs 17mins 28secs. Es has promised to write an article about his feat for the next edition of the Fell Runner. In 2006 he made his first attempt at the record. In late April of this year Es set off on a scorching afternoon with only 1 litre of water and without any support he completed the ridge in 3hrs 59mins. He had already climbed the 1000 metres from sea level at Glen Brittle to the start on Gars-Bheinn that morning.

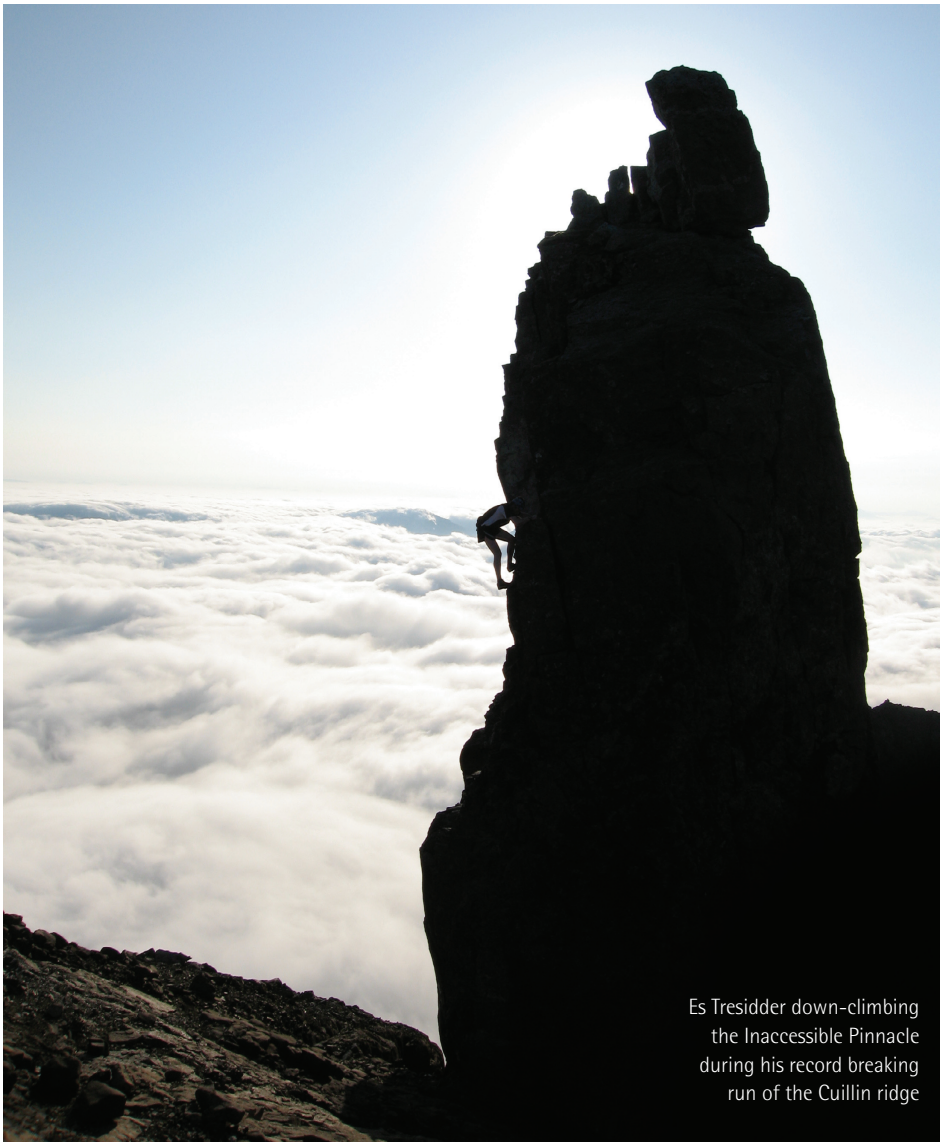


Photo courtesy of www.es-on-ice.co.uk

Es Tresidder down-climbing the Inaccessible Pinnacle during his record breaking run of the Cuillin ridge

A week later, two attempts the wiser and much better prepared, Es made his record-breaking run on 4th May. He bivvied alone on the ridge the night before and set off, refreshed, on a warm clear morning. A cloud inversion filled the valleys and the ridge remained clear. Es carried 2 litres of water in a Camelbak and was re-supplied at the Inaccessible Pinnacle. His route-finding was more efficient and he was able to move faster along the entire route, even managing to jog over much of the rough ground the "mere mortals" would scramble over. Throughout the route, he continually clawed back time on the old record.

Es has promised to write an article for the next Fell Runner. This is a record should stand for quite a while – unless one of you knows better ... Rumour has it that Es will now turn his attention to the 24 hour Munros record and maybe some Winter Rounds.

SOUTH WALES TRAVERSE – BRYAN STADDEN

Bryan sent me a note saying – "I completed the traverse on Sat 2nd June in a time of 19hrs 42 mins in near perfect weather conditions, ok for an older one I reckon. This was a supported run with fellow club members Bill Graham, Ian Hoare, Claire Spick and Andy Creber on the hills and my wife Hilary as road support. The schedule worked out well and was based on a combination of Martin Stone and Mark Hartell's record runs of the early 1990s"..

DRAGONS BACK – CHRIS GILDERSLEVE & FRIENDS

Chris has written elsewhere in the magazine about a journey made by himself, Matt Hand Simon Blease, Dougie Adlam, Alan Stone in early May 2007. Their route pays homage to the original Dragons Back stage race held in September 1992. During the 5 days, they covered 160 miles/42,000ft climb in 48hrs 6 mins running ……. It's a great journey and the article is a very entertaining read.

LAKES 2500s – JOHN FLEETWOOD

John writes elsewhere in the magazine about his journey round the Lakeland 2500 footers. This is a very rarely attempted round and equates to about 60% longer than a Bob Graham. It takes in the High Street ridge to the east of Bob Graham country and the Coniston fells to the south of the fells crossed by the Bob Graham. The record was set in 1986 by Steve Parr and since then there have been no records of successful completions..

MULLARDOCH ROUND – JOHN FLEETWOOD

On 2-3rd February, John completed this classic, remote, solo unsupported, on-sight winter's round. He describes it as "a serious winter round on which I saw no people, no habited buildings, no roads and apart from a brief distant vista, no lights. I set out alone and carried everything. Highlights were a shooting star, a brocken spectre, the Alpenglow, rock hard neve in the moonlight and shimmering ice. Only the final descent marred a magnificent day. The distance was 48 miles with 6130 metres of climb which took me 26 hours 8 mins".

BY **PAUL BATESON**

Marathon of Spain/Andalucia

Back in the 1980's the idea of running a road marathon, 26.2miles/42km, was beginning to gain popularity and was seen as an achievement of a lifetime, but now the marathon's impressive aura is fading as everyone from 12 year-olds to grandmothers is doing them.

The big city marathons still attract thousands of runners, many extremely fast and capable of covering the distance in 3 hours, thousands able to do it in well under 4 hours and thousands more happy to finish 'eventually', but a new running challenge was needed.

Into the breech stepped ultra running over distances of over 50km to 100miles and more with the added bonus being that the majority of these events are off-road.

Off-road/trail running is hugely popular and is, for instance, in the USA, amongst the top five outdoor activities with more than 40 million people running trails in 2005 up from 31million in 1998.

For very little expense anyone can head straight out the door, hit the trail and start to run. The generally softer, more forgiving surfaces are easier on the joints, the pace can be whatever you choose and in no time at all what began as a jog around the local park can lead to longer runs in more challenging terrain. As you become fitter the idea of entering a trail race, just to see how you do, takes hold and before you know it you have a few races under your belt and start to look for new, longer or more exotic events to enter.

There are plenty of trail races organized over distances between 5 and 50km – all are usually over beautiful terrain, mountains, forest, desert, uphill only – but some of the most popular are the 50km to 100mile and longer multi day events which can become fully subscribed within minutes of entry registration opening on the internet.

This can be a problem for many who decide to enter for a once in a lifetime challenge such as the Marathon des Sables, a six day, stage race across the Moroccan Sahara, which is oversubscribed already for 2008 and 2009! (entries closed within 8 minutes of going live).

Having done the Marathon des Sables in 2001, helping training others for it (and other similar events), it was pretty obvious that there was room for a multi stage event to be held in Andalucia. I already had a basic route and just needed the backing of a team to make it a reality.

Over the past two years I had been in touch with one of the top ultra runners in the UK, Rory Coleman. Rory has a number of Guiness Book records for running and has also completed 88 marathons in 12 months, is a regular entrant in the Marathon des Sables and most importantly his company, *Ambition Events*, is the leading ultra-marathon event management company in the UK.

The Ambition portfolio includes the Thames Path 50mile, the Tring to Little Venice 45mile, (which is held twice to allow for size of entry), the Pennine Challenge 100mile and the Marathon of Britain: 175miles, 6 stages, extremely tough and now in its 5th year.

Rory and business partner Mark Pinnock visited us in early March this year. They were taken around the majority of the proposed route (were included in a TV documentary about Team Axarsport and the event planning) and it was decided that the event should happen, this year!!

The event named the Marathon of Spain/Andalucia will be held between July 22nd and 28th. The route covers 220km in 5 stages and will link the nine villages which make up the Alhama de Granada Mancomunidad (town association). In this way each of the towns can become more involved with the race, assist with food, drink preparation, check points, water stations etc. Usually events of this nature require competitors to be self-sufficient. You carry all your food, sleep rough and have little contact with the organization (unless you require medical attention which means a time penalty). I wanted to make the event a tough challenge – the terrain and high July temperatures will make this a certainty – but I also wanted to make it a memorable and enjoyable visit to this part of Andalucia. Competitors will be able to run/walk without the need to carry 12-15kg packs, (just food for the day, water, first aid kit and spare clothes/socks), they will be able to look around the stage towns and they will be fed each evening and breakfast time by the host stage town.

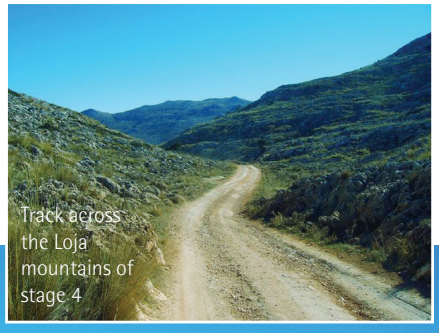
Start and finish will be in Alhama de Granada. Stage one covers a 40km loop through the Sierra Almijara to finish in Jatar. Stage two, 43km over another mountainous loop via Arenas del Rey and Fornes to finish in Jayena. Stage three, 46km via Venta del Fraile, Agron, and Cacin to finish in Santa Cruz del Comercio.

Stage four is the big test, 65km via Salar and the Loja mountains to Zafarraya and the final stage, only 26km via Ventas de Zafarraya, a short visit to the Axarquia via Espino and the final impressive approach through the Alhama gorge to finish on the main plaza.

MDS ANDALUCIA
www.marathonofspain.com

For more details please see the website www.marathonofspain.com and if you are interested in helping, sponsoring or entering and permanently reside in Spain, (or are Spanish) please contact me on info@axarsport.com .

2nd Stage check point



Track across the Loja mountains of stage 4

The Loja mountains are crossed during the 65km stage 4

BY **ANDREW HEADING**

The Yukon Arctic Ultra

MY NEIGHBOUR on the Vancouver flight had some sage advice for would-be Yukon wilderness athletes.

"Always make sure," he told me, "that you run with someone slower than you." I nodded, keen to learn from someone with local knowledge.

"Yup - that way the bears eat him first!"

As the plane began its descent into Whitehorse, capital of the Yukon Territories, I left 'coach' chuckling into his parka and contemplated the task ahead: 460 non-stop miles across mountains, tundra and frozen (hopefully) lakes and rivers, towing a sled with all provisions, re-supplied from just three drop-bags en route.

Two years earlier, I'd finished a 320-mile Yukon race in a little over six days to claim second place, and vowed (as usual) "never again." Of course, the lure of new trail promised by this inaugural Yukon Arctic Ultra 460 had been too much to resist, and the prospect of finishing in Dawson City – probably the world's most famous gold-rush town – was one to be relished.

From the seat-pocket in front, I pulled out a dog-eared Dawson newspaper from the '05 trip, and savoured the headlines again: "Dog Howling Contest", "Crab feed a success!" and "Come visit the Yukon's only restored brothel". It seemed like a, well, interesting sort of town.

And so, with race entry confirmed, mid-2006 saw the long training miles begin and kit-lists start taking shape. Mandatory equipment included crampons, an avalanche shovel and fire starters, and there were gps checkpoint co-ordinates to triple-check and race food calories to count.

