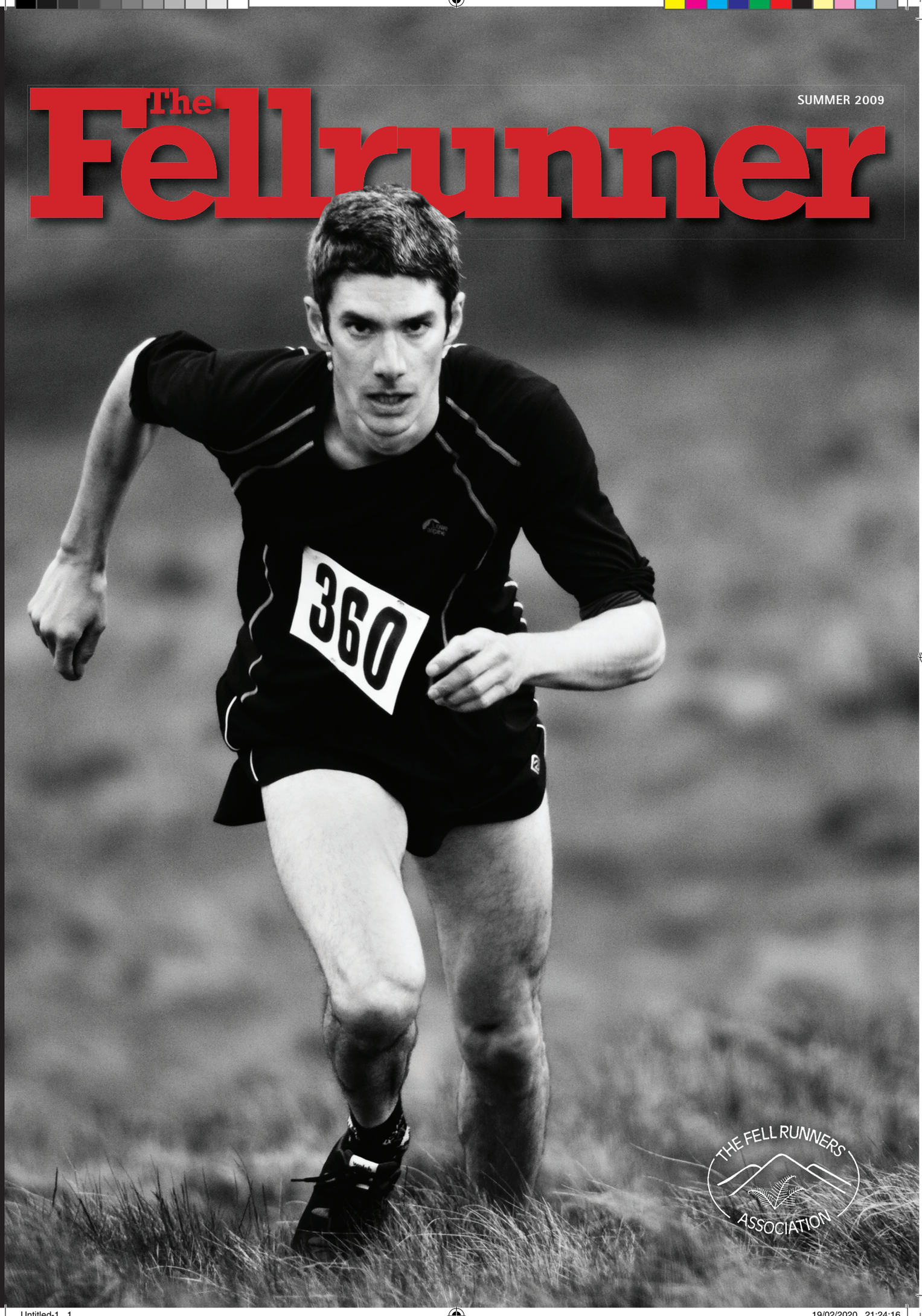
The Fellrunner

SUMMER 2009



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The Fellrunner

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Data Protection Act
The Data Protection Act requires us to tell all members that their addresses, dates of birth and club names will be maintained on a computer.
This allows us to send you an FRA calendar and three magazines each year. You have the right to request that your name be removed from the computer database and you should contact the Membership Secretary if this is your wish.
Unless your details are kept on a computer we will be unable to send you an FRA calendar, the magazine or an annual membership renewal form.

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Editor's Note

"We've got to make a decision now. Lets just get down and to some shelter as quickly as possible!". It had been a warm, clear and still evening and the midges had been out on mass at Threlkeld just a couple of hours earlier. The ascent to Clough Head had gone smoothly. So what had happened in the hour since then to make us bow to the challenge? Nothing that's rare in the mountains I suppose – the conditions had turned nasty and we obviously hadn't responded quickly enough, concentrating too hard on navigating through the thick clag to realise we needed some extra layers.*

It was not the first time I had been on the hills at night in awful conditions, but it was the first time I experienced how quickly hypothermia can set in and just how debilitating it's effects are.

I do often wonder whether we only ever learn through first hand experience, rather than from rules or advice passed on from those who have 'been there'. Until things go wrong it's often difficult to appreciate how hostile the hills can be. The more people there are around us, the easier it is to assume we are 'safe'. (Maybe this is why some assume it's ok to race without the necessary navigation skills or with too little kit?)

I call those experiences, when we are pushed to our limits, 'character building' – well, fellrunning is certainly full of 'characters', so we all must go through similar experiences!

It's not only the times when things go wrong that are memorable of course. There have been many long days in the Lakeland fells, recceing new routes or tackling new races, that have made me feel like there isn't anywhere else on earth I'd rather be!

Yet again I'll finish with a big Thank You to all who have contributed to the making of this magazine! Great articles, stunning photographs and so much passion for our unique and precious sport!

Britta Sendlhofer

**When it's dark and the clag is down, those 'well worn trods' of the Bob Graham route can actually be quite hard to find!*

Photo © Ben Abdelnoor

Nowhere else on earth I'd rather be!

Chairman's Chat

The problem with championship races filling up too quickly last year is again apparent this year. The committee have rewritten and sent out the guidelines for organisers to try and ensure that places are kept open for those athletes challenging for medal positions. These are only guidelines and the final say is with the organiser. The best solution would be for those runners who are capable of winning medals to enter races early (in fact very early). This is probably a downside of the increasing popularity of our sport.

