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SPING 2008

The Fellrunner

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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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Editor's Note

As always, I'm typing this at the last minute, while the remaining pages are making their way to the printers. It's another big issue! Many thanks to all those who have submitted articles and photographs, the latter sometimes at very short notice. It's a great privilege to get to read all the articles and sneak a look at fantastic photographs before anyone else and I do appreciate the work that goes into them all, as I'm sure do the rest of you!

While fellrunning is supposedly a niche activity – reserved for the few 'enlightened' ones and considered pure madness by most others – it's surprising that a fellrunner can't travel half way around the world without bumping into other fellrunners. Maybe it was the choice of destination and event though, that made it a likely coincidence that I should bump into fellow FRA members whilst in India! Just after sending the October issue to the printers (literally!) I was on my way to Delhi & then on to Darjeeling for the Himalayan 100 mile stage race where, amongst 70 people from 16 countries, I met fellow 'nutters' Paul, Toby and Alan (pictured below on the start line). Paul tells the story of the race in his article, so I won't say more than that it was certainly the trip of a life time for me and an experience that has me searching the world-wide web for further exciting travel opportunities! Fellrunners do seem to be an adventurous bunch, judging by the amount of travel reports I receive.

Maybe it's weather like we have at the moment – dark, damp and grey – that makes us dream up these adventures! But spring is hopefully just round the corner and soon we won't have to travel far for a huge range of races and the chance to meet like minded folk, or to simply enjoy our own adventures in the hills. It's a good thing we have going here!

Britta Sendlhofer

Chairman's Chat

I hope that you all had a very good festive break and I wish all our members all the very best for 2008.

Some of you like me will have moved up an age category and hopefully this can give us a lift to try and achieve winning an age category at some races. Obviously the better ones amongst you will be aiming higher and looking to succeed as an English or British champion. Whatever your individual aspirations are in 2008 I hope that you achieve them.

The AGM again saw some changes to the committee and I welcome the new members of Sharon Taylor, Michael Robinson and Richard Lecky-Thompson, whilst thanking those members who served last year for the time and effort that they have put into the sport. Alan Barlow who was on the committee last year as a co-opted member in his role as chairman of the CMG was voted on as a member's representative this year.

The appointment of Richard as junior co-ordinator must have been particularly pleasing to Madeleine who has spent all last year doubling up as both treasurer and junior co-ordinator. Madeleine has done a sterling job, as JC, and she can now relax a bit and just concentrate on being treasurer.

The annual dinner and presentation held after the AGM at the Castle Green was again a very successful event enjoyed by all who attended and our thanks go to Pete Bland for organising it again. Congratulations to all the winners.

Tony Varley

Fellrunner

SPRING 2008

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 May 16, 2008 for editorial content and June 6, 2008 for news, results 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 Having a great time during the OMM 2007. Photo courtesy of Pete Hartley

Secretary's Corner

by Alan Brentnall

There have been two meetings since the last issue of The Fellrunner, and here are some brief notes. Further information can be obtained by contacting me direct - although the full minutes and notes for the AGM are available on the FRA Website www.fellrunner.org.uk.

FRA AGM – KENDAL

Saturday 17 November 2007

41 people attended the FRA AGM last November - somewhat less than the attendance at the previous two AGMs, but a lively meeting none-the-less.

There were two motions up for debate. The first of these had been put forward by the committee as a whole, and proposed a change to the constitution which would allow co-opted committee members to have voting rights at committee meetings. Following tradition, it fell to me, as Secretary, to propose this motion, on behalf of the committee, and I pointed out that co-opted committee members have always been limited to the representative from the relative UKA body and (but only occasionally) the International Selection Subcommittee chair. I also pointed out that voting on the committee was extremely rare, that co-opted members normally take part in decision making, even though they do not vote, and that all committee members share responsibility for the results of these decisions. However, after quite a heated discussion, where committee members were likened to some pretty unsavoury politicians (and I hasten to add that no members were executed as a result of this!), the meeting voted against the motion - for 14, against 22 with one abstention.

The second motion had been put forward by Bill Buckley of Glossopdale Harriers and sought to create a new rule whereby, in the (hopefully unlikely) event of the FRA holding another postal ballot, the ballot papers shall show only the wording of the motion, the two boxes marked 'FOR' and 'AGAINST' and unique voter identification.

As was stated in this column last June, the committee had already taken seriously the comments which various members had made formally and informally concerning the wording on the ballot paper, and it is minuted that wording like that used on the 2007 ballot papers would not be used again. None the less, it was useful for the members who were present at the AGM to express their feelings verbally to the committee - that's one of the reasons why we have AGMs. And so, after a good discussion on the subject, the meeting backed Bill's motion with 28 votes for, 11 against and no abstentions.

When it came to the election of officers, we said farewell to Neil Goldsmith, Sue Becconsall and Sheila Lloyd and I am sure that you will join me in thanking them for the work and support for fell running which they have contributed while on the committee. On the other hand, we welcomed aboard new committee members Richard Lecky-Thomson (Junior Coordinator), Sharon Taylor (Club Rep) and Mike Robinson (Member Rep).

As usual, there was an open discussion on fell running matters after the formal business was complete.

Prior to the meeting, David Rosen had put forward a motion seeking to amend one of the UK Fell Relay categories from Male Veteran team to Open Veteran team. However, changes to UKA fixtures are beyond the scope of the FRA AGM, as they would affect all the UK home countries, and this was raised as a discussion instead. Wendy Dodds also asked if a 4th category, Female Veteran team, could be added.

Jonathan Broxap pointed out that, currently, the categories are Male team, Female team and Male Veteran team - it had been thought that the Male team was an Open team, but this was thought to have applied to the old FRA relay which predates the current national relay championship.

Alan Barlow, chair of the UKA CMG for fell running agreed that this would be considered at a future meeting, and pointed out that runners are free to contact him directly on such matters (address in Calendar and Magazine) and should not necessarily wait until an AGM.

Tim Cock opened a discussion on Veteran categories in general, particularly with the move, in the greater world of athletics, to reduce the male veteran age from 40 to 35.

There was a general consensus that it would be preferable if all races recognised (not necessarily by giving prizes) all the 5-year categories.

It was confirmed that a new Veteran 50 Female category is to be created in the British Championship from 2008.

Lastly, I agreed to publish the Notice of AGM and the Agenda on the FRA Website.

COMMITTEE MEETING– Horwich

Saturday 15 December, 2007.

As is usual at the first meeting of the year, the composition of the four standard subcommittees (Championships, International Selection, Disciplinary and Finance) was decided.

Following a question from the floor at the AGM, the committee agreed that any co-opting of committee members would be done formally at committee meetings (see notes from AGM above) - it was noted that no such co-options would be necessary for 2008.

As well as noting changes to two British Championship races for 2008, the Championships Subcommittee is discussing different formats for the British Championship in future years, and would welcome opinions from around the country - contact details are listed in both the Fellrunner and the Fixtures Handbook.

As may be imagined, instant online race registration, and the problems which this facility can cause for both runners and race organisers, was a well-discussed topic, and the committee noted that the Three Peaks committee is managing a reserve list for that event in such a way that all serious English Championship contenders and Three Peaks regulars should be catered for.

Jonathan Broxap sought the committee's opinion on an informal proposal which had been put forward by David Rosen at the FRA AGM - namely that the British Relay Championship should have three team categories: Open, Women's and Open Veteran. The committee thought that this would be fair, and would give some clubs the opportunity to field their best team regardless of sex - but, of course, this is not merely an FRA matter, and no doubt the Championships Subcommittee will be taking other opinions into consideration before a final decision is made.

The committee discussed the British Championship sponsorship, provided by Walsh and Pete Bland Sports - an independent discussion about the best way to use this sponsorship is currently ongoing between both sponsors and the CMG.

The committee noted that England Athletics have now approved the funding for our international budget, and are creating new processes for booking travel tickets - formerly this had to be done by the Team Managers, who have enough on their plate!

Chris Knox reported a constructive meeting with United Utilities who are keen to maintain an open dialog with the fell running community through the FRA. Hopefully, this will result in a single permit which will replace the existing agreement which was originally negotiated by Selwyn Wright and Mike Rose with NW Water.

The committee that UK Athletics rule changes are still progressing, and that the Appendix E waiver has been published on their website. Alan Barlow confirmed that the unattached runners scheme being introduced in road running from 2008 (where unattached levies are retained by the race organiser) will not affect fell running.

The committee agreed that free admission to the FRA Presentation Dinner should be extended to winners in all the English veteran categories. This is currently awarded to English world gold medallists and the male and female English and British Champions.

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Errata

In my profile of Fred Rogerson in the last issue, I stated that his wife Margaret had died at the age of 69. She was actually 73. My apologies to Fred.

Bill Smith

UKA News

Our small but select group have been holding a review of the British Championship and whilst the only changes for 2008 are to clarify the U23 age group following confusion last year and to introduce a ladies V50 age group we have more radical plans for the future.

Many of you will have noticed the decreasing numbers completing the Championship

possibly due to the high level of commitment required to complete a series that consists of 6 races spread throughout the UK. It is particularly noticeable that runners seem reluctant to compete outside their territory.

We are keen to promote a vibrant Championship of high quality competition which everyone wants to participate in. Consequently with effect from 2009 we are planning to introduce three one off races at long medium and short distances. Categories will remain the same so if you are good enough it will be possible to win three championships in a year.

At this stage this is just a proposal and we are looking for any comments especially if you think there is a better way forward. So please contact either me or another member of the championship committee.

Our race organisers will be particularly pleased to lean that UK Athletics have improved the insurance cover available and full details can be found on their website under Insurance. The main changes that affect us are the increase in the level of liability indemnity from £10m to £20m and the decrease in the excess for damage to third party property from £750 to £250. Just goes to show that we are listened to sometimes.

These are turbulent times at UK Athletics with the announcement that they are to reduce about half of their office staff in the early months of 2008 which may well mean some redundacies. Whilst I expect this will have little impact on fellrunning we will keep a watching brief.

I look forward to seeing many of you at future events and hope you all have a successful 2008.

Alan Barlow
Chairman
Competition Management Group

Change of address or missing magazines

Please contact: Debbie Thompson
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New junior coordinator

Richard Lecky-Thompson

A little introduction

So, new year, new junior coordinator. First of all, many thanks to Madeleine for her work with the juniors over the past few years. I'm still not quite sure what am I supposed to be doing, I'm sure that will become apparent. Thanks to all of you who have already offered to help, and also to those of you who are going to offer to help.

For the many of you who haven't a clue who I am, a little background. I have been running for many years. I started out as a track and cross country runner as a junior, before turning to orienteering. At about 25 I switched to fell running, and then moved to the Lakes (fell running in Birmingham is limited). I now do a mixture of fell running, orienteering, cycling and climbing and am not very good at any of them. I help coach Broughton Runners, a group of about 25 juniors ranging from 9 to about 15, at the moment. This is great fun and very motivating for my own running.

My first few tasks seem to be to do with the end of the season. Mainly sorting out the "Do". I have asked on the Forum for any comments on last year's and would appreciate feedback from readers, especially juniors. There seems to be some support for linking the "Do" to a race, which is something I will look into.

I will be at a number of the Winter League races up to Easter and will try to make it to as many of the Junior Champs races as I can. Please try and work out who I am and come and have a chat.

A note about distances:

Would all parents, coaches and organisers please note that there are rules regarding maximum distances for the various categories. These are remarkably generous and can catch new competitiors out.

... and ages:

For competitions, junior ages are based on their age on the 1st January 2008, for this year. There is also a minimum age of six years for competitors.

Full details are in the Calendar.

Bye for now

Lecky

BY **MORGAN WILLIAMS**

John Taylor Foundation

for Young Athletes

In the October edition, I remarked on the down-turn in applications that the JTF has received from young athletes. Since that report we have had only 1 further application for financial help. Are hard up young fell runners a thing of the past, we keep asking ourselves? We know that John would have wanted us to encourage young athletes in his favourite discipline, but wonder now whether the time has come for us to widen our net into the field of cross-country and even track and field to generate applications for help. I hesitate to quote Delia Smith in a publication dedicated to fell running but: "Let's be 'avin yer!"

I also mentioned in my last report that we supported an application from Adam Grice of Leeds City AC who was selected to represent England at the World Trophy held in Ovronnaz in Switzerland in September.

Adam ran quite brilliantly to place 5th in the Men's race, exceeding his own expectations; money well spent from the point of view of the Foundation, and a great example of what can be done with a relatively small amount of cash applied in the right area.

I spent some time talking with Adam recently, in an effort to understand the benefits that the JTF funding gave him, and I wanted to share what he told me, so that other young athletes out there with athletic aspirations can take note, and perhaps use his experience (including making an application to JTF and receiving funding) as an example for themselves.

Adam is a medical student, so, as for almost all students, cash is tight. He had never run at altitude before. He knew his friend Joe Symonds was going to travel out early to Ovronnaz to help with acclimatisation, familiarising himself with the course and to generally get the feel of the place.

The England team schedule provided for a 5 day trip all told for the England athletes; Joe was on a different strategy (with some funding in his back pocket) and Adam decided to seek some funding to help him do the same.

The Foundation was happy to help him do what he felt he needed to do to make the most of his opportunity. So how did things shape up for Adam?

His base in Ovronnaz was at 1100 metres. Adam told me that he felt the lift in altitude on arrival there, even walking around and had some breathing issues (not problems) until he acclimatised properly. The course for the race started at around 1300 metres with atotal of around 1100 metres of ascent and (hurray) included sections of quite steep descent.

Quite early in Adam's additional stay of 13 days, he and Joe both ran in a local race to assist in preparations. This started at 9.00 am and climbed up to 2600 metres and Adam told me he found this a bit of a struggle.

Being right on the doorstep of the course, meant that he could train on and over the course, pretty much at will. Both he and Joe managed 5 separate sessions of varying types on the course and so were completely familiar with all it had to throw at them by the time they competed. Preparations to cope with every twist and turn of the descent were felt to be particularly useful.

After a week at altitude, Adam says that he felt that he was back to feeling like he was running at sea level. (Those planning the Ilkley Harriers annual trip to Sierre-Zinal please take note!)

Adam is clear that the extra time spent at altitude prior to the race, and becoming intimately familiar with the course, both helped his performance on the day tremendously.

Well done to Adam for making the most of the chance that came his way. (Well done to Joe too of course, another great performance). Who knows what will follow?

There must be other young athletes (under 25 is the JTF definition of "young") who have a need in their career that requires some financial help to bring their plans to fruition. The Foundation is here and willing to help. If you are a parent, coach, voluntary helper or have any connection with young athletes who need help, please get in touch, or encourage the athlete concerned to get in touch, with the Foundation. Application forms are available on the website (www.johntaylorfoundation.org.uk). There is money in the bank!

Adam Grice

To contact the JTF, please either email us at enquiries@johntaylorfoundation.org.uk or write to Kirstin Bailey, 1 Smithy Fold, Rushton Spencer, Macclesfield SK11 0SD.

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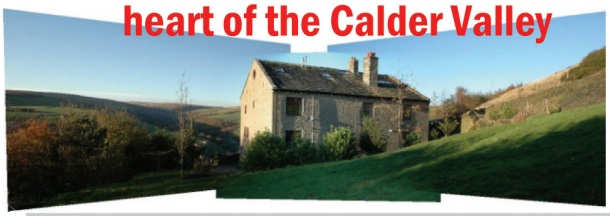

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Please enclose an SAE - early booking advisable.

BY **CHRIS KNOX**

Access and Environment

Winter/Spring 2008

Winter? What winter? As I write this at the beginning of January, the only snow we've had was on the fell tops and we (in Cumbria) had a couple of weeks of sub-zero temperature (right, that should launch the odd snowstorm or two). Mind you that was cold (-11 a couple of times) enough to freeze Derwentwater over, although only for a day or two. Still bearing in mind the weather we had for Edale last year and the volume of snow that disrupted some of the early season events, there could be a lot to come so be prepared!

Safety

Now I know its not strictly running, but many of you will have seen The Great Outdoors (TGO) magazine and recent articles on crampons being suitable/OK for semi-rigid boots and fell/trail shoes. Countered by several equipment providers, rescue services and mountain leaders etc. who think this is irresponsible journalism. Myself, not being a journalist or crampon user (yet), I can't really comment on the debate, but reference was made to fell runners 'doing The Ben' in tee shirts and shorts. Quite right – personally sometimes I think even the tee shirt is excessive – but I don't think any of us could say this was suitable/OK to our general readership without being called irresponsible. On our own training runs we may be competent enough to choose to run without any clutter (have we had a naked fell runner yet?) and often ***just get away with it***. I suspect the crampon/boot debate is much the same – for some of us, some of the time, we can get away without all the recommended kit, but not all of us. I'm sure we've all learned some hard lessons from our own mistakes and those of others, and we each possibly know our own limitations, but I doubt we know everyone else's. Dare I say it? Comments to the forum!

Update

Due to a technology hiccup (Britta's overworked computer went bang), I am in the position to add some sobering changes from the last ten days……

There have now been four fatalities in fairly extreme winter conditions on Cumbrian fells, severe weather warnings and avalanche risk notices being broadcast. So much for my opening comments, but that's the value of hindsight I suppose.

Due to these conditions local Mountain Rescue (MR) teams have been even more overstretched than expected – many other

INCREASING PUBLIC AWARENESS

Lake District Search and Mountain Rescue Association

Mountain Rescue (England & Wales)

I have attached a note, which describes the problem that the Lake District has been, and still is, experiencing as a result of the increase in interest in the great outdoors and particularly the increasing numbers of people taking to the higher fells. In order to reach out to the people who may be the cause of these problems there are a couple of opportunities and initiatives taking place. 2008 will be the 75th anniversary of the formation of the voluntary mountain rescue service in Great Britain. A number of events are being organised around the country including an exhibition launch at the Rheged national mountaineering exhibition centre in the spring. A key part of the exhibition will be a safety awareness video to educate those who venture onto the Lakeland fells. The video and the safety awareness campaign will be supported by Cumbria Tourism.

One further initiative that we are pursuing is a partnership with a UK based company called Where-Wolf. The husband and wife partnership who run the company have designed a very simple map reading aid. They are very supportive of mountain rescue and, although a relatively small home based company, have volunteered to donate 10% of their web sales over the run up to Christmas to Mountain Rescue (England & Wales). In return we are putting the MR (E&W) logo on their product and showing support for their product which will hopefully encourage walkers to learn more about navigation skills. The revenue generated from this partnership will be donated to the national body for the benefit of all teams in the country. The greatest benefit to mountain rescue will be an expected reduction in the number of avoidable '999' calls which currently go out to call handling centres requesting a mountain rescue guiding service.

We plan to promote this navigational aid widely across the UK and target organisations including youth groups in order to educate the next generation of walkers and climber. We are currently seeking an endorsement of this safety and educational campaign principle from Cumbria Constabulary. This will add significant weight to the campaign and possibly encourage other police forces across the country to follow their lead as the campaign rolls out across the mountain rescue regions. The first Mountain Rescue (England & Wales) cards are scheduled to be available for sale to the public via the Where-Wolf website from end January 2008.

The intent is to use the Where-wolf product to create a much greater awareness of mountain rescue and the need for the inexperienced walker to take responsibility for getting themselves safely off the mountain through good preparation and having the right equipment. How can you help? ..... by spreading the word. The next phase is to create three or four plastic cards -the Grid Reference Finder card; a card which explains what mountain rescue is all about; and one or two covering "How to avoid getting lost" and "'What to do if you come across an injured person"The intent is to make the cards available to local MR Teams at discounted prices so that they can sell them on, raising funds for their own particular team e.g. merchandising for supporter groups.

If you want to have a look at the product, then go through the following link so that the company can track the increased hits coming through as a result of this campaign.

www.wasdale-mountain-rescue.org.uk and click on the Where Wolf button... (7th button down)

Thank you for your support

Richard Warren

Regional Secretary for the Lake District Teams

Photo courtesy of www.wildennerdale.co.uk

callouts taking up valuable volunteer time and resources. So much so that a new trend in callouts is emerging, mostly it seems, due to an increase of ill prepared upland users. I've had some correspondence with Richard Warren about issues and a lot comes down to the lack of basic navigation skills. The following is an extract from his article for the current MR report, including a little gadget, sales of which will help support MR teams.

Access

Moving swiftly on, an update on United Utilities, I went to the last CARAC (Conservation, Access and Recreation Advisory Committee) conference. Being held in Warrington on a Monday morning possibly wasn't the best timing (for anyone that knows M6 interchange snarl ups), still most delegates got there for most of the day for presentations on such things as carbon management, Rivington and the Terraced Gardens and the change to CAR – dropping the Advisory Committee. Did you know it costs UU around £70,000 per annum just to clear rubbish and fly-tipping from their Rivington site? You do now! Another presentation was from Rachel Oakley the current 'Wild Ennerdale' Project Officer – we should have an article from her for the next mag – but I just had to include this image of the Galloway cattle recently introduced to Ennerdale to replace sheep as part of a more natural control system in management of the excessive vegetation. For anyone who has struggled to find a way through our seemingly ever-expanding beds of bracken, this must be a heartening sight. Browsing (crushing/bruising) bracken is one of the most effective ways of reducing the volume of growth, lets hope these cattle succeed. Then we'll all appreciate the changes as we glide gracefully (!) round the horseshoe route

Following the conference, I then had a meeting with the northern Team Leader for Catchment Management, which went very well.

As a runner (and BG pacer) himself, he is well aware of our sport and our needs and the fact that our existing agreement, from North West Water days, is at odds with a new permit system some of our organisers have had to battle with since last year. I'm hopeful of a positive outcome that will reduce the paperwork burden for both sides, with an updated version of the current agreement! However one of the issues he, and other Team Leaders, has, are events taking place on UU land that they know nothing about. An example given took place near Shap a couple of years ago (thankfully not a fell race!) that nearly upset the apple cart. Several hundred cars were spotted (neatly) parked on UU land, a check was made to the recreation ranger who also knew nothing about this otherwise well organised event. It transpired that a tenant farmer had OK'd it and made some money from the car parking……they came to an agreement. It's the not knowing bit that could cause us problems.

Which takes us to Natural England, where we may be coming up to another permit scheme. After the bother Bowland had with the staging of the British Relay Championships, it seems that the bureaucrats are keen to increase the paperwork, so instead of us consulting directly, as in the past, the onus is on the landowner. Landowners cannot give permission for an event until NE have given them a permit to do so, however the proposed time scale for an individual to look through the details of an event before issuing a permit to the landowner looks virtually impossible and certainly impractical for all concerned. I hope to have this possible nightmare sorted before it becomes an issue of added burden to our hard-pressed race organisers.

And Finally.....

Litter, boring I know and yes its been on the forum, but if you throw it, drop it, lose it whatever the 'it' is, its litter. Don't think, just stop and pick it up. OK there are exceptions, I did hear of a camera crew on a ridge of Ben Aligen whose precious tripod was blown straight off the ground into the glen below and I'm sure we all know of someone who has lost a cap/hat or glove off a ridge in extreme conditions that will be impossible to retrieve at the time. Just lets all do our best to leave none!

BY **GRAHAM BREEZE**

Just get on with it

A Profile of Angela Mudge

Photos courtesy of Ian Nimmo

Angela Mudge – Carnethy 5 hill race 2003

A decade ago at a FRA Presentation Evening I sat on the same table as a quiet, unassuming female runner whom I couldn't quite place. I was with a larger group from Skyrac AC but we exchanged a few pleasantries during the evening both before and after the young woman went up to collect the Gold Medal as British Champion.

The runner was Angela Mudge. The future World Champion.

Sui Generis

Angela won her first British Championship in 1997 when she 27, won again in 1998, and again in 1999 and again in 2000. No one else has achieved four consecutive titles. No one. Sarah Rowell, a double British Champion, in her excellent book *Off-Road Running*, describes Angela as "the nearest thing to the complete off-road runner". Double British Champion Simon Booth, in an earlier Profile, described Angela as "the most outstanding UK fell runner". Neither Sarah nor Simon qualified their descriptions with the word "female".

It is often said that one should never meet one's heroes. After all, what could I sensibly say to Bob Dylan? But because I had already met Angela that die was cast and so I drove to the cottage near Gartmore on the edge of the Trossachs where Angela now lives, and which was originally owned by her late sister Janice, to talk with simply the greatest UK mountain runner.

So Are Sarah and Simon Right?

"Well it is very nice to receive compliments like these, but it is all very embarrassing and I just cannot agree with what Simon said. Actually I don't think of myself in terms of achievements. I do what I do and I just want to get on with the next race and remain in obscurity".

Do people treat her as a Superstar? "Well people I don't know sometimes come up to me at races and, for example, ask about my training; but the people I do know and I finish races alongside, including the men, well we generally just have a laugh together. Particularly those men who feel they have been 'Mudged'".

So what about her training? "In theory I keep a training log and I run every day but it is very varied; speed sessions, long runs, running or walking with the dogs. And I cycle. My training is not specific and if people pressure me to say something in detail, well I just make something up!"

Background

No other fell runner can match Angela's references on Google, her extensive biography on Wikipedia (produced, she said, by "Angela's Anonymous Stalker") or published interviews such as in the recent issue of the Scottish running magazine myRace. On-line biographies are plentiful but I checked the record with Angela and she confirmed that she was born in Tavistock, Devon in July 1970 and has an older sister (Mandy). She was a twin (Janice died of

Main photo: Angela Mudge (Carnethy) W35 gold - World Masters 2005. Small photo below: Angela Mudge (Carnethy) climbing Robinson - Anniversary Waltz 1999

Photos courtesy of Pete Hartley

cancer in 2006) both of whom had foot defects and so had to wear leg braces for several years. The press usually reports the foot defects as "feet facing the wrong way round" but Angela said "badly twisted" was more accurate although she still needed remedial treatment until she was 3 years old.

Her father was a livestock hauler and her mother was a nurse. Neither parent was a runner although they both did a lot of cycling before their children arrived. Of the three sisters Mandy took to sport at University and became "a climber and a slow runner". Twin Janice started as a sprinter during her schooldays but Angela competed in a lot of sports although she eventually gravitated to those that did not require hand-eye coordination, like swimming, or running in longer events where strength rather than pure explosive speed counted. She joined Tavistock AC when she was around 17 and ran for Devon on the track and cross-country but her results suggested merely a useful ability rather than being indicators of the future World Champion.

At Leicester University Angela gained a II (i) in Chemistry which made her "the black sheep of the family because both of my sisters got Firsts!" (The school which nurtured this academic excellence was Tavistock Comprehensive-previously Grammar-School). However she also ran on the road and cross-country, took up orienteering and finally gave up the track, which she had never liked. Whilst studying for an MSc at Stirling University she discovered the hills and joined Ochil Hill Running Club and at her third University (Edinburgh), where she was awarded a PhD in 2000 ("Mass Spectronomic Characterization of Priority Pollutants"), she joined Carnethy Hill Running Club. Then followed six or seven years of steady improvement in performance, with the odd illness and injury along the way, before her great break-through in fell running in 1997 when she was 27.

Angela said she was never a serious road runner. "It was what I did in between running in the hills and orienteering. I think my 10K PB is 34.26".

My Glittering Career...

Angela works part time as a Sports Masseur and I asked what happened after she gained her PhD. "Really the academic qualifications were a way of putting off getting a proper job. I didn't enjoy lab work and I was sloppy with the chemicals and after the PhD I just started travelling and racing. I worked for 3 years for the Scottish Executive in an admin. job during the winters and then went off running every summer but in 2004 I qualified as a Sports Masseur which has meant I can work when I want. And disappear every summer to do races".

"I am totally unmaterialistic. I have made my 'quality of life' decision. I don't want a big car or a fine house and I recognize that. I think there are a lot of people who carry on in mundane jobs that allow them to run but they are just not as forthright as I am in recognizing it". However she also knows that her job is so hard on her joints that at some point she will have to do something else to earn a living. "I don't know what that will be although it won't be in a laboratory or an office. Perhaps I'll meet a millionaire?"

But what about support from her sponsors? "SaabSalomon provides me with kit and meets the costs of my flights and accommodation, but I don't make any profit! Although interestingly some foreign runners are paid a monthly retainer by their sponsors".

...And Life

Angela can talk about many things other than running although not last night's TV because she does not own one. However she is far, far from being some "hard as nails" racing automaton. I cannot comment on what she would be like if I passed her in a race but in her home she was relaxed and easy to talk with. We exchanged views on Ian McEwan's "On Chesil Beach" and the film treatment of his book "Atonement". And wasn't that a Daphne Du Maurier I nearly sat on, although it could well have been a biography, whilst admiring her impressive stack of CDs? REM, Eagles…but no Bach or Beethoven and, most regrettably of all, no Bob Dylan.

She has a cat and three Jack Russells; and she knows a good Shiraz when she sees it so I asked about her diet which she described as a "See Food Diet". "If you are exercising enough you shouldn't need to worry about what you eat, although I don't do chips". For the record she is 5' 7 ½" and weighs 9 stones and said laughingly that a question often posed on race starting lines is "how come a big girl like you can do so well?"

If you log on to www.geograph.org.uk you can see Angela's photographic contributions,

which were primarily done when she was nursing Janice, to a site which intends to display a photograph of every OS grid square in the British Isles.

And, of course, she has travelled.

Show Us Your Medals!

A holder of, say, the Order of Merit or a Nobel Prize doesn't really need to list other accomplishments but the record shows that in addition to her unique four consecutive British Championships Angela has won three Scottish Hill Running Championships (1997, 1998, 2006) and in 1999 won both the Scottish and Inter-Counties Cross Country Championships.

She has had two wins in the Ben Nevis Race eleven years apart (1996 and 2007), and the Scottish Hill Racing website records, in an understated way, that Angela holds records at "Carnethy 5, Chapelgill, Clachnaben, Creag Dhubh, Dollar, Dumyat, Isle of Jura, Manor Water, Meall a`Bhuachaille, Morven, Stuc a`Chroin, Tinto, Two Breweries...and many more!"

Obviously Angela has done much of her racing in Scotland but she has ventured south to win British Championship counters e.g. Buttermere Sailbeck (1998), Welsh 1000 Metres (1999), Pendle (1998) and other notable events such as the Tour of Pendle (1997), Snowdon (1998) or The Three Peaks (1999). Records she holds outside Scotland include Anniversary Waltz, Kirby Moor, Hexhamshire Hobble and Slieve Bearnagh.

She won the Women's World Mountain Running Trophy in 2000 in Bergen, Germany which is doubly commendable given that the course was up-hill only and British runners traditionally do better on up and down courses. Although, as noted above, she was born in Tavistock, where her parents still live, she has always competed for Scotland. She has modestly suggested that at the time when she was not good enough for England selection Scotland did select her and so she has since stayed loyal to Scotland.

Other prestigious accomplishments include winning the WMRA Grand Prix (originally known as the Alpine Grand Prix) in 1999, 2000 and 2002, the World Masters Mountain Running Championship in Keswick in 2005 and the Buff Skyrunner World Series in 2006 and 2007.

Of course she hasn't won everything, every year. She has been runner-up in the European Mountain Running Trophy three times behind a different winner each time: 1999 (Austria), 2001 (Slovenia) and 2003 (Italy). She was second in the WMRT in Alaska in 2003, although she still came away with a Gold Medal because Scotland was the winning ladies team. So she now has 8 medals in European & World Mountain Running Championships: 2 Gold, 4 Silver and 2 Bronze.

She has also broken a few records on the way to winning other things: Mount Kinabalu Climbathon (Malaysia) in 1999 (she won again in 2004), Cinq 4000s (Switzerland) in 2001, Pikes Peak Marathon (USA) in 2003, and so on.

And for completists, she competed for Great Britain in the World Cross XC in 1999 and 2002. Her finishing positions were in the mid 40s but as everyone knows cross-country is about speed and not the ability to run across country. Most fell runners focus on endurance rather than speed and so typically don't perform well in cross-country races but Angela could still hold her own in a world class field. A true all-rounder.

Winning and Losing

"My first win was as a 13 year old schoolgirl in a XC. My best win was Sierre-Zinal in 2001; so *not* the World Mountain Running Trophy in 2000 although no-one was more surprised than me that I won that! At Sierre-Zinal I was just 'flying'. I was in tip-top form, it was all effortless and I broke the record by a lot. The crowd support was great and there were a lot of runners there from Carnethy with whom I could enjoy my win. When I won my WMRT Gold Medal in 2000 the Scottish team had not done so well and it rather damped my personal celebration".

"Because there are so few women fell runners in Scotland I really regard myself as racing against the men but when I do lose to a woman *and I know I have given my all* then I don't have regrets. I just want to get on to the next race. I race a lot in summer, perhaps twice a week, and a lot of these races are abroad. I don't race much in winter because hill races in Scotland virtually close down for the winter."

"Whilst my running diary is very basic what I do for every race is calculate my time as a % of the men's winning time because that is a good measure of how I have performed. You can have a good race but come lower down the field because of, say, the high quality of the competition and you can run poorly but finish higher just because the field is weaker**.** I reckon if I finish around 115% of the men's winning time I have had a good run, but that depends on who the overall winner is!"

This approach has been used by other top flight women such as Sarah Rowell and formed the basis for the article *Peris Horseshoe-Unbeatable Women's Record? (The Fellrunner* June 2006) which debated Menna Angharad's record of 1996 when she ran at 114% of the winning man's time. Of the analysis of 20 Long "A" races in the article only Angela had a better performance with 113% at the Two Breweries race in 2000. In fact 5 of the Top 10 performances were Angela's with others being attributed to Sarah, Menna and Mari Todd.

Angela does not use a coach. Why? "Well I had one when I was 17 at Tavistock AC and I ended up with a stress fracture. Basically, I just don't like people telling me what to do. I am single minded. I do my own thing and I don't worry about text-book training". Her view is "I know what works for me" and concomitant with that belief is that she has no "running tips" to offer to others. However page 92 of *Off-Road Running* does include "Angela's Top Tips" of sound advice for any runner. There is also an excellent description of Angela's running lifestyle at that time, which still applies today.

Her favorite races? "I love Jura and the Carnethy 5 because that comes at the beginning of the season". I complimented her on the consistency of her response to a similar question posed in *myRace* magazine and she said that she had just read her interview while waiting for me to arrive! Outside the UK she has said that the Canazei race in the Dolomites is a favorite.

And how does she win her races? "I go hard out on the climb. You have to play to your strengths and I get teased when I am overtaken on the descents" but I presume this teasing can only come from men whom she has beaten on the climbs, "half-Mudged" perhaps?

At 37 years I wondered if she was past her prime? "I should be, your body just does not recover as quickly as when you were younger, but I have surprised myself this year by breaking records. I think after the death of Janice last year I realized there is more to life than running and so I have put less pressure on myself but I have kept churning out good results".

And Your Little Black Dress?

Whilst Angela should rightly be held in awe by fell or mountain runners all over the world her name was perhaps less well known to the couch potatoes who took an interest in the 2001 Laureus World Sports Awards to which she was invited to attend alongside fellow nominees David Beckham, Steve Redgrave, Jonathan Edwards and Lennox Lewis. It is not known if the MC used the immortal words "Unfortunately Angela cannot be with us tonight at the Royal Albert Hall …" but at the time Angela was quoted as saying that she could not attend because she would be on holiday in New Zealand and anyway "...didn't own a little black dress, and would only have wandered around collecting autographs". She has since seen a DVD of the event and now knows she made the right decision to stay on the other side of the world.

Public photographs of Angela smiling are rare, particularly when she is racing, but the quotation does capture the modest, self-deprecatory, dry humour of a great World Champion.

When The Winning Had To Stop (For A While)

One of the myths about Champions is that it all comes naturally but the reality is that Champions are Champions partly because they work harder for longer; and are therefore more susceptible to injury.

In 2005 it was Angela's turn to address the possibility that her running days, and certainly at the highest level, might be over. First she had to recover from severe damage to a knee cartilage and then plantar fasciitis. Having worn away the cartilage in one knee the remedial treatment was to have holes drilled in her femur to create scar tissue in her knee so she could then run on this scar tissue instead of cartilage. The effects of the operation hurt, for months, and the operation is not always successful but tough decisions make great champions and eventually Angela started winning races again, in Switzerland, supported by her tent, cooking stove and bike.

Scottish, British: the World?

Along with other top runners like Rob Jebb, Simon Booth and Nick Sharp, success in domestic championships has led to the world

Photos courtesy of Ian Nimmo

Main photo: Adam Ward pursued by Angela Mudge - Carnethy 5 hill race 2008. Small photo right: Angela Mudge breaking the women's record at the 2007 Everest Marathon

stage and in 2006 and 2007 Angela was a member of the Team SaabSalomon Adventure Running Team, and competed in the Buff Skyrunner World Series.

This is a Grand Prix of eight high altitude endurance races and in 2006 Angela won the first four races in which she competed (Spain, Switzerland, Japan and Italy) and broke the record each time. Then after time away from racing, because of the final illness of Janice, she returned to come 3rd in the Mount Kinabalu Climbathon (Malaysia) to win the Series. For this she won €3000 although there might be easier ways to earn a living. Incidentally that year she also competed in all four of the Scottish Hill Running Championship races, won them all and picked up her third Scottish Championship.

Perhaps not surprisingly she again represented Team SaabSalomon in 2007; won the first three races in which she competed (Spain, Andorra and Italy), and easing down was 2nd in the Zegama-Aizkorri Alpine Marathon (Spain) and so retained her Series title in 2007.

Nine SkyRaces completed: seven wins, one 2nd and one 3rd.

Everest Marathon

I met with Angela in December, just one week after she had completed the Everest Marathon in which she came 8th out of 80 competitors. Finishing in 5.02.17 she broke the women's record by almost 14 minutes.

The race starts at Gorak Shep 5184m (17,000 feet), close to Everest Base Camp in Nepal and finishes 26.2 miles of rough mountain trails later at Namche Bazaar at 3446m (11,300 feet). The event has been held 12 times since 1987 and is now held every two years.

Photos courtesy of Greg Turner

It is not an EOD event! Runners must take part in the preceding 16 day trek under medical supervision to acclimatize to the high altitude and it is effectively a 25 day commitment taking in sightseeing in Kathmandu and a couple of 5000+ metres ascents, plus the actual race. Although nominally down hill there are two steep uphill sections and the race can start at minus 20 degrees C and finish at plus 25 degrees C with lots of exposed running in between.

The best British performance is by Jack Maitland who set a then new record in 1999 and he is the only GB male in the All Time Top Ten. However five GB women had previously appeared in the equivalent women's list with Dawn Kenwright having won the race twice and Anne Stentiford holding the previous women's record of 5.16.03; until Angela turned up.

Incidentally it costs £1400 to enter the event, plus flight costs so, say, an outlay of £2000; and Angela's monetary prize for winning was… nothing.

I wondered if the World's Press had beaten a path to her door to interview her about her victory before I arrived? "Not quite. Only the *Stirling Observer",* she replied.

So What Challenges Are Left?

"What motivates me are new races. Fell races I have never done. As I get older I may do more ultra events like the West Highland Way although I don't really like trail running. I have thought about a Bob Graham and earlier this year I did a recce of Leg 2 but it got no further. I don't think I am ready to apply the focus it needs when I am doing other things. Maybe next year or the year after?"

La Campionessa

The article *Classic Fell Races* in *The Fellrunner* for June 2001 asked if a "female supreme champion" could be identified and concluded that Angela was "currently the finest all round female fell runner" and she was "still only 30". At that time Angela's success had been primarily in domestic competition i.e. Scottish and British Championships. Seven years later Angela has achieved unsurpassed success on the European and World stages and has now conquered Everest! I suggest the question posed in 2001 has now been answered definitively.

Ten years on from my first meeting with Angela I cannot imagine that there is any World Champion in any sport who is so modest and unpretentious. I planned to title this Profile *La Campionessa* or perhaps *Sui Generis,* but Angela preferred my more prosaic suggestion of *Just Get On With It*. She was born with deformed feet. She has a worn out cartilage. She has had plantar fasciitis. So she runs in the Everest Marathon and breaks the women's record. She just gets on with it.

The current issue is the 90th edition of *The Fellrunner* which lamentably has never really recognized Angela's truly magnificent achievements as *the* outstanding fell and mountain runner. It has now.

BY **BILL SMITH**

Peak Partners

Profiles of Ali Welch and Aly Raw

Photo courtesy of Pete Hartley

Ali Welsh & Dave Wilson (Bowland FR vets) climbing St Sunday Crag on leg 4 of the Ian Hodgson mountain relays

Ever since ladies' fell racing began on a reglar basis in the 1970s, the sport has attracted numerous husband-and-wife and boy-and-girlfriend pairings, including such pioneering couples as Pete and Jean Dawes (Kendal), Dennis and Joan Glass (Eryri), and the Clayton-le-Moors duos of Will and Anne-Marie Grindley and Peter and Linda Lord. More recent pairings have included Simon and Kirsten Bailey (Mercia and Bingley respectively), Rob Jebb and Sharon Taylor (both Bingley), and Lloyd Taggart and Jackie Lee (Dark Peak and Eryri).

An even more recent partnership is that of Ali Welsh (Bowland) and Aly Raw (Bingley) who met at the 2006 Buckden Pike race. "I fancied her right away," says Ali, "so asked her what the DFR on her vest stood for…" (Aly was then a member of Durham Fell Runners). She now takes up the story: "By the end of the conversation, we had arranged to do a reccie of the Sedbergh Hills Race course together, and at the prizegiving I managed to sneak him my name and address."

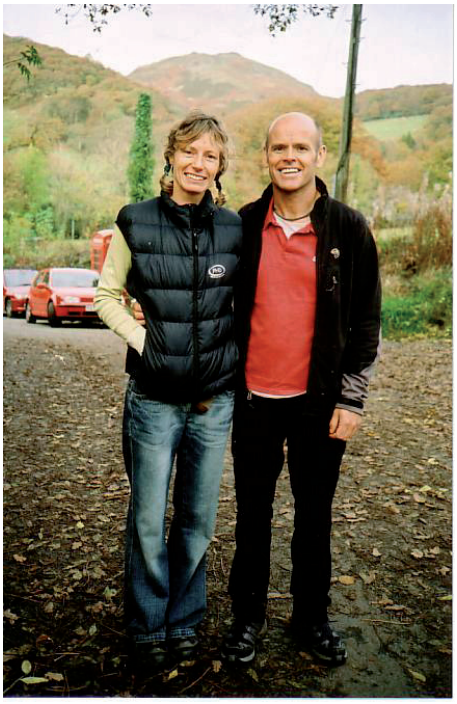


Photo courtesy of Bill Smith

Ali Raw and Aly Welsh at Broughton Mills following the Dunnerdale Race

Mountain Man

Alistair Welsh was born on October 16, 1961 at Burnley, but moved with his parents to Blackpool three years later. He now lives at nearby Poulton-le-Fylde, within sight of the Bowland fells, and is employed by the Government as a Computer Technician. "My Father used to take me walking in the Lake District when I was a lad," he recalls, "so I've always been fond of the Lakes. By the age of twenty, I had progressed to scrambling and rock-climbing, though I now prefer ice climbing above all and climb to Hard Very Severe standard. Scotland is my favourite climbing ground, though I've also climbed in the Alps and the Dolomites."

Ali began running one mild winter when there was no ice to be found in Scotland. He was then 35 and decided to try a fell race instead, choosing a fairly local one, Paddy's Pole: "I just loved it and running took over from climbing for the next five years. I'd just got hooked on it and so joined my local athletic club, North Fylde, running 10K and 10 mile road races and even representing Lancashire in the Half Marathon with a time of 75.24. I'd been on for a sub-74 but got a bad stitch with about three miles to go. My best 10K time as a veteran was 34.20 at Battersea Park, while I ran 57.12 for ten miles at Ballycotton."

He then began returning to the Alps to compete in mountain races there, his favourite being the Sierre-Zinal (17m: 6,000'), which he's done five times with a p.b. of 3½ hours; the Croix du Mont Blanc (13m: 4,200') which he's done twice; Le Nid D'Aigle (12m: 6,200') when it was won by Rob Jebb, and the Dolomites Skyrace (13m: 6,500') in Italy. He has consistently finished in the top quarter of the field in both road and fell races and rates his best performance in the latter as first 0/40 and 3rd overall in the 2002 Rydal Round at Ambleside Sports: "It was claggy and a couple of runners in front of me finished up in Patterdale! My children Jake and Erin were at the Sports with me, so it was a proud moment for me."

Ali has a brother named Chris who lives in Belfast and they competed together in the walkers' class of the Mourne Mountain Marathon, an event Ali has now completed ten times. "I met Yiannis Tridimas and Alan Duncan on it seven years ago," he recalls, "and they encouraged me to join their club, Bowland Fell Runners." He has also done the Karrimor Elite three times, including the year it was based at Shap: "A friend named Gary Westhead had terminal cancer and wanted to do the Karrimor before he died, so we teamed up for that event. Gary has now sadly passed on." Ali's best mountain marathon result was victory in the 2000 Saunders Harter Fell class, partnered by the reigning Lancashire cross-country champion, Phil Leybourne, while last year he and Aly took first place in the

Photo courtesy of Aly Welsh

Main photo: Ali running the frontier ridge between Poland and Slovakia with mates.

Small photo below: Ali competing in the KIMM Elite with the late Garry Westhead

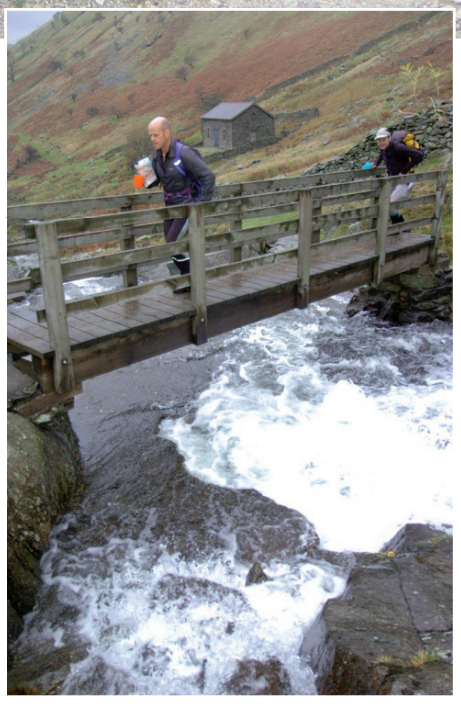


Photo courtesy of Aly Welsh

Mourne Elite mixed class, this being Aly's debut in the event.

Achievements and Accidents

In 2005, Ali achieved membership of the Bob Graham 24 Hour Club with a 22.45 Round on a joint attempt with clubmate Steve Cox. "It was one of the best days I've ever had in the hills," he recalls, adding that although they started out in rain, the conditions gradually improved. He has also assisted on many other people's Rounds, the most enjoyable – "perhaps even more enjoyable than my own" – being Yiannis Tridimas' successful 60-at-60 attempt three years ago. He has also helped out on the two fastest completions on the Jos Naylor Challenge by his clubmates, Leigh Warburton and Nick Hewitt.

Ali generally runs 70mpw in winter and 50 mpw in summer, when he follows a more hectic racing schedule. Much of his training consists of ten mile road runs during the week, though he will also go on some of the "Bowland Bat Runs" on dark nights and enjoys club runs on local fells on light evenings. On race-free weekends, he and Aly will train together in the Lakes, Scotland or Wales, perhaps reccieing the course of a forthcoming event.

"I'm a bit accident-prone," says Ali. "A year ago, I was street orienteering in Poulton and ran into the back of a parked van. I split my head open and had to go to hospital. Then after last year's Carnethy Hill Race, Aly and I travelled up to Ben Nevis to do some ice climbing and slept in the car. Crossing the stream from the CIC hut next morning, I slipped and broke my wrist, entailing another trip to hospital! And while navigating in the Mourne Mountain Marathon last year, I fell and got the map covered in mud, making it hard to read throughout the weekend."

"Because of his broken wrist," says Aly, "I had to do the driving when we went to the Edale Skyline race. We camped on the night before but didn't get any sleep because of the wind continually buffeting the tent. The race was run in wind, snow, thunder and lightning and I lost my hat on the way up to the first checkpoint. I finished second lady vet 40 behind Sally Newman and 5th lady overall. We set off immediately afterwards without having anything to eat. Driving Ali's car, I ran it up a railway embankment at a bend in the road and some Pudsey and Bramley lads came to our assistance. The car was a write-off!"

Heroes and Ambitions

Among runners that Ali particularly admires are Billy Bland, "not least because of his tremendous long-standing record for the Bob Graham Round;" Kenny Stuart, "some of whose major records, including Snowdon, Ben Nevis and Ennerdale still stand long after he'd retired [due to allergy and virus problems];" and the late Eric Beard, "who also set several mountain records," and whose lifestyle of running, walking and climbing was so similar to Ali's own – though Ali doesn't lead quite the same nomadic existence that Beardie did. He adds: "I would also like to mention race organisers like Allan Greenwood, Scoffer and Pete Jebb, who put so much into the sport." However, he respects and enjoys the company of all fell runners, "especially

those who enjoy a pint in the pub after the race, where you can chat to the race winner on equal terms – unlike in some other forms of running. The Bowland lot are a great bunch and I enjoy being in their company all day, particularly in the great relays like the Ian Hodgson, FRA and the Calderdale Way."

Ali's ambitions include having a go at Yiannis Tridimas' Cuillin Round record and to do more of the classic ice climbs in the Alps, particularly the North Face of Les Droites at Chamonix.

Outdoor Girl

Alison Raw was born on March 31, 1963 at Birstall, near Leeds: "My Dad delivered me all by himself, though my Mother claimed she did all the work!" The family moved to Sedbergh in 1970: "My Dad was in the Police Force and was very happy there. However, when it was proposed to alter the county boundaries, with Sedbergh losing its Yorkshire identity, he wasn't keen on transferring to the Cumbria Police Force and so managed to get posted to Bingley in 1972."

Aly presently serves as a Partnership Manager for a School Sport Partnership in Darlington, where she now lives, though her parents still live in Bingley. However, she had earlier gone to study Ecology at Loughborough University: "Everybody there was so good at athletics that it put me off, though I did do some running early in the morning when no one could see me. I also did a lot of climbing and caving in the Dales, the Peak District and South Wales. When I left University, I didn't have a job, so went to work as a volunteer for the Cumbria Wildlife Trust at Ambleside. Then I got a proper job in York as Manageress of a Herbalist shop."

Photo courtesy of Pete Hartley

Aly Raw – Thieveley Pike 2006

Here she began running seriously and joined the local athletic club, Priory Street Panthers: "My first race was the Bridlington Half Marathon, which I completed in 1 hour 44 minutes, and I then continued racing regularly on the road. But then my Dad found out about the Three Peaks Race and started going to watch it, so one year I went with him and we climbed to the top of Pen-y-ghent to watch the race and look out for some of his Police colleagues like Pete Jebb and Mick Watson. Suitably impressed, I said to my Dad, 'One day I'm going to do this race!'"

Around 1989/90, Aly left York to do a teacher training course at Lancaster University and went to live at Sedbergh once again: "When I first lived there, my parents used to take me walking on the Howgills and my Mother taught me the names of all the wildflowers. I just love the Howgills: they're my favourite hills. It was then that I first experienced running on the fells: when our dog would run away, I'd go chasing after him over the Howgills. I'd always had a love for the outdoors and when living in Sedbergh for the second time, it became a passion. My first fell race was at Tebay (AM: 8m: 3,000') and I had no idea where I was going. I do remember struggling up this long, steep climb and finishing about next-to-last."

Aly then layed off running for a while but started again when she got a teaching post at Darlington in 1996: "I then joined Darlington Harriers and began to compete in both road and cross-country races, settling into quite a hard training regime. Gradually I progressed onto the fells, doing local fell races in the Northeast with my longtime good friend and training partner, Paul Kelly of Durham Fell Runners. [Paul placed 5th in the 2007 British O/50 championship, 11th in the English.] It was with Paul's encouragement that I first took part in championship races and I found them a huge step up from the local events I had been doing. Because Darlington had no fell section, I eventually joined Durham Fell Runners as a second-claim member for fell racing only. My main reason for doing this was to run in FRA relays but in December, 2006 I transferred to Bingley Harriers, who have a really strong ladies' team."

Consistent Winner

Aly does not regard herself as a natural fell runner, "but I just love being out in the hills and surrounded by nature. I'm not a very good descender and am liable to lose places coming down, but my climbing is improving." However, she has been a consistent winner of races, both outright and in the O/40 category, mainly in the Northeast but also in such Northwestern events as Ingleborough, Beetham, Bleasdale, Lowther, Eaves Wood, Auld Lang Syne and Race You To The Summit. She was also first overall in the 1999/2000 Northern Runner Winter Series in the Northeast, while in last season's FRA championships she was 11th in the British, joint 3rd in the V40s and a member of Bingley Harrier's 3rd-placed team which also placed 3rd in the National cross-country championships. In the English fell championships, she finished 10th overall, 3rd V40 and part of the victorious Bingley team. "I always feel embarrassed when I with anything," she says, "as I feel it's been done accidentally."

Aly admits she has never been a good navigator and with this in mind she decided to enter last year's Mountain Trial, with the idea of improving this aspect of her running. She finished 12th lady over the long course: "I never do anything by halves. I was absolutely petrified going into that race and on the start line Geoff Briggs of Pennine Fell Runners told me I looked like a frightened hare! I then did the navigational leg in the FRA relays – and didn't get lost."

"I haven't done any road racing for a year now. I just love running on the fells and the marvellous camaraderie of the competitors, and the fact that the superstars are so modest and unassuming. I did the Eldwick and Gilstead Gala Race near Bingley and Ian Holmes and Andy Peace were there. The commentator got their names mixed up, calling them 'Ian Peace' and 'Andy Holmes' and everyone laughed, including Ian and Andy.

"I am fairly well disciplined with my training. I train with Darlington Harriers twice a week, including a track session and a fartleck/hills session or something else speedy. In between, I plod around the streets where I live in winter or run on the Cleveland Hills or Howgills in summer."

Kindred Spirits

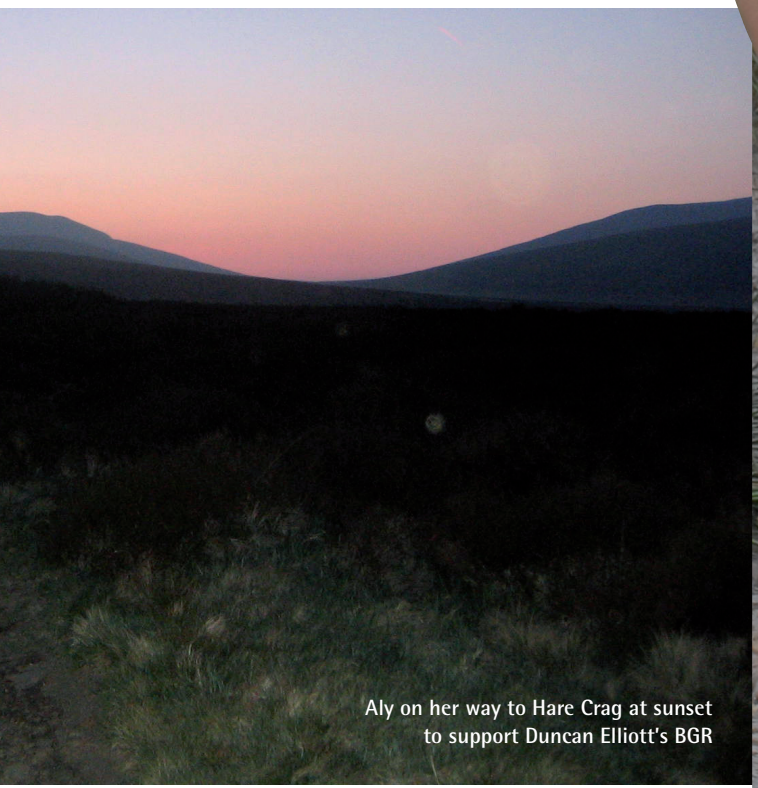
She admires and respects all her rival lady fell runners but is particularly impressed by Sally Newman, "a magnificent runner and a lovely person, and a great inspiration to me," while her Bingley Harriers clubmate Sharon Taylor is "a fantastic competitor and, as team captain, never asks of anyone what she wouldn't do herself."

Aly considers her greatest achievements in athletics to have been her 3rd place in the 1999

Photo courtesy of Aly Welsh

Three Peaks Race; her sub-3 hour marathon (2.56) in Dublin five years later; getting 10Km and 10 mile pbs (36.30 and 1.00.02) last year "at the tender age of 44;" and, also last year, helping Bingley to win Team Gold in the FRA English championships and to also gain 3rd place in the National cross-country. She has ambitions to complete the Bob Graham Round and to contest the Lakeland Classics Trophy (the Long As); to do more mountain marathons and to race in the Alps; and to have won the Three Peaks Race "as it's such a special event, though I think I've left it too late now – but you never know!"

Says Aly of her relationship with Ali: "We try to combine running and climbing – and then go to the pub! We go caving in the Dales and Ali started me ice climbing in the Alps at Christmas, 2006, then on the Ben a couple of months later. We also did a very long 13 hour ice climb last summer on the Tour Ronde, Mont Blanc. We both like birdwatching and all kinds of music, including folk, Irish and soul, and go to a lot of concerts together. We live such a long way apart, we only get to see each other at weekends or on holidays, but we plan on moving together – maybe to Lancaster or somewhere else close to the fells." Adds Ali: "There's a lot of ribbing between Aly and me over Lancashire and Yorkshire rivalry. I think she was scared to tell her Dad she was seeing a Lanky lad! I will admit that Yorkshire has cracking fells, caving, climbing, beer



Aly on her way to Hare Crag at sunset to support Duncan Elliott's BGR

Photo courtesy of Pete Hartley

Aly Raw & Ruth Whitehead (Bingley Ladies) starting the 3rd leg og the FRA relays 2007

BY **MARGARET CHIPPENDALE**

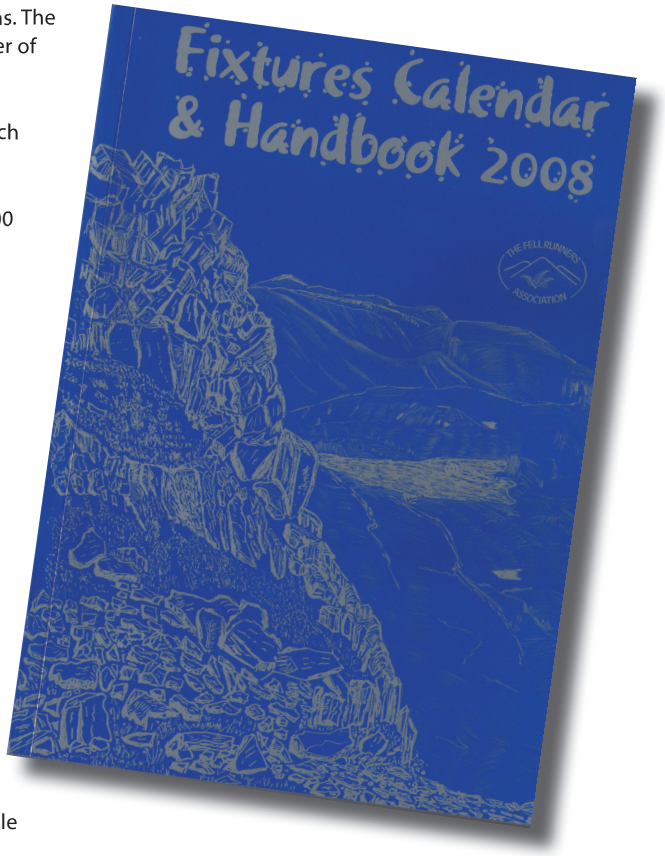
CALENDAR UPDATE

The majority of members should have received their 2008 Calendars before Christmas. The Calendar contained slightly less races than the 2007 one but a relatively large number of late registered events have been received since the 2008 Calendar went to press.

The Calendar includes a copy of the Confirmation of Liability Insurance Letter for the 2007/2008 UK Athletics Liability Insurance which covers races in England for which UKA Permits have been obtained through the FRA. However, since this document was published and the FRA Calendar printed, UKA have improved the terms of their insurance. The limit of indemnity has been increased from £10,000,000 to £20,000,000 and the excess of £750 in respect of damage to third party property has been reduced to £250. Some race organisers have expressed concern about the size of the excess so the latter change will be very welcome. The updated summary of the insurance can be found on the following link: http://www.theovalgroup.com/main.asp?id=631_2391_29910&tid

A copy has also been posted on the FRA website: www.fellrunner.org.uk/pdf/committee/insurance08.pdf

A Calendar Update is also maintained on the FRA website, www.fellrunner.org.uk. This website also contains links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Welsh Athletics and Welsh FRA websites where information can be found about those Celtic races which are not included in the FRA Calendar.



Borrowdale Fell Race 2008

The organiser of the Borrowdale Fell Race has asked me to re-emphasise the entry information: **Entries will only be accepted on the official form obtainable after May 31st from the Borrowdale website, www.borrowdalefellrunners.co.uk, or with SAE from the organiser – Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Keswick, CA12 5SG. Entries close on July 7th. Race limit 500. No entries on the day.**

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 in the Calendar 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 many 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.

Unless stated otherwise race entry is **"ON THE DAY"**.

TUE.MAR 4. SEDBERGH THREE PEAKS (R). AS. 4.30 p.m. 3m/1450' from Sedbergh School Cricket Pavilion (GR SD656919). Free entry and food included. Teams (5) free. PM. Over 14. Records: 30.16 S. Barnby 2007; f. 36.42 M. Hyder 2007. Short walk to start. Details: Jon Richardson, 24 Loftus Hill, Sedbergh, LA10 5RX. Tel: 015396 20214. Email: jdwr@hotmail.com

SUN.MAR 30. ARANT HAW (R). AS. 1.15 p.m. 4.75m/1760' from the Peoples Hall, Sedbergh (GR SD654923). £2.50. Teams free. PM. Over 17. Records: 37.04 J. Symonds 2007; f. 47.15 J. Lee 2007. Junior races: U12/U14/U17 from 12 noon. Refreshments available from 11 a.m. Details: Alastair Dunn, 8 Honister Drive, Kendal, LA9 7PD. Tel: 01539 723524. Email: helmhillrunners@aol.com Website: www.helmhillrunners.co.uk

WED.APR 2. LOUGHRIGG (R). The organiser's email address has changed to: ddux@hotmail.co.uk

SAT.APR 5. PENDLE (R). In addition to the senior race there will be U8/U10/U12/U14/U16 junior races from 12.30 p.m., sponsored by Forbes solicitors. U18s can run in senior race. Goody bags & drinks for all junior runners plus full prize list.

SUN.APR 13. WREKIN (R). AS. 11.00 a.m. 5.5m/1700' from Ercall Wood School, Golf Links Lane, Wellington, Telford (GR SJ653106). £4. Over 16. PM. Records: 34.27 J.Wild 1980; f. 40.47 C.Greenwood 1986. Junior races: U10/U12/U14/U16, 11.30 a.m. U18 & U20 with main race. No safety pins. Details: Andy Smith. Tel: 07930 551214. Email: as004r9900@blueyonder.co.uk Website: telfordrunning.co.uk and myweb.tiscali.co.uk/fellrunner/ (no www)

SUN.APR 27. SOME YOU WIN - SOME YOU LOSE (R). AM. 10.00 a.m. 7.7m/2700' from Townhead, Edale Road, Hope (GR SK168845). £4. ER/PM. Over 18. New race. No toilets. No pins. Park as directed and car share please. All proceeds to local charity - small prizelist. Details: Jim Fulton, 49 Nethergreen Road, Sheffield, S11 7EH. Tel: 0114 230 2144 or 07767 394114. Email: sheep@dpfr.co.uk Website: www.dpfr.co.uk

SUN.MAY 25. ILKLEY TRAIL (R). CM. 11.00 a.m. 6.5m/700' from Ilkley swimming pool. £6 pre-entry by May 18th or £7 on day. Teams free. ER/LK/PM. Over 18. New race. Details: Lawrence Basham, 21 Old Lane, Addingham, Ilkley, LS29 0SA. Tel: 01943 830546. Email: lawrencebasham@googlemail.com Website: ilkleyharriers.org.uk

MON.MAY 26. BAMFORD SHEEPDOG TRIALS (R). BS. 1.00 p.m. 4.5m/1000' from Bamford Recreation

Ground (GR 205829). £3. Teams free. PM. Over 16. Records: 30.09 L. Taggart 2005; f. 36.05 N. White 2002. No safety pins. Sheepdog trials with various attractions, bar & food, etc. Details: Malcolm Sowerby, Eccles View, Smalldale, Bradwell, Hope Valley, S33 9JQ. Tel: 01433 620060.

SAT.JUN 7. WELSH 1000 METRE PEAKS. AL. Full race - 9.30 a.m.; 22m/8000' from Aber (GR 647732); £9 to entries secretary (address below), no entry on day. Teams free. ER/NS/PM. Over 17. Records: 3.27.20 G.Bland 1999; f. 4.02.39 A.Mudge 1999. Also short race with Junior class (8m/4000), 11.00 a.m. from Ogwen (GR 650604). Entry forms from Jean Hall, 81 Brook Street, Wymeswold, Loughborough, Leics., LE12 6TT; Tel: 01509 880506. Details: Harvey Lloyd, 37 Stockleys Road, Headington, Oxford, OX3 9RH. Tel: 01865 750067. Email: harvey@richlloyd.fsnet.co.uk
Website: gorphwysfaclub.com

SAT.JUN 14. TRAPRAIN LAW RACE. CM. 3.00 p.m. 6.5m/700' from Memorial Park, School Road, East Linton (GR NT590773). £4. Teams free. Over 18. Records: 37.26 G. Booth 1996; f. 41.13 A. Mudge 2002. Details: Trevor Collins, Woodlaw, Markle Road, East Linton, EH40 3EB. Tel: 01620 860600. Email: trevor.collins@virgin.net
Website: carnethy.com

SAT.JUN 21. CHROME HILL (R). BS. 2.00 p.m. 4m/700' from Hollinsclough Primary School (GR065665). £3. Teams free. LK/PM. Over 14. Records: 28.18 L. Taggart 1999; f. 34.29 E. Batt 1997. Details: Amanda Dennison, Daisy Bank, Newtown, Longnor, Buxton, SK17 0NE. Tel: 01298 83526.

TUE.JUL 1. SALTWELL HARRIERS (R). BS. 7.30 p.m. 5.5m/1000' from the roadside of the B6278, 2m north of Stanhope, County Durham at GR 996416 on OS sheet 87. £3.50. Teams free. PM. Over 16. Records: 40.34 J.Larkin 1996; f. 47.43 R. Vincent 2007. No toilets. Details: Keith Wood, 24 Long Bank, Wrekenton, Gateshead, NE9 7HH.
Tel: 0191 4875867.
Email: woodk2@btopenworld.com

SAT.JUL 5. CORRIEYAIRACK CHALLENGE. 11.00 a.m. Team duathlon from Fort Augustus Abbey (GR NH380091). £30 per team of 3. Teams only. Over 18. Each competitor runs 17m/2300' followed by 26m bike ride on country lanes. Individual records: 3.01.38 A. Wright 1999; f. 3.38.12 L. Wilson 2003. See website for further information. Details: Craig Little, Badaguish Outdoor Centre, Aviemore, PH22 1QU. Tel: 01479 861285.
Email: craig1@badaguish.org
Website: corrieyairack.org

SUN.JUL 13. PEAK FOREST (R). **Please note the correct date for this race.** It is given incorrectly as Mon. July 14th in the Calendar. All other details unchanged.

THU.JUL 17. SPAR SHELDON (R). BS. 7.30 p.m. 4m/527' from the Cock & Pullet pub, Sheldon. £2.50. PM. Over 16. Records: 22.45 A.Wilton 1998; f. 28.04 J.Turnbull 1997. Details: John Ralph Lord, School House, Sheldon, Bakewell, DE45 1QS. Tel: 01629 812266.
Website: sheldon-peakdistrict.org

SAT.JUL 19. PHILIP GREGORY JUNIOR RACE (R). BS. 4.30 p.m. 3m/420' from the playing field, Sheldon. £1.50. PM. Under 18 and over 14. St Johns or Red Cross present. Details: John Ralph Lord, School House, Sheldon, Bakewell, DE45 1QS. Tel: 01629 812266. Website: sheldon-peakdistrict.org

SAT.AUG 9. BROUGHTON MILLS (R). AS. 4.00 p.m. 3.5m/1300' from Shop Meadow, Broughton Mills. Records: 29.20 R. Lightfoot 2006; f. 36.38 J. Casey 2006. Full set of junior races from about 3.00 p.m. No toilets. Details: Jane Rousseau, The Square Cafe, The Square, Broughton-in-Furness, LA20 6JA. Tel: 01229 716388. Email: info@thesquarecafe.biz
Website: the squarecafe.biz

SAT.AUG 9. TEGGS NOSE (R). BM. 2.30 p.m. 7.5m/1600' from the Trials Field, Bullock Lane, Sutton, nr Macclesfield (GR 923716). £3 entry to field, race included. Teams free. PM. Over 18. Records: 43.39 A.Adams 1985; f.49.25 C.Greenwood 1998. Non-FRA junior race round trials field. Held in conjunction with sheepdog trials. Details: John Bunyan, Old Barn Cottage, Berristall Lane, Rainow, Macclesfield, SK10 5TY. Tel: 01625 424564. Email: john@thebunyans.plus.com Website: macclesfield-harriers.co.uk

WED.AUG 13. PILGRIMS CROSS (R). BM. 7.15 p.m. 6m/1100' from the White Horse, Holcombe Road, Helmshore (GR 783205). £3. Teams free. PM. Over 16. Juniors: U10, 1m/360'; U12, 2m/525'; U14, 3m/640'; U16, 4m/920'; from 7.20 p.m. Part of the the Rossendale Harriers evening series. Details: Ian Pudge, 12 Carlton Place, Clitheroe, BB7 1NG. Tel: 01200 458229. Email: ian.pudge@tiscali.co.uk
Website: rossendaleharriers.co.uk

SAT.AUG 16. RUSLAND 5 (R). BS. 12.30 p.m. 5m/850' from Whitestock Meadow, Rusland Show Field (GR 331891). Pay entry to Show - race entry free. PM. Over 17. Records: 31.32 A. Symonds 2003; f. 35.27 K.Hawitt 2003. Shorter senior fell race; 1.75m', over 17. Juniors: U12, U14, U17 races. Traditional Lakeland Sports with track races for all ages and other attractions. Details: Gordon Wilkinson, Cross Thwaite, Crosslands, Rusland, Ulverston, LA12 8JU.
Tel: 01229 860253.

SAT.AUG 30. BELLINGHAM SHOW (R). **Please note change of date from Sat. Aug. 23rd.** All other details unchanged.

SUN.SEP 14. STRETTON SKYLINE (R). BL. 11.00 a.m. 18m/4450' from Church Stretton Social Club, Essex Road, Church Stretton. £5. Teams to be declared on day. NS/PM. Over 18. Records: 2.17.16 K.West 1986; f. 2.46.42 R. Pickvance 2005. No safety pins. Details: Andy Smith. Tel: 07930 551214. Email: as004r9900@blueyonder.co.uk Website: telfordrunning.co.uk or myweb.tiscali.co.uk/fellrunner/ (no www)

SAT.SEP 27. NINE EDGES ENDURANCE EVENT (R). BL. 10.00 a.m. 20m/2500' from Fairholmes car park, Ladybower (GR SK174894) to Robin Hood pub near Baslow (GR SK281721). £20 - entry forms and details from website or organiser. LK. Over 18. Records: 2.44.00 L. Banton 2006; f. 3.47.00 N. Hall/L. Daniel 2006. No safety pins. Fund raising event for Edale Mountain Rescue Team so participants encouraged to raise sponsorship. Free transport from finish back to start. Details: Neil Roden, White Cottage, 9 Main Road, Grindleford, Hope Valley, S32 2JN. Tel: 01433 631650.
Email: neil_inthepeak@tiscali.co.uk
Website: nineedges.co.uk

SAT.OCT 4. FAN FAWR. AS. 2.00 p.m. 2m/1000' from lay-by opposite Storey Arms on A470 Merthyr - Brecon road (GR 983203). £1. Teams free. ER/LK/NS. Over 16. Records: 16.02 G. Patten 1991; f'. 19.16 J. Teague 1991. No safety pins. Toilets 0.5m south on A470. Details: Chris Gildersleve, 68 Bishops Road, Whitchurch, Cardiff, CF14 1LW. Tel: 02920 624143.
Email: gildersleve@ntlworld.com

SUN.OCT 19. AVIEMORE HIGHLAND HALF MARATHON. 11.00 a.m. 13.1m from Badaguish centre Aviemore (GR NH956114). £14/£16 - email organiser for details. Over 17. Records 1.09.19 S. Pride 2006; f. 1.25.03 M. Todd 2006. Trail run in shadow of the Cairngorm Mountains. Details: Craig Little, Badaguish Outdoor Centre, Aviemore, PH22 1QU. Tel: 01479 861285.
Email: craig1@badaguish.org
Website: aviemorehalfmarathon.org

SUN.NOV 2. CLWYDIAN HILLS. The email address in the printed Calendar is incorrect. It should be: runner.ltd@virgin.net

SAT.NOV 8. FRA AGM & ANNUAL PRESENTATION/ DINNER DANCE. Please note that the date is incorrectly given as Nov. 2nd in the "Summary of Races" in the printed Calendar. The correct date is given in the detailed list and in the "advert" on page 19 of the Calendar.

SUN.NOV 16. DRUIM FADA CHASE. BM. 11.00 a.m. 6.2m/1300' from Cluaran, Annat, Fort William (GR 080770). Entry free. Over 17. Records: 43.22 D. Rodgers 2000; f. 54.05 D. Scott 2002. Revised route. Details: Roger Boswell, Cluaran, Annat, Fort William, PH33 7NJ. Tel: 01397 772258.

SUN.NOV 23. RIVOCK EDGE (R). AM. 11.15 a.m. 6.2m/1600' from Bridge pub, Keighley Road, Silsden (GR SE041461). £4. Teams free. ER/LK/PM. Over 18. Records (new route): 49.25 M. Horrocks 2005; f. 59.20 T. Hird 2005. No safety pins. DO NOT recce route - part on private land and future events could prejudiced! Details: Derek Wild, Well Croft, 17 Summerhill Drive, Steeton, Keighley, BD20 6RT. Tel: 01535 654644.
Email: derek.wild1@btopenworld.com

FRI.DEC 26. CRUIM LEACAINN. BM. 11.00 a.m. 6.2m/1050' from Tomacharich, Fort William (GR NN142781). Entry free. Over 17. Records: 41.36 D. Rodgers 2006; f.50.39 D. Scott 2006. Revised route since 2006. Details: Roger Boswell, Cluaran, Annat, Fort William, PH33 7NJ. Tel: 01397 772258.

BY **JON BROXAP**

B 2008 British Championships

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Mourne Peaks' Race
Saturday 5 April 2008

Ras Moel Eilio
Saturday 17th May 2008

Druisdeer
Saturday 14th June 2008

Blackstone Edge*
Saturday 28th June 2008

Borrowdale*
Saturday 2nd August 2008

Dufton*
Saturday 30th August 2008

E 2008 English Championships

Black Combe
Saturday 8th March 2008

54thThree Peaks Race
Saturday 26th April 2008

Blackstone Edge*
Saturday 28th June 2008

Kentmere
Sunday 20th July 2008

Borrowdale*
Saturday 2nd August 2008

Dufton*
Saturday 30th August 2008

** British and English Championship counter*

R 2008 British Fell & Hill Running Relay Championships

Clwydian Hills – Sunday 19th October 2008

Junior and Intermediate Championships 2008

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Anniversary Wa
Saturday 19th April 2008

Shutlingsloe
Monday 26th May 2008

Stacksteads
Sunday 8th June 2008

Ingleborough
Saturday 19th July 2008

Bradbourne
Sunday 24th August 2008

Viking Chase
Sunday 21st September 2008 *(change from last Fellrunner)*

2008 English Junior Uphill Championships

Arnison Dash – Sunday 29th June 2008

E Black Combe

Saturday 8th March 2008 - 12:00 **AM 8m/3400'**

"A full house to celebrate Black Combe Runners 25th Anniversary. A deceptively tough course - the climb in the middle sorts everyone out!"

Venue

Race takes place in the south west Lakes and starts and finishes in Silecroft, near Millom; (GR is SD 133821).

Entry

Race is **PRE ENTRY ONLY** with a limit of 400 runners. Entry form is available on the BCR website or use standard FRA entry form. There is **NO** entry on the day. Race entries will be posted on the BCR website during January and updated as required.

Registration

Will be in Silecroft Village Hall, (SD 132 821) starting at 0930. Limited changing facilities will be provided. Unisex toilets are on site but no shower or washing facilities.

Parking

By the roadside is limited although it is hoped a farmers' field will be available at a cost of £1.00 per car.

Facilities

Unisex toilets are provided. No showers or washing facilities are on site although the Irish Sea is only 1 mile away for those wanting a swim afterwards to clean up!! Food, pie and peas, is being provided to all runners free of charge.

Course

A map of the course is on the BCR website should you wish to download it, otherwise details are given below.

START	GR 132823	Field
Checkpoint 1	GR 129831	Small ruined cairn
Checkpoint 2	GR 135855	Trig point
Checkpoint 3	GR 155863	Large ruined cairn
Checkpoint 4	GR 157858	Sheep feeding station
Checkpoint 5	GR 151858	Stream/path junction
Checkpoint 6	GR 136852	Large ruined cairn
FINISH	GR 132826	

- Map & compass, full body cover, to be carried or worn. Random checks WILL be carried out
- The course is flagged from the start to the fell gate only
- The finish follows the same flagged section on return to the fell gate and is on the fell side of the main road
- Navigation skills ARE necessary
- All checkpoints will be manned
- Retirements are to notify registration on their return

E CARDS

At each checkpoint the E CARD MUST be put into the box, the box will flash and beep to confirm it is read.

The same MUST be done on the finish line.

Hand in your E CARD to the marshal. Your personal results will be on a results board in the hall for you to collect.

FAILURE TO PUNCH YOUR E CARD AT EACH CHECKPOINT AND THE FINISH WILL LEAD TO DISQUALIFICATION.

The start is gentle run up through fields with a manned road crossing. This is the only road you will see on the race if your navigation is OK.

Once through the manned fell gate a steep 130 metre ascent gives way to a plateau and a run across to checkpoint 1.

Then it is up to the north summit of Black Combe by a runnable wide path, branching off the path 30 metres below checkpoint 2, a trig point on the summit.

There is then a long fast running section right the way down to checkpoint 3 at White Combe summit.

Check point 4, a feeding station is below the summit and is once again easily runnable.

It is then on and down with a quite steep descent and traverse to checkpoint 5, a stream path crossing.