As the race roster slowly filled, a report posted on the event website left competitors in no doubt about the challenge they'd embarked on: Mike Simon, an experienced Yukon wilderness guide and one of the event's two snowmachine back-up crew, ended a trail reccying summary with the ominous line "Anyone attempting this has to be out of their mind."

But now the months of training were over, and 40 of us were gathered at race HQ in Whitehorse (pop 23,511) for the fifth Yukon Arctic Ultra. As is traditional at a mid-winter endurance event, there were scare stories about overflow – an unnerving phenomenon caused by water breaking through the ice on frozen rivers, resulting in an unwelcome dip for the unwary. Other worries featured wolves, frostbite and getting lost. And for eight of us, there was the prospect of 140 miles of new trail beyond the finish of the 320-mile race.

First though, it was time to watch the four-legged version of the race. Exactly 24 hours before the gun fired in our event, the 1,000-mile Yukon Quest dog-sled race left town. Under bright blue skies, we watched as 30-odd teams of howling, yelping dogs hurtled out of the starting chute and away up the Yukon, leaving clouds of sparkling vapour in the –20C winter air. It was an inspiring sight.

Overnight, the temperature dropped to nearly –30C, and it was a triple-wrapped bunch of racers who gathered on the startline at the end of Main Street on February 11th. Thanks to Google, I'd checked out some of the opposition, and race favourite was undoubtedly Andrew

Me - inside Scroggie Creek cabin

McLean - voted Canada's ultra-marathoner of the year in 2006. There were also a couple of experienced Germans, an Austrian, an Irishman and two Scots making up the 460-mile race line-up. In the 320-mile race, two Italians were rumoured to be eyeing the 129-hour record, encouraged by forecasts of plummeting temperatures and hard-packed trail.

Sensibly, most of the 460-milers had vowed to let the record-chasers go, and lined up near the back of the field. With no set lay-over times at checkpoints – simply the need to sign in and out – and with a mix of marathon-distance, 100-mile and 320-mile entrants, it was definitely a case of running your own race from the start.

Snaking up the Yukon out of town, there were a few early adjustments to harness and sled set-up, but it wasn't long before I'd settled into a rhythm. My race strategy was to make maximum use of daylight hours, and bivvy down on the trail when my body clock said so, rather than push through to the relative comfort of checkpoints.

At 26 miles, there was a mandatory four-hour stop for all but the 460-mile competitors, allowing race organisers to check mandatory kit and ensure that everyone could look after themselves. I was grateful to be excused, as four hours was plenty long enough to start getting cold and stiff in the deepening freeze. Up ahead, Andrew MacLean had already opened up a sizeable gap, but there were concerns (well-founded, it later turned out) that he'd gone off too fast. I was unfazed – even if I'd wanted to chase, I knew I didn't have the early pace.

A welcome bowl of soup completed a 29-minute break at the checkpoint, and it was back out on the trail at dusk. Later I discovered that a short section of gravel-and-snow road leading back down to the river had played havoc with some of the heavier sleds, ripping their bases to pieces. Later still, I found that my own sled – a £15 'internet special' – had been worn paper-thin by the gravel too.

As darkness fell, jet-lag and the strain of the past few days started playing catch-up. I was weaving across the trail, barely able to keep my eyes open, and by midnight it was time to crash out. Three hours was all it took, and I woke cold but revived at 3am when another racer crunched past my bivvy spot. For the next few hours we played cat-and-mouse towards Dog Grave Lake, where a wall tent offered the chance to fill our insulated hydration bladders with water.

I stayed less than two hours, keen to move while the sun was out, and started the 30-odd mile leg towards Braeburn. Now it was tag with Dave Berridge, a UK entrant in the 320-miler, but eventually fatigue forced another two-hour bivvy at around 10pm. It was the last I'd see of him for over 100 miles.

Rolling into Braeburn at 2am - 99 miles and around 39 hours into the race - there was news that Andrew MacLean had broken a bone in his foot. He was already on his way back to Whitehorse as I plundered my first drop-bag in one of the draughty, grubby cabins behind the roadhouse. Now my race plan had to change – I was leading the 460-miler and had the chance to put in a sizeable gap early in the race. From past experience, I knew that opening up a "one sleep" lead could totally demoralize any chasers, and news from further down the trail indicated that the nearest competition wasn't expected until 10am.

At just before 9am, the lights of Braeburn disappeared behind the first of a series of rolling hills, and I was jolted fully awake by a wolf howling at the rising sun. The trail dipped and weaved through thick forest, across frozen streams and out onto a long series of lakes. One stretched almost seven miles long, but the welcome tailwind meant I lapsed easily into trail routine.

At midday, I stopped and cranked up my MSR Whisperlite stove, scooping snow into a titanium pan to melt refills for my drink bladder. All day, I munched on handfuls of pepperoni, cheese biscuits, fig rolls, gummy worms and M&Ms – although at this early stage of the race, my snack system wasn't yet refined; a habit of stuffing everything into one zip breast-pocket also led to occasional mouthfuls of lipsalve and camera battery.

As darkness fell, the wind picked up, and on the long lake crossings it soon became necessary to navigate by 'feel'. A step off the trail to either side meant a thigh-deep flounder in soft snow, while the 'real' trail – although windswept – was relatively hard-packed. On a sheltered portage around 2am, I finally managed to synchronise my bivvy spot with a Quest team stop-over – and gathered up a couple of armfuls of dog straw to insulate my z-rest sleeping mat from the snow (one of the many Quest rules is that each sled must carry a bale of straw between checkpoints, ensuring that dog-teams on the traditional "six hours on, six hours off" run-rest schedule have some bedding to sleep on).

To my relief, the wind had died down by the time I stuck my nose out of the bivvy at 6am, and I was moving again at first light. At Ken Lake checkpoint, checkers Diane and Tomas told how two racers up ahead had battled through deep snow drifts to reach them overnight. As Tomas repaired bear damage to the rickety wooden cabin, Diane - the race medic – described the previous day's high-speed snowmachine crash that left her bruised black-and-blue. Thankfully, the tray of chocolate brownies sent by Braeburn checkpoint escaped uninjured…

Beyond Ken Lake, the trail weaved back into trees towards the village of Carmacks. A couple of lookout points on bluffs above the Yukon confirmed the early reports about jumble-ice (caused by moving river-ice freezing, thawing, then re-freezing) being a particular problem – in places, we'd heard, there were blocks as big as trucks.

Down in Carmacks, the checkpoint was perfect. A local's workshop – complete with humming wood-burner and a tureen of delicious moose stew bubbling on top – was like paradise. I'd stumbled in just before 11.30pm, desperate for food and sleep, and now had chance to dry my ice-encrusted kit and get some rest. Bliss.

At 5am, Frank J's departure meant a groggy wake-up call, and more dozing was thwarted by the nagging memory of some long hills on the stage ahead. Hitting the trail at just after 6am was painful, especially as it had started to snow outside the warm, comfy workshop, but also necessary; I'd heard on the (notoriously unreliable) race grapevine that the Germans and Austrian behind me were starting to make inroads into the lead I'd established. Within an hour or so, any regrets about leaving had vanished, banished by breathtaking dawn scenery. Animal tracks were everywhere, and I caught sight of snow-white ptarmigan and hares – although only when my passing forced them to break cover. On the long uphill drags, an occasional rest stop brought home the true meaning of "deafening silence".

A few miles later, my enjoyment of the wilderness had turned to trepidation. Up ahead, I could see Frank's sled tracks being followed by large canine footprints. Fearing the worst, I remembered hearing the legendary Roberto Ghidoni describe turning round on a trail in Alaska to see wolves trailing his sled. He'd scared them off, but had been sufficiently spooked that he set a new record time for the stage! Now, as the miles passed and the footprints padded on, I had visions of finding a fat wolf and mangled Frank around the next corner. As darkness fell, the paranoia increased – my fuddled brain convinced that a wolf-pack was probably following me too. It was, as you

can imagine, a long night.

Arrival at McCabe, however, brought the welcome sight of an un-chewed Frank, and also an explanation. As he'd left the checkpoint in the half-light, Frank had been startled to see a black shape appear in front of him. At first, he thought it was a bear, scavenging through rubbish on the outskirts of the village. But when the big black shape wagged its tail, he was relieved to see it was a dog – a Newfoundland-St Bernard cross – which now ambled up beside him.

"He trotted along beside me, always on the left side," Frank told me. "When I stopped, he stopped. If I rested and sat on my sled facing up the trail, he would sit looking back down the trail. When I faced down the trail, he would sit behind me and check the other direction.

"And every few miles, when I slumped on my trekking poles for a break, he would come and sit right underneath me, obviously checking if I was ok."

And so the pair continued – for 39 miles – across two ranges of hills, through the forest, down onto the ice-jumbled Yukon, and into the night. Eventually, after 15 hours, they arrived at McCabe checkpoint together, and the reason for this canine devotion was revealed.

"All day I shared my trail snacks with him," said Frank. "A few pieces of Powerbar and some peanuts. But what he was obviously interested in was the unopened bag of beef jerky in my sled.

"I tell you, that dog sure must like jerky!"

At McCabe, my lil' sister Marianne – out in the Yukon to volunteer as a race checker – was busy stoking the boiler in yet another workshop checkpoint. Cartons of moose stew were heated up and devoured, and a few more drying lines adorned with icy kit. Again, Frank left before me, but I'd managed to open up a 10-hour gap on the rest of the 460-mile field, so I was happy.

Leaving at dawn, the temperature was now consistently below minus–30, and I realised that for the first time in a winter race I'd been wearing a minimum of three layers since the start. Usually, around three days in, the body acclimatises, and by day six or seven, a long-sleeved thermal is often sufficient. For sure, the Yukon Arctic Ultra 2007 was shaping up to be something different.

But one of the benefits of the cold front was clear, blue-sky days and little wind. A large part of the route now passed through lightning-razed forest, where lone and blackened pines, stripped of their branches, marked my progress, and crows circled for a look at the stranger crossing their territory.

Up ahead, Frank was already resting in the Pelly community hall, nursing blistered and bleeding feet. While he patched his wounds, I duct-taped the holes in my sled, stopping only to scoff down the food contributed by villagers – including a memorable 5am breakfast mix of shepherd's pie and chilli – and agreeing to team up for the 30 miles to Pelly Farm. After nearly 300 miles of travelling alone, we both jabbered away for the first 15 miles, catching up on sleep deprivation stories, and wondered if the chill would increase further.

Down on the river, it did - but our attention was on a bizarre set of double tracks snaking ahead. Dave B, in 2nd place behind the two Italians, seemed to have trekked both ways up the trail. Hmmm, we thought, maybe he bivvied and set off the wrong way – but why hadn't we seen him? A couple of miles later, the mystery deepened – Dave had written in the snow "6.30am" and a big arrow pointing towards Pelly Farm. We were baffled, and in fact it was three days after the race finished before the story finally leaked out. He'd trekked to the farm at 2am, been confused about whether he was in the right place and been worried about waking up the locals in the early hours, then walked 15 miles back down the trail before deciding he'd been in the right place all along! He'd then written in the snow – "6.30am" – and walked back to the farm… a round-trip of 30 extra miles!

By the time we arrived, Dave was gone (hopefully in the right direction), but I was just content to revel in the 460 race's only mandatory layover – eight hours in the world's best checkpoint. For four hours, I was plied with lasagna and pancakes, plus any other food this wonderful outback family could rustle up, and then steered to a warm cabin to sleep it off. Next day was forecast to be –40C, and virgin trail for the YAU lay ahead.

Next morning, Frank headed off to claim third place in the 320-mile race, and I went north – towards the checkpoint feared by mushers for being the coldest on the entire Yukon Quest route; Scroggie Creek.

Again, it was a blue-sky day, and I soon surprised a hawk with its snow-hare kill on the trail ahead. A few miles later, Pete the Trapper passed by on his snowmachine, and further still I checked out the wolf-skins and a fresh lynx hanging in his cabin.

Towards dusk, I again got lucky with the dog-team rest schedules and managed to scrape together some straw for a bed, bivvying down underneath a pine for a few hours. Even with a –40C bag, down coat and Nalgene 'hottie' inside my bag, it was nippy. Early next morning, Mike Simon, whose trail report had spooked us pre-race, came barrelling through to confirm that the rickety Scroggie cabin at Mile 337 was fired up and warm, and that my nearest chasers were probably 24 hours behind.

It was good news on the race front, but the weather forecast wasn't so favourable. Weaving into Scroggie at just before 10pm that night, the temperature was already nudging –45C, and I'd frostbitten my nose and lips. Worse news was that the safety back-up snowmachines were playing up. Bedding down in a tent next to the two-man cabin, I knew my chances of reaching Dawson now depended not on my legs, but the thermometer.