On the International front a Home International is to be organised based on classic fell races and a junior international team has been selected to compete in the Black Forest in Germany. There have also been changes within UKA and the CMG no longer exists in its old format, but it is now a subgroup of the UKA Mountain Running Advisory Group dealing with domestic matters. I am sure that Alan and Richard will expand on these in their respective articles elsewhere in the magazine.

The FRA intends to hold a second coaching course in September and an advert to this effect is in the magazine. Graham Woodward has been co-opted onto the FRA committee as coaching co-ordinator and he will be dealing with all coaching matters on our behalf.

Another important post has also been filled with Rod Sutcliffe agreeing to take on the role of Welfare Officer, as this has been vacant since Sue Becconsall resigned from the committee. This is an important post with the ISA/VBS system coming into force in October for those who work with young people and vulnerable adults.

Tony Varley

Fellrunner

SUMMER 2009

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

The deadline for submission of content for the next issue is September 1, 2009 for editorial content and September 28, 2009 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 Simon Coldrick running up the steepest part of the Lantern Pike Dash. Photo courtesy of Richard

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BY **ALAN BRENTNALL**

Secretary's Corner

There have been two meetings since the last issue of The Fellrunner, and here are some brief notes. Eagle-eyed readers will spot the fact that these two meetings were held in the vicinity of and immediately after category A fell races, thus giving committee members ample opportunity to maintain their constitutional rule 3 race participation obligations!

Further information can be obtained by contacting me direct.

Committee Meeting, Ilkley

22 February, 2009

The committee discussed and voted in favour of removing Rule 5 from the Eligibility Rules (page 93 of the FRA Handbook) so that now any eligible athlete may compete in the English Championship in any eligible capacity, regardless of counting in any other national championship.

The new UKA Mountain Running Advisory Group was described, this being the group with responsibility for international matters at the UK level, including selection.

England is hosting this year's Junior Home International and British Junior Championships at Sedbergh School.

The committee heard that the first coaching course had been held, and that Alan Barlow had attended as FRA representative.

Race organisers need to be aware that the landowner's permission must always be sought and obtained, regardless of race longevity, tradition, precedents etc. The CROW act effectively gives the landowner a legal veto when it comes to organised events and we must learn to manage this in a way which is acceptable to the landowner, and to us.

Committee Meeting Hayfield

You may have noticed that the LV65 English Championship category is missing from the current handbook. Qualifying lady veterans need not worry, for this will, in fact, be a valid category in 2009. Ranking will be calculated, as before, from scores in up to three races from the short and medium distance English championship events.

Many sports these days have active participants who simply keep get older but don't seem to want to stop competing, and fell running is no exception. The committee wondered how it should deal with new age categories when they arise - should it automatically create them when competing runners attain a new age group? After some deliberation, we decided to let the affected runners control this, so, where a new category looks likely to come into being, a runner who knows he will be competing within the age group should request the new category via the FRA Secretary. This is best done in advance, as the cutoff for any particular year will be the AGM of the preceding year, to enable the handbook to be updated, and therefore to give fair notification to any other eligible runners.

The organisation of the Commonwealth Championship in Keswick was described, and I can now refer you to the programme of events with maps etc which can be found on the following site:- www.cumbriacommonwealthchampionships.org.

We now have a Junior Committee to deal with all junior affairs, thanks to the sterling work of Richard Lecky-Thompson. We also have a new Coaching Co-ordinator, Graeme Woodward, and a new Welfare Officer, Rod Sutcliffe.

The committee discussed the enhanced duty of care which is highlighted in rule 2 of the FRA Safety Requirements. An organiser must take primary responsibility for the safety and welfare of all juniors who compete in his event, and this involves making decisions on the behalf of these junior runners including those who form part of a parent / child team in a Mountain Marathon, and those who take part in a short senior race which allows junior entry.

We also discussed the new ISA (Independent Safeguarding Authority) and VBS (Vetting and Barring System) regulations which become law in September 2009 and supplement the current CRB checks. Initial requirements involve registering concerns and convictions with the ISA. New registrations will be catered for in 2010, and registration of existing CRB holders will be done as the CRB comes up for renewal – this gives an estimated date of completion of 2014 for the exercise.

There seems to be a worrying trend involving some runners who simply won't carry the safety equipment specified by race organisers. Surely runners recognise that the carrying of wet weather and navigational equipment is in the interests of their own safety, and also in the interests of the overall continuity of the sport – and that not complying with the organiser's safety requests is just plain cheating, and will be seen as such.

The UKA CMG no longer exists as such, but now forms a subgroup within the UKA Mountain Running Advisory Group mentioned earlier. The UKAMRAG will deal with international matters, as already reported, whereas the CMG subgroup will deal with domestic matters at the UK level.

There was a discussion about the payments being made by the FRA for photographs in The Fellrunner. It was generally felt that this practice was born in the time before the advent of digital photography, and that the payments were;-

a) no longer reflective of the actual costs to the photographer;
b) often not expected and sometimes not wanted by the photographer;
c) very labour-intensive to administrate.

Consequently, the committee decided to change the policy to one where payments will only be made when photography has been commissioned. The FRA will make an annual contribution to a charity supporting fell running, such as the John Taylor Foundation, in lieu of this loss of outgoings.

Next year the FRA will be 40, and, at the next meeting, we'll be discussing what to do about it.

Alan Brentnall, May 2009

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place on Saturday 7 November 2009 at **4pm** at the Castle Green Hotel, Kendal, prior to the Annual Dinner.

1. Motions for the Agenda must be notified to the Secretary by Friday 21 August 2009. Details of the Agenda and Motions will be published in the Autumn edition of "The Fellrunner".

2. Election of Executive Committee.
   a) Nominations for Officers must be notified to the Secretary by Friday 21 August 2009.
   b) Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Saturday 31 October 2009.
   c) Nominations for Membership Representatives (four seats) may be made at the meeting.

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

3. Voting.
   a) Individual members of the Association, including family members, who are present at the meeting have one vote each.
   b) English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Saturday 31 October 2009.

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

Alan Brentnall, General Secretary, May 2009.