As you run across to Check points 3, 4, 5, you will see on your right the penultimate section of the race, a nice 1800 ascent to checkpoint 6. This section starts off with a steep ascent easing off a bit after the sheep feeding station, after that it is a steady, quite steep gradient, once again easing off as the south summit plateau is traversed to a large ruined cairn at checkpoint 6.

It is downhill all the way after this on a fast runnable path, the one you ran up earlier, to the finish on the fell side of the road.

Enjoy it; it is a cracker of a course!!

Maps

A map of the course is on the BCR website otherwise you will need either the Outdoor Leisure 6, Pathfinder 625 or SD96 OS maps.

Records

Men, 1997 I. Holmes 65.18, Ladies' 1997 M. Todd 78.49. No other times available.

Prizegiving

Details of prizes have yet to be agreed but will be displayed at the race registration site.

Accommodation

Accommodation addresses and availability can be obtained from Millom and Broughton Tourist Information Offices 01229 774819, 01229716115 respectively.

There are no youth hostels or bunk houses local to the event.

Contacts

Keith Nixon
Tel: 01229 716491 before 20:00
or Email: keithnixon@ic24.net

Black Combe 1997 - Pange Srivastava, P&B

Photo courtesy of Pete Hartley

B Mourne Peaks' Race

BRITISH & NORTHERN IRISH LONG CHAMPIONSHIP RACE

Saturday 5 April 2008 - 11am **AL 12/6400'**

"Created specially for the British Champs by Brian Ervine this race over the fantastic Mournes looks a cracker - and VERY hard!"

Course Description

This new race is a 12 mile circuit covering 10 peaks in the central Mournes, starting near Meelmore Lodge on the northern side of the mountains. It links the middle and central Mournes in a natural circuit and will take visiting competitors onto peaks not previously covered by British Championship races. Loughshannagh, Doan and Ben Crom Dam are interesting features linking up the two main ridges. The course has been designed to provide a testing mountain race specifically for the British Championship.

The statistics of 12 miles/6400 feet indicate that this is a Mourne roller coaster with plenty of ups and downs. It takes in the high peaks of the 'central ridge' and there are also several levelish sections.

The race starts on the open mountain and straight into the climb of Meelmore. The Mourne wall is followed south west over Meelbeg and Slieve Loughshannagh to Carn Mountain, with generally good going underfoot. From Carn descend and go round Lough Shannagh to the rocky top of Doan. There is a short steep descent south-east off Doan, then west to the Ben Crom river and contour round on faint paths to Ben Crom Dam. The section from Carn to the dam is the roughest section of the race. At the dam you are about the half way mark.

From the dam a path climbs to the col between Binnian and Lamagan. A path can be followed up Lamagan and for most of the 'central ridge' over Cove and Beg to the 'Brandy Pad'. Stay to the west of Slieve Beg summit (big crags!) and after crossing the 'Brandy Pad' it is a tight climb up Commedagh to the checkpoint at the tower on the Mourne wall. After Commedagh, the Mourne wall is followed west, with fairly good underfoot conditions to the cairn on Slievenaglogh. Then descend north to Luke's Mountain and from there it is 2 km across the Trassey track to the finish.

Winning time

Estimated as similar to Spelga: Men 2.20-30 Women 2.55-3.10.

Course details

Start & Finish : Stile south of Meelmore Lodge GR 308 301

1.	Meelmore (tower)	GR 306287
2.	Meelbeg	GR 301279
3.	Slieve Loughshannagh	GR 294272
4.	Carn Mountain	GR 288260
5.	Doan	GR 302262
6.	Ben Crom dam (top)	GR 314256
7.	Lamagan	GR 329260
8.	Cove	GR 336270
9.	Commedagh (tower)	GR 344284
10.	Slievenaglogh	GR 327291
11.	Luke's Mountain	GR 328304

Race information

The Race will be based at Meelmore Lodge Amenity Area on the Trassey Road. GR 305 307. It is just over a mile to the north east of Happy Valley where the Bearnagh race starts.

Registration will be at the Lodge and there are adjacent toilets and showers. The start and finish is half a mile to the south out on the open mountain. This will avoid any congestion at gates and stiles.

Please park as directed in the field behind the Lodge and not in the main car park beside the road. The will be a reduced parking fee of £2 per car. Please pay on entry to the field.

Registration will be from 9.30 am for the 11am start.

Entry form, available on the NIMRA website, with £6 fee by 28 March. Cheques payable to NIMRA. Late entries (£8) will be accepted, but please enter in advance. Unattached athletes £1 extra.

Competitors must carry full body waterproof cover, map, compass, whistle and emergency food in accordance with FRA rules.

Checkpoints must be visited in the order listed. Any retirements must be reported to race officials at the finish.

Navigational skills are required and competitors are recommended to consult the Mourne 1:25,000 Map.

An optional meal is available (order in advance with entry) from approximately 4pm at O'Hares, Newcastle where the prizegiving will be held.

Race Secretary

Ian Taylor, 52 Bladon Drive, Belfast BT9 5JN
Telephone 028 9028 0790
Email: ir.taylor @ntlworld.com
Web www.nimra.org.uk

Accomodation

You can stay right at the course as Meelmore Lodge has a 32 bed self catering hostel. The owners will give preference to mountain runners competing in the race, so make sure you mention this when booking. Rooms include 3 family with double and bunks, 2 single and 1x10 beds and 1x 8 beds. It may be ideal for club groups.

The campsite is usually limited to families only, but again the owners are accommodating the event, so mention that you are competing in the race. Please ensure this flexibility is respected – no noisy behaviour.

Camper vans will be welcome. There is also a café which will no doubt be popular after the race.

Please give Meelmore Lodge your support – they have been very helpful in providing facilities to stage the race.

- **Meelmore Lodge**

Tel: 028 4372 5949
or 028 4372 6657 or 0793 466 6842
www.meelmorelodge.co.uk
info@meelmorelodge.com

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

Newcastle Scouts Campsite is also available at Tipperary Woods (5 mins walk to Newcastle Centre) – details from Deon McNeilly
Email deon@mournes.plus.com
or phone 028 4372 6618

Further details are available from Tourist information offices:-

- **Newcastle**

Central Promenade, Newry, Co Down BT33 0AA
Tel: 028 4372 2222, Fax: 028 4372 2400
Email: newcastle@nitc.net

- **Newry**

Town Hall, Newcastle, Co Down BT35 6HR
Tel: 028 3026 8877, Fax: 028 3026 8833

- **Newcastle YH** Tel: 028 4372 2133
- **Tollymore Campsite** Tel: 028 4372 2428
- **Websites**

www.kingdomsofdown.com
www.visitcoastofdown.com
Email: info@kingdomsofdown.com

Travel

You can travel to Belfast and Larne by ferry from Stranraer, Cairnryan and Troon. Also Dublin/Dun Laoghaire from Holyhead.

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

- **P&O**

Tel: 0870 24 24 777 www.poirishsea.com

- **Stena**

Tel: 08705 70 70 70 www.stenaline.co.uk

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

Map

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

Prizegiving

This will be held at the regular venue of O'Hares beside Donard Park in Newcastle. Many of you will already be familiar with this from previous years. Details of the optional meal which can be ordered are included on the entry form. In addition to the showers at Meelmore Lodge, showers are available for a small charge at the Newcastle Centre (Tourist Information Centre on the main street).

E 54thThree Peaks Race

ENGLISH CHAMPIONSHIP EVENT, WORLD LONG DISTANCEMOUNTAIN CHALLENGE

Saturday 26th April 2008 - 10am **AL 24m/4500'**

The big spectacular this year for the WMRA Long Distance Champs. If you missed the entry online don't twinge on the Forum, come and watch - better still offer to marshal and help make it a great event."

Venue

Horton in Ribblesdale.
Yorkshire Dales M.R. SD 805.727.

Entry.

On Line entry. Entry for UK athletes now full but Waiting List registration can be carried out on website www.threepeaksrace.org. Overseas athletes entries can still be accepted. Entry fee £20.00,

£25.00 for unattached runners. Substitutions irrespective of club accepted up to 31st March.

Registration.

On race day from 7.30am. Large marquee on Start/Finish field in Horton village G.R. 805.727

Race numbers, Electronic timing chip and Goody bag to be collected at registration. Limited changing facilities in marquees.

Parking.

In fields adjacent to Start/Finish. This is arranged and marshalled by Horton Playing fields association and the fee covers for the full day allowing exit and return. This car parking fee provides the main annual income for upkeep of the playing fields.

Facilities.

Showers available after race. Pete Bland Sports Van will provide sale of running merchandise. Other souvenir race merchandise will also be on sale. Light refreshments on sale in pavilion at top of field. Family entertainment on field throughout the day.

Course.

Start/Finish	805.727
Whernside	738.815
Pen-Y-Ghent	838.734
Hill Inn	745.777
Ribblehead	765.793
Ingleborough	742.747

The course will be fully flagged from Thursday 24th April. Runners must follow the flagged route during the race. Any training prior to the 24th April must be restricted to the usual 3 Peaks walking route.

The race route can best be described as three separate fell races over the hills of Pen-Y Ghent, Whernside and Ingleborough separated by two cross country courses and a final 6miles cross country down to the finish. Not to be underestimated as the climbs up Whernside and Ingleborough are strenuous and the route off Ingleborough covers much limestone ground which can be very slippery in wet conditions. Map of course should be available on website www.threepeaksrace.org.uk w.e.f. February.

Cut off times of 12.10 at Ribblehead and 13.30 at Hill Inn will be strictly enforced

Map.

Ordinance Survey Explorer OL2 Yorkshire Dales 1:25,000. Sheet 98 Wensleydale, Wharfedale 1:50,000

Records.

Men	Andy Peace, 1996	2hrs 46m 03.
Women	Sarah Rowell, 1996	3hrs 16m 17
Men		
0/40	Dave Neil, 2000	3hrs 05m 20
0/50	Duncan Overton, 2000	3hrs 15m 23
0/60	Geoff Howard, 2004	3hrs 41m 41
Women		
0/40	Vanessa Peacock, 1996	3hrs 35m 32
0/50	Wendy Dodds, 2004	4hrs 15m.35
2007 Winners		
Rob Jebb		2hrs 51m 49
Mary Wilkinson		3hrs 30m 22.

Prize Giving

Prizes will be awarded at special ceremony held in main marquee at approx 5pm.Free food will be provided for all runners. It is hoped that all runners will attend this ceremony. Photos of prize winners will be displayed on screen . This ceremony is hosted by our race sponsors and attended by WMRA officials. Brass band music will be provided. We hope to make this event worthy of the status of an international race. Some tickets will be available for supporters at a price to be decided.

Festivities

Family entertainment on start/finish field from 10.00 to 1600hrs
Light refreshments on sale at pavilion all day.
Hot meal free for all runners in main marquee at prize presentation.
Brass band music at various times during the day.

Accommodation

Camp Sites & Bunk Barn details from Settle Tourist Information Centre

Also Bed&Breakfast availability all on Tel 01729/825192 or www.yorkshiredales.org

Contact

Entries
Bryan Speight
Tel. 01423 711372

General
Dave Hodgson
Tel 0113 2585586
Email dkshodgson@keme.co.uk

Paul Dennison
Tel.01943 872020

Gordon Carr
Tel. 01423 870326

Please do not phone any of the above after 8pm.

Runners on track to Pen-Y-Ghent

Photo courtesy of Pete Hartley

B Ras Moel Eilio

Saturday 17th May 2008 - 1.00pm AM 8m/3000'

"A Classic - North Wales' answer to Fairfield - it even has some nasty track running at the end."

Start

Venue: Race starts outside Bron Eryri nursing home (G.R. 575 600).
Please note, this is the race start from which the record was set and is being used for this year as it is British Champs.

Entry

EOD only.

Registration

Registration is in the Llanberis Community Centre. This is on the main road alongside the lake, just after the Electric Mountain and will be clearly signposted. There are toilets but no showers. Kit can be left here, it is approx half a mile from the start. There are no showers but showers are available at Pete's Eats for a minimal charge.

Parking

There is plenty of parking near to the Community Centre but it is all Pay and Display.

Facilities

As above, toilets at registration (not at the start). There is space for changing but NOT segregated. No showers. There will be tea and cake for sale (charity fundraiser).

Course

Controls are as follows:

575 600	Start
563 598	Gate
556 577	Summit Moel Eilio
564 566	Summit Foel Gron
571 568	Summit Foel Goch
573 559	Valley head
586 564	Summit Moel Cynghorion
578 572	Footpath
574 597	Finish Llanberis Youth Hostel

Furthest away Moel Eilio, then Foel Gron, Foel Goch. Moel Cynghorion is the nearest summit. This is pretty much the whole route.

Photos courtesy of 'Jeremy Williams, Eryri Harriers'

The race starts outside Bron Eryri Nursing Home and climbs steeply up a tarmac road for approximately 1 kilometre. The route then continues up a bridal path and through a gate before reaching the open hill side. Canes will mark the route across the heather to the main track up to the summit of Moel Eilio. As the path steepens, there is a fence. Keep this to your right until you reach the stile just before the summit.

The run along the ridge takes in the summits of Foel Gron and Foel Goch and is grassy underfoot. The descent to the valley head is difficult in bad weather. You would be advised to head straight for the fence (as far right as you can go) and follow that down if visibility is poor.

The climb up Moel Cynghorion from the head of the valley is deceptive, longer than you might think! If visibility is bad, follow the fence (now on your left).

The descent from the summit of Moel Cynghorion is well worth a recce if you get the chance. It really is a matter of route choice but there will be flags at the bottom to mark the climb up to the final descent to Llanberis.

Finally the slog down Maes Cwm (know as 'Telegraph Valley') which finishes down a steep tarmac road to Llanberis Youth Hostel.

Maps

The race is run on OS map 115.

Records

Mark Croasdale 58.36 (1993)
Menna Angharad 72.44 (1996 – Youth Hostel start)

2007 results available from www.btinternet.com/~alantudur/rheryri/canlyniadau/2007/2007eilio.xls

Festivities

Sorry, nothing official. Plenty of pubs and good company in Llanberis.

Accomodation

See www.llanberis.org
Tourist Information Centres: As above.

Contacts

Tim and Jayne Lloyd
Tel: 01286 677785 until 9 pm. Email timjayne.caeathro@btopenworld.com

Club website
www.eryriharriers.org.uk

Photo courtesy of 'Jeremy Williams, Eryri Harriers'

B Druisdeer

Saturday 14th June 2008 - 12:00 **AM 10.5m/3800'**

"A tour through the pleasant grassy hills of the Borders. I didn't do the OMM last year!"

Venue

Durisdeer, Thornhill, Dumfries & Galloway. (NS 893 037)

Entry

Form available from Scottish Hill Runners website(soon), organiser or standard race entry form, to organiser by 07/06/08

Registration

Race headquarters will be in Church out building which will be obvious once in the tiny village of Durisdeer.

Facilities

Facilities will be basic at this venue, no showers but Brian Marshall will testify to the refreshing qualities of the stream which flows through the village. Portaloos will be available(ladies may be allowed to use the single toilet in the church).

Parking

Is limited, please share if at all possible and DO NOT PARK IN VILLAGE. Parking is in fields immediately adjacent to start/finish/registration & cake/tea tent.

Course

Anyone at the 2007 OMM will be familiar with some of the course. There are 6 checkpoints which will be manned:- From start climb to CP1 on Black Hill(summit NS894 049) then via 'Pettylung' descend steeply, bum sliders beware of rocky sections, to CP2 Dalveen Farm(road crossing NS885 066), take track through farm, (this will be the only marked part of the route) to follow Enterkin Burn upstream then bear right up valley to CP3 NW Steygail(col NS892 087) descend to CP4 Upper Dalveen(track to cottage NS900 081) cross road then take any route to CP5 Well Hill(summit NS913 065) the direct route climbs steeply over crags, the preferred option seems to contour under roughest ground to Lavern Burn which will guide runners to bottom(ish) of Well Hill, from here return to Black Hill summit CP6, in poor visibility a fence line kept to your left will lead back to Black Hill but DOES NOT go to the summit then grassy descent to finish & cakes.

Maps

OS Explorer 329 or similar.

Records with 2007 results:

Men	1:32:22	Phil Davies 2003
Women	1:54:42	Jill Mykura 2003

2007 Results:-

1	Alan Smith (Deeside)	M40	1:40:04
2	Mark Whitelaw (ADAC)	SM	1:41:41
3	Colin Donnelly (Lochaber)	M40	1:41:46
4	Colin Valentine (Keswick)	M40	1:50:01
10	David Duncan (Ochil)	M50	1:59:35
12	Douglas Milligan (Solway)	M60	2:04:18
18	Shirley Singh (Galloway)	F40	2:23:08
20	C Millar (Westerlands)	SF	2:30:14
23	Tilly Smith (Deeside)	F40	2:37:15

There were 27 finishers – 2 DNF

Prize giving

There are trophies for winner of each category otherwise prizes will be minimal. Prize giving will be at start/finish area as soon as possible after the race.

Accommodation

There is no accommodation in Durisdeer itself although wild camping will be allowed in car park fields if tents are taken down in time to park cars. There are camp sites at Penpont(Floors) & Sanquhar(Castleview) both 30mins from Durisdeer. There are hotels & b&bs in Thornhill(20mins) b&b's also in Sanquhar, Wanlockhead, Leadhills & Kirkconnel all within 30mins, Wanlockhead also has a youth hostel.

Tourist Information Centres
Website: www.visitdumfriesandgalloway.co.uk
Email: dumfriestic@visitscotland.com
Tel: 01387 245 550

Contacts

Adam Anderson
Email: andersona@rpsgroup.com
Tel: 07760220843,

Hopefully map, entry form & information should be available on Carnethy & Scottish Hill Runners websites soon.

B E Blackstone Edge

Saturday 28th June 2008 - 1:00pm women / 2:00pm men **AS 3.5m/1200'**

Pennine bog trotting at it's finest - pray for a dry summer"

Venue

From Lydgate Hamlet, Blackstone Edge Old Road, Littleborough , GR SD 952165

Entry

£4 pre-entry by 22nd June on FRA form.

Cheques payable to **Kevan Shand**. Please don't recce course.

Registration

Registration at Knowl Farm. (GR SD 950165). Ladies Race 1.00 pm, Mens Race 2.00 pm. No Safety Pins. A limited number of mobile toilets will be available.

Thanks to Steve Shepherd of Knowl Farm for his support staging this race.

Parking

Please don't park on Blackstone Edge Old Road (the race uses the road for the first few hundred metres). Please park as directed by marshals.

Course

The route will be flagged and taped. The course starts on Blackstone Edge Old Road at Lydgate Hamlet using the road for a short distance before following a narrow grassy track up towards the Roman Road. After about ¾ mile at the wall corner it's down to the boggiest part of the course – at Red Brook, with peat potentially up to your knees. Then the climb that gets firmer as you ascend to Robin Hoods Rock – the highest part of the course. From here you turn north along Blackstone Edge along the firmer peat beds towards the top of the Roman Road. Just before the Roman Road follow the flags / tapes onto the descent back towards the boggy part near Red Brook where the main climb started before returning back to Lydgate Hamlet. For a GPS view of the course see www.johnmayall.btinternet.co.uk/blackstoneedgefellrace.htm

Records

Men	Colin Donelly	26:33
Women	Clare Crofts	34:03

2006 Results:

Men	Danny Hope	28:37
V40	Robert Haworth	32:59
V50	Steve Oldfield	31:00
V60	Graham Breeze	38:09
Lady	Holly Page	36:51

BE Kentmere

Sunday 20th July 2008 - 1:00pm AM 11.9m/3300'

"The longest Lakeland medium race offers fast ridge running on the grassy Eastern fells."

Venue

Kentmere Village Hall G.R. 458042

Entry

Entry is pre-entry only. Cheques for £4.50 payable, to Pete Bland, by 12th July to 12, Danes Road, Staveley, Kendal, LA89PW
Tel:01539 821688
NO entry on the day – no entry limit!

Registration

Registration is in the Village Hall where there is limited changing. Portaloos are provided but no showers, stream available on parking field.

Parking

In fields by Kentmere Hall below Church. No charge on the day – it is included in the race entry fee. Please car share as parking is limited and only park as directed, do not try to park in the village. Race start and finish is from the parking field, 300m. from the Village Hall. Please give yourself plenty of time to get up the valley – it's long and narrow and can be slow.

Refreshments

Refreshments are available in the Village Hall for a small fee – provided byLadies of the Kentmere First Responders, so please eat loads to help them raise much needed cash!

Course

11.9miles/3300ft used to be 12 miles but that would have made it a long race…

Clockwise Horseshoe of Kentmere Valley including Ill Bell(436077), High Street(441110) and Kentmere Pike(466078).

The race starts from the parking field and takes the track up to the Village Hall and then the road to the start of the Garburn Road behind Greenhead(454044). This rough track – definitely NOT a road from this side- is followed till it levels off and crosses the beck at 441046 where the race route veers off to take a narrow path below Buck Crag. The key to the start of this path is the tree with protective fence planted right on the old path to stop walkers using it – tree is now not surprisingly on the path!

At the top of the steep climb by Buck Crag a narrow path crosses boggy ground and a fence(stone stile) to join the path running along the wall coming up from the summit of the Garburn Pass and this is followed to the wall corner at 436060(large stile). The climb up to the south ridge of Yoke is on an "improved track" – the visual impact of which I can see from Kendal whilst on my morning dog walk but more of that later – which is left as soon as it levels out for narrow traversing path which takes you to the col between Yoke and Ill Bell at 436073. Climb rocky path to Checkpoint1. Ill Bell summit(436077). Descend from summit on Kentmere side – only steep rocky bit on the course - to the col and pick up a faint rocky path that traverses under Froswick on the Troutbeck side. This bit used to be quite interesting when the race was held at Easter and Blue Gill was banked out with snow and ice – what odd's on snow at Easter this year?

At this point you reach another bit of erosion control work. The kindest thing I can say about it is that someone ordered the wrong hardcore when they made this one – OK it needed doing as a quagmire was forming here but couldn't it have been a bit less obtrusive? Run along the path that's formed next to the highway – no sorry follow the highway - climbing up towards Thornthwaite Beacon but veering off when a small path heads off to the right at about 434096. This path skirts around the top of Kentmere proper and is left at some rocky gullies for a grassy track that heads for the corner of the wall coming down from High Street. This point of the race is probably the easiest one to get lost at – I often get asked here by walkers " Is this the way to Haweswater ?".

Two tips – 1. if you arrive at a really big cairn you're wrong

2. you should go to a trig point on the full route. Take a bearing…

From the wall corner run up the right, east, side of the wall climbing steadily (no walking!) all the way to Checkpoint2. High Street summit, trig point441110. Turn round and head back down the wall for 400m. then traverse gradually to pick up the Mardale Ill Bell track at about 444104 – if the ground gets steep on your left you've not been traversinggradually. To avoid climbing Mardale Ill Bell take the path that skirts Kentmere headwall (the one you take on the short Horseshoe) and descend to Nan Bield Pass (453097 – crossed wall shelter). Climb out of Nan Bield over a couple of false summits and take a small track off the main Harter Fell track that climbs over grassy ground to the fence corner on The Knowe: the fence/wall is followed to Checkpoint 3. Kentmere Pike summit 466078.

The descent to the Kentmere valley at Hallow Bank used to cause lots of problems with people going over Shipman Knotts or ending up in the farmyard at Brockstones but these errors shouldn't happen now as a runners' path has evolved from the small ponds on Kentmere Pike to the large A frame stile over the wall at 469068. It's still possible to end up in the backyard at Brockstones (please don't as the farmer doesn't like his Sunday lunch being disturbed) but there is a defined but rocky path to the gate at Hallow Bank. From Hallow Bank the route is flagged back to the finish via Low lane and the footbridge at 460046.

Map

Harveys Lakeland East good: OS Leisure maps not very helpful as the join is just south of High Street. Best is the dedicated Bilbo race available from Pete Bland Sports for £2.50 www.peteblandsports.co.uk

Records

Men – Simon Bailey 1.22.36 2004
Women- Tracey Brindley 1.42.40

2007 times

Men
O40 – 1.30
O50 – 1.42
O60 – 1.45
O70 – 2.53

Women
O40 – 1.58
O50 – 2.10

Prize Giving

Prize Giving will be in the parking field adjacent to the race finish at approx.16.15 (in Village Hall if wet).

Race is sponsored by Pete Bland Sports www.peteblandsports.co.uk

Accomodation

Little in Kentmere valley but B&B's in Staveley, Windermere and Kendal all convienient. Nearest campsite is at Ashes Lane.

Try Kendal TIC @ www.kendaltic@southlakeland.gov.uk tel:01539 725758 or Cumbria Tourist Board @ www.golakes.co.uk tel:0845 4501199.

For post race refuelling Wilfs Café in the woodyard at Staveley is justifiably famous as is the Eagle and Child – which is Rob Jebb's local and has a great beer garden.

Contact

Pete Bland Tel: 01539 821688
Email: enquiries@peteblandsports.co.uk.

BE Borrowdale

Saturday 2ND AUGUST 2008 - 11am **AL 17m/6500'**

"Everyone's favourite Lakeland long. What odds on Simon for the 10th win denied him last year?"

Venue

Start and finish in field opposite the Scafell Hotel, Rosthwaite village, Borrowdale. 11AM

Entry

Pre entry only on official form obtainable after 31st May from race organiser on receipt of a SAE or from the website Borrowdale fellrunners, limit of 500, substitutions will be available.

Parking and Camping in field 2 minutes walk from start. Follow directions on day. Camping fees payable to farmer on Saturday and Sunday morning. Parking is free.

Registration is in marquee on field. Plenty of toilets on field and a nice beck not far away to have a wash in!

Records

Billy Bland 2.34.38 1982
Menna Angharad 3.14 37 1997

The course is now about 3 minutes longer than it used to be but as no one has got near the above times they will stay as records until someone does then we will cross that bridge when we come to it.

2005 result
Men: Simon Booth 2.46 18
Women: Nicola Davies 3.40 25

2007 race was shortened due to bad weather.

Accommodation

Plenty of bed and breakfasts, youth hostels and campsites in area. Ring Keswick TIC for details.

Maps

Harveys Lakeland West or OS North Western or specific Martin Bagness Borrowdale fellrace map.

Course

Obvious start to Chapel farm via Stonethwaite, follow flags to fell gate. Then steep climb to summit of Bessyboot checkpoint 1 GR258125. Fast grassy running contouring under East side of Glaramara on what is now quite a distinctive trod, round Western side of Allen crags onto checkpoint 2 Esk Hause Shelter GR235083. On the next section to the summit of Scafell Pike checkpoint 3 you will encounter loads of walkers, please remember that have as much right to be there as you and it's up to you to run around them, not for them to get out of the way for you! From the summit of Scafell Pike extreme care must be taken on the descent to Styhead, it is very loose and rocky. The recommended route is back into Broad crag col and then down the corridor route but it's up to you. Be careful, you have been warned! From Styhead it's up to checkpoint 4 Great Gable summit where it is a pitched path nearly all the way, Jebby will be up in 17mins! Others take a bit longer. From the summit it's a rough rocky descent into windy gap then a grassy run over or round Brandreth and Grey Knotts into the 5th checkpoint summit of Honister Pass 225136. Anyone reaching checkpoint 5 after 4 ½ hours will be timed out and asked to retire from the race and go down the road back to the finish. All that's left now is the long slog up Dalehead, a real killer if you are knackered, to the checkpoint 6 Dalehead summit and then it's the final downhill plummet back to Rosthwaite, at first grassy then very rocky through the quarry down to the fell gate then follow the flags through fields and the river onto the finish in the opposite field o the pub. Enjoy!

Prize giving

Prize giving will be in field next to marquee at approximately 4pm. Loads of great prizes kindly sponsored by Rathbones of Keswick.

1st Prize Weekend for two at the Scafell hotel kindly donated by Miles Jessop

Entertainment

Disco and steel band, BBQ in the marquee in the evening, £3 approx, note this is nothing to do with race organization.

Organiser

Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Cumbria. CA125SG. Tel: 01768778577.

Entry form found on Borrowdale fellrunners website: www.borrowdalefellrunners.co.uk

BE Dufton

Saturday 30th August 2008 - 12:00 women / 1:00pm men **AS 5m/1500'**

"A new course for this traditional Lakeland Show race"

VENUE

Dufton show field situated on Long Marton side of Dufton grid reference 684255

ENTRY

Post only as per fixtures calendar

REGISTRATION

All adults to pay £5.00 entrance onto show field where upon you will collect a ticket and present it along with your registration card to the marquee on field which we be signed posted from car park.

There will be portaloos on the show field but no changing or shower facilities.

PARKING

There will be ample parking on show site

CATERING

Usual country show catering BBQ etc. on show field.

COURSE

New route for championship race will be flagged.
Local map of area OS Landranger 91
The race route runs from the Show Field alongside the river to cross the Knock road just south of the Church. From here a steady climb leads out to the fell gate at 693207 - this is also the return route. A steepening climb is made onto the nose of Dufton Pike (693272) and then you descend to the path above Great Rundale Beck which is followed right round to the base of the hill at c. 703265, A sharp right turn here is made for the steep climb to the summit of Dufton Pike from where a traversing descent is made back to the fell gate ad Show Field. The course will be flagged.

PRIZE GIVING

This will be after the mens race finish so could be around 2.30 to 3.30

ACCOMMODATION

- Tourist information Appleby 01768 51177
- Dufton Youth Hostel.
- Camping and Bed and Breakfast in and around Dufton

CONTACTS

Jim and Lynda Slinn
Tel: 017683 53626
Email: lyndaslinn@aol.com

BY **STEVE CLIFF**

19TH UKA British Fell & Hill Running Relay Championship

The lead up to the event – Ian Roberts

I still have a copy of Leigh Warburton's initial e-mail to Bowland F.R. club members, dated 11th May 2006, "I've just had an e-mail from Jon Broxap, asking if Bowland would care to organise and host the UKA Fell Relays in October 2007. What are members' views?"

It's about the only way to get the ball rolling, when you are in a club with no committees!

There was a wide spectrum of response. Some were dubious about the entire venture, particularly following some negative feedback from United Utilities after we organised the 'original' Fiendsdale race as the opening round of the English Championship in March 2005. The big question was "is Bowland too fragile to be having 700 – 800 pairs of fell studs stomping over it on one day?" Others favoured hosting the event, but sought a change from the popular Fell Foot venue. The Dunsop Valley was a worthy suggestion, but that is in the very heart of the U.U. estate and could well have required protracted negotiations.

A hard core of traditionalists was convinced that Fell Foot would fit the bill. To that end, Leigh Warburton had been weighing up the lie of the land with regard to a 'start / changeover / finish' field and access to and from the fell. One family tenanted the changeover field and another family tenanted the approach field from the fell to the changeover field. Both tenants were happy for us to use their fields and re-open gateways that had been barricaded. Their respective landlords were also owners of the section of open fell that would be available to us if we were to avoid U.U. territory – that area of fells now covered by the 'new' Fiendsdale race. They too were very accommodating and Brian Perryman at Wolfen Hall Estates even volunteered the use of a field for car parking. We also, as ever, received 'the green light' from Roy Kirby at Fell Foot Cottage, whose life is seriously inconvenienced by events of this scale.

Many members of the club had experience of all the relay events that appear in the FRA Calendar – but only from a competitors' perspective. Andy Farmer and I accompanied the Bowland teams to Castle Carr, in order to 'have a poke around behind the scenes' and see if they could pick up a few tips on what to do, or possibly what not to do. Seeing the scale of the task was a frightening eye-opener: - Parking vehicles plus the feeding of competitors and spectators on an almost military scale. There was a need for good

First leg start

Photos courtesy of Pete Hartley

demarcation between spectators, the hospitality area and the change over area, while at the same time providing good access to all three!

The scale of the 'feeding' task galvanised our minds as to which club members should be invited to take the role of event organisers – Steve and Wynn Cliff do a superb job with their Anniversary Waltz, not to mention Bob Graham & Paddy Buckley support par excellence - and they cheerfully took on this new task.

As part of the democratic process we held a couple of meetings that were open to all Bowland members, in an effort to get the full weight of the club behind the event. These meetings were extremely unwieldy and tending towards "democratic anarchy". The best progress was made with a group of a dozen or so people who had each volunteered for, or been given a set task, with regular updates to the wider club membership. Our split of responsibilities was: -

- Navigation 'C' Leg Planner – Ray Pickett
- 'A' 'B' & 'D' Leg Planner – Leigh Warburton and Les Orr
- Start Finish Field – Andy Farmer
- Health & Safety + Chief Fell Marshal – Roy Rigby
- Food & Hospitality – Wynn Cliff and Pauline Warburton
- Start/Change-Over/Finish – Yiannis Tridimas
- Liaison with local schools – Pam Farmer
- Car Parking – Chris Reade
- Liaison with SportsIdent – Ian Roberts
- Publicity / Sponsorship / Public Address & Commentary – George Fletcher
- Marquee & Toilets – Steve Cox
- Entry and registration – Pam Farmer and Wynn
- Web site updates and generally good sound advise on event planning – Quentin Harding
- Purse string holder – Lee Dowthwaite

Having calculated the income, minus the obvious major overheads of food, marquee and port-a-loos, we could see our way clear to hiring SportsIdent for the day, which would simplify the task of timing and results with the added bonus that each team's dibber became their relay baton.

Ray Pickett, with vast experience of orienteering, mountain trials and mountain marathons, took on the task of planning the navigational leg. It is much to his credit that right up to the Leg 'C' competitors receiving their maps, only Ray, Leigh Warburton and Alan Barlow (FRA) had any inkling of its nature. In the meantime, Leigh and Les Orr devised routes for the other three legs.

- 'A' would be fully flagged, consisting of a loop loosely based on the Bleasedale Circle race, but starting and finishing up and down Parlick, rather than across the fields from Bleasedale village hall.
- 'B' would not be flagged, taking elements from the 'new' Fiendsdale race, some of them

Bowland Ladies finish

in reverse, plus one or two of Leigh's favourite training lines.

- 'D' would not be flagged. It would be a unique but demanding little route that was well received when we ran it as a round of the club championship on a claggy evening in July.

Alan Barlow and Alan Brentnall looked over these routes, on behalf of the FRA / UKA, and declared them to be 'genuine fell legs'.

As summer 2007 progressed, clouds started to loom on the horizon: -

- Lancashire County Council gave the event a rigorous health and safety audit.
- Natural England was informed of our intentions and insisted on an extra CP between the Arrowbank Sheepfolds and Fiendsdale Head, on Leg 'B', to divert competitors around a delicate wetland feature.
- The foot & mouth outbreak in the south of England could have had far reaching implications. The 3 Peaks Cyclo-Cross was voluntarily cancelled as a good will gesture to the farmers of the Upper Ribble Valley.
- Finally, the land owner realised that he had misunderstood our intentions and that the Bleasedale Estate would be holding a shoot around the Arrowbank Sheepfolds just as the bulk of the Leg 'B' runners would be in that area. He was quite impressed with our decisive response - swap Leg 'A' with Leg 'B' and bring the overall start time of the event forward by half-an-hour. Plus we would safeguard the Leg 'C' runners from accidentally descending into the danger zone, by placing a 'human barrier' of six marshals across the fell just below the northernmost checkpoint of the Navigation Leg.

On the day we had some 36 marshals covering 31 fell checkpoints and gates on the course and a further 62 marshals covering all the comings and goings on the events field. The field marshalling was achieved thanks to the people's flexibility in moving between CP's on the 'A' Leg and CP's on later legs. Or in some cases enduring a long shift in one location. Particular thanks to Peter Knott and Carol Makin on Parlick Pike, and John Rodgers and Chris Standish at three check points – both very exposed locations. Thanks need to go not only to our own Bowland members, but also to those volunteer marshals from neighbouring schools and clubs – Preston Harriers, Lancaster & Morecambe, Blackpool & Fylde, Clayton-le-Moors, Bowley Scout Group, and Lostock. Also a huge thanks to the catering crew – Pauline Warburton, Kath Tridimas, Gale Evans, Ian Cookson and Bod - who managed to provide over a thousand meals to hungry runners and marshals, enough tea and coffee to float a boat, and sympathy to the man with the cut finger.

Last but not least, thanks to the sponsors - Pete Bland Sports, Bowland Brewery and Nestle (Evian Water).

Race – Lee Dowthwaite

The 'event' field with changeover area was ideally located right at the bottom of Parlick, allowing direct access to the fells. Normally this would have been perfect for spectators and runners

Change-over area

alike, however the hills were totally obscured by a thick blanket of low cloud right down to the edges of the field.

First Leg

The first leg got under way on time with the spectators applauding as the long stream of runners made their way up the field and onto the fell, disappearing rapidly into the mist! A lone piper played on from just above on the fell side! This was a day when 'local knowledge' could be very useful and those that 'recced' the course would be glad they did so!

Traditionally the first leg is a short solo leg, but late notice of an intended shoot on an area of the course made a reschedule essential and the longer pairs 2nd leg went off first. This leg was an 8-mile course with 2800 feet of climbing visiting 9 checkpoints. Long running climbs were a feature of this leg, reaching the furthest point of the relay at Fiendsdale Head (although avoiding sensitive areas as required by Natural England). Obviously the course was to Pudsey and Bramley's liking because their pairing of Danny Hope and John Heneghan came in a good 4 minutes clear of the Borrowdale pair of Andrew Schofield and Jonny Bland followed by Horwich in third. Bingley ladies Natalie White and Sharon Taylor came through the finish in 28th position, a fine run from the pair to head the women's event.

Second Leg

The second leg, a singles short leg began with a tough climb straight up Parlick followed by a descent of equal length. There followed a section on tracks and grass before a long climb up to Paddy's pole (the highest checkpoint in the relay and an early summer English championship race organised by local club Preston Harriers) returning to the top of Parlick before descending to the changeover area. The course was designed to try and give a bit of everything to the runners, here treating the fast lads and ladies to some long stretches of good running underfoot! Pudsey remained in front but Borrowdale's Morgan Donelly slashed their lead to a couple of minutes! Bingley ladies held onto first position in the women's event, whilst John Hunt kept Dark Peak at the head of the vet40 race!

Third Leg

Leg three, the navigation leg, had competitors making route choices between 7 checkpoints. Again local knowledge was very useful,

Borrowdale's Jonny Bland & Scoffer (Andrew Schofield) handing over to Morgan Donnelly

Photos courtesy of Pete Hartley

Skipton AC runner finishing the 3rd leg

knowing where the good ground was and availability of trods making running easier! Some of the checkpoints were in obvious locations whilst a couple were quite well hidden and required more precise navigation. The Horwich lads James Logue and James Kevan obviously found the right lines and posted the fastest time to take them up a place into 2nd position whilst the Pudsey lads found the going less to their liking and dropped 3 places. Borrowdale hit the front for the first time! Bingley ladies had another sound run to hold on to their front placing.

Fourth Leg

Leg four saw a return to the short solo run, climbing a tough 2000 feet over the 3.5-mile course. Borrowdale crested Parlick for the last time in first position, Ben Bardsley making the rapid descent to the finish some 2 minutes ahead of closest rivals Dark Peak who in turn jumped a place leaving Horwich in 3rd. The Bingley ladies, so long leading the women's race, had a nightmare with their runner missing a checkpoint and having to go back, loosing 47 places in the process. This left the door open for Dark Peak ladies to come through and take the women's title with Ilkley in second and Bellahouston Road Runners taking a very creditable third. Dark Peak's Joe Blackett over took P&B's Paul Stephenson to take the V40's title.

Prologue - Steve Cliff (Event organiser)

The invite to be the event organiser was quite daunting to begin with, particularly with our home still based in Leicestershire.

However, the team that pulled together the event was superb and more than up to the task. This made the organisation a pleasure and something I would recommend to other venturous spirits considering hosting the BFR. I received good advice from previous event organisers – Mark Johnston, Andy Spenceley and Bill Johnson.

Having invited the Mountain Rescue we very much needed them as one of the runners had to be rescued from the fell. Thank-fully the Air Ambulance managed to get her safely to hospital and she is now back up and running.

Bowland decided to donate the proceeds of the run to local charities, and so increase awareness and appreciation of fell running in the local area. The alternative would have been a healthy donation to club funds. At the end of the day I believe that the kudos from the event has done Bowland Fell Runners no harm.

It is very much a credit to the team that we have received nothing but praise from all participants of the event. We hope you all enjoyed it.

Thanks are due to many for their involvement and support (apologies if we have omitted to mention anyone) however, there is one final thank-you that needs to be passed on and that is to the FRA committee for their support throughout the build up to the event - they even turned out to marshal!

Good luck to this year's inheritors. You have our support.

Photos courtesy of Pete Hartley

Sharon Taylor & Natalie White (Bingley Ladies) after first leg

BY **JON BROXAP**

Ian Hodgson Mountain Relay

When we took over the organisation of the IHMR two years ago we promised not to make any fundamental changes: access issues at Kirkstone however meant that if we hadn't reversed the route we would not have had a race this year. The reverse route was used to celebrate the events' 10th anniversary but the last leg used a bad weather option then, via Grizedale Tarn, to avoid Cofa Pike. Unfortunately early discussions with landowners have not been promising so we better get to like the "wrong way round".

Some things don't change though – a 12th consecutive win for Borrowdale and Blackburn RR last again! The lads in purple were rather more convincing than last year with fastest times on all four legs though Simon Bailey and Tom Owens for Mercia ran Simon Booth and Jonny Bland close on the first leg. Whether Simon Bailey thought it worth trying to keep up on the descent of Red Screes is not known – he suffered a broken wrist and thumb for his efforts! Borrowdale **were** a bit quick – 4m10s ! With Scoffer, Simon and Phil Davies all 40 by next years IHMR the rumour is that they'll go for an outright win with a vets team – don't bet against it!

Dark Peak were easy winners of the vets race in 6th place and were closing fast on their Open team at the finish failing by only 1m23s. The Ladies race went right down to the wire Janet McIver and Karen Davidson for Dark Peak having a stormer to gain 9 places on the last leg hauling back Ilkley to win by just 12s. With two current British Champions in their team Bingley baring disasters were certainties for the Mixed and didn't disappoint finishing in a very creditable 15th position.

Thanks to Pete Bland Sports, OMM, Inov8, Ronhill Sports and Science in Sport and Dave and Shirley Hodgson for donating prizes.

Thanks to Sykeside Camping Park, without whose cooperation and assistance the Relay would not take place, landowners The National Trust and Dalemain Estates, Patterdale Playing Field Association, farmers Jimmy Hodgson of Hartsop Hall and Alan and Eric Wear of Hartsop and John Jennings of Kirkstone Inn for the use of his car park on the day.

Thanks to Graham Belt and lads from Raynet Leeds for race monitoring – despite them initially placing the Knott control not on the Knott - and to Claire Archbold for patching up the injured. Claire had one casualty with a deep leg wound that contained either a stone or bit of bone – she couldn't decide! Wisely she sent him off to the docs from where he returned proudly showing off a stone and 40 stitches. As Scoffer said " Nowt serious, not a head wound".

Thanks to Horwich for lending us their minibus, complete with driver, again and to Dave Wilkinson for controlling the parking at Kirkstone. This was an improvement again – thanks everyone for heeding our pleas. Thanks also to all the marshals too numerous to mention: another benign year to enjoy!

Mandy and Joy, ably assisted by the Maud family maintained the Relays' reputation for top nosh and raised over £1200 for Patterdale School PTA. We donated £300 to the Glenridding Village Hall appeal – they desperately need a new roof and £150 towards the sponsorship of an agricultural student in Botswana by Jimmy Hodgson of Hartsop Hall. The use of local – and cheaper – resources such as the marquee has produced an annual surplus which we will continue to donate to local charities.

Not all was rosy though. Negotiating with landowners is the most difficult and boring bit of race organising and definitely not aided by thoughtless comments on the FRA Forum "slagging off" said landowners. Please think more about what you're posting as access to the Forum is open – better still get out more.

Our other concern this year was about teams not running in pairs, a problem that appears to be worsening. The Hodgsons decided on pairs as a safety measure and to provide a better test of a Clubs' strength. A factor in the decision was that the KIMM which was Ians' last race was also run in pairs. (All the original IHMR controls were controls in the KIMM). One pair this year were 5 mins apart at the top of Red Screes. We won't rant on why this is unacceptable but will take action next year.

Finally thanks again to the Hodgson s for trusting us with the Relay and doing so much still on the day.

Jon, Scoffer and Chris

Next years IHMR: Sunday 5th October – very probably clockwise!

Main photo: Dave Soles & Mark Smith (Pennine FR vets) descending Red Screes on leg 1
Top left: Darren Kay (Horwich) heading up Dovedale on leg 1
Bottom left: Heading up Dovedale early on leg 1

Photos courtesy of Pete Hartley

Danny Hope showing his brother how it's done!

Photos courtesy of Tim Austin

BY **KEVIN DOHERTY**

Pendle Bowland Challenge Way

(or something to do on a Saturday instead of shopping)

Everyone has one. It may be in the form of list of hills, a guidebook or perhaps just a scribbled pencil line on a map. Maybe it's just a mental route that you are waiting to casually throw into conversation over a pint. A route that would be good to have a crack at… one day. Mine was in a small blue spiral bound book. I can't remember where I bought it, although it still has a yellow sticker with the price on the back (£3.50), but it has lain in the brown box where I keep all my maps for at least 10 years.

The Pendle Bowland Challenge way is a 53 mile Long Distance Walk, starting and finishing in Whalley. It had always appealed to me as someone who had yearnings to tackle a Bob Graham, but had neither the time (nor commitment, fitness or natural ability) to make a serious attempt. It is accessible to reccy from most of the major industrial towns in Lancashire with the nearest section being a mere 15 minutes drive from home. This last part was VERY important (as some of you will appreciate) as I was asking my wife to drop me off and pick me up to allow me to survey the route.

She has never been a big fan of this type of 'great idea' after an attempt at the Lakes 2000's shortly after we met (many years ago when I was younger, dafter and fitter). The result for me was jacking in after 3 days and for her spending an unknown quantity of hours sat in various car parks around the Eastern Lakes because I had under estimated a section by a matter of a few hours… again.

In spite of this she married me. 10 years and 2 kids later, the sudden appearance of a few grey hairs (on my head not hers) and a lonely but battered pair or Walshes seemed to get me reaching for the small blue booklet that had been taunting me all these years.

A few easy training runs soon lulled me into thinking I was as fit as I had been 10 years ago. Based on this, most of my preparation consisted of eating bananas, gluing my Walshes back together with polypipe glue and reccying the more outlying areas of the route (i.e. Slaidburn) using Google Earth… during my lunch break… while eating a banana.

So at 4:45 on 8th July 2006, Paul Charnock and myself left the post office in the centre of Whalley. Years of peak bagging the English 2000's has manifested itself a mild form of Obsessive Compulsive Disorder where I have to touch some landmark / trig point / nondescript pile of stones. Therefore I felt the need to touch the post box before leaving… much to the disgust of Paul.

Paul had agreed to join me with no firm commitment on how far he would go, only saying he would see how he went (we've all heard that before!). A steady climb following the spine of Pendle to the summit was only marred by Paul deciding to drop his camera on the few square metres of rock around the trig point rather than the acres of soft grass. I'm sure his cursing woke some of the residents of Barley.

The route then drops down Mearly Clough (the only real challenging terain of the whole route) and follows a series of paths through Worston, Downham and over the A59 (memories of playing Frogger on the ZX Spectrum spring to mind) to Sawley for breakfast. My sister Marie was waiting with the necessary sustenance and words of encouragement. As well as the birds making an early morning appearance, the glue on my Walshes was starting to give way and the little toe on my left foot was out getting some fresh air.

The route leaves Sawley and via a round about route heads over toward Slaidburn. We were joined on this section by 'J' McGonagle. Now accompanied by 2 very enthusiastic Achille Ratti members, what followed can only be described as a 9 mile recruitment campaign. As much as I tried to explain that this was a one off and that I was planning on reverting back to a life of work, shopping and saying yes and no at (hopefully) the right time, they were having none of it.

Arriving in Slaidburn to meet my other sister Julie and her partner Graeme gave some respite from this and set up a merry band of 5 for the next section to the Trough of Bowland. I had not actually set foot on this part of the route, instead preferring the marvel of satellite photographs and the Internet to familiarise myself with the route. I was therefore a bit surprised to find that the squished together orange lines on the map translated into the ground going up and down on a fairly regular basis (it didn't look this bumpy on my computer screen!).

I was pleasantly surprised by this part of Bowland that I had only visited a couple of times for races. It's a beautiful and also challenging area. I'll definitely be going back again (in between shopping and saying yes and no…).

Heading down the Trough road (past the tyre marks and broken motorbike fairings) we said our goodbyes to Julie, Graeme and 'J'. In spite of the invitation to carry on with us to Chipping, 'J' decide that a curry and night out in Manchester was a more attractive proposition… the mad fool.

Heading up Langden Intake toward Fiendsdale Head we were waved off by the others and now all but the big toe on my left foot return the wave through my now well ventilated Walshes. I'd done this climb as part of the Fiendsdale fell race in my younger, fitter, dafter days and remembered it as a steady yet easy climb. Now after 30+ miles all I could do was follow Pauls heels and try and engage in a rather in-depth conversation on the engineering challenges of making deep drawn press tools. Not the most stimulating of topics, but it got us up to Fiendsdale Head to be greeted by the first drops of rain. This had been pre-empted a few minutes previously by a phone call from a colleague, informing me that it was raining in Blackburn and on it's way north.

Mobiles can be a blessing on days like this, helping to keep support teams updated of progress and making adjustment to rendezvous times when needed. However the crossing to Paddys pole and the descent into Chipping was broken every

15 minutes with people offering encouragement and asking "have you done it yet?". The constant rummaging round for the phone and the subsequent stop – starts offered a little distraction to the days proceedings but did not help progress. Paul was getting a bit miffed and I'm sure he thought he was in the middle of the Lancashire moors with Dom Jolly.

The plans to meet up in Chipping had gone badly wrong which left a further 8 miles to Hurst Green before the next meet. We were a bit low on food but had enough water to get us over the next 8 miles. Luckily, an old college friend had texted me to let know he had left a few Mars bars in a plastic tub near the war memorial. We got some strange looks off an old chap as we entered the gated memorial and rummaged around the wreathes. It must have looked a sight – 2 wet and tired sorry states needing a sugar rush so badly.

Filled with Mars bars and with 'only' 13 miles left to the finish we briskly navigated the rolling fields and the last main climb up Longridge Fell. A small bump still remaining on my head, from an impromptu 'Glasgow kiss' with a low branch during a training run on this section, reminded me to take it easy on the descent through the pine forest. Dropping into Hurst Green we met my Wife Jane and our two kids, Connel and Molly. The fine drissle had left a rather slippery sheen on the local playground slide which resulted in Molly taking a major bum slide through a large muddy puddle whilst they were waiting. Suffice to say, the first few minutes of our conversation were based around stain removal techniques.

My Walshes now resembled a pair of Clown shoes, so a rather sad decision was made to swap to road shoes for the last 5 miles. Au revoir mes amis. Jane commented how fresh we looked, considering etc. – I for one was feeling a bit roppy so the words came as much needed encouragement.

Fatigued and with fading light we entered that world where things don't seem quite real. Conversation seems distant. The task in hand doesn't seem so important. It was in this rather pleasant state that a badger decided to join us for a few hundred yards. Originally appearing about 5 yards ahead of us from a hedge that ran along the farm track it ducked in and out a few more times before cocking its head back towards us and disappearing deep into the hedge. There followed a mumble conversation along the lines of '…was it real', 'I've never seen a badger' etc. Heaven knows what the badger was thinking.

To be honest, after 50 miles, the final convoluted route which follows the river Ribble back towards Whalley was a bit of a bind. Some sections were so overgrown I felt more rain forest than Bowland Forest. Feeling rather impressed with our achievement as we passed under Whalley's famous arches, Paul's comment that a BG attempt would mean a further 7 hours of progress, brought it into perspective.

It had been a cracking circuit through parts of Lancashire I would not have dreamed of venturing into otherwise. Paul's and the support team's company had made it even more enjoyable. At 53 miles in just over 17 hours it wasn't a BG… but it certainly whetted the appetite for similar big days out.

BY **PETER TRAVIS**

Skiddaw – An Enigma

Gaunt Skiddaw, reflected in the waters of Beahstan's clearing,
who has watched the distant Derwent flow,
in ancient times, through oak tree forest
to spread its waters and catch forever
the eternal image on mountain peaks.
No craggy ridge to split asunder the
enigma that surrounds your naming;
or did the sinuous bowman's arm loose
the swift, life-ending arrow to bring
to earth the majestic stag or shadowy wolf?
Was lordly hearth supplied by rustic swain
who, in bitter wind, had toiled to warm
with kindling from the mountain side?
You will forever veil the minds of those
who seek to set at liberty an eternal riddle.
And now we tread your timeless slopes
and imbibe the mystery of ancient lore
as yet unread to our infant minds.
To clasp the secret, but free from us
a spirit that is fused with spirit
and so we are one with earth and rock.
Angless, you remind us of our finite span,
for still you watch the Derwent flow.

BY **WILL HORSLEY**

Kielder Fell Races

A Brief History

A picture of Kielder Castle where both current Kielder races start and finish.

The village of Kielder, tucked away at the north western tip of Kielder reservoir in Northumberland near the Scottish Border, is England's most remote village. Despite its remoteness, or perhaps because of it, the area boasts a notable fell running heritage with its origins in 1986. It was in this year that experienced fell runners and local Forestry Commission employees Mike Sanderson and Bill Burlton first organised the Kielder Borderer (17 miles, 3000 feet of ascent). Over the years the route has changed slightly, principally around the start/finish area, but remains essentially the same as it was at inception and with no changes since 1994. The route takes you through forest and moor land that is seldom passed except during the race itself. Indeed you may be lucky to come across a herd of wild goats or Britain's smallest bird of prey, the Merlin. There are several sections where the exact route choice is left to the runner and these choices can prove crucial especially leading up to the Kielder Stone on the Scottish border. In this area the most obvious or direct route is often the undoing of many a competitor and past race experience is a great advantage. The Kielder Borderer is one of only two English fell races to cross a national boundary (the other being Windy Gyle, also in Northumberland) and it first does so at a point called Knox Knowe Cairn (502 metres). Getting marshals to this point involves taking a 4x4 some of the way and then still a considerable hike. After Knox Knowe runners must navigate to the Kielder Stone (450 m), a massive boulder jutting out of the landscape that was used in times past as a place where messages were left. The route then leads to Peel Fell (602 m) which is a bleak and boggy place but with stunning views across Northumberland, Cumbria and the Scottish borders. On Peel Fell most runners choose to follow the line of an old fence that runs the course of the summit ridge and takes you, via Mid Fell (561 m), to Deadwater Fell (571 m). The finish from the tower on Deadwater summit is fast with most of it on good forestry track but there are still some technical sections that can catch runners out. The course record has tumbled in recent years, and indeed it was broken again in 2007 by local hero Steve Birkinshaw, and now stands at just under 2h45 (incidentally, the second placed runner also beat the previous record). However past and present race organisers speculate that the record can still be substantially improved upon.

The Borderer has been run every year since 1986 (excluding 2001) but for various reasons it has never attracted large fields with the largest entry being about 50 in 1996, and typically 20 to 30 turning up on the day. The race has come close to extinction on several occasions and has prompted various strategies at preserving it. One of these strategies is the spawning of shorter races derived from the Borderer route so encouraging runners who may be put off by the distance and remoteness of the full race. In 1995 the Three Pikes race was born (8 miles, 950 feet of ascent), taking its name from the second summit checkpoint encountered on the Borderer route. The race route was an out and back and involved a continuous climb commencing about half a mile from the gates of Kielder Castle. But after the foot and mouth epidemic of 2001 the race disappeared from the calendar. In 2006 a slightly shorter race was put on which runs along much of the same route. This race is called Grey's Pike (5 miles, 830 feet of ascent) and takes its name from the higher summit (450 m) about 1 mile before the Three Pikes summit (420 m). Thus runners get to experience the first 3 miles of the Borderer route before making an about turn and running back to the castle gates. There is something of a path now leading most of the way to Grey's Pike but the terrain underfoot is still challenging and the route makes many twists and turns. In 2008 Grey's Pike is on Sunday 2nd March.

Even the Foot and Mouth epidemic of 2001 could not halt fell running in Kielder. Although none of the established races were run that year in August and October two one-off races were organised by Bill Campbell and Simon Banks of Northumberland Fell Runners (NFR): The Lewisburn and The Northumberland fell races. An unwelcome legacy of the Foot and Mouth epidemic was the demise of the Three Pikes race but in 2004 a longer race was introduced: Peel Fell (10 miles, 2700 feet of ascent). The first five miles of the route were an exhausting challenge, involving knee high moss and heather before arriving at the top of Peel Fell. From here the route was the same as the final five miles of the Borderer, taking you in a shallow arc across the summit ridge to Mid Fell before a boggy climb to Deadwater fell and then hitting the forestry tracks for the fast run-in, again finishing under the castle gates. Peel Fell was also run in 2005 and 2006 but disappeared from the 2007 calendar. However a dedicated team from NFR have not forgotten it and hope to re-establish this race again.

It should be noted that the Kielder Borderer is responsible not only for several spin-off races and inspiring many local runners to take-up fell running, but is also one of the reasons that inspired John Humble to form the NFR club. John has completed more Borderer's than any other competitor as well as most of the other Kielder races, and he is a former course record holder and race organiser. At the Kielder races John met other runners with similar interests from all over the County of Northumberland and with them formed NFR in 1997.

Mike Sanderson has now left the Forestry Commission and is no longer involved with the Borderer. However he still lives in the Kielder area, in the village of Falstone at the eastern end of Kielder reservoir. He organises the Falstone Falcon fell race (5 miles, 500 feet of ascent), now an integral part of the Falstone country show, which has been run for a number of years.

I'll finish with some words from John Humble "After a day in the Kielder Fells I would drive home thinking in complete and utter satisfaction – I have conquered and savoured them again."

Perhaps 2008 will be your year for conquering and savouring the Kielder Fells?

Note: The date for the 2008 Kielder Borderer has not yet been confirmed but is likely to be held in October. Check www.northumberlandfellrunners.co.uk for updates.

BY **TIM LLOYD**

Ras Moel Eilio

Race History

Photo courtesy of 'Jeremy Williams, Eryri Harriers'

A few weeks ago we were chatting about Moel Eilio and got thinking about how many years the race had been going, we knew it was a while and must be getting close to 30. Our curiosity got me asking a few of the original North Walian fell runners and digging out some old results to see what I could find – and you know how it is when you set off down that route, five minutes very soon becomes two hours – it's fantastic looking back at those early days.

The Moel Eilio race was created by Dennis and Joan Glass, they were the Youth Hostel wardens at Llanberis YHA from 1964 for over 30 years. Joan was a pioneer in fell running, the first ever female competitor on the Ben Nevis race (in 1975) and three times winner at Snowdon back in the days when women were actually not allowed to take part in fell races! The Moel Eilio ridge was Denis and Joans' favourite training run "we loved it" Dennis recalls, "but I never wanted the race to go up Cynghorion at the end, it was Guto Parry and Nigel Fisher who insisted on that".

The race was born in 1982 when Dave Woodhead (Bingley) took the honours in 1:03:14 and Rosie Naish (Eryri) was first lady in 1:18:29. It has run every year since, except 2001 because of Foot and Mouth. The race record was set in 1993 by Mark Croasdale who ran an amazing 58:36.

Alun Vaughan on his way to 2nd place at the 2005 Moel Eilio race

Only two other men have run the race under the hour: Colin Donnelly did 58:57 in '89 and Mark Kinch did 58:54 in '93. It should be noted that these times were run on a slightly shorter course than that used in recent years. The women's record was set by the Welsh phenomenon Menna Angharad who ran 1:12:44 in 1995 on the longer course starting from the Youth Hostel.

The race is of course a classic, the running is glorious and fast, soft terrain with fantastic climbs and descents. In good weather the views (if you take the time to look) are stunning, to the South West is the Snowdon massif, West is Tryfan, Y Garn and the Glyderau, look North over Anglesea and you will see all the way to the Mourne Mountains of Ireland.

Moel Eilio is a popular race and has been a championship event on numerous occasions, most recently in 2003 when it was won by Welshman Tim Davies. In 2000 it was chosen as the British Inter Counties championship and was used as the main mountain for the FRA relay in 2001. I guess that Moel Eilio has always been overshadowed by Snowdon, not only in stature, but also in prestige. However, along with the Peris Horseshoe, the Moel Eilio race is much more the 'purist fell runners' Llanberis race. Proper mountain running and in claggy weather some navigation skills will be needed.

This years race will be the 25th and it is a British Championship counter again and, for the first time in over ten years, the start will revert back to the Bron Eryri Nursing Home, as it was when the race record was set. We have decided to do this so that an attempt on the record can be made by the top runners – it's a tough challenge but will certainly make for an interesting race. Moel Eilio is an Eryri Harriers race, we look forward to welcoming you to Llanberis again in 2008 and hope that you will come along and enjoy our fantastic event.

For more information about this years Moel Eilio race, please visit ***www.eryriharriers.org.uk***

Book Review

25 Years of Black Combe Runners

1981–2006

Complied by Rob McKeever, published 2007, costs £5, 64 pages paperback

What a gem of a book-despite it's diminitive size over the 64 pages this is a fantastic collection of archival history, articles and cartoons recording the birth and growth of the south Cumbrian club Black Combe Runners.

With a foreward by Joss Naylor it is jammed pack with interesting and very often amusing stories since it's inception in 1981 by Stuart Barnard, John Clemens and John Roberts and ongoing to the present.

It is liberally sprinkled with colour and black and white photographs of notable club runners Graham Huddleston, Ian Postlethwaite and Jackie Casey and many more of the club's many characters young and old. The fell races Black Combe, Caw, Dunnerdale and Kirkby Moor, club challenges, mountain marathons as well as tales of of the Joss Naylor challenge and favourite local runs

A book not to be missed and it will be on sale at the Black Combe Fell race on 8th March

Black Combe Runners on Harter Fell

BY **PHIL JANAWAY**

Ascending Technique

A Scientific Viewpoint

Introduction

In a fell race, what is it best to do with your hands during a steep ascent? Possible answers include: put them on your head, on your hips, or in your pockets. However, none of these really offer any advantages to your forward and upward progress. Some coaches advise that if the gradient is so steep that you find it more practical to walk, then an advantage can be gained by leaning slightly forwards and applying downward hand pressure just above the knee of your leading leg, as it pushes off, whilst the rear leg swings forward.

Norman Matthews has coached the technique as part of a package of measures to aid race ascending. His *"Fell Training"* article *(Fellrunner Magazine, October 2002, p75*) outlines the technique ("Race Walking" in his words), the theory behind it and the critical nature of the duration of the push (less than a second) and positioning of the hand (not mid-thigh). Kevin Shevels (*Uphill techniques for off-road runners, Trailguides Ltd, 2006*) also advocates its use. The underlying principle is that of increased leverage to help raise your upper body – as you might do when getting up from a low armchair.

As a small-scale research project for my MSc in Sport and Exercise Science at Manchester Metropolitan University, I undertook an assessment of the technique (which I have called 'Augmented Uphill Walking' or 'Augmentation') from a biomechanical and energy consumption perspective. In an ideal world, it would have been interesting to have conducted the experiments high on the fells, but variables like the weather, shoe grip and conditions underfoot would have been confounding factors. Also, measuring speed accurately and obtaining suitable video footage would have presented logistical problems. Consequently, conducting experiments in a laboratory setting offered the greatest objectivity, considering the limited time and resources available.

In this article I describe the augmentation technique and summarise my research experiment, its results, conclusions and limitations.

Prevalence

When I had to choose an area of study for my research project, my inspiration came from observing fellow competitors in fell races. On a day when I wasn't racing, I observed runners on the initial ascent at Lad's Leap. At a point where the path became too steep for most people to run, of the 100 runners, 62 made some form of hand contact with their thigh. However, only 16 appeared to do so optimally. This suggests either some sort of natural instinct to rest your hands on your legs while walking uphill, or people are copying others around them. Either way, without instruction this isn't necessarily advantageous. The wide variety of postures adopted made me think – is there any clear advantage to any particular postural strategy?

Possible Benefits

So how might the relative benefits of any given ascending posture be measured? Two possible criteria are:

1. Energetic: Achieving the same altitude gain at the same speed but expending less energy, or
2. Biomechanical: achieving the same altitude gain more quickly, with the same or reduced level of cumulative fatigue, irrespective of the energy expenditure.

The second of these would have been difficult to measure objectively, so my study primarily sought to test the first using an inclined treadmill. However, indirectly, I believe I gained an insight into the second, with a separate test using a flight of steps.

Main Experiment

The purpose of the study was to determine whether augmentation used more or less energy than upright walking, in a sample of runners representative of the wider population of fell runners. My volunteers were 9 male club runners, aged 31 to 45, none of whom had received formal coaching in the technique, but six expressed awareness of it, two reporting they used it frequently. After an initial assessment of their physiological response to gradient running, volunteers were instructed in the augmentation technique and given an opportunity to practice it on the inclined treadmill.

Each volunteer then undertook 4-minute bouts of uphill walking at a constant treadmill belt speed (4.5 km/h), with and without augmentation, on 25% (1-in-4) and 30% (1-in-3.3) inclines. These four stages were undertaken in a random order with rest periods in-between. Heart rate was monitored in order to ensure the effort remained steady-state and sub-maximal. An estimate of the aerobic energy expended in the final minute of each stage was obtained by analysing the relative amounts of oxygen and carbon dioxide in expired air samples. Knowing the energy consumption and mechanical work done to raise the body's centre of gravity by a known distance in a known time, efficiency can be calculated from the ratio of the two. Video footage was also recorded to allow analysis of the stride length and pattern of motion of the body's centre of gravity.

Results

On the treadmill, augmenting at the 25% gradient was least efficient in seven cases out of nine and never most efficient. Augmenting at the 30% gradient was most efficient in two cases. Walking, irrespective of gradient, was most efficient in seven cases. So, whilst some volunteers recorded higher efficiencies for augmenting than for walking upright, the majority did not, indicating a natural physiological variation. With walking speed constrained by having to keep up with the treadmill belt, stride length increased when augmentation was used. Consistent with this increase in stride length, the body's centre of gravity moved over a bigger vertical range during a complete stride when augmenting. Expressed as Joules per kilogram of bodyweight per meter travelled, and ranked in ascending order, the average energy expenditures across all volunteers were: 10.9 (Walk, 25% gradient), 11.4 (Augment, 25% gradient), 12.6 (Walk, 30% gradient), 13.0 (Augment, 30% gradient). Averaged across all volunteers for both gradients, efficiencies were 0.218 and 0.211 for walking and augmenting respectively, indicating that augmentation appeared on average 4% *less efficient* than walking, under the conditions I was able to test. This is a small difference, but it proved to be statistically significant.

Interpretation

Whilst this may be a surprising result to some, it is nonetheless very revealing. The finding that, on average, augmentation used more energy on these gradients can be explained by the overall increase in muscular activity involved. This can be attributed to the active use of the arm muscles, the glutes and hamstrings maintaining a forward lean and the increased lowering and raising of the centre of gravity when compared to walking upright. For the shallower gradient, the difference between walking and augmenting was even more accentuated, suggesting augmenting is best employed on steeper gradients. I would have liked to have tested at steeper gradients, but unfortunately, the treadmill I had access to was limited to a maximum of 30%. The diagrams show stick-figure approximations of body segments positions seen at full-stride on the 30% gradient, along with my prediction of what might be seen at a steeper gradient. Clearly joints and muscles will be operating over different ranges of motion as the gradient increases, altering both the energetics and biomechanics.

Staircase Test

In order to gain an insight into the forces acting between the foot and the ground, along with an indication of leg and back muscle activity, three volunteers also took part in a separate test on a short staircase climb, with pitch equivalent to a gradient of 77% (1-in-1.3, comparable to a domestic staircase). Each volunteer undertook 3 climbs walking and three climbs augmenting. This test revealed that whilst there was no significant difference in the vertical component of the force generated underfoot, with stride length constrained by the geometry of the steps, on average, augmentation resulted in a faster stride frequency. Also, whilst the activity of some muscles (calf, quads) reduces with the augmenting technique, the activity of others (glutes, hamstrings) increases, with a resultant overall increase in aerobic energy expenditure. Back muscle activity was no different between walking and augmenting.

What makes someone a good augmenter?

No clear pre-disposing physical attributes were found amongst the volunteers that predicted whether they could augment more efficiently than walk upright. However, mechanical (hand and foot positioning), co-ordination (hand push timing, suppression of natural arm swing, breathing patterns) and other skill factors (gradient and pace judgement) are most likely influences that I was not able to test for. Clearly, this is a skill that needs practice in order to perfect. Different individuals may be able to derive differing degrees of benefit from either the energetic or biomechanical criteria, or both.

Conclusion

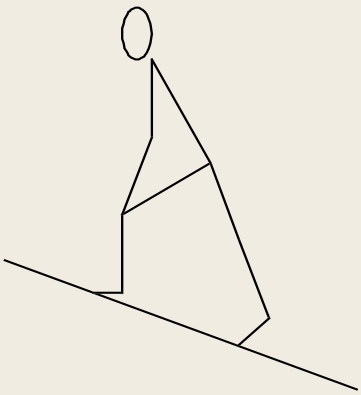
The treadmill test provided evidence contrary to the first assumption of reduced energy expenditure for gradients up to 30%. However, the staircase test revealed evidence that augmentation allows a faster stride pattern, in support of the second assumption on a steeper ascent. Therefore, used strategically for short periods, augmentation is likely to allow tired quads and calf muscles some respite from continual activity during a long ascent, whilst enabling pace to be maintained by increasing stride length. Prolonged use, however, especially at gradients of 30% or less may be counter-productive due to increased energy expenditure. It is likely that, at gradients steeper than I was able to test on the treadmill, the efficiency of the augmentation technique may be closer to that of walking, as any increase in stride length may not be so large, staying closer to the optimum for the speed and gradient. The nature and extent of its benefits will vary between different individuals and under differing conditions – so, with practice, if you find you can maintain your pace by using it, and don't experience any disadvantages as a result, keep with it.

Future research

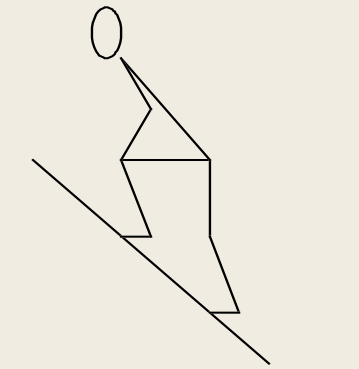
To my knowledge this was the first time anyone has been able to undertake an objective physiological and biomechanical characterisation of this technique. Therefore, this isn't a definitive study, just the first. Hopefully, this will prompt discussion and maybe even further research which will add to the body of scientific knowledge. I hope to publish the full scientific article in a peer-reviewed journal. Meanwhile, if anyone has access to appropriate resources and funding, it would be interesting to undertake further controlled experiments at steeper gradients, perhaps comparing results between experienced augmenters and novice augmenters, something that was beyond the scope of my study.

Acknowledgements

Thanks to Norman Matthews for guidance and feedback, Dr. Adrian Burden for calm and enthusiastic academic supervision, fellow students at MMU Alsager for assistance with data collection and of course all the volunteers who took part.



Augmentation on 30% gradient – based on video footage



Likely body position augmenting on 100% gradient

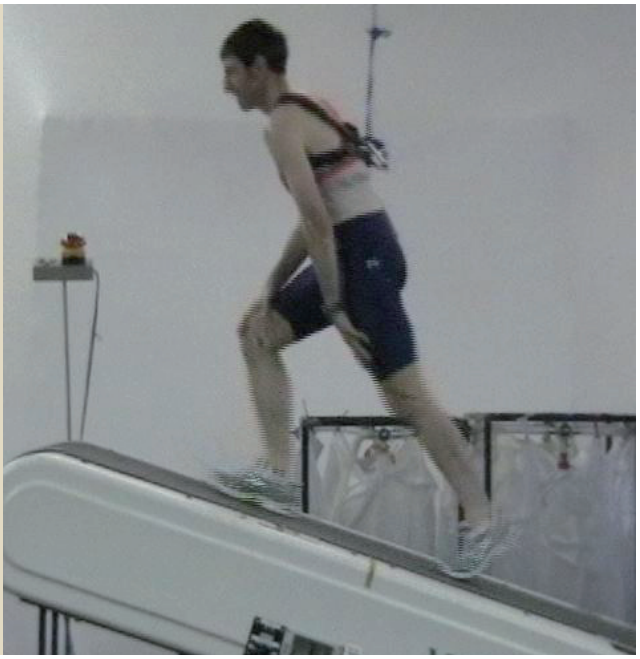
Try it for yourself

If you've not tried 'augmenting' before, try it walking up stairs. For simplicity, I've described what happens for the right leg and right hand.

Stand with your right foot two stairs above your left, with your weight evenly distributed between your feet. Your left knee will be roughly straight and your right knee will be roughly a right angle. Place the 'heel' of your right hand just above the right knee, with fingers relaxed. Start your ascent by extending your right knee, applying brief downward hand pressure to it by simultaneously straightening your right arm. As the right leg straightens and swings back, the right knee is soon out of reach, at which point break contact with the hand, relax the arm and let the hand hang in space, waiting near to where the knee will return for the next stride. At the point when the lead leg is about to straighten.

Once you've mastered it with one hand, just replicate the action with your left hand on your left knee.

The author participating in his own experiment on the treadmill set at a 30% gradient. This frame of the video footage shows the right leg (leading) about to push-off with assistance of a right arm push. Note: The left hand is only lightly contacting the leg and should, ideally, be hanging in space.



BY **GRAHAM BREEZE**

Broken Records

6th (2007) Lakeland Classics Trophy

Reading these annual reports (aloud) may sound like a broken record but I emphasise yet again that the LCT was devised to support the survival of the classic Long "A" Lakeland races: Duddon Valley, Ennerdale and Wasdale.

It was gratifying therefore that in 2007 both Ennerdale and Wasdale had 105 finishers which, for a non Championship year, must be another record broken. Fell runners who love these races should thank the patient organisers, Colin Dulson and Richard Eastman respectively, who continued to mount their events during the lean years of just 25 (Wasdale 2000) and 30 finishers (Ennerdale 2002).

It took four years (2002-2005) for the total of individual runners who had completed the series to top 100 (actually 106) but just two years later the total has nearly doubled to 205 of which a third have completed the LCT at least twice (the total of completions is now 318). In 2007 there were more entries (1,478) for the 6 LCT races than for the 6 British Championship counters (1,332) and for the first time, with 349 finishers at Championship counter Duddon Valley, the number of runners completing the three Super Long Races in one year was well over 500 (559 to be precise) or another record.

Sponsorship

In 2007 financial support towards the cost of the 12 Bentham Pottery mugs was again graciously donated by Richard Eastman with additional support from Ambleside AC towards the cost of setting up the planned LCT website.

For 2008 the organisers are pleased to announce that Pete Bland Sports has agreed to sponsor the Trophy for three years. Peter has long supported the individual races that make up the series and the LCT organisers are delighted that his name is now associated with the Trophy.

Scoffer, Wendy, Leigh...

If runners do not turn up then there is no race. Scoffer and Wendy Dodds did turn up and lead the list of multiple prize winners having won a mug in every year of the Trophy. Only one other runner has completed the LCT in all six years and that is Leigh Warburton (Bowland) who has collected three mugs along the way. Since 2002 Leigh has made completing the Lakeland Classics one of his annual targets and he said "I have had some fantastic days and all being well I hope to compete again in 2008. I still have room for a fourth mug in my modest trophy cabinet!" In 2008 Leigh will be eligible for the Vet 50 award.

In 2007 several runners won prizes for the first time including Ricky Lightfoot, Helen Garrett, Jackie Winn and Tom Brunt. Tom managed to smash his mug within 24 hours of receiving it but since it was a running related accident (well, sort of) Bentham Pottery kindly fired up the kiln for a one-off replacement.

...and Peter.

Pete Vale (Mercia) also deserves a special mention. He has been runner-up in the last three years to three different winners (Scoffer, Lloyd Taggart and Ricky) despite increasing his points total each year. He was second to Ricky at Wasdale by just 3 seconds and his time of 3.45.23 places him (and of course Ricky) in the Top 15 of individual runner's PB times. Pete was also second to Ricky at Ennerdale, having run Duddon Valley the weekend before.

Considering the overall winners there have been five different male and four female winners as shown below.

Year	Male Winner	Female Winner
2002	Jonny Bland	Wendy Dodds
2003	Rob Jebb	Wendy Dodds
2004	Andrew Schofield	Jackie Lee
2005	Andrew Schofield	Jackie Lee
2006	Lloyd Taggart	Helene Diamantides
2007	Ricky Lightfoot	Helen Garrett

"I Have Seen The Future Of Fell Running...

…and his name is Ricky Lightfoot" (with acknowledgement to Jon Landau). Pete Bland announced at the 2007 FRA "Do" that Ricky, although still under 23, had won both Wasdale and Ennerdale in 2007 and expressed the hope that this stunning achievement would attract other young fell runners to take on these classic races and not leave them to ageing vets. In fact Ricky also won the Three Shires race and so with 3 wins for his 3 counting races he is the only person to have scored the maximum 300 points since the LCT started in 2002. This total moves him straight to the top of the updated analysis of *LCT The First Five Years* published in the Autumn 2007 edition of *The Fellrunner.*

Only runners turning up to these great races will keep them alive and reward the efforts of the race organisers and helpers. Do you wish to be part of the future of fell running? The 2008 series starts at Duddon Valley on Saturday 31st May.

Trophy & Category Winners

In 2007 84 runners (including 7 women) completed the series.
In 2002 38 runners (including 4 women) completed the series.

Slate Trophies

Male	Ricky Lightfoot, Ellenborough
Female	Helen Garrett, Unattached
Team	Borrowdale

Bentham Pottery Mugs (12)

Men

1st	Ricky Lightfoot, Ellenborough
2nd	Pete Vale, Mercia
3rd	Andrew Schofield, Borrowdale

Vet 40 (4th)	John Hunt, Dark Peak
Vet 50 (18th)	Jackie Winn, CFR
Vet 60 (27th)	Dave Tait, Dark Peak

Ladies

1st (31st)	Helen Garrett, Unattached
Vet 40 & 2nd (33rd)	Jane Meeks, Keswick
Vet 50 (70th)	Wendy Dodds, Clayton le Moors

Team counters - Borrowdale

(3rd)	Andrew Schofield
(9th)	Paul Cornforth
(11th)	Michael Cunningham

Highest Score

(7th) Tom Brunt, Holmfirth – All six races.