Next morning, Mike told me I was being held on a 'stopped clock' on safety grounds until the race was given the go-ahead. If the chasing

Animal prints

group caught up, he said, we'd be allowed to continue as a pack, but my lead would stay intact. Although frustrating, it seemed like a reasonable compromise, and I busied myself chopping wood for the cabin stove and swapping stories with Pete the Musher.

By dusk, with the thermometer nudging –50C, there was still no sign of the chasers, and a search party went out. Anxious hours later, I was relieved to see Germans Joachim and Tom stagger through the door, but the relief turned to bitter disappointment when I found out they'd arrived by snowmachine, not on foot. The entire chasing pack had scratched – and the race was effectively over.

That night, forecasts put the temperature at more than 60 below, although no-one felt inclined to check their accuracy. Eventually, word came through from race HQ that the race was officially stopped – at 40 below and colder, snowmachines could not operate safely, we were told, so there'd be no effective back-up in case of emergency. At 2pm the next day, we were ordered to gather on the river six miles away, where a bush-plane would ferry us out. By now it was seriously cold; even wearing eight layers – everything I had including an emergency bin-bag – the cold still crept through the zips.

Within minutes of the tiny plane touching down on the frozen river, we were loaded and airborne. Buzzing towards Whitehorse, covering the trail we'd battled for eight days in less than 90 minutes, I felt a mix of sadness and relief.

My celebratory beer at Dawson City's infamous 'Pit' saloon would have to wait. Sure, it was good to be out of the cold - and the organisers had awarded me first place as the only competitor to reach Scroggie Creek - but it felt like unfinished business.

And besides, I never got to race a bear. ✻

Andrew Heading

✻ For more race info: www.arcticultra.de
✻ Accommodation: www.highcountryinn.yk.ca
✻ Yukon Quest dog-sled race: www.yukonquest.com

Kitlist

✻ Montrail Hurricane Ridge XCR Goretex trail shoes
✻ RAB Quantum down jacket
✻ Mountain Hardwear windproof jacket
✻ Patagonia base-layers
✻ Patagonia Coolweather top
✻ Patagonia Activist tights
✻ Patagonia windproof shell trousers
✻ Smartwool liner and mid socks
✻ PHD down mitts
✻ Berghaus goretex fleece-lined hat
✻ RAB Summit down sleeping bag
✻ Thermarest z-rest sleeping mat
✻ Bibler winter bivvy
✻ MSR Whisperlite stove
✻ MSR 2-litre titanium pan
✻ Kahtoola crampons
✻ MSR snowshoes
✻ Black Diamond snowshovel
Black Diamond trekking poles
✻ Garmin Summit GPS
✻ Adidas glasses and goggles

BY **KAREN MCDONALD**

Virgin Ultras to 'Team Run like a Girl' in a matter of months!

I (Karen) am a cyclist, I have big cyclists legs, lots of cycling kit, lots of mountain bikes, road bikes and even a tandem (oh and several bits of broken bikes that don't seem to leave the shed!), so when I got together with my boyfriend a couple of years ago he tried to convert me into a runner, while I tried to convert him into a cyclist, I think he has won!! I have gone from a winging under 2 hour plodder into a member of team "Run Like a Girl" and we are going to do the Tour de Mont Blanc in August.

I suppose I should say that my boyfriend is Mark Hartell so I have some catching up to do – there is no way I will ever try to do as many peaks as I can in 24 hours in the Lakes, no I'm going for all the passes you can see in the French Alps in under 46 hours! Mark bought me my entry into the Tour de Mont Blanc as my 40th birthday pressie in October last year (having seen me enter 2 long running events that year, he thought I'd cope!!!). I told my friends and family about it, most don't understand but my neighbor put it very well "has Mark never heard of Jewelry shops?" Luckily he hasn't as we wouldn't have lasted 2 years if he'd thought that the way to my heart was in a shop rather than on the hills! So luckily we are compatible! Just seem to go about it in different ways! Until this year!

I managed to con 2 friends into running with me in the event and luckily we all got entries. I have roped Alex (a mate I met skiing about a year and half ago who used to sprint when she was very young and up until this year ran short distances with her dog Hamish) and Catherine (a girl I met the day before she left the country to travel the world for a year about 2 years ago, she did actually belong to a running club, Holmfirth Harriers, and spent most of her world trip running for pleasure and in races, so Alex and I spend most of our time trying to keep up with her!)

When we entered the TMB we found out you have to have qualifying races under your belt. Luckily I had plodded and walked round the Fellsman in 2006 (Mark thought it would be good for me or something! – I couldn't do anything for 6 weeks after that!), so that just left the other two needing a qualifier. The only one left on the calendar for 2006 was Round Rotherham 50miler. Well I couldn't let them do it all by themselves so I entered with them. So between October and December when the Round Rotherham was we had to learn how to run long distance.

Alex and I are both lucky enough to have quite a bit of time off during the week, so we joined Macclesfield Harriers for Wednesday evening torch lit descents of the local hills and spent Tuesdays and Thursdays trying to run round Macc Forest and local trails round both our houses, which are luckily in the Peaks. We could manage hour long runs to start with if we walked up all the hills or even slight inclines. It was going to be a big task this getting running fit lark. I regularly complained that these tracks were so much nicer on a bike, so much quicker and all together less knackering! One day we were out on a regular trail and both of us were quite surprised to have knocked about 15 minutes off what we thought was our normal time, we suddenly realized we were getting fitter and getting more endurance as we scorned our hour long runs in favor of 3 hour ones as the norm! We even found ourselves going out for 4 hour runs for fun and by ourselves if there was nothing better to do! Help – we were becoming addicted!

Team "Run Like a Girl"

Eventually the day dawned when we were supposed to be all bouncy and on the start line for Round Rotherham, well we were there, but it was far too early for bouncing around. The three of us set off at Catherine's pace – yep she'd got even faster! This pace felt great for the first 10 miles and then I started to die, I then complained and plodded round for the next 40 miles, but we did make it round and we all sprinted to the finish in 11 hours and 29 mins, we couldn't believe we'd actually done it, let alone got round in a reasonable time for us beginners. BUT we then found the blisters and trashed quads quite hard to lift into the car to get home; luckily there was a large quantity of wine waiting for us at home with a massive well deserved meal. All three of us were quite surprised how good our legs felt the next day, we could walk (even down stairs!), we must be getting better at this running lark after all!

Well after that we couldn't get enough of running, we spent weekends in Wales and the Lakes trying to get our hill legs going like runners do!!! I needed two weeks off after one long weekend in Wales with Alex when we clocked up 12 hours of running! Catherine being 10 years younger than me and Alex seems to be able to do events and weekends away with minimal rest in between, oh well at least we're out there having a go!

I entered Wuthering Hike as my first 2007 race and beat last years time by a long way, about 44 minutes, so I was as pleased as punch with myself and I think I surprised a few of my mates with my secret running ability!!! My recovery time improved still and I can now run during the week after a long race (unheard of a few months ago!). All of us are continuously surprised at how quickly we have improved and the speed of our recovery and at how much food we can consume during the races and after them, mind you the post race wine drinking probably doesn't help our rehydration process!

Next big race in our build up to TMB was the 4 Inns. This was going to be a toughie, we had emails flying around between us and other mates who had either done it before or just wanted their input to go unmissed!!! Some said the tussocks were massive and they hurt (they are a big pet hate for all 3 of us – what is the point of running on tussocks – agh!), I asked Mark about the tussocks on 4 Inns and he said "what tussocks", you need to watch out for the "gruffs", I said "what are gruffs?", he said no not "gruffs" but "groughs", that didn't help!!! Anyway eventually we get him to explain himself and

apparently they are great to run up. Well we found the grough he mentioned and it did afford us a quicker passage from one bit of hill to another and on slightly less tussocky ground too, trouble is we then threw it all away and got lost for an hour in tussocks, I rest my case, tussocks are horrible and when lost in them with no viz they are even worse. But to our credit we held it together, sorted out between us where we were and got back on track, only loosing an hour of our time, phew, and still friends. Well that event was a hard event. The weather got hotter and hotter throughout the day until we got sunburn't near Edale, my internal food reserves went and we had to stop, gorge ourselves with sarnies and chocolate from the nice ladies at the Chapel checkpoint before continuing up more hills to Cat and Fiddle and a roady finish to the Harpur Hill College in Buxton. BUT we did it in daylight and were 3rd girlie team (although technically we came 2nd as someone dropped out of the 2nd placed team) and if we hadn't got lost for an hour we would have come first. How pleased were we!! More wine required that evening and then a big surprise in the morning as we got a trophy for being the fastest novice team – yippee!! We can run!

After that there was nothing stopping us. Alex and I entered Calderdale while Catherine saved herself for 3 Peaks. Stupidly Alex and I thought that Calderdale being 37 miles and in a similar area to Wuthering Hike would take us just a little longer than the 6 hours 22 mins it took me to do that. NOT – 9 hours and 40 mins of pure hell later we finished Calderdale. It was a very hot day and we nearly got run over by a "twonk" in a fast car who thought it would be fun to dodge runners! So much swearing later, we recovered, and again sprinted to the finish line and our usual large meal and bucket of wine.

Catherine in the meantime did a storming performance on the Tree Peaks and completed the extremely hot run in 4 hours 47 mins, she is still so fast, we'll never catch up! Mind you we all run together in the events very well and I think we do better running as a team sometimes as the support through the rough bits is great. Well they support me through my swearing fits – I am on a course of re-habilitation from swearing whilst out running as it does seem to ruin the peacefulness!

Our next event is the Fellsman, we are all 3 doing the event and the weather is not looking good! I am hoping we will beat my plodders time of 21 hours and 50 mins from last year, I would love to get in under 20 hours but it is going to be hard work and as there is only 3 of us in our team we will have to be grouped with someone who will just have to live up to the "Run Like a Girl" running style and maybe put up with our continuous chatting (hopefully not my swearing as I think I am cured!)

I am now the proud owner of several pairs of trainers and fell shoes, so the bikes have moved over just a tiny bit to let them in, which keeps Mark happy in the knowledge that he won and I have become a runner!

We are all still scared of the thought of the TMB but we are hopeful that all goes well with the training and that the 4 day walk we are going to do it in, in late July will help us or just scare us more, we're not sure but we'll give this race a good go and hopefully be throwing our "I started TMB" t-shirts away and donning the finishers tops on bank holiday weekend in August. Cos lets face it we are only doing it so we can say "we ran like a girl, been there done that and got the t-shirt". Oh and we are certainly not "Virgin Ultras" anymore! ✻

FELLSMAN: Well we were definitely ready for it but not for the weather it chucked at us!

We had downpours all night which luckily cleared up for the start but all the tops were in thick fog and very cold. The first hill, Ingleborough was fine as we felt fresh and still warm but as we neared the next top, Whernside, we got very cold and wet so had to gobble hot food and copious amounts of tea at the next check point and then steam our clothes dry going up the next hill towards Gragareth and Great Comb where the sun came out and all was going well, at least it was for me. For some reason I was on top form and Alex and Catherine who are usually dragging me round the events were slowing. I couldn't believe it. Luckily it just gave me more drive to get them through so I pushed on at each check point to get them moving and keep them warm.

We got grouped at Fleet Moss with two nice blokes who then had to put up with me being hyper. The weather really closed in and I had to navigate in such bad fog that I could hardly see my feet. I lost count of how many times we fell into peat bogs, marshes and over those bloomin tussocks. The night was very cold and we were very slow because of the weather and visibility so I knew I wasn't going to make my target of under 20 hours as we were reduced to a crawl through most of the darkness hours.

We eventually we found our way off Great Whernside with a small diversion left instead of right (helps to have the map the right way up in pea soup fog and when tired!!!) and as dawn arrived the weather cleared up and we started over heating again but actually running down the hill to the finish in fine form and getting in to Threshfield in 20 hours and 12 minutes. Without the fog we would have smashed the 20 hours!

We are improving and we will make it round TMB! I loved the Fellsman even more than last year so I will go back and try again to beat my 20 hours!

All smiles at the Fellsman

BY **TOFFER**

Dragons Back 2007

Training runs are never very memorable, they are not meant to be I suppose. One however lingers in the memory. It was during the winter, that last very wet one in South Wales. I was running with Simon. I simply muttered that if we didn't do the Cambrian Way soon we would be getting too old. Having dropped that little incendiary device into the mix I then reflected on the foolhardy nature of my proposition; 300 miles and more than 70,000ft of climb, impossible for mere mortals, well impossible to enjoy perhaps. So, as we mulled it over with a healthy dose of pragmatism we reached a simple soluble equation of practicality and achievability.