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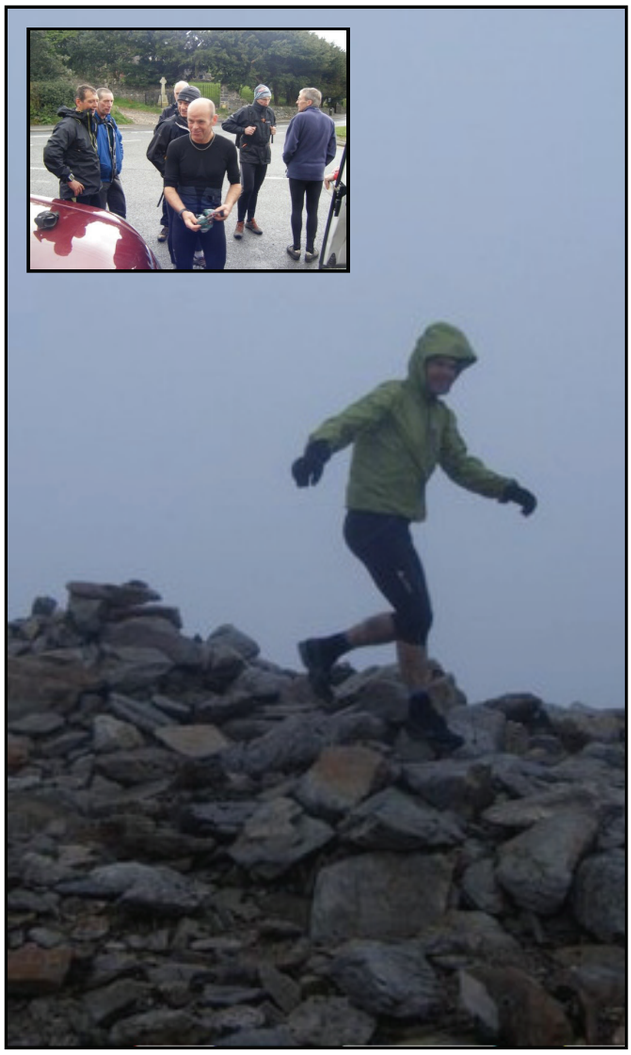
MAY 16th 2009 – A Hard Day At the Office



Congratulations to the staff at Lakes Runner who on two separate adventures on the 16th May 2009 successfully completed the Old Counties Tops in the Lake District and a Paddy Buckley Round in North Wales.

In pretty 'wild' conditions Ali wore on his round:
- Odlo Evolution Warm Base Layer, Haglofs Oz Pullover, Odlo ¾ length Tights, Mizuno Wave Harriers, and would like to thank all his friends who helped out at such short notice.

In equally mixed weather for the OCT Ian wore:
- Odlo Evolution Warm Base Layer, Haglofs Oz Pullover, Dodgy 80's tights, Inov-8 X-Talon's, and would like to thank Mike Wilson for dragging him round!

Both commented that the Odlo Base layer was easily the best they had ever used and that this combined with a Haglofs Oz pullover was a lightweight combination that dealt with anything the day could throw at them. – All the kit used is available at the shop and online.

INOV-8

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Competition Winner – Congratulations to Simon Fox from Lancs who has won last issues Competiton and will receive a pair of fell shoes of his choice from the selection he correctly identified as 1. Mountain Bear Gladiator 2. Mizuno Wave harrier 3. La Sportiva Crosslite 4. Invo8 mudclaw 5. Inov8 x-talon 6. Inov8 mudroc 7. Inov8 roclite 8. Walsh PB 9. Inov8 flyroc

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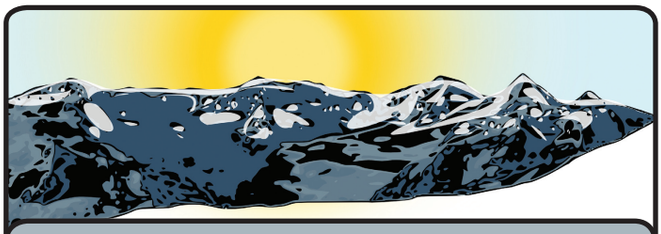
Please enclose an SAE - early booking advisable.



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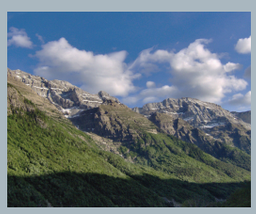

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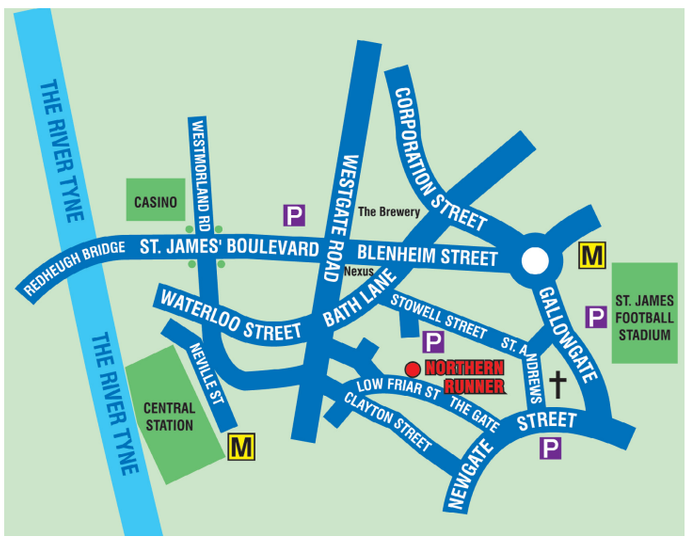

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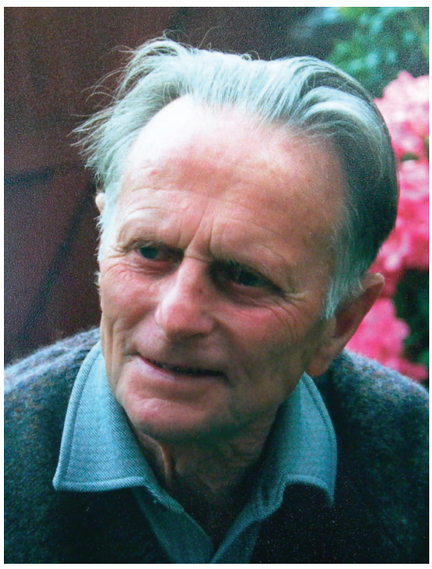
BY **FRANK WOOD**

Gill Horsley

1913 to 2009



"You couldn't meet a happier, more devoted couple. Gil's photographic skills were complemented by Jessie's talent for painting Scottish mountain scenes, though she is very modest about this. We extend our deepest sympathies to Jessie and hope it won't be too long before we see her out at fell races once more."