Photo courtesy of Andy Greaves – Photography

Ricky Lightfoot at Borrowdale (2007)

Full Results

LAKELAND CLASSICS TROPHY 2007					SUPER LONG			LONG 'A'			TOTAL
RANK	Name		Club	Cat.	D-V	E-D	W-D	B-D	3-S	L-D	POINTS
1	Ricky	Lightfoot	Ellenborough			100	100	95	100		300
2	Pete	Vale	Mercia		95	97	100	95	98		296
3	Andrew	Schofield	Borrowdale		91	91			94		277
4	John	Hunt	Dark Peak	V40	93		90		90		273
5	Joe	Blackett	Dark Peak	V40	88	91	89	84			268
6	Paul	Thompson	CleM		83	91	78	76		93	266
7	Tom	Brunt	Holmfirth		82	82	81	78	88	93	257
8	Mike	Robinson	Dark Peak		75	87	84	77	83		255
9	Paul	Cornforth	Borrowdale	V40	77	86		78	89		252
10	Martin	MikkelsonBarron	Borrowdale		85	83		83			251
11	Michael	Cunningham	Borrowdale		74	88		69	87	76	249
12	Mike	Johnson	Bowland	V40	80	87	81	71			247
13	Matthew	Hulley	Dark Peak		80	86	80	55	71	72	246
14	Richard	Mellon	Bowland		75	74	77		86	90	242
15	David	Birch	Keswick		77		71		89		238
16	Peter	Ward	Lochaber		75	77	65	65		84	237
17	Tim	Edward	CleM	V40		79	75	73		79	233
18	Jackie	Winn	CFR	V50	75	80	66	76			232
19	Stuart	Shuttleworth	Ambleside	V40	71		74	77	86	84	230
20	Geoff	Briggs	Pennine	V40	78	82		70			229
21	Ross	Litherland	Macclesfield		75		70			81	226
22	Leigh	Warburton	Bowland	V40	61	77	65	63	78	84	226
23	Richard	Snowden	Totley			72	70			83	225
24	Philip	Pearson	Saltwell	V40	65	79		61	69	75	219
25	Chris	Reade	Bowland	V40	61		68	68	69	89	218
26	Peter	Tayler	Black Combe	V40	60	73	66	62	72	77	216
27	Dave	Tait	Dark Peak	V60	63	69		55	73		204
28	Andrew	Graham	CFR		56	59	65		66	78	202
29	Ian	Weetman	Unattached	V40	64		65			71	200
30	Johnny	Moore	Calder Valley		61	58	60	57	75	77	198
31	Helen	Garrett	Unattached	L		67	64		65		197
32	Paul	Biddulph	Calder Valley		57	62	57	55	67	72	192
33	Jane	Meeks	Keswick	LV40	56	68	57		66		191
34	Rob	James	CFR	V50	62		52		69	77	190
35	Paul	Jennings	CFR	V40		60	60	57	59	69	189
36	Nick	Hewitt	Bowland	V50	54	64	48	55	68	71	189
37	Allan	Miller	Kendal	V40	61	58			68		187
38	Phil	Vincent	Tynedale		63		64	59			187
39	Mike	Wynne	Settle	V50	60		60	66			187
40	Rachel	Vincent	Tynedale	L	66		59	59			183
41	Paul	Johnson	Unattached			60	60	59	64		183
42	Charles	Mason	CFR	V40	56	69	55				180
43	Ashley	Kay	Dark Peak	V40	53	60	50	47	63	67	180
44	Phil	Hodgson	Todmorden	V50	62		60	56			177
45	Stewart	Barrie	Hunters BT	V40	60	64		53			177
46	Richard	Bellaries	CleM	V50	61	57	59				177
47	Andrew	McFarlane	CleM		66		46	64			176
48	John	Sharples	CleM	V50	57		49		60	69	175
49	Ben	Robson	Dark Peak	V40	56	63	45		54		172
50	Stephen	Cox	Bowland	V40	49	51	48		67	71	171
51	Julie	Carter	CFR	LV40	44	48	52	45	62	68	168
52	Ian	Charters	Horwich	V50	50	58	47	42	53	59	168
53	Paul	Wright	Unattached	V40	35	54	47	45	61		161
54	Steven	O'Keefe	CFR		53		44		61		158
55	Stephen	Wilson	CFR	V40	45	52	20		56	58	156
56	Rigby	Jerram	Kendal	V40	42	52	38			61	155

BY **GRAHAM BREEZE**

LAKELAND CLASSICS TROPHY 2007					SUPER LONG			LONG 'A'			TOTAL
RANK	**Name**		**Club**	**Cat.**	**D-V**	**E-D**	**W-D**	**B-D**	**3-S**	**L-D**	**POINTS**
57	Andrew	Hirst	Wharfedale	V40	40	44	47	46	59	64	155
58	Roy	Gibson	Dark Peak	V40	48		41		66		155
59	Rod	Welford	CFR	V40	35		51			68	154
60	Richard	Clarke	Manc YMCA	V40	42	45	51	58			154
61	Susan	Hodkinson	Black Combe	L		50	48	41	55		153
62	Michael	McLoughlin	Preston	V50	46	49	47	45	56		152
63	Mark	Graham	CFR	V40	33	48	43	40	52	62	152
64	David	Naylor	CleM	V50	45	49			53	53	146
65	Jo	Grove	CFR	V40	32	49	37	39	47	59	144
66	John	Nixon	Borrowdale	V50	40	45			50	58	144
67	Bill	Williamson	CFR	V40	41	44	47	38		48	139
68	Dennis	Lucas	Rochdale	V60	44	50		40			134
69	Paul	Jackson	Unattached			46	44	43			133
70	Wendy	Dodds	CleM	LV50	35		49	43			126
71	Adrian	Dixon	FRA	V60	42	30	14	24		51	123
72	Mike	Gibbison	Bowland	V40	26		38		52	56	120
73	Paul	Broadley	Borrowdale	V40	36	39	26	42			116
74	Paul	Simpson	Kendal	V40	29	23				57	110
75	Chris	Cripps	CFR		17		40		49	47	107
76	Simon	Smart	FRA	V40		31	26		47		105
77	Richard	Leonard	Todmorden	V40	28		34	32	39		102
78	Peter	Ferris	CFR	V40	42	58				0	100
79	Steve	Monaghan	Achille Ratti	V40	40		8	48			96
80	Jamie	Rackham	CFR		25		27		43	40	96
81	Nick	Moore	CFR	V40	12		15			45	72
82	Catherine	Crowther	Holmfirth	L	23	29			19	12	71
83	Simon	Barnett	Tring		42	24		0			65
84	Brian	Belfield	Staffs Moor	V50	0	5		3		26	31

Photo courtesy of Andy Greaves – Photography

Climbing up Dale Head from Honister – Borrowdale 2007

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BY **DAVE WOODHEAD**

If The Auld Lang Syne run ends on a bad note

– Who cares?

Photo courtesy of David Brett

Above: James Walsh - 3rd, Alistair Brownlee - winner, Andi Jones - 2nd and Ian Holmes - 4th 1st V40 celebrating another successful Daleside Auld Lang Syne race
Main photo: 415, Stephen Grimley of Calder Valley in amongst the masses on the 'Bully Trees' climb

'There is also something alluring about ending the year with a race – rather than as I used to, start the year with one. A New Year's Day run puts a brake on how much partying you can do the night before. And in a New Year's Day run, if you crash and burn - it gets the running year off to a rather inauspicious start. On the other hand, if a New Year's Eve run ends on a bad note, who cares. You can comfort yourself in the knowledge that within hours a new year will start, a fresh chapter will open – your running can only improve. And the drinks are lining up to help drown your sorrows!'

This extract from Dave Lewis' contribution sums up what this race is all about.

In this article all the runners have been asked to put pen to paper to put their slant on 2007, the Auld Lang Syne, their running and ambitions, grateful thanks to them all.

19 year old Alistair Brownlee certainly didn't end the year on a bad note, because he won the 14th Daleside Brewery Auld Lang Syne fell race from the best quality field assembled, just like he did at the Otley Chevin Chase on Boxing day. An awesome 474 runners turned out to collect their bottle of Daleside Brewery, Old Legover beer, a traditional Yorkshire beer that is described as 'nutty with a fruity taste' which is probably just like a lot of these ALS regulars! This beer, Old Legover, takes it's name from the fell runners who have to put one leg over 1000's of stiles, stone walls and streams in pursuing their traditional sport. This years neck of the bottle had either a picture of the delectable Olivia Walwyn, or the handsome 2007 English champion Simon Bailey, who were 2006 winners, so Alistair will now be immortalised on the 2008 brew.

The 2006 junior World Tri champion, and current European champion was itching from the word go, and only recent Stoop winner and 2004 ALS winner, Andi Jones, who the previous day had clocked 30-14 at the Reebok 10K went with the pace. These two raced it out neck and neck, until the final descent into Sladen Beck, where the ten years Andi was giving to Alistair finally took it's toll, and the youngster joyfully descended with much gusto to cross the line in a new record of 39-07.

The quality of the field was shown in that the first four broke the previous record with 26 year old James Walsh who in 2007 competed in the European and the World Mountain running championships in 3rd, and eleven times winner of the ALS Ian Holmes fourth and first V40 with a new vet record. Maybe the Brownlee genes should be bottled because in eighth came Jonathan in 42-09, which clicked 20 seconds off Alistair's U18 record; Jonathan is also a European Triathlon champion for his age group, and followed Alistair home in the Chevin race for a brother 1 – 2.

Alistair Brownlee, Bingley Harriers, winner

"Alistair's scribblings"

It has become a bit of tradition over the last few years to do Auld Lang Syne and unfortunately I missed it last year due to injury, so I was especially looking forward to it. I arrived to find the car park much warmer than normal which was good because I'm convinced I can't cope with the cold as well as used to! There was the usual queue for the number and Dave wearing one of his many hats…some things never change.

On the start line Dave kept us waiting for a long time and made some jokes about me getting lost and Ian Holmes being too old to win. Louis Holmes started the race and we all bolted off up the quarry.

I ran hard down the road and along the track with

Andi Jones but by the time I reached the stream crossing Ian had caught me up again. The rest of the race seemed to fly by. I reached the top quickly after being pulled up most of the climb by James Walsh and was very glad to see the trig as it meant I hadn't got lost. I enjoyed running down the small single track until I took a plunge in the bog at the bottom but Andi helped me out and I sprinted down most of the track trying to avoid runners coming the other way. Apologies to the few runners we shouted at and nearly collided with!

After turning off the track, realising I had the advantage of some studs, I passed Andi and did my best to remain upright going down the hill. From the stream I went as hard as I could to the road and up that nasty drag before the finish.

There were the usual photos and I was glad to put some warm dry clothes and attempt a warm down, which was shorter than I had hoped!

The pub was as deserted as ever but we managed to clear just enough room to have a game of darts although we could have done with more space given my talent for darts, or lack of it. Dave and Eileen piled more and more prizes onto me while I tried my best not to drop any. It was like a second Christmas! I think I was carrying a good extra few Kilos at the Yorkshire Champs a few days later.

Aims for 2008

Well I hate goal setting with a passion and instead just prefer to make sure I get as fit as possible for as long as possible, but I must admit I do focus my energies toward particular races… but never actually put pen to paper!

So in 2008 I would quite like to:

- Train to the best of my ability and improve as much as possible
- Do well in the Yorkshire, Northern, National and BUSA Cross Country Champs.
- Get a few top 5 placings in ITU Triathlon World Cups
- Win the World and European Triathlon Champs or be thereabouts
- Have a shot at qualifying for the Olympic Games
- And if that doesn't keep me too busy I might have a go at a Bunny run or two and some other Fell races.

Normal Week's training

- Monday: 80-90min run, 90 min ride, easy swim
- Tuesday: swim, easy run, easy ride, 40 min run – track session and 1hr strength
- Wednesday: swim, 1hr run, long ride 2-4 hrs
- Thursday: swim, run, drills session, easy ride and strength
- Friday: swim, run session if I'm not racing at the weekend.
- Saturday: Long ride and easy run
- Sunday: Long ride and easy run

**Alistair has already started his season well by being the youngest ever senior winner of the Yorkshire Cross Country, becoming Under 20 Northern Cross Country champion and finishing 5th at The BUSA Cross Country Championships*

Andi Jones, Salford Harriers, 2nd man

2007 was a good year, 2008 even better, Kadi-Leigh makes her appearance!

'I sit writing this the evening before I return to work for the first time in 2008. Oh, what a depressing day. I know some of you will wonder what I am complaining at having 13 weeks a year off, but when it comes to going back to school after a few weeks off, it really depresses me!!!! (I wouldn't mind, but I actually like my job) As the day has gone on, and I have steadily prepared myself for the return to school tomorrow.

2007 was a good year on reflection. Only one PB, which was only by three seconds, but three seconds is three seconds. I finished 10th at the Flora London Marathon in a time of 2 hours 17 minutes and 49 seconds. This bettered the time I ran in the Kosice Peace Marathon in November 2005 by three seconds, but conditions at London were much tougher, as the temperature on the April morning was very warm. Even though I rank this as one of my best performances of the year I still question whether I could have gone quicker, whether I could have broken my target time of 2 hours 15 minutes. The target time of 2.15 is the marker I keep setting myself. The time that must be ran before anyone will even consider you for any championship marathons. Then in October in Dublin I went for the time again, but didn't even finish the race! The Dublin marathon should have been the day I broke 2.15. I was fitter than ever, had prepared better than ever, but it didn't happen on the day. Various reasons, but the Dublin marathon and I have unfinished business.

Apart from the two marathons last year I won the Northern Cross Country championships for the second year running which was a great day. Having had a good lead on lap two, friend and local rival Gareth Raven piled on the pressure in the final lap to pull me back and to really make the event interesting for those watching that day in Heaton Park, Manchester.

Looking at the fell and mountain running aspect of 2007 then, I ran pants at the trial race for the European Mountain running championships at Snowdon, but still got selected. In France at the European Championships I performed better and finished 11th in the tough race and finished first British runner. After this I decided to race the Snowdon International Mountain race. I like this race a great deal. The atmosphere, the route, the competition all make for a good day out in Wales. (Can one have a good day out in Wales? ;-)) I was selected to run on the England team for this race but decided to turn it down as the team manager insisted that I made my mind up eight weeks before the event which is too far in advance as I didn't know if I would be racing it or not. I turned it down as I knew I had entered myself so had a number for the race either way. Race day wasn't as hot as the previous year, but a dry day welcomed the runners. As the race started I went straight to the front and led the race out. I wanted to run quicker than I had the previous year as I wasn't too pleased with my time so decided to put a lot of effort in on the climb. Plus, I knew I would need a good healthy lead at the top from Holmsey et al as they can run down it much quicker than me. As it turned out I won the race for the second year running in a quicker time than the previous year, so a good day.

I also completed my first Lantern Pike. Living so close to this race I am surprised I haven't done it before. I have been to watch it before but never done it. The weather was good, there was much talk of the course record, set 30 years ago, but all I was thinking about was Simon Bailey who was pushing me hard throughout the race. It turned out I was no where near the record, but did run the race in the second ever fastest time. (Ok, joint second fastest time) I am sure I will be back next year, if not only to win a prize on one of the many stalls at Hayfield Country Fair or to have one of the best burgers ever from the butcher.

And then at the end of the year, after all the road races, came the Stoop and Auld Lang Syne. Two cracking short races which just land at the right time of the year. That time of the year when you don't really care about positions, times and PBs, but are just there for a great race in a great atmosphere. The Stoop was ran on a very cold day, the kind of day where wimps

Andi Jones wearing partner Donna's Sale vest – splashing around

Photo courtesy of David Brett

like me where a t-shirt over the vest. I won this race but no where near my course record. Then a few weeks later I ran the Auld Lang Syne Race. I knew it would be tough as I raced the Ribble Valley 10k the morning before. Youngster Alistair Brownlee, who is in great form at the moment, and I must point out he does win rather a few other events, made it a great race. Brownlee and James Walsh pushed the pace hard and I did all I could to hang on. At the trig point and the turn for home the race developed between myself and Brownlee. Then at the final big grassy field there was no way I could get down it as fast as Brownlee, so off he ran to win his first Auld Lang Syne. Well done Alistair.

So throughout the year there have been some great races and results for me and some not so good performances. Training usually revolves around sessions on Tuesdays, Thursdays and Saturdays with morning runs as well and double days the rest of the time. Mileage can vary between 80 – 110 miles per week throughout the year.

Even though at the start of this piece I mention I am writing it the day before I start back at work I am now finishing it eight days after I started. I started it with no children and am now finishing typing it up with my little daughter looking at me! Donna and I have had a lovely little girl called Kadi-Leigh born on Wednesday 16th January at 2.07am. If you visit the FRA forum from time to time you might have known this little bit of news already. Woodhead asked to end the piece by mentioning my targets for 2008. One of them has happened already and that is the babies' birth. Running targets have to be to run a faster time in the marathon. This will come later in the year now as I won't be doing a marathon in the Spring of this year as we don't know how having a daughter will effect training, sleep etc. I want to break a few PBs this year. 10k PB hasn't been touched for a year now so I need to run quicker than 29.24. Half marathon PB of 64.38 can be bettered as well. I want to do a long fell race but haven't decided when or which one. I don't think there will be much chance of doing the Three Peaks because it filled up too quickly!!! By the time this is read in the FRA magazine the Northern Cross Country will be over and I would love to have a good run at this event again*. Having won it for the last two I think this year might be rather tough, but I will sure be getting stuck in.

Thanks for reading this piece, hope you found it interesting and remember I now have my own complete Bunny Run team! Myself, Donna and Kadi-Leigh will soon be making a move on the Bunny runs. I wonder if the Bailey's will be up for a race. Kirsten, Simon and Oliver should be odds on considering Donna by far prefers the two laps of the track event!

Have a great year training and racing and remember we do it for the fun and love of the sport.'

Andi finished in 4th place.

Photo courtesy of David Woodhead

Lisa Lacon 3rd, Olivia Walwyn winner and Sharon Taylor 2nd. Nice hat Olivia

Awe inspiring, this gal after winning the 2006 ALS and The Stoop race in a record time is quickly becoming the Queen of Haworth moor. With her blond locks flowing Olivia Walwyn sliced 2 minutes 10 seconds off her own record time to finish 37th overall, and scare the men folk with her fleetness of foot. The 24 year old will again see her face on the beer label, and certainly has the talent to go far, will 2008 be the year? 2003 winner Sharon Taylor, 28, the British silver medallist and English bronze medallist finished second after setting a new 10k pb of 36:58 the previous day, while Holmfirth's Tinker Cup winner Lisa Lacon finished third. England junior international Holly Page won the U18 category, and has been running at Penistone Hill for quite some years in the Curly Wurly Quarry Runs – great to see talent progress.

Olivia Walwyn, Altrincham AC, The ladies winner

The perfect end to the year- providing unbeatable party equipment!

'The scars had barely healed from the Stoop race a month earlier when Tom and I once again found ourselves in the Haworth moors looking forward to another dose of the same treatment at the Auld Lang Syne. This time we were relieved to find that the conditions weren't so bitter and ice injuries would not be a risk. Ever since we discovered the Auld Lang Syne last year I had been keen to return, and we had been persuading friends to come along before heading off for New Year's Eve. We weren't disappointed: as predicted, it formed the perfect end to the year- providing not only a fantastic race but unbeatable party equipment!

The race itself went pretty much to plan- despite my best efforts I got off to my customary bad start through the quarry, but from then on worked through the field, overtaking Sharon Taylor just before the steep downhill to the stream. I kept working my way through until I reached Top Withins and then tried to hold my place on the way down- this is normally tricky as descending is not my strongest point, but luckily it was fairly gentle and, despite a few lunges into the bogs, I think I managed not to lose any places. I was feeling the strain coming up the final hill towards the finish, but managed a last effort and was very pleased to cross the line first lady, two minutes quicker than the record I set the previous year, and two minutes behind Tom.

After that it was off to the pub for soup and prizes. Unfortunately I found my prize-holding technique still hasn't improved and I had to resort to throwing things at Tom, again- I'll have to practice this for next time! We staggered out loaded with chocolate and beer and various interesting things- including a balloon modelling kit, which turned out to be very useful for making party hats later on.

It was an excellent way to round off what's been a very enjoyable year's running, and produced some of my best results yet. I've done more fell running than ever before, and this has brought with it the chance to finally represent my country. After a really good run at the Fairfield Horseshoe in May I finished first lady and went on to run for England at the Snowdon race. This was a great experience, although it certainly included the most daunting descent I've ever had to tackle! I also tried uphill only running for the first time and ended up running at the European Uphill Championships in the Pyrenees. If only I can master the downhills, hopefully 2008 should be even better… '

My training has varied a lot, but injuries and time permitting, this is what I have settled on at the moment:

- Monday- 45 mins steady run or swim/ exercise bike
- Tuesday- session with Altrincham. In the winter this is usually on a grass loop round the track that includes a small hill. (eg. 6 x 1000m with 1 min recoveries)
- Wednesday- 1 hour steady run
- Thursday- 20-30 mins tempo run
- Friday- REST
- Saturday- Grass/ hill session or race
- Sunday- Long run- 1h 15m- 1h 30m (easy/ steady)
- Plus some core stability whenever I remember.

BY **DAVE WOODHEAD**

Rec-iculous, that can only describe the clutch of records that tumbled on this cool day where underfoot conditions could only be described as very soggy, testament to this is the numerous runners finishing muddied up to the nines. Congratulations to 52 year old Brian Goodison on retaining his title, 63 year old Kieron Carr, new 50 year old Elizabeth Tomes, 60 year old Sheila McNulty and 71 year old George Arnold, you are all record breakers. The prize giving at the Old Sun Hotel was an epic, and the race video a good laugh for some, and a drowned your sorrows for others, this is what fell running is all about, having fun, enjoying yourself and socialising.
See ***www.woodentops.org.uk*** for maps, archives, results and pics.

Photo courtesy of Paul Wood

New V70 record holder George Arnold seen here winning at the Withins Skyline race

George Arnold
Preston Harriers – a potted biography

ME - A RECORD BREAKER - AH - GO ON!

'Surely the only record I ever broke was that 78 of Guy Mitchell.....

No – seriously I'm delighted – who would have thought all those years ago that I would still be running now, and enjoying every aspect of it.

People ask me if I've been running all my life, I tell them – No, not yet. Indeed I didn't start till I was 33, and how lucky have I been to have been gifted with a good heart and lungs, and to have avoided major injuries and illnesses. I keep setting myself new targets, and intend to keep running till I drop. If I don't run at least twice a week I feel deprived. So, I'm obsessive, but why not, I've found an activity that I'm average at. My son even tells me I've a talent – if bloody minded determination is a talent, perhaps I have.

A message I'd like to get across is that everyone has a talent of some sort, and it sometimes takes a lot of hard graft to discover it. Never give up!

I've worked as a civil engineer nearly all my life, and am still working. Early in my 30's I was having to do a lot of travelling with my job, and needed an outlet, but found to my chagrin that I couldn't jog quarter of a mile without being out of breath. I do believe we were built to run, because historically, survival depended on outrunning and killing animals; and I intended to survive. Therefor, I took up running. I soon found that road running was not for me, it was jarring my joints, and I'd already been diagnosed with "degenerative osteo-arthritis" of the hip joints, and advised 'not to run'. Cross country came to the rescue in winter, but those repetetive laps..... and what to do in the summer?

My first fell race was in 1977, Benson Knott, near Kendal, in February that was when we used to have winters – and, is this sad, I've kept 99% of my results since then! I'd like to write a book one day the basis of which will be a graph showing how ones performances (including running!) deteriorate with age. But I don't know when I shall find the time. Dave's request to me to write this missive might be the start of a literary career. Which brings me to the Daleside Auld Lang Syne, The Stoop, Soreen Stanbury Splash, and all those races from Penistone, the routes of which seem to be inextricably intertwined; I've been attempting them for the last 10 years or so.

The venue – Penistone – is the epitome of what fell running is all about, I know it's in Yorkshire, but you can't have everything. It's a privilege to be running with; sorry behind, champions of England and Britain, and mixing, and drinking with the most unassuming and friendly people in the sport.

However, I do concede, that fell running doesn't fill all the exercise criteria the upper body needs, so I do some tree felling, log chopping and some furniture humping, collecting and delivering for a local charity. As I get older I find I need more rest periods between races – one race/ week is enough now, the exception being Shepherds Skyline and Thro' the villages road race which are on adjacent days in November, but even that's beginning to get a little bit daunting.

I was presented to the Queen in the course of my job a few years ago, but that experience pales when compared with the pride I feel just finishing a race. Occassionally receiving an wawrd for a good performance is so humbling, after all we're only like grains of sand in the universe.

For training I go out on the West Pennine moors whatever the weather, and a few years ago got lost in a 'whiteout' near Darwen Tower, but fortunately was properly equipped and able to contact my family who came out to 'rescue me' I'm a big believer in the saying that there's no bad weather – just inadequate clothing.

"I'll do anything to lose weight except exercise or diet", an excuse attributed to the pedestrianly challenged masses. I've been so lucky in that my natural metabolism took over years ago, my weight has never been a problem, so long as I imbibe copious quantities of that organic nectar, which I try hard not to resist.

My proudest moments have been receiving an award, a limited edition sketch, for 20 years running of the Rivington Pike race, that's in Lancashire, competing admittedly, not very successfully at the World Masters Mountain running championships at Keswick, and in Switzerland and latterly finishing third in the English championships – I'll catch that Lawrence Sullivan yet!!

I'm a big believer in traditional values and have a dislike for this electronic age in to which we've moved, I believe that computers and video games have done more harm than good, especially to our young people – but then I'm a dinosaur – who at some races can't even get results posted to me.

My second traditional peccadillo is my love of jazz and I oft spend 'fell running free' weekends going to jazz festivals. In my spare time – yes I do manage to engineer some – I live in a large house we built 40 years ago, and I am keen to keep it and the garden shipshape.

Lastly I'd like to dedicate this passage to my wife, Barbara, who died 5 years ago who encouraged and supported me in everything I wanted to do – good on yer Gal!'

THE ELUSIVE RUNNERS HIGH

If a New Year's Eve run ends on a bad note, who cares

'Pick up a running magazine and more often than not it's full of stuff about the runners high. Perhaps I need an agony aunt because for me, the runner's high seems very elusive.

I ran at school and with varying levels of enthusiasm ever since – some 20-plus years. I've run trails… fells… 5ks…10ks… half marathons and the odd marathon. I've run around the Crater Lake volcano in the US, the track at the Sarajevo Athletic Club and other magical spots in the world. But you can count on the fingers of one hand the number of times I have experienced a real runner's high.

I'm not talking about proud feelings of achievement at the end of a tough run, nor the satisfaction of a personal best. I'm talking about that emotion-coated euphoria that seems to well up from deep within.

One such moment came the first time I ran the Auld Lang Syne a couple of years back. I live in Bingley, just a few miles from Haworth as the crow flies but a world away in terms of the weather. Bingley is cosseted in a valley and as I set out from home the weather, although wintry, was mild. By the time I reached the top of the moors behind Haworth, there were fierce winds, ice underfoot and a whirling mist. I came close to not running but somehow I got caught up in the excitement of the occasion.

The run itself comprised all the usual ingredients: exhilarating sprint at the start which quickly subsided and the lung-aching realisation that I'd gone off too fast and I might blow–up long before reaching Top Withins. But I found my rhythm and made it through the stream and the climb to the trig point. I felt fit and on the descent, I could feel my stride lengthening. Gravity was doing all the work and I was loving every minute if it. By the time I got back to the car park, my head was down and my teeth gritted for the final push to the finish. I enjoyed every moment of it.

Within an hour or so, the elation had hit me. I was on a runner's high. What a way to end the year!

Since then the Auld Lang Syne has been on my race calendar. The races have been really enjoyable and they've got me more interested in the fells. As I get older and more injury prone, I find fell and trail running – bizarre as it may sound – kinder on the body.

There is also something alluring about ending the year with a race – rather than as I used to, start the year with one. A New Year's Day run puts a brake on how much partying you can do the night before. And in a New Year's Day run, if you crash and burn - it gets the running year off to a rather inauspicious start. On the other hand, if a New Year's Eve run ends on a bad note, who cares. You can comfort yourself in the knowledge that within hours a new year will start, a fresh chapter will open – your running can only improve. And the drinks are lining up to help drown your sorrows!

Crosstrax shoes winner Dave Lewis chased by 95, Davina Raidy and Gerry Dewhirst 107

Photo courtesy of Paul Wood

There's another reason why I continue to run the Auld Lang Syne. As I line up in the old quarry behind Haworth village, I wonder if I will again trigger a runner's high. But the more I think about it, those rare moments only happen when a number of things come together in an act of serendipity: I recognise some of the contributing factors, most notably good fitness and a personal performance that demands your all and a little bit extra. I guess there are other factors that remain beyond conscious control and make the high that elusive but all-enticing running partner.

This year I won the CrossTrax running shoes voucher. Who knows, perhaps those shoes will deliver more than a comfortable ride around the fells… perhaps that elusive high may return.'

BY **DAVE WOODHEAD**

Photo courtesy of Paul Wood

Alison Thompson from Istead and Ifield enjoying the Haworth countryside.

Why do I run? It's simple really; I love the outdoors and I love running.

Chris and Allison Thompson, Istead & Ifield Harriers

'Why do I run? It's simple really; I love the outdoors and I love running. I may not be as fast as many others, but then I have other interests in life that I don't want to give up. I run to how I feel, if I want to go quicker I will, but if I don't, well I don't, after all I have nothing to prove to anybody! For me, it's about balance and staying sane, which is what my running provides. I consider myself lucky to be confident enough to go out running on my own in the beautiful countryside that we have. Running in races is fine, but I don't see it as the be all and end all and I rarely run with a watch on these days. (Shock! Horror!). Nowadays I only enter races that I know I will enjoy because of the countryside and/or the physical challenge – Auld Lang Syne meets both of my criteria.

Chris and I met in London in 1980, when he moved down from Bradford and I moved up from Kent. We married in 1984 , had Phillip in 1986 and Alex in 1990, and moved to Holland in 1994, when I started to run, inspired by a friend who ran the Amsterdam Marathon in 1996. I decided to enter the Amsterdam Half Marathon, my first race, the following year in 2h 17m. We moved back to the UK in 1998 but I then didn't run very much for a couple of years. We have lived in Kent for the last 9 and ½ years, which you may think is flat – ha!

Like most people I guess, I only ran on the road and considered hills to be far too much effort and this continued for a long time, through Dublin (2001) and London (2002) Marathons. Chris began to run in 2002 and ran London in 2003 in a very respectable 3h 49m. Having done these marathons I was left uninspired as I realised the journey to reach them was much more interesting than the arrival and completion of them. I then joined a local running club, Istead and Ifield Harriers and began a love affair with off-road running, which remains my inspiration today. And guess what? I love hills and hate the flat, which is just as well...

We discovered the Auld Lang Syne in 2003 (I think) when I was able to borrow a spare pair of Walsh PBs from a kindly soul on the start line. We were visiting Chris' family for New Year, saw it advertised in Runners World and thought it would be great fun, which it was, if not rather cold and icy. We also ran it the following year, both times on the old course. Having run, and thoroughly enjoyed this recent ALS, we both agreed we preferred the new course. I especially loved falling into the bog, having hurled myself down the hill from the trig point, seen another runner jump it and not realising the bog was as wide as it was; I only have very little legs! Mind you, a chap followed me in, so perhaps I'm not the only one who should have worn their glasses!

Running has to fit into our very busy lives. I am a Probation Officer and Chris works for the Home Office – both quite office bound. I run, at the moment, 3-4 times a week depending on what else is happening in 'real life'. I like to run at least once a week before work, which means setting the alarm for 5.40am, ready to be out of the door by 6.00am, for around 3 miles or so. During the winter I can only run where it's lit, although my preference is around the lanes and fields where we live. On Wednesday nights I run with my sister, anything between 30 and 60 minutes, depending on time available. Chris will run with the running club – usually around 10 miles. Again the winter necessitates running around the streets, but the light evenings bring woodland and farm trails. Sunday is 'long run day' for me, whilst Chris' long run day is Saturday. I'll do anything between 7 – 11 miles, whilst Chris does in the region of 12 (ish). If we can, we both squeeze another run in during the week, which could be anything up to an hour. In the summer our Club hires a local track and sessions are worked upon there. Chris enjoys(!?) these, whilst I prefer to run across the fields (about 5 miles) to get to the track and then watch the final sessions, and get a lift home. In the summer Chris participates in an athletics league that the male members of the Club attend. In the winter Chris and I run in different Kent cross-country leagues for the Club.

I was asked if we had any claims to fame. Well, I have 2. I am renowned (by my husband) for having the coldest bottom and thighs after a run. Secondly, I won a prize for being the muddiest finisher in a 9 mile multi-terrain race called the Duck Pond Waddle, near Worthing on the South Downs. I am at my happiest when the conditions are wet and muddy, which is just as well as I have done 3 triathlons, the Cheviot 2000 Fell race twice and the Offa's Dyke Challenge. We both completed the Winter Tough Guy 2 years ago, which we greatly enjoyed, even though they had to break the ice on all the water obstacles. Chris' current claim to fame is as one of the organisers of the North Downs Run, a 30km multi-terrain race in Kent – this is where you find hills, although not of Yorkshire proportions. Nonetheless, it is very challenging and has just been voted No3 in the 2007 best races list by Runners World magazine! Why not come and give it a try?. If any of you members are down this way, I can strongly recommend it, not such steep hills as you fell folk are used to, but challenging nonetheless - it undulates constantly and is normally on a very warm day! If anyone does happen to be 'down south' and decides to enter, please make yourselves known to Chris or I, we normally run the start/finish area.'

FINALLY 2007 THE YEAR THAT WAS

The Daleside Auld Lang Syne is the final chapter to the fell running year. 2007 will be remembered for all sorts of reasons, here's some of the most popular and unusual!

To most the year was a miserably wet affair with storms, gales and flooding of epic proportions, although some good news was the smoking ban, Tony Blair left office to be replaced by Gordon Brown. The major tragedies were that the Cutty Sark caught fire, contaminated fuel brought chaos, the Minnesota road bridge collapsed, the MSC Napoli ran aground, which was fortunate for some as it's cargo washed up on the Devon coast and scavengers swarmed the beach.

In sport new Wembley opened, controversy over London 2012 Olympic logo, Tim Henman retired, rookie Lewis Hamilton finished second, Janet McIver won the British and English fells, Henri left Arsenal, Laura Park won the English Schools X-C, the 'chosen one' left Chelsea, Steve McLaren was sacked, Beckham left for the USA, Joe Calzaghe won sports personality of the year, 'super mum' Paula Radcliffe won New York, Rob Hope won British fells, Hedge Hunter won the Grand National, Glasgow will host 2014 Commonwealth Games, Federer and Williams won Wimbledon, Simon Bailey won English fells, soccer England failed to qualify, rugby men show passion in final and the Ashes was a whitewash.

On the entertainment front pantomime dame Christopher Biggins won I'm a celebrity, Leon won X factor, Brian won Big Brother and the shameful race row erupted in the celebrity show, Terry Wogan caused controversy at Eurovision. The big blockbusters were, Superman Returns, Casino Royale 007, Harry Potter and Pirates of the Carribbean, Transformers, Shrek 3, Spiderman 3 and Die Hard 4.0.

In music, Take That, Led Zepplin and the Spice Girls all made come backs, was it good or bad? You decide!

Tragically the world lost Pavorotti, daredevil stunt rider Evil Knievel, Mike Reed, Benazir Bhutto and one of the most inspiring women ever, Jane Tomlinson.

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BY **DAVE WOODHEAD**

THE MAGICAL CURLY WURLY FUN RUNS

Photo courtesy of Paul Wood

Jack Garside and Lily McGuinness set a fast pace in the U8's race, Lily went on to set a new record of 2-47, 11 seconds faster than the boys record

Photo courtesy of Charlotte Jacobs

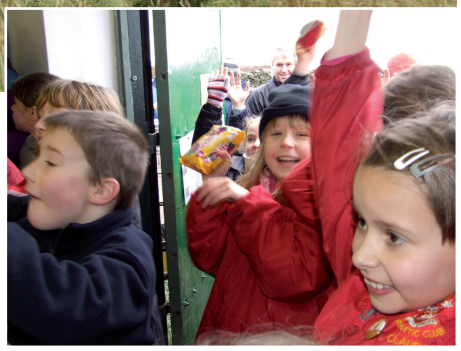

Photo courtesy of Charlotte Jacobs

These humble little races seem nothing special, after all the wilderness and sometimes bleakness that is the 'tippy top' of Penistone Hill Country Park near Haworth, West Yorkshire – it isn't where you'd expect to find the future of fell running. But the highest cricket ground in Yorkshire, West End, at 1000ft, has a magical attraction which has drawn over 2,500 boys and girls to our sport for over the past 17 years. Most of these youngsters start out as have a go fun runners trotting round what is known as *The Quarry Runs – QR's*, but over the years some have progressed to become club runners, some County runners, some National champions, some International runners and three even have become **World Champions!**

Who's to say that the boys and girls racing round now won't in a few years time follow in the footsteps of Tim Davies, Rob Jebb, Victoria Wilkinson, Alistair Brownlee, Ian Wellock, Chris Livesey, Ben Lindsay, Emma Clayton and Tom Addison to name but a few. Only three junior athletes have attained the dizzy heights of winning the senior races from this old mining area that is known as Penistone Hill, and two went on to have celebrity starter stardom.

The 2006 World Sky Running Champion Rob Jebb, was never a junior winner only finishing second in the U16 Soreen Stanbury QR race in 1991, but since then has won the Withins Skyline in 1998 and the BR3 in 2005, and for the record he was the celebrity at the 2007 BR3. At the Stoop QR's, Alistair Brownlee was twice a winner in 2000 at U12 and in 2001 at the U14 events, even as a U12 his potential was showing since he beat all the U14's. The 2006 World Triathlon Champion was invited to be the celebrity at the 2006 Withins Skyline race, and promptly afterwards won the senior race setting a new record. The 19 year old most recently took the honours and set a new record at the 2007 Daleside Brewery Auld Lang Syne fell race from a quality 472 athletes. Another youngster, Tom Addison, won at the 2007 Withins Skyline. He has been running the Quarry Runs more times than he's had hot dinners; as have the rest of the Addison clan. We have no doubt Tom's career is only just starting on the main stage, and his appearance as a celebrity starter can't be too many days away.

Two others do deserve a special mention, even though they didn't win their senior race on Penistone Hill, because their Bunny wins – BR's, were then run on Harden Moor. They are Victoria Wilkinson the 1997 Junior World Mountain Running Champion, who has won two Bunnies in 1997 BR1 and 2004 BR3, and in the latter was the celebrity starter, she was twice a junior winner at Stanbury QR's at U14 level in 1991 and 1992. 10 years later Burnley AC athlete, Danielle Walker, affectionately nicknamed 'The Mighty Atom' won the GU12 Stoop QR in 2001, and then as a fourteen year old won the 2003 BR3 ladies title.

So what is the appeal?

1. It could be that these races offer juniors the chance to run the same route three times in as many months, so they can try and get faster with each race, or even better still, they can learn 'pace judgement'. Loads of juniors do all three races, others jump on and off the Quarry Run roundabout, it's quite amazing they don't get dizzy or bored, but that never seems to be the case. The three race roundabout begins at the end

Photo courtesy of Paul Wood

Henry Fulton (54), Matthew Fretwell (30), Joseph Lee, Jack Thompson (74) and GU16 Alex Wheatman traversing the lake at the Exmouth Stoop race 2004

of October – Halloween, with the Withins. Then it's the Sunday before Santa pops down the chimney – Christmas, at the Stoop, and finally in January – its the fruity Soreen Stanbury, also affectionately known as the Maltloaf Run.

2. Although these courses are potentially on the short side for some, distance wise, the emphasis is on getting competitors out, and with regularly over a hundred taking part, it's working. In fact, the Stoop QR 2007 saw a record 150 eager runners. The only ups and downs are out of disused baron quarries, a traverse round a little lake, the visit of a trig point, a bounce through a little heather and the rest is just good fast running; as the introduction says, nothing special!
3. Of course it could be the crunchy bag of crisps, the sucky lollipop, the choccy treat, and the sweeties which make up the goody bags which all juniors receive and then happily wash down with the slurpy carton of pop. Always after a new gimmick and striving to improve these races, 2007 saw the even more choccy Curly Wurly introduced which replaced the choccy treat, to make it the new, cool, groovy, must have Curly Wurly goody bag. Curly Wurly also found itself being used in the title of the races with the new Curly Wurly Quarry Runs adding a little bit of quirkiness to the FRA calendar, they also more importantly became races in their own right, with all age group record holders being recognised in print – power to the kids!
4. There again the absolute clincher for attracting the youngsters may be the chocolate throw out, a must see event in itself, everything flies through the air with the greatest of ease, until it's caught by athletes, brothers, sisters, mums, dads, with even gran and gramps getting in on the action.

GIRL POWER

Introduced at the Stoop QR in 2002 the now highly successful U8 race then attracted 17 runners and proved girls can be better than boys, when Chloe Chew won the race outright. Since then more and more U8's have joined in the fun. Lily McGuinness took girl power to a whole new height, by not only winning the 2006 Withins QR outright, but she also set a new girls record of 2 minutes and 47 seconds, which is 11 seconds faster than Ben Cheetham's boys record. Lily for good measure had beaten all the boys to win the Stoop QR in 2006 from 33 youngsters.

In the other combined age group race U10, U12 and U14, there has only ever been one outright girl winner. That was in 1999 at the Stoop QR, when Anne Smith from Park High School in Colne triumphed from 62 runners. Anne returned a month later to repeat her feat yet again at the Soreen Stanbury QR with Mark Addison leading the other 50 runners who chased her home.

Even the Yorkshire Fell Championships found their way here in 2001, the year of foot and mouth, when most races couldn't be held. The Stoop in late December escaped, so the 6th Junior Yorkshire Championships were held over the quarry run courses, although the U14 race was run over a two lap route, and the U16 race was three laps, both one more lap than is normally done. The U10 and U12 was then a non championship so they just ran the normal one lap route. A total of 105 competed with the winners being U14's Alistair Brownlee and Abbie Johnson, and U16's Stuart Hunn and Suzanne Boyes, the U18's, and intermediates were run over the senior 5 mile course.

Even these small races have succumbed to the pressures of the modern world, the finish had to be changed due to a new fence being built, the reason given was health and safety, which seems strange when the actual races now start under a crag face, where many people clamber for a better vantage view. Plus the sheer volume of young athletes has meant they've needed more of a run at the first climb out of West End quarry and a real hands and knees scramble after circulating the lake has been replaced with a slightly longer but easier to overtake climb. Hence the great records of yesteryear by Tim Davies, Victoria Wilkinson, Caroline Whittem, Abbie Johnson, Matthew Hirst and David Shepherd have now become archive material.

QUARRY RUN JUNIOR RECORDS

BU16	TOM SESSFORD	KEIGHLEY & C	11-31	2007
BU14	NIALL GOULD	E.CHESHIRE	6-05	2005
BU12	RORY ADDISON	HELM HILL	6-15	2005
BU10	PHIL DONE	KEIGHLEY & C	7-12	2007
BU8	BEN CHEETHAM	IKLEY	2-58	2006
GU16	ALEX WHEATMAN	SCARBOROUGH	13-35	2004
GU14	ALICE FULTON	BINGLEY	7-17	2003
GU12	ROSIE HELLAWELL	KEIGHLEY & C	7-22	2006
GU10	ABBEY PARKINSON	BRADFORD GRAMMER SCHOOL	7-46	2007
GU8	LILY McGUINNESS	EAST CHESHIRE	2-47	2007

BY **DAVE WOODHEAD**

Lily McGuinness, East Cheshire, age 8

U8 Curly Wurly record holder

Photo courtesy of David Brett

'I did my first fell run at the Stoop and won it when I was 6. I am now 8 and I play the piano, I play football, and I do St John ambulance. I won the Tesco mini run and the Tameside Catholic cross-country. I have tried cycle cross twice and I loved doing it because it was muddy like fell running. I am going to start doing triathlons in the summer. I think that the U8's quarry run is just the right length and the chocolate is just right. I run for East Cheshire and have a good time. I won 2nd place for running and got player of the season in football for U8s, at the moment I play for Greater Manchester Centre of excellence girl's U10s as a right back. Every single quarry run I have been to I have won and most times have beaten the boys. Last time I even beat the BOYS RECORD!!! I am looking forward to moving up into U10s. When I grow up I think I will be a footballer, and I would love to play for Manchester City, who I support, even though I am a good runner.'

Photo courtesy of David Brett

Rory Addison has been competing here from the age of four, when he ran in his duffle coat and wellies on the wrong feet, how he's grown

Rory Addison, Helm Hill, age 13

2006 U12 English Champion
& U12 Curly Wurly record holder

'If you are looking for fun then you should go to the Quarry Runs, basically that's what it is, FUN. I did the Stoop when I was four, and I've been there nearly every year after that. The course is good, it's good for younger kids just getting started, you get a goody bag and a drink at the end as well. But when you're coming back you're piled high with chocolate and stuffed with free biscuits and coffee. You probably will be caked in mud as well. I think more races should be like these, and they did used to be a couple of years ago, but now all the races are not as much fun because the organisers aren't focusing on the fun side of running.

You should come and run here, because you are guaranteed to have fun.'

Jenny Addison, Helm Hill, age 15

'I remember watching my dad race at Bolton by Bowland, seeing him finish covered in mud looked extremely good fun! I think this was what inspired me to start taking part in fell running and the Stoop was a race that appealed to me, as you always won plenty of sweets, even if you did come last! I remember turning up to the quarry, for the first few occasions, wearing little shorts, my dads big t-shirts and a little pair of trainers, quite embarrassing to look back on to be honest – but not as bad as Rory Addison, who ran in wellies!

Looking back at the first few races that I took part in, I did not finish in the top 10, I finished quite a way back as I would be about age 6. As I gradually got older, I remember waiting all year for the one race to come about, the Stoop, still hoping that every time I finished the race, I would win some sort of sweets! One question for Dave and Eileen, why is it always cold, wet and muddy when we race? You pick your time don't you!

One year. I set the under-9 girls record, I felt so proud of myself and especially the fact that I beat my older sister as well – eat my shorts big sister Penny! As a result of setting the record, Dave (with his big Daffy Duck hat on) allowed me to set off the senior race.

I have continued to compete at all the age categories, sometimes winning and sometimes coming 2nd place behind Grace Biddle (I think). What I have noticed is that the field of competitors has continued to grow, especially the number of little nippers turning up just to have a go and it makes the memories come flooding back! Dave's hats still don't get any better, perhaps you should invite Trinny and Susanna to give you a helping hand!

I saw the races as a fun, family, typical 'Addison' day out, with most of the young Addison's winning prizes – even my Dad(Dave's nickname for him is Fatboy Slim)! The course itself has a bit of something for everyone, with a fast start, big banking, flat, water obstacle, heather and a little bit of downhill.

Photo courtesy of David Woodhead

Jenny Addison who has grown up competing here, showing grace and style

Abby-Mae Parkinson, Bradford Grammar School, age 10

Curly Wurly GU10 record holder

Photo courtesy of David Brett

'In October I won Curly Wurly Quarry Race and set a new record for the under 10 year olds, it was the first fell race I have run and I really enjoyed it. It was very tough, but I like hard races, the tougher the better!!

I run for Bradford Grammar School (the best school ever!) which is affiliated as a running club. My running coach at school is Mr. Reddish, he is very encouraging and he introduced me to cross country running. We have a really good Year Six girls team, we all train together and have won lots of teams events. I recently won the West Yorkshire Cross Country League, and our team came second.

I love running BUT really I am a SWIMMER!!

I swim for the Borough of Kirklees, and train six times a week at the Galpharm Stadium in Huddersfield. I won Top 9 year old girl in the Yorkshire Swimming Championships in March after collecting 5 golds, 2 silvers, 1 bronze and a 4th place. My best win in 2007 was in the North East of England Championships, where I won the gold in the 100m butterfly, plus a silver and bronze. Swimming is a tough sport, I train really hard, swim early mornings before school and races are won and lost by 1/100th second!

I also like triathlons. This year I have been to triathlons in Nottingham, Chester, Leeds, Derby and Liverpool, and have won at all the events, sometimes I even beat the boys times – great fun!

My goal is to win an Olympic Gold Medal – that would be fantastic!

My mum went to the Olympics in 1988, she is Lisa Brambani – road cyclist. She won a silver medal at the Commonwealth Games, was 4 times National Road Race Champion, and finished 5th in the World Championships.

I would like to be Yorkshire Champion at swimming, running and triathlon, plus get national qualifying times so that I can do the National Championships when I am 11.'

Photo courtesy of Tim Done

Rotherham's Georgina Spencer at Clougha Pike

Georgina Spencer, Rotherham Harriers, age 11

'I first started running the quarry races in 2002, when I was 6 and it hasn't changed a bit… well maybe a bit. What I remember most was Dave throwing out the goodie bags at the end of the race (yummy). Before I started running I would go on the back of my dad's tandem, we had to put blocks of wood on the pedals because my feet couldn't reach them. I also like sailing, camping, riding my bike, art and swimming.

I joined Rotherham Harriers 4 years ago although I have had one season running for Retford AC. The girls at Rotherham are good to train with and make it a lot of fun. I hope to get more of them to run more fell races this year in races like the Trunce at Penistone. In 2007 I came third girl U12 in the English Junior Uphill Fell Championships. (I will be back this year).

In the future I want to continue fell running and maybe run The London Marathon. I like fell running the best now and want to keep running but keep having FUN!'

Photo courtesy of David Woodhead

U10, U12, U14 and U16 runners with celebrity Natalie White at the 2006 Stoop race.

The Church Stretton Mob

Holly Hearle, Mercia, age 13

'I'm not as enthusiastic on running as the rest of my family, but somehow I seem to have got dragged along to all my Dad's races since I can remember. So junior races have always been a welcome relief; something fun to do in the hour while we wait for the seniors to return.

I've taken part in many local races around Shropshire – The Wrekin, The Breiddens and The New Years Day race in Church Stretton. I tried the Anniversary Waltz in the Lakes for the first time this year, too.

My biggest endurance achievement is the Stretton to Stiperstones Time Trial; a 10 mile race, over the Long Mynd and the Stiperstones, which I enter with my mum. We might not be fast, but we bagged prizes- pot of honey and some T-shirts for consistency over two years.

One of my favourite events is the Isle of Jura Fell Race. The whole family cycles from the mainland of Scotland at the crack of dawn, to the Isle of Jura. Around 50 miles and several ferry crossings later, we arrive at the island's campsite along with hundreds of other competitors.

However, the Stoop races are the most fun of all these, not just because of the running, but because of the party atmosphere. There are always hundreds of excited kids swarming around, an entertainer who dresses up in silly hats, goody bags for all that enter, and if you're lucky enough, you may even win a spot prize. Last Xmas, I won a pair of running shoes- too small for me, but they fit my younger brother perfectly. This December, the race was bitterly cold, but it didn't seem to put anyone off. I had a pleasing race, with a particularly good rush of energy left to sprint to the end.'

Holly Hearle about to leave the quarry

Photo courtesy of David Woodhead

Photo courtesy of Tim Done

Alex Hearle, Mercia, age 9

'One of my favourite sports is running . I run for my school team in Shropshire and this season I've won 2 gold medals , 1 silver medal and 6th place in the under 9s age group.

Whenever we go to stay at my uncle's in Ilkley, we come along to a race. They're great fun. In the car, we try to guess what sort of hat Mr Woodhead will be wearing. Will it be something for Halloween at the Withins or will it be Christmassy at the Stoop?

I like setting off really fast so I can get in a good position up the quarry wall. As I am running at the start , I'm always really worried that I might fall over and someone run on me . I won the under 8s in 2005 and that was my first go and I couldn't believe it. I got a prize –an England football. This October was the first race doing it in the under 10s. The thing about doing the under 10s is you're not usually at the very front because the big under 12s, 14s and 16s are running with you at the same time.

As I was telling myself "keep going, we're nearly there" each step I took felt like a yo-yo getting longer and longer, like it was never going to end.

I also love playing football. I am the captain of Church Stretton Red Rovers and at the moment I'm second top goal scorer with 14 goals this season so far. I play centre defending – mid .I couldn't come to the Curly Wurly Stoop race with Holly and Joe because it was my semi -final in the League Cup. We won on penalties 4:3 and I scored the first goal of the match from the half – way line. It was a scuffed shot that kept on bouncing and bouncing until it went through the goal keeper's legs. Now we're in the FINAL!!!

I also play the saxophone and so I think I want to be a jazz musician, but I also want to carry on with my running. I think they are both good as each other, because it gives me lots of breath to blow.'

Joe Hearle, Mercia, age12

'I have always been inspired by my dad. He used to (and still does) come back from races covered from head to toe with mud and the occasional scratch. He hasn't won but that's all the inspiration I need.

From when I was young, I have always been sporty. My main sport had been football until several years ago. Now I can class running as also my main sport. Mentally, I have a running calendar in my head of all the main races, for instance "The Stoop Race". I look forward to these races, but in between these I train with my dad. While I'm running through technical sections, I can remember my dad's words: Lift your knees, follow the heels of the person in front, and stretch your legs. This advice I won't forget as it comes in so handy.

Since before I was five, I've been into football. I play for my town (even though it's small), and have entered three times for the Shropshire inter-league. I have also trained for a place in the Stoke City Academy. I have been playing in a league for five years. Playing football is useful for when I can't train; it keeps up my fitness, so I don't have to worry.

When I do train, I like to run up a hill called "The Caradoc". It has a long path up and then has a steep climb to the top. It is usually very windy as it is high. The descent is also steep, and then you come down into a wood, cross a field and you're back. I sometimes run on "The Long Mynd", but the other hill is easier to get to. Living in Church Stretton is great as you're surrounded by hills, and there are plenty of races to enter in the area.

My mum works in the day and when she gets back she cleans flat out after us. On the weekends, she still drives us around and cleans up, but she is so determined to run. I like to see her out enjoying herself instead of trying to make us happy. Even though she doesn't enter as many races as my dad, she always enters races to do it with my sister.

Races have a great atmosphere and it is so fun to get some fresh air.

Joe Hearle and James Hall attacking the climb out of the quarry

Photo courtesy of David Brett

Photo courtesy of Eileen Woodhead

Dad Graham Pearce with daughter Nina

Now lets hear from 'oldie' Graham Pearce, Pudsey & Bramley, age 27

2007 Settle Hills winner

'For many years the Woodhead's have been organising fantastic races in and around Bronte Country for all the fell men and women folk out there. What they have also been doing is organising equally fantastic junior races The Quarry Runs at all their major races, Soreen Stanbury Splash, Withins Skyline and The Stoop, and these races together have been great schooling for 3 generations of Pearce fell runners.

Nick, his son, me, and my daughter Esme have all run either the senior races (Nick), the junior races (Esme) or both (me). Over a running career spanning over 10 years, I am proud to say that I have competed at the quarry runs, around 1996 as I recall, and now regularly run at brilliant senior races.

What's fantastic is that for the kids, it's great to get a taste of the true Woodhead fell experience early in life - the fun of the race, which is a short but certainly sharp experience, followed by the chocolatey prizes (although I do admit I did pick up the odd alcoholic prize as a junior when running in the Stoop as a U18 - much to the horror of my mother!), and the banter from which no-one is spared! It's these races which get kids used to the competition and introduce them gently, with the emphasis on fun, which I think has certainly contributed to me staying in the sport and I plan to go on for a long time yet! Yes it's a short journey - Quarry Run to Bunny Run to Stoop to Withins to The 3 Peaks!

Just one thing - my memories of the quarry were brought right back to me when running round the under-8s race with Esme - why do the races always seem to finish up the steep side of the quarry! I might start a revolution - join with me people if you think Dave and Eileen should finish the junior races in the bottom of the quarry - no more painful finishes for the kids!'

THE NEW WITHINS

Curly Wurly Rat Runs

This year the Quarry Runs at the Withins Skyline race takes on a new guise, being renamed the Curly Wurly Rat Runs. The reason for this is that Abbey Runner, Mike Ayres, is so taken with the whole ethos of the QR's he has decided to sponsor one of the races. Mike runs The Precision Pest Management Company, and initially was wanting a 'little nipper' (mouse trap) in each of the goody bags, however on reflection, we decided against it, due to health and safety ie, 'little nippers' for the little nippers wasn't a good idea! But a compromise has been found and each goody bag will now include a sugar candy mouse, along with a Curly Wurly, a bag of crunchy crisps, a yummy lollie, chewy chews and of course a carton of pop to wash it down with. Just what everyone wants for finishing a race.

The theme of the race will also see, World Downhill Mountain bike champion, Karen Ballantine, head of music at Queensbury School, being dressed as the 'pied piper of Penistone Hill', Karen will lead you all in to the quarry to the start line. Hopefully you'll all get in to the spirit of the event, because there are prizes for the best fancy dress which will be judged by our very own 'King Rat' Mike, so get your thinking caps on.....or should that be whiskers?

'Ratty Races' - Poster Competition

Design a poster for the QR Rat Runs on 26th October.

Any size. Colour or black and white.

Must be juniors, please keep mum and dad's influences to a minimum!

Closing date: 1st October.

Prizes: 1st, 2nd and 3rd boys and 1st, 2nd and 3rd girls.

Entries to:

Dave & Eileen Woodhead,
166 Hainworth Wood Road,
Keighley, W. Yorkshire BD21 5DF.
Tel; 01535 669100

Results to be published in the Atumn Fellrunner or on www.woodentops.org.uk

BY **ALLAN GREENWOOD**

South Pennines round-up

The Summer brought another fine crop of well attended fell races in the South Pennines region. Here I've chosen to profile six of my favourites – or to be precise, five and a "half". Read on . . .

All photos courtesy of Allan Greenwood

Graham Breeze of Skyrac finishing at Widdop

The Calderdale Midsummer Madness three day is now well established on many fell runners' calendars, and the Friday evening Wicken Hill Whizz is a classic route in it's own right. The course climbs 1000 feet in just a mile and a half, then with a loop to the trig point of Sheepstones Edge, plunges back down to the floor of the Calder Valley. Leicester OWLS provided a ringer among their heavy numbered ranks in this years race, as Jason Williams powered impressively up the severe climb through Red Acre and Wadsworth Bank to hold a healthy lead by the summit. However, Todmorden's Alex Whittem, the local 'flying postman' launched himself down the fell, passing James with his well practised descending style and opening up an unassailable lead. Bradford's international supervet, Steve Oldfield, who had forced his way past Alex before the turnaround point and into second place, also gave it everything on the way down, and though he lost out to Alex in the long run, dragged Andy Thorpe of Halifax Harriers, the eventual three-day series winner, along in his slipstream. Andy finished third ahead of Jason. Holly Page of Halifax Harriers is fast becoming a force to be reckoned with in local races, and she again stamped her mark here, plunging down the fellside and moving from third place to win by almost a minute.

The **Widdop** race starts at a pub on a fairly remote moorland road high above Hebden Bridge. Surrounded by bleak moor and farmland, The Pack Horse Inn, on the route between Calderdale and Worsthorne near Burnley must get some pretty bleak weather, being as it is, in such an exposed location. However, on the evening of the Widdop race this year, we were blessed with a beautifully sunny evening, perfect conditions for the one hundred plus field who lined up outside the inn. The seven mile route travels along part of the Pennine Way footpath, over the rough and soggy moor to Widdop reservoir and returns via the rugged path which passes the ancient site of Reaps Cross.

Karl Gray of Calder Valley produced a stunning performance, ploughing through the thick mire to open up a winning lead of over two and a half minute on the chasing field. Afterwards he said, "I felt really good so decided to go for it!" Todmorden's Alex Whittem finished second and Halifax Harrier Andy Thorpe placed third.

Main photo: Tour of Noorland – A new course record for Bingley's Sue Becconsall

Small photo left: Calderdale Midsummer Madness 3 day – Steve Oldfield leading the supervets in second place overall

Jo Waites made it a double for the Calder Valley club as she beat her clubmate Jo Buckley by three minutes exactly, young Holly Page of Halifax taking third spot.

The **Crow Hill** race is one of those low key evening races; no fuss, enter on the night, a decent run out and a pint at the community centre afterwards if you're so inclined. This race goes up the same side of the valley, but with a slightly different route from, the Wicken Hill race, to reach the same moorland stretch. From the canal bank in Mytholmroyd, runners travel along the bottom of Red Acre wood before climbing to Mount Skip golf course via a series of wooded tracks and lanes. Once over Heights Road and onto the moor, the Calderdale Way footpath is followed (relay leg four) as far as Churn Milk Joan standing stone. A quick ascent of Crow Hill, then a clever circuit of the hill while descending to avoid collisions with returning runners and it's virtually an out and back affair. A bit of fine tuning over the years as a previous organiser listened to runners' feedback now ensures a speedy descent via Wadsworth Banks fields, rather than the 'rough and slippery underfoot' woodland outward route. Youngster Jonathan Hare of Halifax Harriers has been continuing to make a name for himself in this kind of race and tonight was no exception as he led the way up through the wood before powering away from the field to win comfortably. Sue Becconsall of Bingley Harriers who lives a stone's throw from the venue won the women's section with ease.

Main Photo: Jeff Webster of Valley Striders climbs to Thornton Moor – Yorkshire off road marathon

Small photos; top: Jonathan Hare leads the Crow Hill race, below: Alex Whittem of Todmorden finishing at Widdop

Halifax Harrier Jonathan Hare appears to be virtually unstoppable! At the **Tour of Norland Moor** race, the 18 year old junior England international on the fells tore the field to shreds, opening up a lead of around a minute and a half by the trig point on Norland Moor. The race starts at Copley's Old Rishworthian's RUFC ground, familiar as headquarters of the Calderdale Way relay.

The route climbs *a la* leg one of the relay, but with a slight diversion on good tracks at the top of the woods to avoid any queueing over stiles. A fast traverse of the Norland Moor plateau begins, with a gentle drop-off followed by a testing re-ascent to the trig point at about the half way mark. A steep descent on tracks and lanes takes runners back to the valley floor with a fast run in along the canal side to the rugby ground finish.

A bright and sunny day greeted the 116 runners at this year's race and Hare made his intentions clear from the start, forging ahead on the initial climb and opening up a comfortable lead by the moor top. Hare clearly justifying his call up, only seven days earlier, to join the England World Trophy junior team to compete in Switzerland.

In form Alex Whittem had to settle for second place on this occasion with Andy Whitworth of Huddersfield's' Meltham AC in third and Hare's improving young Halifax clubmate Steven Bayton placing fourth, and first over 60 Raymond Hall in 24th, Halifax won the team prize.

Bingley Harrier Sue Becconsall, from nearby Mytholmroyd, who took a silver medal at the World Masters in Keswick, showed her class in winning the women's section, placing 19th and smashing the course record time in 50-03.

The Yorkshireman off road marathon is organised by Keighley and Craven AC and starts near Penistone Hill Country Park, Haworth, venue for the many popular races offered throughout the season by Dave and Eileen Woodhead. It is a measured 26.2 miles route, mostly off road, and though there is a degree of true moorland terrain along the way - which always brings in the true fell specialists who want a long Sunday jaunt - this is coupled with the attraction of some fast runnable sections to cater for the road and trail merchants. The full route description, along with the half marathon alternative, is posted on the Keighley and Craven website, but basically the course climbs from Marsh Lane to join a path alongside a water catchment drain which is followed for a few miles before climbing to Thornton Moor and the start of a circuit of Ovenden Moor passing the windfarm above Ogden reservoir to The former Withens Inn.

Here the full and half marathon routes split as the 'half' is routed along a section of road before looping back to Thornton Moor and home via a quite complex twisting route of footpaths through Leeming and Oxenhope. The 'full' takes a diversion over Rocking Stones Moor to Wainstalls and along the Calderdale Way (relay leg five) to Ogden Water, Denholme, Hewenden, near Bingley and Haworth.

Competitors can enter as an individual or as pairs. The long race was won by Andrew Cottier of Dewsbury Runners in 3 hours 12 minutes, just over a minute ahead of his clubmate Paul Ward, though the first pair home from the 21 teams who started, Richard Pattinson of Pudsey and Bramley and Horsforth's Mark Bendall, split the lads with their time of 3-13-00. The women's field was headed by Naomi Sharratt of Stainland near Halifax in a record time of 3-53-17, while the Horsforth ladies pairing of Sarah Berry and Nicola Wild crossed the line in 4-49-41. See the website or race-results section in this issue for the vets and 'mixed' category winners. In a field of almost 250 competitors, Calder Valley's Ben Mounsey and Jo Waites managed a winning double for their club in the half marathon, Ben romping home over eight minutes ahead of Pudsey's Jon Holah, and Jo having to recover and put up a late fight with Ilkley's Emma Barclay - who won the over 40's prize - after straying from the route somewhere around Oxenhope and temporarily losing her healthy lead!

BY **ALLAN GREENWOOD**

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Calder Valley Fell Runners get the key to the door

Last Autumn, a Calderdale club came of age. Calder Valley fell runners set out to celebrate their 21st birthday with a steady social group run designed to include the whole club.

Allan Greenwood joined them…

Were you in 'Wadsworth Trog' country one weekend towards the end of October? If so, maybe you happened to venture out onto the hills above Heben Bridge.

Did you then, perhaps, witness a great flash of red and white travelling through the Calder Valley? Maybe, if you happened to be one of the dozen's of folk out running, biking or walking over the moors above the Valley that particular Sunday, you thought you were seeing things, as a great snake of people travelled past at a gentle jogging pace, seemingly dressed up like barber's poles. Well, no. Your eyes wouldn't have been deceiving you, for it was probably Calder Valley Fell Runners, celebrating their 21st birthday and all proudly wearing their club colours, red and white hooped running vests.

It all started in November 1986, when a group of athletes got together one Tuesday evening at The Shoulder of Mutton pub in Mytholmroyd. One of them was Jeff Winder, a thirty something fell runner who ran with Halifax Harriers and lived near West Vale. His idea of weekend recreation was simple. He loved to run and be a part of an organised club.

Now, at the age of 56, Jeff is exiled to Scarborough and can still be found pounding out the miles over the North York Moors. Jeff was always a talented athlete and was often in demand to turn out for his club to run in road events and team relay races, which were not always to his taste. Jeff's great passion in running was for the rugged moors and mountains of the Yorkshire Dales, Peak District and Lakeland. He decided that he needed to break away, and that the only way to go, rather than to join an existing club in another district, would be to form a new one in Calderdale.

It would be a low-key, social running club, dedicated solely to off-road and mountain running. "It was a really exciting time" remembers Gary Webb of Hebden Bridge, one of more than a score of like minded men and women who turned out to run the whole of Sunday's celebration twenty one mile route. "We were going to strike out and start our own little club, governed and financed by ourselves". Other founder members included Cragg Vale's Rod Sutcliffe, then living near Heptonstall, Jimmy Sheard and Russell Arrandale of Luddendenfoot and another of Sunday's long distance faithful, John Riley. Rod has been an extremely active member of the club Committee, serving as Chairman for many years. Nowadays he is a membership representative with the FRA Committee. Gary Webb continued, "Jeff's observation that the blue and white hooped vests of the great Bingley Harriers could be distinguished amongst crowds of runners gave him the idea for our club colours. He simply substituted the blue with bright red and now everyone can see us from miles away!"

The club's constitution was written, races were organised to raise club funds, and the new running singlets ordered. The Calder Valley club quickly began to earn respect and a good reputation as a social, friendly outfit. Twenty one years on, and little has changed, except their membership has swelled to around a hundred active members, including more than twenty women and a new junior section is thriving, with dozens of youngsters turning out weekly. Basing themselves at Mytholmroyd Community Centre, the club meets at 7pm on Tuesday evenings, splitting into groups to cater for all abilities.

And what better way then, for a social, friendly running club to celebrate their coming of age, than to dream up a circuit of bridleways, trails and moorland footpaths, totalling a distance of 21 miles, with meeting points along the way so that any of their members could join, or drop off, in order to do as much, or as little of the route as they desired. The "twenty one run" was the brainchild of Alistair Morris, a GP from Hebden Bridge who happens to be an adventure racer as well as one of the club's best competitive orienteers. "We wanted to mark the occasion in some way", he says, "but we needed an event which could include the whole club – top runners, joggers, parents; young and old alike."

It was estimated that around eighty members took part in the celebration jaunt that Sunday. Some started at the beginning in Mytholmroyd and admitted to dropping out at around 'opening' time. Others joined in later along the route, as it climbed to Crow Hill above Sowerby, down to Cragg Vale, up and over Erringden Moor to Stoodley Pike monument, down Daisy Bank and across Great Stubb to Mytholmroyd. From here the great red and white chain gang proceeded up to Hare and Hounds at Chiserly, before climbing to High Brown Knoll, the highest point on Midgley Moor, across the soggy marshes to Sheepstones Edge where a host of junior runners were waiting to join in for the final mile, back to Mytholmroyd via Mount Skip, Raw Lane and Wadsworth Bank Fields. A quick count up tallied fifty two members of the club descending the final run-in down through the farm gate at Hill House before the last down hill run to Mytholmroyd. Fittingly, twenty one of them had completed the entire circuit. Current club membership officer Thirza Hyde is widely though of as the 'glue' that holds the squad together, having had a hand in creating the club's new-look website, as well as continually sending out newsletters and bulletins by email.

The present chairman is Bill Johnson. He currently organises the Midsummer Madness 3 day in June and masterminded the hugely successful British fell relay championships on the private Castle Carr Estate in 2006. Bill's wife Anne, (nee Stentiford) a former Everest Marathon winner who holds the record for the fastest female Bob Graham Round and Welsh Paddy Buckley Round, is an active club member and their two young children also run with Calder Valley. Bill summed it up over a pint and a sandwich in the 'Shoulder' afterwards. "The great thing is that the club has stayed faithful to it's roots. Even though there are many more members nowadays, it's still a low key, no fuss friendly club, catering for everyone who shows an interest". As we chatted, the junior runners still had the energy to dart about the pub, still wearing their running tops and shorts. "Who knows", pondered Bill, "Perhaps these youngsters will still be keeping the club alive in another 21 years".

To find out what Calder Valley fell runners are up to this week, their website can be found at www.cvfr.org

BY **MIKE MOSS**

Bradford Millennium Way Relay

Or The Birth of a Long Distance fell relay

St. Bede's A.C. is a small running club formed in the early 80s as members of the St. Bede's Old Boys football team decided they were too old for regular football and wanted to stay fit. The club initially concentrated on road running but quickly developed into an all round out of stadium athletics club. Through the 90s the club dabbled in organising road races and staged fell races for the Yorkshire vets championships and cross country races in the West Yorkshire Cross Country League. In 2001 the club had started organising the John Carr 5K race series and was looking at another outlet for a race at the local level.

The Bradford Millennium Way Relay was the brainchild of one of our retired members Colin Huntley who was also a keen walker and had found out that a group from Bradford Council were launching a long distance walk along the lines of the Calderdale Way and the Leeds Country Way. His suggestion was to use this route as a relay race in a similar way to the Calderdale Way Relay. A period of negotiation with the route organisers and a number of discussions came up with the idea of a summer relay race which would give us more daylight and the chance to hold prize givings outside. This led to a mid June date (this year it is Sunday 15th June). The route itself is shown as a 48 mile route which led us to the idea of 5 legs of as near 10 miles as possible. This route, although having Bradford in the name, does not actually get within four miles of the centre of Bradford and is a circular route starting about five miles north west of the centre on Baildon Moor. The circle then goes clockwise taking in Denholme, Oxenhope, Bronte Bridge, Laycock, Steeton, Silsden, Addingham, Ilkley and back to Bingley.

Then there was the problem of where to start and finish. The actual route is designed to start and finish at the Bracken Hall Centre on Baildon Moor but there is nowhere there for changing and results. Fortunately the route passes fairly close to the Bradford & Bingley sports club in Bingley and after some negotiation we were able to be based there for the start and finish. Once that was decided we could plan the handover points. When thinking about the race we had worked on the basis of going for a maximum of 50 teams which means finding parking for up to 100 vehicles at each handover point. After going round the course and determining where the road crossings were we realised that we would have to make the handover points where they are, as these places can just about cope with this number of vehicles. This left us with slightly longer first and last legs but each leg has it's own challenges.

The first race was organised on 30th June 2002 and had 20 teams competing, mainly from clubs that don't specialise in fell running. As we wanted this to be slightly different we provided four main prizes. First Men's Team, First Vets Team, First Mixed Team and First Lady's Team. Where we are different is that the Vets team can be anyone male or female in the vets category. The Mixed category requires one man and one woman to run each leg. We felt this would give more interest to the event allowing some of the smaller clubs to possibly compete effectively. Since then we have introduced an Open category for any combination of men and women.

That first race was won by Wakefield Harriers Vets team followed by St. Bede's Mens team. Ilkley Harriers took the lady's prize and Valley Striders the mixed.

At the end we were much encouraged by the positive feedback from all competitors and so it was quickly agreed that this would become an annual event.

In 2003 23 teams competed and the race was won by Keighley and Craven's Male Team with the other three prizes going to the same clubs as in the inaugural year. Particularly impressive was Valley Strider's mixed team finishing 6th overall after a fine last leg by Tim Towler and a certain Tracey Morris.

This was the year when the AVOS team from Belgium made its first venture into fell running.

In 2004 25 teams competed and again Keighley, Wakefield and Valley Striders won the Men's, Vets and Mixed prizes with Keighley also taking the ladies prize. The AVOS team returned after the success of the previous year.

In 2005 30 teams competed and Horsforth Harriers took the Men's prize with Keighley prising the vets prize off Wakefield. Keighley again took the ladies' prize and Valley Striders retained their hold on the Mixed prize. This was also the year when the weather took its toll. With temperatures well into the 80s dehydration became a problem particularly on the third leg with two competitors receiving treatment at the end and one requiring hospitalisation. We had provided additional water on the course but even so this was not enough particularly those who refused water and later suffered. The AVOS team was back with a few extras.

In 2006 Pudsey & Bramley led home the 40 teams with Valley Striders the vets winners, Bingley Harriers took the lady's prize and Chapel Allerton Road Runners the Mixed team prize. For the first time we awarded an Open Team prize and that went to the Loopcircuit Oost-Groningen team, one of four Dutch and Belgian teams taking part. We also had a guest appearance of two New Zealand middle distance representatives competing as guests on leg 4 and setting a record time.

In 2007 we had chosen the date of 24th June and had started taking entries when the Jane Tomlinson 10K was announced in Leeds and our numbers of entries fell to 32 teams. Keighley won the race with Wakefield regaining their hold on the vets prize. Ilkley regained the ladies prize and Loopcircuit Oost-Groningen the Open category. Accrington Road Runners competing for the first time took the mixed team prize with much celebrating. Again we had three foreign teams competing. A special mention goes to Andy Nicoll of Bingley Harriers who, having competed on the first leg for Bingley went on to run the rest of the route in a total time of 10hours 14 minutes which was only 55 minutes slower than the last team!

We pride ourselves on being the fell relay that allows the smaller clubs, that don't necessarily compete much on fells, to experience a friendly, well organised event that can be a step up into the more traditional relays. The terrain may not be the toughest of fell courses, but each of the five legs provides varied and occasionally tough running. We have been well supported by a lot of local clubs but there is always room for more. If you are interested in getting a team together please contact **Mikemoss@blueyonder.co.uk**

BY **MARK CROASDALE**

Smarna Gora

Take Two

Top left: Tom Cornthwaite, first English runner. Bottom left: Sarah Tunstall. Main photo: Rob Little Ricky Lightfoot James McMullan enjoying Ljubljana

6th October 2007

Having successfully taken a group of under 23s to last year's final Grand Prix event, we decided to do the same again this year. The team was selected from the England World Trophy Trial and was aimed at athletes too old to go as a junior, but who as yet, had not quite made the grade for the senior team.

Last year Adam Grice and Katie Ingram were part of the team and this year they went on to the World Trophy in Switzerland and had great results, Adam finishing 4th and Katie 18th.

At the trial there weren't as many under 23s as we would have liked, but what we lacked in quantity we gained in quality.

Part of the selection criteria was that if athletes made the senior team they wouldn't be considered for the Smarna Gora race. This did have an affect on the team as Adam Grice (21yrs old), Katie Ingram (22) and Sarah Tunstall (21) successfully made the senior team, which on the other hand was great to see.

The team selected from the trial was Tom Cornthwaite, Ricky Lightfoot, Robert Little, James McMullan and Rachael Thompson. Unfortunately Rachael had to drop out through injury late in the day, but hopefully she'll be back next season.

Ljubljana in Slovenia isn't the easiest of places to get to and Stansted was the best route out with Easyjet. We all assembled in Manchester and flew to London with Airberlin and, as seems to be the norm with England Team trips, there were the mandatory delays!!! But we got there and were picked up in Slovenia by the organisation and taken to a very new and smart hotel. Also travelling out were Victoria Wilkinson and Sarah Tunstall – Victoria looking for a good run to secure a podium place in the Final Grand Prix standings and Sarah looking to build on her great run at the World Trophy a few weeks earlier.

On arrival most of the team went for an easy run around the local area before we all met up for evening dinner. After that everyone retired early as it had been a long day.

As we'd arrived on the Thursday evening and the race was on the Saturday we had a whole day to kill, so Friday morning after another stretch of the legs we decided to take the bus into Ljubljana and see the city! The weather was warm and sunny and we found that Ljubljana was a very impressive city. We walked around the open market, sampled the funicular railway up to the castle, which Tom was rather excited about???

In the castle grounds we relaxed and enjoyed the view, while Tom again got rather excited and went to do some strides???? We had a spot to eat back down in the city and then got the bus back to the hotel. It was great to see something of the place we had come to, as quite often all you see are the mountains and running trails.

That evening at the hotel was the presentation of race numbers and the race organiser Tomo Sarf went through the race details. Then it was time to tuck into some good food and finally another early retirement in preparation for the race.

If Friday was sunny and warm then Saturday was anything but!!!! It started raining in the night and at breakfast it was still raining – in fact it was throwing down, what a contrast!! Everyone wrapped up and prepared to get wet. Very wet.

At the start area not a lot was happening as most people were just sheltering, but when the time arrived for the team to get out and warm up, I just stayed under cover until the last moment and then made my way up the course to support everyone. It wasn't a day for spectators and the best place to be was probably out there racing!

Both men and women set off together and all were glad to get going. At the top of the first climb Marco Gaiardo (Italy) was leading the way. He was out to win the Grand Prix series in style. Not far back were Tom Cornthwaite, Ricky Lightfoot and James McMullan, all packing well and pulling each other round, but Robert Little was off the pace and seemed to be struggling. In the women's race Victoria and Sarah were up in the leading positions with Victoria right on the shoulder of Anna Pichtrova, who at the World Trophy a few weeks earlier had been crowned World champion. Sarah was just slightly back in 5th.