Our intention, five days, 30-40 miles each day, 160 miles in total which just happened to be the approximate distance between Snowdon and Pen y Fan, if you take the scenic route and bragging rights in the Muddy Dap. Highest in the north, highest in the south, suitably symmetrical. We could do that, couldn't we?

Paying homage to the Dragons Back race of the early 1990's we would use a similar route along the Cambrian Way, picking up all the best bits. Our finish would be an easterly traverse across the Beacons to Pen y Fan and our local stomping ground rather than the original race finish at Carreg Cennen at the top of the Swansea valley. A variant on the original, faithful to the Cambrian Way, a new Dragons Back for the new millennium.

As with all slightly scary ideas I spent the rest of the winter trying to forget that I had had that conversation with Simon and if it hadn't been for the wilful and incessant nagging of Matt Hand (Moley), he along with Simon (Wheeze) Blease, Dougie (Madman) Adlam, Alan (Falling) Stone and I may never have found ourselves at Pen-y-pass whiling away those last nervous minutes before the 8am start, marvelling at the cloud pouring off the mountain in a dramatic vapour waterfall. An amazing vision, a good omen perhaps. And then, with a gulp, we had to go ...

Day 1: Pen-y-pass to Cwm Bychan

(25 miles/9,200ft) 9hrs 10mins

The prologue

The serious and deliberate tapering of the previous week had left us gagging for serious action. So, to the hare and tortoise metaphor we added the gold standard rule for survival in 24 hour rounds and the like, this was "Ruddle's Rule". Its dictum, walk the ups, all of them, however tempting and run the flats and downhill. Non-compliance answerable in the Steam Bunny court, to be convened in Llangurig three days hence.

Though early it was already stifling, the spring heat wave stretching just a few more days, enough to get us to mid-Wales. And as for Snowdon, it was empty, the few people we passed annoyingly failed to ask where we were going! Strangely, the highest and arguably the most significant peak in Wales was bagged with little effort, our minds concentrating on what lay ahead rather than the moment and try as we might we could not see Pen y Fan, our destination, 160 miles to the south. We cruised into Bethania after an easy 2 hours, fresh, but determined to take a short pit stop before the longest and toughest section of the day, Cnicht and the Moelwyns.

Andy's well rehearsed trod up Cnicht's northern flank was rewarded by a final scree scramble and clamber up the ridge section of the race route replete with tales of daring-do and mid-air overtaking manoeuvres in the race some years previously. Gasping at the spectacular and unusual views back to Snowdon and our onward route we wasted little time with photos before the long loop through the mine workings round to Moelwyn Mawr. Then race route plunge down and up to Moelwyn Bach at distinctly less than race pace, before dredging back memories of our flat out blitz in the first of our Cambrian Way relays, down "Bunny route one" south over the grass and rock buttresses to the railway and Maentwrog. A short road and track linking section led us to our final challenge of the day, Moel Ysgyfarnogod, or Moel "Oh my god" for anyone who has the misfortune to darken its desperate slopes.

Burnt bracken and rough grassy fields gave no hint of the misery that lay ahead. Seemingly for hours we trudged upwards, downwards and sideways through the never ending pathless wastes of rocky platforms, deep heathery gullies and bilberry terraces. Leaving a trail of sweat, blood and frequent expletives we eventually breached an utterly unremarkable top only to have to repeat the exercise with at times the unwanted assistance of gravity as we slipped and slithered down rock and heather gullies toward the path in the valley floor. There are no redeeming features to this miserable lump of gods creation, none. My advice, do not visit Moel "Oh my god", not ever, period, end of!

Having comfortably cruised the first two sections of the day we now hauled ourselves, unexpectedly exhausted over into the picturesque pastures of Cwm Bychan, the absolute antithesis of that which had preceded it and a welcome plunge into the freezing river for a wet look photo call together with iced Stella from the cool box! A tough end to a long day, but already things were beginning to feel better.

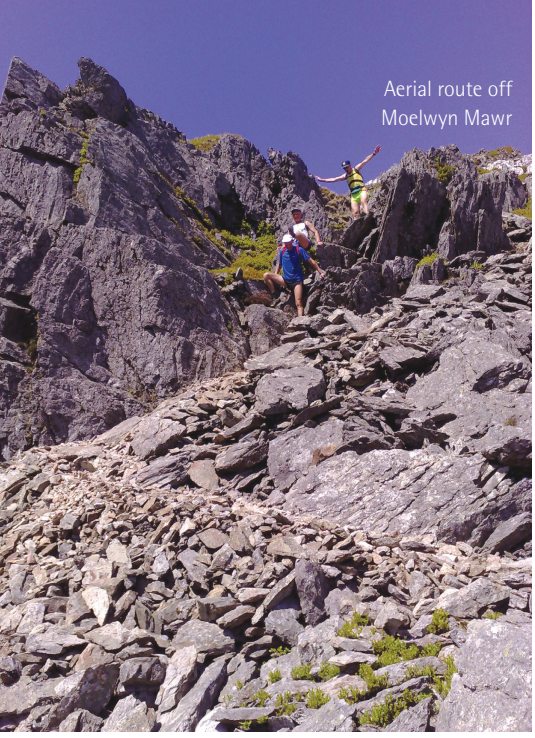
Day 2: Cwm Bychan to Dinas Mawddwy

(33 miles/11,600ft climb) 10hrs 52mins

The Crux

Despite the awfulness at the tail end of day one, this was a mere prelude to the attrition in store for our second day. Cunningly my brain seemed to have consigned all thoughts of tiredness to a vacant cerebral repository I didn't know I had and I felt surprisingly fresh as we pottered out of the dew laden fields up the Roman Steps and to our appointment with Rhinogian destiny. Deep down fearing the worst, after the rigours of "Oh my God", and cogniscent of the fearsome Rhinog reputation we found ourselves enticed up a surprisingly pleasant rocky clamber to Fawr's top. Then losing all the hard gained height in a trice down a vertical scree descent to the valley floor before an even steeper scramble up rock and heather to Rhinog Fach's broken

Climbing Snowdon, Y Lliwedd in the background



Aerial route off Moelwyn Mawr

summit, wonderful spectacular stuff. This was not a reprise of the previous days agony, we were making good progress, and this was rough, tough scrambly fun. Within 2 hours the the final Rhinog descent was behind us and we were climbing the scree to Y Llethr proffering more and more exaggerated stories of "bowel disorders I have known" to the captive crowd in an effort to ease the pain of the climb. And then suddenly as we crested the Y Llethr plateau the rocky rigours of the Rhinogs were behind us and rock gave way to the never-ending rolling grassy ridges to Barmouth. Mid Wales beckoned.

A bit of chug and a trundle into Barmouth and the news that after a tough morning of sequential breakfasting and top quality ice creams our support team had relocated to the south side of the estuary in a cunning psychological move. With the feared first section done we trotted happily across the familiar rickety wooden bridge and a well-earned pit stop before the road section to Cadr's base.

Fears of a tired sweaty pull up the airless flank of Cadr as the mid afternoon temperatures headed toward the mid 20's were to be unfounded. A strengthening wind, the first sign of the weather breaking, soothed our passage as the second cardinal summit of the principality passed easily and we positively romped along the easterly ridge overtaking sheep and tourists, frantically trying to phone the support team to warn them of our impending arrival, yonks ahead of our pessimistic schedule. We had it nailed now, just one steep pull up from Bwlch Lyn Bach and 10 miles of grassy ridges would see us to the Red Lion in Dinas Mawddwy. And what a 10 miles this was, the most glorious hidden gem you could conceive. Waun Oer to Maesglase, a swooping grassy switchback, Dyfi Forest to our right, huge steepling descents into giant cwms to the left. This is one place you must, absolutely must go to. Finally down one unfeasibly steep Toffer descent on seriously sh***ed legs the ridge was over and happy jogging along the A470 brought us to the Red Lion, a deserved night of drinking, eating and carousing ahead! And it was only half past seven!

Top of Rhinog Fach, peering down the descent to Llyn Hywel. Y Llethr in the background

Day 3: Dinas Mawddwy to Eisteddfa Gurig(ish)

(34 miles/7,000 ft climb) 8hrs 0mins

This is Mid Wales

The tropical conditions of our first two days had long gone. The weather was changing and a keen, cool westerly accompanied our trudge up to the Mynydd Cemais wind farm. Accompanied by Martin (the fabled Old Grey Beard) who, following his experiences through the night in howling gale and lashing rain over this section in our 2004 relay was heard to utter, "Redgrave" like that he should be shot should he ever try to return to the waist deep marshland to which we were headed. His dire hermit-like prophecies were not to be realised as following the driest spring for 300 years a shin deep paddle for the unwary was all that threatened our progress. 21 turbines down the wind farm and we skittered off, now into Mole territory we were able to ferret along in his wake through the strange mixed terrain that would bring us skirting around Dylife and ultimately to the roof of mid-Wales and Plynlimon. After the esoteric joys of the Rhinogs and Waun Oer this was very much mid-Wales mundanity. Attractive country for a short walk or if you were a sheep, certainly nothing to get the heart racing.

By Dylife the remains of our balmy weather had been swept away by a strengthening gale and it was starting to rain. This had an awfully familiar feeling about it, why did it always rain on me in Dylife? We sheltered in the minibus now, deckchairs abandoned and as the bus rocked from side to side with wind and interesting changing activity we noticed the strange alluvial deposit washing around the floor. The remains of a half eaten tin of mandarins had distributed itself around the bus, rotting peanuts, empty Stella bottles, discarded sodden and rancid socks had formed a primordial swamp of scary proportions. Finally we were driven out onto the hillside as the festering odour became too much, our only concern, would the support team survive in this enclosed environment on the long road leg to Eisteddfa Gurig?

Mr Mole had promised a direct line to Plynlimon. A few tussocks he had said, bit of marsh he had said. He had lied. As we struggled through the tussocky bog-land we marvelled

at how his little legs seemed to effortlessly skirt round the biggest of tussocks, how pond-weevil like he scuttled across the soggiest of bogs without getting his feet wet as we glooped along behind. Just as patience was reaching its thinnest we got the promised pay back with an easy grassy climb to the Plynlimon ridge. By now the freshening gale was accompanied by permanent drizzle and clag. There were a lot of sheep. This was now officially mid-Wales.

Without energy or even the inclination toward lavatorial debate we trudged, silent and single file, heads down into the teeth of the gale on and on and on to Plynlimon's bleak summit. Even Alan was struggling, this was obvious as for the first time he had ceased to drive energetically on with his Tiggerish energy and route finding panache. No urge to linger and admire the scudding clag we were at least able to turn south and get some shelter on the grassy schuss down to Eisteddfa Gurig and a couple of miles of tarmac tedium to our putative start point for Day 4, except that no-one really knew where that was. So after 3 miles of drudge even the foetor of the minibus had some allure, much more so as this bore us quickly to the Bluebell inn in Llangurig, where that evening at the spring assizes, Lord Justice Wheeze would be sitting in the feared Steam Bunny court.

I am prevented by Dragons Back participant privilege in divulging details of the heinous crimes and wicked misdemeanours perpetrated without exception by members of the party. Suffice to say, justice was swift, justice was final. Wheeze had become a Juddoon.

BY NOW THE FRESHENING GALE WAS ACCOMPANIED BY PERMANENT DRIZZLE AND CLAG. THERE WERE A LOT OF SHEEP. THIS WAS NOW OFFICIALLY MID-WALES.

Day 4: Eisteddfa Gurig(ish) to Llandovery

(40 miles/7,100 ft climb) 11hrs 7mins

Deeper Mid Wales

Mid Wales drizzle is unique. It's kinda solid. And wet and unrelenting. It would be with us until we reached the safety of the Doethie valley and south Wales. Now we were going to get wet.

We were turfed unceremoniously out of the bus at the roadside we had grown tired of the night before, by the path to Cwmystwyth. Fine, except there was no path. Nothing but a steep gorse bank, felled trees and a river. We pondered awhile before challenging the gorse, perhaps the map would help. Except we had left it in the bus and the bus had gone. No living creature had passed this way in years; well certainly not since the 2004 relay and none of us had been this way before! "Er, we could do it on GPS" volunteered Alan. So throwing our lot in with new fangled gimmickry and the rather worrying prospect that satellites rarely need to look at mid-Wales we traipsed off into the gorse. This was going

Moley looking cool on Waun Oer. Cadr in the background

to be interesting. I needn't have worried. Within half an hour the inevitable wind farm hove into view and I recalled Tom Gibbs voice from the past, "just run the length of the wind farm and then head south." And that is what we did, interrupted only by a short detour to Pen y Garn top where, in a stone circle, crouched for shelter were a couple seemingly intent on a lovers tryst, in that weather! These were the first people we had seen for two days, the first since Cadr in fact. I'm not sure who was the more surprised as we bounded in out of the murk, peeked over the wall to enquire if they had a map we could look at before sloping off once more into the gloom.