Bill Smith

Photo © Gill Horsley

Right: Harry Walker (former Fellrunner of the Year) descending at Burnsall.
Below: Joss Naylor taking on liquid at Dunmail Raise during his 72 peak record

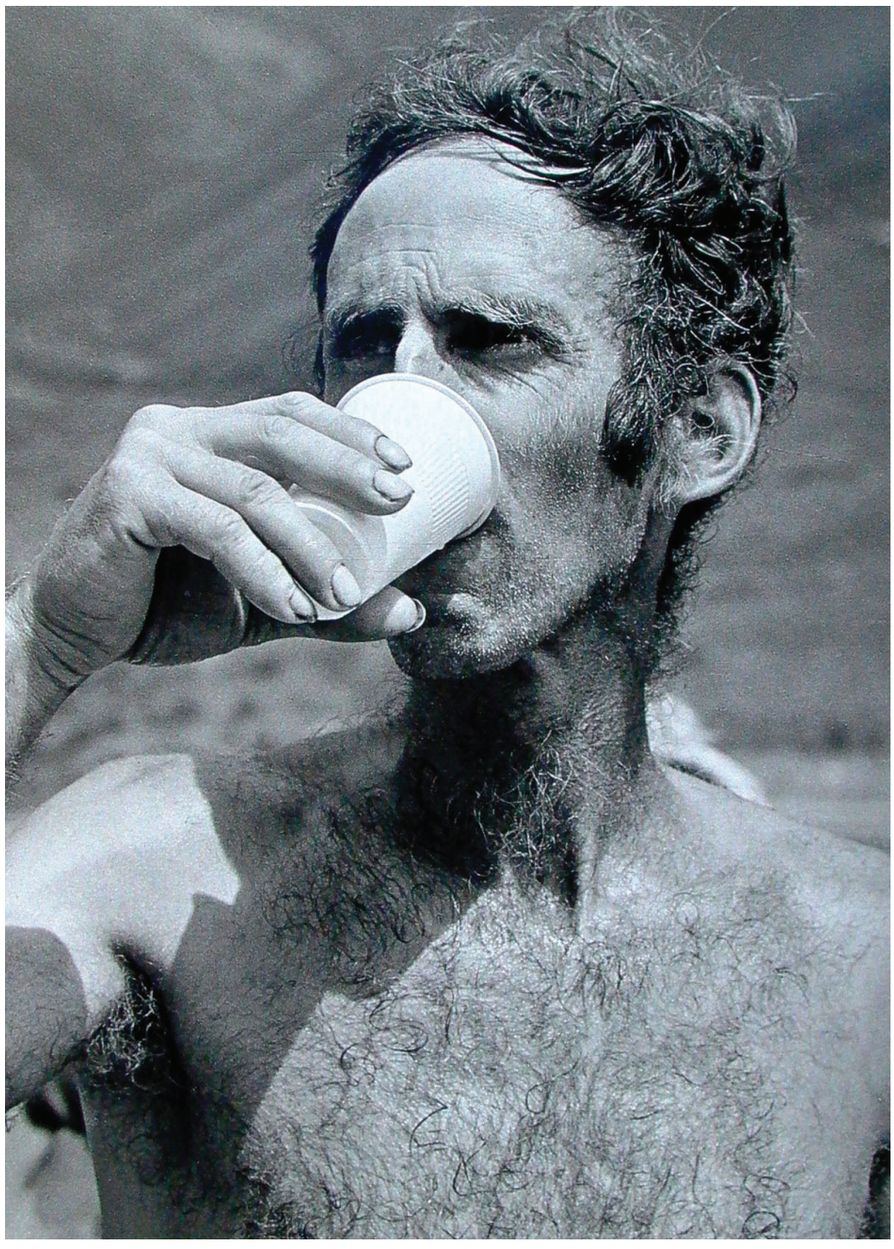


Photo © Gill Horsley

GIL HORSLEY, whose monochrome photographs graced many early editions of The Fellrunner and other publications, has died at the age of 96.

Gil, who lived at Harwood near Bolton, was never a fell runner himself but for half a century was a well known personality on the fell running scene through the tremendous support he gave to the sport.

He and his wife Jessie, who survives him, were regular fell walkers up to Gil reaching the age of 90. They had a caravan at Thirlmere for 40 years and were Wainwright bagging while AW was still writing his first book.

They became engrossed in the fell running scene through supporting their nephew, Horwich RMI Harrier Frank Wood, who still competes as a vet 65. They seldom missed a major fell race, though the first glimpse that runners had of them was on some remote summit as Gil took pictures of them passing through.

He and West Cumbrian Tommy Orr provided many of the early fell racing pictures for The Fellrunner and Gil also had pictures in books such as Bill Smith's epic Stud Marks on the Summits.

He and Bill became close friends.

Gil's great hero was former Fellrunner of the Year Mike Short, who now lives in Switzerland. He rarely missed a race in which Mike was competing and one of his memorable photos showed Mike winning a fell race with a grotesquely contorted shoulder after he had dislocated it in a fall.

Gil and Jessie also supported many runners on the Bob Graham Round and Gil was there, clicking away as usual, when legendary Wasdale shepherd Joss Naylor set his phenomenal 72-peaks Bob Graham record.

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BY **JOHN ARMSTRONG**

Mike Sadula

1949-2009

In January Mike became ill suffering from severe Gastro Enteritis. Despite showing some signs of recovery the condition drained Mike's strength over a number of weeks and he died 2 days before his 60th birthday on March 3rd from multiple organ failure. He was planning another year on the hills, and a big trip to New Zealand.

Mike grew up in Stoke and was a competitive motor bike racer in his youth before taking up road running and achieving several sub 3 hour marathons. He saw the light around 1982 and took up fell running with Rochdale Harriers when he moved north. His main targets then were club races and mountain marathons. Later on what mattered was time out in the hills. For years Mike competed at many races and was consistently in the middle of the field. What mattered was that he was running with friends and there was a hill to climb. Mike acquired a lot of practical knowledge about the Bob Graham Round and regarded leg 4 as his special place in the world. As a means of learning web design he created his own BGR web site, having completed the round in 1986. He always responded to requests for BGR help and this led to more long days out helping others. He is one of the few to have completed 50 peaks at 50.

When his running knees seized up Mike gained his MLC and became a walk leader, a DoE assessor and had trekking adventures to Mt Blanc, Mt Erebus, the Atlas Mountains and Nepal.

Mike filled his non running time doing major DIY, climbing and skiing. At one time he ran a sports retail shop and developed his own brand of outdoor clothing. He recently became a master of the French Jive.