Once over the top the athletes descended down a tight zig zag gulley and around the back of the Mountain before climbing back round the other side and up to the finish. Because of the wet conditions a number of athletes didn't enjoy the descent but the English athletes had no such problems. On the final climb Marco Gaiardo had faded to 4th and the Polish athlete Andrzej Dlugozs moved through to win in 41m 25s. Joe Symonds finished 8th with the English team being led home by Tom Cornthwaite in 10th. James and Ricky had a good battle with James just getting the edge in 14th to Ricky in 15th. Robert who had been struggling early on battled on to finished 38th.

In the women's race Victoria Wilkinson was having a storming run and had pulled clear of the reigning World Champion on the descent and made the gap even bigger with a strong ascent to the finish. In the cold and rain Victoria's time of 48m 54s was even more impressive. Sarah Tunstall, also having a great run came through to finish 4th to cap a great season on the mountains.

In this final Grand Prix of the season there were some great performances by English athletes and all bodes well for next season.

With the rain still throwing down we had a flight home to catch, so it was off to the race hotel to clean ourselves up and head to the airport. The journey home was less problematic, but it was still late in the evening when we all arrived back in the north. Victoria stayed out in Slovenia for the Grand Prix presentation and collected her well earned prize for 3rd position in the final series rankings.

BY **DANNY HUGHES (PRESIDENT WMRA)**

WMRA Grand Prix

Victoria Wilkinson finished the 2007 mountain running season with a resounding win in the last WMRA Grand Prix race in Slovenia

Victoria's fell/mountain running career never flourished as promised when she won the World Junior title in Czech R. in 1997. She transferred her talents to cycling were she enjoyed much success. This combined with some injuries pushed her running career into the background.

In recent years she has featured in the England World Trophy team and the GB European championships team with limited success as her record shows;

2005 Grand Prix 13th
2005 World trophy 31st
2005 European 8th and member of the winning team.
2006 World Trophy 11th
2006 European 31st
2007 Grand Prix 2nd
2007 World Trophy 15th
2007 European 20th

2007 saw her taking her mountain running career more seriously as she competed in all four Grand Prix races the only lady to have done so. Her best result prior to the last race was 5th position in Crans Montana and her lowest scores were 7th position in the other two races. She needed to replace one of these low scores with a big score in the final race if she was to stay in the podium position (best three results to count). Her rivals were the very strong Czech couple, World Champion Anna Pichrtova and Eva Milesova, and a couple of strong local girls. Only a win would guarantee Victoria an overall second position. This was a tall order with Pichrtova in fine form. The tricky technical course, 'Smarna Gora', was made doubly difficult by a torrential rainstorm. Although the course finishes at the summit, it also included a considerable amount of descent (the 9km course has 350m of descent and 710m ascent) The conditions and the course obviously suited Victoria tracked Pichrtova before storming (an appropriate word!) to a surprise victory winning by 47 seconds and thus securing her silver Grand Prix position by just four points.

Young Sarah Tunstall running in the same race came in a creditable 5th and we will surely see even better results from her given that she remains free of injury and focussed on the big events.

(Left to right) Anna Pichrtova, Victoria Wilkinson, Eva Milesova

Photos courtesy of Pete Hartley

Victoria Wilkinson at the european Mountain Running Championships in Cauterets – French Pyrenees

Smarna Gora Results.

1.	Victoria Wilkinson (GBR)	48.54
2.	Anna Pichrtova (CZE)	49.41
3.	Mateja Kosovelj (SLO)	50.24
4.	Iva Milesova (CZE)	51.56
5.	Sarah Tunstall (GBR)	52.06

WMRA Grand Prix final ranking

6.	Anna Pichrtova (CZE)	308
7.	Victoria Wilkinson (GBR)	270
8.	Iva Milesova (CZE)	266
9.	Maria Roberti (ITA)	237
10.	Pavla Havlova (CZE)	216
11.	Martina Straehl (SUI)	185

All results can be found on the WMRA web page www.wmra.info

BY **ALAN BARLOW**

England International Mountain Running 2008

Selection Committee

Alan Barlow (Chairman)
0161 483 9330 or email: runalan55@hotmail.com

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

Bashir Hussain (Junior Team Manager)
0161 474 7554 or bh122@tiscali.co.uk

Sarah Rowell (selector)
01535 644975 or saz@srowell.demon.co.uk

Funding

England Athletics have agreed to fund the majority of our international programme which should mean that athletes will only have to make minimal contribution towards costs.

ENGLAND ATHLETICS

Selection Criteria

The committee will select the best available teams to represent England, although where shown some teams will be selected as development teams to encourage less experienced athletes and give them experience of international competition.

All eligible athletes wishing to gain a place are expected to compete in trial races and the selectors view trials as the primary means of selecting the teams. Current form may be taken into account.

It is important that the team managers are kept informed by runners of their aspirations to run for England well before the date of team selection, which will usually be the date of the trial race. Any runners wishing to be considered for selection but not able to compete at a selection race must let the relevant England Team Manager know well in advance of the selection race.

For all races if the selectors believe that a minimum performance standard for selection has not been achieved, they reserve the right not to select a full team. We do not intend to send teams to international events composed of athletes who have not demonstrated the level of performance required.

England Team Support

Denise Park has accompanied the England Team to recent World Trophy events.

PROGRAMME

Marco Germanetto Memorial Race, Susa, Italy

JUNE 22ND 2008
Trial: Based upon English championship races. Details will be posted on the FRA web site.
England Team: 3 junior men and 3 junior women plus one travelling reserve in each category. Athletes must be born in 1991 or 1992

International Snowdon Race Llanberis Wales

JULY 26 2008
England Team: 4 men and 3 women.
Selection: The Moel Elio race will be used as the selection race.

World Mountain Running Trophy – Crans Montana Switzerland

13TH SEPTEMBER (UPHILL ONLY)
Senior Team: 6 senior men and 4 senior women.
Selection: A trial will be held on 17th August, date and venue to be confirmed in the Fell Runner and on the FRA web site. All eligible athletes wishing to gain a place are expected to compete in the trial and the selectors view the trial as **the primary means** of selecting the team. As a minimum the first two male and female runners will be offered places. The remaining places will be decided on current form and in addition performance in a specified European race may be taken into account.

Junior Team: 4 junior men and 3 junior women. Athletes must be aged 16 to 19 (inclusive) on Dec 31st 2008.
Selection: All eligible athletes are expected to compete and the selectors view the trial as the primary means of selecting the team. As a minimum the first three junior men and the first two junior women in the trial race will be selected. The remaining places will be decided on known form up to and including the day before the trial.

Any runners wishing to be considered for selection but not able to compete at the selection race must let Bashir Hussain, England Junior Team Manager know well in advance of the selection race.

Open British and Irish Junior Hill Running Championship,

TO BE HELD IN SCOTLAND AT BONALY,PENTLAND HILLS NEAR EDINBURGH
OCTOBER 12 2008
England Team: 4 U18 men, 4 U18 women, 4 U16 men, 4 U16 women, plus one travelling reserve in each category.
Selection: the first runner in the FRA junior championship in each category will gain automatic selection. The remaining places will be selected on known form. To be considered for selection athletes must have competed in at least two 2008 FRA Junior English Championship races.

Smarna Gora Slovenia

4 OCTOBER
We intend to send a U23 development team to this race. Selection will be at the World Trophy trial. Eligible athletes who wish to be considered should let the England Junior Team Manager know before June 2008.

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GARMIN NEW

Forerunner 405 With Heart Rate Monitor £260, without £230
GPS-enabled sports watch.
During a run, this slim, sleek watch accurately tracks distance, pace, heart rate (when paired with
heart rate monitor) and calories, and displays it all on the easy-to-read screen. Tap or slide a finger around the innovative touch bezel to change information without fumbling for a button.
ANT+SportTM wireless technology automatically transfers workout data to and from your
computer when your device is within range. No cables, no hookups. Users can upload data to Garmin Connect, a new web-based application that lets them analyze,
share and store workouts. See our website for full spec.

New Balance 1100MDS NEW! £80
The official Marathon Des Sables shoe and the ultimate trail running trainer developed for extreme off road running conditions. Cushioned with ABZORB in the forefoot and ABZORB SBS in the heel the shoe also has a medial post for stability and Rock-Stop outsole protection system.
Sizes: Width D 7 - 13, 14

New Balance 908 NEW! £70
A cushioned trail running shoe with an ABZORB FL midsole. An N-Lock upper and External Heel Counter for support. Rock Stop 2 and Toe Protect protection for durability and TRU-TRAK technology for grip.
Sizes: Width D 7 - 13, 14

Inov8 Race Pro Series Packs
New from Inov8. See our website for the complete range of this exciting development.

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

Inov8 H2orizontal™ Hydration Bladder £15
Easily accessed from the external back flap opening, meaning no more emptying your pack to fill up the bladder. Lower centre of gravity and with the bladder shape fitting around the lumbar region makes the pack more stable. Bladder is segmented for ergonomic fit around the lower back which provides lumbar support. This segmentation also reduces water movement when on the move.

Mizuno Harrier NEW! £60
As above, but new model with Wet Traction outsole for superb grip in all conditions.
Men's sizes: 6 - 13
Women's sizes: 4 - 8

OMM Bags and Clothing.
See our website for the complete range

OMM OM3 Bumbag £15
Lightweight and comfortable bumbag
Carrying all the kit required for Fell Racing.
Taking rain jacket on Sunday long run.
Padded back. Reflective tape
Two side packets for energy gels/bars
Royal Blue

OMM Classic Mountain Marathon 25L £50
Leanweight Chassis puts strength where it is needed. Universal Gear Rail. Carries everything from axes to poles to skis.
Bladder carry in internal pouch or in front compression pocket. Bottle carry , 2 mesh side pockets. Leanweight can be achieved by removingSide elastics, axe/ski fittings, Duo-Matt.

Inov8 Flyroc 310 £65
A lightweight trail shoe with a breathable upper. Great fit, and very flexible. Good grip in the mud.
Unisex sizes: 4.5 - 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,

Montrial Streak Trail Shoe £65
Designed for use on a variety of surfaces from rock and mud to grass and dirt. This is a lightweight and responsive trail shoe. Gryptonite™ "sticky rubber" outsole offers great traction on wet and dry surfaces, combined with outstanding durability.
Mens 7 - 12.5 Womens 4 - 8 inc. half sizes

Inov8 Mudclaw 270 £65
This is a very lightweight, comfortable and secure shoe with outstanding grip. Excellent fit for contouring from the advanced lacing system.
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

Montrail Highlander Fell Shoe £60
The Highlander offers grip/stability and some cushioning. Ideal for those pre-season long runs, mountain marathons or events with hard ground. Suitable for fell running, mountain running.
Low rounded heel and barefoot-like control. Large Gryptonite lugs. Close fitting heel. Tough mesh upper with webbing supports, for quick drainage. Women's version is built on a women's last.
Men's: 6-12 inc 1/2, 13
Women's 2.5 - 8.5 inc 1/2 sizes

Asics Torano Was £60 Now £40
Trail shoe for the mild overpronator, with good balance of cushioning and stability. Good grip for off road terrain.
Men's sizes: 6 - 14

Mountain Bear Gladiator £55
A very comfortable snug fitting shoe that offers good grip and excellent stability. A definate rival to the more established Walsh Fell Running Shoes
Sizes: 3 - 13 inc. 1/2 sizes.

Walsh PB £55
The classic fell running shoe, still the market leader and largely un-changed over the years. Glove like fit and superlative grip on virtually all surfaces.
Sizes: 3 - 13 inc. 1/2 sizes.

BY **PAT EDWARDS**

The Bobbity Bob Dash

Karls BG Attempt 29th/30th June 2007 23hrs 52mins

Twas Friday, near to midnight, with friends all gathered round,
All come to help Karl Edwards on his Bobbity Graham Round.
The Moot Hall, brightly lit in Keswick's peaceful square
Towered high above us, completely unaware
that Karl, Jon, Ken are ready, Leg one to Threlkeld waits
And on the stroke of midnight they loped down Keswick's strait.
Up Skiddaw, then Great Calva, bright moonlight lit their way.
Blencathra, then down Hall's Fell Ridge as sunrise brought the day.

Pat, get sarnies ready, Dot, put kettle on,
For Karl's due in to Threlkeld soon, let's hope he won't be long.
Harry get gazebo up, and Dave get camera ready,
For Karl's due in to Threlkeld soon, let's hope he's going steady.

With spirits high and will so strong Karl set off up Clough Head
With Derek, Clive and Tony on Leg two, the Dodds ahead.
Eventually Helvellyn then down Dollywagon Pike,
Cruising down Seat Sandal as merry as you like.

Pat, get sarnies ready, Dot, put kettle on,
For Karl's due in to Dunmail soon, let's hope he won't be long.
Harry get gazebo up and Dave get camera ready,
For Karl's due in to Dunmail soon, let's hope he's going steady.

With three more legs to go and the going getting tough,
Dennis wants a brew on, Steve and Angus need a puff!
It's time to go calls Mick and with rice pudd working well
They start Leg 3 with steady climb up green and steep Steel Fell.
Up Sergeant Man and Pike O'Stickle, bad weather rolling in,
Mist swirls around the mountains and rainy stormclouds spill.
Was Karl's effort getting to him, imagination playing tricks?
Or was that his mate Barry waiting up there in the mist?
Then Malcolm took a tumble on the wet and slippy shale,
He gashed his hand so Angus went down with him to Wasdale.

Pat, get sarnies ready, Dot, put kettle on,
For Karl's due in to Wasdale soon, let's hope he won't be long.
Harry get gazebo up and Dave get camera ready,
For Karl's due in to Wasdale soon, let's hope he's going steady.

With wet and weary bodies but spirits bobbing high,
Karl and team arrive at base to whoops and happy cries.
With soup and tea to warm him and all to cheer him forth
He gathered strength for Yewbarrow, and started on Leg 4.
We watched them climb together, Karl, Denise, George and Dale
Til the misty top embraced them as they clambered up the shale.
By now even we were tired, Pat, Mick, Harry, Dave and Dot,
We packed all up and headed back to find a restful spot.
With fish and chips and cups of tea we chilled out under cover,
As rain swept in we thought of Karl and wished his task was over.

Pat, get sarnies ready, Dot, put kettle on,
For Karl's due in to Honister, let's hope he won't be long.
Harry get gazebo up and Dave get camera ready,
For Karl's due in to Honister, let's hope he's going steady.

We drove on down to Honister, the tension riding high.
We scanned the dull and cloudy hills, and time went ticking by.
Dave and Harry went off climbing to look out for the team,
But Denise had followed different path and Har fell in the stream!

Would Karl do it in one day and complete this awesome test?
The doubts were creeping in now, he'd have no time to rest.
His rice was eaten on the climb, his team continued on,
Joined by Clive and Dot this time, Leg 5 the final one.

At Littletown we watched the lights up on the mountainside,
Bats swooped into our torchlight, our anxiety rising high.
Descending in the dark wasn't easy, looked so hard,
And time still ticking by, there'd be no stop for Karl.
The long road down to Keswick would test the strongest heart,
Walking not allowed here, Karl's team was very smart.
Dale kept him on the run, Clive wouldn't let him stall,
They knew that clock was ticking fast above the old Moot Hall.

Pat, get warm coat ready, Dot's out on the run,
For Karl's due in to Keswick soon, let's hope he won't be long.
Harry get the champers shook and Dave get camera ready,
For Karl's due in to Keswick soon, let's hope he's going steady.

At last, we saw the torches bobbing into Keswick's square,
Surrounded by his cheery squad, just minutes left to spare.
We shouted, clapped and cheered as Karl came into sight,
He touched and kissed the Moot Hall steps eight minutes to midnight.

What joy, what glee, what tears did fall as champagne rained upon Moot Hall.
All tension gone and fears allayed, Karl's twenty-year ambition made.

Pat, wipe away those tears, Dot put your smile back on,
For Karl's back here in Keswick and he wasn't all that long.
Harry's packed away the gear and Dave's camera's put away,
For Karl's done his Bobbity Graham
Hurray, Hurray, Hurray!

BY **NEIL SHUTTLEWORTH**

Ricky Wilde

and his records

Ricky Wilde: Turnslack, 1981.

Photo courtesy of Bill Smith

The Lantern Pike fell race has just seen Andi Jones (Salford H) equal the second fastest winning time (30:04) there, thirty years after Ricky Wilde (Manchester H) ran 29:12 in the inaugural race. A day later a neighbour enquired of the race and I said Andi was OK as he had three hundred chasing him. Well, 284 actually but the queuing for the stiles is another story. "Ricky was a world-class athlete," said my neighbour. I agreed then gave him a brief resume of his athletic career. For those new to the sport I recap on this conversation.

Wilde did the 1968 Three Peaks race off the cuff (no specific training) and to plagiarise Joe Lancaster in *The Guardian* Ricky - the sheepdog - faithfully followed its master - Mike Davies who was on for his fourth consecutive win. Wilde "stopped in his tracks at Winterscale" and 'crawled' up Whernside to finish fifth at the Hill Inn.

He was going well in the first Edale Skyline in 1974 until a disaster struck: Bill Smith reminds me that Ricky had a three minute lead over Harry Walker at Mam Tor but then had the misfortune to wrench an ankle descending Mam Nick, forcing him to retire. Later that year though he would show his immense talents by winning two fell races in a day: Harden Moss in late afternoon and Great Hill in mid-evening.

In 1970 he had a tremendous cross-country season and placed sixth in both the National and the International, the pinnacle of any cross-country runners dreams. He was also fourth Briton there. That winter he had broke the world record for 3,000m indoor when winning the European title (7:47.0) having won the UK too. A year later he was credited with the very fast time of 58:40 for the Manchester YMCA 20km race yet only placed third.

"I am lazy, says world champ!" was the headline he had generated in 1972, and this was a man who was a key part of Manchester and District Lads Club Harriers success over the country and in road relays when they (or Bolton) were then the dominant team – at least in the North.

For the 1972 Olympic Marathon trial (Maxol Marathon) he went well for about 20 miles being up with the leaders in what was truly an international marathon race. He dropped many places in the then dismal setting of Trafford Park and came 36th, way off the selectors radar. That day he was just a footnote – 36, R Wilde (Manchester & D) 2:23:04.

His best time for a marathon was set in the States when he ran 2:14:44 for 1979 Grandmas Marathon. He was fifth best Briton that year, and that was worth about 40th in the world.

1, R Wilde 2:14:44, 23 June 1979, Duluth, USA

On the fells Wilde was outstanding – take the Snowdon race: he turned up for the second one in 1977 and won it in a new record time with specialists like Jeff Norman and Mike Short in his wake. He took 66:07, compared to the current record of 62:29 by Ken Stuart (1985).

Personally I recall many of us were officially timed out of the 1971 Karrimor at Plas-y-Brenin. Unofficially Ricky and John Irwin (Bingley) were sixth with myself and Peter Walkington eighth. But the last checkpoint had been withdrawn and only four finished.

Around now he was quite an accomplished orienteer with Manchester & District OC.

Once when I asked him about that 1977 Lantern Pike record he was so modest that all he would say was 'I ran hard all the way'. And that is what Ricky wrote of that epic race at Hayfield in Bill Smith's *StudMarks*.

One could use the analogy to a kettle boiling and say that Ricky was on the boil that day. But what talent he had even when he was just simmering.

Finally I quote from his club's centenary history –

Ricky Wilde had a number of outstanding performances in 1980. There were wins for him in the Darwen Moors, Fairfield Horseshoe, Lyme Park, Great Hill and Edenfield Fell Races, the last-named in a new record time. He also had 2nd placings in the Saddleworth and Kinder Downfall races. At the A.A.A Marathon championship in Milton Keynes he finished 17th in 2-19-23.

So for many years Ricky Wilde has been making his mark. He was absent from the 2007 Lantern Pike race because he was attending the World Veterans Track and Field Champs in Italy. Come next May and we'll see that it is thirty years since Saddleworth's Pots and Pans race record was set by Ricky, a remarkable runner. I do not for one minute feel that a slightly shorter course is the answer to sceptics who say "the course has changed" – take the Saddleworth race: the late inimitable Frank Sykes told me that if more than a hundred started it was on the road at an equivalent distance one would have run from the original mill yard start. No, on his day Ricky was steaming from all portholes. And thirty years ago on the hills he was producing super-heated steam.

Saddleworth Fell Race, 3 miles/950 ft ascent; Sunday 1 June 2008.
Records: 18:50 R Wilde 1978;
22:49 C Greenwood 1984.

Sources:

Athletics Weekly; *The FRA Handbook* And *Calendar 2007*; *The Guardian*; *Manchester Marathons* 1908-2002; [ISBN 0 9507882 4 4] R Hill and N Shuttleworth; (2003). *MAC's Centenary History: 'The First Hundred Years'* by Wilf Richards (1986). *Stud Marks on the Summits – A History of Amateur Fell Racing: 1863 – 1983*; Bill Smith; (SKG Publications, 1985).

BY **BOFF WHALLEY**

Run, drink, fall over

An Interview with current British Champion Fell Runner, Rob Hope

Photo courtesy of Pete Hartley

The Stoop 2007: Rob Hope (P&B) 2nd - heading for the finish

It's not yet seven o'clock in the morning and it'll be a couple of hours more before the mucky Yorkshire daylight chases the frost from Ilkley Moor. I'm up towards the moor summit, wrapped and balaclava'd, trying to conduct an interview whilst running over the crunchy moorland, checking to see if the cassette recorder is still going round. It doesn't like the cold.

Rob Hope doesn't seem to mind it though. He's a few months into his first year as British Fell Running Champion, and neither the gradient nor the weather seem able to slow him down. Having drifted across the Pennines a decade ago, he's now the latest in a line of Pudsey & Bramley fell champions – Jack Maitland, Sarah Rowell, Anne Buckley, Gary Devine – who have planted the maroon and yellow vest at all fell running's major summits.

I wave the recorder in Rob's face as we skip through an ominously orange-coloured bog. First question, one that I asked Ian Holmes about six or seven years ago – Do you get bored of winning? Even slightly? I tell Rob that Ian had said, emphatically, no. Rob looks at me as if I'm mad.

"I agree with Holmesy. I never tire of winning. Anyway, there's always a different race to win, and you can always strive to run faster or try to beat a different field of runners."

But with winning the British Championship being the pinnacle of the sport in this country, isn't there an element of… (the wind snatches at the hood of my cag. Quick re-adjustment) …an element of 'downhill all the way' from here?

"No. I could try to win the Championship again, or go for something different. It's good to win the British though, as it means I can enjoy doing other races and events in the future knowing I've already won it once."

So, was it easier or harder than you thought?

"As expected really. I've competed in the Championship races for years, so you get to know what it takes. The hardest part is traveling around to Scotland and Wales!"

See, Rob can answer these questions without breaking into a sweat. I try to coax out some well-hidden ego, the hideous gloating power-crazy obsessive that only surfaces during a final heart-bursting climb in a big race with Rob Jebb breathing down your neck. At what point this year, then, did you think, "this is mine. I can win this."

A slight pause. In the conversation, not in the running. I swear the bugger's getting faster, picking up the pace as we talk.

"I suppose I thought I had a good chance after getting Duddon out of the way. Long races have been a bit of a sticking point in the past, but old age seems to have given me a touch more endurance!"

That's not ego, that's just politeness. One of the great things about fell running is the fact that even the best runners can often be incredibly polite and generous. You've seen them, finishing the Ennerdale suffering from exhaustion, sun-stroke and dehydration, still raising a smile and a thankyou to the finish-line marshals. I press on, reminding Rob that he's another of P&B's top-class runners who've come through the club's seemingly ad-hoc system in the last couple of decades – a system based more on socialising than on intensive training. Get a bunch of decent runners together who love the fells and love competing with and against each other, and they'll get better and better. In Rob Hope's case, and better and better and better. I ask him if he thinks anyone from Pudsey & Bramley is on for winning the British Championship in the next few years. John Heneghan? Or younger brother Danny Hope, maybe? Or…

"Winning the Championship? Yes, me again! Dan needs to pick his base speed up a notch and overcome the long distance blues that

Photo courtesy of Tim Austin

Rob Hope on his way to winning in Ireland (Donnard Comedagh 2007)

I struggled with. If he can do that, he's got a good chance. His general strength and fell guile are top notch. John's definitely got a good chance, especially when he develops his fell running experience."

By now we're striding along the Ilkley Moor skyline, jumping quagmires and pools and getting utterly blathered in oozing mud. The clouds are refusing to lift, as is often the case up here – they just sit there, filtering the sun until the whole sky is the colour of incredibly weak tea. Another question, don't let him know I'm struggling to keep up now. How seriously do you have to change your whole year's plans to win the Champs?

"Not much really. I did focus more on the British Champs races this year and cut down on non-champs races inbetween. I don't want to become a boring, single-minded runner. My running's only an hour or so a day on average. Still got 23 to play with!"

Do you do ridiculous amounts of training? Give me a rough idea.

"Training, what's that? Training's for jessies! In a nutshell I'd say typically, Monday – a steady run up to an hour, Tuesday - Track session 16x400, 6x mile, 8x800 or similar, Wednesday - steady up to an hour, Thursday - Hills around 1 to 4 minute efforts, Friday – same as Wednesday or a rest. Saturday – a race or a brisk hour, and Sunday, a long run of up to 2 hours, usually. I sometimes substitute a run for a bike ride, and work on a ratio of 3 running miles equals 1 cycling mile. Also, I try to do a bit of core strength at least once a week."

So that leaves plenty of time to uphold the rest of the P&B tradition, then – run, drink, fall over. I ask Rob if he sometimes mixes the running and the falling over in the wrong ratio…

"Oh aye. Probably one of the best challenges is trying to win the Stoop each year after the Work Christmas 'Do', which usually starts on a Friday at 1-ish and ends up in some club 'til 3ish. Racing on the Sunday after isn't particularly pleasant. Even with a day's rest inbetween."

We're on our way down now, tumbling along stony paths and over slime-covered duckboards. The tape recorder comes dangerously close to ending up in a mossy pool of murk. I ask Rob if he fears anyone on a starting line. He looks at me as if to say, I wouldn't tell you even if there were. OK, I'll rephrase that. Who do you respect on the starting line?

"I respect anyone who has a go."

And then we're off the moor and running down the last descent to the car, to the real world, to the rest of the day. OK, I've got one more question – are you ever spurred on by fear of Danny beating you?

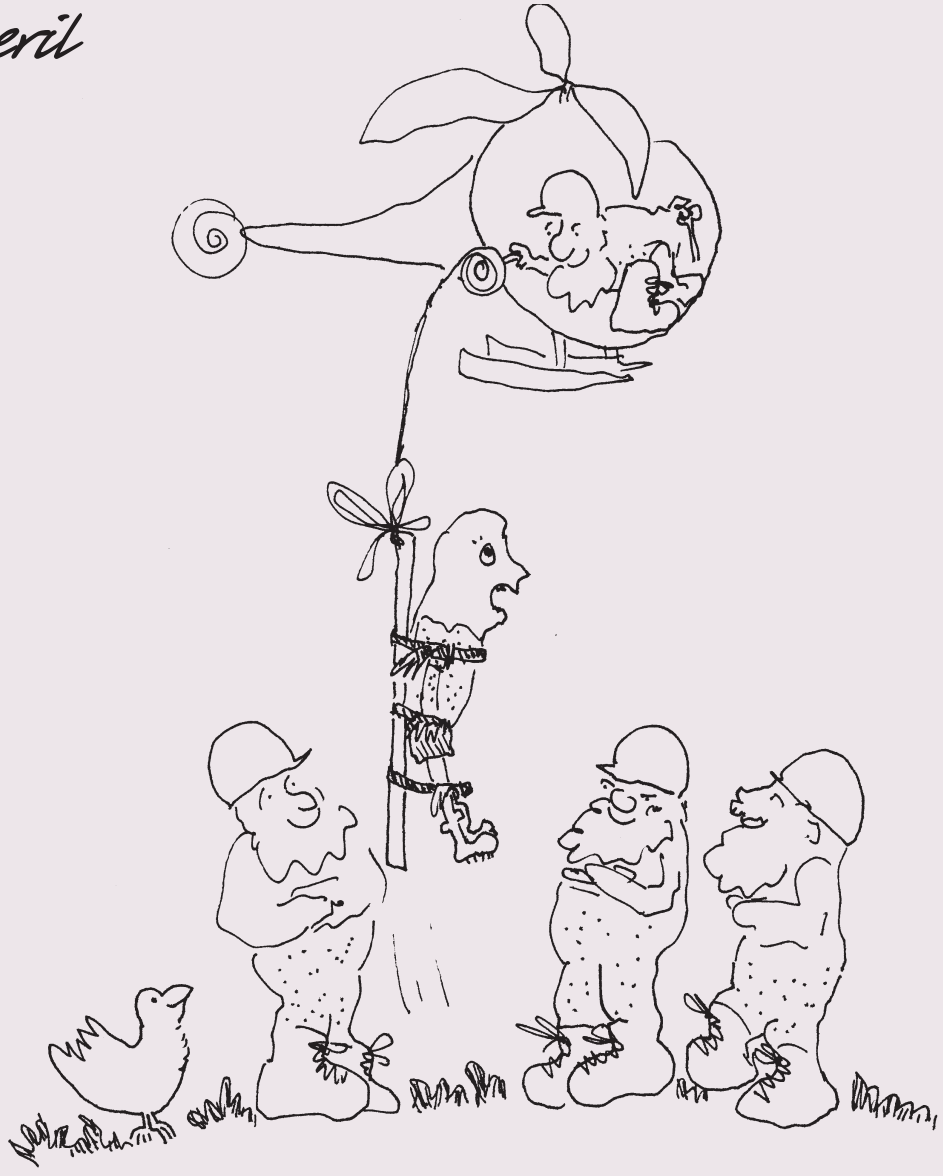
"This is my greatest fear! A couple of years ago he nearly beat me up at Blake Fell after I was coming back from flu. I had to pull out a desperate last-gasp sprint across the finishing fields to beat him. Thoughts of hanging up my Walshes passed through my mind as I was trying to reel him back! And he would have beaten me at last year's Anniversary Waltz, but I pretty much passed out at Cat Bells and had to drop out. Three weeks of antibiotics had taken its toll. Actually, I've only dropped out of two races in my whole life though, which isn't bad going."

We stop. Rob's hardly out of breath, I'm panting like a sick dog. I switch the recorder off with a clunk before he smiles and says, "cheers for the run. You were really pushing me hard up there." Or maybe that was just the sound of a car-engine backfiring.

BY **PETER HAYES**

The Return of Oliver Mallis

Episode 7: Pennine Peril



Time: January, 3pm.
Place: Oliver Mallis's Flat

Mallis was sitting idly flicking through his favourite reading, the Annual Incident Report of the Keswick Mountain Rescue Club. As usual there was much sound advice on the dangers of the mountains and the imperative importance of safety procedures. Each of the more serious accidents had an air of inexorability reminiscent of the moral fables of yesteryear. A hiker had headed out into the hills *alone and without leaving a detailed itinerary.* Small wonder, then, that when he had suffered a heart attack no one had known where to look and he had not been discovered until closing time, lying comatose in an aisle of Booth's supermarket. A second hiker had set out up Walna Scar *inadequately clad and without wearing boots.* He had promptly been run over by an off-road vehicle. 'Served them both right too', Mallis thought, with grim satisfaction. Those who did not treat the hills with sufficient respect thoroughly deserved their comeuppance.

Mallis shut the book and glanced up at the sonorously ticking clock. In about eighteen hours time, Tricia would be bouncing down to their prearranged rendez vous at the Edale carpark. Mallis had been faintly worried when he had dropped her off in Scotland. Was it wise to head off into the Pennines in the dead of winter wearing only a standard pair of Walsh trainers and equipped solely with a mars bar and space blanket stuffed into a bumbag? She had promised to send him a postcard too, but none had yet arrived. Mallis calmed his fears. Tricia at least had Bates with her and Bates, for all his faults, was an experienced man of the fells.

What bitter irony! Mallis ground his teeth at gaining comfort from the fact that his arch love rival Don Bates was enjoying the danger and the romance of the Pennine Way with Tricia while he, Oliver Mallis, was left behind caring for their pets. He had been delighted, of course, to take care of Tricia's blue budgerigar 'Joss', but was intensely annoyed that he had been inveigled into looking after Bates's cat as well. Had he learned nothing from the 'Sniffer' affair? Mallis wondered bitterly. Of course, the villainous Bates had taken care to ask Mallis the favour when Tricia was there, else he would have refused. Oh well. It was not really that bad. The cat was easy enough to care for. Mallis had it safely cooped up in his kitchen, while Joss had been given the run of the sitting room.

With a blush of anticipatory pleasure, Mallis imagined the scene when Tricia collected the bird. How she would thank him; how he would laughingly deprecate her concern at the mess the budgerigar had made on the furniture.

And then, of course, he had prepared a little surprise. By repeating the phrase a thousand times a day for a week, he had finally taught Joss to say 'I love you'. Would Tricia take the hint? Perhaps, Mallis thought, he should give the little fellow a bit more practice to make sure he said it to her.

'Joss!' called out Mallis, holding out his finger. ' Come here Joss! Joss! I love you. I love you. I love you. Here Joss!'

Usually there was a fluttering of wings when Mallis beckoned. But this time there was only silence. Where was the bird?

Mallis's heart froze: the kitchen door was ajar.

Bates's cat sauntered through the doorway. Its expression of smug insouciance was vaguely reminiscent of its owner. But where Bates smoked a pipe, the cat had a tell tale blue feather dangling casually from its mouth.

***Time: 24 hours later**
Place: Edale Carpark

Thank goodness there had just been time to buy another budgie of about the same colour! Hopefully, Tricia would not notice. It was unfortunate that the new bird had a habit of repeatedly saying 'Bernard Manning' and occasionally it came out with one of the late comedian's choicer epithets. Still, there was no time to do anything about that now and frankly, Mallis admitted to himself, he had much more serious concerns to contend with: Tricia and Bates were late, very late.

Mallis paced the Edale carpark, anxiously scanning the skyline for any signs of life. When should he call Mountain Rescue? Mallis fingered the dial of his mobile phone irresolutely. Perhaps he should trot up Grindslow Knoll to take a last look for them first.

Twenty minutes later Mallis was at the summit, peering out into Kinder's misty gloom.

'Tricia! Batesy'! he called out. There was no reply. All he heard was a flutter of wings and cruelly ironic cry of the grouse: 'Go Back Go

Back Go Back'. Whatever had happened to Tricia, there could be no more delay. Mallis phoned the emergency services on his mobile and asked for Mountain Rescue.

'Do you…are'?

'What'? Reception was poor and the wind was strengthening.

'Do you know where you are'?

'Grindslow, above Edale'.

'OK, Grindslow. What … wearing'?

'What? Oh. An anorak, shorts, and a pair of Walsh trainers. But its not me…'

'… trouble hearing … Stay put … there shortly..'.

Almost immediately there was a loud 'wooba wooba wooba'. A helicopter loomed out of the mist, ropes were lowered and the mountain rescue team came swarming down like SAS acrobats.

'Hi. Thank goodness you've come. Tricia and Bates should be somewhere between here and Kirk Yetholm'.

But no one was taking any notice.

'We've found him. Over'.

'Condition'?

'Inadequately clad. No boots. Looks like a real nana'.

'Roger. OK. Let's haul him up'.

With startling swiftness Mallis found himself being strapped to a metal frame.

'Hey stop it!'

'Calm down sunshine, you're delirious'.

Mallis struggled but it was no use. In a matter of seconds the burly mountain men had immobilised him and he was raised vertically into the air.

*

Time: 3 hours later
Place: Entrance to Mallis's Flat

Bruised and shaken, Mallis fumbled with the key. The helicopter ride had been unnerving, and once back down in the valley a rather nasty argument had ensued. Mallis shuddered to think what the mountain rescue team would put in their incident report. And the worst of it was that Tricia was still somewhere out there in the icy fog. He opened the door. What was that on the mat? A postcard! This, at least, might furnish a clue to her last whereabouts.

With trembling fingers Mallis picked up the card. It showed a some curiously shaped boulders that he could not quite pinpoint. Had Bates and Tricia have strayed into the treacherous ground around Brimham Rocks? Mallis turned the card over. Yes! There was the girlish hand of his love!

Dear Oliver.

We changed our minds about the Pennine Way when it started raining and hopped on a flight to Tenerife instead.

Having a great time.

Love to Joss.

Tricia

The doorbell rang. Mallis opened it and Tricia bounced in looking fit and suntanned. Bates followed, carrying a small bottle of banana wine.

'Hiya Oliver. Did you get the card? Where's Joss'?

From somewhere inside the flat came a vile expletive followed by the mocking refrain of the new budgerigar.

Bernard Manning.

Bernard Manning.

Bernard Manning.

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BY **JOHN OSBORNE**

Nature watch

There's more to see on the Three Peaks than you think

I'm writing this article to coincide with the Three Peaks fell race in April and it is my intention to make runners more aware of the wildlife that may be seen or heard whilst running on the course.

I have the fortunate position of working on the Ingleborough National Nature Reserve for Natural England (formally English Nature) where I am the Assistant Site Manager and my job is to carry out much of the land management on the reserve, maintain footpaths and look after our native breeds of cattle, (you may well encounter our cows whilst running down off Ingleborough on the Three Peaks course.)

Photo courtesy of Sue Tranter – www.rspb-images.com

Raven

Working on Ingleborough also means that I can train on the Three Peaks by running to and from work to my house. I am often running up Pen-y-ghent in the evening when most of the walkers are long down which is really nice as I can appreciate this beautiful place as the sun sets to the west behind Ingleborough.

I am especially interested in the bird life of the area and, although numbers are low due to human pressure on the Three Peaks, the birds that do breed around the area are rare and certainly worth looking out for. There's nothing nicer than listening to the three *phew, phew, phew* whistles of the **ring ouzel**. Many of you will have heard this bird singing whilst perched on a ledge high up in a mountain corrie in the Lake District, where the song echoes or on a steep scree slope where they will find a small sheltered spot to make their nest. The three whistles are characteristic of this bird and if you are lucky enough you may also hear a short musical flurry of notes immediately following this. It's nice to be able to identify a bird from its song and I take great pleasure in telling my Settle Harriers running pals what bird is singing in the distance. The ring ouzel (also known as the *mountain blackbird*) resembles a blackbird however both male and female have a white crescent –shaped band across the breast.

Back in 2006 I managed to locate three male ring ouzels singing around Pen-y-ghent, (only the males sing which is the case for many song birds) and they were either singing to attract a mate or holding territory and singing to warn off other males from invading the territory. The most obvious ring ouzel was singing on a small cliff on the corner of the path where it turns right to start the traverse along the face of Pen-y-ghent (SD838742), so it's certainly worth stopping for a moment here to listen for those distinctive three whistles, (though I doubt you will want to stop here on race day!) The birds return from their wintering quarters in early April and will start singing straight away so should be in full song by race day. (Indeed if you're a bit of a nerd you can identify one singing on the Three Peaks 50th anniversary programme that ITV made a few years ago)!

If you're running up the path (or coming down) in late March/early April stop and look up to the small cliff beside the finger post and you will see a wonderful show of the rare **purple saxifrage** flower growing out of the vertical limestone band of rock. This tiny bright purple alpine finds its most southerly location in England here on the limestone rock, with more on the other side of the hill near the steep steps. If you do get near enough to it, it is worth smelling the beautiful scent from this flower. However this plant is rare and must not be picked, and is a truly beautiful site clinging to the limestone cliffs in such a harsh environment. It comes out into flower very early but soon fades and by mid April has started to die back for another season, so you won't have long to see this Arctic gem.

Another bird to listen out for around the Three Peaks is the **raven,** even though **t**here aren't as many around as in the Lakes. The largest of the crow family (Corvids), only about eight pairs nest in the National Park and most of these are in old quarries. I usually see them around Ingleborough every day and am alerted to their presence by their distinctive *gronk, gronk* flight calls. In winter the raven is often the only large bird to be seen around the summit plateaus, especially Ingleborough, and their distinguishing features are the feathers which stick out on their throats, the huge bill and large wedge shaped tail. But it is their deep guttural calls which you can hear even if the birds are flying at great heights. It is interesting that ravens often nest beside peregrine falcons and use the peregrines to drive off intruders (humans or otherwise) as the raven is a very shy bird and easily disturbed. Peregrines however will dive bomb any intruder and emit a high pitched screaming call. The raven is one of our earliest nesting birds and can nest as early as late January if the weather is mild although I have seen a raven incubating eggs sitting tight in a snow storm!

Of course there are many other bird species I could have mentioned but these are certainly some of the more interesting when out on the Three Peaks. One must remember that wildlife found in the uplands is quite unique and great care should be exercised not to cause unnecessary disturbance. Should you stray too close to a nest, then one of the parent birds will certainly let you know that you are unwelcome so move away. Don't forget that **a dog off the lead will cause great stress to breeding birds, especially in the breeding season when chicks are unable to fly**.

I would like to finish by saying that fell running and wildlife can exist harmoniously as long as the wildlife is respected and remember that we are enjoying a hobby whereas this is the home for some of our rarest upland species. I enjoy fell running and watching wildlife and feel privileged to be living and working in this very special area. I hope you too can enjoy the wildlife, I have given you some clues on what to look for and shown that there's more to the Three Peaks than you think

See you on race day!

Photo courtesy of Helen Seargent

Purple Saxifrage with Pen-Y-Ghent in the background

Ring Ouzel

Photo courtesy of Andy Hay – www.rspb-images.com

BY **SHAUN DENHAM**

Motivation

What motivates a runner?
Vanity,
Passion,
or Pride.
Or something much more primeval,
That lurks still deep inside?

Long before our nation was automated
and life was less of a hectic pace.
Our choice to get from
A to B
was running
.....although not a race

Its only now
with all life's comforts
we've become a lazy bunch.
Imagine there was no takeaway
and you had to chase down
your lunch !

On road or field,
in fell or dale,
in summertime or snow,
a runners motivation
is simple,
its just an urge 'To GO!'

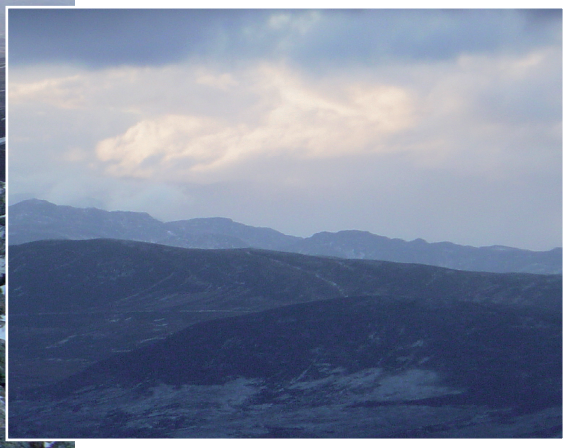
To GO past your limits
and push on through
with your
body,
soul ,
and mind
and find that place within yourself
that's been lost to us
over time.

Next time you're asked
'Why do you run?'
whether that be by friend or foe.
Just turn straight round
and tell them back
'I still have **my** urge TO GO'!

BY **MURDO McEWAN**

Carpe Diem...

Go for it!



Above: Looking west from remote Meallach Mhor – Thursday 3rd January 2008
Left: Summit of remote Meallach Mhor – Thursday 3rd January 2008

Friday 4 January

When opening the curtains on the Friday morning I quickly realised that I had made the right decision. It was universally grey with everything outside carpeted in fresh snow, and swirling gusts billowing across the fields to the south. Even at this altitude ~ just outside Feshiebridge, on the western fringes of the Cairngorms ~ it looked Arctic. With a degree of self-satisfaction I could enjoy a large leisurely breakfast and help restore some of the many calories burned off yesterday.

Earlier in the week, New Year, this hadn't quite been the plan. There had been no access to TV or weather forecasts, so we had rather been relying in the loosest possible sense on the long range forecast from several days back. This had been to the effect that it would be cold on Thursday, but much improved and a good day to be out on the hills on Friday. So Friday would be the big day out. So we had thought.

Thursday 3 January

When I'd opened the curtains on the Thursday morning - far from early as it was not the chosen day for Great Activity - it was indeed cold looking, but still and quiet.

I decided there and then to go for it. Not so much a plan, more a case of several connected thoughts, had been bubbling away in the brain to string three remote hills together for a long day out. Certainly in summertime it looked like a full-ish day ~ or two days maybe, going by the guide-book blurb. But in winter? Would it be feasible at all?

I'd been out on the hills three days earlier, and it was effectively dark by 16:30hrs. Night navigation in the Cairngorms in mid-winter on one's own in running kit could be a bit iffey. But I reckoned the many boggy bits would mostly be frozen solid. Therefore instead of alternating between wading through and skirting round, I could scuttle nimbly along the surface making much more rapid progress. So I reasoned.

The idea was to park just before the road end near Achlean, five miles south of Feshiebridge (Grid Ref. 851985). Head south to the Corbett / almost Munro, Leathad an Taobhain, 912m. (GR 814858) situated *"in the vast tract of featureless hills and undulating plateaux between the headwaters of the River Feshie and the Minigaig Pass"*. Then north and west to the Corbett Meallach Mor, 769m. (GR 777909). *"This hill, lying between the upper Feshie and Tromie Glens, is very much off the beaten track, and is seldom climbed. From any direction it involves a long walk in"*. And back to the starting point via Corbett Carn Dearg Mor, 857m. (GR 824912). "It is possible to descend NNE from Carn Dearg Mor along a broad ridge over Carn Dearg Beag to reach a track which goes down to Glen Feshie at Carnachuin".

On parking the car at the designated spot the thermometer registered 0 degrees C. There was no wind, but it certainly felt pretty chilly. A three-layer-top day from the outset - Coolmax long-sleeved vest, thin fleece, trusted 'Concurve' Goretex top; along with lycra leggings and new-ish Inov8 shoes. Just two other cars were in the car park. Off I trot southwards towards the distant plateau of Leathad an Taobhain. Unlike the other day when I got a shoeful of icy water here just after setting off, the first river crossing passes without mishap. Phew! And soon I am over the main River Feshie bridge, across to the single track tarmac road, wending its way up the west side of the glen. What a well designed smooth surface with well planned water run-off gullies regularly bisecting the roadway. There's plenty to look at and progress is good, with no great effort. The Estate buildings look well maintained but there's little sign of any people or activity. A far cry from nearly 200 years ago when the Duchess of Bedford took a shine to the area. As well as spending a great deal of time hereabouts, she invested heavily in buildings and Estate infrastructure. The artist Edwin Landseer came under her patronage, so his classic paintings such as Monarch of the Glen, Returning from the day's hunt, and similar wild Highland scenes of the time, were evocatively based on the hills all around me. Furthermore, the glen would have been a major thoroughfare for folk passing to and fro via the important Minigaig Pass drovers road.

Very different from today where it is all so barren, in some respects, with few signs of much happening.

I am to turn right, and away from the River Feshie, by a 'ruin' marked on the map. Landseer slept here! And the Duchess? Maybe. It's uphill now and colder but easyish going. I pass a frozen lochan and keep ascending. Round a few more corners I'm a couple of hundred feet higher and suddenly exposed to the east wind. A winter wilderness confronts me as I continue on to Meall an Uillt Chreagaich @ 847m. The outer left, and inner right, legs of my lycras are caked in frozen sleet. Time, maybe a bit belatedly, to put on my Goretex overtrousers. These billow around for what seems several minutes, like a couple of squirrels in a pair of windsocks, before they're in place. That feels much better, but my painfully numbed fingers ache from the exposure.

There's a bit of a dip now, then *"The ascent of the final 150 metres to the summit is straightforward, still following a faint path"*, the guidebook advises. Whoever wrote that certainly isn't here today. In the dip, and just before this ascent, what I thought should have been frozen solid turns out to be thin ice over squishy bog … = very cold left foot. Flounder on upwards, compass in well-gloved hand, squinting through the stinging freezing sleet. Hit the summit trig point spot on. This confirms exactly where I am (and where I thought I was!) and is certainly reassuring, though there's no cairn of stones at all on this isolated lump of a hill. Going with the wind from here I can scuttle/be blown briskly westwards across to the 902m. sub-summit.

It should have been easy now to drop down to the Minigaig track, and progress rapidly along this so-called major drovers road. But in the snow there's no sign of it. So I angle steeply down north north west towards the confluence of the Alltan Creagach and Mas-Chaochan burns. I'm pretty keen to cross before the confluence; after it, it will be twice as wide and deep. Progress is surprisingly reasonable. Occasionally running on ice; occasionally going through it; occasionally being on the Minigaig track for a

Up on top ~ the big 4000 footers behind – photo taken 30th December 2007, when the weather was A1+ brilliant

bit, then losing it again. There were so many meandering deer trods around it was quicker to just keep going rather than spend time trying to work out which was the actual Minigaig. Occasional grouse; masses of deer. I reach the river crossing (before the confluence) but it's too wide to jump. I could risk wet boulder hopping and very possible slip / immersion, or wade through. Wade through. Yikes, it's cold! Think about a drink of water - by now the water in my bottle is sloshing around in a semi-frozen state like those rather nasty slush-puppy drinks, but without the lurid blue or orange colouring. Pass on the water stop; pass on stopping.

I press on gradually upwards, and am reasonably warm(ish) from the effort. After the comparative shelter of the forest plantation, it is easy to go westwards with the wind to the summit of *"remote"* Meallach Mhor. For the one and only time of the day a muted sun glows through the shades-of-grey. Time for a quick photo call. A rather fine, albeit jumbled together cairn. Seriously out of the way Loch an t-Seilich, and distant Gaick, to the south; the winking early evening lights of (I think) Laggan to the west. My fingers rapidly seize up from exposure to the elements.

Homeward bound, east now and into the wind - but progress is good. I'm moving quite quickly and the spirits lift further as a white mountain hare scurries off from almost under my feet. Back to the warm-ish shelter of the forest plantation where I nibble half a not-very-appetising ham roll, half a frozen Kit-Kat, and down a couple of mouthfuls of slushy water. Dusk. Fit the head torch in place at the ready, but not turned on. I check map and compass; it is far easier to spend time working out my bearings now than when higher up where I reckon the wind will make it a serious ordeal.

Off and upwards into the near darkness. The outline of the ridge is clear enough; but I miss the zig-zag track up to the bealach, going straight up instead and hit the biting wind. Exhilarating? Or miserable? Breathtakingly exhilarating, if the truth be told. Carn Dearg Mor, summit cairn. I briefly turn on the torch to check map / compass, and am immediately blinded by the light. 16:45hrs. It's well and truly dark with no moon but bright clear stars by the million. The dim lights of Newtonmore are now behind me, the dim lights of Kingussie off to my half-left. The bright lights of Aviemore shine from a north north easterly direction, where I want to go. I use that to guide me, and trot downwards. The going is easy enough - quicker than with the torch on. All that gave was a small area of intense brightness; otherwise total blindness. The trigpoint of Carn Dearg Beag is reassuring; but all semblance of a track is now lost and I'm floundering through knee-high heather still aiming for the lights of Aviemore. Maybe much easier terrain close by on either side of me. Who's to know? But I'm okay, and it's not such a cold wind at this lower altitude. The icy track to Carnachuin welcomes me. Feelings are mutual as I slip and slide down it to the single track tarmac road.

Looking southwards to the Equator – photo taken 30th December 2007, when the weather was A1+ brilliant

This was where I had travelled along on the outward bound journey and I must make sure now not to miss the bridge back over the river Feshie. I remember it should be just past a small clump of trees on my right hand side in this direction. That achieved, and successfully avoiding a cold wetting on the final river crossing, it is now just another ten minutes to journey's end at 18:45hrs. I've been on the go for exactly nine hours.

No doubt there are many more nimble folk who could nip round the route in half the time; or maybe even a third of the time in daylight and less inclement conditions - but that would be an entirely different story, and would effectively miss much of the essence of this particular adventure.

And no doubt the risk-averse Health & Safety types would, in the words of Queen Victoria, be *"not amused"*; and would seek a blanket ban all such activity. But then there would be no adventure and no exhilaration. (Though, perversely, there would probably then be even more adventure and more exhilaration in so doing it.)

Almost everything went to plan. For instance I should have put my Goretex overtrousers on earlier, but I'll learn from that experience. With a warm glow of self-satisfaction I'm well pleased with how it all panned out, and can now tuck in to my Friday morning full-fry-up-breakfast with gusto.

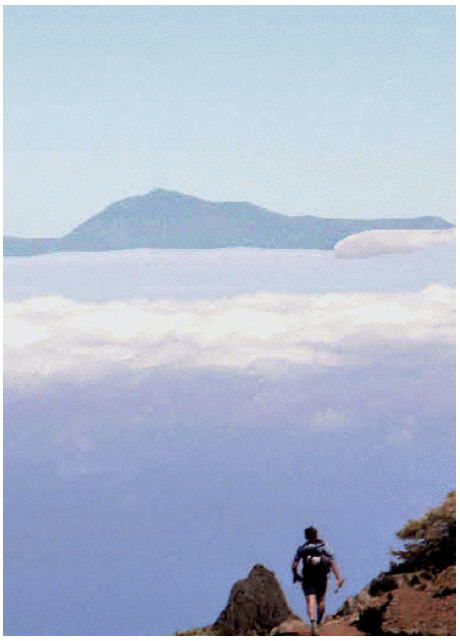
Postscript

The so called "good hill-walking day on Friday" turned out to be a nightmare. Two highly experienced friends sensibly turned back from attempting a relatively straightforward hill trip. Not far away on Cairngorm 200 skiers were "rescued" on what the local paper reported as being one of the wildest days in the area for several years.

Wasn't I just so lucky to "seize the opportunity in the lifetime of the opportunity"?!

BY **PETER HAYES**

Canary Islands 3 Peaks Challenge



Think of the Canary Islands and most people might picture fleshpots of sun, sea and excess; tacky resorts with cheap booze and English food. No place for us fellrunners then! Not necessarily. In antiquity the Greeks celebrated the Canaries as 'the Isles of the Blessed, the immortal abode of the heroic dead …… a final sacred resting-place in the region of the setting sun'. Yeh, that sounds a bit more like our sort of place! Anyway, from the Old World back to the modern world. It was the advent of cheap flights combined with a new guidebook by Paddy Dillon that provided the inspiration for a new mountain challenge cum holiday trek. It was completed in Spring 2007 by the heroic (but not quite dead!) team of Messrs Brooke, Jagan, Simpson and Wimbush by mixing a mountain marathon approach with occasional bouts of holiday indulgence! For anyone who is unwise enough to want to follow in their footsteps here is an outline of what is involved. As always, full mountain safety precautions should be taken to cope with extremes of both heat and cold. Attempt this route at your own peril!

The Challenge

The object is a sea-to-summit, coast-to-coast traverse of the three western islands of La Gomera, La Palma and Tenerife by foot. Each island summit ascent (but not necessarily the descent!) must be completed as a continuous climb within a day. The start and finish point is the ferry point at Los Cristionos on Tenerife. Each island traverse should start and finish by dipping a toe in the sea! The overall distance is in the region of 120 miles with 35,000' ascent and must be completed in seven days. To achieve this a bivvy on both La Palma and Tenerife will probably be necessary, although the mountain refuge on El Teide could be used, if open.

The Three Island Peaks

Although all three islands are volcanic in origin each provide contrasting landscapes. La Gomera reaches 4872' in the tiny volcanic cone of Garojonay set in the national park of the same name and which also has World Heritage status. Approached via the barren but quietly impressive Valle Gran Rey, the summit is often in cloud, which provides the moisture for a lush covering of ancient forest. A pleasant descent leads first to El Cedro then on to Hermigua and the sea.

La Palma is reputed to be the steepest island in the world rising to 7959' at the **Roque de la Los Muchachos** from where you can look into the deepest volcanic crater in the world. From the sea at Puerto de Tazacorte the GR 131, which is followed throughout, leads to wooded pine slopes and to a spectacular route round the rim of a huge caldera which forms the heart of the Parque National de la Caldera de Taburiente. A long descent to the Refugio del Pilar provides the first source of water and an overnight bivvy opportunity. The next section to the south coast weaves its way along the fascinating Ruta de los Volcanes and on to land's end at the more desolate Faro de Fuencaliente.

Tenerife, the largest of the islands, is dominated by the awesome cone of **El Teide.** At 12,198' it is the highest point in Spain and ranked as the tenth highest island on earth. Unfortunately guidebooks and maps show no obvious scenic coast-to-coast route via the summit, but Porto Cruz to Los Cristianos looked the most promising. We opted for steep back-roads as far as La Caldera (3870') then meandering trails to El Portillo (6750') and lunch before striking off to the Refugio Alta Vista (10825') and the cable-car station. The final paved climb (permit required during the day) to the summit is rewarded with an immense panorama of sea, sky, cloud and submerged island tops. The refugio (no food) makes a good overnight stop, if open. If closed, your reward for another night under a bright starry sky should be a spectacular sunrise above a sea of rolling clouds. An early morning descent meanders down past the bottom of the cable-car station before a traverse of arid scrub brings you to the oasis of the Parador Canadas del Teide (7050') for an expensive breakfast in the restaurant. From here a climb among weird rock formations and along a spectacular ridge precede a meandering descent through pine forest and lanes to eventually reach Vilaflor, the highest village in Spain at 4920'. The way then lies on dreary back-roads to Arona and the outskirts of Playa Americas and Los Cristionos. For these last few miles it might be best just to grit your teeth, think of a cold beer and make a beeline for the sea!

Additional Information

Distances and ascents: Gomera – 19 miles and 6248'; La Palma – 41 miles and 13422'; Tenerife – 60 miles and 15280'.

Recommended guide: Walking in the Canary Islands: 1 - West by Paddy Dillon (Cicerone Press)

Ferries: Fred Olsen offer regular services with early morning and evening sailings – www.fredolsen.es

El Teide permits: can be obtained free in Santa Cruz de Tenerife – Parque National del Teide, 4th Floor, Calle Emilio Calzadilla. Unless you start exceptionally early it will be evening before you arrive on the summit when it is not manned.

Hotels: The H10 chain of hotels provides excellent rooms and buffet meals at very reasonable prices offering better value than B&Bs.

Transport: Taxis can be hired on all the islands. Bus services are available.

Season: Spring is the best time for ascending the mountains.

The Canary Islands 3 Peaks forms the fourth outing in the Over The Hill Challenge series and may be completed by any age group. A registration form and full details are available at www.gofar.org.uk

Schedule (for guidance only)

Note: if you start from Los Cristionos on the evening on Day 1 you have until the evening of Day 8 to complete the route in 7 days.

Day 1 Flight - UK to Tenerife. Evening ferry from Los Cristionos to San Sebastion, Taxi to Valle Gran Rey (hotel)

Day 2 Valle Gran Rey – Garojonay (4872') – Hermigua – taxi to San Sebastion - ferry to Los Cristionos – ferry to Santa Cruz de La Palma (hotel)

Day 3 Taxi to Tazacorte – Roque de la Los Muchachos (7959') – Refugio del Pilar (overnight bivvy)

Day 4 Decent to Faro de Fuencaliente – bus/taxi to Santa Cruz de La Palma (hotel)

Day 5 Ferry to Los Cristionos, bus to Santa Cruz de Tenerife (for El Teide permit) – bus to Porto Cruz (hotel) – 'time to relax and enjoy the holiday'!

Day 6 Porto Cruz – El Teide (12198') - overnight bivvy or stay at Refugio Alta Vista

Day 7 Descent to Parador de Canadas del Teide - Vilaflor - Arona - Playas des Americas/Los Cristionos (hotel)

Day 8 Contingency day

Day 9 Flight - Tenerife to UK.

EDDIE LEAL MEMORIAL ISLE OF WIGHT FELL SERIES 2007

Saturday 22 and Sunday 23 September 2007

The Thirteenth Isle of Wight Fell Running Series was held at the weekend and consists of three races held over two days with the runners covering 24 miles of off road running with over 4300 feet of ascent. This year we had a record number of finishers with 143 runners registered and 315 finishing the 3 races. The races were again hosting the SEAA Fell Running Championships.

This year the race series was renamed in honour of it's founder, Eddie Leal in 1994. Eddie, who recently passed away was a passionate fell runner and one of the founder members of the Fell Runners Association.

Race one, the **St. Boniface Fell** is held on the Saturday morning and consists of a straight dash from the seafront at Ventnor to the top of St. Boniface and back down. The runners cover 3 miles and 776 feet of ascent.

It's then all too short a gap to race two, **The Ventnor Horseshoe**, held on Saturday afternoon. The runners again start at the seafront and ascend St. Boniface before descending to Wroxall, through to Cooks Castle and then the railway line before the long ascent to St. Martins Down, Luccombe Down before returning via a descent of St. Boniface. The runners cover 8 miles here, with 1600 feet of ascent.

Sunday morning sees quite a few stiff runners lining up for the **Wroxall Round**, the longest of the races.The runners cover 13 miles and 2000 feet of ascent. The race starts off relatively flat through La Falaise Park before ascending to Watcombe Bottom and Stenbury Down. It's then a steep descent to Stenbury Manor Farm before another ascent to Gat Cliff, Freemantle Gate. Then through to the Donkey Sanctuary and the railway line before another long ascent to St. Martins Down and Luccombe Down before the descent of St. Boniface to the finish.

The very good weather for all three races led to some fast times with records falling in many age categories.

The races are organized by the Ventnor Fell Run Association with assistance from Ryde Harriers. Many thanks to the Red Cross, Brenda Lawson, Tony Flower and the many marshals for their help, without which the event would be impossible to stage.

Thanks to Hose, Rhodes Dickson for their sponsorship and to WightLink for sponsoring the ferry fares for the competitors.

Many thanks to Bob and Suzanne Niblett, Dave and Joy Furmidge, Sean Furmidge and Chris Powell, for timekeeping and recording.

If you would like information or an entry form for any Ryde Harriers Open Road Races or the Fell Running Series for next year please send an SAE to:
Ryde Harriers, 31 High Street, Oakfield, Ryde, Isle of Wight, PO33 1EJ
or see our web-site at www.rydeharriers.co.uk.

BY **IAN TAYLOR**

NIMRA News

British Senior Championship

For the first round of the 2008 British Championship series we have a new long race route "Mourne Peaks" taking in two ridges of the central Mournes and based at Meelmore Lodge, a few miles from Newcastle. With the long English Championship & WMRA Three Peaks event three weeks later, we felt that a more runable route would be appropriate for our course, compared to the Spelga Skyline route used previously. We also think that participating in the British Championship series should take athletes to new events. Of course we have other well established long events we could have chosen and indeed visitors are welcome to try them. This writer did the inaugural Annalong Horseshoe as his first fell race in 1982 but the route would require too much modification to cope with 200+ athletes. Our Flagstaff race requires local knowledge to navigate successfully – and most locals still have difficulty with the route. Last year one of the marshalls was unable to find the highest point in mist!

Hence our new route – as described elsewhere by Brian Ervine, with information and entry form on our web site www.nimra.org.uk. A list of confirmed entries will be published on the site from March onwards. If you fancy a weekend away at the start of the season, come to Ireland for a good time and a great race.

2007 Season

Our best performance of 2007 was Fiona Maxwell's Br Championship first place in the female veteran category. Fiona also won the NI Championship outright after sharing first place in 2006. Des Woods (male vet40) and Alwynne Shannon (female vet40) also had excellent bronze medal placings. Deon McNeilly was first male in the NI Championship, and first holder of a new trophy presented by Newcastle. Most consistent performance must go to Neil Carty, who has been first placed NI athlete at the World Trophy for the past five years – performance delivered where it counts.

While the Championship is decided over 4 out of 6 races, our new Grand Prix series is more like a league, valuing consistent results over the whole year in a wider variety of races, with best six to count. Stephen Cunningham was the overall winner – one of our new breed of younger athletes, still gaining experience but benefiting from that of his coach, Jim Patterson.

As usual our athletes have not restricted themselves to NI or Br Champ events with many at Ben Nevis, Jura and Carnethy, others at the Three Peaks, a variety of continental races including Sierre Zinal and the Tour of Mont Blanc. For two of our members local hills were a bit small and ascended Everest – Hannah Shields from the north side and Nigel Hart from the south, the latter while conducting medical experiments on the South Col. More recently Peter Bell returned from a successful Antarctic marathon to add to his tally of extreme events.

Future Issues

Looking forward to 2008 we need to do more to encourage our juniors – how do we get them along to a hill race in the first place? A few clubs have junior sections that recognise the benefits of a variety of disciplines within athletics, including mountain running while other juniors come because their parents run. Unfortunately school activities are split between "harriers" in the winter and "athletics" in the summer with no space for road, trail or mountain events. Orienteering seems to encourage whole family participation in ways we have not yet managed – suggestions would be welcome by all involved in mountain, hill or fell running development.

BY **CHRISTINE BARWELL**

Manx *News*

A fresh approach from the newly elected members of the Manx Fell Runners' committee, together with the increasing number of newcomers to fell running on the Island in recent years has resulted in a demand for new and challenging courses. There has been no shortage of runners offering to reconnoitre new routes resulting in two new races for the 2008 season. The Arthur Jones Bradda, previously considered more a trail run, now comprises the popular sections of the Patrick course with some challenging checkpoint navigation based around the Bradda area. The additional long course named Narradale takes in the Island's highest peak Snaefell, plus previously unexplored central hills of the Island. The enthusiasm continued with Tom Cringle re-designing and re-launching the new website www.manxfellrunners.org. The easy to navigate site contains regular news bulletins, up to the minute results and race reports and fantastic photographs, plus the usual route descriptions, Manx fell running history and general chit-chat in a friendly and welcoming format.

Manx Fell Runners are delighted to receive the news that the 2008 Manx Mountain Marathon which takes place on Easter Saturday 22nd March, will once again be included in the Montrail Ultra-running Championship. The premier event in the Manx fell running league is a challenging 31 mile race, with 8000ft of ascent, traversing the backbone of hills from the North to the South of the Island.

Manx fell runners continue to test themselves in events further afield, with Tom Cringle taking on the challenge of the Everest Marathon. Despite food poisoning, Gardia, losing a filling, spraining both his ankles in training, Tom finished a fantastic 24th. He described the race as "like starting the Manx Mountain Marathon having just finished the Manx Mountain Marathon". In September Richard Sille competed the short course at the Lake District Mountain Trial finishing a superb 8th in a time of 3 hours 39 minutes 53 seconds. Manx fell runners were well represented at the British Fell Relay Championships over the Bowland Fells back in October. The Isle of Man fielded two teams from Manx Fell Runners and Manx Harriers. The teams were equally matched on paper finishing 73rd and 110th respectively. There were some notable performances within the teams from Simon Skillicorn, Tom Cringle and Richard Sille. Simon finished a superb 12th on leg D, Tom 18th on leg B and Richard was 24th on leg D.

Simon Skillicorn scored an excellent fourth consecutive Winter Hill League title in 2007 with wins in the three events at Glen Roy, Peel and Slieau Whallian, held from October to December. The overall finishing positions of the League are determined by the aggregate time of the three races, so the impetus to work hard right to the finish line makes for exciting racing all the way down the field. Simon's campaign started in style at Glen Roy, where he secured a 39-second advantage over Ian Gale, who in turn was 10 seconds ahead of Gianni Epifani. Simon recorded a sub-20 minute time at Peel to extend his lead to one minute 23 seconds. Gianni enjoyed the Peel course to gain the initiative over Ian, moving into second with a mere eight-second advantage over Ian. At the final encounter at Slieau Whallian Simon dominated to gain a further impressive one minute and six seconds, categorically taking the title. Gianni had to pull out all the stops on the technical course to ensure Ian would not regain the second place. Surprisingly Ian missed the turn back into the plantation, allowing Gianni to maintain his position to finish second in the league, with Ian holding out for third overall and top veteran 40.

It was pleasing to see Rachel Franklin opt for the senior event at Peel this year, after securing the Junior Fell Championship title in 2006. Rachel was leading the table after a fine performance in the first round at Glen Roy. Her winning ways continued at Peel and although challenged by Bridget Kaneen in the final encounter at Slieau Whallian, she held her nerve to make three wins out of the three events. Bridget finished second overall in her usual determined style, and has shown massive improvements on the hills throughout 2007. It was great to see Lorraine Stigant finish the league in third. Lorraine has suffered injury problems this year, unable to compete most of the fell races, but with three solid performances over the hills this will set her in good heart for the 2008 season.

BY **ROSS POWELL**

Welsh Fell Runners Association

WFRA CHAMPIONSHIPS AND SERIES 2007

These are becoming increasingly popular and competitive. Congratulations to all the prizewinners. I would like to thank the sponsors - Ultimate Outdoors, Innovate and Benard's Gallery who all donated prizes.

Open / Welsh Championships

Prizewinners

Men under 40

1. Harry Mathews	Mynydd Du	393pts (5)
2. Martin Shaw	Mynydd Du	381pts (5)
3. Roland Stafford	Mercia	358pts (4)

Men over 40

1. Steve Gilliland	Bro Dysynni	357pts (4)
2. Chris Gildersleve	Brycheiniog	319pts (4)
3. Simon Blease	Brycheiniog	293pts (4)

Men over 50

1. Ross Powell	WFRA	241pts (4)
2. Pete Morfey	Cardiff	177pts (3)

Men over 60

1. Don Williams	Eryri	278pts (4)
2. Gary Gunner	Croft Ambrey	227pts (6)

Female under 40

1. Anna Bartlett	Shrewsbury	315pts (4)
2. Mary Gillie	Clwydian	246pts (4)
3. Helen Fines	Calder Valley	241pts (4)

Female over 40

1. Ellie Salisbury	Eryri	173pts (4)

Female over 50

1. Sue Ashton	Chepstow	179pts (3)
1. Maggie Oliver	Eryri	99pts (3)

North Wales Series

Prizewinners

Male under 40

1. Roland Stafford	Mercia	592pts (8)
2. Richard Roberts	Eryri	588pts (7)
3. Justin McIlveen	Abergele	542pts (7)

Male over 40

1. Steve Gilliland	Bro Dysynni	572pts (7)
2. Rob Hutton	Dark Peak	496pts (7)
3. Arwel Lewis	Eryri	489pts (7)

Male over 50

1. Graham McAra	Cheshire	486pts (6)
2. Neville Boler	WFRA	461pts (7)
3. Ross Powell	WFRA	441pts (7)

Male over 60

1. Don Williams	Eryri	466pts (7)
2. Peter Roberts	Buckley	444pts (6)
3. John Morris	Buckley	433pts (7)

Female under 40

1. Anna Bartlett	Shrewsbury	490pts (6)
2. Andrea Roberts	Eryri	480pts (8)
3. Mary Gillie	Clwydian	430pts (7)

Female over 40

1. Sandra Rowlands	Clwydian	361pts (6)
2. Ellie Salisbury	Eryri	298pts (6)
3. Juliet Edwards	Meirionnydd	273pts (6)

Female over 50

1. Maggie Oliver	Eryri	210pts (5)

South Wales Series

Prizewinners

Men under 40

1. Harry Mathews	Mynydd Du	414pts (4)
2. Tony Robson	Pennine	354pts (5)
3. Mathew Collins	MDC	321pts (3)

Men over 40

1. Gavin Fisher	u/a	377pts (4)
2. Max Suff	Hereford	361pts (5)
3. Neil Lewis	MDC	333pts (5)

Men over 50

1. Steve Littlewood	Hereford	337pts (6)
2. Steve Herington	Hereford	336pts (4)
3. John Darby	MDC	301pts (5)

Men over 60

1. Gary Gunner	Croft Ambrey	276pts (5)
2. John Sweeting	MDC	264pts (4)

Female under 40

1. Helen Fines	Calder Valley	177pts (2)
2. Emma Bayliss	Mynydd Du	165pts (3)
3. Julie Davies	Griffithstown	121pts (2)

Female over 40

1. Sharon Woods	Mynydd Du	173pts (3)
2. Mandy Jones	Islwyn	144pts (2)
3. Christine Vorres	Griffithstown	94pts (3)

Female over 50

1. Alison Cooke	Hereford	73pts (1)

( ) indicates number of races completed

WFRA OPEN / WELSH CHAMPIONSHIPS AND SERIES 2008

Details are in the 2008 FRA Fixtures Calendar and on the WFRA website. These are Open Championships and Series. Competitors do not have to have membership of any particular organization or have Welsh qualification to participate. New for 2008 is the ***Junior North Wales Series***. This is a series of 5 races across North Wales (best 3 results to count).

The races are:

- Llangynhafal Loop, 5th April
- Y Garn, 4th May
- Cader Idris, 24th May
- Moel Hebog, 21st June
- Moel Siabod, 19th July

Age categories U/12, U/14, U/16, U/18.

For more details visit the WFRA website or contact Ross Powell
Tel: 01286 881491 or
Email: ross@wfra.org.uk).

South Wales Winter Series

At the time of writing 3 races of the 7 race series had taken place. Harry Mathews is leading the series. Other category leaders : M40 - Mike Duxbury, M50 - Steve Littlewood, M60 - Robert West, M70 - Ian Turnbull, F – Helen Fines, F40 – Alice Bedwell, F50 – Sue Ashton.

Navigation Courses

The WFRA organized a successful Navigation course in Llanberis on 25th November 2007. The next course is scheduled for Sunday 16th March 2008. For more details check the WFRA website or contact Geoff Clegg.

British Relay Championships

These will be held in the Clwydian Hills in North East Wales on Sunday 19th October 2008. This is a great area for an event of this kind and we look forward to welcoming teams from all over the UK. Final details and entry form will appear in the summer Fellrunner magazine.

2008 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 £2.50p from Geoff Clegg. Cheques payable to 'Welsh Fell Runners Association'. Please enclose a C5 size (162mm x 229mm) SAE with standard first or second class postage.

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
E mail: geoff@wfra.org.uk

Your letters

Please send letters intended for publication in *The Fellrunner* clearly marked as such to Britta Sendlhofer, The Cottage, Ghyll Head, Bowness-on-Windermere, Cumbria LA23 3LN or email *britta@brittas-designs.co.uk*. It's a great chance to get your point, ideas or suggestions accross to other Fellrunners.

Imperial or metric?

Has the time come for the FRA's *Fixtures Calendar and Handbook* to quote the distances of its races in kilometres/metres rather than miles/feet? It would be going with the flow: apart from the UK, only the USA, Liberia and Myanmar use Imperial miles. UKA's Rules on the distances of races for juniors of different ages are unashamedly metric. Juniors understand metres, even if their parents are at times uncomfortable with them. And the latter are adaptable: everyone seemed to cope when the *Scottish Hill Runners Calendar* went metric last year.

Here's how Martin Hyman put the case in the run-up to the changeover in Scotland:

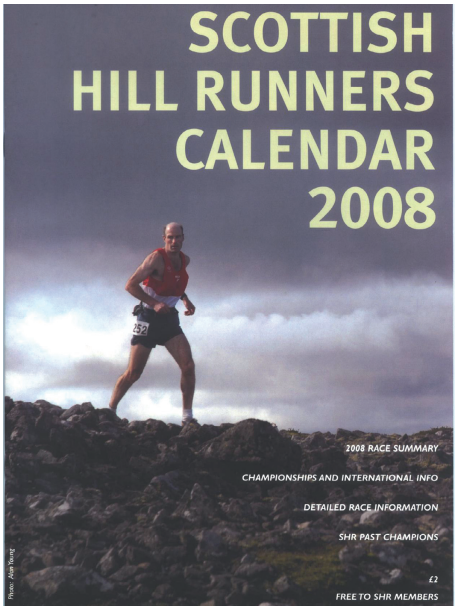
> "It is just over 45 years since the first time that I ran 6 miles in under 28 minutes. You are too late to try for yourself, because we do not compete over 6 miles any more, though I suspect that nowadays some Africans may run faster six miles en route a marathon. Anyway I was quite chuffed at the time and celebrated with a pint of Gales Horndean Bitter in my local: "The Three Horse Shoes" in East Worldham. The pint cost 10 pence then, but that is a lot less than you might think, because in those days there were 240 pence in a pound.
>
> But our money was metricated and decimalised. Folk said that the new-fangled system would never catch on, but we all had no choice and we got the hang of it remarkably quickly, just as I soon learned to run 25 x 400m laps instead of 24 x ¼ mile.
>
> In my opinion it is unfortunate that metrication of other units of length, weight, volume, temperature, etc. were not similarly decimalised at a stroke. Does anyone seriously believe that, after all these years, we benefit from continuing to quote temperatures in both Centigrade and in Fahrenheit, where freezing is 32° and boiling point 212°?
>
> Which leads me to hill race descriptions. I suppose that, like me, most planners of races use maps to measure the length and climb of the courses. Have you noticed that our maps went metric many years ago? The grid squares are in kilometres and the contours and spot heights are in metres. But the Calendar publishes details in Imperial units (from the days of the Empire!?). So having measured the Glas Tulaichean course at just over 7.3 km, I was obliged to convert this to 4½ miles (approx). Is it not time that we move into the twenty-first century?"

Yes, surely it is.

At the same time, what about asking UKA to rationalise its definitions of the categories of races (*Fixtures Calendar and Handbook 2008*, page 99)? At the moment a category A race has to average at least 250ft (76m) of climb per mile (1.6km). That's 47.5 m/km. Why not make it a clean 50 m/km (5%)? A Short race is currently one that's under 6 miles (9.6km). What about changing it to not more than the well-known distance of 10km?

In practice metrication would make little difference to ordinary runners until they looked at route maps. Race organisers might be encouraged to measure their courses more accurately, and juniors would gain because they could easily tell which races were within UKA's distance limits for them. (The cut-off for Under 18s is 10km – as deliberately proposed for Short races – and for Under 16s it's 6km.) My heart would sink, though, if I were the Editor of the Fixture List!

I A Nimmo



Scottish Hill Runners (metric) Calendar 2008

Here's a fuller proposal:

Category	***Current***		***Proposed***
	Imperial	***Metric equivalent***	
A	at least 250 ft/mile	at least 47.5 m/km	at least 50 m/km (5%)
B	at least 125 ft/mile	at least 23.75 m/km	at least 25 m/km (2.5%)
C	at least 100 ft/mile	at least 19 m/km	at least 20 m/km (2%)
Short	under 6 miles	under 9.6 km	10 km or under
Medium	6 to 11.9 miles	9.6 to 19.2 km	10.1 to 19.9 km
Long	12 miles or over	19.3 km or over	20 km or over

The Championships

FABIAN4 RESPONSE TO THE LETTER FROM SCOFF, JON & MARK ON PAGE 143 OF THE AUTUMN/WINTER EDITION OF THE FELL RUNNER MAGAZINE

We sympathise with many of the views expressed, but in our opinion, online entry is the solution to many of the problems listed, rather than the cause.

> *Maybe not to do online entries as this can cause a surge of early entries*
Any surge of entries after the opening date (or the availability of the paper entry form) is likely to be caused by the knowledge that entry is limited, and not by the entry method itself.

> *Delay the opening date for entries so that people don't panic and enter races six or more months in advance, not knowing whether they are going to be injured, away on holiday, lost interest, etc.*

Using online entry, you are able to control the opening date with the utmost precision (to the nearest second!!). Delay it until 2 weeks before the event if you wish.

> *Allow substitutions say within the same club like they do at the three peaks race.*
Substitutions can be actioned directly to the database on the web server, with minimal effort.