True to form the miserable farmers wife was on patrol in Cwmystwyth, twitching net curtains and menace. Time enough for rapid blister surgery on Moley with Alan's manky looking Swiss army penknife and elastoplast before taking a dodgy line through farming territory across the valley where we were headed off at the pass by the farmer in a very large 4x4. Smilingly he revealed he was happy for us to continue on our way over the hill to Strata Florida provided we went back down, around the hill for a bit before heading back up the hill. In other words, off his land. In no mood for confrontation we loped off toward the woods below before turning south once more, as soon as we were undercover.

I am told the Teifi Pools are beautiful, but we were in no mood for sightseeing as we sidled down to Strata Florida from the moonscape around 593 trig. Just one interminable moorland section to go to the phone box in the middle of nowhere and then we could start to relax, home territory at last and to bear this out our sole reward on this section, the first view of Pen y Fan, clearly on the horizon, 50 miles away.

And there, in the phone box in the middle of nowhere, were another couple sheltering from the weather, and with no evidence from whence they came. Clearly spring had reached mid-Wales.

I had thought that day 2 would be the crux of the event. I was wrong. Day 2 had been buoyed throughout by glorious mountains and summer weather. Today was just moorland drudge. Things started to fall apart for Moley as we approached the picturesque Doethie Valley. Unbeknown to the rest of the team his feeding and drinking had gone awry some hours previously. Now a time bomb of metabolic meltdown was ticking and with the long descent down the Doethie followed by 10 miles of road to Llandovery we started to fear the worst. Lunch was revisited at a beauty spot toward the bottom of the valley; from then on it was a battle for survival.

Though he managed to keep some tea down at our next stop this provided only a temporary lift. Even words of encouragement were now falling on deaf ears. Pausing only to stagger or vomit the next two hours were purgatory for Moley as we formed a silent phalanx behind and to the sides accompanying him on his slow and pitiful entry into Llandovery. He collapsed in a heap outside the Castle Hotel, whilst providing a fabulous photo opportunity for the cheering crowd of forum friends his state did nothing to assuage our concerns. So we dragged him inside to the bar to continue the resuscitation and introduced ourselves to Bryan (Dominion) and Judy (Daleside), acquaintances from the Fellrunner Forum, who were to become honorary Steam Bunnies for a day and join us on the run for home tomorrow. After half an hour he started to speak with a bit of coherence, though one look at his eyes revealed the truth, he had given his all and there was a price to pay. Moley would not appear for dinner.

Day 5: Llandovery to Cwm Llwch

(28 miles/9,100 ft climb) 8hrs 44mins

Trans Fan home run

A quiet Moley sat at breakfast the next morning, the rather vacant look in his eyes told the sorry tale. He had buried himself yesterday in his effort to finish. Utterly brave, complete bloody-minded refusal to give in. He wouldn't start this morning. That would be his price to pay.

So, now accompanied by Dominion, a proper

Descent to the Doethie Valley

runner (PB 50:11 for 10 miles) we set out on the 10 mile road leg south through Myddfai to the bewitching Black Mountain, a mere Trans Fan from there to the finish, determined to provide Dominion with a personal worst to be proud of. Our hopes of a flattish grind up to the hills was sorely misplaced as we were presented with a roller coaster of steep ups and downs, now having a cumulative effect on knees and feet such that it was a relief to have to go uphill, it didn't hurt as much. Even Dougie was suffering, major blister surgery had been undertaken before our departure that morning and despite my best efforts he was far from comfortable. Throughout the 5 days Dougie had been the strongest, always ploughing on at his unique relentless pace, we did in fact wonder at one stage if he was an android, the blisters had disproved that theorem. With each step the familiarity with our route grew and soon we were donning gear for what would be a windy, cold and sometime wet traverse of the western Beacons.

The forum party was now in full swing with both Daleside and Dom joining us for the next section as Daleside searched for her spiritual roots with photography of the mystic waters of Llyn y Fan Fach on our way up Bannau Sir Gaer. Then a gale to blow us on our way over well-known tops Fan Brycheiniog and that unnamed ridge. Here Dominion deserted us, ostensibly to collect a forgotten handbag, actually he had spied the vertical crawl up Fan Gyhirych that next awaited us. Daleside remained faithful to the cause, taking on Fans Nedd, Llia and Fawr and its 1,500ft climb with more alacrity than her now decrepit companions.

A last cup of tea at Storey Arms before the glory leg over Pen y Fan was interrupted as a shaken and very stirred Dominion appeared out of the blue in the back of a pick up lorry. Daleside's new car had been Berlingoed from behind by a couple of speeding Rovers. Dom was lucky to be unhurt, the car however sounded doomed, lost in the line of duty. We quietly trudged off up our final climb leaving our new forum friends to talk.

The best thing was that Moley had now joined us for the glory leg. That impish sparkle was back, his brain mended; his body recovered enough for a steady couple of miles over Pen y Fan. Again, a cardinal top passed without effort, even breaking our own rules to jog the final pull to the summit where we took time for gale ridden photos and frantic forum messaging before our final descent to Cwm Llwch and a champagne celebration with all our supporters.

Our adventure over we repaired to the Muddy Dap for pints and tall tales, tales that grew taller with each passing ale and the promise to drag Moley out over our final days route once he had recovered.

A huge thank you must go to our merry band of helpers without whose total support the entire undertaking would have folded; Martin and Kay Lucas (Old Grey Beard and Mrs OGB), Andy Mullett (Boy Wonder), Sarah Smith and Bryan and Judy on the final day. For Simon, Dougie, Alan, Moley and myself, after 160 miles and 44,000ft of climb, running time: 47 hours 53 minutes, total elapsed time: 52 hours 55 minutes it was time to stop.

This was the realisation of long held dream and bragging rights were ours in the Muddy Dap, at least for one night.

Main picture: On Bannau Sir Gaer, above Llyn y Fan Fach
Below: Champagne in Cwm Llwch

BY **JOHN FLEETWOOD**

The Lakes 2500s

It's all the fault of the Fellrunner's Forum. A thread resurrecting Steve Parr's article about his 43 hour traverse of all 2500 foot tops of the Lakes sparked a thought – why not me? Steve's original jaunt covered 116 miles and over 43000 feet of ascent, and remains the only sub 48 hour traverse of all 2500 foot summits on foot almost 21 years on from his successful completion.

So what is the route? Surprisingly it is quite a logical line with few out and backs and covers some of the finest ground in the Lakes. Steve's route, like the Bob Graham, is somewhat idiosyncratic in its choice of summits, so I decided to define the 2500s as the Nuttalls (ie each summit requires 50 feet or more of ascent). That eliminates such 'tops' as Watsons Dodd whilst adding several more much finer mountains – Pillar Rock, Striding Edge and Symonds Knott that overlooks the precipices of Scafell Crag. The route therefore includes the classic edge of Striding Edge; the scenic traverse below Pikes Crag that leads to the lottery of Lords Rake and the magnificent cliffs of Scafell; the slabs and step of Broad Stand; the airy up and down of Slab & Notch on Pillar Rock and the rocky bumps of Crinkle Crags. It is also a route of contrasts: from the aforementioned rock precipices to the delights of close cropped turf on the Grasmoor range, soft valley paths and the whale-back ridges of the Eastern fells. But there's no getting away from it. Its long, very long. My best estimate is 111 miles and 45,300 feet. In Bob Graham terms, that's about 1.75 BGs, but more rough ground. Think about completing a BG, then starting again. Actually, better not think about it – that's the best way. Just have a go!

3-4 May 2007 Attempt

A week of immaculate weather tempted me to have a go at the round despite not having any support. The forecast for Thursday and Friday was superb and family and other running commitments meant that the following weekends were booked. Nothing for it, I reasoned; I'd just have to plant a couple of bags, rope in a few people to help at road stops and carry as little as I could get away with. The preparation wasn't the most clinical, but then I really can't be bothered with the siege campaign style of some Bob Graham attempts. However, it meant a last minute scramble the day before to put a sort of schedule together. I say a sort of schedule because I decided to attempt the round in the reverse direction to that which I'd reccied parts of the route, and some sections remained un-reccied at all. So a combination of guesswork and back of the envelope calculations resulted with rough times for the support crew. I would drive to Buttermere for 5.30am, drop off two bags at Threlkeld and Braithwaite on the way, and meet Alison, my wife, at Hartsop, 40 miles later. She would then drop a bag at Kirkstone and I would meet Ben at 2.45 am at Elterwater Youth Hostel, where he works. Recent BG member Gary would meet me at Wrynose, and then Jude would walk in to Langstrath and Sty Head with further supplies. Sorted!

To begin with my schedule proved surprisingly accurate, although it seemed quite demanding. The early morning light over the High Stile range was quite exquisite – a delicate pink turning to red, then the full light of day. The immaculate weather was mine to savour alone on the Grasmoor, before returning to the hustle and bustle of kids being dropped off at Braithwaite primary school. My bag duly extracted from the ditch, I force fed myself like a bird being fattened up for foie gras, then waddled through the dewy fields to Dancing Gate. Here I failed to locate the path towards Dodd and ended up thrashing my way through the undergrowth, hauling myself up the steep scree and shiny grass on tree roots and assorted bushes. Feeling a bit like an Aboriginal bushwhacker I eventually emerged on to the forestry track, sweaty, scratched and with energy levels somewhat depleted for the slog up Carl Side and Skiddaw. Yet as the sun burnt down from a cloudless sky, it was difficult to feel anything but a sense of privilege to be freely rolling over the roof of England.

After popping in to the phone box to leave a quick update, Ionce more unearthed the bag in the bushes, gorged myself silly and promptly regretted it on the long climb up the flanks of Clough Head. Yet once established on the path to Great Dodd, it passed and the sense of freedom was re-established on the lolloping run over the Dodds to Helvellyn. The somewhat illogical line down Swirral Edge to Catstye Cam and the immediate re-ascent of Striding Edge enlivened the afternoon and before I knew it I was on the last leg down Gavel Pike to Hartsop. Here it was obvious that the sun had taken its toll. I couldn't eat a morsel in my nauseous state and craved shade and water. Only a prolonged rest would do the trick so that's exactly what I did – 45 minutes to be precise – before grabbing my new Pacer poles and heading off for a night on my own.

The night largely passed without incident, save for the sheep eating my cakes at Kirkstone. Ben was not at his most talkative at 3am, but had already knocked up a plate of pasta, home made flapjack and a more than welcome mug of tea. Ben – I owe you one. Suitably refreshed I sallied forth once more, or should I say, toiled up the unrelenting slopes of Wetherlam, fighting an overwhelming desire to go to sleep. The ipod did no more than irritate me, I didn't have the energy to push on my poles and the caffeine tablets clearly didn't have enough caffeine in them. Two hours later I'd finally made it to the summit where a slow recovery ensued. The alpenglow over Dow Crag did a lot to raise my spirits and the brief out and back to the summit of Dow was

made far easier by dumping my sack at the col. By the time I reached Gary at Wrynose Bottom, I'd made a pretty good recovery and was all set for the day ahead. Yet as soon as I'd recovered the sun took its toll again. I just couldn't move any faster. Time seemed to draw out. By the Crinkles, I was bored of my own company and I yearned for shade. Bit by bit I could sense that I was degenerating. The only strategy left open to me was to prolong the degeneration for long enough to enable me to get round. I left my sack at Ore Gap which required me to go the long way round to Angle Tarn – a mark of how much easier I was finding it without the sack. I hurriedly did calculations in my head. Would I get to Pillar Rock before dark – that was the only time that really mattered. It was getting tight. I'd need something to change, but the only change was that i seemed to be getting weaker and weaker. By High Raise, I was all but finished and on the way down I knew I was. My feet burned with a fire so intense that I could hardly bear to walk and I felt as limp as a shrivelled lettuce leaf under a cloudless sky. Only the poles kept me propped up as I hobbled down to the long-suffering Jude at Langstrath. The imposing bulk of Glaramara loomed ahead. Well, at least there was no difficult decision to make. I just couldn't risk Pillar Rock in the dark on my own in such an enfeebled state, even if I got that far. I lay down and promptly fell asleep.