Mike remained stubbornly single and leaves his family and lots of friends missing his intense approach to getting things done and going places. His cosmic wisp of consciousness will be reading the FRA forum and wondering why his name appears there. Mike will be chuckling at the silly comments, but secretly proud that his time as a fell runner was noticed and appreciated by others.

BY **TONY VARLEY**

Stephen Barlow

09.01.1961-14.04.2009

Very sadly Steve Barlow passed away after a lengthy illness with cancer on the 14th April 2009 at the tragically early age of 48.

Steve had been a member of Horwich RMI Harriers since he was 12 and in his early days ran mainly on the roads and cross country, before converting to fell running. He was a member of our committee during the years 2003 -2005.

Steve was a talented runner representing Lancashire at junior level and also competing for England in the World Masters in Germany, Austria and Italy. He was a member of the Horwich teams that successfully completed and set a then record for the Pennine Way and Coast to Coast relays.

Steve had travelled with me, Albert Sunter and Mark Stringfellow for the last 3 years to compete in the Jura fell race and last year whilst in a lot of pain, but not knowing it was cancer, he still succeeded in finishing the race. Steve unbeknown to us was taking pain killers on the bike ride to and from Jura and also before the race.

I spent many training sessions with Steve, which despite the huge gap in our respective abilities, were always enjoyable due to Steve's banter and encouragement, These would be mainly over Winter Hill and the local area, but also on the fells around Keswick when he would often rent Steve Jackson's house over Christmas and the New Year holidays.

Steve's popularity was evidenced by the large turnout at his funeral with over 300 attending the Requiem Mass in Middleton and an even greater number attending the later cremation in Bolton. These were attended by many runners Steve had come to know over the years with many old faces from way back attending. Steve's ashes will be scattered on Winter Hill near the wall crossing between checkpoints 2 & 3 on the race route.

Steve was truly one of the nicest people around who would do anything for anyone; nothing was too much trouble for him. He helped me with the Winter Hill race for many years, as well as other organisers with the many races that Horwich RMI Harriers promoted. Steve also served on the Horwich committee for a number of years in various positions.

The Horwich website allows runners to post a profile of them self on it and I would like here to repeat part of what Steve wrote, as I believe that it sums up perfectly the type of person he was and his outlook on life.

"I have had a many a good race over the years and my fair share of bad ones too, but what the hell that just keeps us on our toes. You can learn just as much from bad runs as you can from your good ones and who knows what the next race will bring. One thing is guaranteed and that's good company. The sport we all enjoy is so full of down to earth people that is has been a pleasure to have taken part over the years, making friends for life."

Steve remained optimistic up to the end about recovering and getting back on the fells running even saying that it was his aim to do the 3 Peaks race. A race that I am convinced would have suited him ideally.

Steve married Clare McKenna on the 11th April 2007 and he had found true happiness and our deepest sympathy goes to Clare and their families.

Farewell good friend you will be very sadly missed by many people.

Summer 2009.indd 13 27/06/2009 00:27:19

BY **JON BROXAP**

Danny Hughes 14.06.1936-09.02.2009

Danny was born in Seaforth, Liverpool, the oldest of four boys, and his earliest memories were of the siren warning of the wartime air raids. When he was five the family moved out to Penkeith, near Warrington to avoid the worst of the bombing.

In the more rural surroundings of Penkeith it was no surprise that Danny grew up spending his time playing football and cricket and investigating the delights of the nearby canal and River Mersey. At 13 he joined Warrington Athletic Club where he met Les Bristow who became his greatest rival and lifelong best friend. Les introduced Danny to the wonders of the Lake District and together they climbed the Langdale fells which Danny would race over in subsequent years. Their athletic rivalry however remained focused on the track in summer and cross country in winter. Aged 15 Danny moved to Wigan Technical and Mining College to do his O and A levels before progressing to Liverpool University in 1954 where he studied Electrical Engineering. Danny immediately joined the successful University cross country team and continued his track career holding the University mile and half mile records for several years. He made many close friends during this period some of whom were members of the Christian Union as well as the cross country team. Danny was invited to some of the Christian Union meetings and during his final year at Liverpool became a committed Christian.

After graduating with a BA in Electrical Engineering in July 1958 Danny applied for a job at Sellafield with UK Atomic Energy Authority – a decision made to combine career and lifestyle in the Lake District that had made such an impression in his teens.

Danny continued to run cross country for Warrington AC after his move to the Lakes but the onerous travelling led him to eventually join Barrow AC. The limited opportunities for track and field with Barrow saw Danny try the natural, local alternative – fell running – for the first time.

In the early 1960's Danny met Norma whilst Scottish Country dancing and the next week took her out for her 18th birthday – to The Brampton-Carlisle 10 mile Road Race! She obviously wasn't deterred as they were married at Muncaster Church in 1963 and began their married life in the village. Danny became a confirmed member of the Church of England and took his exam to become a Lay Reader in the church, a position he held for the rest of his life.

Danny's first fell race was the 1963 Vaux Mountain Trial held that year on Danny's home patch at Wasdale. On a typical wet Wasdale day the field disappeared into the mist in the direction of Great Gable but local knowledge didn't help Danny who got hopelessly lost trying to find the first checkpoint and retired! The experience didn't dampen his enthusiasm, however, and he began to take fell running very seriously, and it became his favourite sport.

Orienteering was developing fast at this time having recently been introduced to the UK from Scandinavia and Danny became one of the ten founding members of the local West Cumberland Orienteering Club. He also joined the committee of the Cumberland Fell Running Association who promoted the Ennerdale Horseshoe race – Danny's entry into the organisation and administration of the sport . Having been a Barrow AC member for several years Danny switched Clubs to Kendal AC, who had a more competitive fell running team, and began to enter long distance fell races, such as Ennerdale, that were to become his favourite events.