Online entry can provide other advantages:

a) Reserve places for championship contenders - automatically limit the number of entries open to the general public, with the knowledge that you have sufficient space remaining for any championship contenders. After a certain date, reopen public entries to the race limit.
b) Provide full visibility - the live entry list provides full visibility of those entered so far (including a count of the total number).
c) First come first served - using live data this rule can be applied fairly. If you have 10 spaces remaining, and 30 entry forms arrive by post that morning, how do you apply the first come first served rule?
d) Workload - online entry substantially reduces the workload of the organiser
e) Convenience - with the online entry rate commonly above 90% these days (where a postal option is available) it is obviously the preferred choice for the vast majority of competitors.

If you are interested in using online entry for your event, see page 14 of the FRA Calendar 2008.

Adrian Moir
Ellie Salisbury
Fabian4 Online Entry Service
www.fabian4.co.uk

ENTRY CRITERIA FOR CHAMPIONSHIP RACES

There has been much talk in the past about overcrowding in Championship races. Many of the races are now pre-entry, but this brings its own problems with championship contenders potentially missing out if the entry limit is reached. The recent farcical events surrounding the 3 Peaks race, where all the places were taken within hours of entries opening, is a case in point.

I have a suggestion which may solve the overcrowding whilst still allowing all genuine contenders to take part -

"All entrants in a championship race must satisfy one of the following criteria -

1. Must have scored championship points in their age category in the last (say) 2 years
OR
2. Must have finished in the top (say) 10% of the field in one (or more?) category A race(s) in their age category in the last 2 years.
Alternatively this criterion could be specifed in terms of the course record, e.g. must have run within 10% of the course record time in a category A race, with appropriate allowances for Vets & Ladies.
OR
3. Must have competed in this race in the last (say) 3 years"
(this clause will allow people who regularly run in a particular race to still take part, and not miss out just because it has been selected as a Championship race).

The percentages and elapsed times are just suggestions and will no doubt form a separate debate in their own right. Obviously these requirements would necessitate pre-entry, which is not ideal, but seems that a lot of Championship races are going this way anyway these days.

I don't think this would cause significant extra administration.

Criterion 1 would simply require the FRA to make available to the six race organisers a list of recent years' championship scorers.

Criterion 2 would require the entrant to supply the evidence in the form of a results list from their 'qualifying' race(s). Criterion 3 would be simple for the race organiser to check against their own records of their race.

Is this worth a try?

Reg Clucas

Re. Fellrunning in Cornwall

Dear Editor,

Gordon Hathway, in his article *There's more to Cornwall* (The Fellrunner Autumn/Winter '07) claims to have read my article *Stud Marks on Brown Willy* 'with interest'. Unfortunately he doesn't seem to have digested any of it. My article was not confined to running up Brown Willy, but was about running on Bodmin Moor in general, and also about coast path running. Offensively, and quite wrongly, he has accused me of making 'disparaging remarks' about Cornwall. I'd like to know where he thinks these disparaging remarks are. There are none. *He* makes disparaging remarks about Bodmin Moor, describing Brown Willy as 'a very small piece of Dartmoor cast adrift in a sea of featureless moorland'. If he cannot see the appeal of running on Bodmin Moor then I would suggest that is because he is not a fellrunner. I am not alone in seeing the appeal, as evidenced by the numbers who attend the two races on Bodmin Moor that I described in my article. Does Gordon live in Cornwall anyway? I suspect not, since the object of his piece is to extol coast path running in Devon and Dorset.

I am no stranger to coast path running, and in fact I run on the coast path much more than I run on Bodmin Moor. But coast path running – even though it has lots of ups and downs, and it can be 'rough' and inspiring – is *not* 'mountain running' or 'fell- running'. The word 'fell' means 'moor' or 'mountain', *not* coastal footpaths. There is a difference! A race may be registered as a 'fell race' because it is off-road and contains so many feet of ascent, but why try and pretend that it is 'fell' or 'mountain', when it is clearly not? It seems Gordon does not understand the meanings of the words 'fell', 'mountain' or 'fellrunning'.

Steve Freeman

BY GORDON HATHWAY

There's more to Cornwall

Brown Willy the best fell-running in Cornwall? You're 'aving a larf aincha ya?

A southerner's response

BY **DENISE PARK** MSC MCSP SRP GRAD DIP PHYS

If you're a runner, it's probably 'wear and tear'

"So what do you want to run for? You'll end up with arthritis" was the comment I got from a GP when I told them I had started running. The evidence couldn't be further from the truth so I thought it would be a good idea to let you know about the medical evidence, and also help you understand a little more about this condition.

What is Arthritis?

There are over a 100 types of arthritis, but the 2 most frequently encountered are:-

1. Rheumatoid Arthritis (RA)

This is often referred to as 'rheumatism' (usually incorrectly) and is a systemic condition. This means it can affect your whole system – the spine, shoulders, elbows, hands, hips, knees and feet and could affect just one or several joints at the same time. The diagnosis can be confirmed by a blood test and is often characterized by painful, hot, swollen, inflamed joints. A Consultant Rheumatologist usually manages the condition with medication, physiotherapy, and joint surgery when necessary. Whilst I know of a few runners with this condition, it is almost impossible to run with this when the disease is active and the joints are inflamed and painful.

2. Osteoarthritis (OA)

This is the most common form of joint disease in the world (Merck, 2002) and is usually diagnosed by x-ray. The articular cartilage is the shiny covering to the end of a bone which should provide a smooth friction-free joint surface, but in osteoarthritis there is damage to this articular cartilage. It is often referred to as 'wear and tear' of the joint – which many assume is accelerated by running. The breakdown or damage to this articular surface can then result in secondary problems involving thinning of the synovial fluid (the fluid within the joint), development of bone cysts and the formation of osteophytes - bony spurs which often form to try and stabilize the joint. This can then go on to affect normal joint movement, which causes additional problems.

Symptoms of Osteoarthritis

The most common symptoms of OA are:-

1. pain in and around the joint
2. pain walking up or down stairs
3. stiffness and swelling of the joint
4. sharp pain after a sudden movement
5. warmth to the touch
6. an increase in pain with activity – and a decrease in pain with rest. This is important for you to remember - if your pain runs off when you are putting stress through the joint surfaces, it is unlikely that it is OA – it is more likely to be damage to the soft tissues (muscles and ligaments) around the joint (see previous article on 'Fell Runner's Knee', Sept '05).

The Medical Evidence!

Sports that subject joints to repetitive high levels of impact and torsional loading increase the risk of articular damage leading to osteoarthritis, but moderate habitual exercise does not increase the risk (Buckwalter, Lane, 1997). A study by Conaghan in 2002 also demonstrated there is 'little risk associated with recreational running'.

Individuals who have any of the following have been shown to be more susceptible to developing arthritis:

- abnormal joint anatomy or alignment,
- previous injury to the joint,
- previous joint surgery,
- joint instability,
- inadequate muscle strength surrounding the joint,
- an above average body weight.

These factors should be considered when choosing a sport as any of these pre-existing problems, combined with high impact and repetitive torsional strains (lots of rotation and twisting through the joint) as in weight lifting, rugby, football, karate etc will make an individual more susceptible to OA. Runners need to be more aware if they have any of these pre-existing factors, but the studies have shown that those who carry out strengthening and endurance exercises and maintain the strength of the muscles not only prevent damage to the articular surface, but also help to relieve symptoms if mild to moderate arthritis is already present (Shrier, 2004; Fransen, McConnell, 2004; Thomas 2002).

Other studies have shown:

- there is no association between frequency, pace or weekly training mileage and arthritis of the hip or knee (Hootman, 2003)
- top level master endurance athletes who have a long-term training background and

Grades of Osteoarthritis

I recently spent an afternoon with Dr Khan, a Consultant Musculoskeletal Radiologist at Blackburn and he now grades OA as mild, moderate and severe as this is clearer to understand, but it is still often graded using the Kellgren/Lawrence Scale (2001) which is as follows:

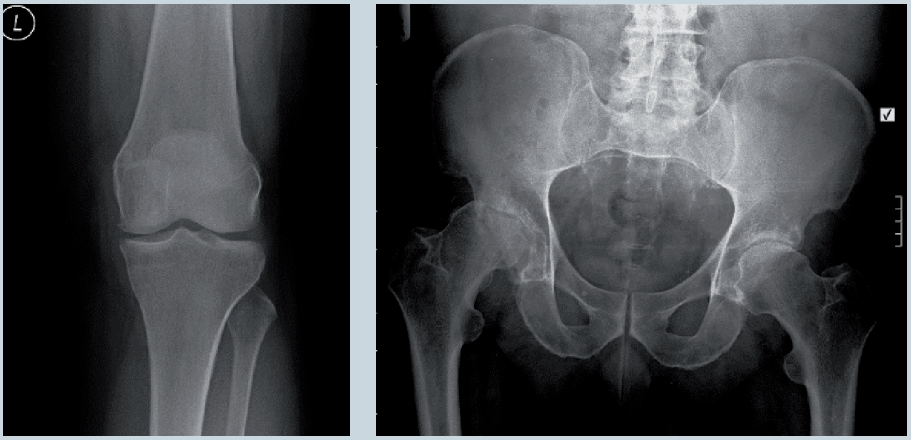
Grade 0 Totally normal knee joint with no loss of cartilage and no deformation

Grade 1 Some loss of articular cartilage which may then cause slight narrowing of the joint space
- Possibility of osteophytes

Grade 2 More activity in the bone under the cartilage
- May be sclerosis (hardening of the bone) and the development of bone cysts
- The bone appears denser (whiter) on x-ray

Grade 3 Deformity of the bone edges
- Increased joint narrowing

Grade 4 Complete loss of joint space
- Deformity of the bone ends
- Changes in the joint shape altering the contours of the bones



Left: Mild OA with early osteophyte formation (the small spike of bone on the inside of the femur - the thigh bone). Right: Severe OA in the right hip with moderate OA in the left

have participated in competitive endurance sports, have a lower risk of both heart attack and lower limb disability (Kujala, 1999)
- a study of 498 long-distance runners aged 50-72 years showed they had less physical disability, sought medical services less often, demonstrated better cardiovascular fitness, weighed less and had better function in both their arms and legs than a control group of non-runners (Lane, 1987).
- most hip pain in runners is due to muscular strain or tendonitis, but it is often difficult to diagnose the cause of the pain accurately (Paluska, 2005). If OA is visible on the x-ray it is often diagnosed as the source of the pain, even though it may not be. This can be a problem when the person making the diagnosis knows you are a runner and presumes that the running has caused the articular damage.
- runners do not show a higher risk of developing joint arthritis in their lower extremities, and the frequency of arthritis is significantly higher in inactive and obese persons (Frohnauer, 2006).
- long-distance running might actually have a protective effect **against** joint degeneration (Cymet, 2006).

Remember :-

- There are certain pre-disposing factors which seem to determine if someone develops arthritis.
- The medical evidence suggests running **doesn't** cause arthritis.
- Arthritis is not usually the cause of pain around a joint in a runner (unless there are other factors to be considered).
- X-ray evidence of arthritis isn't necessarily the cause of the pain.
- Running appears to be beneficial in relieving symptoms in mild to moderate arthritis.
- An accurate diagnosis as a result of listening to the history of the problem followed by a thorough examination is crucial. An x-ray or scan should then confirm the clinical diagnosis. If arthritis is visible on the x-ray but the clinical diagnosis suggests otherwise, seek another opinion.

Appearance of an OA knee - this is an ex-runner's knee following a car accident

If you want any more information, the above references are all available via the internet. Just because you are a runner, doesn't mean you are going to develop arthritis – in fact quite the opposite. Now you know what the evidence says, don't accept a diagnosis of 'wear and tear' or 'arthritis' because it may not be the true cause of your pain!!

Thanks to Dr S Khan, Consultant Musculoskeletal Radiologist, Royal Blackburn Hospital for providing the x-rays accompanying this article.

Maureen Laney (F50 gold medal winner at World Masters 2004) & Denise Park at Sauze d'Oulx

Photo courtesy of Pete Hartley

Case Study

Maureen Laney has given me permission to share her recent experience.

Maureen won the over 50's World Championships in 2004 and 2005, but in 2006 developed serious problems. She was running the Anniversary Waltz but had been ill and hadn't trained to her potential for several months. Maureen did her usual crazy descent, but afterwards developed knee pain. I assessed the problem and was sure that Maureen had developed an injury to the quadriceps fibres, the popliteus muscle across the back of the knee, and possibly some damage to the meniscus (the shock absorbing cushion inside the joint). It was relevant that she had raced to her usual high standard but that she hadn't been training to that level – the muscles weren't as strong so were more susceptible to injury when pushed to their limit.

Maureen saw her GP who referred her to a consultant who duly took x-rays. The result of the x-ray was that Maureen had osteoarthritis in both knees. Her running career was over!! Whilst I tried to re- assure Maureen I didn't think this was the case – the x-rays were the evidence. She was told she could carry on running but it would need to be restricted and wouldn't really allow for the type of racing she had done previously. Devastating news to anybody – but especially to someone of Maureen's callibre.

We eventually found out that the OA was grade 1 - the very early stages of articular damage which would probably be found in most of the population at Maureen's age (apologies Mo !!!!), but it was almost definitely NOT the cause of her pain. (A study has shown that pain experienced in mild to moderate osteoarthritis is usually due to other reasons such as the soft tissues around the joint rather than damage to the articular surface).

If Maureen had been told that it was 'mild' or that it was the early stages of the condition, she wouldn't have gone through the mental and physical trauma that news like that causes. As she is a PE teacher and has taught all sports – including high impact rotational sports, this could be the cause of the damage. Maureen has done many road marathons and has raced both on road and fell, so it is possible that the running has actually preserved her joints rather than causing the damage.

Almost 2 years later, she has managed to get a second opinion and her new consultant has agreed that the cause of pain is unlikely to be the arthritis. She has had a scan this week and we are all hopeful that Maureen will be back running again soon. I have even challenged her to compete at this year's World Championships again.

Achilles Tendinopathy

In Sept '06 I wrote an article about Achilles Tendinopathy.

An article has just been published (Herrington, McCulloch, 2007) which has found that the treatment of this condition with deep transverse frictional massage and ultrasound is far more effective when combined with a 12 week course of eccentric stretching exercises (which I described in the article).

All of the individuals in the study had had a long duration of symptoms (mean=24.5 months) and all significantly improved - so make sure you do the stretches because they are a valuable part of your treatment!!!

BY **MARTIN STONE**

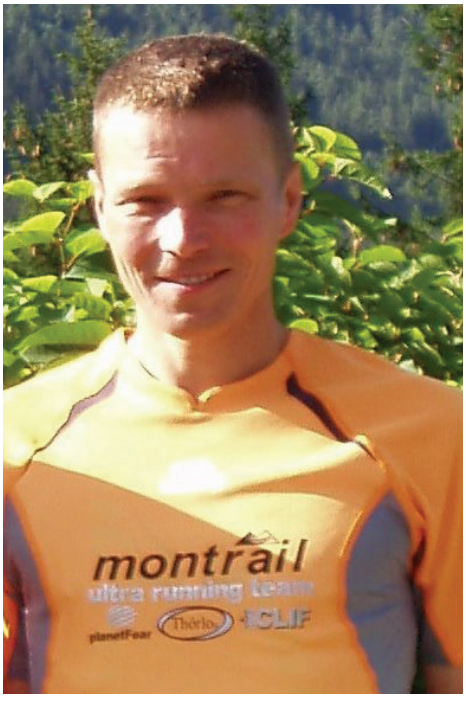
Martin Stone's LONG DISTANCE

NEWS SUMMARY – JAN 2008

It has already been a great autumn and winter for long distance challenges. The Everest base Camp -> Kathmandu Record and two bold mid-Winter Bob Graham Rounds within 24 hours. For both Alex and Simon this was their second BG of the year. For the statisticians among you, Simon Halliday, in poor weather, managed to record the first sub-24 hour Winter Round, actually running through the shortest day. John Fleetwood has also completed his longest Scottish Winter journey to date. To complete the summary we've just received news of Shane Ohly's record breaking solo-unsupported Ramsay Round.

FRA LONG DISTANCE AWARD 2007

Steve Pyke of Macclesfield Harriers has won the 2007 Long Distance Award. On 14th/15th July, he reduced Martin Stone's 1986 solo-unsupported record for the traverse of the nine Scottish 4000 ft Munros by a substantial margin of 76 minutes to 20hrs 23mins. The route starts in Glen Nevis at the footbridge opposite the youth hostel and 83 miles and 17,000ft ascent/descent later brings you to the Norwegian Stone by Glenmore Youth Hostel near Aviemore.



The run begins with a tough mountain section which includes Ben Nevis, Carn Mor Dearg, Aonach Mor and Aonach Beag – 7,000ft of ascent. After the mountains, the runner has to convert to cross-country running mode at lower level for 50 undulating miles and 3,000ft ascent, mainly on good tracks and crossing several cols, before reaching Glen Feshie at the foot of the Cairngorms. It's then time to convert back to mountain mode for the final 20 miles/7,000ft as the route climbs 3,000ft onto the Cairngorm plateau at the start of a long and wild high level run at 4000ft to Cairn Toul, Angels Peak and Braeriach. It then dives deep into the Lharig Ghru and pulls up steeply onto Ben Macdui and finally Cairngorm. Steve's fantastic run is described in more detail in the October 2007 Fell Runner. Others in contention for the award were John Fleetwood, Dave Sleath and Esmond Tresidder.

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

STEVE PYKE & LIZZIE HAWKER – EVEREST BASE CAMP -> KATHMANDU RECORD

After an action packed climbing trip in Nepal during which members of the group climbed Island Peak and Ama Dablam, what better way to finish off the holiday than to "have two or three days off", followed by a 188 miles run back to Kathmandu on track and road dropping from 18,000ft to 4,000ft and climbing 27,000ft over mountain passes on the way. By any standards, this is an amazing sequence of events. The benchmark record of 3days 8hrs, set by Helene Diamantides and Alison Wright in 1987 was lowered by an hour 13 years later by a Sherpa. It is great news that record has now been reduced by Steve and Lizzie to 3 days 2hrs 36mins. You can read all about their incredible adventure elsewhere in this magazine.

JOHN FLEETWOOD – WINTER HIGHLAND CROSSING

You can also read elsewhere in this magazine about John's latest epic – a 3 day, 108 miles, 34,500ft traverse from Fort William to Aviemore via Britain's highest peaks. John reckons that this was one of his most committing outings and all the more satisfying because of it.

ALEX PILKINGTON – FAST MID-WINTER BOB GRAHAM

Alex writes the following about his mid-winter journey. "The winter round was a bit of a 'spur of the moment' thing for me, the good weather and full moon was the deciding factor - I put the Christmas festivities and chores on hold for week. My intention was to start on the evening of Friday 21st December, however due to the impending change in weather I decided to bring it forward 24hrs. It was my overall intention to be as self sufficient as possible, as I did not want the difficulties of arranging the support logistics (and most will agree I think that this can be as hard as doing the round in itself!).

A quiet departure was made from the Moot Hall at 8pm, heading in a clockwise direction. I used a 23hr 30mins schedule as a loose guide and charted the summits with a photo. Good progress was made on the first 2 legs, the bright moon and clear skies made route finding pretty straight forward and it was really exhilarating running on the empty mountains under the stars, the temperature was well below zero, in fact cooler in the valley bottoms (-8degC at Threlkeld) . The ridges of Helvellyn were quite snowy, as too was the section over Steel Fell and to the Langdale Pikes.

The moon eventually set at 4am as too did my drive! some time was lost as I slowed to negotiate the Pikes and Martcrag moor, mainly down to my body wanting to go to sleep - it was a very lonely 2hrs!, I recall Laurence saying as he left me at Codale head to 'just hold on' and 'as soon as the sunrise comes you'll get going again ....' Which indeed when it eventually came was true, seeing the sun rise over Ingleborough in the far distance was just the uplift I needed. The day although at its shortest for the year was perfect and it wasn't until Pillar was reached that I passed another sole - quite a record for the Lakes and that was after 17hrs out (albeit 12 of them in darkness). Apart from the 'sleepmonsters' bit, no real bad patches where experienced on the round, although it was good to have some company from Black Sail on to the finish and also a couple of short sections from Dunmail to Codale Head and a boost up Yewbarrow, the rest was just me and my rucksack packed with a few supplies, clothes and a survival kit.

The dry conditions favoured my tour, however the concrete like ground meant that the soles

of my feet got a real pounding. With everything frozen solid I only got my feet wet once and that was crossing the river Caldew, maybe another record!!! General good progress on the hill meant that a more relaxed stop could be made at the two important points of Dunmail and Wasdale, the other two points were just tea and biscuit stops. For the record my time was 23.09. Many say a winter round is daft, but if you want an adventure and the conditions are good, it is far more rewarding and exciting. The biggest downer was not being able to stomach my pint in the Dog and Gun afterwards - I had to ask for milk!!! Thanks go to my support: Roger Pilkington, Laurence Ormerod & John Murfin."

SIMON HALLIDAY – FIRST WINTER BOB GRAHAM ON SHORTEST DAY

Simon's journey, a day later, was very different. He was determined to make his attempt so that he would travel through the shortest day, despite the forecast of deteriorating weather on Saturday 22nd December. Alex Pilkington had brought his attempt forward a day because the forecast for Saturday wasn't good. Simon travelled anti-clockwise starting at 4am, at the same time and in the same direction that Pete Simpson and I made the first ever Winter Bob Graham attempt in 1980. A hardy band of Clayton Harriers were gathered to help Simon. The weather was clear and good progress was made to Honister, although there were hints that a front was approaching. From Honister onwards the conditions underfoot were much icier and visibility was decreasing through to Gable. A fast start had meant that it was still not light by Gable and they needed torches over Kirk Fell and as far as Black Sail. Despite a few navigational issues in poor visibility, all went well as far as Wasdale, which was reached a few minutes ahead of schedule.

It was on the climb up Scafell that the weather broke and after struggling up the long climb, the team encountered freezing rain driven by gale force winds on the summit. The rocks were becoming verglassed and an epic followed as they failed to meet up with a member of the team who had headed off to reccie the top of Deep Gully and Lords Rake. After a period of desperate searching and feeling the onset of mild hypothermia, with thoughts of having to call out the Mountain Rescue Team, Richard was located and they managed to make it to Scafell Pike without further incident. The weather and conditions underfoot remained foul on the long journey to Dunmail and although weak, Simon was buoyed up by meeting supporters with hot drinks and the general good humour of his excellent pacers. The brief period of daylight was over by the far side of the Langdales, the poor weather having made the daylight period even shorter.

The worst of the front was through by Dunmail but the conditions had left them well behind schedule. As they climbed towards Dollywagon the visibility improved and although making slow progress, they lost little more time on the way to Threlkeld. Most would have retired there with only 4hr left to cross the Northern Fells at night, in winter and feeling very weary. Simon's stubborn streak came to the fore and he resolved to give the bleak final section his best shot. After an interminable struggle, the team reached the top of Skiddaw, still with an outside chance of reaching the Moot Hall within 24 hours. It was a mad descent, with layers of kit being shed with gay abandon for his pacers to scoop up but a triumphant Simon and his team reached the Moot Hall in 23hrs 56mins 56secs. A combination of Simon's gritty determination and the dedication of his pacers and support team had made the run possible.

SHANE OHLY – RAMSAY ROUND WINTER RECORD

Shane set off from Glen Nevis at 08:30 on Thursday 14th February and returned at 14:30 on Friday 15th February having set a new record for the Winter Ramsay Round in 29hrs 59mins. The previous winter record was 33hrs 48mins by Gary Tompsett in 2003. Shane completed the round solo, unsupported and largely 'on-sight' as his recce efforts earlier in the winter were consistently thwarted by poor weather. This is all the more remarkable a baptism of fire as Shane had never before run further than on an Elite MM, nor had he ever completed a long solo run. Shane chose to travel clockwise taking in Ben Nevis and the Aonachs first. He wanted to get the highest and most technical section of the round completed first, when he was fresh, and he also didn't fancy descending the stony path down Ben Nevis at the end of the round. Shane carried about 7.5KG of food and emergency equipment, including a short ultra-light ice axe which he needed to carry in his hand for much of the route. He wore orienteering shoes with short tungsten studs and minimal clothing to keep warm. His attempt took place during the settled period of high pressure enjoyed by the entire UK in mid-February and so the weather was near perfect with crystal clear skies and very light breezes.

Some of the heavy early winter snows had melted but there was still a covering on many parts of the route and Shane was able to cover significant distances on consolidated snow. Coming from an elite climbing background, Shane was able to cross steep and difficult ground with minimal equipment at speeds that would not be possible for the average mountain runner. Even so, there were challenging moments on dangerous ground. It became dark as he climbed Chno Dearg having completed Ben Nevis, the Aonachs and Grey Corries to Loch Treig. It was then that Shane realised he was no longer moving fast enough to complete the round in under 24 hours. The darkness persisted until he was half way along the Mamores. As a safety measure, Shane sent a text to his girlfriend as he reached each of the 24 Munro summits and in order to prove that he had completed the route, he recorded a GPS track of his route with timings that can be overlaid onto products such as Memory Map.

Shane writes "The first 10 hours or so were a joy. I chatted with walkers on the summits, felt fresh and was comfortably keeping within my sub 24 hour schedule. Then my body died. I've analysed my food wrappings and calculated that I ate less than 5,000 calories the entire time I was out! I was basically 'bonked' for the last 2/3 of the round. I don't know why I stopped eating but it's something I need to think hard about before my next attempt. The last 1/3 of the round was truly painful. I was seeing sleepmonsters (think mythological creatures) and hearing music (despite being alone on the hills). In the final stages, cutting down through the forest near Achriabhach, I caught myself on some brambles and nearly burst into tears. As for winter conditions, I was hoping for the hills to be 'whiter' than they were. However, I am happy that the Round was sufficiently wintry and in keeping with the other winter rounds of the Ramsay.

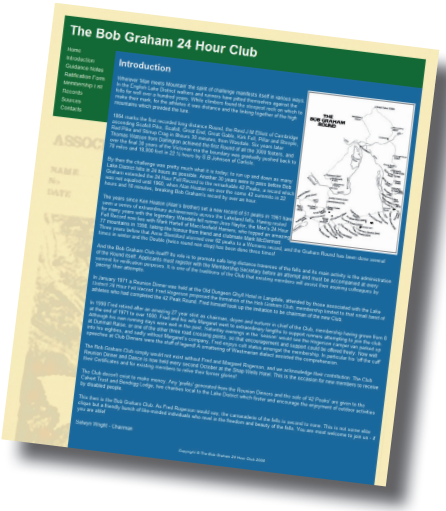
I definitely believe that a sub-24 hour Winter Ramsay Round can be completed and I have already decided to have another go next year. The whole experience was fantastic with the long night section being particularly memorable….and cold! I'd really like to thanks Gary Tompsett who provided me with invaluable information about the route."

NEW BOB GRAHAM 24 CLUB WEBSITE

The Bob Graham 24 Hour Club now has its own website (***www.bobgrahamclub.org.uk***). In keeping with the traditions of the Club the site is not a "how to do it" instruction guide; there is plenty of information out there and the BG site carries links to some of the more detailed sources of information. The Club's current Guidance Notes and Application Form can both be downloaded in PDF format and a full list of members up to the end of 2007 is also available on the site. Further development of the site is likely in time, subject to resources.

The Club Secretary, Morgan Williams, can now be contacted by email on **morgan.williams@bobgrahamclub.org.uk**

Thanks from the Club to Paul Wood at Speedyweb of Addingham for his work on construction of the site.



www.bobgrahamclub.org.uk

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2008 Ultra-running Championships

In it's 3rd year – the Ultra-running Championships looks stronger than ever with a great line-up of new sponsors and a dozen races from classics such as Wuthering Hike to newer offerings such as Pumlumon in Mid Wales and the Devil o'the Highlands in Scotland.

Back in 2006, Mark Hartell and Si Berry founded the series based on the idea that there are some great longer distance mountain and trail races in the UK but no structure to bind them together. With ever more events coming onto the calendar and talent being attracted away to Adventure Racing it seemed that some of the classic long distance "apprenticeships" such as the Fellsman and the Bullock Smithy were set to dwindle. Not to mention that fact that most of the outstanding long-distance achievements on the fells are all at least 10 years old.

What the sport needed, they decided, was a championship to give some focus and competition amongst enthusiasts of "ultra". With the assistance of Montrail and a handful of other like minded sponsors who wanted to be involved at the grass-roots of the sport they established a 12 race series of existing events ranging from (a mere) 26 miles to the more challenging 61 miles of Yorkshire moor and dale that is the Fellsman.

So, roll forward to 2008 and the championships are becoming an established part of the fell/mountain running scene; providing a sharp focus of competition for the elite and lots of encouragement for those who are relatively new to "ultra" but want to step beyond. Just look at what Spyke, our 2006 male winner, went on to achieve – a Scottish 4000s record and a new record for the Everest Base Camp to Kathmandu run with Lizzy Hawker!

It's all centred round the website ***www.runfurther.com*** – there you will find details of the races, a prize fund of almost £10,000 value and lots, lots more: racer profiles, an active forum, masses of information about long events worldwide, personal accounts and chances to win great gear without even taking part in a race!

Vasque are our new title sponsors for 2008. Established and respected in the USA for over 40 years they have a great range of trail shoes and are starting to make a real presence in the UK.

We are delighted to continue working with three of our supporting sponsors from last year. Thorlo socks, Clif Bar and OMM. Many of you will have been pleased to see Clif back in the UK last year and we should soon see more flavours and more products such as the amazing Margherita flavoured shot-bloks in the shops. Thorlo continue to be the sock of choice for serious runners all over the world and we appreciate their single minded focus on just making the best products they can. Under the guidance of Mike Parsons, OMM are pioneering the leanweight design concept to produce a minimalist range of packs and bags for fell and ultra-distance runners and mountain marathoners.

New for 2008 we welcome Capestorm and our retail partner, Lakes Runner. Brand new to the UK – Capestorm have been taking South Africa by storm over the past few years with their range of keenly priced but seriously functional mountain and running clothing. Founded by outdoor enthusiasts back in 1996 it's the classic example of gear for outdoor people by outdoor people. Finally, Lakes Runner now occupy the old Rock and Run shop in Ambleside and offer a well stocked emporium of all things serious for the runner and climber. If you can't get up to Ambleside look out for them at 2008 series events or find them on-line.

We are delighted to be working with such a great range of sponsors – all keen to be involved at the grass-roots of the sport.

If you want to get involved and "step beyond", the first step is to register for the series at ***www.runfurther.com*** – this is free. Once that's done – choose your races from the 12 listed and enter them in the usual way. Your best 4 scores count although these have to include one at each distance: short (but that's 26-31 miles), medium (up to 40) and long (40 plus).

See you out there!

The VASQUE® ultra-running championships is supported by
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- Loads of spot prizes up for grabs to registered runners
- 1 race from each distance plus 1 other to count to the championship
- Event details, prize info, runner profiles and more at www.runfurther.com

DATE	RACE NAME	DISTANCE	LOCATION
SHORT			
15 Mar	Wuthering Hike	31	Yorkshire
22 Mar	Manx Mountain Marathon	31	Isle of Man
27 Jul	Downland Ultra Challenge	30	Sussex
27 Sep	Pumlumon Challenge	26	Wales
MEDIUM			
12 Apr	Calderdale	37	Yorkshire
17 May	Malborough	33	Wiltshire
5 Jul	Osmotherley Phoenix	33	North Yorkshire
20 Sep	High Peak 40	40	Derbyshire
LONG			
10 May	Fellsman	61	Yorkshire
9 Aug	Devil O'The Highlands	43	Scotland
6 Sep	Bullock Smithy	56	Peak District
4 Oct	Long Mynd	50	Shropshire

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BY **JOHN FLEETWOOD**

A Highland

I must have looked like I was in for quite a night. The waitress at Nicos obviously thought so as she handed me a refill of tea to supplement the stodge that I was efficiently shovelling down. I'd spent most of the day travelling up on the train and this was it: my single ticket to the Highlands was expended, my stomach full and there was no nowhere to go but outside.

For the last few days I'd been thinking about this audacious plan to walk across the Highlands in midwinter alone and with no support, and the moment of truth had come. At 17:17 on a cold, frosty night in the Fort, it seemed like an improbably long way to Aviemore.

The hoar frost lay thick on the ground, reflecting the moonlight, whilst my breath condensed against the folds of my balaclava to give some warmth against the pervasive cold. After passing a couple of late returning walkers on the tourist path I felt very alone, burdened not only by the weight of my sack but also the scale of the undertaking. The sack was indeed heavy – 12.5 kg in a Mountain Marathon sack made for somewhat tottering progress over the boulders of the Red Burn, pulling me off balance at every opportunity. Memories of my winter Ramsay flooded back as I crossed the summit plateau and dropped down for the arete. No storm today, but instead brilliant moonlight on hard packed neve fields punctuated by boulders.

After stamping about and falling over I decided that crampons were in order, and proceeded more securely down the icy neve to the arete, where the moon lit up the Little Brenva face of the Ben to transform it in to a truly Alpine scene, snow and ice sparkling in its silvery beams. Every step over the arete seemed a replay of the dramatic end to my winter Ramsay, except that it wasn't – this night was calm, clear and the rocks bare of snow. Still I replayed the Ramsay in my mind over Carn Mor Dearg and on up Aonach Mor, even entertaining a fantasy of spotting my lost car key on the East Ridge of Carn Mor Dearg.

In the shadow of the moon I missed the prow of Aonach Beag and carried on down the ridge to the col with Sgurr a Bhuic. Not having bagged this particular top I decided to do so, which made a pleasant diversion – cramponning up the rim of the cornice and the traverse beneath proved straightforward. By the Grey Corries the wind had picked up to the extent that I was glad to descend to the glen, but before that I added the far Eastern top of the ridge which required the traverse of a delightfully airy ridge to an archetypal conical peak. The icy slopes beneath were frustratingly slow, yet eventually a distant light appeared seeming to guide me toward it. I later reasoned that it was just someone answering the call of nature, as eight people were in residence at the relatively commodious Leacach bothy. I wondered what they made of someone arriving at the unsociable hour of 4:52, but no-one seemed interested enough to enquire and no-one looked like they wanted to engage in stimulating conversation at such an hour. Feeling rather dazed myself, I stumbled around for ten minutes before shuffling in to my sleeping bag. After 40 minutes of welcome sleep, the hard boards and the cold prevented further sleep, so with bleary eyes I roused myself for an early start.

Disaster! In my addled state I had left the matches on the surface below the billie, so that when I had poured the hot water in to my drinking bottle, the spillage had soaked the matchbox. On attempting to light a match, the box just bent and disintegrated. Fortunately, there was another box of matches on the shelf above, enabling me to light the stove and procure a hot drink, but mindful of my future need to light the stove, I attempted to heat my match box above the flame in a desperate attempt to dry it

A raw and windy morning on the Easains

Crossing

In the oasis of Culra looking a tad happier. May be it was the wee dram that helped.

out. I then proceeded to gather my belongings that were strewn about the dark hut, and in the confusion of the early morning and the disorderly tangle of eight people's gear I inevitably left a few bits and pieces behind. It was almost a relief to stagger out of the bothy in to the wide open space beyond, where a keen wind soon made its presence felt.

The wind strengthened to a gale on the Easains, where dawn was an almost imperceptible lessening of the darkness in the mist that had blown in from the South. Such times are not happy ones for the solo adventurer and in my weakened state I couldn't conceive of continuing beyond Tulloch. The screaming wind ripped across the ridge, pummelling my fragile body and making a mockery of my ambition. The rucksack only served to throw me off balance as I listed haphazardly in the gale, desperately seeking to avoid toppling over on patches of ice. Even behind the shelter of the dam wall, there was no escaping that troublesome wind, making for a sorry breakfast of cold, squashed sandwiches, hunched behind the concrete. However, the game's not over until your beaten, and I don't give up until the last point is lost. I therefore heaved the sack back on to my shoulders and set off up the tedious slopes of Sgriodain. This is one of my least favourite slopes – tussocks, slopes that stretch ever more steeply upwards, yet broken by crags that prevent a decent rhythm being established. The sack made for an exceptionally slow grind up to the ridge, although I could feel a distinct lightening of the sack from having eaten my way through some of my voluminous supplies. This is the true mark of a hefty sack. Normally, the sack never seems to get lighter even when it is, as the toil of the day takes effect and it feels as heavy as ever. If it feels lighter, it really must be! Once established on the ridge both my pace and spirits rose in happy conjunction, such that by the summit, the world felt a much friendlier place. Indeed the wind had eased, the cloud had lifted and the game was on again. On Chno Dearg I met a couple of Munro baggers out for the day, the first and last people I would meet on the hill until Cairngorm. As they descended for Fersit, I set off on a road less travelled for the remote Strath Ossian which provided an excuse to transfer a little of my load from my back to my tummy. Suitably re-fuelled I poled efficiently up the steep slope that led to the high ridge of Beinn Eibhinn, where darkness descended once more.

However, a bright moon lit up the snowy crest that twisted a sinuous course East, making for a regal traverse unsullied by torchlight. I therefore reached Culra Bothy in good form and my spirit was lifted further by the presence of a lone walker and joy of joys – matches. My companion for the night confirmed that a front was coming through on Saturday, lending a sense of urgency and unknown to the whole adventure. However, a wee dram, a hot meal and amicable conversation made for a pleasant interlude before retiring to my hard wooden bed. Aching muscles on hard boards didn't make it difficult to rise at 2.30 am after a short, fitful night. The cold immediately found out any unprotected crevice. This made for a sprightly ten mile march to Dalwhinnie, where the thermometer registered minus eight degrees. After the delights of the silvery light of the moon on the loch, I was keen to escape the lorries pounding up the A9 in the darkness, so after leaving a message with Alison, my wife, I set forth for the wilds of the Grampians.

Having walked fifteen miles in the dark, the first rays of sun struck the slopes of Meall Chuaich, and with the rising of the sun my spirit soared. The pink sunrise told of a fabulous day to come, with all behind and before me arrayed from the lonely summit of Chuaich. Through the gap between Ben Alder and Ben Eibhinn, Ben Nevis stood as a far sentinel, whilst to the North East, the Cairngorms formed a white horizon. The Grampians aren't the most fashionable or striking of hills, but for me, they have a quiet dignity.

My only companions amidst the sub-arctic tundra and characteristic Cairngorm stone were mountain hares, bobbing about in their white coats of winter, the ptarmigan, similarly dressed in their winter plumage, and large herds of deer. An overwhelming sense of space is the pervading sensation on this vast plateau, where nothing stands in the way of the winds that sweep across the tundra. Not that there was any wind to speak of on this day – just bright sun glinting on the frozen watercourses. Descending to Gaick, I even managed a trot downwards with a much reduced burden on my back. Here was a further evidence of the decreasing weight of the sack – as the trip progressed, I was getting faster! Not that I wanted to hurry on this day. The greenery of Gaick made for a pleasant lunch spot, save for the barking of caged dogs beside the isolated farmhouse. After Gaick the fast-going of the tundra gave way to a maze of peat hags, that were it not for the frozen ground, would have been exceptionally trying. This is a place of utter desolation – no roads, no sight of valleys, no people, hardly any tracks; just rough moorland. If the Corbett were three metres higher, no doubt the armies of Munro baggers would invade, but these lonely hills have been spared that fate.

Fast vehicle tracks took me to the foot of the last hill where I abandoned the sack and immediately felt the benefit of doing so. My pace increased by a factor of 50% - I could even run down the hill! This meant that I reached Glen Feshie by nightfall, or should I say, moonrise. The moon was now a bright orb casting an unearthly light on the river and surrounding trees. In the soft light, the Scots Pines seemed like model trees, placed by the hand of God, whilst the moon lent a dreamy quality to this exquisite glen. I was truly in another world; alone but content, simply

A fantastic day at Gaick -10 milesfrom the nearest road

absorbing the peace of the moment.

Such moments are short-lived. Soon an evening breeze destroyed my reverie, bringing an icy chill with it, so that I was glad to reach the bothy on the far side of the river. It was immediately obvious that this was not going to be the haven that Culra had been. Inside was bare and cheerless. I was cold and desperately tired after two days on the go with only a few hours sleep, but I sensed the importance of making a fire and set to on gathering some small sticks. Despite my best efforts, the fire just wouldn't catch and I reconciled myself to a cold night, not having the energy to struggle with the fire. Instead I just made my meal and shivered through the evening. The stove struggled in the cold and the gas was clearly nearing the end so I limited myself to just one hot drink when several brews would have been welcome. My attempts at sleep in this austere environment were not very successful despite my weariness – it was just too cold. Glances at my watch were increasingly disappointing as the minutes and hours ticked slowly by, only the scuttling of the mice and the rushing of the wind outside breaking the silence. In the end, I gave up all hope of sleep and plugged in my i-pod. At least this distracted me from thoughts of the day ahead. When would the front arrive? Would I be caught in a full-on Cairngorm storm, weak and alone? An inner-voice seemed to tell me to get up at midnight so I did. Amazingly, the wind had died and it seemed little colder outside than it was in the bothy, although the water by the tap was freezing. A big moon shone brilliantly above, so I scuttled about like the mice, preparing for a big and uncertain day ahead. The stove was predictably tardy, but at least I managed a hot drink and a repulsive but hot bowl of Ready Brek. My impression of the bothy was not enhanced when I mislaid my mug and was forced to use the bothy mug, replete with mouse droppings and bothy grime (I did wash it!). It was not unsurprising, therefore, that I left the bothy with a feeling of relief, mixed with apprehension at what the night and day might bring. At least I was doing something and that meant I was warm. In fact, it was soon obvious that the night was a very good one and the snow-filled track allowed fast progress to be made up on to the plateau. Out to the West, the first clouds were amassing, but the Cairngorms stood clear, a brilliant moon bathing the snowy expanses in glorious milky light. A torch would have been an act of vandalism in such natural beauty. I wanted to be part of my surroundings, and I was. After reaching the end of the track at the Moine Mor, I donned crampons and entered the real wilderness – a land of hard-frozen snow and ice, with the Gorms expansive slopes stretching out in to the far distance. The race was on with the clouds coming closer and closer. I traversed beneath Angels Peak on hard-packed neve then scraped up Cairn Toul where crampons were a hazard on the boulders blown free of snow. By

The cliffs of Carn Lochan

The last hill - Cairngorm

the summit, a strong wind had developed and a veil of cloud shrouded the moon. From here to Braeriach I followed the line of the cornice to keep on the snow, all the time watching the dark clouds rolling in. By the forepeak, the clouds had caught up with me and I was soon enveloped in the mist. All that I could see was swirling patterns in the snow, the exquisite curves of the cornice and my torch beam. A few icy particles rained down as the wind rose further and the darkness of the night became the darkness of the day. Carefully I followed the edge round in the developing storm, until I emerged from the mist to sight the Lairig Ghru below. My chosen line to the Lairig proved to be steep enough to require facing in and back climbing. Every time I turned round to descend side footed I felt uneasy and returned to the slow but sure down-climbing. The runout was poor, the slope steep and very icy, and the potential for a serious accident high in the event of a slip. I therefore continued to hack my way down to the lower corrie where the curtains of mist had descended to signal a dreich Highland day. The blowing curtains of sleet created a wild scene in what is one of Scotland's wildest glens. It felt very committing to set off into the murk, with the prospect of wild conditions up on the plateau and me at my lowest ebb. I was so alone, so vulnerable, so small in such a big landscape. Mindful of the likely tempest above, I feasted in the confines of a small ravine leading up to the plateau and took my time cramponing up the steep slopes above. Surely enough a blizzard raged on the plateau as I lurched toward the summit of Ben Macdui, but it wasn't as bad as I had feared. The wind was gale force rather than a typical Cairngorm hurricane, but it still carried spite. Indeed, having pressed on with my poles, I suddenly found myself unable to find the trig point on the summit. Alarm bells rang as I desperately peered in to the gloom and flying snow. Eventually common sense prevailed and I replaced my poles with the map and compass.

I was going North not South! In my navigational laziness I had followed tracks up to a fore-summit rather than the true summit and would have to face in to the teeth of the gale to reach the proper summit of Scotland's second highest mountain. After a brief respite behind the trig point, I resumed my battle with the storm. This time it had my full attention. Counting steps, I carefully traced the gently undulating route toward Carn Lochan, sometimes picking up footprints, at other times losing them. This plateau has a well deserved reputation for difficult navigation in conditions such as these, where driving snow, mist and snow combine to reduce visibility to close to zero. After three days on the go, I was acutely aware of my vulnerability and maintained a fierce concentration until suddenly the mists parted and the summit of Carn Lochan appeared out of nowhere. Surprised by this unexpected clearing, I romped down and over to Cairngorm where I took a couple of weathermen by surprise. Cairngorm is an unsightly spot at the best of times. Scarred by the paraphernalia of the ski industry, it cast a particularly bleak scene on this day. The wind still howled and it was no place to savour my success, so after a little break, I romped down the icy piste to the horrid cafe at Coire Cas.

Loud music, trippers sitting in an overheated room with hats and gloves and a miserly mug of tea made it an utterly charmless intrusion on the landscape from which I escaped as soon as I could. The contrast to the ethereal beauty of the night was not lost on me.

Yet my journey was not yet over. In my mind, the route had to link the two major towns of Fort William and Aviemore, so despite the obvious dreariness of the road walking, I set off for Aviemore. A better route could be found through Rothiemurchus Forest but stupidly, my map did not extend that far and I took the easy option of following the road. Like the cafe above, the busy, tourist orientated ski road contrasted with the deep beauty of the forest and Loch Morlich, which short detours off the road allowed me to savour. Then after just under three days and nights I sauntered up to the station in Scotland's ski capital. I've done it. I've crossed the Highlands from West to East. My midwinter adventure is over and it feels like a way of life has ended. All that remains is to return to 'real' life and take the train back home.

The Highland Crossing was completed solo unsupported between 5:17 pm on Wednesday 19 December and 4:28 pm on Saturday 22 December. The distance is 107.8 miles and involves 34,500' of ascent. I carried all of my food and equipment as below.

Equipment

Camp 250g ice axe, Kahtoola crampons, Montrail Highlander running shoes, Black Diamond 3W torch, 4 spare AA batteries, Lowe Contour Event sack (35 litres), walking poles, Dachstein mitts, windproof overmitts, gloves, thick balaclava, Rab Quantum down jacket, Rab 2 season sleeping bag, bubble wrap, pocket rocket stove, billie, mug, compass, Rab Downpour salopettes, Lowe alpine full cagoule, 2 x Dryflow shirts, microfleece, ipod, phone, waterproof socks x 2, Thorlo socks, ipod nano, powerstretch tights, insulated 1 litre bottle, Canon Ixus 55 camera, spare T shirt (for the benefit of the passengers on the journey home), first aid kit (5 plasters & 6 paracetemol!, proplus tablets).

Food

20 rounds of sandwiches – cheese and houmus, beanfeast, noodles, couscous, tea bags, hot chocolate sachets x 2, malted drink sachets x 2, cappuccino sachets x 2, cheese, 5 x chocolate flapjack bars, 4 x tracker bars, 4 x geobars, 3 x Rocky bars, 5 x Snicker bars, marzipan, dried fruit, banana chips, porridge, Ready Brek, 5 lemon filled donuts, 9 x pieces of Christmas cake, Xmas pudding, 3 mince pies

BY **MARK HARTELL**

A Himalayan

adventure

Everest Base Camp – Kathmandu

3 DAYS 2 HOURS AND 36 MINUTES

...so, it is over and a new record is achieved!! Unfortunately only 2 of the 3 made it all the way to Kathmandu (I dropped out at Jiri) but the standard for the 188 miles now stands at 3 days 2 hours and 36 minutes.

It almost didn't happen! - a fine first night had been followed by increasing tiredness as we had all been on our feet for almost 36 hours; we made the decision to take the "safe" night-time option of travelling via Jiri and along the road to Kiratichap and this turned into a living nightmare as we lost the route to Jiri in the dark – taking over 4 hours to cover what should have been a comfortable 2 hour section from Shivalaya. Arriving in Jiri at 11pm, totally exhausted, we abandoned the project and sought somewhere to sleep. A hay loft provided the answer. After a scant 5 hours we awoke and Spyke/Lizzy decided they could carry on although a record time was now going to require some extremely hard work. For me, though, it was the end as I simply knew that the massive ascents and descents of the previous 40 hours had taken enough out of my legs to make contemplation of the remaining, flatter, 95 miles unrealistic at the speed necessary.

…back to the beginning. Thick frost on the inside of the lodge window at Gorak Shep (5200metres) in the pre-dawn greyness at 4.50am confirmed that our start would be a chilly affair. We gulped down hot tea and tsampa porridge in the lodge before setting off towards base camp with the dawn. We had decided that staying in the lodge the night before the attempt was our only option even though this meant having to endure 90 minutes of scrambling over the glacial moraine to base camp even before we started the run. Members of the Thai expedition were just surfacing as we SMS messaged our start position/time to our support crew and to the president of the Nepal Olympic committee and quickly took our start photo. A 7.30am start was planned but this was no place to hang around so, at 7.16am, we were off; breath rasping in the thin air at 5400metres and about -10C. The views were incredible with cloud filling the lower Khumbu valley and the sun now hitting the tops of Nuptse, Pumori, Thamserku and Cholatse.

BY **MARK HARTELL**

Much of the first 100 miles of the route is unrunnable due to the steep ascents and boulder strewn descents. Ironically, some of the few easy stretches occur in the early miles but as you are still above 4500 metres the air is painfully thin and, for Spyke and myself, even mild exertion brings on spasms of bronchitic coughing – a legacy of Ama Dablam - the mountain we have just climbed.

Our new friend at Dughla lodge – Tashi Tsering (Mr T) has milky tea and lemon tea waiting for us after the first 2 hours and with the sun up we are now down to shorts and thermals rather than the duvet jackets, balaclavas and gloves we started with. As the day warms up, the trail becomes incredibly busy with tourists, porters and numerous yak trains. Some of these porters are carrying loads equivalent to our own body weight so it's only fair to give them the right of way. As for the yaks, the fine pair of horns each carries ensures they get our respect so we are often forced to wait on the trail or detour up the hill to continue our progress.

Back to the very beginning. As a respectful distance runner I was very aware that Helene Diamantides and Alison Wright had been successful back in 1987 in establishing a record time for this run of 3 days 10 hours and change. In 2001, a Nepalese runner, Kumar Limbu had bettered this – lowering the target to just over 3 days and 7 hours. Now, I didn't get to where I am today by underestimating my own abilities so it seemed reasonable to suppose that this record might be up for grabs!! Conversations with Helene suggested that there were opportunities to save time by not sleeping and I knew that Kumar Limbu had encountered delays towards the end of his first day.

All this was back in 2002 when I visited Nepal for the first time and I hatched the mad idea that I might simply tack a record attempt on to the end of the Everest Marathon. With hindsight it is a good job for me that the Maoist troubles were at their height and safety concerns prevented me from becoming a liability to myself and others. Dreams sometimes won't lie down though and so when the chance to pull together a climbing trip for Ama Dablam arose, EBC to KTM was never far from my thoughts. Of course timing is essential when recruiting others for madcap ideas but I have been cultivating Spykes enthusiasm for this kind of thing for a couple of years and both he and Lizzy were immediately keen.

This time around we were serious and it soon became obvious that we had some serious preparation to do. On one hand we wanted to be simple and self-sufficient in our approach, on the other we wanted to raise money and to be sure that a record would be recognised. Immediately we were immersed with issues like dealing with the Nepalese Olympic Committee, considering how to prove where we were at any time, sending out press releases and organising a press conference for the finish line at the National Stadium in Kathmandu (which we forgot to find before we set-off for the hills!)

So, the busy trail then…..all such a contrast from when I was here in 2002 and the Maoist troubles were underway. Right now it looks as

As the day warms up, the trail becomes incredibly busy with tourists, porters and numerous yak trains. Some of these porters are carrying loads equivalent to our own body weight so it's only fair to give them the right of way. As for the yaks, the fine pair of horns each carries ensures they get our respect so we are often forced to wait on the trail or detour up the hill to continue our progress.

though the Khumbu is being loved to death like the Lake District and we have to remind ourselves that, away from this "Honeypot" there is incredible poverty in hill Nepal that we hope to be able to do something about through our fundraising efforts with Community Action Nepal.

We chose CANepal because of their approach. Rather than doing projects "to" people – the results of which are often left as white elephants, unused and rotting in the countryside – CANepal work with local communities; ensuring that they want the project, raise some of the funds for the project and are intimately involved with the design and construction. The results, in terms of schools, water, health facilities and sanitation are much more closely attuned to the needs of these local communities and much more sustainable.

We are around one hour down reaching Namche but, on a run scheduled for three days this is not a real concern. Here, our climbing leader who safely saw us up Ama Dablam a few days earlier, Victor Saunders, is waiting for us with hot tea, cake and pizza!! We are down to 3500 metres now and the air is thickening so that it is the legs that get the workout rather than the lungs.

Once again the trail is incredibly busy down towards Lukhla (where over 95% of westerners start and end their journeys at the town's little airstrip). Immediately beyond the Lukhla turnoff, however, we are instantly back to 'real' Nepal; simple lodges, porters carrying heroic loads of everyday necessities and a much quieter trail. We stop in Chaurikharka for some much needed soup and noodles and head off into the night. The first few miles aren't so bad as we are still following the drainage of the Dudh Kosi downwards but as soon as we reach Jubing Bridge we will turn West and head across the grain of the land with five passes in quick succession. Into the late evening we still meet porters, bent under huge loads, negotiating the trail just by moonlight. It's a constant reminder that we are choosing this effort and privileged to be here – for them it's a very very tough way of life. Although we are all feeling quite strong, the scheduled times we had set ourselves are proving demanding. By dawn we have reached Junbesi, a delightful village below the Lamjura La – a high pass at 3520 metres. More tea and tsampa porridge fuel us for the ascent which is enlivened by watching the antics of the local monks making their noisy way up the valley to visit the pass and replace the colourful prayer flags that adorn all the passes, bridges and sacred spots around here.

The other side is a brutal 2100 metre descent and the knees are really starting to feel the strain so that by the time we reach Kenja we are all feeling a little jaded. The rollercoaster continues, however, with more steep up and down over the Deurali pass to Shivalaya. With the second night rapidly approaching the team makes the decision to take a "safe" route via Jiri and the road to Kiratichap as our reconnaissance of the direct line some three weeks earlier had proved that the maps are unreliable, the paths are tricky to find and the leeches are dreadful and numerous. Frustratingly though, a new track has been bulldozed over the hill between Shivalaya and Jiri and what should be a simple 2 hour jaunt turns into a 4 ½ hour epic in the dark as we repeatedly lose the old trail and have to resort to map and compass work.

At Shivalaya, I had made the reluctant decision to quit. It's daunting to run for 36 hours non stop and know that less than ½ the distance has been covered. I also knew that we would have to move a lot quicker once we reached the road sections and believed that the other two could achieve this without me. By the time we reached Jiri, however, mind-altering fatigue had overtaken the whole team and sleep had become an overwhelming priority. Surrounded by a cacophony of stray dogs barking we attempted to contact our support and call the whole attempt off. At 11pm, all lodges were shut for the night so we found a simple hayloft, put on all our spare clothing and, with no sleeping bags, just curled up in the hay. A few, cold hours later and it was clear that Spyke had a different perspective on life. He quickly worked back from the required finish time and established that a record was still possible – albeit tight. After a rushed breakfast of more milk tea and some deep fried batter things he and Lizzie were off leaving me to catch a bus to our waiting support crew in Muldi and help them over the remaining miles as best as I could. Of course, with any decision to quit it seems like the only option at the time and, within hours, feels like a terrible mistake. I knew now, though, that self-pity wasn't going to get anyone to Kathmandu and that I should pour my efforts into helping Spyke and Lizzy.

After the frustration of the journey over to Jiri, they got a boost as the next section went more quickly than anticipated and were through Kiratichap by midday (2 days 5 hours gone). Once again, however, they had to deal with setbacks as they lost almost 2 hours on the next section to Muldi – descending too soon to cross the river on a section we had reconnoitred 4 weeks earlier and having to re-ascend over 500 metres. This whole section had been a journey of discovery for Spyke and I on the way in as we jumped off the Jiri bus 50 miles short of Jiri, much to the amusement of all aboard, and announced our intention to walk/run in from there. For 3 ½ days we were on trails rarely used by westerners and spent less than £10 between us, including a beer on the first night, as we adopted the simple lifestyle of the locals and porters. The mini-adventure had included playing pied-piper to around 40 school-kids, the surprise realisation that there are snakes in the foothills, a torrential rainstorm, getting lost a lot, a short section of vegetation bashing where we each picked up literally dozens of leeches that had to be removed and a comedy incident where Spyke was trying to wash his "parts" using the rainwater draining from the roof by balancing from a balcony to a large adjacent rock. Our Nepali Didi – the big sister who ran the place knew enough English to enquire "what are you doing". Spykes embarrassment meant that he did not really have enough English to respond – at least not with any dignity!

Despite the rollercoaster of setbacks and progress, they arrived in Muldi to the waiting support by 7pm. The send-off was amazing and

BY **MARK HARTELL**

they were encouraged on their way by around 40 members of the local sports club who had turned out with kata scarves and a banner they had made especially to adorn the support vehicle. Things were looking up as most of the remaining miles would be on road and we had three Nepalese runners who would help them on the remaining 63 miles. At this point I chose not to tell them that they were 2 hours behind where current record holder had been at this point on his run – I was confident that he had slowed down a lot on the final day and that my pals would draw on our support to keep their speed up!!

Sure enough, working in relay and providing inane chatter to help pass the night-time hours – the English and Nepali support team helped Lizzie and Spyke to stay awake and on target for the record. Using some crude maps and split times gleaned from Martin Stone we knew that there was the potential to save a precious 5km at around the 30 mile mark by taking a direct path where the road weaved up a climb through a tortuous series of switchbacks. Problem was, we had not had chance to recce this section so it was a real gamble. Knowing that I was being totally reckless, I put on my most confident hat and announced the exact point where the trail departed – leading off up the hill at a terrific pace and showing not a moments hesitation at each point where the trail divided. Clearly the karma was with us because the short-cut worked much better than I had any right to expect and within 20 minutes we could hear the straining engine noise of an early (5am) commuter bus cresting the climb. Exactly as I had expected!!

As Sunday dawned, the outskirts of Kathmandu beckoned and, by 8am we were fighting our way through gridlock to reach the national stadium. Miraculously a police motor cycle escort appeared and swept away the traffic like Moses and the parting of the red sea. By now, Lizzie and Spyke were grimly focussed on the finish. No longer eating or drinking, with a fixed 1000 yard stare and just gritting out the pain in the hope that the finish was just around the corner.

Finally the gates of the stadium hoved into view and at 9.52am – after 3 days, 2 hours and 36 minutes – a new record was set by Lizzie and Spyke to a reception of around 30-40 journalists and the president of the Nepal Olympic committee. The whole episode was triumph for co-operation of English and Nepalese, our different sponsors and, hopefully for the poorer hill people of Nepal who will benefit from the fundraising efforts.

We set a very ambitious sub 3-day target for the run and believe this is achievable for someone prepared to forgo all sleep and with good route knowledge. We also set an ambitious target for fundraising and, although we have raised over £4,000 we would like to reach £5,000.

Please check out the website of CANepal and, if you have enjoyed reading this, go online to ***www.justgiving.com/run-everestbc-kathmandu*** to donate or contact me if you can help. (***mark@mercatorprojects.co.uk)***

Nepal is a truly wonderful country with an amazing people who have so much to teach us all about life and its priorities but it is also a very poor country (5th poorest in the world) with much suffering that can be easily alleviated by the kind of projects that CANepal support.

Of course we would love to help anyone seriously considering an attempt with our knowledge of route, timings and other logistics. Also, I need some companions for 2010 when I hope to set-aside some unfinished business!!

BY **LUANNE FREER, MD**

When I began my medical career I had no idea what my passion was to be nor why it was important to develop a passion in life; a wise mentor suggested I come up with one quickly. His sage advice was that simply practicing my craft would get old and stale with time; I needed something that stimulated me beyond a paycheck. I found my passion in the wilderness of the Himalayan mountains and among the Sherpa people. How did I get from a classic suburban upbringing/lifestyle and inner city medical practice to the top of the world?

A seemingly random invitation to join a medical volunteer mission to Nepal in 1999 changed my life and revealed my true passion to me. I was introduced to the beautiful mountains of Nepal but more importantly to the Sherpa people, the most gentle and inspiring people I had ever met, as well as the astounding need evident in their developing world. I returned to Nepal during the spring of 2002 as a volunteer physician at the Himalayan Rescue Association (HRA) clinic at Pheriche (4280m) and then conceived the idea of a medical clinic for all at Everest base camp (EBC). During that time, I visited friends on climbing expeditions on Nepal's south side EBC, and was approached by many climbers (foreign and Nepali alike) and their support staff for medical advice. I was surprised to find that many of the expeditions, even some of the largest, had no team physician. Although many expedition leaders have far more experience recognizing and treating altitude illness than most physicians, many had little or no medical training, and I was surprised to find some of them regularly dispensing prescription medications to their teammates for maladies ranging from cough to diarrhea to abdominal pain – sometimes with disastrous results. Some of the private expedition physicians were understandably reluctant to treat non-team-member climbers for medical problems. I met an occasional expedition physician who was unfamiliar with treatment of serious altitude illness. For all of these reasons and the fact that I had a desire to support the mission of the Himalayan Rescue Association (which uses proceeds collected from relatively wealthy western visitors to fund low cost/ free health care for local villagers,) I lobbied the HRA board of directors to support a new clinic at EBC. Expecting record numbers at Everest, we set up the clinic in April 2003 to coincide with the 50th golden jubilee celebration of Hillary and Norgays' first ascent of Everest.

Much of the preceding year was spent attempting to notify both commercial and private climbing expedition teams of the plan to provide medical care for any team at our facility. Countless hours were spent recruiting sponsors (mostly from the US), collecting donated medications and supplies, recruiting other volunteer physicians to help staff the clinic, and finding

What's your passion?

Dr. Freer cares for a patient at the Everest Base Camp Medical Clinic (17,600ft)

an expedition/trekking company to provide tents, food and power for our team.

As anticipated, there were bumps along the way, but we were up and running on April 2nd 2003. We treated hundreds of patients for maladies ranging from gastrointestinal illnesses to frostbite and deadly high altitude illnesses.

Careful planning and provisioning prepared us with the proper medications and supplies to stabilize our patients for evacuation and descent or, in many cases, to definitively treat the illness or injury. Ninety percent of our patients were climbers or their support staff; the remaining 10% were trekkers-through or media and just over half of our patients were native Nepali. Not only was our clinic a convenience for many, but many expeditions recognized the cost effectiveness as well as the comfort of being treated by altitude-experienced physicians who were well-acquainted with the health system and challenges in Nepal.

As with other businesses, humanitarian or not, fiscal matters are important in determining the future of a venture, and we lost money in 2003. But our organization was committed to carrying on during future spring climbing seasons. By early fall 2003, we were lucky to have accumulated more donated clinic supplies and equipment, and we returned to Everest in April 2004 with brand new custom-made tents, and solar panels to enable us to power our equipment with clean, quiet, renewable energy. We were fortunate to have the continued support of a managed website from friends who believe in the mission (follow our progress daily on www.BaseCampMD.com) and production companies filmed documentaries about our clinic in 2004, 2006, and 2007, which will certainly increase our exposure to potential sponsors (see www.indusfilms.com/EverestER.asp and http://news.bbc.co.uk/1/hi/health/5336134.stm) We have been well received and relied upon by more teams in the subsequent seasons. In the past 5 years we have built on our experience and success; as more climbing teams contract with our clinic to provide all of their medical care, we are provided budget stability and we can finally balance our books. As more teams support our clinic (leaving their private non-climbing physicians at home) we will no doubt see even greater numbers of patients, enabling us to support our mission; we are fast becoming a permanent fixture for spring climbers at Nepal's Everest base camp and a fixed support for health care for the Sherpa community.

Developing this passion, combining it with my love for the practice of medicine and with my desire to return something to the Sherpa people who teach me so much about life, has left me personally and professionally fulfilled beyond my wildest dreams. I challenge you to identify your passion, combine it with your gifts, and use the combination to serve those less fortunate. Namaste loosely translates to "I recognize the divine within you"…

Namaste!

If you would like more information about the clinic, visit the website at www.BaseCampMD.com.

For more information about the HRA-Nepal, **www.himalayanrescue.org**

Tax-deductible contributions for our 501C3 nonprofit clinic may be made online at **www.BaseCampMD.com** or sent to:

Himalayan Rescue Association – USA
PO Box 365
Gallatin Gateway, MT 59730 USA

BY **PAUL BIDDULPH**

Priceless

The Himalayan 100 mile Stage Race

October /November 2007

I think is was during one lovely summer evening's run about two years ago that the idea of running in the Himalayas was first mentioned by one of the guys. I'm not quite sure how but two years later I found myself on the start line of the 2007 race, high in the tea plantations and forests in the lower reaches of the Himalaya mountain range in West Bengal, India.

The Himalayan 100 mile stage race is run over five days at altitudes of between 6600 and 12000 feet over a mixture of very rough mountain trails, thick forest tracks and some paved roads over the last two days for those more suited to running on a tarmac surfac.

Stage 1 – 28 October.

Maneybhanyjang (6600ft) - sandakphu (11815ft)
24 miles, 8350ft ascent, 1500ft descent
Fastest times: men 04:21; women 04:59

Up, up and more up on really rough trails with endless switch-backs. The sensible thing to do was to run the bits where it was possible and march up the rest. We were given a great send off from the small town and the pack quickly stretched out. I spent most of the time on my own trying to keep an even pace and remembering that this was the first day of five. Self preservation was foremost in my mind. The altitude never really bothered me. Although we set off in brilliant hot sunshine the cloud soon drew in and views disappeared. However, in the mist I did encounter my first Yak as well as quite a few locals and, more importantly, another competitor from Colombia now living in the US, who was to become my sparring partner over the coming days. I was pleased and somewhat suprised to finish 8th overall at the end of a gruelling day.

Stage 2 – 29 October

Sandakphu (11815ft) - Molle (11655ft) - Sandakphu (11815ft)
20 miles, 1330ft ascent, 1330ft descent
Fastest times: men 2:51; women 03:15

Main Pic: Stunning views of four of the world's five highest mountains take the mind of the pain

Below: The start in Maneybhanyjang with the first checkpoint on top of the hill ahead

Each competitor gets to run through the finish tape at the end of each stage

All photos © Jose Manuel Jimenez

BY **PAUL BIDDULPH**

Stumbling out of the hut at 5.00 am I was greeted with what can only be described as the most breathtaking wake up I have ever had.

Staring me straight in the face in the bright crisp morning sunlight were the peaks of Everest, Makalu and Lhotse. As if this was not enough of a sensory overload I glanced out of the corner of my eye the massive Kanchenjunga. All were majestic, bathed in the morning sunlight, as the sun rose to bring the second race day. Sandakphu is the only place in the world where the four of the world's five highest peaks can be viewed together. Now I knew why I had come and put myself through not only the months of gruelling training and racing but also the long and tiring journey to get here.

The race was fantastic and stunning in every way and although I very much found myself in the zone I still took time to take pictures along the way and soak up the quite stunning surrundings. Running towards Everest and the Kanchenjunga is a surreal experience and I had to pinch myself a few times to make sure I was actually there. The trail was once again tough underfoot but fast for anyone who loves the rough stuff. The altitude certainly caused a few to struggle but in the main there were no real problems. Once again lots of steep descents and ascents and lets just say that the race profile we were give was slightly suspect as became the case each day regarding heights and distances. Usually you could add on at least 10%!

Once again I was pleased to finish 8th overall. Some of the guys who pushed on the first day seemed to struggle running on the rough tracks and rutted surfaces.

Stage 3 – 30 October

Incorporating The 13th international annual Mt. Everest Challenge Marathon
Sandakphu (11815ft) - Molle (11655ft) - Phulet (11380ft) - Molle (11655ft) - Rimbik (63500ft)
26.4 (official) - 30 (general consensus) miles, 3700ft ascent, 8963ft descent.
Fastest times: men 4:31; women 05:40

Yet again we were greeted with the stunning sight of the mountains and most of the group gobbled down bowls of hot porridge and gulped strong coffee on a small terrace marvelling at the sight in the brilliant morning sunshine.

The marathon, which was really an ultra, was the day that I had been most looking forward to. Most of the group were dreading it, not only because of the distance but because of the masive seven mile descent. I could'nt wait. As on the previous days it was very rough under foot and by the time I got to the checkpoint at the top of the descent a combination of caffeine gels and sugarry snacks had made me into a coiled spring. I left the checkpoint with a loud holler like a man posessed, chasing his prey down the mountain, namely a Norwegian, an Austrian and the Colombian nemesis and anybody else I could reel in along the way.

The tactics worked and it was not long before I swallowed each of them up – but the colombian just hung on for dear life after I passed him and also in the end just managed to pip me by about 30 seconds out of fourth place into fifth. The last 5km was really hard after so much descending – a long rolling broken road with some small inclines that felt like mini mountains. After a short time the village came into view and we descended down the rutted road to the finish, locals lining

All photos © Jose Manuel Jimenez

The locals took a keen interest and provided a warm welcome throughout the race

the last hundred yards and all around the finish line looking at us like we were slightly mad.

I was really pleased with the day managing to finish fifth overall although a little disappointed that I let fourth slip away. However I still felt good and my legs although tired felt fine.
about 6km and then 1700 feet ascent to finish.

Stage 4 – 1 November

Rimbik (6350ft) - Palmajua (6560ft).
13 miles, 1700ft ascent, 2000ft descent
Fastest times: men 1:33; women 01:55

A beautifully sunny morning saw us on the start line all fed, watered and rested for the penultimate stage. The rough stuff was out of the way now and it would later appear that the road runners were going to come out of their shells.

Those who had it still in them galloped off through the village and down the long winding descent to the valley bottom. A combination of tired and sore legs from the last three days saw a few people moving gingerly down the hill, although those of us who were up for a good run made good pace in the hot conditions. We all stretched out quite quickly and I made good time on the down and kept a pretty good pace on the flat section managing to swallow up a few of the guys that had gone off too fast and were now beginning to suffer. It really felt so different on the tarmac after doing nearly 80 miles off road the three previous days. As we ran we passed all manner of industry from tailors to miners and

engineers, all working away but taking a moment to shout and cheer as we ran by. It was great and the encouragement really helped.

As soon as I hit the climb to the finish I decided to march and made really good pace catching some more guys up including the Colombian! As soon as I had him in my sights I started the chase and managed to overcome the disappointment from the previous day by pipping him in the last 100 yards. Certainly a tough race but I managed to finish 10th which I was happy with.

As we were bussed back to the start we passed the bulk of the group struggling up the hill in some sorry states. Some clearly injured and patched up some generally worn out and others just ill. A true inspiration because each and everyone finished no matter what state they were in.

As I said the road runners came out of their shells and managed come from nowhere to clinch really emphatic victories leaving the overall leaders trailing.

Stage 5 - 2 November

Palmajua (6560ft) to Manybhanjang (6600ft). 17 miles, 2300ft ascent, 2204ft descent
Fastest times: men 2:12; women 02:44

Once again a glorious morning as we were bussed to the start line. The journey seemed to last forever and it dawned on us how much descending and climbing we had done the previous day.

I felt really good and was raring to go unlike the majority who I suspected just wanted to get the day over with. As I jumped around on the start line I was met with some incredulous gazes. All I needed to do was carry on with the same plan, a good strong and even pace and my 10th place overall would be safe hopefully. The start was torturous as we seemed to climb for ages, well over an hour actually. I got tucked into a little group and set quite a good pace. We were climbing through thick forest which was great as it sheltered us from the heat of the sun. Eventually we topped out and came into a small mountain top village where it seemed that every inhabitant had turned out to clap and cheer. I really wish I could have stopped but I couldnt. I thanked as many as I could as I passed by. It was really quite an emotional part of the race for me and I was feeling really strong and barelled off down the first part of the descent swallowing up three other guys as I went. I was on a mission! The scenery although still pretty had really gone now as we ran through dense forested hillsides. The pain kicked in with about 5km to go and I was chasing an Austrian guy who as soon as I gained on pulled away again refusing to be caught. Anyway it was job done and at last I could hear the clapping and cheering at the finish line. As I rounded the corner I saw the line and sprinted in with a last rush of adrenaline. At last, job done ! All the months of training and endless racing in the lakes had paid off.

I managed 11th place, my lowest placing out of the five days, but the road runners had made their mark once again. However I managed to finish 10th overall in 18 hours and 35 minutes. To say I was pleased would be an understatement. I was over the moon and could'nt quite believe what we had just done

This was a truly spectacular event to have been involved in and there are a few people who helped me in different ways. My parents for all there fund raising efforts towards my charity Water Aid who I managed to raise in the region of £1500 for. They raised a fantastic amount of money on my behalf and gave me no end of encouragement and I am truly grateful.

Martin at Up and Running in Huddersfield who was extremely helpful in suggesting kit choices and for donating a pair of road shoes and a weatherproof coat. His help and assistance was extremely kind so if you are in the area pop in for a purchase.

Ian at Lakes Runner in Ambleside for the kind donation of an OMM sack which proved invaluable. Once again I am really grateful for his kind support and interest. If you are in the area pop in and make a purchase.

Finally to Jonny Moore for the words of encouragement the pep talks and the great racing during the spring and summer of 2007.

Last but not least my girlfriend Jo. After all, as she said in one of my many moments of panic before we left, ...don't worry, your only running up the Himalayas!! Priceless!

The 18th HSR is scheduled for 1st to 8th November 2008 (Seven Nights / Eight Days from Bagdogra airport to Bagdogra Airport) while 14th ECM is scheduled on 5th November 2008.

For more information contact the race organizer:
CSPandey
Race Director
Himalayan Run & Trek Pvt. Ltd.

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or CSPandey@vsnl.com
Website : www.himalayan.com

All photos © Jose Manuel Jimenez

The quest of spirit forever remains the supreme effort of mankind, the inborn aspiration to something beyond the apparent emptiness of everyday life. Throughout the world, whenever the word Himalayas in pronounced, people become attentive and a special expectation lights up their countenance _ the call of unconquered peaks, the concept of tremendous heights, unchartered glaciers and valleys, the unbelievable richness of vegetation and animal kingdom. There is also a deeper significance, an unseen spiritual influence, a special magnet which makes the Himalayas a great centre of spiritual pilgramage – the abode of the Devas.

A. P. Agarwala, Guide to Darjeeling Area

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BY **PETER ANDERSON**

I fell running the Great Wall Marathon

Well, it's not a Fell Run, but you'd love it anyway. I only know about you lot because I picked up that book by the 13 stone Southerner in an airport; but if the Great Kenny could make the transition from tussocks to Tarmac, I see no reason why my middle – aged magical misery tours can't take place in the middle of the field up a Fell, so I'll be joining you all soon.

Navigational hazards might be discounted by those who believe that it's visible from low Earth orbit, but when the pilot dropping your 777 into Beijing tells you that the Great Wall can be seen from the left hand window seats and at 3000m you can't see a trace of it then you get the idea. My girlfriend went straight past the Finish line for a bonus second lap of the final circuit, and while her sense of direction is such that she can barely find her feet to put her shoes on in the morning, you all know the effect of pain – induced tunnel vision. In effect, the Wall is barely the width of a country road at it's widest, and no higher than 15m anywhere. The fact that it's 3000 miles long doesn't make it more visible from anywhere, just visible from a mile or two away in more places. Functionally, it's more of a road than a Wall, following mountain ridges across the North of China in a meandering way which, and you can only see this on the ground in winter, takes the path of least accumulated and drifted snow. A beautiful line.

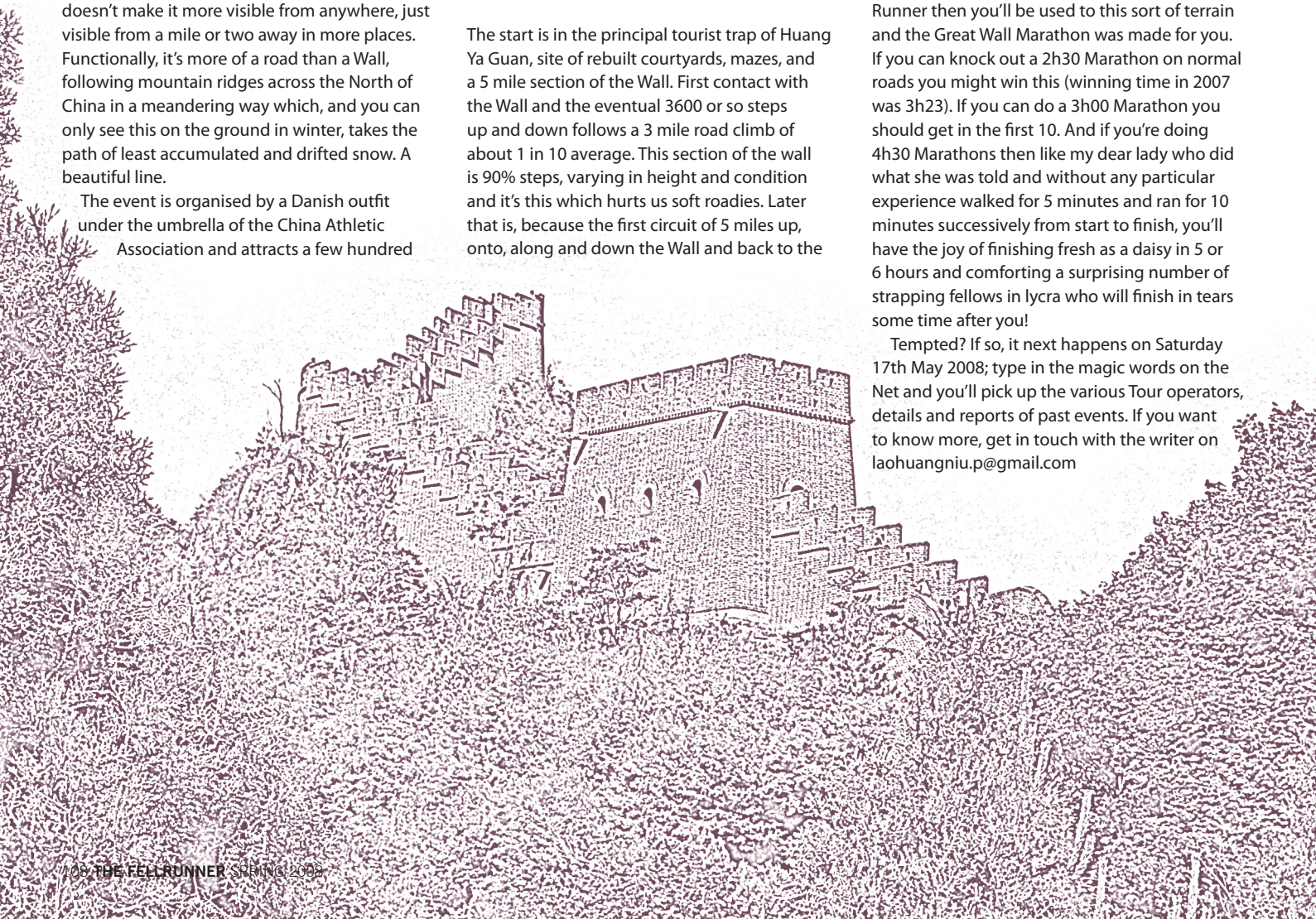
The event is organised by a Danish outfit under the umbrella of the China Athletic Association and attracts a few hundred club level runners. They get quite a good deal on the flight and race as a holiday package. 20 or 30 handy triathletes and County or National level trail runners and the like also pitch up, the overall level and winning time have been getting steadily better. Brits are few, but the French, German, Scandinavian, Aussies and Kiwis are all present in number. I'm not really a runner, more of a cyclist, but I've been working here for 6 years now, there's not much bike racing and I have got bitten by the event.