16–18 June 2007 Attempt

Six weeks on and I'm back for more. The intervening period has seen me complete a Bob Graham Round whilst supporting a friend, but 15 miles in I picked up an injury that prevented me from running downhill or on the flat, so I'm only just back to running and am not confident about the shins holding up. Without a driver for the whole round, the process of working out what to put in each bag for the rest stops is complicated and time consuming. I don't get to bed until 10.45 pm and it doesn't seem very long before the alarm goes off four hours later. A quick look outside reveals water pouring down as if a power shower has been turned on, so I don't hurry to meet Ben at Elterwater. With hood up and rucksack encased in a waterproof cover, Ben looks wet already. I don't have any desperate urge to move anywhere – so I don't – I motion Ben in to the nice, warm, dry car and we sit there staring at the rain. 45 minutes later it relents somewhat and I feel more like setting forth and we do so. Once established, it actually feels quite pleasant and we make good progress up Wetherlam where I leave Ben to return to making breakfasts for the lucky hostellers.

From there, it's a solo glide through the mists, until the final whooping descent down Wetside Edge to the waiting car and two Garys. Gary Thorpe chats away whilst we carefully eat up the rocky bumps over the Crinkles. The rocks are slippy in the wet and the ground never relents. Its angular rocks, boulders and bits of grass, all the way over Bowfell, Bowfell North Top and Esk Pike and then a particularly testing scree run down to the Esk Hause path. One moment the scree is pure joy – rolling, accommodating, exhilarating – and the next it's loose, bouldery and dangerous. We seem to drag the mist down with us and only come out of it at Stake Pass where the unremitting slog to High Raise ensues. Here Gary departs for Langdale, whilst I once more shoulder the sack and plunge down in to Langstrath with the imposing slopes of Glaramara only too obvious on the opposite side. However, I pick a decent route through the steep bracken and before too long I'm at the summit, ready for the bumpy ride along the roof of England. The next top is a little way off the path and I fail to look at the map properly, so I find myself temporarily misplaced, or in common parlance, lost. Ten minutes of scrabbling over boulders and stony ground puts me right, but it's frustrating to have lost the time needlessly and from there on I'm more careful in my navigation in what has become a bit of a pea souper. It all seems a bit of an effort in the impenetrable mist. Everything looks pretty much the same, there's no-one to talk to and with more than 80 miles to go, its all a bit depressing. Still, I move on steadily, hopping over the boulders to the final pyramid of people on Scafell Pike, and then on to Mickledore. I've resigned myself to going up Lords Rake, but ask a runner whether there's a rope on Broad Stand. Hearing an affirmative I squeeze through Fat Man's Agony and stare with disbelief at the etrier (wire ladder) hanging down the corner. Excellent! Given the water pouring down the rocks I have no qualms about climbing the ladder and using the rope above. It's really quite fun and relieves the dreariness of the thick clag. As the BG contenders run off down to Wasdale I'm left alone to scrabble down Lords Rake. It really is horrible today – loose, slimy and full of what can only be described as rubble – and all overhung by a Sword of Damocles that could fall at any moment. Safely down, I fail to find the trod below Pikes Crag in the thick mist and as a result descend too far. Time is moving on, yet I can do nothing about it. The unforgiving ground continues from Lingmell down the Corridor Route, but finally I end my solo journey at Sty Head where Alison, Ben and Bill await. As my six year old son, Ben runs up to me, I reflect that he's moving quicker than I am, but its uplifting to see more than stones, mirk and grass for a while.

I wolf down three sandwiches, a yoghurt, banana and cake and say goodbye to Alison and Ben. Apparently Ben's been frolicking around Sty Head for the past hour and a half – I wish I could inject some of his energy and take on some of his childlike enthusiasm for the task ahead. Stll I feel a bit refreshed as Bill sets a sensible pace up Green Gable – maybe the game of tig has had an effect. Anyway, we make good progress directly up the broad ridge and are soon on more familiar territory on Great Gable. I just follow Bill in the mist which has once more descended after a brief respite on Green Gable, leaving us wrapped in our own private world of rocks, mist and earth. I'm glad of Bill's company to lift me out of this monotone world, where one step is much like another – and there are a lot of them.

The two tops of Kirkfell come and go in much the same manner, before the mists clear at Black Sail. I keep a watchful eye for the BG contenders and sure enough, our paths cross just as we are about to set off on the traverse out to Robinsons Cairn and Pillar Rock. Given the awful night that they must have endured and the misty day, they've done very well and I shout words of encouragement. Their day is nearing completion but mine is still young.

The undulating traverse out to the Rock is a joy, with the precipices of Pillar looming out of the mist and Ennerdale sprawled out below. It's a true mountain fastness, a place for the mountain goats, mountaineers of the old school and lovers of wild places. The mist swirls in and out of the rock bastions as we pick our way

along the rubble strewn ledges to the base of the Rock. The rocks are undoubtedly slimy, but I decline the offer of a rope and we move precisely over the slab and up to the notch. This scramble isn't entirely obvious and in the dank feels quite committing as Bill comments. I remember the way, however, and Bill's soon threading the rope through the tat on top, ready for the short abseil. I go first, fortunately noticing that the ropes become entangled below, and then it's over the edge and carefully to the gap. The rope just reaches. I untie, leave Bill to sort the rope out and scramble down the chossy gully to the sack, where I devour a sandwich and set off once more in to the gloom for Pillar. I'm alone again, just me and the mountain, but its all very familiar now – Pillar, Black Crag, Red Pike, Scoat Fell and Steeple – the names resonating with memories of long days in the hills. Bill's lone figure emerges from the mist on Scoat Fell and we retrace Bill's steps of the previous weekend at Ennerdale toward Haycock and down past little Gowder Crag. Here we make a blunder and miss the ridge leading down to Ennerdale, ending up on craggy ground which forces us to retrace our steps. Bill's map reveals exactly where we are and keen to avoid becoming benighted without a torch (I have failed to bring one believing that we would be down by dark), I set off confident that Bill will catch up shortly. He doesn't. The path descends wet grass, then cuts a channel through deep heather and finally descends in to the trees, but there is no sign of Bill. I'm uncomfortable about leaving Bill, but reason that I should push on to get as far as I can before the dark descends. He has a torch and I do not, so I shuffle as best I can along the forest tracks past Gillerthwaite and on to the open fell. I press on, praying for the mists to clear, and clear they do for the most part, which is just as well, because the light is failing. Thunder seems to rumble in the distance as I approach High Stile, adding to the feeling of exposure. I'm out on a limb now – no torch, impending dark, no water, no food, no leggings, no waterproofs and I'm weary. I don't stop to think too hard about this and pick my way over the boulders to the summit. It must be dark now – I can't read my map and its 11 pm. No time to lose. I grope my way in to the gloom, guessing my way over the boulders and feeling my way down the hill. To add to my problems, my leg has become progressively worse throughout the day and shooting pains fire up my legs with increasing regularity as I pick my way down. Each missed foothold jars my poor leg, sending a painful reminder of my injury, telling me that I need to rest it. But I can't, I just have to keep blundering down the hill – over the boulders, through the thick heather and finally on to the set stone path. This is hardly any easier in the blackness and when I descend in to the forest, the light disappears altogether, leaving me blind. I can only guess, take the plunge and lunge downwards. If I get it wrong, I know about it as a searing pain leaps up my leg and I cry out in frustration and agony. What a relief it is to reach the flat ground where I shuffle along to the patiently waiting Chris. A knock on the window and relief – I can collapse in to the soft confines of a car seat, dose and refuel with pasta. It's a midnight feast and it doesn't seem long before Chris is wakening me for a heavy dose at 1.50 am. Bill has arrived safely, and its time to go once more.

With a torch and poles, the dark doesn't seem too bad. Chris's conversation lifts me out of my surroundings – we discuss all manner of subjects from the hungry caterpillars to China and investments – but it doesn't make the steep and deep heather up to Sail any easier. I can only move at a steady walk now, given my injury, but I'm not deteriorating that fast, which is just as well because I'm not even half way. Best not to think about it. Just put one leg in front of the other and do it again, and again, and again ... The dawn isn't quite what it was on the previous attempt – its a grey lightening of the cloud through which we amble on – but the summits pass easily here: Eel Crag, Grasmoor, Hopegill Head, Grisedale Pike. The grassy slopes make for easy walking until the final descent to Braithwaite tests my legs once more.

The midges bite with a vengeance at Braithwaite camp site. There are few souls around at 6.45 am, so may be the midges have no-one to pick on except us. I'm glad to escape their clutches and the long wet grass through which we weave our way relieves the bites until we emerge beneath Dodd Wood. After the previous floundering in the undergrowth I'm glad to find a good, albeit steep, path through the woods which takes us unerringly up towards Carlside. From there, Chris and I proceed half dreamily over Skiddaw, Little Man and down to Roughten Gill. We're in a sleep-deprived groove of steady walking, seeing nothing but the ten metres in front, with the accompanying clickety clack of my poles. I'm almost nodding off as one false summit leads to another on the climb up to Blencathra. The hill just seems to stretch out as one mist enshrouded slope seamlessly ascends to the next. Only Halls Fell shatters the dream world. I am unable to put any weight on my right leg, so I have to pivot on my arms, using my leg for balance only. Thus I lower myself down until the rocks give way to the path, where the poles take the strain. Chris runs off and I hobble downwards, almost smelling the porridge that awaits me.

Oh that porridge tastes good, as does my bowl of muesli, three doorstop sandwiches and cake. The bus shelter at Threlkeld makes an admirable rest point (BGers take note) replete with bench at the back for laying food out and porch for shelter from the rain. Not that it is raining now – the weather is finally improving to reveal the elusive summits at last. I suppose that if you take as long as this, the weather is bound to improve at some point! We consider strapping up my shins but no-one knows how to do it properly so I resign myself to more pain.

Not that the next section proves to be unpleasant – far from it. The familiar road to Newsham soon gives way to the scenic Fisherman's Rake, then its in and out of the BG route to Helvellyn. The lower technique comes in to play on Swirral Edge, below which Paul and I stop for a sandwich, watching as Mark and Louise Roberts pace by. It seems a different world to me as I sit munching, barely able to hobble downhill. But hobble I must, so sticks to the fore I 'zimmer' downhill, planting the poles and levering off them. Striding Edge provides more problems for the leg, but once over its mostly easy ground to St. Sunday Crag, where we debate the route off. Bypassing Gavel Pike, we saunter down to the bottom and its then a painful hobble up the road to the midgefest at Hartsop. I am bundled in to the waiting vehicle to escape the black peril, so I sit there with stinking feet, sipping tea and refuelling. It's not far now – just 24 miles or so and 8500 feet. I know I can do it and it's just a case of toughing it out to the end.

We quickly escape the wee beasties and it doesn't seem long before we're atop Rampsgill Head, ready for another night on the fells. Chris leads on and I follow with Britta and the dogs. It's just a case of not falling asleep, planting the poles and stepping out. On Kidsty Pike the mists clear to reveal dark summits rising above a sea of cloud. We step in and out of the cloud on the way to Harter Fell, but its probably a good job that I can't see the lights of home from here. I cry out that I'm bored on the descent but receive little sympathy. The night ticks by slowly, although the cloud formations in the valleys are truly spectacular. At one point, two tubular columns of

cloud rise in to the dark night sky, as the crescent moon shines brightly. These are the moments that lift a day or night out of the ordinary and remind us that for all our plans, experience and human endeavours, there are everyday miracles in nature that carry with them a power and form that we could never replicate.

Yet the sublimity of the moment is quickly replaced by the harsh reality of the challenge. The steep, rocky descent to Threshthwaite Cove is pure agony. I cry out in pain at almost every step as I fail to take the weight fully off my leg ad the darkness just seems to prolong the torture. I just want to get this over with now, but any vestige of speed has long since departed so I can do no more than pull myself up the rocks of Stony Cove Pike, relieving the pain in my leg as much as I can by relying on my arms and poles. The zimmer frame technique comes in to play once again on the long descent to Kirkstone where a sleepy Ben emerges. As I sit there having an early breakfast, we are all astonished to see Ben sprinting up and down in the car park as if he is warming up for a 2 mile race. I point out that I have just completed 100 miles and can barely walk downhill. The bizarre irony is not lost on Britta and Chris who immediately burst in to laughter.