Danny had a vision for all the organisations with which he became involved and soon CFRA were organising six other races as well as Ennerdale – Wasdale Horseshoe, Muncaster, Blake Fell, Copeland Chase , Northern Counties (now Sailbeck) and Kinniside. CFRA were leaders in race promotion and many practices that

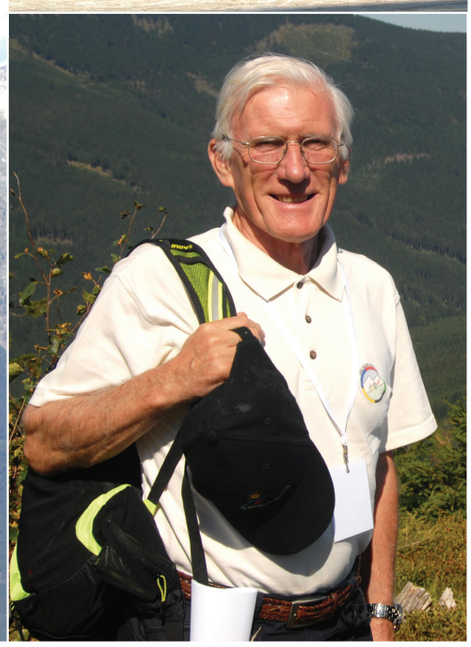
Kendal AC runners Danny Hughes, Allen Walker, Jos Naylor and Jim Strickland at the 1970 Ennerdale Horseshoe.

Photo © Bill Smith

Summer 2009.indd 14 29/06/2009 18:23:54

Photos © Pete Hartley

Top left: Danny & Dave Hodgson at the 3 Peaks 2008. Bottom left: DannyHughes high on the course at Sauze D'Oulx, Itlay World Tropht 2004).
Top right: Danny at the 2005 European Mountain Running Championships in Austria (Grossglockner). Middle: Opening ceremomy WT 2004 Sauze D'Oulx, Italy. Bottom: Danny high on the course at the 2008 World Masters in Czech republic.



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BY **JON BROXAP**

became standard for fell races, such as entries on the day, were introduced by them. In 1981, Bob English, running for Keswick AC but poignantly from Danny's home time of Warrington, tragically died in a fall in the Ennerdale race. Danny and the CFRA committee undertook a rigorous review of their race procedures and produced a report which became the basis for FRA Safety Requirements for Fell Races. It is testament to their initial work that fell running has had such a commendable safety record .In 1986 a new fell running club was formed in West Cumbria – Cumberland Fell Runners – with Joss Naylor as Chairman and Danny as Secretary. Danny also joined the committee of the Fell Runners Association and stood as Chairman from 1982 to 1985.

By this time Danny and Norma had three children – David, Rachel and Johnny who all helped Dad -and Mum - organise fell races: older FRA members will remember well Johnny with his mop of blond curly hair (later developed into dreads) charging around helping Joe Long! Danny remained at Sellafield all his working life whilst the family moved to Gosforth at the foot of Wasdale. Danny became a Lay Reader at the village church and his children and five grandchildren vital members of the community. The family home was close to the tracks and forests of Blengdale which became Danny's regular training country. His training was put to good effect as he was English V50 Champion in 1987 going one better a year latter to become both English and British V50 Champion. After a serious illness in 1996 Danny stopped competing but continued to jog 3 or 4 times a week.

During his term as FRA Chairman Danny met some Italian fell runners and early exchanges of runners between races led to the formation of the International Committee for Mountain Running (ICMR) with Angelo di Biasi as President and Danny as Secretary and the first Mountain Running World Trophy was held in Italy in 1984. Danny was the driving force behind bringing WMRT to Keswick in 1988 – the only time it has been staged in England despite Danny becoming President of the World Mountain Running Association in 1993. Danny was on the European Commission for Mountain Running and instrumental in promoting the European Championship. He had recently been reelected as President of WMRA and had seen the World Trophy achieve the recognition for which he sought so tirelessly – from 2009 it will become the IAAF World Championship. Although this has a significant impact on the weaker GB Home Countries nations it should see a big step forward in the development of mountain running worldwide.

Norma relates that "Danny's all-consuming interest was mountain running and he had travelled all over the world helping to organise mountain races". In the week before his death Danny had been in Monaco at a meeting where the Obudu Ranch International Mountain Race in Nigeria had been approved as hosts of the first African Mountain Running Championships. His vision of taking mountain running global had taken another big step.

Danny Hughes (CFR) - Dalehead 1995

Photos © Pete Hartley

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Summer 2009.indd 17 27/06/2009 11:10:48

BY **CHRIS KNOX**

Access and Environment

SUMMER 2009

Ahhhh summer, will it be the wind, rain and cool conditions that we 'enjoyed' last year, or are we in for a heat wave? The long term forecast seems to indicate the latter, but no doubt we'll get a bit of everything as usual – hopefully not too extreme! Speaking of weather, and I know its old hat, but do other people find the current TV weather maps frustrating? I'm sure the graphics are very clever and advanced and pretty etc., but wouldn't it be great to see that Scotland is actually bigger than the Cornish peninsular, weather possibly occurs in Southern Ireland and isobars and occluded fronts can be more informative than shades of beige.

From last year the number of our events that had to be cancelled or severely modified were a stark reminder of just how extreme the UK weather can be. Possibly areas like the Peak District and the Lake District could have local radio putting out mountain weather updates as good as Radio Scotland does (especially 'Go Outdoors'on Sat mornings!) .The mountain environment should always have our utmost respect and it does worry me the number of 'anyone know where the such and such fell race goes' and 'which way should I go off' type entries on the races section in our forum. Even worse are the replies 'don't worry there's always loads to follow'. Recipe for disaster?

Ticks

Now a bit of a repeat from previous summer issues, ticks, and yes I'm sure most of us know enough about them, but just bear with me for those that don't

Ticks have been rising (they need to hang off vegetation to catch passing bodies) in increasing numbers in many areas despite the prolonged cold winter and I gather the number of cases of Lymes Disease rose last year in Scotland to around the 300 mark. However most tick populations in England and Wales seem to be clean, but even so it is very important for us to do a post run inspection and remove and crush or burn any ticks found before they attach themselves. If they have become attached, the sooner the ticks are removed the less likely you will be infected. The earliest sign may be a faint ring-shaped rash. Often you may not notice this and only become aware of the illness when you start to experience intermittent flu-like symptoms. At this stage the infection responds well to antibiotics but if left untreated may result in serious illness. Symptoms like this may be confused with the current so called 'swine flu' pandemic. The best defence is to keep your skin covered - especially your legs - through long vegetation. Check your skin and clothing frequently. Carefully remove any ticks (Lifeventure sell tick tweezers for around £3.00) and place a small dressing over the bite. If you are worried about possible infection contact your GP. It is interesting to note that tick populations are spreading on popular dog walking routes. This could just be due to mature ticks leaving their host un-noticed, the mature tick can then hatch a couple of hundred offspring as it lies in the soil, so check your pets too. Sleep well please don't have nightmares!