- 2002, heard about it, entered, event cancelled because of SARS
- 2003, round in 4h50, couldn't walk for a week
- 2004, broke all things on the right side mountain biking in Thailand just before, walked and ran round in over 5 hours
- 2005, couldn't run, part of right big toe amputated following frostbite up in the hills on the Korean border
- 2006, 13th in 4h18
- 2007, 8th in 4h03

The start is in the principal tourist trap of Huang Ya Guan, site of rebuilt courtyards, mazes, and a 5 mile section of the Wall. First contact with the Wall and the eventual 3600 or so steps up and down follows a 3 mile road climb of about 1 in 10 average. This section of the wall is 90% steps, varying in height and condition and it's this which hurts us soft roadies. Later that is, because the first circuit of 5 miles up, onto, along and down the Wall and back to the start leaves you with a cocky "is that all there is?" feeling as you slope off into the farms and dirt roads of the surrounding countryside. The country loop is mainly road, with just a nasty rocky descent through fruit fields to wake up the mountain man in you. But it gets hot, and the pounding means that when you get back for the final loop which is the first circuit taken in the other direction you feel like you've got more than 21 miles in your legs. The start ascent of the final loop is close to vertical, and while not long it's unrunnable, which gives a lot of people cramp with the transition. Mid-fielders are on their knees, using their hands, stopping, cramping and generally in tears. This carries on oddly enough when things ease up, it just keeps changing and weary legs either fold or seize solid. The final descent on the road section seems to get no easier; I've even seen first ten finishers walking sections of it or just stopped doubled up with cramp in the legs and stomach.

Of course, if you're reading this in the Fell Runner then you'll be used to this sort of terrain and the Great Wall Marathon was made for you. If you can knock out a 2h30 Marathon on normal roads you might win this (winning time in 2007 was 3h23). If you can do a 3h00 Marathon you should get in the first 10. And if you're doing 4h30 Marathons then like my dear lady who did what she was told and without any particular experience walked for 5 minutes and ran for 10 minutes successively from start to finish, you'll have the joy of finishing fresh as a daisy in 5 or 6 hours and comforting a surprising number of strapping fellows in lycra who will finish in tears some time after you!

Tempted? If so, it next happens on Saturday 17th May 2008; type in the magic words on the Net and you'll pick up the various Tour operators, details and reports of past events. If you want to know more, get in touch with the writer on laohuangniu.p@gmail.com



BY **MONICA SHONE**

THE JOSS NAYLOR LAKELAND CHALLENGE

As 2008 is still in its infancy, it is tempting to wish A Happy New Year to all our readers, even though it will be February before you read it ! From then on may you keep healthy and fit so that you can complete this vets challenge in time to gain a tankard from Joss. It is notable that, since the introduction of the JNLC, athletes appear to be wishing their lives away till they reach the entry age of 50. Having celebrated the half-century, there are fresh targets every five years; what more could veteran fell runners want ?!

There is really nothing to say in January, except to list those who were presented with their tankards at the Presentation Dinner at The Bridge Inn, Santon Bridge on October 20th. Although numbers attending were a little down on last year, mainly due to inevitable clashes, it was a good occasion, well organised by David Powell-Thompson . I am happy to know that he is willing to keep the job, so roll up on the third Saturday of October in large numbers for this friendly dinner evening and help celebrate everyone having exceeded their half-century in such a good state of health and fitness. Guests are very welcome and you can all go walkies with Joss on Sunday morning, where well trained dogs are also welcome.

There are several 'Wanabees' on the enquiries list already. One such came as result of a meeting in Bhutan, where Rainer Burchett spread the word amongst runners in the 'Bhutan Runners World' trip. Sure enough, one sent for details and has even targeted a date in June of this year. Anyone going to such as Everest Base Camp or Himalayan Marathon could perhaps recruit a Gurkha or two ?

Successful runs in 2007.

71.	Phil Hodgson	M50	Todmorden Harriers.
72.	Peter Coppack	M55	Macclesfield Harriers
73.	Mick Swale	M60	Skyrac A.C.
74.	Martin Sleath *	M55	White Peak
75.	Leigh Warburton	M50	Bowland
76.	Allan Miller	M50	Kendal

Repeat Runs.

Peter Simpson	M60	Liverpool Harriers.
Dave Sleath	M60	White Peak
		(Double Run, Wasdale-Wasdale)

The Information Sheet and schedules for all age groups can be obtained from Monica Shone:-
Swn y Gwynt , Penmynydd , Menai Bridge ,Isle of Anglesey. LL59 5RX (SAE please) or by Email: mandc@gwyntog.freeserve.co.uk
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BY **JOHN DONELLY**

The Hebridean Challenge

The Hebridean Challenge has long been on my list of "must-dos", and this year I got the chance to take part in The Laughing Dogs team put together by Davy Broni and John Campbell. John C, myself, Paul Robertson from Edinburgh and southerners Rachel Riley and Philip Nye were the "Dogs" and Davy's "Rusty Snails" were himself, Rowena McConkey, Carol Stewart, Lizzie Rose and Bostonian Ciro de la Vega. "The Heb" as it is affectionately known is an adventure race in the true sense of the phrase, requiring teams of five to get themselves from Barra at the foot of the Hebrides all the way to the Butt of Lewis at the top. If you were left to devise your own route then it might be very simple, but the organisers have devised a devious and convoluted 5 day logistical and physical challenge that on first sight seems totally bewildering. The teams work in relay fashion over a pre-set route using only human powered means – sea kayaking, swimming, cycling and running – backed up and all bundled into the one overloaded and disorganised Transit van.

Most of my team were picked up in our mean red van machine by John C. on the Friday and headed up to stay the night at Lizzies's friend's house in picturesque Ardfern, where we enjoyed the hosts' BBQ and party. We caught the early ferry on Sat from Oban, and it was on the ferry queue where the race atmosphere started to be really felt as there were a couple of dozen of vans and estate cars with bikes and kayaks strewn all over. There were plenty of familiar faces all eagerly anticipating the Heb, including Westies Keith Adams, Shona Robertson and Claire Fennell as well as a crack Trotter team and other assorted faces from the hill running scene.

We all alighted at Lochboisdale on South Uist and headed for the Sat night camp on the "Whisky Galore" island of Eriskay for some relaxation and forward planning, though that was soon substituted for food and drink in Am Politician, the pub named after the ship involved in the Whisky Galore incident. Sunday was spent sorting the van and all the gear out and planning who would do what, where, when and how for the Sunday evening Prologue and for the first day proper on Monday. Myself and Rachel headed over to Barra for the road bike time trial and hill run respectively, while Phil was to race over in his kayak to join us.

The Rusty Snails: (left to right) Lizzie, Carol, Davy, Rowena and Ciro

The Laughing Dogs: (left to right) Rachel, John C, the author, Phil and Paul

All photos courtesy of John Donelly

John and Paul were to do a MTB/hill run loop on Eriskay from the ferry terminal to Rosinis Shieling and Beinn Sciathan, one going clock and one going anti-clockwise.

Prologue – Barra Cycle Time Trial

After a quick putting up of tents and change into cycle gear I and my Van Nicholas lined up in the last bunch to be set off for the 21 mile lop round Barra. I was really looking forward to at last getting started and to not having to stretch my puny single brain cell by yet more who/what/where/how planning. This was my first taste of actually racing my bike and boy did I enjoy it! It was an undulating first half out to Castlebay and the causeway to Vatersay, where we turned round and headed back. I hauled in half a dozen or so in this part and then we headed back clockwise to the west coast with fantastic views of the rugged coastline and beaches. This part was relatively flat but with enough hills to make it interesting. I had some more cyclists ahead to give me targets and I managed to catch most of them before hammering it back to the ferry terminal, enjoying the speed and excitement of the bike, in a way that running just does not offer. I clocked 68m 31s for the 21 mile loop, an average of 18 mph, which I was well chuffed about. I think the winning time was about 60m or so. At the same time Rachel was running up Beinn Ob and Beinn Eireabhal, teaming up with Rusty Snail Rowena for some company, before joining us in our wee rough camping spot beside the ferry for some communal pasta with kayakers Phil and Ciro who had cracking races across from Eriskay, where Paul and John C. had also completed their prologue.

DAY ONE – BARRA to BENBECULA

While Rachel and I took the easy option of the ferry back to Eriskay, Phil kayaked over at 6am (with a wee island hill run in between) to tag John C who then swam to meet us. Paul then took over from here on his mountain bike to head out of the road from Eriskay to South Uist, having to get to Oratobht road junction near Lochboisdale via the Polachar Inn and some off road machair tracks. An hour and a bit later he arrived to tag Rachel and I who were cowering from the wind and the rain, not really looking forward to our hill run. Paul appeared suddenly through the rain and we headed off across the boggy slopes leading to a steep plod up Beinn Ruigh Choinnich, which was covered in clag, being rapidly overtaken by a skimpily clad Clare Gordon of HBT pairs team "Gay Gordons" (with Dan Gay).

At the summit there was a difficult route choice – contour round west of Triuirebheinn in the clag or head east to the coast – to the next checkpoint at the ruined shieling of Caolas Stulaigh. I chose the latter, thinking that it would prove easier running and navigating. It certainly was easy navigating as all I had to do was to follow the coastline round, but boy was the terrain rough and full of minor undulations and gorges of the sort that you can never see on a map. We reached the check after about

an hour an a bit, with shins that were battered and bruised by a succession of knee high bracken, thorns and all other manner of nasty stuff. The sea views and occasional deer only partially redeemed things. Even the joy of at last nailing the check soon evaporated as Lizzie and Rowena arrived at the same time from the opposite direction, having gone the westerly contouring route and having left 15min after us as well. I should have wondered about the lack of other teams on our route, but of course hindsight is a wonderful thing.

The four of us then headed off together for a while, Rachel stopping for an impromptu cold bath in a deep burn, before Mr Navigationallychallengedman decided to choose the lower of two routes to the next check. The other two stayed a bit higher and disappeared from sight. Dropping down to a wee loch we then skirted along its heather and bracken adorned shoreline before entering the hell that was the flat yet drudgingly slow and leg and brain sapping trudge along to Airneabhal. It was just as well we had each other for company, as I think if we had to endure this sort of terrain on our own we would simply have given up, sat down and waited to become part of the peatbog. We eventually arrived at the foot of the hill and it was a great relief to actually have a bit of solid ground under my feet, even if it meant ascending a couple of hundred feet into the mist.

We got the summit checked off quickly and then headed off on a cracking grassy descent towards the chambered cairn checkpoint on the north slope of Reineabhal. More wet bog lay in the way, including one innocuous looking waist deep stream that required careful crossing together. Just as we were starting to anticipate the welcome end of this leg, I was gutted to spot Lizzie and Rowena ahead of us yet again, their route choice having once again got the better of us. Trying to race them down, we were again deflated as they had bikes left for them on the last bit of track by their clever team-mates, and just pipped us to the changeover. (4h 19m for this leg).

We tagged Phil who headed off on his road bike a few miles up the road where he set off John C and Paul for their hill run to Beinn Bheag Tuath and Beinn Corradail, chasing Davy and Carol. This gave Rachel and I a few hours of time-out to take Phil up to Oitir Bheag for his kayak leg later in the day. 3 or 4 hours later John and Paul appeared out of the gloom and tagged me for a blast up the road on my bike with a strong following wind, managing to crack along at near 30mph in an attempt to beat the van to the next transition point. It was real hoot bowling along in the top ring with the adrenaline rushing through, though when I got to Oitir Bheag there was no one there! I spent a few minutes wondering if they had got lost, but then guessed that they had possibly gone on a bit further up the road to where this next leg headed on the bog. (23mins for this leg). That was indeed where the van was waiting and I hopped on to my mountain bike to join Rachel for another heather and bog feast to the shieling at Loch Shiurabhagh

This landscape has more water than land and navigation is very tricky if you are not to find yourself the wrong side of a long lochan with no option but to retrace your steps. I only went wrong a wee bit and we trudged to the shieling only to spend 10 mins looking for a marker that wasn't there, a bit of a recurring feature in days to come. We reversed the trudge back to the bikes, passing Lizzie and Davy coming the other way. They then headed cross country to the next check at a chambered cairn, while we cycled round on the road to come at it from a different angle, theirs proving the quicker choice. We then had 5miles back along the road on the mountain bikes to the finish at Sgoil Lionacleit, in the gloom and the rain (2h 49m for this leg).

We arrived just before 10pm well and truly knackered, but still with food to eat, tents to put up and the next day's planning to do! The team had been on the go since 6am and day one had been a bit of an eye-opener for us all

BY **JOHN DONELLY**

Lizzie & Rowena at Leverburgh Slip

as to what lay in store. We probably got to bed about midnight, with the next day starting at 6am yet again. A hard trudge of a day with the road bike section being the sole highlight of an otherwise arduous slog. But honestly I enjoyed it, in the usual masochistic sort of way.

My Personal Day One Stats = 7hrs 31mins of effort, 22 miles running, 24 miles cycling, 1000 metres of ascent.

DAY TWO – BENBECULA TO SEILIBOST

We were all up at the crack of dawn for a 6am start. Paul was going to road bike 10 miles, while Phil would drive to the Berneray ferry, dropping the rest of us off at 2 different points en route. Paul first tagged me at 6.30 and I then hared off on my road bike heading for the ascent of Eabhal, while most of the field headed on a more direct route via MTB and foot. Davy had said there was a good path in from the north, and after Monday's slog that was enough to sway that as the route for me. After 10 miles of lovely early morning cycling on my own, including an owl eyeing me up for its breakfast, I changed into my running shoes at the road end on Loch Euphort. Davy appeared soon after and with his quick transition actually headed off on the run just ahead of me. I struggled a bit to get into my running over the nice grassy trods and couldn't make up any on Davy. However, as we approached the trod round the east shore of Loch Obasaraigh he headed up the hill hoping for a more direct route, while I wanted to enjoy the sense of actually running rather than heather-bashing for a change. My choice of route proved the better as I gained the foot of Eabhal quite a bit in front of him and had a lovely loch-side run as well. It was just over 1000 ft to the trig point, where I spent 5 mins looking for the non-existent marker, before agreeing with Davy, who had just appeared, that it simply wasn't there. The descent was a good grassy muddy one and then I reversed the trod back around the loch, hotly pursued by Davy. I just left on my bike as he arrived and sped off determined to make leave some distance between us. I had a great 18 mile cycle back in the sunshine and stunning views, skirting past Lochmaddy en route to the Berneray ferry, and steaming past lots of other cyclists. The rest of the team made their way back via various other hills, and we enjoyed a nice time-out in the sunshine while waiting for the ferry to South Harris for the 2nd half of the day's efforts. (4 hrs for this leg)

Once over at Leverburgh it was back on to the road bike for a 12 mile race to Rodel Pier and on back to Northton Beach. The first few miles to Borghasdal were a hoot, with myself, Ian Wellock of HBT and another cyclist leading the way in a fast chain-gang. Unfortunately I then had to negotiate 1km of grassy track on my skinny tyres, with the MTBers steaming past, and I didn't really help matters by stupidly trying to get on my bike instead of pushing it, causing me to fly over the handle bars with the bike landing on top of me. I was OK fortunately (but more importantly so was Van Nicholas) and got up and pushed the bike a bit further to the lovely tarmac, where I then wound it up a bit to try and reel in some of the many places I had lost to the MTBers. I reeled in quite a few on the scenic cycle back, helped by speeds of up to 45mph on some of the cracking descents. Compared to running there is a real adrenaline fuelled buzz about pushing hard and fast on a good road bike, with all your effort efficiently going into forward motion, rather than flailing around in bog and heather and I was really enjoying these road bike legs. After screeching to a halt at Northton beach I handed over to John and Phil for a swim. (42 mins for this leg)

Phil had enjoyed some lovely paddling across from North Uist while the rest of the team had taken the ferry, and had continued to be right up there at the front of the kayakers. After John's swim in turquoise waters and golden sands, Paul and Rachel headed up the lovely rounded cone of Ceapabhal, before tagging Phil and I for a wee dander on the bikes along the road and up the hills of Maodal and Bleabhal where we had stunning views of the turquoise seas and golden beaches of Scarista and the Isle of Taransay. Phil was dragging me up the hills as I laboured a bit but my wee legs came good on the descents to even things up a bit. I then cycled a wee bit further to wait with the others while John went up Bulabhal. (3 hrs for this leg)

When John returned the other 4 of us sprinted up the nearby hill fort of Clach Mhic Leoid, before hopping on the lovely road bikes (except for poor Phil on an MTB) for some extra points on the final leg of the day over to Tarbert. The scenery was rocky and rugged but beautiful and after a sustained climb to halfway we enjoyed a cracking fast descent into Tarbert to end another amazing day. (64 min for this leg)

It was a relatively early finish at 8.10pm compared to yesterday and we had the treat of a proper shower and in the nearby swimming pool, before heading off a few miles for more wild camping at the head of Loch a Siar. Tuesday certainly raised the team spirits after Monday's slog and the weather in particular put us all in a good mood after a hard, varied and enjoyable day's effort. More late night planning was required with Paul once again drawing the short straw for the early start – off at 6.30 for a MTB epic. More tired bodies hit the sack again for the now usual 4 or 5 hours sleep.

My Personal Day Two Stats = 8h 46m of effort, 16 miles running, 60 miles cycling, 1135 metres of ascent

DAY THREE – SEILIBOST TO SCALPAY

Having left Paul to kip in the van in preparation for his 6.30 start I had been labouring under the delusion that the rest of us were not needed till

a few hours later. However, John's knock on the tent at 5.50 to tell me we were about to leave dispelled me of that notion and I dragged myself up to hop in the van for another day. Paul was cycling back south to Traigh Sheileboist via Scadabhagh where he tagged Phil and John for a swim round the beach. About 9am John set Rachel and I off for a jaunt over the hills of Carran and Stocleit an Lar. Again there were no markers on the summits but we knew where we were so that wasn't much of a problem. It was pretty rough going, mainly steep up and down and the only running coming in the last mile or so on the old road into the next check. (2hrs 33mins for this leg)

John then took over for the next off road leg back into Tarbert via Langracleit summit, setting off Paul and Rachel for the epic road bike time trial out to Reinigeadal and back. This was apparently a stunning leg with plenty of steep hills to test the nerves and stamina. When they came back in John and I set off for simultaneous runs in opposite directions up the biggest mountain of the event so far, Uisgneabhal Mor (729m). John set off clock wise, me anti, with the idea being that we swapped bikes at the hill end. I enjoyed a steady plod up into the clag, only passing one other person, who bemoaned to me that he was the kayaker in his team and that he was finding the hills hard work. I bagged the summit in good time and then headed off on a bearing down a nice narrow ridge for the other smaller summit. I passed John along the way and soon was at the 2nd check. The map showed the direct route down to the track as being steep and craggy, and I decided to chance it in the hope it wasn't too bad, compared to the longer safer route off – how wrong could I be! I was soon into a dodgy world of wet slippery slabs joined only by the narrowest of tufts of grass. I persevered for a while thinking things might ease off, but they didn't and I was beginning to get a wee bit worried. I managed to contour out of the danger zone and eventually reached a gully that gave safer, though still slow, progress. It was a blessed relief to reach Dan the HBT marshall at the bothy, and then hop on the bike that John had left for a cracking descent down the landrover track to the road. There were a few miles of undulating road left before I was back at the changeover, and even with the low gears of my mountain bike I toiled before the last nice downhill mile along the coast. (3hrs 8mins for this leg)

We had by now missed the cut-off time for the hill run and bike leg that was to follow, but we still needed someone to get to Scalpay by human powered means. I was keen to get on the road bike again so hopped on to trusty Van Nick and in the company of lovely Milly the Meteorologist enjoyed a testing cycle back to Scalpay. Going over the new bridge to the island we noticed all the kayakers immediately below us heading off for their secret overnight camp and gave them a shout, it was a great sight. We got back about 7.30pm (39mins for this leg)

We were then treated to the best food of the whole event, tucking into heaps of fish pie, pasta and lovely puddings. Then, with Captain John away for the overnight camp with Philip, Rachel, Paul and I decided that we could best plan the next day's legs in the pub for a change. Problem was that Scalpay doesn't have a pub, so we were forced to drive to Tarbert where we had a fruitful planning session a way from the hullaballoo back at the hall. Back then to my wee tent on the school football field next to Vicki the Ventriloquist, to grab a few hours kip before getting up and ready for my early start on the bike at 6.30am.

My Personal Day Three Stats = 6hrs 20mins of effort, 18 miles running, 17 miles cycling, 1815 metres of ascent

Phil

DAY FOUR – SCALPAY TO BACK

It was a wet dreary 5am start for me on Scalpay as I was doing the road bike time trial at 6.30. I hared off across the lofty bridge to Harris in pursuit of the cyclists who had been set off earlier at minute intervals. It was a short 5 to 6 mile rollercoaster effort with an uphill finish that had me honking away on the pedals to a breathless standstill as I tagged Rachel for her trail run up Gleann Lacasdail. (19mins for this leg)

I then drove Paul and myself round to the foot of Clisham (799m) where we were to pick up Phil and his kayak and John who had his own wilderness run from the secret overnight camp.

Rachel had a great run and came in about 8.15am to set Paul off on his mega mountain bike time trial and me for the Clisham Horseshoe hill race. I had been looking forward to this leg after I saw it on the agenda as I needed to bag it for my Corbett round, and it was the only thing of the whole race that I specifically asked to do. This was more like my usual sort of thing, a straightforward hill run. I headed up into the clag and on the first check of Tomnabhal got together with 2 other runners and we managed to stay together in the cloud all the way round to the final hill check of Mullach an Langa. This would have been a fantastic run/walk had we had any sort of visibility, as it is a classic horseshoe ridge with lovely narrow bits in between Clisham summit and Mulla Fo Thuath. For a change all the markers were actually out, though we found out later that Don Naylor of HBT had been asked to put them out as he ran round in the lead! The initial descent off the last check was wet and bouldery and taken at walking pace for fear of serious injury. Once we emerged from the cloud we raced off across the heather and bog enjoying the feeling of being able to stretch out the legs for once; there was even the semblance of path for the last mile or so back to the road. (3hrs 31mins for this leg)

I rejoined the others at the car park, where Paul had just also finished his leg, and we set off John and Rachel for their combined bike and run leg. They should have been climbing nearby Cearnabhal but as it turned out they took a wrong turning and climbed the wrong hill! It was then up to Phil, Paul and myself to make up some points on the next hill leg. It was a bit of a heather plod as we set up Sleiteachal Mor(248m) and on round to Roineabhal(281m). I was left trailing in their wake as my earlier efforts on Clisham took their toll on my wee legs as I slowly plodded away, but at least the weather was good and the views fantastic. We trotted back to the van at about 5.30pm, just missing the cut-off time for the next few hill and bike sections to Callanish standing stones. (2hrs for this leg)

As usual race rules then required us to get at least one of us to the day's finish past Stornoway. As it was a nice day and there was a following wind I had no problem volunteering to hop on Van Nick, click in the pedals and enjoy a lovely cycle. The direct route that I had

The final run

to take was very scenic, full of a myriad of lochs and crofts. I had Clare Gordon's company for the last mile or so and this ensured a nice fast finish to Back Sports Centre, 5 miles north of Stornoway coming in at the relatively early time of 7pm, a mere 13hrs after I cycled out of Scalpay! (75mins for this leg)

My team had gratefully put my tent up for me already, and after a so-so shower we headed for what we hoped was a good last night's feast. However, what was put before us was some hot soup and a cold buffet that was in stark contrast to the Scalpay feast the night before. At least we got in early, as they actually ran out of food, leading to a lot of hungry and unhappy racers. After the success of the Pub Planning Committee in Tarbert we all headed into Stornoway to have a few beers and plan the final day's efforts, which were to take us all the way to the finish at the Butt of Lewis lighthouse at the very top of the Hebrides – we couldn't wait to get there.

My Personal Day Four Stats = 7hrs 5mins of effort, 20 miles running, 26 miles cycling, 2045 metres of ascent

DAY FIVE – FROM BACK TO BUTT (the day Rachel ditched the van!!!)

Up early again for Captain Courageous' swim at 6am with Phil in his kayak acting as safety cover. I helped carry the kayak out to the water, and then almost wrecked myself helping Dan Gay of the Gay Gordons take his ten ton kayak as well. When John returned from his swim we hared off down to Stornoway to await Phil's kayak finish at the Eye peninsula. At 7.10am I tagged Phil and headed off with Rachel and Paul for our cycle out to Tiumpan Head. I had already been feeling a bit queasy and I didn't help matters by almost forgetting to collect my rucsac before chasing off after the other two. This made me feel worse as I had packed too much into the sac and it was giving me serious backache on top of my general weariness. Westie Shona Robertson flew past towing her team-mate, and I managed to tuck in behind them and get back to Rachel and Paul. After Siumpan summit we then had a lovely coastal trail run out round the croft fences to the checkpoint on Dun Dubh, a cracking headland on the Eye peninsula. Well in truth it looked lovely but I felt totally done in and could barely drag myself along behind Rachel and Paul. I had a brief 5 mins burst of energy when we overtook the Rusty Snails Davy, Lizzie and Carol, but that soon evaporated on the heathery and boggy trudge to the chambered cairn checkpoint at the end, and down to the relief of the van. (2hrs 33mins for this section)

All through that leg I had been playing the usual mind game to get my body through it, i.e. promise it a good rest at the end. However, we needed my body for the next section's extra points, so after a packet of tasty crisps and a 5min break I hopped on to the mountain bike. I was working on the basis that at least on the bike I could get a bit of a rest and a change of effort. Certainly the first few downhill road miles to the coast I enjoyed, before we headed off road onto more heather and bog. Once again there was stunning coastal scenery, tempered with lots of bike pushing and the occasional nice bike-able bit. We had 5 miles of road at the end into Stornoway and it was great to at last get a feeling of speed going. (1hr 46mins for this leg)

We were promised a "special" section at Cuddy Point and that turned out to be an orienteering section round some parkland. The time penalty for missing each of the 4 legs here was only 30mins, so after Paul and Phil barely managed to better this, and with me feeling still knackered and sleeping in the van, we decided to cut our losses and just set Phil and John off to cycle the next stage up to Tolsta Head. With Rachel in the driving seat and me semi-comatose in the back we headed off to meet up with the other two. One ditch and a tow-out later we bashfully arrived a bit late for our meeting with Phil and John. This could have been the end for Team Laughing Dogs, but we lived up to our names by having such a hysterical laughing fit at our predicament that a kindly lady in a 4 wheel drive took pity on us and towed us out in a few seconds.

After we had confessed all to Phil and John Rachel and I set off for what looked like a promising mountain bike leg round the spectacular Tolsta Head with its cliffs and sea arches. However it turned out to be yet another heather plod, pushing the bike more than we were riding it along the steep cliff edges. The highlight of this leg was actually nothing to do with the race, as I rescued a cute wee black lamb that had got its head stuck through a wire fence and set it off free. The second half of this leg promised a cycle on the dunes of Traigh Mor, but the golden beach looked tempting and so we headed down. It certainly did look good and would have been a wonderful walk except for the fact that we had heavy bikes to push along the mile of beautiful, golden but very soft and un-ride able sand. It was a relief to see Paul and John towards the end to take the bikes from us and allow a brief yet welcome jog to the van. (1hr 57mins for this leg)

And yet again we had missed a cut-off! If we hadn't bothered with the (non) mountain bike leg then we could have plumped for the cross-country leg over to the finish, but as it was Philip bravely volunteered to cycle the 40 miles all the way to Eoropaidh where we would all meet up for the last ceremonial run. Phil made great time as we motored round in the van, coming in about 6.40pm. In all sorts of ways this was the best leg of all – all 5 of us ran together for the only time; it was nice and grassy for the only time; and after this we didn't have to run, cycle or plan anymore. Yippee!! Approaching the Butt of Lewis lighthouse was a fantastic feeling as we all held hands and crossed the finish line.

My Personal Day Five Stats = 6hrs 31mins of effort, 10 miles running, 24 miles cycling, 605 metres of ascent

The scenery was terrific, the weather great and the sense of euphoria overwhelming. After 5 days of tremendous team and individual effort we had made it all the way from Barra to Butt. A wild special part of our great country was traversed by all manner of human powered means and great new friendships were forged. The famed "runner's high" is generally overrated I find, but at 7pm on Friday I certainly experienced it in the company of 4 special team-mates, and I still can feel it now, a week later. I shall definitely do my best to return next year to experience an event well worthy of the title "Challenge". A massive vote of thanks to Stephanie and her team of helpers and all who made the The Heb work, to Davy for letting me get involved in the first place and especially to my fellow Laughing Dogs – you were the best!

My Personal Overall Stats = 37hrs 21mins of effort, 86 miles running, 172 miles cycling, 5945 metres of ascent

Find out more about the evnt: www.hebrideanchallenge.com

Hebridean Marathons

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BY **RORY COLEMAN**

Run Across the World (RAW) the new global world series of 250km, five day multi-day, multi-stage racing is opening up lots of opportunities for people to experience what Race Director, Rory Coleman, describes as the Formula One of trail running worldwide.

'Ambition has been staging events in the UK now for many years and the opportunity of making our challenges into a global series has been an amazing project to be part of' he says. 'Having completed over 500 marathons myself, including over 150 ultras, has given me an incredible amount of 'Life Experiences' that I will look back on in the future. For me they have had a defining effect on my life', he adds. Every day we get calls and emails from people looking for that certain 'IT' or a method or way of finding 'IT', we provide the events and offer our advice in how to prepare for the race in question.

It's only too great to be part of that process for people. The running is not actually the big part of the experience because a marathon or ultra-marathon is not deemed to be out of the reach of anyone who is fit enough to cover the distance. What we do see is more and more people turning to our events to test their inner strengths. The vital part of the experience is in the camaraderie they share before, during and after the event with lots of like minded people.

RAW is that ultimate test. Wherever you choose to race, in the bush in Africa, Mountains of Spain or Trails of the UK, we offer the same 'Life Experience' in every location. We try as hard as we can to make sure the competitor gets to the finishing line and achieves their goal, whatever that is for them. To sum up the event Coleman says, 'The finish line of a RAW event is a very special place to be, to witness the relief and sense of achievement is most humbling. RAW is a must-do and can-do for Anyone.'

For more information on Ambition and RAW visit www.ambitionevents.com or www.runacrosstheworld.com

You might be glad you did.

RAW event calendar 2008

RAW AFRICA	April 21st-25th 2008
RAW MEXICO	May 12th-16th 2008
RAW SPAIN	July 7th-11th 2008
RAW BRITAIN	August 4th-8th 2008
RAW JAPAN	October 6th-10th 2008
RAW EMIRATES	November 10th-14th 2008

More information at www.ambitionevents.com

Each event will have the following things in common...

- 250km Total Race length
- 5 days and Stages of running
- Self Sufficiency for food during the week
- 9 litres of Water is supplied daily as well as hot water in the Race Village for adding to dried food rations the competitor carries
- Simple navigation skills required to follow the race route
- All equipment except tents to be carried by the competitor.

Where the events will differ is terrain and climate

RAW Africa	Based in the outback of the Cape reserves and offers a wild backdrop to run in temperatures of 25 degrees
RAW Mexico	A jungle marathon with climbs of 15,000ft to negotiate
RAW Spain	A brutal mountainous terrain and 99% of the course above 1000 metres with temperatures of over 40 degrees
RAW Britain	The classic RAW covering trails across the UK, where navigation skills are essential
RAW Japan	Every terrain possible will be encountered in bleak landscapes towards Tokyo
RAW Emirates	The desert extreme of RAW with massive sand dunes and extreme humidity, where the city of Dubai provides the finish

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THE EVENTS IN 2008

Tuesday June 17th
Science In Sport Lever Park Run 6 miles paths & tracks (Permit No. 10013)

Wednesday June 18th
Jubilee Road Race 5 miles (Permit No. 10014)
and U17's Junior Fun Run - approx 1 mile

Thursday June 19th
Walsh Two Lads Hill Race (under FRA Rules) 5.25 miles, 900' ascent

Friday June 20th
Joseph Holt Brewery Cross Country approx 4.5miles (Permit No. 10011)
and U17's Junior Fun Run - approx 1 mile

Sunday June 22nd
Georgia Pacific Horwich Carnival 5K (Permit No.10012)
and Bluemantle Carnival Fun Run - approx 1 mile (Junior Tour Run 3)

Each evening race starts at 7.30pm Sunday race starts at 12.50pm (Provisional)
Non Tour entries are available for all races. Junior Fun Runs start at 6.45pm.
Sunday Fun Run Starts at 1.35pm (Provisional)
Please confirm Sunday start times nearer event date.

2008

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Tour Programme for each senior competitor will be available at the first race. Tour Results Booklet will be sent to each competitor in the week commencing July 7th. Technical T Shirt for each Senior Tour entrant, T Shirt for each Junior Tour Entrant. Bonus of a Tour T shirt for those who enter Senior Tour before 31st March. Commemorative glass to all who complete the Senior Tour. **First 100 Senior Tour entrants receive a pair of Hilly technical gloves**
Tour standings are based on cumulative time. Presentations will be at approximately 8.45pm at each race HQ (Carnival 5k approximately 4.00pm).

RACE HEADQUARTERS

The Crown Hotel Lever Park Run, XC and Carnival 5k (GR SD634118)
Rivington Village Bowling Green Jubilee Road Race (GR SD625144)
The Bridge Hotel Two Lads Hill Race (GR SD641116)

Send your completed entry form
and cheque payable to **"The Horwich Tour"** to
C/O Sweatshop@nextgenerationclub, Moss Lane, Whittle-Le-Woods, Chorley, Lancs, PR6 8AB Telephone: 01257 269814
email:chorley@sweatshop.co.uk Postal Closing Date: 15th June
www.horwichrmiharriers.co.uk or www.horwichcarnivalraces.co.uk

Tour of Horwich & Rivington Entry Form

NAME _____ CLUB (If any) _____

POSTAL ADDRESS _____

_____ POST CODE _____

TEL. No. _____ AGE _____ D.O.B. _____

MALE / FEMALE _____ NoEAA/MCAA/SoEAA No _____

T SHIRT SIZE 6-9 Years ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ X LARGE ☐

Tour Entry Fee: £30 (Club), £40 (unattached) Postal Closing Date 15th June.
£26/£34 if you have already paid entry to Jubilee Series or June Jubilee Race
Junior Tour Entry Fee: £5.00

FEE ENCLOSED _____

DECLARATION
Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by the UKA and agree to abide by their rules. I am medically fit and understand that the organisers will be in no way liable for any injury, loss or illness caused to me during or as a result of the race(s) or for any property lost or damaged during the event. (Parent to sign if under 18) Competitors rights covered by the data protection act.

Signed ..... **Date** ..... **(Parent or Guardian to sign if under 18)**

If you wish to join the sweatshop email database please enter your email address here .....

BY **PAUL BATESON**

The 1st Maraton Alpino de Andalucia

Saturday 17th November, 2007, 5am... cool, dark and a bit early for getting up compared to my usual 8am... weather forecast is for dry conditions, sun and some cloud, perfect, as today I am running in the 1st Maraton Alpino de Andalucia.

Last year the race, promoted by Club Alpino Jarapalos of Alhaurin de la Torre, included the Andalucian mountain running champs. It was over 35km – a tough, scenic course designed by my friend Mark Woolley, who was the organiser – and I took silver in my age category (55 plus).

This year Mark, a very accomplished ultra-runner, chose to run rather than organize. The course was extended to the full 42km marathon distance and some extra 'superficie technica' was added.

Race kit was already prepared, my usual breakfast of cereals and banana eaten and I was away at six heading for Zafarraya, Velez Malaga and the autovia towards Malaga. The 113km drive passed quickly and I drove through the sprawling urban mess of Alhaurin de la Torre as it began to become light, reaching the white arch that marks the entrance to Tiro Pichón at 7.50am. From here it is under the arch and onto forest track which eventually leads to the race start/finish area and by 8am I was parked up and ready to sign on.

With an hour to go there was already quite a crowd – 300 competitors, friends and family plus the addition of walkers, here to do an organised 14km section of the course, along with local police, Guardia, Protection Civil, race officials, sponsors with their exhibition stands plus the Mayor and assorted councilors. As with all Spanish events, a great friendly atmosphere and lots of noise.

I met Mark at the signing on tent along with team member John Bateson, collected my number, goody bag, tee shirt etc and then returned to the car to make my final preparations.

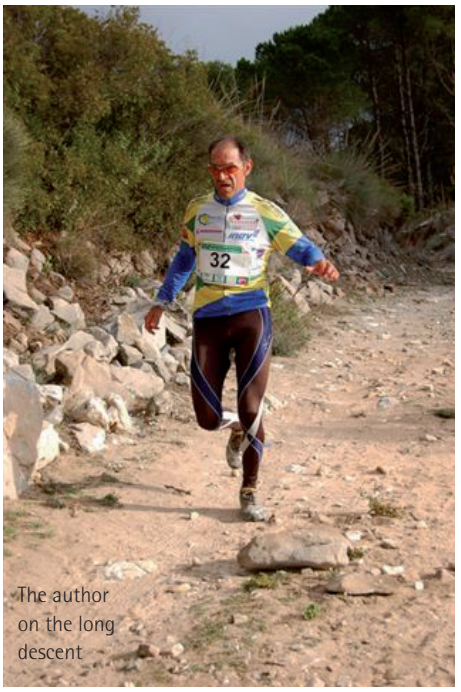
I always race in compression tights which help with muscle support and recovery plus I prefer to run in Injinji toe socks. The toes are in separate 'compartments' and I find this type of sock preferable in long events, the toes are able to work independently and can't rub together which prevents blisters and they stay in place rather than creep and ball up on uneven terrain. I use Inov-8 Roclite 320 running shoes which I find ideal for this climate. Fit is perfect, tread is aggressive and heel is low, which helps stability by lowering your centre of gravity and they have more than the usual cushioning, (for a mountain running shoe) which is always welcome on rocky routes.

Fifteen minutes to go, time for a short warm up, no stretching and then take up position as near to the front as possible. I always prefer this position as I tend to start fast and being deaf I need to see the starting pistol go off, (I like to run without hearing aids, the ground seems smoother, surface faster and the sound of heavy breathing is eliminated!!!).

Nine o'clock the official start and bang on 9.06 the pistol fired and the race is on... quick glance at stop watch to make sure it was timing and away. Slight downhill for first two kilometers, very rocky, fast and easy to turn an ankle – lucky I know this part of the course – gaps already opening, John and Mark just ahead as we reach the foot of the first 8km climb, a hairpin turn and already quite a gap has opened, maybe 25 of us ahead and then 50metres to front of the remaining 275 runners. Can't keep up this pace but climbing strongly with a group of locals is opening a nice gap and we soon reach the first water point at 6.4km. Mark and John are now well in front but the eventual winner and a small group are even further ahead going at a phenomenal speed, more climbing and a glance back down the mountain reveals large groups of runners already spread out far below.

Time to back-off, I decided to mix power walking in with the running in order to save myself from possible left hip pain which can often spoil my race. Gaps open but not significant and shortly the first climb is topped and a rocky descent begins. Not my favourite discipline, 'old age' reduced leg speed and poor balance due to deafness always slow my descending, but due to having trained to improve this plus good feel in the Inov-8's I do ok, lose a few places but it's early day's. First 10km in 56min so going ok.

Soon I start another climb, still on rock and sandy trail, another water/food point, more climbing, a long steep descent and then suddenly it's the start of the first technical section which includes the Sendero Puerto Malaga. Fantastic, single track, contouring around steep mountain slopes, the track unravels ahead, invisible apart from runners scattered along its length, not really possible to run so drop into walk mode and power on!! Balance playing havoc on the narrow path, let



The author on the long descent

Photos courtesy of **www.foto-deportiva.blogspot.com**

Jarapalos rocky bit

a few runners pass including the guy who beat me last year!!! and push on up and up. The track climb seems never ending but at last I reach the Pico Mijas summit, 1100m and marked by the Observatorio del Instituto Nacional de Meteorologia, known locally as La Bola. No chance to rest, now another hard descent, still on technical surfaces, (dodgy) through to 3rd feeding station, grab half banana, a fig, couple of cups of sports drink and away.

From the feed station the descent continues, on and on, over 7km and really gets on my nerves as I try to maintain speed without turning an ankle, slipping, weaving, looking for smoothest path and trying not to lose too many places. 20km point passes in 2hours 6min so not lost much time considering!! At last the track

levels out, feeding station 4 appears and this also marks the start of technical section 2, including the Sendero del Tajo del Caballo.

Wow, I thought the first technical would take some beating but this is amazing. The single track, climbs through pines, deep vegetation freshly cut back for the race, beautiful scenery. Fast walking and running along the narrow route is quite difficult, I have to concentrate a lot, suddenly bare rock ahead, red and white tape marks the way, not an obvious line, scrambling up rocks and need hands. Bit exposed especially on a steep drop, loose rock and sand, slippery but manage to get through without falling or getting sand in shoes, amazingly! Still climbing then summit and 5th feeding station. Grab bottle of water then start descent, through 30km point in 3hr 20min, feeling ok.

Another rocky descent, going well, catching runners. On via Fuente de la Mezquita, Minas de la Plata, feeding station 7 and now entering final few kilometres, through feeding station 8, more runners ahead, some pull away some I catch. Running hard but I know this final section, very loose stony surface, fairly flat but feet killing me, the rocks have really pounded them, feel like I am running in bare feet. 40km in 4hours 8min, only 2 and a bit to go.

Three runners just ahead, two coming up behind, one very fast catches me with 500m to go, just hope he just looks older than me, hate to lose a category placing so near the end. Can't quite catch the others, final sprint and it's all over!!

Cross the line in 4hr 20min, that was hard, towel thrown over shoulders, stagger through finish area grabbing food and drinks, handed finisher medal and running vest. Mark appears, he had a good run, 3hours 31min for 11th and fastest local. John, also good in 3hours 33min for 13th. The winner, Miguel Mudarra Sanchez from Alcala, finished in 3hours 9min an amazing time for an off road marathon including 2,800m of climbing, wonder what he would do for a road marathon? Second is Ivan Ortiz Carrion, 3hr 12, 3rd Pedro Maldonado Gonzalez, 3hr 15min and 4th is Antonio, the winners brother, in 3hr 18min.

I recovered pretty quickly, found I had placed 3rd in my age category and won the Discapacitados classification along with two trophies and another running top – not a bad day all round.

Maybe I can get the win next year?? Due for cochlear implant operation shortly, just hope it works and my balance improves but main thing is I hope hearing improves sufficiently to pick up a bit more Spanish, its good to be able to compete but it would be nice to be able to converse with such a great group of people. Silence is golden but not all the time.

This event is usually around the same time each year so if you fancy entering in 2008 please let me know.

For more information on trail and mountain running, races and training please check out www.trailrunspain.com or email: info@axarsport.com . Tel: 958 36 37 66.

Help needed

Between July 7th and 12th we are promoting the RAWSPAIN/Andalucian Sierra Challenge.

Last year the race was called the Marathon of Spain and it covered 250km in 5 stages.

This year we are expecting more runners as the event is now part of the 'Run Across the World' ultra running series organized by UK company AmbitionEvents.

If you are interested in helping out, manning check points etc., driving 4x4 vehicles or are a retired (or maybe not) doctor or nurse, (or entering as a competitor) please contact, info@axarsport.com or telephone 958 36 37 66.

BY **PAUL BATESON**

(Not quite the) Ruta Hiponova

During the early months of 2007 I picked up a leaflet in the Alhama de Granada tourist information office which briefly described a new route called the Ruta Hiponova. The route which begins and ends in the village of Villanueva Mesia was described as 'a great tour through Western Granada'. The distance 46km included Montefrio and La Peña de los Gitanos, *(the largest archeological complex in Granada),* made it sound interesting enough to pencil in for a future visit.

2007 flew by but eventually a date, which fitted in with running team members John Bateson and Mark Woolley's availability came up, so we headed for Villanueva Mesia on a beautiful, sunny December morning with the intention of running the whole circuit in around 7 hours.

Villanueva Mesia, is a village on the north bank of the Rio Genil just off the A-92 Granada-Seville motorway, approximately 40km west of Granada and just before Loja. It is also one of the few villages I know which doesn't seem to have a sign for the Ayuntamiento! (housed within the medical centre building) but for those who fancy trying this route just head for the centre, when you see the big fountain with blue tinted water in a small square you are there. The Ayuntamiento building and Ruta Hiponova information board overlooks this square and there is also a bar on the corner, handy for refreshments on completition of the route.

The leaflet describes the route as being well signed, *which was important as some sections of track do not appear on the maps and no grid*

references are given. It also says it takes 4 hours by mountain bike and on foot to allow 2 days!

As we made a further study of the Ruta Hiponova information board, which indicated, 'you are here' but not exactly the way out, we were fortunate to meet a local who had been involved in the route marking and following his directions we soon found the track indicated on the map, *Montefrio, sheet 18-41, 1:50.000.*

From the Info board you follow the back road out of the village which takes you to the railway line (GR0995 1976), you cross via a tunnel before making a sharp right and continue with the railway to your right to join a main track where a bridge crosses the tracks. The route so far was fairly flat, crossing areas of farm land (vega) famous for asparagus and olives but just after the Cortijo del Arco the track swings left (GR1102 2200) to begin a gradual, wooded ascent following the Arroyo de los Pinares. This is a beautiful section which takes you almost due north towards Montefrio.

The Ruta Hiponova markers, both wooden posts and more elaborate official signs mark the way. The green on white signs are large and inform you of distance completed, distance to go and altitude. They worked very well and we soon reached the high point above Montefrio, the Cruz del Hachuelo, 1006m, 12km down and 34.2 to go. *(the map shows this cross roads as Cortijo de Alcaraz).* From here there is a short descent to the main 335 road which you barely touch as the route signs send you immediately left (GR1058 2965). We were now on a descending dirt track from which there was an excellent view of Montefrio and soon we rejoined the 335 at a view point and Ruta Hiponova information board (GR1045 3081) .

Montefrio

The old Roman site of Hiponova is now the town of Montefrio. During the time of the Moors the town was at the top of the rock called Hisn Montefrid where today you can see the fortress and church, Iglesia de la Ville, which was previously a Mosque. In the 13th century it was a very important town, providing the Nasrid Kingdom with grain and livestock. In 1486 the town fell to the Kings of Castille and Aragon leaving open the entry to Granada's fertile plain and to Granada itself. The Catholics evicted the Muslims, the town was repopulated and when its military function concluded at the end of the war, the old walled part was gradually abandoned until by the 18th century the town became the basis for the one you see today.

As well as the Iglesia de la Ville, (Church of the Villa), it is also possible to visit the Church of the Encarnation. This is a huge church covered by a semi-circular dome and is known locally as ''the well-rounded''. Another large church, the Church of San Antonio, which was the church of a Franciscan convent, dominates the skyline to the east of the town and marks the start of a track leading to the ruined Ermita del Calvario.

As is often the case, information boards don't always explain too clearly the route through towns and villages. Here we had to ask some

Above: Arroyo de los Pinares.
Below: Route sign in the Arroyo de los Molinos

Montefrio

locals who had a vague idea so we set off down the hill towards the town. On the bend at the bottom is the right turn which leads you to the Hotel Rural la Enrea. *This is an hotel popular with walking and cycling groups. It is a large hotel built on the site of a 19th century olive-oil mill and it makes an ideal base for those wanting to visit Montefrio and the surrounding area. It is also the best place to stay if you are walking the Ruta Hiponova over a two or three day period.*

A couple of hundred metres later the road splits and we spotted a wooden Ruta marker post *(not easy to see as it blends in with the surrounding plants)* which sent us up and to the right. (The left fork takes you straight to the town centre and the 'well-rounded'). We were now running through narrow streets, fortunately marked by Ruta Hiponova arrows

which led past the Church of San Antonio and down to join the main road to Illora.

There now followed a long climb on the main road. We stopped at the top marked by a petrol station near a white painted, stone cross and noted that unfortunately the next section of the route appeared to continue along the main road. This 5km stretch involved a long descent and according to the leaflet took us to the Peña

Los Gitanos

de los Gitanos.

Las Peñas de los Gitanos

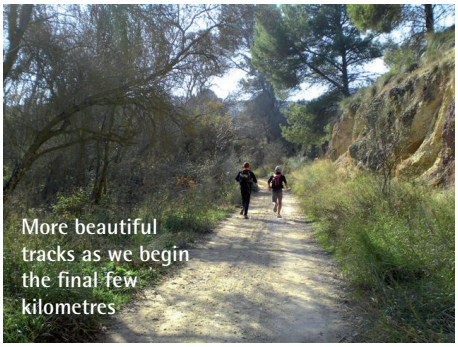
Las Peñas de los Gitanos, or The Gipsies' Rock, is an extensive archaeological site in a hidden valley above the main road. The site is one of the most complete and important sites in Andalucia and in 1996 it was declared a site of cultural and maximum archaeological interest. It was inhabited from 5,200 BC until the 10th century and as well as caves and natural shelters there are Megalithic tombs and Dolmans along with evidence of inhabitants including Medieval-visigothic, Iberic-roman and Andalucian.

A few days later I came back to the site having decided to try and modify the circuit to avoid the main road. It was a good job I did this. I found the site signposted another kilometre further along the road (and just off the map) along with the Ruta Hiponova sign, but it was chained off and indicated it was private land.

Eventually I found a big farm house nearby and the owner explained that access was only by appointment. She (Paki) spoke some English and handed me a leaflet. A guided visit takes around 3 hours, costs 10euros, or 9euros each for 5, 7euros for 10, 5euros for 20 or 4euros for 40. Children 5 to 14 years in a family group cost 3euros.

She allowed me to make a visit and although unguided I think I found the majority of the tombs. The information boards looked to have been around for some time which is maybe why they have now made it a private area with guide. It was very beautiful but as she said; why include it in the Ruta Hiponova when it is only one annual mountain bike group event which actually goes there. It isn't suitable for mountain biking anyway and would be better left off the Ruta except as added information and most importantly, you need to book by telephoning: 628 30 53 37. See www.laspeñasdelosgitanos.com

We kept running until we came to another


More beautiful tracks as we begin the final few kilometres

Information board (GR1413 3206). This one close to the Fuente de Curro Lucena, so we filled up our water bottles. It appeared from the leaflet that the Peñas de los Gitanos was near the fountain but we couldn't see any signs and the information board indicated that the Ruta Hiponova now turned south away from the highway. We decided to take this direction and save the archeology for another day. *(see my comments in the Los Gitanos box).*

This section took us along the Arroyo de los Molinos and the first section could have done with a few extra direction posts due to farm tracks and new 'roads' confusing the main track but eventually we reached the Molino de Hierro (GR1381 2926) which indicated we had 16.6km to go. The route continued along a beautiful track passing ruined mills and cortijos and we made good time to the Cortijo de Barrandillas (GR1413 2418) where we joined the 335 road to Tocon (GR1464 2191). Just beyond the village we reached the railway line and once again, due to lack of direction posts, we had to guess taking the footbridge (GR1444 2136 which brought us down to the polideportivo (sports ground) mentioned on the leaflet. The next section was a little tricky as it tracked through olive and poplar groves but we soon reached the Cortijo Turilla (GR 1378 1935) 6km to go.

The final section took us down to the River Genil via La Presa and the Cerro Colorado following a tree lined track leading to a short final climb past a large, new looking construction and onto a wide dirt road descent into Villlanueva Mesia. Here you are left to your own devices but the route basically takes a straight line, down a narrow street, over a road, up some steps and you enter the centre just opposite the fountain.

The shortened route, of 42km took us 4hours 40min excluding stops.

Total ascent 921m. Total descent 876m. Minimum height 488m (Villanueva Mesia), max 1,000m (Cruz del Hatchuelo).

The Modification:

The following week I returned to plan a modification and to try to locate the Peñas de los Gitanos. I first parked at the fountain/info board on the main Illora road and as you will have seen in the side box, I found the site and made a visit.

I then went back towards Montefrio hoping the track indicated by the cross near petrol station would be ok. I checked at the garage but found, as is often the case, that construction and fencing now blocked this route. I continued back through Montefrio and parked by the Hotel La Enrea. From here there were a few possible choices so I decided on a route that would stay on the original Ruta Hiponova for as long as possible.

Taking the route into Montefrio go back to the marker post where the road splits and again follow the signs towards the Church of San Antonio. From here head south continuing along narrow streets climbing to the very edge of the town (GR1092 3102) and taking a final hairpin (GR1101 3104) you leave the last of the old quarter, single storey houses and continue climbing on a narrow dirt and grass track. The track bends left and you come to the ruined Ermita del Calvario (GR1092 3094) and a stone cross from where there are great views of Montefrio and the surrounding countryside.

Continue the climb on what is now almost an invisible, grass covered track and follow the most obvious line as it takes you left and between what must have once been stone walls (GR1117 3070). You then reach a track junction, *(from here it is possible to descend to the Hotel la Enrea)*. Go to the left and head for the Cortijo de la Quintanilla, the highest point at 1013m of the entire new Ruta, (GR1145 3058). The track makes a 90 degree right around the Cortijo and you continue along a very pleasant, olive and almond lined route for about a kilometre until you reach a track junction and house (GR1195 2989). Here turn left and follow another tree lined track, which, although indicated on the map, appears to end just after an old threshing circle (GR1294 2997). Keep going straight ahead, descend then climb through an olive grove via (GR1327 2995) to (GR1337 2996). You are now looking down towards a ruin (GR1340 3015) which you must head for. At the ruin you will join a track taking right and follow this to (GR1382 2948). At this track junction you rejoin the original Ruta Hiponova and turning right will shortly bring you to the Molino de Hierro sign, (GR1381 2926) with 16.6km to go.

TrailRunSpain

Note:
The modification to the Ruta Hiponova shortens the circuit to 38km and it avoids the long stretch of Illora main road. Walkers may still require two days, maybe three if they wish to visit Montefrio and Las Peñas de los Gitanos.

I used Montefrio Sheet 18-41,1:50,000 but Montefrio1008-II and Moraleda de Zafayona 1008-IV 1:25,000 sheets also cover the route. Bear in mind that names and/or spellings on the leaflet, the 1:50,000 and 1:25,000 sheets can vary.

If anyone would like to run the circuit it is now included in our trail running weeks. If you are on holiday and would like to walk or run the route please contact me at info@axarsport.com or telephone 958 36 37 66. www.trailrunspain.com

Results

JUNE 27, 2007 - JANUARY 13, 2008

BY **DAVE WEATHERHEAD** & **BARBARA CARNEY**

Conquering the bad step – Langdale Horseshoe 2007

Photo courtesy of Tom Stapley
Tel. +44 (0)7919 593 062
Email. tom@tomstapley.com

www.tomstapley.com

EDDIES REVENGE
27.06.07

Being our first try at organising a fell race we hoped for a fine evening and the weather gods were kind enough to find us some sunshine amidst several weeks of rain.

We knew the course was hard and fast but Jon Brown from Salford romped round a clear winner and even said he enjoyed the route! Matt Rushton, unattached was second a couple of minutes after and Middleton's own Mick Flatley came in third half a minute later.

In the ladies race Anna Lupton from Radcliffe had a real battle with Gayle Benson from Stainland but eventually got away on the quarry loop with Donna Cartwright also from Radcliffe finishing a very respectable third

Team honours went to Radcliffe for the ladies and the host club for the men.

Many thanks to all who took part and for their positive comments, our main sponsor Up and Running (Manchester centre), all other sponsors, --Scout troop whose hall became race HQ, all marshals and helpers on the night and to the Oldham Country Park Ranger for assistance with land access.

This race was part of a local clubs grand prix and will continue next year on June 25th - bigger and better but equally good fun. Good prizes – be in it to win it!

John Cox

1. J. Brown	Sal	25.06
2. M. Rushton	Unatt	27.18
3. M. Flatley	Midd	27.41
VETERANS O/40		
1. S. White	Saff	33.16
VETERANS O/50		
1. M Catherall	Roch	32.27
VETERANS O/60		
1. R. Bradley	Sadd	36.47
VETERANS O/70		
1. R. Lee	Midd	42.58
LADIES		
1. A. Lupton	Rad	30.50
2. G. Benson	Stain	30.56
3. D. Cartwright	Rad	32.25
A. Rampley O/40	Rad	35.52
L. Hayles O/50	CV	39.32
S. McNulty O/60	Rad	39.48

56 finishers

KINNISIDE TWO TOPS
Cumbria
AS/3.0m 1000ft 21.07.07

A cool and grey day, interspersed with occasional light rain – which was perhaps fitting as we had received the sad news of the passing of two respected and much loved fell runners – Janet Sutcliffe and John Edwards both of whom have left the mark on the sport. The whole field of runners paid their respects with a one-minute's silence prior to the start of the race, as they remembered their dear friends.

The race got underway and was lead form the start by Ricky Lightfoot, who was pre race favourite, as he is currently on top form, having recently secured wins in both the Ennerdale and Wasdale races. Conditions under foot were quite reasonable though there were some quite wet boggy areas following recent heavy showers. The tough three mile course included a steep climb to the southern top of Dent Fell, followed by a fast descent from the northern top. The normal finish through the river Ehen was avoided on this occasion as it was rather swollen and fast flowing, so instead the organiser changed the course to make a detour via Wath Bridge, which added a few extra hundred meters to the course – this meant no course record for Ricky, but he still finished in a scorching time ahead of team mate Brian Taylor. So it was a "one two" for Ellenborough but CFR claimed the next few places, firstly with Martin Amor who really is returning to form, following a long injury forced lay-off. Martin's son Lee came in a superb fourth place, and at only 16 yrs of age, he is one to watch for the future.

A big thanks to the land owner and helpers/ marshals – comprising local army cadets in particular my wife Christine and son Gavin, without whom no fell race could take place.

Crow Hill – Andy Clarke (Calder Valley)

Photo courtesy of Allan Greewood

Steve Steele

1. R. Lightfoot	Ellenb	23.25
2. B.Taylor	Ellenb	24.45
3. M.Amor	CFR	25.00
4. L. Amor	CFR	25.44
5. B. Thompson O/40	CFR	26.10
6. C. Eddis	Unatt	27.02
7. J. Winn O/50	CFR	27.13
8. T. Doyle	HelmH	27.38
9. A. Life O/40	Clay	28.30
10. D. Atkinson O/40	CFR	28.49
VETERANS O/50		
1. J. Winn	CFR	27.13
2. R. James	CFR	30.00
3. I. Robinson	Clay	31.31
VETERANS O/60		
1. D. Morgan	CFR	38.22
2. S. Watson	CFR	41.31
LADIES		
1. R. Stewart	Kesw	31.07
2. B. Vanhinsbergh	HelmH	33.56
3. C. Life O/40	Clay	38.16

CROW HILL
West Yorkshire
BS/5m/1000ft 31.07.07

1. J. Hare	H'fax	29.24
2. O. Beilby	Wharfe	30.28
3. S. Oldfield O/50	BfdAire	31.14
4. J. Stevens	CaldV	32.16
5. C. Moses O/40	Bing	32.52
6. A. Grenfell	Ross	32.56
7. M. Goldie	Tod	33.12
8. S. Bayton	H'fax	33.17
9. J. Robinson	Bing	33.21
10. S. Booth O/40	Unatt	33.29
VETERANS O/50		
1. (3) S. Oldfield	BfdAire	31.14
2. (18) D. Collins	Tod	36.14
3. (22) N. Hindle	Unatt	36.51
VETERANS O/60		
1. (26) G. Breeze	Skyrac	37.53
2. (34) D. Spendlove	CaldV	40.11
3. (61) T. Greene	Sadd	45.29
LADIES		
1. (23) S. Becconsall O/40		Bing 36.55
2. (35) C. Davies	CaldV	40.21
3. (36) K. Mather O/40	CaldV	40.24
4. (45) C. Kenny O/40	CaldV	41.23
5. (50) K. Edwards	Tod	42.28

68 finishers

CREAG DHUBH HILL RACE
Inverness-shire
AS/4.5m/1225ft 04.08.07

1. C. Donnelly O/40	Lochab	29.15
2. M. Gorman	W'lands	30.43
3. S. Whitlie O/40	Carn	30.57
4. M. Jubb	StAlbans	31.04
5. A. Keith O/40	Hunter	31.17
6. S. Patton O/40	DkPk	31.38
7. D. Tullie	EUHH	31.48
8. A. Smith O/40	Dees	32.21
9. J. Stevenson O/40	Ochil	32.27
10. D. Cummins O/40	H'land	32.31
VETERANS O/50		
1. R. Murray	Maccle	36.16
2. J. Hall	H'land	39.05
3. D. Duncan	Ochil	39.33
VETERANS O/60		
1. G. Bryan-Jones	Ochil	38.38
2. T. Stapley	Porto	46.38
3. J. Jardine	Lochab	49.25
LADIES		
1. F. Maxwell	Mourne	36.16
2. D. Scott	Lochab	37.21
3. K. Bryan-Jones	DkPk	41.06
4. E. Wardlaw	HBT	41.21
5. C. Slimon	Unatt	42.36

DARWEN GALA FELL RACE
Lancashire
BS/3.7m/930ft 18.08.07

We had a fantastic turnout of 60 runners on another wet Darwen gala day. I was worried the numbers would be low due to the Weasdale Horseshoe English championship race and Sedbergh Hills the next day.

There were a number of good runs today. Ricky Graham broke the course record by one second. Stuart Gregory was first vet 40 for the second year running. First lady honours went to Sarah Charnock. Jeff Norman Had a fantastic run taking first vet 50 and first vet 60 places. Melanie Taylor was first under 18 for the second year running (ahem).

Thanks to all Darwen Dashers members who helped out on the day and our sponsor BT Stainless Steels for the goody bags.

Jamie Dowdall

1. R. Graham	Horw	23.18
2. M. Nuttall	Bl'burn	24.41
3. S. Gregory O/40	HolmeP	25.22
4. W. Ali	Roch	25.54
5. M. Woodhouse	Kimber	26.03
6. S. Edmondson	Horw	26.03
7. N. Cameron	Unatt	26.39
8. G. Bate	Darwen	26.51
9. M. Almond	Bl'burn	26.58
10. S. Williams O/40	Bl'pool	27.02
VETERANS O/50		
1. (18) G. Johnston	Bl'pool	29.04
2. (19) F. Lynch	RedR	24.07
VETERANS O/60		
1. (17) J. Norman	Altrin	28.53
2. (38) D. Waywell	Weston	32.45
3. (56) P. Martin	Lyth	39.03
VETERANS O/70		
1. (59) P. Knott	Bl'pool	44.34
LADIES		
1. (20) S. Charnock	AchilleR	29.08
2. (36) C. Stevenson	Kimber	32.20
3. (42) M. Taylor	Bl'burn	33.14
4. (49) K. Hoyer O/45	Weston	37.13
5. (51) N. Mogue O/40	Kimber	37.31

60 finishers

LOMONDS OF FIFE HILLRACE
Fife
AM/11m/3100ft 19.08.07

Its the second year of the new route - off the nasty, hard 'yellow brick road' and onto the exciting new 'three hill forts and a monument' route. A record field line up for this championship race and in minutes the snake is wending its gut-bursting way up West Lomond.

Andy Symonds takes an early lead but behind, the vets Stewart Whitlie and Colin Donnelly tussled over second place like a dog over a bone. This race has a bit of everything - cows and sheep, steep climbs, traverses, forests tracks, historic monuments and topping it all off with "Cations gully" - the steepest descent in the hillrunning calendar. At this point it can be 'arse over tit' and the thistles take the hind most. Elke Schmidt takes the ladies' record (1.44.37) for the new route in fine style with Dawn Scott second and Ellen Homewood third. Andy Symonds romped home first smashing the course record (1.29.22) with Stewart Whitlie narrowly beating Colin Donnelly for second place.

Alan Graham

1. A. Symonds	Carneg	1.29.22
2. S. Whitlie O/40	Carneth	1.31.52
3. C. Donnelly O/40	Lochab	1.31.59

Lomonds of Fife Hill Race

Photo courtesy of Ian Nimmo

4. B. Marshall	HELP	1.33.09
5. E. Tressider	Carneth	1.35.03
6. D. Naylor	HBT	1.35.43
7. K. Richmond	Bella	1.37.56
8. D. Cummins O/40	Shettle	1.38.52
9. A. Ward O/40	Carneth	1.39.14
10. C. McCall	GreenG	1.39.30
VETERANS O/50		
1. (22) D. Scott	Ochils	1.47.11
2. (30) T. Scott	Fife	1.50.54
3. (40) G. Hodges	Chesh	1.55.02
VETERANS O/60		
1. (52) T. Ross	Fife	2.00.29
2. (56) T. Bowie	Fife	2.02.18
3. (72) H. McLean	Loth	2.08.48
LADIES		
1. (17) E. Schmidt	Bella	1.44.37
2. (44) D. Scott	Lochab	1.58.26
3. (57) D. Milligan	Westies	2.04.45
4. (65) L. Burt O/40	Fife	2.06.29
5. (70) L. Gamble	Fife	2.07.40
(75) L. McEwan O/40	Lochab	2.11.04
(85) J. Scott O/50	Fife	2.16.30
(87) A. Hamilton O/50	Cosmic	2.16.56

124 finishers

BULLOCK SMITHY HIKE
56m/7500ft 01–02.09.07

In football pundit speak this year's 'Bullock' was a game of two halves. Conditions were ideal on the Saturday for the runners and faster walkers with pleasant overcast but fine conditions during the day and the prospect of a slightly humid calm moonlit night ahead. However, the rain forecast for Sunday came in a bit quicker than expected and those weary competitors still en-route to Brand Top and Cumberland Cottage checkpoints over Axe Edge at 3am on Sunday morning could be forgiven for thinking that they had been transported back in time twelve months to the nightmare conditions of last year.

Despite the weather during the latter stages of the event, from the 201 entrants and 192 starters, 143 completed the 56 mile romp through the Peak District starting and finishing from Hazel Grove or Bullock Smithy as it was known until 1835.

In this special year for Scouting Claire Jarvis a cub leader with third Hazel Grove, and one of the main organisers of Greater Manchester East's Centenary Camp earlier in the year which was attended by over 3500 scouts, started the event at 12 noon with the customary strike of the anvil. As last year we were pleased to incorporate a round of the Montrail Ultarunning Championship within our event and thanks to them for the donations of energy bars for the drinks point at Chinley and spot prizes which were given to the most deserving entrants in the view of the organising committee.

Fastest man back to Hazel Grove was Andy Pead from Goyt Valley Striders who arrived home in just under nine hours to take the Bullock Smithy trophy. Andy was closely followed by the Macclesfield Harriers duo of Julian Brown and Stephen Watts who along with Paul Rushworth set a new team record for the new route to take the Windgather trophy.

Joanna Miles also of Macclesfield Harriers retained the Chinley trophy as fastest lady.

Records were also broken in the Scouts competitions with Alex Walker from 1st Hazel Grove retaining both the Shining Tor and Bullock Smithy Cup as fastest scout in a record 14hrs 52mins. Marple Explorer Scout Unit were victorious in the team event to take both the Axe Edge and Bullock Smithy Shield. The team of Mark Ridgway, Ben Ashworth, Ollie Hibbs and Daniel Williams set a new record of 49 hours 26 minutes. Rob Massey and James Comiskey were the fastest from Bullock Smithy Explorer Scout Unit in a record 20hrs 19mins to take the Corfield Farrier. Well done to all.

The event only suffered one mishap when Owen Wright, striving to complete his 10th Bullock, took a nasty fall in the worst of the weather conditions on the way up to Brand Top. A nasty head wound requiring 13 stitches at Stepping Hill Hospital was the result. A big vote of thanks to his companions at the time Andrew and Matthew Massey who took control of the situation, administered first aid and got Owen to the sanctuary of Booth Farm in order to call an ambulance as there was no signal from their mobile. Quite what the occupants of Booth Farm thought was going on when two wet and bedraggled walkers and one bloodied bedraggled walker knocked them up at 3am in the middle of nowhere is anybody's guess but it must have resembled a scene out of some horror movie. Anyway they were made more than welcome, the ambulance was hailed and hike control informed of the situation. Andrew and Matthew both gave up their chance of completing the hike by accompanying Owen to hospital. A job well done lads. I am not sure if you will thank me for this or not but please accept our offer of a free entry next year. Happily by 7am when I went to visit Owen he had just been stitched back together again and was full of praise for everybody who came to his aid although he thought he may have to abandon plans for a tenth completion now. The hike rule of grouping up at nightfall was surely vindicated on this unfortunate occasion.

One other notable event this year was the village fete in Earl Sterndale with a huge marquee on the village green opposite the checkpoint and all the village out enjoying themselves. The disco could be heard from two miles away although the checkpoint staff and entrants gratefully received all the leftovers from the buffet. Only two things a year normally happen in this sleepy village what a shame that this year they clashed. My thanks to everybody who helped with the running of the event in whatever capacity and to our sponsors who all helped make the event a success. Thanks also to the land and property owners and in particular the proprietors of Booth Farm near Brand Top for all their help. Finally, our thanks to you, the entrants, many of you who come back year after year for more punishment on the first weekend of September.

1. A. Pead	08.59
2. J. Brown	09.05
3. S. Watts	09.13
4. S. Temple	09.32
5. M. Davies	09.38
6. T. Okell	10.03
7. S. Jackson	10.47
7. N. Aston	10.47
7. M. Ollerenshaw	10.47
10. P. Rushworth	11.19
LADIES	
1. (22) J. Miles	12.29
2. (23) C. Griffin	12.36
3. (48) N. Bunyan	15.30
3. (48) F. Swallow	15.30
3. (48) J. Fletcher	15.30

YORKSHIREMAN HALF MARATHON
West Yorkshire
BL/13.1m/1750ft 09.09.07

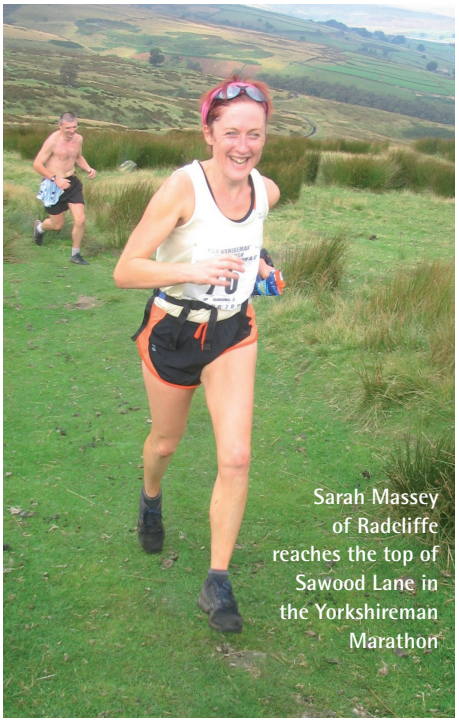
Bothe the male and female trophies were retained by Ben Mounsey and Jo Waites. Emma Barclay again took second place. Jon Holam improved on his fifth place in 2006 to take the men's runner-up prize.

249 runners was the largest field for the event and just on the limit.

It is sad to report that the facilities at Westfield Lodge will not be available for 2008 as the site is to be redeveloped. It is probably one of the best venues for such an event. Watch the Keighley & Craven website and FRA calendar for details of the new venue. The route will be much the same where possible.

Charles Marshall

1. B. Mounsey	CaldV	1.26.58
2. J. Holam O/40	P&B	1.35.05
3. D. Almond	Dewsb	1.35.24
4. P. Stevenson O/40	P&B	1.36.24
5. R. Scott O/40	Bing	1.38.09
6. E. Melbourne	Hallam	1.39.12
7. C. Sallabank O/50	PudP	1.39.33
8. S. Booth O/40	Unatt	1.40.14
9. K. Horrgan O/40	Unatt	1.40.12
10. A. Thomas	Kghly	1.41.02
VETERANS O/50		
1. (7) S. Sallabank	PudP	1.39.33
2. (14) R. McArthur	Melth	1.43.24
3. (15) B. Jackson	VallStr	1.44.14
VETERANS O/60		
1. (166) K. Pratchet	StBedes	2.22.56
2. (198 C. Boothman	Baild	2.33.02
LADIES		
1. J. Waites	CaldV	1.45.46



Sarah Massey of Radcliffe reaches the top of Sawood Lane in the Yorkshireman Marathon

Photo courtesy of Allan Greewood

2. E. Barclay O/40	Ilk	1.46.17
3. G. Benson	Stain	1.48.32
4. N. Ferguson	ChapAll	1.50.30
5. S. Mahir O/40	Ilk	1.51.03

249 finishers

PADFIELD PLUM FAIR SCAMPER
Derbyshire
BS/5.5m/1050ft 09.09.07

1. A. Pead O/40	GoytV	38.01
2. J. Robinson	GoytV	39.59
3. N. Stringer O/45	Sparkl	40.09
4. S. Bradstock O/40	Padfield	40.21
5. I. Warhurst O/45	Penn	40.39
6. D. Jones	Rother	40.39
7. J. Minshull O/45	Glossop	40.42
8. D. Gibbons O/40	Penn	41.44
9. J. Hewitt O/45	Glossop	41.51
10. P. Leighton O/40	Harw	42.01
VETERANS O/50		
1. (20) R. Scotney	Penn	44.10
2. (26) F. Fielding	Penn	45.43
3. (28) J. Jodrell	Penn	46.06
VETERANS O/60		
1. (32) D. Smith	Stockp	48.57
2. (36) N. McGraw	Glossop	51.26
3. (41) C. Buckley	Glossop	53.22
VETERANS O/70		
1. (49) J. Rutter	Kesw	60.24
LADIES		
1. (17) S. Cooper O/40	Glossop	43.45
2. (27) S. Newman O/40	CaldV	46.02
3. (34) E. McGuire	Stockp	49.36
4. (43) L. Palmer O/40	Glossop	53.51
5. (46) M. Chippendale O/50	Penn	57.21
(47) B. Buckley O/50	Glossop	57.46

51 finishers

JUNIOR SCAMPER

JUNIORS 12–17		
1. (1) D. Partridge		8.05
2. (4) S. McIntyre		10.01
3. (5) A. Hampson		10.17
JUNIORS 8–11		
1.(2) R. Halley-Hogg		8.54
2. (3) D. Leyshon		8.56
3. (6) A. Minshull		10.26
JUNIORS 6–7		
1. (11) B. Jackson-Turner		11.58
2. (18) K. Doyle		14.28
3. (20) C. Coooper		15.14

26 finishers

SIMONSIDE FELL RACE
Northumberland
BM/6.75m/1200ft 15.09.07

Despite the recent outbreak of foot and mouth, the race went ahead as usual. 106 runners entered with 3 not starting and everyone else completing the race.

Unfortunately, S Armstrong, who was well in the lead for about two thirds of the race, took the wrong turning and ended up 43rd (we've all been there)! R. Anderson and M Brown ran sportingly together the whole way round. Veronique was in top form and beat a very competitive ladies' field of Karen, Rachael Louise and Steph. Fred Smith carried on his collection of trophies at this race and having just moved into M/50 took the trophy after returning his M/40 one.

Thanks to everyone who helped with the race, it was much appreciated, also to Abbey Well for supplying the water. Most of all a big thank you to Sally for helping me on the day and contributing to the 300 portions of cake we baked.

J Walker

1. R. Anderson	Teviot	49.12
2. M. Brown O/45	Clay	49.14
3. P. Vincent	Tyne	49.43
VETERANS O/50		
1. (6) F. Smith	Salt	50.37
VETERANS O/70		
1. (86) J. Garbarino	NFR	70.58
LADIES		
1. (14) V. Oldham O/40	Norham	52.36
2. (16) R. Vincent	Tyne	53.10
3. (20) K. Robertson	NFR	55.09

103 finishers

MERRICK HILL RACE
Scotland
AM/8.5m/3300ft 15.09.07

1. B. Marshall	HELP	1.24.02
2. C. Donnelly O/40	Lochab	1.26.05
3. S. Peachey	Carn	1.26.20
4. G. Campbell	H'land	1.28.55
5. D. Cummins O/40	Shettle	1.30.52
6. N. Scott	Wester	1.31.08
7. M. Bell	Ed'burgh	1.32.18
8. T. Smith	Lochab	1.32.43
9. A. Smith O/40	Dee	1.32.52
10. B. Fairmener O/40	Chesh	1.32.59
VETERANS O/50		
1. (29) M. Macleod	Wester	1.46.25
2. (31) D. Duncan	Ochill	1.47.40
3. (36) G. McCaffrey	Clyde	1.50.09
VETERANS O/60		
1. (28) D. Milligan	Sol	1.46.05
2. (38) G. Brian-Jones	Pchill	1.51.27
3. (41) T. Bowie	Fife	1.53.03
LADIES		
1. (17) E. Schmidt	Bela	1.38.25
2. (46) L. Burt O/40	Fife	1.55.39
3. (47) L. MacEwan O/40	Lochab	1.56.35
4. (48) M. McIntosh	Ochill	1.56.49
5. (50) S. Legge	Fifef	1.58.47
(58) J. Scott O/50	Fife	2.01.24
(82) P. McAdam O/50	Wester	2.36.47

84 finishers

THREE SHIRES RACE
Cumbria
AL/13m/4000ft 15.09.07

A tight, fast race with Ricki Lightfoot running on the gas over the final intake field to get away from veteran Jim Davies, with Karl Gray a few seconds behind in third. Jacky Dee put in a great run to blitz the women's event on her debut. The race attracts faithful support from a number of clubs who return in large numbers year after year. CFR, Bowland, Clayton and Todmorden were out in force and Erewash are also a consistent presence. I shan't be calling at the chat room, however, where even the tuna sandwiches get a good talk up apparently. It's a brave new world but I can only conclude that some folk have just a little too much time on their hands!

Next year is the race's 25th anniversary and the organisers will finally and at very long last, be having a run round! Elaine did it a few years back and managed 2.25.00, so I guess I won't be setting any f.b.s (work it out!) It would be great to see some of those veterans of 1983 back for another crack!