Buoyed by Ben's antics and a sunny dawn, the summits to Fairfield flow relatively easily,and at 7.40 am. I surmount the last of the 68 summits. From Great Rigg it's pretty much downhill all the way – but that's the problem - I can't walk downhill! Each step becomes progressively more difficult and painful. The injury is getting to the stage where I won't be able to walk soon, but there's not a lot I can do about it. I bless my poles and lower myself down, step by step. It's pure agony all the way to the road where my troubles just seem to multiply. By the other side of Grasmere I really am struggling to walk at all. I plant my poles and drag my right leg along, but it's unremittingly painful. Its then that Ben has a brainwave – not to sprint up and down - but to run back to the hostel to fetch his trainers. This coupled with a rest and a painkiller works miracles. My feet are swollen and I struggle to get the shoes on but when I do the transformation is instantaneous. I can walk again! Ben hurries back to do his duties at the hostel whilst Britta and I move at a much more respectable pace back over Hunting stile to the hostel. At 10.40 am it's over.

Thanks to my pacers and helpers without whom I would not have made it:
Ben Abdelnoor, Gary Murray, Gary Thorpe, Alison & Ben Fleetwood, Bill Williamson, Chris Lumb, Andy Young, Paul White, Barrie Laycock, Chris Rhodes, Britta Sendlhofer

JOHN'S LAKES 2500S SCHEDULE

Summit	Section Miles	Cumulative miles	Section Ascent	Cumulative Ascent	Section Time	Actual Time
Elterwater depart	0.00	0.00	0	0		04:45
Wetherlam	4.01	4.01	780	780	01:04	05:49
Swirl How	1.19	5.20	190	970	00:22	06:12
Dow Crag	2.08	7.28	175	1,145	00:29	06:41
Coniston Old Man	1.07	8.35	154	1,299	00:19	07:00
Brim Fell	0.51	8.86	20	1,319	00:06	07:07
Grey Friar	1.97	10.83	140	1,459	00:29	07:37
Wrynose summit arrive	1.95	12.78	15	1,474	00:21	07:59
Wrynose summit depart	0.00	12.78	0	1,474	00:11	08:10
Gunson Knott	2.42	15.20	460	1,934	00:44	08:54
Long Top	0.25	15.45	60	1,994	00:05	09:00
Shelter Crags S Top	0.42	15.87	35	2,029	00:08	09:08
Shelter Crags N Top	0.29	16.16	20	2,049	00:05	09:13
Bowfell	0.72	16.88	180	2,229	00:16	09:30
Bowfell North Top	0.40	17.28	20	2,249	00:07	09:37
Esk Pike	0.61	17.89	110	2,359	00:16	09:53
High Raise	3.59	21.48	335	2,694	01:07	11:01
Langstrath arrive	1.26	22.74	0	2,694	00:21	11:23
Glaramara	1.32	24.06	585	3,279	00:48	12:12
Rest	0.00	24.06	0	3,279	00:09	12:21
Looking Steads	0.33	24.39	35	3,314	00:06	12:28
Allen Crags	1.63	26.02	160	3,474	00:36	13:05
Great End	0.88	26.90	185	3,659	00:19	13:24
Ill Crag	0.80	27.70	85	3,744	00:14	13:39
Broad Crag	0.44	28.14	50	3,794	00:10	13:49
Scafell Pike	0.40	28.54	110	3,904	00:11	14:01
Symonds Knott	0.78	29.32	120	4,024	00:22	14:23
Scafell	0.23	29.55	25	4,049	00:05	14:29
Lingmell	1.60	31.15	130	4,179	00:41	15:10
Sty Head arrive	2.04	33.19	70	4,249	00:37	15:48
Sty Head depart	0.00	33.19	0	4,249	00:24	16:13
Green Gable	1.00	34.19	330	4,579	00:31	16:44
Great Gable	0.49	34.68	150	4,729	00:15	16:59
Kirk Fell E Top	1.07	35.75	165	4,894	00:30	17:29
Kirk Fell	0.33	36.08	50	4,944	00:07	17:37
Pillar Rock	2.25	38.33	331	5,275	01:20	18:58
Pillar	0.35	38.68	190	5,465	00:24	19:22
Black Crag	0.55	39.23	80	5,545	00:16	19:38
Red Pike	0.86	40.09	70	5,615	00:18	19:56
Scoat Fell	0.64	40.73	80	5,695	00:17	20:13
Steeple	0.22	40.95	20	5,715	00:05	20:18
Haycock	1.20	42.15	150	5,865	00:32	20:50
Gillerthwaite	3.27	45.42	30	5,895	01:00	21:50
High Stile	2.25	47.67	680	6,575	01:12	23:02
Buttermere arrive	1.82	49.49	0	6,575	#####	00:05
Buttermere depart	0.00	49.49	0	6,575	02:05	02:10

Summit	Section Miles	Cumulative miles	Section Ascent	Cumulative Ascent	Section Time	Actual Time
Sail	3.22	52.71	680	7,255	01:51	04:01
Crag Hill	0.36	53.07	100	7,355	00:12	04:13
Wandope	0.50	53.57	30	7,385	00:12	04:25
Grasmoor	1.04	54.61	130	7,515	00:25	04:50
Hopegill Head	1.79	56.40	180	7,695	00:45	05:35
Grisedale Pike	1.01	57.41	155	7,850	00:27	06:02
Braithwaite arrive	2.57	59.98	33	7,883	00:43	06:45
Braithwaite depart	0.00	59.98	0	7,883	00:25	07:10
Skiddaw	4.42	64.40	880	8,763	02:10	09:20
Little Man	0.98	65.38	60	8,823	00:18	09:38
Gategill Fell	3.62	69.00	550	9,373	01:50	11:28
Atkinson Pike	0.68	69.68	25	9,398	00:12	11:40
Blencathra	0.41	70.09	40	9,438	00:10	11:50
Threlkeld arrive	1.72	71.81	2	9,440	00:50	12:40
Threlkeld depart	0.00	71.81	0	9,440	00:30	13:10
Great Dodd	3.84	75.65	720	10,160	01:45	14:55
Stybarrow Dodd	1.20	76.85	70	10,230	00:25	15:20
Greenside	0.63	77.48	30	10,260	00:15	15:35
Raise	1.40	78.88	140	10,400	00:35	16:10
White Side	0.65	79.53	40	10,440	00:14	16:24
Lower Man	0.74	80.27	130	10,570	00:19	16:43
Helvellyn	0.41	80.68	50	10,620	00:10	16:53
Catstye Cam	0.68	81.36	82	10,702	00:20	17:13
Striding Edge	0.70	82.06	130	10,832	00:27	17:40
Nethermost Pike	0.94	83.00	200	11,032	00:40	18:20
Dollywagon Pike	0.80	83.80	70	11,102	00:20	18:40
St. Sunday Crag	2.16	85.96	320	11,422	01:15	19:55
Hartsop arrive	3.52	89.48	40	11,462	01:25	21:20
Hartsop depart	0.00	89.48	0	11,462	00:30	21:50
Rampsgill Head	2.08	91.56	606	12,068	01:05	22:55
High Raise	0.57	92.13	52	12,120	00:15	23:10
Kidsty Pike	0.58	92.71	30	12,150	00:15	23:25
High Street	1.44	94.15	125	12,275	#####	00:02
Harter Fell	1.80	95.95	162	12,437	01:13	01:15
Thornthwaite Crag	2.23	98.18	185	12,622	01:15	02:30
Stony Cove Pike	1.00	99.18	171	12,793	01:05	03:35
Kirkstone arrive	2.30	101.48	45	12,838	01:10	04:45
Kirkstone depart	0.00	101.48	0	12,838	00:15	05:00
Red Screes	0.75	102.23	323	13,161	00:25	05:25
Dove Crag	2.24	104.47	285	13,446	01:03	06:28
Hart Crag	0.64	105.11	80	13,526	00:20	06:48
Fairfield	0.78	105.89	110	13,636	00:24	07:12
Great Rigg	0.95	106.84	40	13,676	00:28	07:40
Grasmere	2.06	108.90	0	13,676	01:25	09:05
Elterwater arrive	2.82	**111.72**	140	**13,816**	01:35	**10:40**

BY **MONICA SHONE**

THE JOSS NAYLOR LAKELAND CHALLENGE

I will start by back-tracking to the February edition in which I mentioned that, although there would have been 70 runners through to celebrate the 15th Anniversary of the JNLC, documentation had not arrived in time for the copy date. Well, it did arrive in due course and David Holmes is confirmed as runner number 70 for 2006. Good news !

The 2007 season started during the early good weather prevailing on May 5, with Phil Hodgson of Todmorden Harriers having a successful run and being met by Joss at Greendale Bridge. There are several more already in the pipeline for this season . May their reccee runs be profitable and their Challenge run enjoyable. By way of encouragement to the ladies, I would say that it is so far a very elite group of seven.

Milton said 'Fame is the Spur' and there is still no 1st lady in either the W55 or the W60 lists. I'm afraid the W65 went way back in 1992. Come and join us !

It is to be hoped that another spell of very good weather is on the way and that we have a good season. At this early stage there is really nothing more to say , but I am really pleased to be able to mention the two contenders who obliged with good runs !

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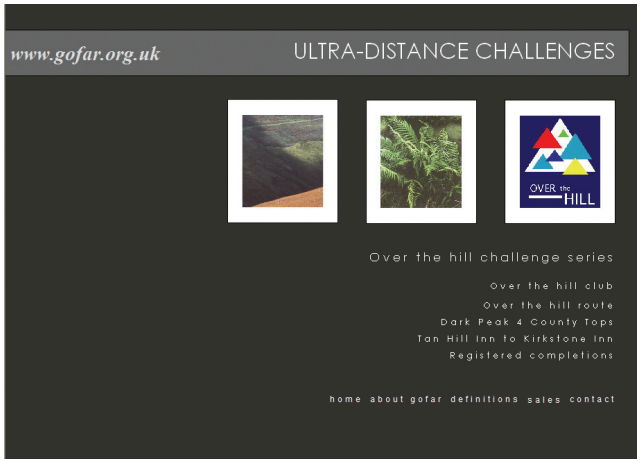
BY **TONY WIMBUSH**

ULTRA–DISTANCE CHALLENGES

at www.gofar.org.uk

Launched earlier this year, this site provides details of the Over The Hill Challenge Series. There are currently three routes on offer – the Over The Hill route from Sedbergh in the Howgills area, the Dark Peak 4 County Tops from Hayfield and thirdly the pub crawl from Tan Hill Inn to Kirkstone Inn. All the routes are under 50 miles and can be attempted at any time by any age group. There are generous time limits to encourage all levels of runner to have a go. Quality colour certificates are available.

The intention is to expand the website to make it a comprehensive source of route information on all types of ultra-distance challenge (generally defined as 35+ miles with 6000'+ ascent). If you wish to be notified of future major additions please add your name to the mailing list by going to the contact page of the website.



www.gofar.org.uk provides details of the Over The Hill Challenge Series

BY **ALLAN GREEBNWOOD**

Puzzle FIVE DID NOT FINISH

At the recent 20 miles Wasborrow fell race, five hapless fell runners, each from different clubs, were forced to retire. Each dropped out of the race having just visited a different checkpoint, and each had a different reason.

From the clues given, can you work out where each runner last checked in, what club each ran for and why each retired?

Clue 1. Jo descended into the wrong valley.
Clue 2. The DPFR runner fell into a large hole.
Clue 3. The Bowland runner is called Will.
Clue 4. The Clayton runner had an unfortunate incident just after checkpoint 3.
Clue 5. It was soon after checkpoint 2 that a runner went astray by following a pair of athletes who were taking part in a separate Mountain Marathon.
Clue 6. The runner who twisted an ankle, did so just after passing the checkpoint BEFORE the one which the Pudsey and Bramley visited last. Neither of these were Mo.
Clue 7. Theresa had travelled through checkpoint 5 before her mishap, which did not involve having her

RUNNER	CLUB	INCIDENT	AFTER CH'POINT
Jo	Pudsey & B	Wrong valley	4
Will	Bowland	Lost map	1
Greta	Clayton	Twisted ankle	3
Theresa	DPFR	Fell into a hole	5
Mo	Calder Valley	Followed MM	2

1, 3 and 5, so P & B's, Jo Snailer must have descended into the wrong valley after checkpoint 4.

Thus, from clue 6, the Clayton member twisted an ankle after ch'point 3.

Now, by elimination, Will must have lost his map after checkpoint one and the Calder athlete must have followed the Mountain Marathoners after having passed checkpoint 2. From clue 6, the Clayton runner is not Mo, so it must be Greta, leaving Mo as the Calder member.

map blown away by a gust of wind.

Clue 8. The Calder Valley runner's mishap did not occur between checkpoints one and two.

Clue 9. Greta's club begins with the letter 'C'.