Litter

Now on the whole, so far this year, we seem to have done very well – even to the point where a couple of race organisers have been in contact to say they had no race litter after their respective events. Long suffering marshals still manage to bring in drink cans and other rubbish not usually associated with fell runners. As access pressures continue, please continue to be vigilant and make life just that tiny bit easier for your organisers and marshals, when they are getting ready for next years permissions. On the down side, anyone doing Broad Stand over the last month will have noticed some climbing bolts in the rock. Comments on our forum possibly did well to highlight this issue to others, and steps will be taken to remove them. OK bolts aren't really rubbish, but they have no place on such a prominent route, other FRA members and BG members have done a lot of contact work to point out that this has, as far as we can see, no link to fell runners.

Forum

Not the FRA one I must add, but by the time this is in print I will have attended a 'Stakeholders Forum' with a catchy title of 'Sustainable Organised Large-scale Recreational and Challenge Events across Cumbria'. Impacts (including rubbish) will no doubt be discussed, I'll be focussing on the positive impacts and tradition of fell running and will separate this from non-FRA/BOFRA events. It may be useful in future gatherings of this nature to have copies of some of the recent studies that some of our fell running students have put together. I know over the past year or two I've passed on information to several students, it would be great to have a copy that could stay in the library that Alan Brentnall is currently keeping for us.

SCaMP

Regular readers of this section may remember this initiative from United Utilities that has been highlighted two or three times over the last four years. The acronym stands for Sustainable Catchment Management Plan and has brought together various strands of funding, partners, conservation and production in a five year plan. This is its fifth year and UU hope to have Ofwat approval to link to a second five year plan so that continuity and expansion of the plan can progress. Re-vegetation of many of the bare eroding peat areas of Bowland has helped reduce run-off and remove colour from stream water, recreated habitat and helped the farming community.

Access

We still hope to have contact links on the web site for permissions etc. from United Utilities, National Trust, National Parks and Natural England, but nothing is complete yet.

See you on the fells, if I'm not racing, I'll possibly be one of the marshals!

Broad Stand update

Apologies in advance if I have some of the detail wrong, but just to say the offending bolts have been cut.

I think thanks are due to Julian Carradine (Wasdale MRT), Jeremy Ashcroft, Stephen Reid (Needle Sports) and Peter Latimer for assessing and removing as much as possible without damaging the rock face further. Joe Faulkner and others from an FRA background have also been up to clear the area. It looks as though some of the bolts were in place at the beginning of February and all were there by the first week of May. Various ropes with loops in plus a note ''leave for charity event 15/16 May'' were still attached a week later. The ropes were cut up as the bolts were cut, so that nobody would be tempted to use unknown aged rope that could quite easily fail, and the debris was taken down in a couple of trips to manage the bulk and weight. There is also the possibility of someone with the technical know-how, drilling out the remaining sleeves and then putting some filler in to hide the holes and presumably stop water freezing in the holes and cracking the rock.

Weather update

Having recently helped out at the LAMM, because I couldn't run, just interesting to record that we had snow on the tops (similar to 2004 event) and the really foul weather was in Wales for the 1000metre race. National news tried to link all the 'rescued' people to a Snowdon fell race. I gather actually only one or two were involved, runners that were unsure of their ability to carry on, stopped at various marshalled points and were accounted for.

A good reminder to carry kit, know when to use it and respect mountain weather.

Summer 2009.indd 18 27/06/2009 00:28:02

BY **JANE HODGSON**

Are you tick aware this summer?

If you work or play sport in the countryside, it is very easy to pick up a tick. But how many of us know how to spot one, remove it cleanly and realise that by not doing so, you risk contracting Lyme disease?

Tell me a bit more about ticks & Lyme disease

Lyme disease is a bacterial infection nearly always caused by a bite from a tick.

Ticks are more active in summer & prefer to live in woods, heathland and moorland. So it could affect anyone: dog walkers, farmers, campers, fishermen, hikers, runners & orienteers.

Ticks transfer onto humans and other animals by sitting on plants then moving onto a new host as it pushes through the undergrowth. Ticks can't fly or jump, so the deeper the undergrowth, for instance tall bracken in the summer compared to dead bracken in the winter, the easier it is for the tick to transfer across.

How do I spot a tick?

Ticks are blood sucking parasites. The smallest ticks look like a dark freckle or small mole on your skin. If you look carefully you can see its body & legs.

You need to remove it as quickly as possible, the longer the tick stays on you the more chance there is of it passing on any infection it is carrying.

The best way of removing a tick is to use a tick remover, available from pet shops. Slide the hook of the tick remover between the tick and the skin and gently pull the tick off.

Alternatively you can use tweezers; however the tick will have its mouth parts embedded in your skin, so you need to make sure you remove all parts of the tick, and not make it regurgitate its stomach contents into you whilst doing so.

Don't squeeze it, burn it off or cover with Vaseline.

What are the signs of Lyme disease?

The majority of people who are bitten by a tick won't go on to get any symptoms. Remember the tick has to be carrying the infection itself in order to pass it on to you.

You do however need to watch for the symptoms:

- Bulls eye rash- a red rash that starts at the site of the tick bite and spreads outwards
- Flu like symptoms, fever or headache
- Joint or muscle pains or weakness
- Tiredness

Lyme disease has been known to cause arthritis, nervous system problems, Bell's palsy & memory problems. Some people experience irregularities of the heart rhythm.

The incubation period can be from 2 to 30 days after infection following a tick bite. If you do suffer any ill health within a month of a tick bite, mention it to your medical practitioner. Lyme is easier to treat if diagnosed early on.

What precautions can I take?

- Wear shoes not sandals and long trousers rather than shorts. Tuck your socks into your trousers
- Check yourself after any trip where there may have been ticks: Don't just check the areas of your skin that have been exposed. Once on you a tick will crawl around and latch on in a warm spot - often the crotch, armpit, or behind the knees.
- Don't assume that because you haven't been bitten because you haven't felt anything. Tick bites are generally painless.
- Check pets as well who can pass ticks on to you.

Where can I read more about Lyme disease?