Selwyn Wright

1. R. Lightfoot	Ellenb	1.53.05
2. J. Davies O/40	Borr	1.53.15
3. K. Gray	CaldV	1.53.34
4. P. Vale	Mercia	1.55.00
5. N. Sharp	Amble	1.55.01
6. J. Bland	Borr	1.55.50
7. D. Hope	P&B	1.58.09
8. S. Bolland	Bowl	1.59.16
9. A. Schofield	Borr	1.59.26
10. M. Donnelly	Borr	2.00.08
VETERANS O/50		
1. (35) B. Walton	Horw	2.15.37
2. (37) L. Warburton	Bowl	2.17.55
3. (40) A. Robinson	Clay	2.20.51
VETERANS O/60		
1. (49) D. Tait	DkPk	2.24.06
2. (134) J. Nuttall	Clay	2.40.31
3. (186) J. Nixon	Borr	2.50.11
LADIES		
1. (31) J. Lee	Eryri	2.13.49
2. (59) K. Beatty O/40	CFR	2.25.46
3. (69) K. Hewitson	CFR	2.27.47
4. (90) J. Meeks O/40	Unatt	2.31.17
5. (94) H. Garrett	Unatt	2.32.06
(184) G. Walkington O/50		Horw
2.49.32		

LANTERN PIKE FELL RACE
Derbyshire
BS/5m/1050ft 15.09.07

Sunshine at the Hayfield Country Show and the running of English junior championship races produced a record field of 286 runners. An excellent run by Andi Jones equalled the second fastest ever finishing time of 30.04, leaving Ricky Wilde's 30-year old record safe for one more year. Generous prizes from show stallholders and local vegetable growers greeted the speediest. Special mention must go to local fell runner and artist Rod Holt of New Leaf Designs for donating first prize 'Close on the Heels' to raise awareness for the charity auction of his latest work 'narrative of a fell race'.

Thanks to all who ran.

Jim Trueman

1. A. Jones	Salf	30.04
2. S. Bailey	Mercia	31.27
3. J. Brown	Salf	31.45
4. P. Winskill	DkPk	32.10
5. T. Addison U18	Helm	33.19
6. C. Smale O/40	Tod	33.19
7. S. Dimelow	P'stone	33.30
8. C. Leigh	Traff	33.39
9. R. Shaw	Kghly	34.00
10. A. Pead O/40	GoytV	34.01
VETERANS O/50		
1. G. McMahon	Redhill	37.02
VETERANS O/60		
1. B. Blyth	Macc	39.16
VETERANS O/70		
1. D. Rigg	CFR	51.27
LADIES		
1. (22) J. McIver	DkPk	37.16
2. (36) O. Walwyn	Altrin	38.19
3. (56) L. Lacon	Holmf	39.50
L. Bland O/40	DkPk	43.49
B. Nixon O/50	P'stone	49.10
B. Haigh O/60	P'stone	50.17

281 finishers

LANTERN PIKE JUNIOR ENGLISH CHAMPIONSHIP RACES

UNDER 8

Boys

1. R. Johnstone	Wharf	5.42
2. M. Thomas	Penn	5.52
3. H. Turnbull		5.54
4. D. Kay	Stockp	5.59
5. M. Warhurst	Penn	6.02

Girls

1. A. Rayson		5.56
2. S. Rayson		6.15
3. B. Toman		6.25
4. I. Wright		6.36
5. B. Jackson-Turner		6.37

UNDER 10

Boys

1. J. Carter		5.40
2. B. James		5.42
3. M. Wainwright		5.44
4. J. Robertson	KFR	5.46
5. J. Crummett	Tod	5.51

Girls

1. R. Flanagan	Ros	5.52
2. I. Wharton	CaldV	6.01
3. S. Jones	Spen	6.53
4. H. Saville	DkPk	6.57
5. L. Goodfellow	Dallam	6.58

UNDER 12

Boys

1. K. Edwards	Tam	11.44
2. J. Knox	Helm	11.53
3. G. Tighe	Mat	12.03
4. J. Hall	Bing	12.09
5. B. Johnston		12.37

Girls

1. H. Bethwaite	Ellenb	12.58
2. S. Searson	Bl'burn	14.30
3. A. Bowden	Stockp	15.31
4. G. Spencer	Rother	15.41
5. C. Cox	Kghly	15.45

UNDER 14

Boys

1. J. Crompton	Horw	15.33
2. J. Johnston	Ross	15.48
3. T. Doyle	Helm	15.48
4. S. Till	Dallam	16.30
5. B. Marriott	Bing	16.38

Girls

1. M. Hyder	Helm	17.30
2. F. Jordan	Ilk	20.48

UNDER 16

Males

1. J. Moody	Mat	22.35
2. J. Gratton	Hallam	23.26
3. A. Till	Dallam	23.42
4. R. Gould	EChesh	23.57
5. T. Sessford	Kghly	24.15

Females

1. A. Jarman	Lancs	26.15
2. R. Stewart	Kesw	27.40
3. A. Stevenson	Horw	27.57
4. E. Flanagan	Ross	28.32
5. R. Searson	Bl'burn	29.16

UNDER 18

Males

1. T. Addison	HelmH	33.19
2. R. Shaw	Kghly	34.00
3. P. Bolton	Ross	36.58
4. T. Priestley	Stockp	38.39
5. S. Cameron	Stockp	38.40

Females

1. L. Northington		41.44
2. D. Allen	Leigh	41.51
3. L. Kay	Stockp	42.47
4. C. Lilley	Skipt	43.12
5. H. Page	Hfx	43.13

DALE HEAD FELL RACE
Cumbria
AS/4.5m/2210ft 16.09.07

After bad weather caused the shortening of the Borrowdale Fell Race course in August it seemed inconceivable that even worse conditions could present itself six weeks later for Borrowdale Shepherds Meet & Show and it's Dale Head Race. But present itself it did, with a vengeance even by Borrowdale standards! Resulting in the race having to be called off – the nightmare of any race organiser, who knows fully well runners have travelled from far and wide to be there.

Fortunately, the junior races were able to run, albeit in terrible conditions, and it was a credit to all those who competed, together with the marshals. (Apologies but the junior fell race results were lost – washed out and not readable!!)

At check in for the senior race just over 30 did register, but soon the paperwork became sodden, stuck together with smudged ink, until eventually even writing became impossible as wet paper tore as soon as the biros made paper contact!

Fullest credit must be given to our two marshals who climbed to the top of Dale Head where they were barely able to stand as they got lashed by horizontal rain. If ever there should be two winners for 2007 it should be David Hindmarch and Andrew Nelson who battled their way to the top against atrocious conditions. When I radioed them to advise them the race was called off and fully realised they had understood, we quickly came off air to avoid the expletives!

Several keen runners decided independently to battle their way to Dale Head Tarn and having witnessed the conditions themselves, it was pleasing on their return that they backed the judgement of the marshals and ourselves in calling off the race.

One good point which did come out of this was the suggestion for a lower alternative course to be decided before next year's race and this would be looked into and a course considered in conjunction with fell running colleagues.

Our commiserations once again to those who turned up to run, and once again sincerest thanks to all those who were assisting and marshalling the event in such terrible conditions.

W. Miles Jessop

STRETTON SKYLINE FELL RACE
Shropshire
BL/18m/4450ft 16.09.07

Winning times were down on previous years however the entries were comparable for the 26th year.

The leading three runners kept together throughout the 18 miles with Brian Cole breaking free from local man Mark Bollom at the cattle grid with half a mile to go. The leading lady, Yvette Lewis, ran well with partner Andy Primrose (both Mercia) to keep her company.

Once again the race was blessed with fine weather, although there was a keen wind on the tops to contend with.

A very big thank you to all the marshals who helped make it happen and indeed the farmers who allow us to use their land.

82 starters

Andy Smith

1. B. Cole	Stoke	2.38.25
2. M. Bollom	Mercia	2.38.54
3. J. Newey	Malvern	2.46.04
4. J. Atyeo O/40	Witney	2.49.13
5. A. Carruthers O/45	Hales	2.49.48
6. D. Coombs	Unatt	2.50.01
7. A. Yapp O/40	Mercia	2.50.47
8. M. Scriven	Mercia	2.54.17
9. S. Charles	Unatt	2.54.18

Leaders Mark Bollom (Mercia) & Jon Newey (Malvern Jogger) decending off Long Mynd into Little Stretton

Photo courtesy of Andy Smith

10. S. Daws O/50	Telf	2.55.48
VETERANS O/50		
1. (10) S. Daws	Telf	2.55.48
2. (27) M. Ligema	Ludlow	3.15.07
3. (34) T. Brockington	Springf	3.18.13
VETERANS O/60		
1. (38) C. Williamson	Shrop	3.25.20
2. (77) G. James	Mercia	4.38.38
LADIES		
1. (24) Y. Lewis O/40	Mercia	3.14.25
2. (26) G. Evans O/45	Sheps	3.14.38
3. (28) P. Priest	Ludlow	3.15.12
4. (41) L. Barker	Aberyst	3.28.16
5. (48) C. Clarke O/50	Sheps	3.33.41
(59) G. Harris O/50	Mercia	3.48.14

79 finishers

ISLE OF WIGHT FELL SERIES
Isle of Wight
22/23.09.07

ST BONIFACE- BS/3m/775ft

1. D. Lacy	Camb	17.02
2. M Muir	SpringStr	18.12
3. H Torry	Serpen	18.16
VETERANS O/40		
1. M. Forrest	LndnFr	18.31
2. C. Urmston	Clay	20.03
3. K. Kemp	LndnHeath	20.17
VETERANS O/50		
1. B. Pentland	PortsJog	20.43
2. N. Brooke	Yeovil	20.52
3. T. Brockington	SpringStr	21.33
VETERANS O/60		
1. P. Young	Ryde	21.02
2. G. Newton	Tadw	22.06
VETERANS O/70		
1. F. Makin	HolmeP	26.06
LADIES		
1. A. Wingler	Highgate	20.08
2. U. Korenjak	Ryde	21.39
3. J. Moore O/40	Wells	21.44
J. Brown O/50	Ryde	25.51
C. Daniells O/60	MiltonK	28.54

VENTNOR HORSESHOE - BM/7m/1500ft

1. D. Lacy	Camb	52.48
2. M. Muir	SpringStr	53.58
3. S. Barrett	Serpen	54.02
VETERANS O/40		
1. M. Forrest O/40	LndnFr	56.51
2. J. Walsgrove	NewFor	62.36
3. C. Urmston	Clay	62.49
VETERANS O/50		
1, N. Brooke	Yeovil	63.22
2. B. Pentland	PortsJog	63.50
3. T. Brockington	SpringStr	65.56
VETERANS O/60		
1. P. Young	Ryde	65.09
2. G. Burrow	Worthing	67.53
VETERANS O/70		
1. F. Makin	HolmeP	78.22
LADIES		
1. J. Moore O/40	Wells	63.33
2. T. Johnson O/40	Dewsb	66.05
3. U. Korenjak	Ryde	67.48
D. Baldwin O/50	MiltonK	87.40
C. Daniells O/60	MiltonK	91.00

WROXALL ROUND - BL/13m/1500ft

1. D. Lacy	Camb	1.22.32
2. S. Barrett	Serpen	1..23.26
3. M. Muir	SpringStr	1.25.33
VETERANS O/40		
1. M. Forrest	LndnFr	1.27.26
2. J. Walsgrove	NewFor	1.35.08
3. A. Mason	SpringStr	1.37.32
VETERANS O/50		
1. B. Pentland	PortsJog	1.36.11
2. N. Brooke	Yeovil	1.37.12
3. A. Holmes	FleetC	1.41.56
VETERANS O/60		
1. P. Young	Ryde	1.38.13
2. G. Newton	Tadw	1.46.02
VETERANS O/70		
1. F. Makin	HolmeP	2.02.26
LADIES		
1. J. Moore O/40	Wells	1.36.44
2. T. Johnson O/40	Dewsb	1.41.51
3. U. Korenjak	Ryde	1.44.46
D. Baldwin O/50	MiltonK	2.05.29
C. Daniells O/60	MiltonK	2.19.58

OVERALL RESULTS

MENS		
1. D. Lacy	Cambs	3pts
2. M. Muir	Stubbing	17pts
3. S. Barrett	Serpen	12pts
VETERANS O/40		
1. M. Forrest	LndnFr	18pts
2. J. Walsgrove	NewF	38pts
3. A. Mason	SpringStr	52pts
VETERANS O/50		
1. B. Pentland	PortsJog	52pts
2. N. Brooke	Yeovil	53pts
3. T. Brockington	SpringStr	79pts
VETERANS O/60		
1. P. Young	Ryde	62pts
2. G. Newton	Tadw	96pts
3. G. Burrow	Worthing	125pts
VETERANS O/70		
1. F. Makin	HolmeP	203pts
LADIES		
1. J Moore O/40	Wells	5pts
2. T. Johnson O/40	Dewsb	8pts
3. U. Korenjak	Ryde	8pts
4. C. Draper	IOW	15pts
5. C. Rivers O/40	Unatt	23pts
D. Baldwin O/50	MiltonK	30pts
C. Daniells O/60	MiltonK	45pts

THE STANAGE STRUGGLE
Derbyshire
BM/6.75m/950ft 23.09.07

What perfect and cool fell running conditions having booked the weather yet again and avoiding the rainy start of the 2006 race, all was set to allow a fast pace to the top of Stanage Edge, the Fat Boys who were organizing this years event, had decided to celebrate the anniversary of Elvis's death with appropriately attired marshals at strategic points along the course. It provided an excellent opportunity to take in the beautiful vistas from the top of Stanage Edge and the surrounding Peak District edges while listening to renditions of classic Elvis hits!

This year had a similarly large turnout to 2006 with 261 runners (266 in 2006 which was the record) the turnout for the senior race also had the highest proportion yet of female runners (211 M, 50 F) with many clubs now featuring the Stanage Struggle on their championship calendar .

The consequence was a strong field providing a very fast top 20, some very impressive results, good quality competition and some good fun…. what else do you need ?? …well……**ELVIS**…… in fact lots of **ELVIS's** along the whole course… This clearly had a major impact on the speed of the front runners and perhaps the field as a whole with everyone trying to get out of earshot of the appalling renditions of'….Are you lonesome tonight…..Houndog……etc.'

The winner, John Heneghan, led a tremendous and strong run from the very beginning, very nearly breaking the course record with an impressive time of 37.20.

This year saw the strongest field yet of our friends from the 'Dark Side' (Dark Peak), who took the opportunity to achieve some very good positions with all the Fat Boys not running due to race marshalling, organization duties and preparing costumes - watch out for next year those from the Dark Side!!

The race attracted runners from a wide area of England and all levels of capability with some road runners taking this on as their first fell race this year.

As every year there is also a fun run for all the children in the village (organized separately), an event that never ceases to amaze with over 100 entries with ages from 4 through to 16, this run attracts the children of the village every year and is setting the scene for a very strong future Fat Boys running stock. Again watch out those from the Dark Side!

All proceeds were split between Edale Mountain Rescue and the local Hathersage village school.

Special thanks should go to all of the sponsors and helpers who make the event such a continued and growing success.

Watch out for next year !!!

Al Peel

1. J. Heneghan	P&B	37.20
2. S. Bond	TFS	38.32
3. D. Tailor O/40	DkPk	40.01
4. P. Winskill	DkPk	40.03
5. G. Moffatt	HolmeP	41.31
6. A. Pead O/40	GoytV	41.54
7. M. Lee O/40	Ross	42.31
8. T. Edwards	DkPk	42.35
9. M. Williams O/40	Penn	42.49
10. T. Webb	Unatt	42.57
VETERANS O/50		
1. (32) R. Fawcett	DkPk	45.18
2. (39) G. McAra	Chesh	46.03
3. (52) K. Holmes	DkPk	46.52
VETERANS O/60		
1. (135) M. West	DkPk	54.32
2. (147) J. Carrier	Siem	55.18
3. (167) G. Revell	Brad	56.27
LADIES		
1. (26) J. McIver	DkPk	44.34
2. (43) L. Lacon	Holmf	46.16
3. (60) K. Davison	DkPk	48.05
4. (95) C. Bullard	AART	50.37
5. (104) D. Smith	DkPk	51.41
(145) D. Claridge O/40	Unatt	55.15
(158) K.Sinkinson O/40	Holm	55.57
(227) C. Hartwright O/50	Tot	63.02
(240) F. Cooke O/50	March	65.09
(192) B. Haigh O/60	P'stone	58.44
(220) M. Chippendale O/60	Penn	62.16

261 finishers

BLACK MOUNTAINS
Gwent
AL/17m/5200ft 29.09.07

Early damp and foggy conditions meant no records were going to be broken, but overall times were good. Winner Lloyd Taggart probably relied on last year's winner Mark Palmer to run the optimum line and out sprint him at the finish. Ladies winner Jackie Lee has now won 5 times in a row. A bottle of champagne awaits her if she wins next year. I hope so, so I can get my annual kiss.

Thanks again to Adrian, Gareth, Dave Finn's dad, Derek, Dave B, Dick Finch, Jessica, Angela, Mark and anybody else. Nearly out of steam

Puffing Billy (John Darby)

1. L. Taggart	DkPk	2.28.53
2. M. Palmer O/40	MDC	2.30.15
3. D. Finn	MDC	2.36.40
4. C. Upson O/40	Wstlands	2.46.16
5. C. Flower	MDC	2.47.32
6. J. Lee	Eryri	2.53.30
7. R. Lamb O/40	Mercia	3.01.15
8. A. Carruthers O/40	Hales	3.02.24
9. S. Butterworth	Eryri	3.04.27
10. C. Taylor O/50	Mercia	3.10.46
VETERANS O/50		
1. (10) C. Taylor	Mercia	3.10.46
2. (12) J. Darby	MDC	3.11.16
3. (16) C. Kelsey	Wells	3.17.23
VETERANS O/60		
1. (38) G. Guner	CroftAmb	4.12.11
LADIES		
1. (6) J. Lee	Eryri	2.52.30
2. (19) A. Jones O/40	MDC	3.35.05
3. (22) P. Priest	Ludlow	3.41.48
4. (25) E. Bayliss	MDC	3.44.25
5. (28) L. Stuples	Worcs	3.54.19
(31) L. Sommes O/40	Chep	4.02.13
(37) S. Ashton O/50	Chep	4.07.17

48 finishers

THE RAB MOUNTAIN MARATHON (DARK & WHITE EVENT)
Cumbria
MM 29.09.07

The last weekend in September was a busy one in the AR calendar, but while most racers' focus might have been on London, further north in more traditional AR country a new race had its first outing. Set to become a regular event, the first Rab Mountain Marathon was staged, by Dark & White Challenge Events, at Coniston in the Lake District.

Dark & White have been running Trailquest (MTBO) events in the Peak District since 1998, more recently extending their range to fell running and orienteering events, and earlier this year adding AR/Multisport to their now extensive calendar. For the latest race they moved outside their normal patch to the Lake District for the first time.

The event had a traditional mountain marathon format - Long Score (7hrs on Sat and 6hrs on Sun) for the Elite category and Medium Score (6hrs and 5hrs) for all other categories. Harveys 1:40k mapping was used, covering the area from the Walna Scar road in the South to Glaramara and High Raise in the North. All camping gear would have to be carried throughout, and the venue for the camp would not be revealed until racers had started, however racers were promised a proper campsite. In a flexible approach to entries competitors could choose to take part solo, in pairs, 3s or 4s.

Over 200 racers arrived for registration at the John Ruskin school at Coniston, many taking advantage of free camping on the school fields. Most opted for the shorter format with 26 entering the Elite category either solo or in pairs. I'd decided on the Elite solo, if only because it meant a couple of hours extra on the hill, and a couple of hours less suffering in camp – if you're going to have to carry all your camp gear it's never going to be a luxurious camping experience.

Compared with the OMM this was a relaxed affair with competitors choosing their own start time between 9 and 10am, many fuelled with a breakfast from Wilf's cafe who were on hand, both at registration and at the finish. Also at registration were Lakes Runner, for last minute essentials and lead sponsor, Rab, who had discounted gear on offer.

The maps, controls and points for each control were the same for all categories – long and medium score – but with an hour extra for the Elite racers this still meant quite different options were available, but the highest scoring controls, in the furthest NW corner of the map, would only tempt the most ambitious, or greedy, Elite racers.

I set off via low scoring controls under Coniston Old man and Levers Water heading as directly as I could NW in the hope of being able to get amongst the high scoring controls. Climbing steeply from Levers Water into cloud on Swirl How I was slightly concerned that I might have to get down to some serious nav but then the clouds cleared, with a magnificent view over Grey Friar towards Scafell, never to return.

My route took me over Grey Friar and down to Cockley Beck, up Hard Knott where the points started to ramp up, then a great run north to Great Moss, up to Esk Hause. Here I was passed by Jonathan Aylward, carrying an unreasonably small rucksack, who then disappeared ahead of me down to Sprinkling Tarn. Turning for home via Glaramara, for the top score of the day, and Rossett, time suddenly seemed to start flooding away. There was still a long run down Langdale to the day's finish at a campsite at Chapel Stile. Running down the Cumbria way it was clear that time was not my friend – but with 40pts up for grabs for a short detour back up towards Hell Gill a gamble had to be made. Fortunately it paid off and a steady run in saw me finish with just 4 minutes to spare and 300pts in the bag.

Overnight leader in the Elite category though was Al Powell, winner of last years OMM and recently returned from a magnificent 8th place in the Ultra Trail du Mont Blanc, with 390pts, and a slender lead from Jonathan Aylward on 385pts. Jonathan had racked up 415 points but had then been heavily penalised for coming in nearly 13 minutes late.

Of the medium score categories, leading overnight scores were Ali Hubbard and Chris Rhodes both racing solo and sharing the lead of the Vet Men category, and Chris Pearson and Lesley Atchison leading the mixed pairs, all with 240 pts.

Overnight camp was a relatively luxurious affair – a real campsite, with toilets and hot showers – and with organisers taking orders for fresh milk, tea and breakfast cereals would be all the more palatable. Also at camp a van had appeared serving burgers, sausages, bacon, eggs, tea... enough to make a seasoned Marathoner weep into his Pot Noodle. The village of Chapel Stile was a short stagger away and half the campsite seemed to disappear to the pub, as I regretted just bringing just a fiver in emergency money.

A clear, moonlit sky gave way to high cloud at dawn, as racers stirred for starts from 7am for long score and from 8am for medium score racers. A bacon & egg sarnie supplemented my cereal breakfast as I spent some of my fiver wisely, and I was ready for the off just before 8.

Once again the big scores were at the head of Langdale, but with less time available & stiff legs I couldn't face an 8km run back up the valley so opted for closer points on Lingmoor Fell, Pike of Blisco and Cold Pike, before turning south towards the finish back at Coniston. The climb out of Cockley Beck to Grey Friar sapped the last of my will power & I decided against descending once again to Seathwaite Tarn, opting instead to stick to the ridge over Dow Crag to the Walna Scar Rd and a quick shuffle home. It was a decision I would regret as I finished the day with 200pts and 30 mins to spare, and the 40pts on offer at the Tarn translated to 5th instead of 7th place – but I'm sure everyone else also has their own "if only's".

Al Powell had racked up another 340pts, but had finished almost 20 mins early – would it be enough to maintain his lead? Back at the school everyone sat outside in the afternoon sun enjoying a complimentary meal from Wilf's while organisers collated the final results - made more complicated as the CP in Seathwaite Tarn had been stolen - many racers having to be credited manually.

At last it came time to announce the winners and hand out the spoils of a fine competition. Neil McAdie from sponsors RAB, whose generosity seemed to know no bounds, delved time and again into a small mountain of RABs finest adventure racing gear, as Race planner, Richard Patton, announced the top 3 places in each class – Quantum Top sleeping bags to the winners, Generator synthetic insulated jackets for 2nd and Pertex Quantum windtops for 3rd.

Great weather always casts races in a better light, and we certainly benefited on that front, but ultimately this was a well organised and very enjoyable event - from easy online entry, efficient organisation, through to prompt results, which were available online to pore over first thing Monday morning. In future, organisers expect to set a limit of 500 racers, and going on my experience this weekend, when 200+ disappeared quite remarkably, the hills should never be too crowded. My only regret was not taking more cash to the camp... and that despite the quite vast amount of swag on offer none of it made it into my car – but that's only down to my lack of talent... maybe next year...

Andy Wilson

Elite

1. J. Aylward	735 pts
2. A. Powell	730 pts
3. J Gay	635 pts

Senior Men

1. C. Allewell	420 pts	
2. A. Hartley/J. Hartley	400 pts	
3. C. Dale/S. Smith	348 pts	
Vet Men		
1. A. Hubbard	480 pts	
2. C. Rhodes	455 pts	
3. M. Belshaw	410 pts	
Senior Ladies		
1. J. Moore/C. Brennan	335 pts	
2. C. Mackintosh/M. Crowley		225 pts
3. K. Bumby/R. Dover	220 pts	
Vet Ladies		
1. K. Mather/C. Kenny	335 pts	
2. S. Grimes/E. Taylor	225 pts	
3. J. Keasley/K. Roberts	225 pts	
Senior Mixed		
1. R. White/R. Dearden	391 pts	
2. C. Lee/J. Watson	330 pts	
3. J. Morgan/S. Burthe	295 pts	
Vets Mixed		
1. C. Pearson/L. Atchison	420 pts	
2. M. Berners-Lee/L. Berners-Lee		353 pts
3. P. Tayler/H. Tayler	335 pts	
Generation (teams including 16-20 year olds)		
1. S. Martin/T. Martin	370 pts	
2. M. Leather/T. Leather	315 pts	
3. T. Rowley/K. Rowley/B. Rowley		265 pts

ARENIG FAWR FELL RACE
Gwynedd
AM/6.7m/1900ft 30.09.07

This year's race was run in ideal racing conditions: dry, overcast with a cool breeze.

Numbers were up from last year – 85 registered. Many of the newcomers were from my club, Bowland F.R., who selected this as one of their club championship races. One quarter of the field were female runners, and half of the field were under 40. Five novice fell racers took part in what is a tough medium fell race and some of them found it rather hard. I hope they will not be put off fell running after this.

Last year's men's winner and record holder, Richard Roberts, was determined to win again and did so in a new record time, closely pursued by Ben Mounsey, who finished only 5 seconds behind him. The first three finishers were inside the record.

Anna Bartlett broke her own ladies' record. Aly Raw finished second just inside the record with a time of 68:59.

Competitors' comments were again complimentary.

I wish to thank: the Welsh FRA, Geoff Clegg in particular, for their support, Team Dolly for the excellent safety back-up they provided, my club mates and friends who helped with the results and marshalling and 'Running Bear' for their generous sponsorship of the race. Special thanks go to Kath, Wynn, Pat and Jane for providing an amazing variety of cakes, drinks and soup and looking after competitors and helpers so well.

Yiannis Tridimas

1. R. Roberts	Eryri	56.44
2. B. Mounsey	CaldV	56.49
3. R. Stafford	Mercia	59.00
4. S. Gilliland O/40	BroDys	59.25
5. H. Matthews	MynDu	60.32
6. M. Roberts	Eryri	61.32
7. C. Davies O/40	Bowl	61.35
8. I. Ridgway	Eryri	61.37
9. S. Simpson	Ochil	61.40
10. J. McIlveen	Ab'gele	63.45
VETERANS O/50		
1. (15) L. Warburton	Bowl	65.36
2. (23) G.McAra	Chesh	69.04
3. (30) A. Duncan	Bowl	70.53
VETERANS O/60		
1. (41) P. Roberts	Buck	75.09
2. (43) J. Morris	Buck	77.01
LADIES		
1. (14) A. Bartlett	Shrews	65.01
2. (22) A. Raw O/40	Bing	68.59
3. (27) A. Roberts	Eryri	69.43
4. (34) J. Heming	Eryri	72.00
5. (38) S. Kleeman	Eryri	74.16
(55) S. Rowlands O/40	Clwyd	80.54

83 finishers

GREAT WHERNSIDE
North Yorks
AS/4m/1555ft 06.10.07

It was with some reluctance that I accepted the invitation to host a championship fixture at Great Whernside. Those who know the area will know the parking problems in Kettlewell and the lack of space on the race route for large numbers of runners. On the day however, the perfect number of runners turned out to give a good overall competition without a crush.

Good underfoot conditions combined with a top class field resulted in 8 ladies finishing inside the previous course record in a separate ladies race. Candice Leah produced a fine run to emerge the clear leader from Janet McIver with former course record holder Sharon Taylor in third place.

In the men's race Simon Bailey once again demonstrated his liking for this course, taking victory for the third time in the races four-year history. Only he and Lloyd Taggart were able to dip under the former course record set by Simon in the inaugural race. Third placed runner was veteran Ian Holmes making his fourth appearance at the event.

My thanks go once again to race sponsors, Ronhill, who provided vouchers, farmer Clifford Lambert, land owner Ted Mason (22nd place), and to staff at the Kings Head.

Pete Jebb

1. S. Bailey	Mercia	28.38
2. L. Taggart	DkPk	28.57
3. I. Holmes O/40	Bing	29.35
4. R. Hope	P&B	29.42
5. J. Heneghan	P&B	30.07
6. R. Graham	Horw	30.15
7. T. Owens	Mercia	30.30
8. J. Davies O/40	Borr	30.39
9. N. Sharp	Amble	30.51
10. D. Hope	P&B	31.07
VETERANS O/50		
1. (37)M. Egner	DkPk	34.18
2. (40) M. Wallis	Clay	34.36
3. (46) T. McGaff	Chesh	35.07
VETERANS O/60		
1. (60) D. Tait	DkPk	37.01
2. (70) K. Taylor	Ross	38.08
3. (82) G. Howard	Ilk	38.53
VETERANS O/70		
1. (153) L. Sullivan	Clay	48.41
2. (163) G. Booth	Longwd	50.42
3. (165) D. Rigg	CFR	51.35

174 finishers

LADIES		
1. C. Leah	Clay	36.10
2. J. McIver	DkPk	36.31
3. S. Taylor	Bing	36.38
4. H. Fines	CaldV	36.38
5. F. Maxwell O/40	Mourne	37.10
6. A Bartlett	Shrews	37.15
7. J. Ready	Amble	37.37
8. E. Clayton U/23	Scunth	37.38
9. J. Jepson O/40	DkPk	38.04
10. R. Vincent	Tyne	38.31
(35) W. Dodds O/50	Clay	44.41
(39) S. Haslam O/50	Scarbrgh	45.05
(55) S. McNulty O/60	Rad	48.46
(61) M. Parfitt O/60	Tod	49.30

72 finishers

NINE EDGES ENDURANCE EVENT
Derbyshire
BL/20m/2500ft 15.09.07

The Nine Edges Endurance is a hilly 20-mile off-road event for walkers, runners and climbers to raise money for Edale Mountain Rescue Team. It starts at Fairholmes and crosses over the nine gritstone edges of Derwent Edge, Stanage, Burbage North, Burbage South, Froggatt, Curbar, Baslow Edge, Gardoms and Birchens to finish at the Robins Hood pub near Baslow. Mountain Rescue in the UK is an entirely voluntary organisation. It receives no direct government funding and relies almost entirely on donations from the public. Edale Mountain Rescue Team is a particularly busy team, averaging about 100 call outs per year (including Christmas day 2006!) to a wide variety of incidents.

This year was the event's second year and it was held on Saturday 15 September 2007. Luckily we had ordered good weather and it was perfect for participants (if a bit cold for the organisers who were standing around eating biscuits). There were 64 entrants, pretty much equally split between the three categories. They came from far and wide, including Edinburgh, Glasgow, Birmingham and Luton. At the finish, all entrants received a free t-shirt, a finisher's medal and a pint (or soft drink) at the Robin Hood pub. Everyone had a great day out. There was a wide variety of finishing times; from the fastest runners (men; Mick Stenton 2.54.00; ladies: Raelene Cowie, 4.10.00), and runner/climbers (Saul Taylor, 4.19.00 – yes, this includes a climb on each edge!) to the slowest climbers (who will remain nameless as they are locals!) in 12.36.00.

Everyone had a great day out. Quotes from participants include: "Probably one of the best days out I have had this year" Richard, Chesterfield "Thanks for organizing the Nine Edges – as I suspected time deadens the pain and I am already looking forward to next year" John, N Lincs "Just a quick e-mail to say how much we enjoyed the Nine Edges on Saturday - hopefully see you for next year's Nine Edges" Charlotte, Nottingham.

We hope to get even more entrants for next year's event which will be Saturday 27 September 2008, so put it in your diaries now. Any inquiries should go to Kim on 01629 640401 or Neil on 01433 631650. The (new) website is:

www.nineedegesendurance.co.uk.

Neil Roden & Kim Proctor

PENTLAND SKYLINE HILL RACE
Edinburgh
AL/16m/6200ft 06.10.07

The Classic Pentland Skyline Hill Race had never seen such fine weather in years. The race in its 22nd year, attracted a field of 131 runners. The youngest competitor (and finisher) was Hector Haines of Edinburgh University Hare and Hounds, aged 18, and the oldest competitor (and finisher) was John Littlewood of Carnethy, aged 68.

The field of fired runners set off up towards the skyline to start an epic journey of the capital's solitude. The 16 mile circuit starts at the Midlothian Snowsports Centre and incorporates fourteen peaks of the Pentland Hills. The clear day and the helpful marshals on most hilltops made navigation easier along the unmarked race route, with more that 50% of the race route being along path.

While the volunteers were busy processing entries and getting the finish set up, reports started to roll in from marshals at the halfway point. Andy Symonds was leading the race and Sula Young was the leading ladies.

Previous World Masters champion, Bill Gauld, stood at the finish squinting through his binoculars trying to identify the number of the first runner alighting from the skyline. It was Andy Symonds, who later finished in a time of 2:31:38. Record holder Andy Kitchin of Lothian (who also ran this year) still maintains his 1994 record of 2:22:40. The first lady was Sula Young, who finished in 3:01:05.

Marshals' water supplies started to deplete and even the outside water tap at the Snowsports Centre also ran dry as the finish officials tried their best to provide for the finishing runners while they basked in the warm afternoon as they waited for the prize giving. Beer and Wine always puts a smile on prizewinners' faces after 6200 feet of climbing.

The Pentland Skyline Hill Race always requires a mammoth team of volunteers to make the event safe and enjoyable for all. This year's event involved 35 volunteers spread on and off the hills. The landowners always provide great support for the race and they should be acknowledged for their cooperation. Well done to all and we hope to see you all again for next years race which is scheduled for Sunday 12th October 2008.

Shane Bouchier

1. A. Symonds	Carneg	2.31.38
2. A. Anthony	Ochils	2.33.04
3. G. Stewart	EAC	2.34.39
4. C. Donnelly O/40	Lochab	2.35.13
5. S. Peachey	Carn	2.37.30
6. S. Whitlie O/40	Carn	2.38.08
7. D. Gay	HBT	2.41.31
8. C. Upson O/40	W'lands	2.49.14
9. H. Haines	EU H&H	2.52.48
10. S. Fallon O/40	Carn	2.54.10
VETERANS O/50		
1. (38) J. Blair-Fish	Carn	3.20.39
2. (42) G. McCaffrey	Clyde	3.24.17
3. (56) R. Pugh	Kilmarn	3.32.06
VETERANS O/60		
1. (47) T. Bowie	Fife	3.25.54
2. (65) C. Love	Dundee	3.40.35
3. (91) J. Littlewood	Carn	3.56.58
LADIES		
1. (13) S. Young	HBT	3.01.05
2. (29) E. Homewood	W'lands	3.11.53
3. (64) E. O'Shea	Unatt	3.39.37
4. (74) J. Schreiber O/40	P&B	3.44.05
5. (80) M. Hunter O/40	Portob	3.48.54

124 finishers

LANGDALE HORSESHOE
Cumbria
AL/14m/4000ft 06.10.07

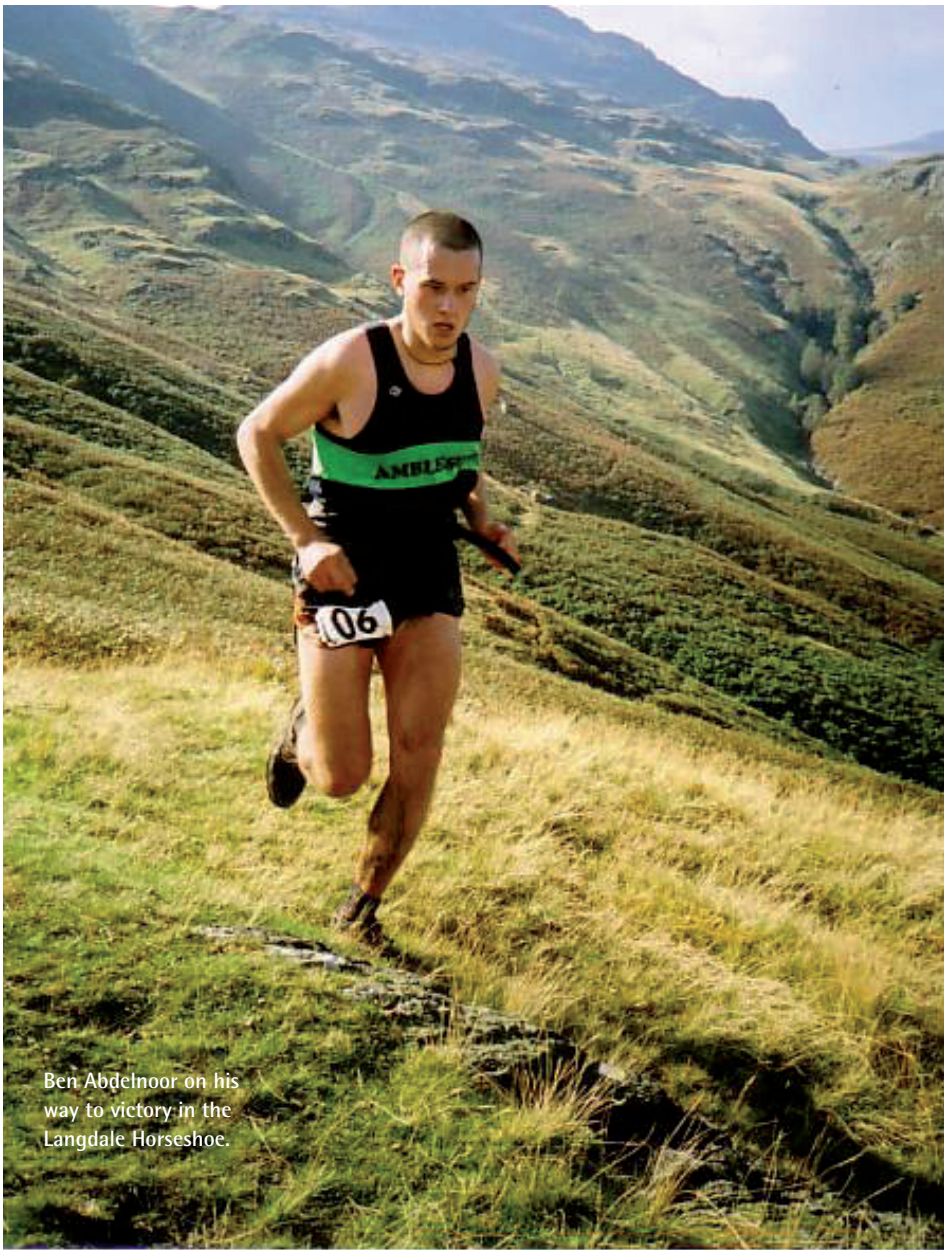
The fine weather made the operation of the race easy and pleasant, running it was pleasant but still not easy. Without the assistance of many helpers from the organising club (Ambleside AC), local farmers, the Old Dungeon Ghyll Hotel, St John's Ambulance and Raynet, a long race with 200 to 400 participants, would not be possible. Pete Bland Sports kindly sponsored the race.

Numbers were down because of the clash with the English Championship and the Ian Hodgson Relay the next day, but 246 runners started and only 9 retired. There were no serious injuries and nobody strayed far off route. Both the overall winner, Ben Abdelnoor, and the first lady, Jackie Lee, were clear winners – by 7½ and 12½ minutes respectively. The Vet 40 winners were Ian Mulvey (6th overall) and Helene Whitaker (nee Diamantides, the ladies' record holder, 4th lady). Leading Vet 50s were Leigh Warburton and Geraldine Walkington. But perhaps the best performance on the day was the leading Vet 60 Kieran Carr, 28th overall, and only 25 minutes behind the winner!

Photo courtesy of Ian Nimmo

Pentland Skyline 2007

Photo courtesy of Bill Smith



Ben Abdelnoor on his way to victory in the Langdale Horseshoe.

The men's team competition was very close. Ambleside with 4 in the first 17 had to wait till 85th place to close a team with 122 points. 2nd were Bowland with 155 but CFR, Clayton and Dark Peak were close behind with under 180 points. No ladies' team had the required 4 finishers.

Next year we hope to return the race to the second Saturday in October.

Roger Bell

1. B. Abdelnoor	Amble	2.14.08
2. A. Powell	P&B	2.21.44
3. S. Birkinshaw	NFR	2.22.55
4. T. Brunt	Holmf	2.23.55
5. P. Thompson	Clay	2.24.05
6. I. Mulvey O/40	Amble	2.24.33
7. A. Smith O/40	Dee	2.26.45
8. R. Mellon	Bowl	2.27.50
9. C. Reade O/40	Bowl	2.28.30
10. R. Tomlin	NYorks	2.29.19
VETERANS O/50		
1. (18) L. Warburton	Bowl	2.35.55
2. (38) P. Crompton	CFR	2.43.40
3. (45) P. Tayler	BlckComb	2.44.35
VETERANS O/60		
1. (28) K. Carr	Clay	2.39.12
2. (83) A. Wainwright	Unatt	2.57.56
3. (86) P. Walkington	Horw	2.59.14
LADIES		
1. J. Lee	Eryri	2.39.26
2. S. Pike	Amble	2.52.01
3. H. Robinson	Dallam	2.53.12
H. Whitaker O/40	Carn	2.54.44
J. Carter O/40	CFR	2.56.58
G. Walkington O/50	Horw	3.20.44

237 finishers

FAN FAWR
South Wales
AS/2m/1000ft 06.10.07

October. Storey Arms. Winter league time once again, this year like some impudent impostor, starting as it did several weeks before the climax to the season long WFRA championships. Nonetheless the south Walians just love that Winter League feeling, legs a sea of lactate overload, so short of breath that your chest hurts every step of the way through the series of short sharp shocks that lie in wait over the winter campaign.

None are shorter than the sharp dap up and down the quiet side of the A470, where less than 20 minutes of heavy breathing represents a considerable achievement.

The day, crisp, clear and pretty good underfoot, the biting westerly largely sheltered by the rolling bulk of the Fans. An almost exclusively male field of 42 toed the sheep trod start line, eager to get the winter season underway, or was it just a desire to get the pub before the pints warmed. The sole female representative, not in the slightest way intimidated, the famous Daniela, running for the Fairwater club.

A brief briefing over the initial hurtle dwindled to an understandable plod and grind for the masses as at the elite end Welsh international and previous winner Andrew Jones struggled to hang on to the pace set by the lanky Rob Gordon. With Harry Mathews, freshly returned from World Cup duty giving chase this had all the elements of a classic battle.

Besides the avoidance of pain one of the added pleasures of timekeeping for this event is to be able to witness the field snake its painful way to the summit plateau in full view for the majority of the course. Whereupon, lost from sight for a few moments to tick off the summit, a bit like the Space shuttle on re-entry, the runners suddenly emerge from nowhere and plummet to the finish in no time whatsoever. As they returned to view it was with Harry Mathews leading the way, storming to an outstanding winning time of 16:32, just 15 seconds ahead of Rob Gordon, with Andrew Jones in a comfortable third. This was the fastest time for years and the closest ever threat to Graham Patten's 1991 record.

In a jiffy it was time for mass arrivals with the newly old Mike Duxbury leading the V40s home followed by a close run thing between Max Suff and Peter Ryder for 7th, a diplomatic dead heat awarded demonstrating Brycheiniogian impartiality. The remaining age category winners Steve Littlewood, John Sweeting and Ian Turnbull accompanied Daniela for their statutory bottles of wine.

My thanks as ever to the queen of summit marshals, Kay Lucas, whose boundless energy for yomping up to the top of innumerable race routes is source of joy and to Simon Blease for fuelling the rapid results service with a bacon sarnie and cup of tea from the mobile café. Cor, wot a life!

Toffer

1. H. Mathews	MynDu	16.32
2. R. Gordon	Unatt	16.49
3. A. Jones	MynDu	18.00
4. M. Duxbury O/40	Stroud	18.43
5. T. Robson	Penn	19.00
6. G. Hurst	SWRR	19.06
7= M. Suff O/40	HerefC	19.40
7= P. Ryder	Brycheiniog	19.40
9. Wheeze O/40	Brycheiniog	20.35
10. M. Keddle	Unatt	20.41
VETERANS O/50		
1. (15) S. Littlewood	HerefC	21.14
2. (17) W. Darby	MDC	21.29
3. (22) M. Case	Unatt	22.24
VETERANS O/60		
1. (32) J. Sweeting	MDC	24.08
2. (35) R. West	MDC	25.35
3. (40) R. Howell	MDC	31.27
VETERANS O/70		
1. (38) I. Turnbull	FODAC	27.33
LADIES		
1. (39) D. Woodbridge O/40	Fairw	28.07

42 finishers

DAVE BRAY TINTWISTLE MEMORIAL RACE
Cheshire
BM/8.5m/1160ft 07.10.07

The third running of this race had a pleasing 44 enthusiastic participants. The day was dry, warm and clear and granted the runners opportunity to admire the scenic views over Ogden Moor and the surrounding Dark Peak.

Andi Jones clipped 59 seconds off his record to win in 49.17 with Martin Gain managing to come second despite following a minor detour! Stuart Bray, Dave's brother, also ran though he did admit to not having prepared as much as he did last year.

My thanks go to all of the support staff and Debbie at the Bull's Head, who kindly hosted the race. A donation for £155.00 from the race plus a further £120 raised by Mark Hollaran has been made to Glossop Mountain Rescue.

Jane Willis

1. A. Jones	Salf	49.17
2. M. Gain	Unatt	57.04
3. M. Stenton	DkPk	60.49
4. S. Cullen O/40	Unatt	62.96
5. A. Mason O/40	Springf	63.02
6. P. Flinn O/40	Macc	63.05
7. R. Smith O/50	EChesh	63.07
8. P. Leighton O/40	Horw	64.50
9. R. Cooper O/50	Unatt	66.02
10. R. Dent O/40	TinsF	66.27
(11) A. Bocking O/50	Chesh	66.31

VETERANS O/60

1. (26) N. McGraw	Gloss	73.42
2. (39) J. Plommer	Unatt	93.33

LADIES

1. (12) C. Parker	Unatt	68.27
2. (24) E. Penning O/40	Unatt	72.48
3. (29) S. Lewis	Altrin	76.57
4. (36) A. Metcalfe	Gloss	84.31
5. (38) M. Taylor	Unatt	87.33
(41) G. Goldsmith O/50	Penn	105.00
(42) A. Dinsmore O/50	Penn	105.00

44 finishers

SANDSTONE TRAIL
Cheshire
07.10.07

For the 31st running of this race across some of the most beautiful countryside in Cheshire we were not to be let down by the weather. After a week of hardly any rain the course was in perfect condition for fast and enjoyable running and many new records were recorded taking into account the changed length of the course over the last three years. There was a slight drop in temperature just after the start. From what you have told me you all enjoyed it. For us at Deeside if that is what we achieved then that is all that is asked. We still have the mountain rescue out looking for two runners, one male and one female, who entered the maize field after Beeston Castle and have not been seen since!! (not really). I hope they are enjoying themselves, but beware tigers and elephants have been seen prowling there. Time to come out now!!!!!!

This year, using electronic timing and on-line entry for the first time for the event enabled a very efficient entry system and easier split time recording. Many new runners to both events were attracted this year and that bodes well for the future of the races. By utilising the on-line entry system it appears to have encouraged runners to enter early. The downside to this resulted in both races filling up early nearly two weeks before published closing date. This will need to be addressed for next year's race.

Before a commentary for runners on the results I know that you would wish me to thank on your behalf all of the supporters, helpers and marshals on the course for supporting and or helping with the race. Without their unstinting support, the race could not run. I want to pick out particularly the following:-

Ian Heywood (Northwich Police) for the loan of "POLICE SLOW" signs. Absolutely essential for your safety on the A534 and A51 roads . Robin Latham (Organsdale Farm) whose land he kindly gives us permission to cross. It is because of Robin's kindness that you get to run up "The Yeld" hill just before entering back into Delamere Forest. Aren't you pleased? Peter Bull (Castleside Farm) for again allowing us to start the "B" race efficiently. John Street (Cheshire County Council) who, as the Sandstone Trail Warden is very proud of "his" trail. Mark Hodgson (English Heritage, Beeston Castle) who again allow us to inter-mingle with his public activities but continually supports our activities. Dave Morris (National Trust Bickerton) for allowing us use of the starting area - get well soon Dave. Sarah Wilson (Forestry Commission) for their permissions.

Nick Lowe (St. John Ambulance) whose team was required for duty this year.

All the Deeside helpers and marshals. The whole team at Duckington. Last but not least Steve and Kate Ingleby and family and Barry and Jill Barnes, Gwyn Thomas for logistics.

The "A" race was won again by Glen Groves, who took the winner's shield again in an excellent time of 1.55.19. This was a new course record. Glen was a full 5 minutes ahead of the 2nd man home. Next year we are presenting him with a route map as he continually gets lost and overtakes the same people twice - but he still wins. He was followed by local man, Simon Ellis with Andrew Claque third – again! - perhaps next year Andrew. Graham Earlam again won the Male Vet 40+ prize for the second year in succession and Tony Archer claimed the Male Vet 50+ prize. Neville Griffiths claimed the Male Vet 60+ prize, setting a new Vet 60+ record with a time of 2:29:33 and an overall position of 41st.

Ruth Isaacs repeated her excellent run of last year by again winning the overall ladies' prize with a time of 2:18:15 and a very commendable overall position of 28th. Tricia Jones was 11 minutes behind Ruth in second place.

Congratulations to local club Tattenhall Runners for taking the "A" team prize with a very tight grouping represented by Simon Ellis (2nd) in 2:00:22, Peter Taylor (6th) in 2:03:15 and Ian Lancaster (10th) in 2:05:50 giving a combined time of 6:09:27. My special thanks go to Tattenhall Runners for supplying club members to help along the course. Stephen Lang (MDOC) claimed the special prize for being the first orienteer to 'navigate' his way along the course with an overall position of 9th in a time of 2:05:11 and again setting a course best time.

The "B" race was this year won by Ian Macgill in a time of 1:08:45 to register a revised record for this course - congratulations Ian. Chris Gibbs set a new Male Vet 40+ course record with a time of 1:13:51. Mike Smithard won the Vet M50+ prize for the 2nd time in succession in an excellent time of 1:18:46, setting a new MV50+ record and an overall position of 9th.

In the ladies' field Gill Mead was the outright ladies winner with another excellent time of 1:21:27 and registered the course record for the ladies Vet 40+ prize, and an overall position of 17th. Jeanette Fox is credited with the winner's prize for the Vet L40+ class as under the rules a runner can only claim one prize. Jeanette recorded a time of 1:27:10 and a position of 28th .In the Ladies Vet 50+ group, for the first time this was won by a "MAN". This obviously caused a slight delay to the publication of the results, but thanks to the person who volunteered the explanation! The "man" is now recovering

Morgan Donnelly (Borrowdale Fell runners) on the last descent of leg 2 of the FRA relays. Morgan ran the fastest time for leg 2 on the day.

Photo courtesy of David Armstrong

Manor Water 2007

Photo courtesy of Ian Nimmo

in hospital after the operation and the award given correctly to Alison Meakin, now becoming a regular in this event, in an excellent time of 1:40:57 and an overall position of 67th. Sorry Alison for the little confusion. Stuart Baird with a time of 1:26:53 set a new Male Vet 60+ course record.

The local organising club Deeside Orienteering club took the "B" team prize also with a tight grouping represented by Tom Beasant (5th) in 1:15:40, Chris Smithard (7th) in 1:16:09 and Mike Smithard (10th) in 1:18:46 giving a combined time of 3:30:35

I would like to offer my congratulations to all of the prizewinners and runners. I hope that you all enjoyed running it as much as I enjoyed organising it. I would couple that to the helpers and marshals. Any helpful and constructive comments would be appreciated. The only one that I have had so far is to stretch a piece of tape along the route for 17.1 miles from Duckington to Delamere which may enable Glen Groves to win the race again next year and not get lost for the first time (any bets!!).

The provisional date next year is the12th October 2008. See you all then and have a safe and injury free 12 months.

Chris Hallows

RACE A: CL/17m/1750ft

1. G. Groves	L'pool	1.55.19
2. S. Ellis O/40	Tatten	2.00.22
3. A. Clague	WChesh	2.00.37
4. G. Earlam O/40	WChesh	2.00.56
5. S. Burthem O/40	Warring	2.01.18
6. P. Taylor	Tatten	2.03.15
7. T. Annable O/40	ValeR	2.03.36
8. K. Keating	Wirral	2.04.27
9. S. Lang	MDOC	2.05.11
10. I. Lancaster O/40	Tatten	2.05.50
VETERANS O/50		
1. (27) T. Archer	ValeR	2.18.00
2. (31) N. Holmes	Tatten	2.20.18
3. (34) M. Whitfield	EllesmP	2.23.31
VETERANS O/60		
1. (41) N. Griffiths	Spect	2.29.33
2. (66) T. Burke	PenLane	2.41.39
LADIES		
1. (28) R. Isaacs O/40	Pensby	2.18.15
2. (40) T. Jones O/40	Pensby	2.29.06
3. (49) A. Macdonald O/40	EllesmP	2.33.27
4. (53) C. Hall	Sunlight	2.34.57
5. (55) C.Williams	Tatten	2.35.08

120 finishers

RACE B: CM/10m/950ft

1. I. Magill	L'pool	1.08.45
2. L. Walker	Unatt	1.09.43
3. C. Gibbs O/40	Wirral	1.13.51
4. P. Frodsham O/40	Unatt	1.14.27
5. T. Beasant	Dee	1.15.40
6. A. Broughton	Helsby	1.15.55
7. C. Smithard	Dee	1.16.09
8. A. Gaunt O/40	SChesh	1.17.52
9. K. McKenzie	L'pool	1.18.05
10. M. Smithard O/50	Dee	1.18.46
VETERANS O/50		
1. (10) M.Smithard	Dee	1.18.46
2. (11) M. Whiteside	Tatten	1.18.54
3. (14) M. Walker	Unatt	1.19.45
VETERANS O/60		
1. (26) S. Baird	Chard	1.26.53
2. (49) F. Green	L'pool	1.33.56
3. (50) P. Clarke	Warring	1.34.28
LADIES		
1. (17) G. Mead O/40	Unatt	1.21.27
2. (29) J. Fox O/40	Wirral	1.27.10
3. (34) E. Ingleby	Dee	1.28.30
4. (37) D. Macloskey O/40	Unatt	1.30/22
5. (41) S.Anderson	Warring	1.31.15
(68) A. Meakin O/50	DLloyd	1.40.57
(84) M. Bird O/50	EllesmP	1.43.58

143 finishers

19TH UKA BRITISH FELL & HILL RELAYS 2007
Bowland, Lancashire
13.10.07

1. Borrowdale	3.32.33
2. Dark Peak	3.34.14
3. Horwich	3.35.00
4. Pudsey & Bramley	3.36.25
5. Mercia	3.46.23
6. Dark Peak Veterans	3.49.10
7. Todmorden	3.49.17
8. Pudsey & Bramley Verterans	3.50.44
9. Bowland	3.50.44
10. Clayton le Moors Veterans	3.59.48
LADIES	
1. Dark Peak	4.33.12
2. Ilkley	4.37.01
3. Bellahouston RR	4.53.16
4. Eryri	4.54.24
5. Carnethy	4.55.39
MIXED	
1. Warrington	4.51.20
2. Tynedale	4.53.29
3. Dallam	5.02.26

117 finishing teams

MANOR WATER HILL RACE
Lothian
BM/10m/2200ft 13.10.07

80 runners took part in the 2007 Manor Water Hill Race, the second highest field in its 15 year history. Brian Marshall won the race for the second time in succession. New record times

were set by the W40 and the M40 classes.
Brian Marshal won the race, only 35 seconds longer than he took to win last year. Brian is the first runner to win the race twice. Second was Colin Donnelly, third was David Riach and fourth was Chris Upson. Colin Donnelly was also first in the M40 class and his time knocked one and a half minutes off the class record.
The first woman home, in 24th place, was Veronique Oldham. Veronique has just progressed into the W40 class and her time set a new record for the class.
The race is held in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley, and under the auspices of the Carnethy Hill Running Club. The race took place in mild conditions although there was an adverse wind on the way up to the main ridge, and the highest hilltops were obscured by cloud. Recent dry weather had allowed the low-lying fields to firm up and the springy, dry moss and peat on the ridge made for near perfect running conditions on the descent.

This year the 80 runners comprised 70 men, 7 women and 3 younger juniors.

The prize for determination if there was one, would easily go to Will Whittington of Edinburgh University. He took the bus from Edinburgh to Peebles, walked the 4 miles to Manor, began the race about two minutes after everyone else, and still managed to finish 27th! Will, you can have a free entry next year and please phone the organiser to arrange a lift from Peebles!

The next Manor Water Hill Race is scheduled for Saturday 11 October 2008. For information on the 2008 race contact Graham Pyatt tel (01721) 740319, for race history visit the Carnethy Hilll Running Club website www.carnethy.com.

Graham Pyatt

1. B. Marshall	HELP	68.49
2. C. Donnelly O/40	Lochab	71.06
3. D. Riach O/40	W'lands	73.18
4. C. Upson O/40	W'lands	73.19
5. D. Dougal	Moorft	74.33
6. J. Britton	Moorft	75.36
7. W. Hynd O/40	Moorft	76.17
8. T. Hobbs O/40	Unatt	76.37
9. A. Smith O/40	Dee	76.49
10. R. Anderson	Teviot	77.57
VETERANS O/50		
1. (25) J. Wheldon	Pud	88.32
2. (33) M. Hulme	Corsto	84.57
3. (37) D. Duncan	Ochil	86.06
VETERANS O/60		
1. (47) K. Burns	Carn	88.52
2. (49) D. Milligan	Sol	90.05
3. (56) T. Bowie	Fife	93.21
LADIES		
1. (24) V. Oldham O/40	Norham	83.30
2. (38) E. Homewood	W'lands	86.17
3. (58) R. Smith	Moorft	93.40
4. (61) J. Schreiber O/40	Bellah	96.24
5. (68) S. Maxwell	Penic	102.49

80 finishers

MENDIP MUDDLE
Somerset
CL/12.4m/1400ft 14.10.07

The Mendip Muddle is Weston AC's toughest race yet is arguably the most enjoyable. Enjoyable that is if you don't mind over 1400ft of climb over the 12.4 mile course. Held in the glorious and spectacular setting of the Mendip Hills near Weston-super-Mare, the Muddle attracts a hardy bunch of runners who appreciate the dramatic views from the highest point of the race, at Beacon Batch. The weather was very kind to us this year and with another record entry of runners, the scene was set for another successful race.

Despite the good weather, the hills were still as steep and the ground still as muddy. First across the finish line was John Duncan (MV50), with Vojtech Hajdu (MV40) and Richard Phillips following closely behind. For the ladies, first home was Catherine Farrow, with Ann Singer and Teresa King making up the other major placings.

Thanks to the record entry and generous sponsorship of the race, we were able to donate £900 to the Wrington Vale branch of the RNLI. A big thank you to the Weston AC and RNLI marshals who gave up their time to make sure the runners got around safely and for also giving them generous encouragement along the route. A note for your diary, next year's Muddle will take place on 12 October 2008.

Bryan Morley

1. J. Duncan O/50	Brist	1.24.49
2. V. Hajdu O/40	Unatt	1.26.07
3. R. Phillips	Serp	1.26.14
4. S. O'Halloran	Unatt	1.27.14
5. Jaron Rowley	Cleved	1.27.43
6. Justin Rowley	Cleved	1.27.43
(10) P. Foley O/40	Unatt	1.30.18
VETERANS O/50		
1. (1) J. Duncan	Brist	1.24.49
2. (18) L. Lock	Wells	1.33.08
3. (32) B. Bourne	Unatt	1.38.10
VETERANS O/60		
1. (33) D. Rose	Bath	1.38.35
2. (80) M. Adams	Brist&W	1.49.55
LADIES		
1. (27) C. Farrow	VStr	1.36.57
2. (30) A. Singer	Portish	1.37.58
3. (35) T. King	Weston	1.40.07
4. (45) L. Phippard	WstCntry	1.43.00
5. (56) C. Akin-Smith	Unatt	1.45.08
(59) G. Walters O/40	NewFor	1.45.46
(60) J. Mills O/50	Launces	1.45.47
(71) D. Hall O/40	Unatt	1.49.55
(110) J. Rendell O/50	AxeV	1.56.37

RON SKILTON MEMORIAL HALF MARATHON
Powys
CL/12m/1200ft 2010.07

This was the second Ron Skilton Memorial Half Marathon. Unfortunately numbers were not very high, probably because of the World Rugby final! It was also on a Saturday morning. We have now decided to run the event on a Sunday and next year's event will be on Sunday 19 October 2008.

Gordon Green

1. M. Garret	Unatt	1.19.19
2. D. Davies O/50	Unatt	1.22.16
3. C. Parker O/40	Unatt	1.24.31
4. K. Courtney O/40	Unatt	1.29.14
5. L. Gardner O/40	Swans	1.29.55
6. M. Warrick O/50	Unatt	1.31.23
7. K. Naughton O/50	Unatt	1.32.07
8. M. Brown O/40	Unatt	1.34.11
9. H. Protheroe	Unatt	1.36.43
10. D. Morgan	Unatt	1.36.43
VETERANS O/60		
1 (14) R. Sherwood	Amman	1.45.16
2. (16) C. Heap	Unatt	1.49.46
LADIES		
1. (15) M. Barlow O/50	Unatt	1.49.40
2. (17) A. Garratt O/40	Unatt	1.50.18
3. (21) K. Hovers O/40	Unatt	1.56.40
4. (23) R. Perry	Unatt	1.59.24
5. (24) V. Nicholas	Unatt	2.03.04
(27) S. Perry O/40	Unatt	2.14.49

34 finishers

THE SCREES FELL RACE
Cumbria
AS/5.3m/1600ft 20.10.07

A cool sunny day, perfect running conditions, and fast times expected. So it proved. Both men and women's winners beat the previous record times, but unfortunately they could not be entered into the record book because the marked course in the intake fields was not followed. Once the leader took the wrong direction (no excuse, the marker was clearly visible) the rest (except six disciplined but not leading runners) followed. The time difference for the two routes is not that much. When one of the six who went the correct way rejoined the pack, he noticed that a runner he was beside at the parting point was only 20 metres ahead of him. Routes through intake fields must be followed because they have been agreed with farmers to avoid stock. I could not very well disqualify 90% of the field, so the results stand. Awarding the winner's team a £100 prize was welcomed by CFR but failed in its purpose of attracting more teams of four. We will keep the award for next year in the hope of the idea catching on, but the local club will be hard to beat.

Danny Hughes

1. R. Lightfoot	Ellenb	40.52
2. J. Deegan O/40	Amble	44.21
3. M. Amor	CFR	44.51
4. C. Smale O/40	Tod	45.09
5. B. Elsworth	Wharf	45.30
6. L. Amor U/18	CFR	45.39
7. M. Robinson	DkPk	46.50
8. S. Hebblethwaite	Kesw	46.52
9. G. Cunliffe U/18	Ross	47.35
10. C. Fray O/40	Chesh	47.42
VETERANS O/50		
1. (17) R. James	CFR	50.25
2. (20) A. Miller	Kend	51.04
3. (29) D. Richardson	Helm	53.45
LADIES		
1. (23) H. Robinson	Dallam	52.12
2. (28) H. Garrett	Unatt	53.12
3. (35) J. Casey	Barrow	56.10
4. (38) K. Brierley	Tod	57.30
5. (40) S. Hodkinson	BlckCmb	57.38

63 finishers

THE 16TH WITHINS SKYLINE RACE
BM/7m/1000ft 21.10.07

17 year old England international Tom Addison was so focused racing it out with the leading senior runners, he omitted to turn at the old Haworth boundary Stoop standing stone which officially is the under 18 turn round point. The

youngster's enthusiasm carried him with the leaders to the second checkpoint, Top Withins ruin, but by then it was quicker and safer for him to carry on in the race. On the tourist path to the famous Bronte Bridge he did lose 20 yards on the leading group, but once over the bridge, and up the scramble of Bronte waterfalls he knew it wasn't far to the finish. Using his natural turn of speed he opened a cushion over Alex Whittam and Steve Oldfield to actually win the race. His triumph could have been short lived, because officially he should have been disqualified, but the general opinion of the organiser's and the other runners was this would have been too harsh a punishment to one of fell runnings most promising talents. Tom has been a regular a Woodentop events from the ripe old age of 9, and has progressed through all the age groups and the organisers would like to think this has put him in good stead for where he is now in his running career. However, the organisers have taken onboard what happened, and next year this race will feature no under 18 race, that way what happened this year won't happen again!

Steve Oldfield regained the over 50s' trophy with a new course record taking half a minute off his own record finishing third overall, he also took the V40 perpetual trophy.. Steve has won the over 40s' trophy six times now, and even won the race back in 2002, so knows the course like his own back yard. Add another 10 years or so, and the over 60 category winner, Dave Tait, also set a new record taking nearly three and a half minutes off Lawrence Sullivan's 1994 time. Another Addison finished fourth, Mark, Tom's cousin, who also has the potential to go far, once again like Tom he cut his teeth on the quarry runs. Lisa Lacon, the 2005 ladies' winner, had a comfortable margin of victory over Lynne Clough who led her new Chorley club to the ladies' team chocolate prizes with Nicola Raby, 11th, and Anna Crabtree 12th.

Congratulations to Lily McGuinness on beating all the boys to win the under 8s' fun race outright and set a new girls' record yet again just like she did in the 2006 Stoop under 8s' race. This time round the Great North Run junior winner reduced her own record by an amazing 35 seconds, which makes it 11 seconds faster than the boys' record, what a feat**.** Lily also had the honour of sending the 190 seniors on their way in conditions which resembled an Indian summer. Three other records were broken by Phillip Done in the U10, Abbey Parkinson in the GU10 and Carly Robertson in the GU14. Carly, a U13 European champion at Karate, is an exciting prospect if she decides to sample a few more fell races, a 2.16 800m runner, she finished 2nd in the Yorkshires, 8th in the Northern and 21st in the National cross countries. Finally, three other Addison's each took the winners' prizes in their age groups, Jos the under 16, Jenny GU16 and Rory the U14s' - how time flies because the Woodentops can remember Rory running in his duffle coat and his wellies on the wrong feet, when he was knee high to a grasshopper. The Curly Wurly name change certainly worked with 98 juniors taking part, and enjoying the fun associated with these races.

Dave Woodhead

1. T. Addison	HelmH	43.27
2. A. Whittam	Tod	43.52
3. S. Oldfield O/50	BfdAire	43.56
4. M. Addison	HelmH	44.06
5. D. Walker	Clay	44.40
6. P. Stevenson O/40	P&B	45.04
7. N. Armitage	P&B	47.08
8. S. Macina	P&B	47.16
9. M Green O/40	Lost	47.43
10. J. Holah O/40	P&B	47.56
VETERANS O/50		
1. (3) S. Oldfield	BfdAire	43.56
2. (13) G. Schofield	Horw	48.28
3. (15) B. Goodison	Abbey	48.40
VETERANS O/60		
1. (42) D. Tait	DkPk	51.17
2. (61) G. Breeze	Skyrac	53.37
3. (87) M. Coles	Skyrac	56.56
VETERANS O/70		
1. (166) G. Arnold	Prest	67.40
2. (185) . Thackery	DkPk	84.47
3. (188) D. Clutterbuck	Tod	91.01
LADIES		
1. (35) L. Lacon	Holmf	50.28
2. (47) L. Clough	Chorl	51.37
3. (78) S. Smith	Bing	55.15
4. (80) H. Corbishley	Ross	55.40
5. (88) A. Weston O/40	Ilk	56.59
(105) J. Shaw O/40	Darwen	58.32
(140) J. Rawlinson O/50	Clay	62.45
(145) L. Lord O/50	Clay	63.23

188 finishers

PASSING CLOUDS RACE
Staffs
BM9m/1800ft 28.10.07

This year saw the rescue revival of this race by Congleton Harriers after it had been missing for three years. To add to the problems of a new race, the published date was moved to avoid a clash with the local Windgather race, then on the day the weather was very unkind presenting the first three hours of heavy rain for quite a while. As it was, the turnout wasn't bad considering the atrocious conditions and a forecast to dampen most spirits.

Thus, 86 runners set out in driving rain and strong wind and very wet muddy going. Fortunately the temperature wasn't that cold and the rain had eased considerably by the halfway point. This year the race, which took a new, slightly shorter course, was chosen to be the Cheshire Championship Fell Race. This led to a three cornered fight between locals Damian Nicholls, Malcolm Fowler and Andrew Lamont. As it was, Damian established an early lead and held it to the finish with slack in hand over Malcolm and Andrew. Malcolm also maintained a small lead over Andrew but was hard pressed from start to finish. None of the first three finished with a lot left.

In the ladies' race Jackie Lee led from start to finish and was well clear finishing in a record for the new course, with Sally Newman pacing herself nicely to take second place just ahead of local Ruth Watchorn-Rice.

First team was also Cheshire Hill Racers with Congleton Harriers a close second. Well done to everyone, runners and marshals alike, for a great effort, on a nice route, but pretty crabby weather.

We look forward to seeing everyone again next year on the same clock change weekend.

John Amies

1. D. Nicholl	Wilms	69.59

Photo courtesy of John Amies

James Woods enjoying some refreshing rain decending from The Roaches on Passing Clouds Race

2. M. Fowler O/40	Chesh	71.45
3. A. Lamont	Macc	71.50
4. C. Fray O/45	Chesh	75.08
5. P. Taylor	Tatten	75.27
(8) T. McGaff O/50	Chesh	75.49
(33) M. Moorhouse O/55	Mat	87.40
(65) G. Revell O/60	Brad	108.37
LADIES		
1. (17) J. Lee	Eryri	80.23
2. (27) S. Newman O/40	CaldV	83.25
3. (32) R. Watchorn Rice	Cheadle	86.21
(45) J. Hatton O/45	Maccle	92.47

"RUNNING BEAR" RACE YOU TO THE SUMMIT
Lancashire
BS/4m/800ft 28.10.07

What a great turnout, with 90 competitors lining up on a superb day for running. The earlier torrential rain and high winds had me muttering a quiet curse as I set off from home with a car full of registration gear, prizes and water tubs. Luckily I'd flagged the course the day before, so I could relax a little with that job out of the way. How many of the markers would be still there though? Thankfully, however, the storm had died down by an hour before start time. Then the sun came out, much to the relief of all of the finish line crew. This happy band included Colin and Brenda Robinson,who, between them, won this race no fewer than fifteen times when it was run from the Gale Inn, now closed down, just along the road.

This race was started over 40 years ago as a bet between locals in the former Gale Inn. There was a story about a local man named Halliwell Clough who, it was reckoned, could run from Gale to The White House and back in under half an hour. One of them started a friendly argument saying that there was no way it could be done, so the then landlord, Tommy Smythe, offered to organise a race to prove him wrong. Colin Robinson won that first race in 1967, the first of his seven victories, in well under 30 minutes and the race was born. Andy Holden of Preston set a new record of 23-52 two years later that would stand for 26 years, the longest standing record in the fell running calendar. That is until a certain Ian Holmes of Bingley came along in 1995 to clip three seconds off!

I was surprised when Mike Fanning of Borrowdale Runners came up to register having travelled down from Braithwaite, Keswick, especially for the race. Then along came Ben

Mounsey of local club Calder Valley and in form Alex Whittem, of Todmorden, and I knew we were in for a real thriller! And so it was. Those three broke away early on along the fast section of bridleway alongside the eservoir and through the animal sanctuary to Castle Clough and after the turn-around point, the White House Inn on Blackstone Edge, it was all to play for on the sweeping descent to join the Pennine Bridleway back to the bridge at Castle Clough. Ben got his nose in front on the run in alongside the Chelburn reservoir and though Mike chased hard, there was eight seconds in it by the finish. Ben was delighted to win a pair of Running Bear Gladiator fell shoes, very generously donated by our sponsor, Tony Hulme. Mike could take some consolation in winning the vets' race! Alex came in looking quite fresh actually, 14 seconds further back, though I knew he'd given it everything. Chris Miller, who got his days mixed up and missed the West Yorkshire cross country the day before, ran a blinder to make up for it, overtaking Todmorden veteran, Chris Smale, on the way back from the White House to take fourth. Run of the day came from 17 year old Mark Shakeshift, placing sixth from 90 runners. What a prospect for the future. With Dave Collins in 17th place and second over 50 vet, Todmorden won the team prize fleece hats. Ken Taylor continues to kid me he's now an over 60, placing a superb 23rd overall.

Jo Waites had a comparatively untroubled run to win the women's section, placing 16th overall and taking her second victory here, and a pair of Running Bear Gladiator fell shoes. Lisa Lacon placed second just six places and a minute behind, with much improved Heather Corbishley in third. Holly Page was the first junior in fourth, while LV50, Karen Taylor, beat all the other vets in seventh place, one ahead of LV40 Thirza Hyde who, together with Rose Carnochan, supported Jo to win the team prize chocs! Joyce Catterick, who runs unattached was the first female over 60.

The Halloween fancy dress prize went to Colin "SWOOP" Davies of Altrincham, dressed in a kids 'full-body-cover' skeleton outfit from Tesco. It was so tight that it had to be shored up with a load of safety pins. I bet he was glad he'd chosen that after the sun came out!!

Thanks must go to our sponsors "Running Bear" for again adding prestige to this great little race that has so much history. Cheers Tony, but try to come and run in 2008!! Thanks to Frank and his staff at The Summit Inn, who again provided a cheery welcome with hot food and good ales. Thanks to my mum and dad on refreshments, Bill Smith and Mick Fryer on results and, of course, Colin and Brenda Robinson who again did number recording. Special thanks to Dave Beston, Jim Smith and Clive Greatorex marshaled then de-flagged the course saving me two hours. But most of all to my biggest helper on the day, Katherine Smale, who bought prizes, took care of registration, sold food tickets and helped with the prize presentation, all this while dressed as the wicked witch of the West!

Thanks everyone and see you all next year for the 42nd race to the White House..

Allan Greenwood

1. B. Mounsey	CaldV	28.05
2. M. Fanning O/40	Borr	28.13
3. A. Whittem	Tod	28.27
4. C. Miller	Hgte	28.58
5. C. Smale O/40	Tod	29.06
6. M. Shakeshift J/18	Bury	29.13
7. S. Gregory O/40	HolmeP	29.54
8. S. Dimelow	P'stone	39.20
9. P. Taylor O/40	Ross	30.27
10. M. Lee O/40	Ross	30.34
VETERANS O/50		
1. (11) G. Schofield	Horw	30.55
2. (17) D. Collins	Tod	32.31
3. (25) D. Beels O/50	CaldV	33.44
VETERANS O/60		
1. (23) K. Taylor	Ross	33.31
2. (58) P. Jepson	Ross	39.40
3. (59) T. Peacock	Clay	39.52
VETERANS O/70		
1. (74) G. Arnold	Prest	43.15
LADIES		
1. (16) J. Waites	CaldV	32.21
2. (22) L. Lacon	Holmf	33.23
3. (36) H. Corbishley	Ross	35.49
4. (42) H. Page L/18	H'fax	37.25
5. (50) J. Howells	Wharf	38.25
(53) K. Taylor O/50	Ross	39.04
(54) T. Hyde O/40	CaldV	39.07
(57) M. Dempsey O/40	Wesh	39.36

90 finishers

Photo courtesy of Bill Smith

Pete Jebb (Bingley), Rob's father, leads Selwyn Wright (Ambleside) on the descent from Great Stickle at Dunnerdale.

DUNNERDALE FELL RACE
Cumbria
AS/5m/1800ft 03.11.07

The final club champs fell race in local SW Cumbrian runners Black Combe's 2007 series was their own organised Dunnerdale event from the picturesque hamlet of Broughton Mills.

A popular little classic the route takes in a lung busting uphill road section to the foot of the Knott which is then climbed before runners take in the checkpoints at Raven Crag, Stickle Pike and Great Stickle, prior to a fast, almost all downhill run, including another road bit, back to the finish in the field opposite the Blacksmith's Arms pub.

August-like weather conditions made this the warmest Dunnerdale race in its 25 year history and the 211 runners who toed the line for the midday start were rewarded with great views and some encouragingly quick times, however, neither the male or female course records were broken and there were just two retirees.

Leading from the start the clear winner of the race was Dark Peak's Lloyd Taggart in a splendid 37:21. Did he find a shortcut? His lead was over 4 minutes on the seond bloke home, local lad Ben Abdelnoor, Ben's club mate, Jon Deegan, picked up the first MV40 prize.

The women's race had much less daylight

Sharon Taylor (Bingley), first lady at Dunnerdale, approaching the final checkpoint on Great Stickle.

between the top two, with Sharon Taylor prevailing to win in a superb 45:41 and 24th overall. Jane Reedy was 56 seconds in arrears (29th). Aly Raw picked up the ladies' V40 prize just edging out Hazel Robinson in the closing stages by around 20 seconds.

One of the hot female favorites, and winner of many Lake District fell races this year, Eryri's Jacki Lee took a nasty fall en-route, and walked a fair portion of it, covered in blood, to finish 186th place overall in 67:30.

Fifteen Black Combe Runners took part, with many more on organising duties, and club points were up for grabs, despite the champs being decided back in August. First back was the champ Peter Tayler in a speedy 47:54, whilst the lady champ, Sue Hodkinson, recorded a good 53:40. The runner-up was Will Ross, who arrived back 29 seconds ahead of Sue. Third placed Karl Fursey was assisting and didn't take part. Karl was also the only BCR to qualify in both the road and fell champs this year. No other BCRs had done the required number of fell races to qualify which is a shame.

Remaining BCR times: John Parminter (51:19), Mike Berry (51:39), James Goffe (55:53), Dave Scott-Maxwell (56:40), David Parminter (57:07), Neil Gibbison (57:12), Bob Grieve (62:30), Robert McKeever (64:07), Dave Watson (64:11), Valerie Gill (65:48), Dave Hobbins (67:59) and Robin Smithurst (73:53).