Runners;
- Will Flagged
- Greta Grip
- Jo Snailer
- Theresa Greenhill
- Mo Haste

Clubs;
- Calder Valley
- DPFR
- Clayton
- Pudsey and Bramley
- Bowland

Incidents;
- A strong gust of wind blew the map away
- A twisted ankle
- Fell down a large hole
- Followed Mountain Marathoners
- Descended into the wrong valley

Checkpoint just visited at time of mishap;
- Checkpoint 1
- Checkpoint 2
- Checkpoint 3
- Checkpoint 4
- Checkpoint 5

Good luck !!

The answer:

Jo descended into the wrong valley (clue 1) and the MM competitors were followed shortly after checkpoint 2 (clue 5). Theresa had travelled past checkpoint 5 before her mishap, which did not involve losing her map (clue 7), nor can she have twisted her ankle (clue 6). So she must have fallen into a hole and is therefore a member of DPFR (clue 2).

The Calder Valley athlete did not suffer a misfortune just after checkpoint one (clue 8) and neither did the Pudsey and Bramley runner (clue 6).

The Clayton runner reached checkpoint 3 before having to retire (clue 4) and DPFR's Theresa ch'point 5. So Bowland's Will must have only reached checkpoint one.

The Pudsey and Bramley runner is not Mo, (clue 6) or Greta (clue 9) so it must be Jo.

This rules out Jo for only having reached checkpoint 2 and so following the MM'ers, and we now know that the competitors who retired after reaching checkpoints

YOUR LETTERS

Dear Editor,
Thanks for the apology for the small font and for leaving an article or so out. You did ask for comments.

The font is too small. It's tiring to read for me, and I expect many other veteran fell-runners.

If you do need to edit out I have three suggestions:

1. Why not reduce the very detailed coverage of political style debate such as the FRA/UKA issue?
   Important and interesting but the minutiae* of the arguments covered may cause us merely to skip through it.

2. Edit some of the more lengthy race reports.
   'Bogboy' writes well, as do Allan Greenwood & the Woddentops.
   Nevertheless, I'm sure their reports and those of others could be edited without causing offence. Just how many paragraphs of "thank-yous" and "who won What" do we need? I'd personally love a list of the first up to ten O'60 finishers in all races to increase my few appearances; but that would be selfish.

3. Cut down the length of the endurance description articles.
   John Fleetwood's Trilogy took up eleven pages including two quite similar photos. After the first few Bob Graham failiures, I started to tire and miss bits out.
   Incidentally, I am a previous contributor to the magazine with short & I hope amusing articles such as "What to take in your bumbag" and "Glamour on the fells". I'm now plotting another short, tongue in cheek foray into a further edition.

Cheers for now

Andy Todd

PS: If you need to edit this letter I suggest include only the points underlined.

PPS: It might be amusing to include everything plus the PS & PPS if space & font size permit.

Thanks for the comments. I look forward to receiving your contributions for the next Fellrunner!
**** I could not read that word! Here it is again, a bit bigger, for those who struggle with small writing ...***

minutiae

Dear Britta
As a member of the FRA for 34 years and Fell Runner editor for three (1987-90), congratulations on your first Fell Runner.

I did find the font a little small and wonder if I am not alone with an increasingly aging members of the FRA!

Also I wondered if you had published a little too much Long Distance Epics material. I remember when I was editor writing an editorial suggesting that Long Distance races and attempts and International Competition were the highest things we aspire to. Some replied that they emphatically thought otherwise.

John Blair-Fish

I'm one of those 'real men'.You know, the ones that run for five hours, when the rest have finidhed in two and gone home, as the joke goes. I'd like to answer a quote and ask a question.

The first is: Ian Holmes said in the Fellrunner he can not understand why the Scafell Pike fell race only gets a small field of runners. For myself it means a round trip of around 300 miles, which, to do a 4.5 mile run is not really worth it. For me to go to Cumbria it is better for races to be of ten miles or more.

The question I would like to know is why fell race organisers can not sell photocopies off the maps for races they put on the walls. As i find getting race maps hard to do, and would gladly pay something for a copy. This give no one any excuse for not having a race map and deserve to be refused a race.

Mr. Raymond Migocz

Britta,
Congratulations on the mighty tome which is the February edition of the Fellrunner. I've just enjoyed the busiest weekend's reading that I've had for a long time! However, as you pointed out so early in the editorial, something had to give and my vote for the future is to increase the font size to make it an even better and easier-on-the-eye read.

Thanks - your efforts are appreciated,

Paul Turner
FRA 2221

Thanks for all the feedback I've received after the last edition of the Fellrunner! Also for all the offers of help and the continued support from contributors.

I attempt to reply to all of your mail, but the sheer amount of stuff coming through (mostly) my Inbox means that the odd letter or suggestion may be over-looked or gets buried before I get a chance to reply. Please don't take it personal – it's just a matter of things getting too much from time to time. The same goes for phone calls. Please re-send or call back – I am not ignoring anyone on purpose!

Please mark up whether you would like your letters to be published in the column.

English Championship Results 2006

Here are the final results for the 2006 English Championships. *(Somehow I managed to omit these from the last magazine, even though Madeleine supplied them...)*

OPEN LADIES

1	Natalie	White	Bingley	128
2	Christine	Howard	Matlock	122
3	Sharon	Taylor	Bingley	109
4	Sally	Newman	Calder Valley	103
5	Anna	Bartlett	Shrewsbury AC	102
6	Jo	Waites	Calder Valley	101
7	Jackie	Lee	Eryri	99
8	Elizabeth	Batt	Dark Peak Fell Runners	98
9	Jane	Reedy	Ambleside	85
10	Kirstin	Bailey	Bingley	80

LADIES OVER 40

1	Elizabeth	Batt	Dark Peak Fell Runners	82
1	Sally	Newman	Calder Valley	82
3	Alison	Raw	Durham FR	74
4	Sue	Becconsall	Bingley	67
5	Sarah	Hammond	Tattenhall	60
5	Lyn	Thompson	Keswick	60
7	Helene	Diamantides	Carnethy	59
8	Wendy	Dodds	Clayton Le Moors	42
9	Kate	Ayres	Cheshire Hill Racers	40
10	Thirza	Hyde	Calder Valley	39

LADIES OVER 45

1	Sally	Newman	Calder Valley	88
2	Sue	Becconsall	Bingley	79
3	Lyn	Thompson	Keswick	75
4	Wendy	Dodds	Clayton Le Moors	66
5	Thirza	Hyde	Calder Valley	58

LADIES OVER 50

1	Lyn	Thompson	Keswick	48
2	Wendy	Dodds	Clayton Le Moors	38
3	Katy	Thompson	Clayton Le Moors	30
4	Sue	Haslam	Scarborough	26
5	Alison	Brentnall	Pennine Fell Runners	22
5	Mary	White	Horwich RMI	22

LADIES OVER 55

1	Wendy	Dodds	Clayton Le Moors	48
2	Mary	White	Horwich RMI	37
3	Alison	Brentnall	Pennine Fell Runners	29
4	Jan	Atkins	Chorley Harriers	25
5	Margaret	Chippendale	Pennine Fell Runners	20

LADIES OVER 60

1	Jan	Atkins	Chorley Harriers	48
2	Margaret	Chippendale	Pennine Fell Runners	27

LADIES TEAM

1	Bingley	45	6	Clayton	19
2	Calder Valley	41	7	Keswick	14
3	Dark Peak	35	8	Stainland Lions	11
4	Ambleside	35	9	Ilkley	8
5	Pennine	21	10	Todmorden	8

OPEN MEN

1	Rob	Jebb	Bingley	203
2	Lloyd	Taggart	Dark Peak Fell Runners	194
3	Ian	Holmes	Bingley	189
4	Rob	Hope	Pudsey & Bramley	186
5	John	Heneghan	Pudsey & Bramley	180
6	Dave	Neill	Staffs Moorlands AC	171
7	Darren	Kay	Horwich RMI	170
8	Tim	Werrett	Mercia	168
9	Pete	Vale	Mercia	165
10	Danny	Hope	Pudsey & Bramley	163
11	Sean	Bolland	Bowland FR	149
12	Mike	Fanning	Borrowdale	146
13	Dan	Golding	Ambleside	140
13	John	Hunt	Dark Peak Fell Runners	140
15	Simon	Booth	Borrowdale	136
15	Mike	Whyatt	Bowland FR	136
17	Brendan	Bolland	Horwich RMI	131
17	Jim	Davies	Borrowdale	131
19	Karl	Gray	Calder Valley	128
20	Stephen	Bottomley	Pudsey & Bramley	127

MEN OVER 40

1	Ian	Holmes	Bingley	168
2	Dave	Neill	Staffs Moorlands AC	159
3	Mike	Whyatt	Bowland FR	145
3	John	Hunt	Dark Peak Fell Runners	145
5	Dave	Taylor	Dark Peak Fell Runners	142
6	Christopher	Smale	Todmorden Harriers	138
7	Richard	Pattinson	Pudsey & Bramley	132
8	Kevin	Harding	Tring RC	127
9	Andrew	Wrench	Todmorden Harriers	118
10	Joe	Blackett	Dark Peak Fell Runners	117

MEN OVER 45

1	Dave	Neill	Staffs Moorlands AC	168
2	Kevin	Harding	Tring RC	155
3	Mike	Egner	Denby Dale Travellers	150
4	Mike	Johnson	Bowland FR	142
4	Tom	McGaff	Cheshire Hill Racers	142
6	Andy	Hauser	Holmfirth	137
6	Steve	Jackson	Horwich RMI	137
8	Geoff	Briggs	Pennine Fell Runners	135
9	Colin	Fray	Cheshire Hill Racers	131
10	David	Spedding	Keswick	123

MEN OVER 50

1	Dave	Neill	Staffs Moorlands AC	128
2	Mike	Egner	Denby Dale Travellers	115
3	Tom	McGaff	Cheshire Hill Racers	112
4	Andy	Hauser	Holmfirth	110
5	Steve	Jackson	Horwich RMI	108
6	Jackie	Winn	Cumberland FR	98
6	David	Spedding	Keswick	98
8	Ken	Taylor	Rossendale Harriers	86
9	Ben	Grant	Harrogate	85
10	Willie	Bell	Cumberland FR	82

MEN OVER 55

1	David	Spedding	Keswick	121
2	Ken	Taylor	Rossendale Harriers	113
3	Ben	Grant	Harrogate	109
4	Dave	Tait	Dark Peak Fell Runners	107
5	Kieran	Carr	Clayton Le Moors	98
6	Mike	Walsh	Kendal AC	87
7	Alan	Brentnall	Pennine Fell Runners	78
8	Richard	Scottney	Pennine Fell Runners	77
9	Barry	Blyth	Macclesfield Harriers	74
10	Pete	Booth	Clayton Le Moors	73

MEN OVER 60

1	David	Spedding	Keswick	88
2	Kieran	Carr	Clayton Le Moors	79
3	Graham	Breeze	Skyrac	69
4	Neville	Griffiths	Spectrum Striders	67
5	Roger	Whitaker	Cumberland FR	62
6	Roger	Ashby	Sale Harriers MCR	51
7	Barry	Johnson	Cumberland FR	36
7	Geoffrey	Howard	Ilkley	36
9	Alex	Menarry	Durham Fell Runners	32
10	Richard	Clarke	North York Moors	29

MEN OVER 65

1	Barry	Johnson	Cumberland FR	76
2	Alex	Menarry	Durham Fell Runners	57
3	Derek	Clutterbuck	Todmorden	48
4	Mike	McDonald	Bowland FR	47
5	Ron	Smith	Ambleside	40

MEN OVER 70

1	Alex	Menarry	Durham Fell Runners	36
2	Derek	Clutterbuck	Todmorden	25
3	Jack	Escritt	Cumberland FR	18

MEN OPEN TEAMS

1	Borrowdale	45
2	Pudsey & Bramley	44
3	Dark Peak Fell Runners	35
4	Mercia	26
5	Horwich RMI	24
6	Todmorden Harriers	24
7	Ambleside	23
8	Bowland FR	23
9	Cheshire Hill Racers	18
10	Clayton Le Moors	11

MEN OVER 40 TEAMS

1	Dark Peak Fell Runners	48
2	Bowland FR	36
3	Cheshire Hill Racers	33
4	Clayton Le Moors	28
5	Todmorden Harriers	26
6	Cumberland FR	25
7	Pudsey & Bramley	14
8	Borrowdale	12
9	Mercia	12
10	Horwich RMI	11

MEN OVER 50 TEAMS

1	Horwich RMI	44
2	Cumberland FR	40
3	Dark Peak	38
4	Clayton Le Moors	32
5	Cheshire Hill Racers	24
6	Keswick	18
7	Pennine Fell Runners	16
8	Bowland	13
9	N York Moors	9
10	Rossendale	6

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