Date of next year's race is 1 November 2008.

Andrew Gittins

1. L. Taggart	DkPk	37.21
2. B. Abdelnoor	Amble	41.41
3. J. Deegan O/40	Amble	42.19
4. M. Mikkelsen-Barron	Unatt	42.24
5. T. Addison	HelmH	42.28
6. M. Amor	CFR	42.59
7. M. Addison	HelmH	43.20
8. A. McCullough	NFR	43.37
9. R. Mellon	Bowl	43.48
10. D. Walker	Clay	44.03
VETERANS O/50		
1. (13) B. Procter	HelmH	44.45
2. (27) M. Walsh	Kend	46.10
3. (32) J. Holt	Clay	47.16
VETERANS O/60		
1. (97) D. Fell	CFR	54.30
2. (128) M. Breslin	Bailrigg	57.50
3. (149) P. Dowker	Kend	61.04
VETERANS O/70		
1. (170) D. Brown	Wesh	63.05
2. (196) J. Escritt	CFR	70.09
3. (209) B. Hughes	L'pool	89.51
LADIES		
1. (24) S. Taylor	Bing	45.41
2. (29) J. Reedy	Amble	46.37
3. (47) A. Raw O/40	Bing	48.56
4. (49) H. Robinson	Dallam	49.17
5. (68) L. Roberts	Kesw	51.28
(77) K. Nash O/40	Prest	52.41
(80) J. Casey O/50	B&FStr	52.53
(125) W. Dodds O/50	Clay	57.40
(193) M. Chippendale O/60	Penn	68.38

209 finishers

SHEPHERDS SKYLINE FELLRACE
West Yorkshire
BM/6m/1150ft 03.11.08

Perfect weather! Now that makes a change for the Shepherds Skyline. I usually expect to be out flagging in the clag and the rain but this year it was positively balmy. The last time the weather was this good was our wedding day when Mandy and myself had to run the race in top hat and bridal veil and having consumed a few glasses of champagne!

The junior races go from strength to strength with 70 youngsters turning up this year. Some great runs with one or two potential future stars on show. I think they must like the combination of steep climbs and mud. The cowbell at the top of the first steep climb gave it a particularly alpine atmosphere this year.

Another great turn out in the senior race saw 238 runners set off up the path. With relatively good conditions underfoot it was a fast race and, as usual, Ian Holmes gradually stretched out his lead to come home well in front and in a new record time. A great performance from the evergreen Vet 40. Jo Waites, well ahead of the next lady, was just outside her own record time set in 2006.

Mandy & Phil

1. I. Holmes O/40	Bing	39.25
2. K. Gray	CaldV	41.01
3. B. Mounsey	CaldV	41.40
4. D. Hope	P&B	42.02
5. J. Logue	Horw	42.07
6. S. Godsman	Tod	42.09
7. G. Devine O/40	P&B	42.28
8. A. Whittam	Tod	42.47
9. G. Pearce	P&B	43.06
10. M. Fanning O/40	Borr	43.51
VETERANS O/50		
1. (33) D. Collins	Tod	49.25
2. (46) S. Storey	DkPk	50.31
3. (52) K. Gooch	Ilk	51.17
VETERANS O/60		
1. (38) K. Taylor	Ross	49.58
2. (45) D. Tait	DkPk	50.27
3. (50) K. Carr	Clay	51.02
VETERANS O/70		
1. (210) G. Arnold	Prest	68.12
LADIES		
1. (30) J. Waites	CaldV	48.55
2. (48) L. Lacon	Holmf	50.40
3. (51) E. Clayton	Scunth	51.10
4. (72) E. Barclay O/40	Ilk	53.42
5. (76) H. Page	H'fax	54.59
6. G. Sugden	Stain	55.46
7. R. Whiehead	Bing	56.00
(103) J. Scarf O/40	CaldV	56.49

238 finishers

UNDER 18		
(37) J. Dugdale	Clay	49.54
UNDER 8 BOYS		
1. T. Sumner	Unatt	4.05
2. A. Johnson	CaldV	4.32
UNDER 8 GIRLS		
1. (8) C. Mapleson	Unatt	4.59
2. (12) C. Godsman	Tod	7.06
UNDER 10 BOYS		
1. N. Oxley	CaldV	7.40
2. E. Davis	CaldV	8.08
UNDER 10 GIRLS		
1. (7) I. Wharton	CaldV	8.31
2. (9) D. Hunter	CaldV	8.33
UNDER 12 BOYS		
1. B. Johnstone	Wharf	8.44
2. P. Done	K&C	9.30
UNDER 12 GIRLS		
1. (8) C. Cox	K&C	10.51
2. (10) R. Mather	Saddle	11.34
UNDER 14 BOYS		
1. J. Crossfield	H'fax	8.35
2. S. Carey	Tod	8.51
UNDER 14 GIRLS		
1. (5) A. Roberts	Tod	11.15
2. (6) H. Godden	Tod	11.30
UNDER 16 BOYS		
1. T. Sessford	K&C	13.44
2. J. Waldie	Corn	14.36
UNDER 16 GIRLS		
1. (4) S. Wilson	Pendle	20.32

COP HILL FELL RACE
West Yorks
BM/7m/900ft 04.11.07

Dave Watson won the Cop Hill Fell Race for the second year running, posting a winning time of 40:05. This was a two minute improvement on his time for 2006. Dave led from start to finish with Andrew Lamont finishing second and Paul Stevenson third.

Ninety three runners enjoyed near perfect conditions on the two lap, mainly off-road course, which covers approximately 10 kilometres along tracks and footpaths around the Meltham area, with the highlight being the climb up Meltham Cop.

The ladies' race was won by Jacqui Dews in a time of 49. 50. Holmfirth Harriers won both the Male and Female team prizes. Ray McArthur flew the flag for the host club, Meltham AC , posting a impressive 49: 03, followed by Benny Tyas who finished in 56.35.

Martin Sturdy

1. D. Watson	Holmf	40.05
2. A. Lamont	Macc	41.08
3. P. Stevenson O/45	P&B	42.55
4. S. Gregory O/40	HolmeP	43.06
5. J. Rank O/45	Holmf	43.47
6. B. Stewart	Holmf	44.03
7. A. McFarlane	Clay	44.26
8. J. Ewart O/50	Holmf	44.51
9. G. Baxter	Holmf	45.08
10. G. Graham O/40	Holmf	45.19
VETERANS O/50		
1. (8) J. Ewart	Holmf	44.51
2. (18) M. Springer	Horsf	48.08
3. (20) R. Kersey	Holmf	48.16
VETERANS O/60		
1. (35) R. Futrell	Holmf	52.51
2. (43) M. Coles	Skyrac	54.10
3. (55) D. Scholfield ?	Roch	56.12
LADIES		
1. (24) J. Dews	Holmf	49.50
2. (29) J. Johnson O/40	Holmf	50.31
3. (46) J. Hogg	Sadd	54.27
4. (54) L. Ewart O/50	Holmf	55.54
5. (64) C. Whiteman	Sadd	59.19

93 finishers

CLWYDIAN HILLS
Flintshire
AM/10m/3100ft 04.11.07

As forecasted, a cold front moved over the Clwydians on pre-race day, bringing drizzle and clag just as I was putting out markers. But race day dawn brought a clear, sunny sky, which remained throughout the day giving a good day in the hills for both runners and NEWSAR members who were marshalling the event.

Rich Roberts was never troubled to take the men's prize while Sally Newman was first lady home. Roger Lamb and Graham McAra were the first vet 40 and vet 50 men respectively to finish. The originator of the race John Morris was the first M60 home, with local runners taking second and third M60 places.

A few runners would be advised to take either the WFRA or FRA navigation courses!

A special word of thanks is due to the NEWSAR members who forgo a fine day in the hills to provide both runners and team members with refreshments after the race.

Peter Taylor.

1. R. Roberts	Eryri	70.57
2. I. Houston	Mercia	72.47
3. J. Logue	Horw	75.01
4. M. Roberts	Eryri	79.31
5. R. Lamb O/40	Mercia	79.34
6. N. Ashcroft	Amble	79.37
7. T. Higginbottom	Eryri	80.01
8. J. Montgomery O/40	Clwyd	81.48
9. J. Pearce	Congle	82.11
10. P. Taylor	Tatten	82.39
VETERANS O/50		
1. G. McAra	Chesh	87.47
2. A. Duncan	Bowl	91.28
3. N. Holmes	Tatten	93.45
VETERANS O/60		
1. J. Morris	Buck	93.16
2. J. Linley	Clwyd	98.48
3. M. Potter	Clwyd	106.07
LADIES		
1. S. Newman O/40	CaldV	90.45
2. A. Roberts	Eryri	92.14
3. J. Ewels	Clwyd	99.39
4. H. Toberman	Eryri	101.19
5. S. Montgomery	Clwyd	102.28

WREKIN WRECKER
Staffordshire
AM/8.1m/2400ft 04.11.07

This year was the sixth running of the Wrecker. For the second time, it was included as the second race in the Shropshire Winter Fell race series. The weather was calm and the weak autumn sunshine made for beautiful running along the Wrekin's lesser known wooded paths. The race features three tough ascents and three steep descents of the Wrekin but there is also a good deal of runnable flat (ish) stuff. So, overall, no particular style/strength of fell runner is favoured.

The race attracted 91 entrants – just 6 less than last time. Again, the race went really well and many of the runners commented on how well the race was organised. The organisers, Newport and District Running Club, put on free soup and samosas at the end and raised £80 for Hope House Hospice from money donated for the food.

The men's race was won by Andi Davies, six minutes down on the course record set last year by Michael James of Shrewsbury AC. Second was Peter Ball and third was the 2002 and 2003 winner, Andrew Yapp.

In the women's race the winner was Anna Bartlett with Polly Gibb in second place.

Five Newport runners entered the race: Maurice Reid who finished 18th in 1:14:26 knocked over 5 minutes off his last time last year. John Taylor was 38th in 1:23:03 again improving by over 2 minutes. Ian Atkinson was 48th in 1:25:34 slightly slower than last year but this may be explained by the nasty fall he had descending from the Little Hill. Andy Kay running the race for the first time was 62nd in a very commendable 1:28:11. Coming back after a stress fracture injury, Helen MacDonald-Jones was 88th in 1:45:52 only a couple of minutes off her best time for the race.

Glenn MacDonald-Jones

1. A. Davies	Mercia	1.01.12
2. P. Ball	Shrews	1.03.58
3. A. Yapp O/40	Mercia	1.05.43
4. E. Davies O/50	Mercia	1.06.28
5. J. Castillo	Shrews	1.07.06
6. A. Primrose	Mercia	1.07.38
7. M. Clewes O/40	Mercia	1.07.54
8. S. Daws O/50	Telf	1.08.11
9. J. Midgley	Ere	1.08.47
10. A. Carruthers O/40	Hales	1.10.16
(17) T. Brockington O/50	SpringfS	1.13.53
VETERANS O/60		
1. (52) J. Coombes	Mercia	1.26.05
2. (88) A. Hodgkiss	Telf	1.51.06
LADIES		
1. (14) A. Bartlett	Shrews	1.11.03
2. (21) P. Gibb O/40	Mercia	1.16.09
3. (41) L. Garside O/40	Telf	1.23.11
4. (46) V. Swingler O/40	Shrop	1.23.48
5. (63) C. Mills O/40	CaldV	1.28.43
(83) H. Macdonald-Jones O/50	Newp	1.45.52

88 finishers

RUN & BECOME TINTO HILL RACE
Strathclyde
AS/4.4m/1500ft 10.11.07

1. J. Symonds	Dund	30.19
2. J. Lennox	Shettle	30.32
3. A. Anthony	Ochil	32.07
4. B. Marshall	HELP	33.12
5. A. Ward O/40	Carn	33.27
6. S. Fallon O/40	Carn	33.47
7. K. Richmond	Bellah	33.59
8. T. Lawrence	Carneg	34.11
9. M. Williamson	Bellah	34.19
10. A. Mudge	Carn	34.29
VETERANS O/50		
1. (43) D. Scott	Ochil	38.31

Photo courtesy of Gordon Cameron

Run & Become Tinto Hill Race 2007 – post race ice bath

2. (51) D. Aitken	Garsc	39.09
3. (56) G. McCaffrey	Clyde	39.31
VETERANS O/60		
1. (75) D. Milligan	Sol	40.43
2. (110) K. Burns	Carn	43.12
3. (121) T. Bowie	Fife	43.58
LADIES		
1. (10) A. Mudge	Carn	34.29
2. (49) C. Buchanan	Central	39.05
3. (52) J. Turner	Carneg	39.19
4. (53) I. Robertson	Ballah	39.24
5. (66) H. Stuart	Bellah	40.19

246 finishers

LEG IT ROUND LATHKIL
Derbyshire
11.11.07

We had another great day for the 'Leg It' race around the beautiful Lathkil Dale in Derbyshire. The turnout was fantastic, more than 50% up on 2006. The large turnout also meant a very competitive race with a number of the local, and not so local clubs well represented. Maybe we should consider a team prize for 2008.

The weather held up, although the heavy rain earlier in the week made for some muddy conditions on the top fields. So, no records broken, but when doing the results we reckon there were some healthy PBs on the day. Well done to Steve Oldfield, winning with more than half a minute to spare ahead of Mike Nolan, Dark Peak's first finishers, noting that Steve was also the first V50! Congratulations to Jules Toon, our first lady finisher, in a time which was only ten seconds outside last year's record – it should be up for grabs in 2008. The second Dark Peak club prize winner was Jane Searle as our 1st FV40. The Totley club were rewarded with first local man and lady finishers – well done to 'Lathkil locals, William Alves and Carol Parsons.

The veteran entries were high, no surprise there, and another lesson for 2008 is to include V70 on the entry forms. We had Trevor Platts credited as 1st V70, finishing in an impressive 69.51 but we were informed later that that this was bettered by Frank Makin in 65.04. Inspiring, both of them!

The youngsters also had a chance to shine in the Fun Run, and certainly Ben Salt did just that. Ben finished in 14 minutes (ish), so fast we were not quite ready to properly time him in!

Finally, a big thanks to all the many marshals on the day and, once again, to the race sponsors, Fullers Brewery and Up and Running (Manchester), whose goody bags were greatly received by the top male and female finishers. Despite the high number of entries, the race start and finish went smoothly and everyone got home safely. What's more, the race raised over £500, making a significant contribution to the total £3,500+ raised this year for Children in Need by the Lathkil Hotel.

The date for your race diary in 2008 is Sunday 9 November.

Joe and Al

1. S. Oldfield O/50	BfdA	47.25
2. M. Nolan O/40	DkPk	48.07
3. M. Stenton O/40	DkPk	49.22
4. M. Webster	DkPk	49.43
5. A. Perry	ManUni	50.01
6. O. Cox	Unatt	50.23
7. J. Midgley	Erew	50.26
8. D. Bent	Serpent	50.57
9. A. Sheddes	Howg	51.05
10. G. Williams O/40	DkPk	51.17
VETERANS O/50		
1. (1) S. Oldfield	BfdA	47.25
2. (14) R. Fawcett	DkPk	51.42
3. (16) W. Alves	Tot	52.07
VETERANS O/60		
1. (62) S. Whittaker	Erew	61.55
2. (75) G. Revell	Bradw	63.56
3. (88) F. Makin	HolmeP	65.04
VETERANS O/70		
1. (111) T. Platts	Clowne	69.51
2. (147) G. Richardson	Clowne	88.59
LADIES		
1. (63) K. Sinkinson O/40	Holmf	62.06
2. (66) P. Goodhall O/50	Tot	62.36
3. (67) J. Milton O/40	Tot	62.38
4. (74) V. Kinman	Tot	63.55
5. (76) A. Wainwright	Unatt	64.08
(81) A. Bent O/50	Pitsea	65.04

147 finishers

PENMAENMAWR FELL RACE
Conwy
BM/11m/1500ft 17.11.07

Despite a poor weather forecast for the 28th running of this event, 220 runners started in near perfect running conditions. The men's race was quickly dominated by Eryri runners, Richard Roberts, Gwyn Owen and Iwan Morton. It was simply a question of which of the three would have the legs to win the race back from the last checkpoint at Penmaenmawr quarry to the finish in the Fairy Glen. Richard Roberts rose to the challenge and saw off his rivals – winning by an impressive three minute margin in a time of 1.12.21. Gwyn had to once again settle for 2nd place with Iwan back in 3rd place.

In the ladies race', Richard's partner, Anna Bartlett, also won by an impressive three minute margin over local runner, Andrea Roberts, in a time of 1.27.11. Third place went to Sarah Jackson.

Once again all finishers received a bottle of Conwy Brewery Fell Race Ale.

Prizes were kindly sponsored by Cotswold Royal Oak, Salomon Sports and Penmaenmawr Town Council. Thanks also to Conwy County Raynet, Team Dolly, Global Rescue Services and all the marshals and helpers.

The race raised £700 for local charities Welsh Air Ambulance and St David's Hospice.

Chris Near

1. R. Roberts	Eryri	1.12.21
2. G. Owen	Eryri	1.15.49
3. I. Morton	Eryri	1.18.20
4. M. Roberts	Eryri	1.19.11
5. G. Groves	L'pool	1.19.12
6. D. Nuttall O/40	Clay	1.19.27
7. A. Ashton	L'pool	1.20.36
8. J. McIlveen	Aberg	1.20.51
9. J. McQueen	Eryri	1.21.23
10. C. Jones	Unatt	1.21.53
VETERANS O/50		
1. (15) S. Jones	Eryri	1.25.23
2. (22) I. Edgar	Eryri	1.26.25
3. (37) J. Williams	Eryri	1.31.28
VETERANS O/60		
1. (66) B. Hargreaves	L'pool	1.37.58
2. (75) P. Simpson	L'pool	1.39.12
3. (79) J. Linley	Clwyd	1.39.44
LADIES		
1. (23) A. Bartlett	Shrews	1.27.11
2. (35) A. Roberts	Eryri	1.30.50
3. (64) S. Jackson	L'pool	1.37.30
4. (82) L. Garside O/40	Telf	1.40.00
5. (84) M. Ali	L'pool	1.40.13
(94) S. Gilliver O/40	Chesh	1.41.05
(124) P. Goodall O/50	Tot	1.48.42
(144) I. McCord O/50	WalesAirAmb	1.52.47

218 finishers

TOUR OF PENDLE
Lancashire
AL/16.8m/4830ft 17.11.07

Congratulations to Lloyd for winning in fine style and knocking 55 seconds off the record. Congratulations to Jackie following up from last year's second place with a win this year. Also, congratulations to Ken Taylor winning the Vet 60 category in a new record time.

This year was the largest field we've ever had – 287 started and 271 finished.

Thanks to all the marshals on the course and at the finish – they make everything run smoothly and their humour lasts all day! Also, thanks to Pete Bland for the numbers, pins and generous sponsorship of the prizes.

Thanks for buying all the soup – Audrey bought all the stuff based on my guess on how many runners there would be and she said she would tip it over my head if she did not sell it!!

On a more sober note, I was told after the race that a lot of litter had been dropped on the course – well, this is just not on – it's never been a problem with the race before! If you have any wrappers or bottles, it's so easy to put them down your vest and take them home with you. Litter comes from individuals so make an effort to remember and do not be that person. You could be putting the future of this race in jeopardy. I was on the course for the three Saturdays following the race collecting litter, Favourite was gel bags and the bits torn off to open them and the empty saches, I collected wrappers off Opal Fruits or something similar, yellow and white stripes, about 1" square, it was like a paper trail, started after CP2 and the last one I found was at the top of the last climb, I have not been across to CP11 yet. You know who you are!

On another note I have 40 or 50 of the O-rings missing that your tags where on - you must have them and I need them back for next year. Please check your bum bags and sports bags, post them off 2nd class is OK, no need to put a note in. Don't worry about tags, you can keep them if you have any, I have loads and all sets are made up ready for next year.

Just a final note about the weather, on the day it was great, first Saturday after it was atrocious, very strong icy wind with rain and dense cloud, I could only manage an hour. The second Saturday was icy wind dense cloud but dry. The third Saturday was dense cloud, strong icy wind, rain and sleet, turning to snow on the last three climbs and covering ground. We where lucky on the day!

Next year's race will be on 15 November, the village hall is already booked.

Kieran & Doreen Carr

1. L. Taggart	DkPk	2.11.00

2. T. Cornthwaite	B'burn	2.15.08
3. J. Brown	Salf	2.16.38
4. K. Gray	CaldV	2.17.37
5. M. Fanning O/40	Borr	2.23.01
6. J. Blackett O/40	DkPk	2.24.34
7. J. Morgan O/40	DkPk	2.24.37
8. M. Horrocks O/40	Wharfe	2.24.55
9. B. Bolland	Horw	2.26.39
10. G. Devine O/40	P&B	2.28.03
VETERANS O/50		
1. (15) M. Wallis	Clay	2.32.57
2. (45) L. Warburton	Bowl	2.45.03
3. (52) P.Booth	Clay	2.47.28
VETERANS O/60		
1. (59) K. Taylor	Ross	2.49.17
2. (67) D. Tait	DkPk	2.52.14
3. (79) K. Carr	Clay	2.55.04
LADIES		
1. (33) J. Lee	Eryri	2.39.51
2. (66) A. Raw O/40	Bing	2.52.06
3. (91) E. Holmewood	W'lands	2.57.14
4. (109) C. Farrow	VStr	3.03.05
5. (120) K. Nash O/40	Prest	3.04.35
(172) G. Walkington O/50		Horw
3.21.44		

271 finishers

KIRKBYMOORSIDE FELL RACE
Cumbria
BM/6.5m/1600ft 24.11.07

1. M. Addison	HelmH	53.26
2. T. Addison	HelmH	53.28
3. P. Knowles	Amble	55.56
4. P. Brittleton O/40	HelmH	56.21
5. C .Speight O/40	HelmH	56.26
6. G. Thorpe O/40	Amble	57.06
7. D. Fielden	HelmH	58.16
8. J. Holt O/50	Clay	58.18
9. P. Wadd	Lochab	59.06
10. J. Bradbury O/40	Mercia	59.14
VETERANS O/50		
1. (8) J. Holt	Clay	58.18
2. (13) M. Walsh	Kend	59.46
3. (18) A. Miller	Kend	62.00
VETERANS O/60		
1. (32) D. Fell	CFR	68.59
2. (56) K. Nixon	BCR	102.39
LADIES		
1. (22) S. Hodkinson	BCR	64.32
2. (29) N. Davies O/40	Borr	68.09
3. (36) J. Taylor O/40	Bowl	70.33

56 finishers

HARRIERS v CYCLISTS
West Yorkshire
CH/6m/650ft 24.11.07

Thankfully the morning's ice cleared and 98 competitors (64 runners and 34 cyclists) braved the cold and damp conditions in this unique and increasingly popular event.

Several cyclists retired through punctures and a broken chain but, despite the additional obstacle of a fallen tree, Andy Peace made light work of a demanding course and demonstrated his versatility by demolishing the field and coming home a clear winner. On the ascent the Pudsey and Bramley pair of Graham Pearce and Gary Devine must have fancied their chances but Andy Peace, on his bike this time, could not be contained on the fast descent on Shipley Glen.

Another local, Ruth Whitehead, was the first lady home by over a minute. Sarah Rowell kindly presented the prizes in the pub afterwards to round of another thoroughly enjoyable Harriers v Cyclists race.

The Harriers comfortably retained the Fisherman's Trophy for another year.

Bob Dover

1. A. Peace	C SIS	35.44
2. G. Pearce	H P&B	36.07
3. G. Devine O/40	H P&B	36.26
4. A. Wrench O/40	H Tod	36.29
5. J. Wright	H Tod	36.49
6. M. Peace	H Bing	37.49
7. J. Senior	H Bing	37.50
8. I. Holmes O/40	C Cross	38.12
9. S. Green O/40	H P&B	38.40
10. P. Caswell	C H'gate	39.17
VETERANS O/50		
1. (23) B. Goodison	H Abbey	40.50
2. (26) D. Collin	H Tod	41.47
3. (31) N. Pearce	H Ilk	42.56
VETERANS O/60		
1. (65) M. Coles	H Skyrac	48.30
2. (87) R. Hall	H Bing	58.15
LADIES		
1. (43) R. Whitehead	H Bing	45.44
2. (52) T. Hird	H Wharf	46.50
3. (56) L. Bland O/40	H DkPk	47.13
4. (58) S. Grant	H Abbey	47.23
5. (59) S. Smith	H Bing	47.45
(75) A. Marks O/40	H Bing	52.36

97 finishers

RIVOCK EDGE FELL RACE
West Yorkshire
BH/10m/1500ft 25.11.07

1. C. Loftus	Kghly	49.51
2. T. Mason	Wharf	49.52
3. G. Pearce	P&B	50.03
4. S. Gregory O/40	HolmeP	50.44
5. P. Searad O/40	P&B	51.08
6. O. Beilby	Wharf	51.34
7. M. Keys O/45	Ross	51.49
8. I. Nixon	P&B	52.08
9. S. Wilkinson O/40	Kghly	52.25
10. S. Brock	Kghly	52.38
VETERANS O/50		
1. (30) K. Gooch	Ilk	59.13
2. (41) R. Pacey	Holmf	61.13
3. (48) P. Jagan	Bing	63.30
VETERANS O/60		
1. (44) G. Breeze	Skyrac	62.13
2. (46) M. Coles	Skyrac	63.19
3. (79) S. Batley	Skyrac	69.04
LADIES		
1. (12) E. Clayton	Scunth	55.49
2. (16) S. Newman	CaldV	56.35
3. (23) S. Taylor	Bing	58.18
4. (25) J. Waites	CaldV	58.26
5. (28) N. Sharratt	Stain	58.58
(37) E. Barkley O/40	Ilk	59.56
(64) A. Srivastava O/40	Ilk	65.47
(87) J. Rawlinson O/50	Clay	70.11
(89) R. Gooch O/50	Ilk	71.12
(118) L. Eden O/60	NiddV	95.49

119 finishers

DAVID STAFF MEMORIAL RACE
Lancashire
25.11.07

After several days of heavy rain race day was relatively dry, but the ground was still very wet underfoot.. The path from the start to the top of Sunnyhurst Woods had been blocked by two large fallen trees. To make matters worse, a pond was being dug on the most suitable alternative path. Rerouting a race is never ideal, but this was unavoidable. The race started after a 10 minute delay due to road works and the runners headed off into the fog over Darwen Moor.

Winner of the men's event was Thomas Cornthwaite in a superb time of 32:33, approx 45 seconds off Rob Hope's 2004 record. If the course hadn't been rerouted, the record may have fallen. 1 st lady was Jacquie Shaw in 44:58. Junior winners were Melanie Taylor and Jack Dugdale.

Thanks must go to all the marshals and helpers, but particular thanks should go to the following who freely gave their services: John Schofield for the results; Jeff Seddon of Bolton Mountain Rescue Team; MC Andy O'Sullivan; Brian and the staff at The Kiosk for their hospitality before and after the race.

The profit of £250 was donated to Cardiac Risk in the Young, in memory of David Staff and the prizes were presented by David's parents.

On behalf of all race organisers, can I ask all runners who don't complete a race to inform the timekeepers please! We don't know where you are, and neither do the Mountain Rescue Team!

Next year's race is scheduled for Sunday 30th November 2008 at 11:30.

Jonathan Stubbs

Photo courtesy of Jonathan Stubbs

Jacqui Shaw winning lady – David Staff 2007

DRUIM FADA CHASE
Fort William
BM/6.2m/1300ft 25.11.07

Nobody turned up for the over 13s Bunting's Bump race, so nothing to report.

In contrast, a record turnout of 58 turned up for the Druim Fada race. Due to heavy overnight rain, Roger Boswell, the organiser, moved the start at short notice so as to avoid crossing a potentially dangerous river and this added about a mile to the route, plus an extra 150 feet of climb.

A further half mile and a 100 feet of climb was added by replacing the notorious boggy fire break with the Bunting's Bump loop at the end of the race. The combined effect of the two route changes meant this year's race was eight miles with 1500 fett of climb – a tough race – and not what most entrants bargained for.

From the start, Ruaridh Watt and Colin

Donnelly pulled clear of the field and forged a big lead as they hurtled eastwards on the high level landrover track. 1000 feet up with magnificent views all around. Unfortunately, Roger forgot to warn the runners that the original flags were still in position. Inevitably, the two leaders of the race, who were both newcomers, spotted marker flags leading off the gill down towards Achdalieu where the original race starts. Naturally, they followed the flags. Ruaridh started pulling ahead of Colin and plunged on into oblivion. Colin got suspicious and spotted runners on the track ignoring the markers. He turned around and regained the track well behind the new leaders and eventually finished seventh. Ruaridh found his own route to the finish and came in 43rd, having run a very long way.

Craig Mitchell was surprised to learn he had won the race as he crossed the line in splendid isolation in 58.49, the only runner to break the hour. Nicola Meekin manged to hold off Dawn Scott by 30 seconds to win the ladies' race in an excellent time of 1.05.12. Bravest competitor was 17-year old Gavin Rankin who spurned the chance of winning Bunting's Bump in order to explore unchartered territory by running his first hill race, finishing in 2.00.49.

Roger Boswell

1. C.Mitchell	Lochab	0.58.49
2. P. MacLean	Lochab	1.00.14
3. B. Poll	Lochab	1.00.37
4. R. Bannerman	H'land	1.00.39
5. N.Clark	Lochab	1.00.54
6. J. Gay	Lochab	1.01.13
7. C. Donnelly O/40	Lochab	1.01.21
8. P. Biase	OutwdB	1.02.54
9. W. Boa	Lochab	1.02.55
10. A. Kennedy O/40	Lochab	1.03.02
VETERANS O/50		
1. (11) K. Whyte	Lochab	1.03.45
2. (19) D. Duncan	Ochil	1.06.22
3. (27) C. MacAndrew	Lochab	1.11.07
VETERANS O/60		
1. (28) D. Ford	Lochab	1.12.58
2. (31) E. Orr	Lochab	1.14.37
LADIES		
1. (15) N. Meekin	Oban	1.05.12
2. (16) D. Scott	Lochab	1.05.46
3. (23) A. Blackhall	Lochab	1.09.04
4. (26) L. MacEwan O/40	Lochab	1.11.05
(42) N. Kennedy O/50	Lochab	1.22.49

58 finishers

DARK & WHITE EVENTS
Derbyshire
MM 02.12.07

The final race in the 2007 Dark and White Challenge Events Mini-Mountain Marathon series looked like being a great end of season run out. Light rain was forecast, followed by a sunny window and then more light showers but we were in the Peak District and heading for the edge of Kinder Scout. As we ran to our second checkpoint on the side of Win Hill my partner commented on the so-called light rain. We decided a more accurate forecast would have been 'light rain with big rain drops!'

For those that have never competed in a Dark & White event before, the format is straightforward. In the three-hour time limit, you have to visit as many check points, scoring the highest possible score within the time. Penalties for late return caught many a runner out as the route choice moving away from and then back into the start / finish area caught even some of the more experienced runners out.

Starting from Hope, the course had two clear route options. To the west and then north crossing the Mam Tor ridge via Hollins Cross before heading onto the Kinder Edges for a series of well placed check points. The second option was to head west, onto Win Hill before moving along the side of Woodlands Valley and onto Kinder with a couple of route options thrown in.

When you start you are given the map with checkpoints marked and a description card. The rest is then down to you. With driving rain and low cloud cover it crossed many a mind that the best option might be to go home and back to bed! Yet attendance was good and enthusiasm was running high. The locals from Dark Peak were definitely out in force as were some easily recognisable names from adventure racing - Helen Jackson, Heather Dawes, Debs Smith, Clive and Judith Hughes.

Heading out the rain was seemingly non stop and it looked like it was here to stay. Running onto Win Hill the visibility dropped to around 20 metres at best and the ground was definitely on the soggy side. A little local knowledge and understanding of the 'lay of the land' was a distinct advantage as we passed one male pair looking closely at their map and lining up their compass to attack the next checkpoint. The path may well have been the easier option but not for my partner. Up and over through the bracken, heather and long grass to bring us out alongside the wall and the checkpoint, well ahead of our less intrepid race colleagues. From here route choice was straightforward with a drop down the bridleway to the next check point before heading to and then straight up Jaggers Clough and onto the Kinder Edge.

<u>As Mad as A Mountain Hare</u>

The climb was direct (was I surprised!!) and out popped the first white Mountain Hare of the season, clearly knowing the way, so as with all good stories we followed …and then the weather broke and sunshine. Following the Hare worked to our advantage as we popped out onto the ridge and only 10 meters west of the highest checkpoint of the event. A sprint west along the Edge followed before we dropped back down into the rough stuff to pick up the last two big scores. From here we headed into Edale Valley and then up and over the Mam Tor Ridge to pick off the final checkpoints on our chosen route before heading to the finish. As we started the final climb we could clearly see the strong wind blowing in a lovely refreshing winters squall. We were not to be disappointed as horizontal hailstones the size of peas hit us full on, oh what joy! The maps were unfurled and used as facial protection as we ran at full tilt to get ourselves down and back to the warmth of the sports ground hut in Hope. In true Dark and White style cheery faces, hot soup and custard creams waited our arrival. I looked around for the Mountain Hare to say thanks!

Adrian Boyes

1. G. Williams	DkPk
2. J. Boyle	DkPk
3. J. Scott	Unatt
LADIES	
1. R. Lawrance	Macc
2. H. Dawe	Ilk
3. B. Lee	Unatt
MIXED TEAMS	
1. P. Basus/S. Hojina	
2. S. Hale/D. Smith	
3. S. Mellor/L. Whetter	

HEXHAMSHIRE HOBBLE
Northumberland
CM/10.5/1220ft 02.12.07

Once again we were not blessed with the best of weather, it was cold and wet but thankfully the wind, which had caused so much hardship last year, subsided. In spite of the bad forecast and memories of last year's ordeal, 102 runners set out on the route over the rain soaked fells between Allendale and Hexhamshire. Allendale has recently won the title of England best village but was probably not at its best on a wet December day.

Charlie Stead, now running for Northumberland Fell Runners, made a welcome return after a few years' absence, winning impressively from Steve Birkinshaw, making it an NFR one/two. Fred Smith and James Dickinson had a real ding-dong battle for first O/50 with Fred winning by 2 seconds.

The ladies' race proved to be a real battle between last year's winner, Rachael Vincent, and five times winner, Karen Robertson, with Rachael winning by 14 seconds, Allendale's pharmacist Claire Jackson was 3rd and 1st lady veteran. Claire's husband, Brendon, finished 11th to win the coveted first local award.

Over the years, apart from our very talented local lady fell runners, we have been blessed with visits from some exceptional lady runners from much further afield. Angela Mudge smashed the ladies' record in 1997, which still stands, and Angela Brand-Barker and Kate Jenkins ran a dead heat in 2000. This year we had the great pleasure of having Helene Whitaker competing, finishing 4th lady who, as Helene Diamantides, had many exceptional runs in the 1990s and still holds some race records. I well remember watching her great run winning the Welsh Dragons Back race, which was featured on TV.

There were strong entries from the local clubs NFR and Tynedale Harriers with NFR winning both ladies' and gents' team prizes.

Stewart Beaty

1. C. Stead	NFR	1.08.01
2. S. Birkinshaw	NFR	1.09.11
3. P. Vincent	Tyne	1.12.07
4. G. Huxley	Walls	1.12.24
5. P. Addyman	NFR	1.13.25
6. D. Armstrong O/40	NFR	1.13.48
7. F. Smith O/50	Salt	1.14.33
8. J. Dickinson O/50	Tyne	1.14.35
9. G. Scott O/40	NFR	1.14.36
10. H. Bingham O/40	Tyne	1.15.45

Photo courtesy of Stewart Beaty

Left to right: Hugh Bingham 10th, Michael Mallen 13th, Geoff Scott 9th, Brendon Jackson 11th & first local approaching first checkpoint at Hangman Hill (Hexhamshire Hobble)

VETERANS O/60		
1. (69) P. Whewell	NYorks	1.39.42
2. (74) D. Hunter	Tyne	1.41.48
VETERANS O/70		
1. (97) D. Wright	Tyne	2.17.13
LADIES		
1. (20) R. Vincent	Tyne	1.18.23
2. (21) K. Robertson	NFR	1.18.37
3. (34) C. Jackson O/40	AllenV	1.23.44
4. (48) H. Whitaker O/40	H'gate	1.29.45
5. (63) S. Davis O/40	NFR	1.36.37
(89) C. Hunter O/50	Tyne	1.54.30
(99) C. Dawson O/50	Unatt	2.32.47

100 finishers

BOLTON BY BOWLAND FELL RACE
Lancashire
CM/8m/800ft 02.12.07

We are all aware that fell running can have its hazards – twisted ankles, pulled muscles, getting lost even – but a herd of stampeding cows heading for an open gate at the same time as the runners caused a nasty situation. Thankfully, apart from a few scratches no one was hurt. Tom Cornthwaite and the other leaders knew nothing about it though – they were well away.

The young Addisons –Tom and Mark fought it out for second place with Tom having a few seconds advantage at the finish.

Emma Gregory was a comfortable winner of the ladies' race. We gave out around 2 dozen prizes to the 126 runners who turned out and, as these are donated by local people, it enabled us to show a profit of £450 towards village hall funds.

The race will be remembered though not only for the cattle incident, but for the rain which created the most sodden course yet. I had to insist that the footbridge was used for the first beck crossing and we kept to the road to avoid the second crossing.

Thanks to all who helped in any way.

Roger Dewhurst

1. T. Cornthwaite	B'burn	48.00
2. T. Addison	HelmH	48.14
3. M. Addison	HelmH	48.27
4. T. Mason	Wharf	49.52
5. J. Wright	Tod	50.43
6. Q. Harding O/40	Bowl	51.14
7. R. Jamieson O/40	Manx	53.16
8. G. Jackson	Ross	53.27
9. G. Jackson	Ross	53.27
10. S. Addison O/40	HelmH	53.45
VETERANS O/50		
1. (15) G. Johnson	B'pool	56.23
2. (21) F. Lynch	RedR	57.45
3. (24) D. Fretwell	Kghly	58.47
VETERANS O/60		
1. (20) D. Tait	DkPk	57.33
2. (42) J. Lailey	SROC	61.07
3. (75) G. Large	NVets	67.16
VETERANS O/70		
1. (95) D. Brown	Wesh	71.17
2. (110) R. Bray	Bl'pool	77.41
3. (117) G. Arnold	Prest	82.59
LADIES		
1. (62) E. Gregory	FellP	65.20
2. (74) S. Sherratt	Wesh	67.04
3. (79) J. Redmayne	Chor	67.47
4. (86) A. Ball	Lancs	69.58
5. (93) J. Cruse O/40	Wesh	70.46
(97) B. Savage O/40	Unatt	71.49

126 finishers

GRAVY PUD 5
Cheshire
BS/5m/1000ft 02.12.07

In the third running of the ever-popular Gravy Pud 5, a record field of 111 runners took the fells of Tintwistle to challenge the five mile course which includes the slog up Lees Hill. A brief break in the unpleasant weather, which had battered the area for the last 15 hours, pleased the runners greatly, several of which were making their first appearance at fell racing!

John Brown led the race early on and by the time he had climbed Lees Hill had the race under control. John then decided to do is usual and make his own route up. This didn't affect the outcome of the race as John had broke well clear of second. Junior international runner, Simon Horsefield, was second very closely followed by Nick Craig.

In the ladies' race the first home was Lizze Adams. Second place went to Clare McKittrick and third past the post was Zanthe Wray.

The men's team was taken by local club East Cheshire Harriers. (Simon Horsefield (2nd) Anthony Connolly(8th) Ryan Gould (10th). The ladies' team was taken by Holmfirth Harriers. (Paula Gould (69) Karen Sinkinson (72) Andrea Higgins (90))

Three entries in the cake competition, which was nearly as popular as the race, saw a fine entry by Neil Jaggard, Stilton Striders, take first place.

Well done to all runners who came and supported the event. A big thank you to everyone who helped out with the race with marshalling, race registration and in the finishing area. Thanks to all FRA forum members who turned up and helped. The event made £350 and was forwarded to the John Taylor Foundation to ensure they can continue their good work.

Andi Jones

1. J. Brown	Salf	34.32
2. S. Horsfield U/18	EChesh	36.39
3. N. Craig	Penn	36.45
4. S. Coldrick	Penn	37.00
5. C. Smale O/40	Tod	37.09
6. S. Dimelow	Penn	37.47
7. M. Cain	Unatt	37.53
8. A. Connolly	EChesh	37.57
9. P. West	Salf	37.59
10. R. Gould U/18	EChesh	38.56
VETERANS O/50		
1. (25) R. Fawcett	DkPk	42.28
2. (27) J. Patterson	Holmf	42.57
3. (28) A. Duncan	Bowl	43.11
VETERANS O/60		
1. (37) K. Burgess	Altrinch	44.27
2. (61) N. McGraw	Gloss	49.23
3. (103) D. Clutterbuck	Tod	65.26
VETERANS O/70		
1. (99) A. Bourne	StaffsM	60.03
LADIES		
1. (19) L. Adams	Hallam	41.32
2. (26) C. McKittrick	Charn	42.49
3. (31) Z. Wray	SLUOC	43.21
4. (32) H. Williams	Kghly	43.34
5. (40) C. Parke	Penn	45.12
(72) K. Sinkinson O/45	Holmf	51.48
(76) A. Brentnall O/55	Penn	53.03
(81) H. Gregory O/45	Unatt	53.59
(97) A. Dinsmor O/55	Penn	59.00

111 finishers

SIMONSIDE CAIRNS FELL RACE
Northumberland
BM/11m/1420ft 09.12.07

There was a record turnout of 103 runners on the 11th running of this popular race with over two thirds of the field being vets.

A cold grey morning eventually turned to rain causing boggy and slippery conditions on some of the course, with dustings of snow lying on the higher ground.

Thirty two Northumberland fell runners was a fantastic representation of the club with Charlie Stead winning and Karen Robertson finishing 2nd lady, and both team prizes won by NFR.

Thanks to George and staff at Newcastle Hotel for great soup and to all marshals and helpers.

P. Appleby

1. C. Stead	NFR	1.20.06
2. A. Horsfield	Punters	1.20.52
3. J. Blackett O/40	DkPk	1.21.16
4. J. Britton	Moorft	1.23.05
5. K. Maynard O/45	DFR	1.24.26
6. A. McCullough	NFR	1.24.36
7. D. Steel O/40	NFR	1.24.50
8. C. Upson O/40	W'lands	1.24.55
9. P. Vincent	Tyne	1.25.30
10. J. Dickinson O/50	Tyne	1.25.46
VETERANS O/50		
1. (10) J. Dickinson	Tyne	1.25.46
2. (18) M. Mallan	DFR	1.30.20

3. (23) N. Cassidy	Tyne	1.31.24
VETERANS O/60		
1. (80) T. Hart	NFR	1.58.11
2. (81) P. Whewell	Nym	1.58.49
3. (97) P. Lancaster	NSPoly	2.22.25
LADIES		
1. (28) R. Vincent	Tyne	1.32.50
2. (31) K. Robertson	NFR	1.33.20
3. (56) L. Wilkinson	NFR	1.43.19
4. (78) D. Tunstall O/40	DFR	1.54.55
5. (79) S. Davis O/40	NFR	1.55.28

103 finishers

CALDERDALE WAY RELAY
W Yorkshire/Lancs
50m/6000ft 09.12.07

It was a close run thing, but after almost six hours of racing, Horwich RMI Harriers were the winners of the 24th open Calderdale Way Relay. The Bolton outfit should be congratulated on this, their first ever outright win, though the Horwich vets had triumphed in 1994 and they won the 'mixed' section in 2002.

Pudsey and Bramley's Gary Devine and Phil Sheard led the way by over a minute by the end of their first stage stint, with Horwich following on, just eight seconds in front of Wharfedale Harriers. Leading local club at this point were Todmorden Harriers in fourth after an inspired run by Chris Smale and Andrew Wrench, three seconds in front of Dark Peak.

Horwich took the lead on stage three to Blackshawhead through Dave Milliken and Gary Priestley who posted the fastest time, almost two minutes quicker than anyone else, handing over a minute and a half ahead of Pudsey, with ten times winners Bingley Harriers reaching their highest position of the day in third, six minutes behind though just a single second ahead of Salford who appear to have had a disaster, losing a massive amount of time, though only dropping the one place in the process. Leg four saw Ian Harris and Jonathan Brownlee run the fastest time of the day for that stage by over three and a half minutes to take Bingley away from Salford though holding onto third spot, a couple of minutes behind Pudsey. Neil Armitage and Paul Stevenson pulled Pudsey into the lead on stage five, though it was still all in the balance as Chris Heys and Stuart Edmonson of Horwich came into Wainstalls nine seconds behind, and Salford closing the gap a little through the fastest stage five time, though a gap of four minutes was never going to be closed. Near the end of the final stage, Pudsey led the way down the cobbled road of Exley Bank, the new detour necessitated after complaints of runners short-cutting from a local landowner in previous years. As Steve Neill and Richard Pattinson reached the canal wharfe at Salterhebble they held a short lead of around twenty seconds over Horwich men Brendan Bolland and Russell Maddams who used their speed on the final stretch of canal towpath to overhaul their rivals and reach the finish at Copley ten seconds ahead. The winning time was five hours, fifty three minutes and thirty six seconds.

Bingley's men were clearly under strength this time out, without Robert Jebb, Ian Holmes or Andy Peace but finished a creditable fourth, only a minute down on Salford. However, Bingley's women were triumphant for the third year in succession, leading almost all the way and taking their tally of wins to eight in their club's fastest time by seven minutes.

Calder Valley put their stars on the initial leg, Jo Waites and Jo Buckley handing over in second place, less than three minutes behind Bingley and in front of their own vets! Ilkley Harriers had the inspired pairing of Alison Eagle and Nicky Jaquerie on stage two, lifting their club by fourteen places overall, and into third among the women. However, even this speedy performance was no match for Holmfirth's runners' time on that same leg, as Lisa Lacon and Rosie Taylor ran a full minute faster and into fourth. Though the Ilkley Harriers pairing of Strivastava/Marshall managed to get their noses in front on the fifth section between Wainstalls and Shelf, turning a three and a quarter minute deficit into a minute's lead with the fastest female stage five time of the day, Aly Raw and Natalie White made sure it would only be a temporary state of affairs as they flew over leg six in the 18th fastest anchor leg time of the day overall.

Ilkey held heir second place, with Holmfirth third and Dark Peak fourth, a minute in front of

Photo courtesy of Pete Hartley

Calderway Relay: John Brown & Billy Burns (Salford Harriers A) fastest by 4 minutes on leg 2

Horwich.

Clayton le Moors vets placed a magnificent sixth overall, beating Horwich and Dark Peak who came bounding in just eight seconds apart. Rossendale Harriers won the mixed team category for the first time in 20th overall, while Calder were the first local club in eigth.

As usual, there were a few problems, not least with parking of vehicles at leg hand-over points. The farmer at Wainstalls (legs 4/5) has been in touch to say that one of his walls, close to the changeover point, has been knocked down, and he reckons it has been caused by a car. The stones have fallen down three or four feet into a beck. Whoever is responsible, Halifax Harriers may now have to pay for the damage.

This does not bode well for the relay!

After all that has been said about the sheer magnitude of the event's organisation, it is still quite unbelievable how much grief some runners are still prepared to give the organisers and officials on the day. If there is a clerical problem on the morning – for example at registration and the officials, who have been up since 5.30 a.m. are desperately trying to get it sorted, it doesn't help when certain people keep coming up and saying things like, "This is a disgrace, this is just not good enough…!".

Try organising a race of your own, lady!! You know who you are!!

And if a pair of runners pick up the wrong race numbers at one of the changeovers due to announcing the wrong team name, that is THEIR fault, not that of the officials.

One team managed to do this at EVERY registration. Runners should know which team they are running for before they ask for their numbers. Our triple checklist has never failed us before. Also, all the team numbers are listed on the website so there is no excuse. One club fielded seven teams and they all got the right race numbers.

Next year will be the 25th open Calderdale Way relay. With an increased entry limit of 120 teams, we do not expect any moaning about teams not getting an entry. Enter early and enjoy the relay.

On a brighter note, Calderdale Way Relay regulars St Bedes AC of Bradford organise their own John Carr 5Km road race series, the proceeds from which are donated to charity. This year, they donated £250 to Calder Valley Search and Rescue Team. One of their team members was treated for Hypothermia during the 2006 relay.

As well as the donation, Calder Valley Search and Rescue were invited along to their club headquarters shortly before this year's Calderdale Relay to give a talk on avoidance and recognition of Hypothermia, as well as what to do if a team mate shows symptoms of it.

Allan Greenwood (for and on behalf of Halifax Harriers)

1. Horwich RMI A	5.53.36
2. Pudsey & Bramley A	5.53.46
3. Salford Harriers A	6.01.59
4. Bingley A	6.04.53
5. Dark Peak A	6.12.25
6. Clayton le Moors Vets	6.19.25
7. Wharfedale Harriers A	6.22.36
8. Calder Valley A	6.25.13
9. Bowland Fell Runners	6.30.15
10. Holmfirth Harriers A	6.32.13
VETERANS	
1. (6) Clayton le Moors	6.19.25
2. (15) Horwich RMI	6.48.21
3. (16) Dark Peak	6.48.29
4. (32) Clayton le Moors B	7.16.11
5. (35) Bowland	7.23.07
LADIES	
1. (34) Bingley	7.21.23
2. (39) Ilkley	7.27.02
3. (47) Holmfirth	7.35.16
4. (56) Dark Peak	7.54.31
5. (58) Horwich	7.55.28
MIXED	
1. (20) Rossendale	6.58.51
2. (33) Stainland Lions A	7.18.39
3. (37) Wharfedale	7.26.41

111 finishing teams

Photo courtesy of Pete Hartley

The Stoop: Olivia Walwyn (Altrincham) 1st lady (new record)& 19th overall

STOOP
West Yorks
BS/5m/800ft 16.12.07

29 year old 2005 winner, Andi Jones, dominated the Stoop fell race, beating 5 times winner and current British champion, Robert Hope, along with current English champion Simon Bailey, leading from start to finish. The very icy conditions suited this road man and by the old Haworth boundary summit standing stone he was 30 seconds ahead of the chasers. On the 'treacherous' descent, Robert and Simon closed in but from the beck crossing they had little chance of catching the fleet footed Salford man. Andi was only 15 seconds shy of his own record set in 2005, and showed no tiredness from winning the Red Rose cross country the previous day. Robert would love to emulate the great Ian Holmes, who received an oil painting of himself competing in the race in recognition of winning the event ten times, thanks to Andi now at best he will be 39 before this great achievement can be reached. Ian, having run the event for 17 years now, never finishing outside the first three, blotted his copy book good and proper by missing the start. He assumed the race started at noon for some reason, and was warming up the other side of

Penistone Hill. In fact, it was Sarah Rowell heading home after a training run who put him right to the 11.30am start, consequently he gave chase with a hefty deficit to claw back - not even Ian could manage this! He did make plenty of runners day by show casing his skills to those that don't normally see them. Thank you Ian for this great display. For his 78th position, Ian did win a spot prize, which added to the fun festive prize giving back at the Old Sun, and seeing him hiding from photographers, and the race video was also entertaining.

41 year old Gary Devine was pleased as punch to win the veteran category, and have the crackerjack prize with wife Debbie and daughter Leah keeping a close eye on what goodies were going back to the Devine residence! Brian Goodison won the V50, while British & English V60 champion, Dave Tait, suffered a rare defeat at the feet of Jim Shemilt. In 'days gone by', Jim was an Oxford blue and represented Northern Ireland as a track athlete. Nowadays he's seen the light and fell running is his passion, although he's still learning the trade.

Olivia Walwyn sliced nearly two minutes off Natalie White's course record, to finish in 19th overall and seems to enjoy these moors after winning the Auld Lang Syne in 2006. Since that race the 24 year old newly qualified primary school teacher has had a memorable year, running for the Great Britain team in the European uphill championships and also representing England at the Mount Snowdon race. Sharon Taylor along with Emma Clayton, were also inside Natalie's record of 37.06, finishing second and third respectively. Diane Haggar led home Ilkley Harriers in 6th to the chocolate ladies' team awards with Victoria Stevens, 7th and Val Kerr 14th. Emily Whitehead who finished 18th lady had a surprise in the pub when called forward for her prize, turning 35 that day the assembled runners all sang 'Happy Birthday'. It might have been out of key but it was heartfelt, this was not the only surprise the Whitehead's had as Emily's husband, Tim, won the Crosstrax free shoe prize draw, so watch out for this newly shod Keighley runner.

The Curly Wurly races certainly had the WOW factor with an astonishing record number of eager beavers turning out in the bitterly cold icy conditions - 145, that's bigger than some senior races. First off out of the quarry at break neck speed were 56 U8s where Thomas Sumner dashed across the finish line, and then dashed off to a Karate competition. First girl was Georgia Smith Calvert in 9th overall. In the U10, U12, U14 & U16 combined race, Sean Carey won the U14s, Rosie Hellawell in 5th overall and the Yorkshire GU14 champion just finished behind U12 winner Ben Johnson, while in the U10 boys, Philip Done, by a mere second, out sprinted Niall Oxley. Both these had GU10 record holder, Abby Mae Parkinson, breathing down their neck. Abby loves running almost as much as swimming - she is currently the North East of England champion and the Yorkshire champion. One of Abby's ambitions is to win the GU12 Yorkshire fells title, which is currently held by Emma Wilkinson who finished 11th overall and of course first GU12. A new record was set in the U16 race by Thomas Sessford who beat Ben Lindsay's 2003 time by 10 seconds with second placed Jonathan Bradshaw also dipping inside the record. If these two follow in Ben's footsteps then in years to come they will be running in the World and European cross country championships. Sarah Wilson once again took the girls' honours.

We nearly ran out of goody bags, the question is do we make up 200 next time, now that would be a sight to see!

Dave Woohead

1. A. Jones	Salf	29.07
2. R. Hope	P&B	29.35
3. S. Bailey	Mercia	29.55
4. A. Hilton	York	31.21
5. G. Devine O/40	P&B	31.46
6. G. Pearce	P&B	31.55
7. T. Mason	Wharf	32.41
8. T. Bush	Alltrin	33.22
9. K. Livesey	Wharf	33.31
10. Q. Lewis	Baild	34.06
VETERANS O/50		
1. (21) B. Goodison	Abbey	35.19
2. (33) P. Grimes	H'fax	36.24
3. (37) A. Normandale	York	36.28
VETERANS O/60		
1. (61) J. Shemilt	York	38.09
2. (71) D. Tait	DkPk	38.57
3. (89) J. Lailey	SRibble	40.34
LADIES		
1. (19) O. Walwyn	Altrin	35.13
2. (39) S. Taylor	Bing	36.31
3. (42) E. Clayton	Scunth	36.55
4. (102) C. Preston O/40	Tod	41.59
5. (129) C. Hanson	Cald	43.28
(134) D. Haggar O/40	Ilk	43.50
(157) J. Smith O/50	Tod	45.39
(201) A. Freund O/50	Baild	51.07

227 finishers

JUNIORS Under 10, 12 and 14
1m/150ft

1. S. Carey U/14	Tod	6.27
2. M. Scott U/14	RichZ	6.35
3. J. Crossfield U/14	Hfx	6.41
4. B. Johnson U/12	Wharfe	6.54
5. R. Hellawell Girl U/14	Kghly	6.56
6. J. Hall U/12	Bing	7.05
7. J. Ferguson U/12	Unatt	7.14
8. J. Hearle U/12	Mercia	7.29
(11) E. Wilkinson Girl U/12	Spen	7.38
(15) P. Done U/10	Kghly	7.55
(16) N. Oxley U/10	CaldV	7.53
(18) A. Parkinson Girl U/10	BfdGr	7.59

86 finishers

JUNIORS – Under 8
1.5m/100ft

1. T. Sumner	Unatt	3.13
2. J. Garside	Unatt	3.19
3. L. Holmes	Kghly	3.20
4. R. Johnson	Wharfe	3.25
5. M. Furness	Kghly	3.26
(9) G. Calvert Girl	Spen	3.40
(16) G. Johnson	CaldV	3.55
(17) E. Cox	Kghly	3.58

56 finishers

CRUIM LEACAINN
Fort William
BM/6.2m/1050ft 26.12.07

The Cruim Leacainn hill race was held on a wet and windy Boxing Day.

At the summit, Donald Paterson and Craig Mitchell were just inches apart – the bookie's favourite was Craig. However, Donald flew down the hill and while Craig fell down, Donald opened up a small gap, winning by under a minute. There was quite a scrap for third with Paul Matthews finishing five seconds ahead of Tom Smith, who was five seconds ahead of Alan Smith, 15 seconds ahead of George Cairns.

Dawn Scott had a great run to win the ladies' race by a big margin, finishing ahead of a lot of useful male runners. Behind Dawn, four girls were determined to finish second. Youngster Sarah MacKenzie is improving with every race – she gave it everything to stay in front of Emma Pearce but overshot the final road junction and so finished 20 seconds adrift of Emma with Nix Forster not far behind finishing fourth. Sarah Byrne was also up there until she went way off course near the end. Sarah said she wasn't looking for a short cut on this occasion and even back-tracked half a mile uphill t rejoin the official route, costing her about 20 places.

The 45 runners were divided into two groups in various ways. By gender, the boys beat the girls 23 to 22. By age, the youngsters beat the over 40s 26 to 19. By vision, the sighted who remarked how well the course was flagged, and the myopic who got lost!

Roger Boswell

1. D. Paterson	Lochab	45.15
2. C. Mitchell	Lochab	46.06
3. P. Matthews	AbdnMet	47.23
4. T. Smith	Lochab	47.28
5. A. Smith O/40	Dees	47.33
6. G. Cairns	Lochab	47.48
7. P. Kennedy	Lochab	48.27
8. N. Sedgewick	Unatt	50.06
9. P. MacLean	Lochab	50.18
10. G. Muir	Lochab	50.28
VETERANS O/40		
1. (5) A. Smith	Dees	47.33
2. (11) D. Munro	Lochab	50.36
3. (20) P. Duggan	Lochab	62.57
VETERANS O/50		
1. (15) D. Duncan	Ochil	56.04
2. (22) R. Murdoch	Lochab	63.44
3. (27) A. Finnimore	Lochab	68.08
VETERANS O/60		
1. (21) G. Smith	Lochab	63.30
2. (23) E. Orr	Lochab	64.24
LADIES		
1. (12) D. Scott	Lochab	50.48
2. (16) E. Pearce	Lochab	60.24
3. (17) S. MacKenzie	Lochab	60.45
4. (19) N. Forster O/40	Lochab	62.08
5. (25) E. Gow	Lochab	66.50

45 finishers

TURKEY TROT
Mourne Mountains
AS/5.5m/1500ft 26.12.07

Matt Williamson was the winner of this years Turkey Trot. The Glasgow based runner surprised the locals who has been speculating amongst themselves as to the likely winner as three times winner Steve Neill and NI champion Deon McNeilly were absent. A study of the results from the previous two Turkey Trots would have revealed that Matt was by no means an unknown quantity as he had carved out a couple of fifth places, and his times were improving.

Gary Bailey led briefly and was first onto the hills but he soon dropped back as the effects

of a recent flu "*did his legs in*"! Matt moved into the lead, closely followed by Steve Cunningham and Paul Mawhirt. Behind them, Fiona Maxwell was running superbly, mixing it with the lads of the chasing pack. Through the first, then second col on the high section of the course and Mat still led, chased now be vet 40 Paul Mawhirt, running really well after a few years out due to back injury. Steve Cunningham put his descent skills to good use to catch and then nudge ahead of Paul as they raced down the Happy Valley, but try as he might he could not get onto Matt's tail as they raced along the slippery Ulster Way section. Matt swept home to win in a new personal best time, good going considering the mucky conditions and buffeting winds.

Fiona Maxwell also recorded a personal best time, but hers smashed the course record by over three minutes. This performance is all the more remarkable as she had lowered the record last year by over two and a half minutes. Anne Sandford was next lady home and third place went to Charlene Haugh. Other fine performances included vet 50 Dominic Mc Greevy, who came home in 9th place and second vet overall. Just behind him and improving with every race was David Gamble, still unattached though no doubt a marriage prospect for some club!

The prize giving was at the Tollymore Mountain Centre assisted by mince pies and mulled wine. A big thanks to Jackson's Sports and Tisos for prizes and to all the marshals who give up their leisure time to freeze in the hills for the muck splattered pleasure of others. What would our sport do without such good will to all?

Jim Brown

1. M. Williamson	Bellah	47.46
2. S. Cunningham	Mourne	48.25
3. P. Mawhirt O/40	N'castle	48.47
4. R. Ferguson	NBelf	50.01
5. M. Alexander	Ballym	50.21
6. J. Steede	Ballym	50.22
7. R. Cowen	Willowf	50.34
8. A. Stevenson	Mourne	50.53
9. D. McGreevy O/50	Ballydr	51.50
10. D. Gamble	Unatt	52.15
VETERANS O/40		
1. (3) P. Mawhirt	N'castle	48.47
2. (14) F. Maxwell	Mourne	53.08
3. (15) D. McElroy	N'castle	53.30
VETERANS O/50		
1. (9) D. McGreevy	Ballydr	51.50
2. (37) H. Teggarty	Mourne	61.33
3. (48) W. Brown	Mourne	64.16
VETERANS O/60		
1. (16) J. Patterson	Mourne	53.32
2. (64) B. Hamill	EDown	71.34
3. (73) I. Taylor	BARF	79.39
LADIES		
1. (14) F. Maxwell O/45	Mourne	53.08
2. (40) A. Sandford O/40	N'castle	61.08
3. 43) C. Haugh	Mourne	62.01
4. (52) S. Hambling O/40	NDown	66.38
5. (58) J. Toal	BARF	68.35

78 finishers

WANSFELL FELL RACE
Cumbria
27.12.07

1. A. Dunn	HelmH	21.34
2. M. Fanning O/40	Borr	21.44
3. T. Addison	HelmH	22.03
4. G. Devine O/40	P&B	22.41
5. M. Reedy	Amble	22.45
6. M. Robinson	DkPk	23.16
7. P. Cornforth O/40	Borr	23.31
8. D. Birch	Kesw	23.35
9. D. Walker	Clay	23.37
10. B. Proctor O/50	HelmH	24.09
VETERANS O/50		
1. (10) B. Proctor	HelmH	24.09
2. (22) J. Holt	Clay	25.30
3. (25) C. Taylor	Mercia	25.57
VETERANS O/60		
1. (28) D. Spedding	Kesw	26.27
2. (73) J. Linley	Clwydian	32.22
3. (79) G. James	B'pool	34.54
LADIES		
1. (16) N. White	Bing	24.35
2. (18) J. Waites	CaldV	24.47
3. (23) M. Hyder	HelmH	25.39
4. L. Lacon	Holm	25.50
5. J. Reedy	Amble	26.13
(58) K. Ayres O/40	Amble	30.18

88 finishers

INTERNATIONAL FESTIVAL OF DOWNHILL RUNNING
Clwydian Hills, Wales
28/29/30.12.07

Great weekend of plunging downhill, we'll certainly put at least one of them on next year. Comments from website forums were as follows: 'Well done Welsh Harrier a great weekend of running. Thank you - Do we have to wait a whole year for more downhill fun?'…..'I like this thread. It seems to me to have a lot what is best in our sport (I mean in terms of the spirit of it rather than merely the lack of uphills).'……..'The spirit was superb, having to make your way to the start and getting there too early and seeking shelter from the elements in and around the Tower with other runners, then having a nice drink in a warm friendly pub with them again at the end, brilliant day!!'…….'Today was the best though, I haven't run so hard in absolutely ages, it may have only lasted just under 13 minutes but it was definitely a thrill a minute, if not every 30 seconds, as well as the thrills I experienced a few spills as well, but that just adds to the fun!'…….'I love this idea!! and great to see Bowland's very own ydt in the results having good runs - as always!'…….'There should be more downhill races I reckon - downhill running is the most technical and exciting aspect of the sport after all.'…..'I can confirm that the Jubilee Plunge was 2 and a half miles of pure FUN!!'

Martin Cortvriend

The Cannonball Run
3.5m/1300ft descent

1. N. Parry	Unatt	24.07
2. M. Cortvriend O/50	Macc	24.47
3. C. Marshall	EllesP	25.02
4. C. Jones	Clwydian	26.17
5. A. Singleton O/40	Pensby	26.28
6. Y. Tridimas O/60	Bowland	27.05
7. D. Stephens O/50	Unatt	28.00
8. J. Keyworth	Pensby	28.27
9. E. Salisbury Lady O/40	Eryri	30.31
10. V. Belshaw O/40	Eryri	30.32
(14) P. Norman O/70	Wrex	45.18

14 finishers

The Druid Drop
3m/1500ft descent

1. N. Parry	Unatt	30.18
2. C. Marshall	EllesP	30.44
3. M. Cortvriend O/50	Macc	32.03
4. M. Gillie Lady	Clwydian	32.35
5. V. Belshaw O/40	Eryri	34.24
6. Y. Tridimas O/60	Bowland	36.02
7. D. Watkin Jones O/50	Unatt	43.42
8. L. Lohman Lady	Denbigh	48.01
9. P. Norman O/70	Wrex	55.58

9 finishers

The Jubilee Plunge
2.5m/1400ft descent

1. M. Cortvriend O/50	Macc	12.48
2. C. Marshall	EllesP	12.50
3. C. Jones	WFRA	13.11
4. S. Hammond O/40	Tatten	13.25
5. M. Blake O/50	Eryri	13.36
6. N. Holmes O/40	Tatten	13.39
7. J. Fowlie	Unatt	14.30
8. C. Jones	Clwydian	14.41
9. V. Belshaw O/40	Eryri	15.15
10. D. Sykes O/40	Tatten	15.27
LADIES		
1. (13) C. Page	CheshFTri	16.33
2. (16) S. Hammond O/40		Tatten 17.12
3. (20) A. Davies	Tatten	21.35
4. (21) S. Lloyd O/50	Mercia	22.52
(24) V. Cortvriend O/50	Denbigh	28.14

27 finishers

AYHOPE SKYLINE
Tyne & Wear
BM/9.5m/1330ft 30.12.07

The race had a good entry for this first running of the race over Christmas with over 50 entrants. Nick Swinburn led the field and finished in 60.44 with Joe Charles in second place in 62.06.
First lady home was Karen Robertson in 73.13
The first Durham fell runner home was Andrew Minster 66.32

Gerry Hehir

1. N. Swinburn	NFR	1.00.44
2. J. Charles	Unatt	1.02.06
3. J. Buis	Heat	1.03.37
4. S. Mclay O/40	VetAC	1.05.38
5. J. Blackett O/40	DkPk	1.05.44
6. G. Jones	NFR	1.05.58
7. A. Minster	DFR	1.06.32
8. R. Colins O/40	Tees	1.08.13
9. P. Robins	Heat	1.08.30
10. A. Henderson O/40	DFR	1.11.24
VETERANS O/50		
1. (12) G. Hewitson	Crook	1.13.04
2. (16) K. Edwards	FellP	1.14.31
3. (19) G. Davis	NFR	1.16.46
VETERANS O/60		
1. (38) P. Whewell	NYMAC	1.29.54
2. (44) G. Gardener	BurnR	1.31.56
2. (45) P. Hamson	Tring	1.32.28
LADIES		
1. (13) K. Robertson	NFR	1.13.13
2. (17) K. White	NYMAC	1.15.32
3. (25) C. Buis	Heat	1.18.48
4. (29) S. Jackson	L'pool	1.21.55
5. (31) F. Turley	Heat	1.23.16

50 finishers

AULD LANG SYNE
West Yorkshire
BM/6m/900ft 31.12.07

1. A. Brownlee	Bing	39.07
2. A. Jones	Salf	39.23

3. J. Walsh	Leeds	39.59
4. I. Holmes O/40	Bing	40.37
5. T. Cornthwaite	B'burn	40.58
6. N. Swinburn	NFR	41.06
7. A. Peace	Bing	41.47
8. J. Brownlee U/18	Bing	42.09
9. A. Duffield	Loft	42.20
10. A. Hilton	York	42.26
VETERANS O/50		
1. (39) B. Goodison	Abbey	47.12
2. (60) H. Brooksbank	Abbey	49.15
3. (64) D. Collins	Tod	49.32
VETERANS O/60		
1. (109) K. Carr	Clay	52.33
2. (160) N. Bush	Ilk	55.30
3. (222) G. Arthur	Ilk	58.05
VETERANS O/70		
1. (407) G. Arnold	Prest	70.07
2. (456) B. Leathley	Clay	80.02
LADIES		
1. (37) O. Walwyn	Altrinch	47.05
2. (81) S. Taylor	Bing	50.39
3. (86) L. Lacon	Holmf	51.03
4. (101) G. Sugden	Cald	52.04
5. (131) E. Barclay O/40	Ilk	53.28
(147) S. Malip O/40	Ilk	54.20
(193) E. Tomes O/50	Kghly	56.45
(305) J. Smith O/50	Tod	62.14
(385) S. McNulty O/60	Rad	68.03
(404) J. Atkins O/60	Chorl	69.56

471 finishers

GIANT'S TOOTH FELL RACE
West Yorks
CS/3m/400ft 01.01.08

A superb turnout once again for our bit of New Year's Day fun, with a record 97 runners. I continue to be amazed that you all see fit to get out of bed on such a dank drizzly first day of January and come to run!!

Thanks to all the helpers and marshals, especially Cath, Linda and Dorothy on registration, my mum and dad on drinks and Colin Davies and Chris Smale who gathered in the markers as a warm-down!

Have a great 2008 and see you all again soon.

Allan Greenwood

1. S. Dimelow	P'stone	17.33
2. C. Smale O/40	Tod	17.38
3. J. Witter U/18	Traff	17.44
4. B. Elsworth	Wharf	18.15
5. A. Grant O/40	Abbey	18.42
6. R. Ashton	PudP	18.59
7. S. Smithies O/40	CaldV	19.19
8. T. Edward O/40	Clay	19.28
9. M. Firth O/40	Queensb	19.36
10. I. Rowbotham O/40	Hgate	19.40
VETERANS O/50		
1. (14) P. Hughes	Queensb	20.19
2. (29) C. Marshall	Kghly	21.43
3. (31) S. Moss	Spen	21.57
VETERANS O/60		
1. (74) P. Ehrhardt	Tod	26.24
2. (84) T. Ridgeway	Salf	29.11
3. (87) D. Wood	Borr	31.18
LADIES		
1. (33) R. Whitehead	Bing	22.01
2. (34) C. Wolfenden	Wharfe	22.07
3. (38) C. Fryer O/40	Hfx	22.24
4. (39) S. Grant	Abbey	22.29
5. (41) C. Hanson	CaldV	22.37

96 finishers

Photo courtesy of David Brett

Auld Lang SyneYoungster Alistair Brownlee leads the 474 runners out of Sladen Beck

ST JOHN'S FELL RACE
Isle of Man
AS/3m/900ft 01.01.08

Lloyd Taggart enhanced his portfolio of Manx fell running records with a superb performance at the St John's Fell Race on New Year's Day. He smashed the current course record set by Simon Skillicorn in 2006 by almost three minutes. Indeed records were falling like ninepins as Jackie Lee convincingly improved on Brenda Walker's ladies' record of 2001, by well over a minute and a half, to take the ladies' prize.

Lloyd gained a marginal lead at the Mullen-e-Cloie watersplash, where a contingent of eager spectators congregated to witness the alternative New Year Day dippers! Simon headed a chasing bunch of Paul Renshaw, Ian Gale, Tom Cringle, Andy Watson and Richard Jamieson. The group tried to maintain contact with Lloyd, but to no avail as the Manxman made light work of the challenging climb through the plantation. Simon never gave up the chase however, pulling away from his followers, but unable to reel in Lloyd. Eighteen-year-old former Manx junior champion Andrew Newton worked hard on the climb to establish a gap over Paul, Tom, Andy and a struggling Ian. At the cairn and halfway turning point the course record was well within Lloyd's reach, even the tricky descent was no obstacle as he stormed to victory some two and half minutes ahead of Simon in second. To Simon's credit he improved on his own 2006 time by almost 30 seconds. Ian immediately overhauled Andy on the descent, then Andrew, eventually getting the better of Tom and Paul. Richard had a mere two-metre advantage at the final stream crossing, a lead he relinquished, as Ian stormed for home to finish an astounding third.

Jackie Lee dominated proceedings in the ladies' race mixing well with the front runners. She had the company of top veteran 50 athlete, Phil Cain, in the early stages, however she finished ahead of her immediate competitor in a superb 12th overall. Cal Partington had the company of top triathlete Graham Stigant for most of the race. Despite suffering flu over the Christmas period, she finished second lady. Rose Hooton continues to perform despite a painful hip injury, finishing a fine third.

Christine Barwell

1. L. Taggart	DkPk	20.36
2. S. Skillicorn	Manx	23.07
3. I. Gale O/40	Manx	24.46
VETERANS O/50		
1. P. Cain	Manx	28.21
2. R. Moughtin	W'stern	30.43
3. P. Motley	IOM	31.02
VETERANS O/60		
1. S. Sille	IOM	34.35
LADIES		
1. J. Lee	Eryri	27.17
2. C. Partington O/40	Manx	30.05
3. R. Hooton O/40	Manx	33.08
S. Goldsmith O/60	IOM	48.11
JUNIOR BOYS		
1. T. Kelly	Manx	30.42
2. J. Nathan	Manx	35.52
3. J. Fallon	Unatt	42.20
JUNIOR GIRLS		
1. R. Franklin	Manx	31.48
2. C. Nathan	Unatt	41.36

HILL FORTS & HEADACHES
Northumberland
AS/3m/1020ft 01.01.08

1. M. Frost O/40	NSP	24.57
2. G. Jones	NFR	25.00
3. M. Golightly	NSP	25.05
4. T. McCall O/40	Norham	25.35
5. A. McWade	Clay	25.56
6. R. Hall O/50	Blyth	26.10
7. A. Greenhaugh	Unatt	26.19
8. A. McDonald O/40	Morpeth	26.34
9. V. Oldham Lady O/40	Norham	26.49
10. L. Turnbull O/50	Norham	27.24
VETERANS O/60		
1. (40) J. Scott	Norham	37.28
LADIES		
1. (9) V. Oldham O/40	Norham	26.49
2. (26) C. Bruce O/40	Unatt	32.10
3. (29) S. Davis O/40	NFR	34.00
4. (36) B. Peberdy O/40	Alnw	
5. (39) J. Moscrop	Alnw	38.10
(46) P. Cooper O/50	NFR	41.12

49 finishers

ASHURST BEACON
Lancashire
CS/5.9m/950ft 19.01.08

1. L. Passco	B'burn	37.32
2. J. Hunt O/40	DkPk	38.07
3. G. Groves	L'poolH	38.24
4. M. Laithwaite	AchR	39.25
5. R. Ashworth O/40	SWAC	40.13
6. K. Moss O/50	NthnV	40.31
7. K. Gaskell O/40	Horw	40.48
8. S. Roebuck	P'stone	41.01
9. C. Pedder O/50	N'burgh	41.10
10. G. Schofield O/50	Horw	41.24
VETERANS O/60		
1. (46) M. Crook	Horw	46.03
2. (74) A. Turnbull	Wigan	49.58
3. (79) R. Hart	Wigan	51.08
VETERANS O/70		
1. (128) G. Arnold	Prest	62.41
2. (134) R. Bray	B'pool	66.23
LADIES		
1. (14) K. Ingram	Horw	42.07
2. (35) L. Clough	Chor	44.42
3. (39) S. Howard	SWAC	45.21
4. (47) S. Jackson	L'poolH	46.07
(82) G. Walkingotn O/50	Horw	51.21
(115) J. Atkins O/60	Chor	58.52

137 finishers

THE 18TH EL-BRIM-ICK DASH
Scotland
AS/3m/800ft 05.01.08

With thanks to Forest Enterprise, Aberdeen City Council and the Agricultural College for access and to Helen Mackie, Bob Sheridan, Peter Larkin and Rob Brookes for help on the day. Just above freezing, almost sunny but very wet and muddy underfoot.

Ewen Rennie

1. C. Mitchell	Lochab	22.41
2. J. Williamson	Cosmic	23.01
3. M. Gorman	W'sties	23.25
4. D. McDonald O/40	Cosmic	23.59
5. B. Moroney O/40	Metro	24.07
6. H. Lorimer	HBT	24.43
7. K. Robertson O/40	Cosmic	25.40
8. M. Hamilton-Jones U/17	Gramp	25.55
9. B. Ingram	Fraser	26.16
10. O. Bass O/40	Dees	26.23
VETERANS O/50		
1. (17) J. Colegrave	Cosmic	28.04
2. (21) D. Sullivan	Dees	29.23
3. (24) G. Gutteridge	Cosmic	30.19
VETERANS O/60		
1. (45) B. Mcintosh	Sp&Dsh	36.51
LADIES		
1. (28) F. Dahl	Cosmic	31.16
2. (29) A. Hamilton O/50	Cosmic	31.32
3. (39) E. Stewart O/50	Cosmic	33.50
4. (41) A. Ferguson	Metro	34.34
5. (43) F. Mackay O/40	Cosmic	35.27
(44) G. Clunas O/40	Cosmic	36.14

45 finishers

LAMB'S LONGER LEG
Derbyshire
AS/3.1m/950ft 13.01.08

Please note that next year's event will start at 10 30 a.m. (not 11 00 a.m. as previous).

Brian Shelmerdine

1. L. Taggart	DkPk	23.59
2. S. Bailey	Mercia	24.42
3. P. Winskill O/50	Penn	26.58
4. J. Morgan O/40	DkPk	28.01
5. D. Dunn	Penn	28.12
6. D. Holloway	Penn	28.15
7. J. Boyle	DkPk	28.40
8. J. Robinson	GoytV	29.28
9. J. Minshull O/40	Gloss	29.44
10. J. Perry	Wharfe	29.48
VETERANS O/50		
1. (3) P. Winskill	Penn	26.58
2. (22) G. Smith	Penn	31.24
3. (23) A. Butler	GoytV	31.28
VETERANS O/60		
1. (81) G. Revell	Bradw	38.21
2. (93) C. Buckley	Gloss	40.18
3. (98) R. Brown	P'stone	41.32
LADIES		
1. (12) J. Lee	Eryri	30.13
2. (18) K. Candy	Hallam	30.50
3. (25) J. Jepson O/40	FatB	31.37
4. (44) E. Clayton	Scunth	33.47
5. (54) K. Harvey O/45	Penn	34.44
(95) A. Brentnall O/55	Penn	40.33

119 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

Please submit **photographs** for inclusion in the race reports and results section of the *Fellrunner* to: Britta Sendlhofer,
The Cottage, Ghyll Head, Bowness-on-Windermere, Cumbria LA23 3LN
Email: britta@brittas-designs.co.uk

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