For more information from the author, Jane Hodgson, visit http://physiobench.com/articles/18/Lyme-Disease. There are 2 UK-based charities with good websites. www.bada-uk.org/ and www.lymediseaseaction.org.uk

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Martyn with Calder Valley's Yorkshire golden girls & Yorkshire team champions, Bingley Harriers

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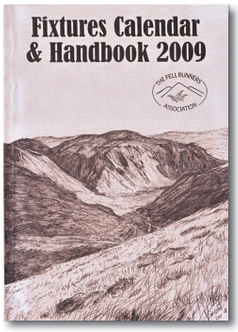
BY **MARGARET CHIPPENDALE**

Calendar update



By the end of May I had received details of 558 races, which is nearly thirty more than the number at the same time last year. This year several new events, mainly in England, have been included. In particular, please note the information below about the Commonwealth Championship and associated Open events in September.

A full 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.

2010 race registration details will be sent out to race organisers, whose 2009 race details were submitted for the Calendar, at the end of September. Anyone else who wants their event to be included or who is planning to organise a new race in 2010 should contact me so that they can also be included in the mailing.

UK ATHLETICS LIABILITY INSURANCE

Please note that UK Athletics have changed brokers for this policy and that any enquiries or claims by race organisers or others should no longer be directed to Oval Insurance Broking Limited. I have been informed that the policy itself has not changed at all. A confirmation of insurance letter from the new brokers, Marsh Ltd, is available on the FRA website at: www.fellrunner.org.uk/committee.htm

Until more details are available for Marsh any enquiries or claims should be directed to John Temperton at UK Athletics. Email: jtemperton@uka.org.uk Tel: 0121 7138493

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"**.

WED.JUL 1. KIRK IRETON JUNIOR RACES. 6.30 p.m. Venue: Kirk Ireton Primary School, Derbyshire. Free - pre-entry or on day. U8 (over 6), 0.5m/50'; U10, 1m/100'; U12, 2m/200'. Details: David Denton, 5 Swinney Lane, Belper, DE56 1EF. Tel: 01773 880338. Email: z2r0u0n8z@yahoo.co.uk Website: runningwithdavid.com

SAT.JUL 4. COMPTONS CROSS (R). CM. 11.00 a.m. 9m/900' from St Paul's Constable Lee primary school, Rawtenstall (GR 813235). £4. PM. Over 18. New race. Part of School Fair - beer tent and children's activities. Details: Gareth Jackson, 52 Holmeswood Park, Rawtenstall, BB4 6HZ. Tel: 01706 600647. Email: gary.jackson577@ntlworld.com Website: rossendaleharriers.co.uk

SAT.JUL 4. CORRIEYAIRACK CHALLENGE. 11.00 a.m. Team duathlon from Fort Augustus Abbey (GR NH380091). £40 pre-entry per team of 4 (3 competitors and 1 steward). Over 17. Each competitor runs 17m/2300' followed by 26m bike ride on country lanes. Individual records: 3.01.38 A. Wright 1998; f. 3.38.12 L. Wilson 2003. Sponsored charity challenge. See website for further information. Details: Angela Orriss, Badaguish Outdoor Centre, Aviemore, PH22 1QU. Email: angela.o@badaguish.org Website: corrieyairack.org

SAT.JUL 4. WARTON CRAG (R). BS. 2.00 p.m. 5.8m/900' from Archbishop School Field (GR 499724), Warton. £5 pre-entry or on day, cheques payable to "Warton Children's Sports". PM. Over 16. New race. No safety pins. Details: Dave Deason, 11 Westover Road, Warton, Carnforth, LA5 9QT. Tel: 07769 588179. Email: davedease@tiscali.co.uk Website: wartonfellrace@blogspot.com

TUE.JUL 7. CARNFORTH 20 BARRIERS (R). CS. 7.00 p.m. 5m/500' from Carnforth High School (GR 503703 on OS 97), Kellet Road, Carnforth. £2.50 pre-entry, cheques to "Dallam Running Club", or £5 on night. LK/PM. Over 16. Records: 31.00 E. Simpson 2008; f. 36.07 S. Tunstall 2007. Chip butties at prizegiving. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, LA6 1DE. Tel: 01524 734035. Email: david.g.shinn@googlemail.com Website: dallamrunningclub.com

THU.JUL 9. BEACON HILL (R). Please note that the organiser's email address is now: paul@davidapplebybuilders.co.uk All other details unchanged.

SAT.JUL 11. CLIFFHANGER (R). BS. 11.00 a.m. 2.5m/345' from cricket pitch end of Millhouses Park (North), Sheffield (GR SK336831). Pay £5 entry to Cliffhanger outdoor-pursuits festival - race free. PM. Over 14. A semi-urban, "taster" fell race mainly in woods. Details: Richard Patton, Springfield, The Hills, Bradwell, Hope Valley, S33 9HZ. Tel: 01433 620591. Email: richard@darkandwhite.co.uk Website: darkandwhite.co.uk and cliff-hanger.co.uk

SAT.JUL 11. CLIFFHANGER MINI MM (R). MM. 12.30 p.m. to 2 p.m. A semi-urban 2 hour score event for solos and pairs from Millhouses Park (North), Sheffield (GR SK336831). Pay £5 entry to Cliffhanger outdoor-pursuits festival - MM free. NS. Over 18 solo. Over 14 for pairs provided U18s have a partner who is over 21 and a parent/guardian. Area extends to Totley and Houndkirk moors. Bring SI dibber if you have one. Details: Richard Patton, Springfield, The Hills, Bradwell, Hope Valley, S33 9HZ. Tel: 01433 620591. Email: richard@darkandwhite.co.uk Website: darkandwhite.co.uk and cliff-hanger.co.uk

SAT.JUL 18. TRACKS TO TRIG (R). AS. 11.00 a.m. 1.1m/875' from railway bridge betwen Chinley and Buxworth (GR 037825). £2 pre-entry only on FRA form, cheques payable to Mr N J Cook. Limit 60. Over 18. Uphill only race in time trial format with one min. interval starts from 11 a.m. Start times on Community Centre notice board (400yds from start) from 10 a.m. Run "watchless" as prize for runner closest to estimated time (NB no secure storage for watches). No safety pins. Details: Nikalas Cook, 38 Lower Lane, Chinley, High Peak, SK23 6BD. Tel: 07717 438025. Email: nikalascook@googlemail.com

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THU.JUL 23. STONEY MIDDLETON (R). Contrary to the information in the printed Calendar the route will be the same as in previous years. All other details unchanged.

TUE.JUL 28. BASLOW ROBIN HOOD (R). BS. 7.30 p.m. 5.5m/900' from the Robin Hood pub (GR SK279721). £3. PM. Over 18. Details: Andrew Moore, 5 Silverdale Crescent, Sheffield, S11 9JH. Tel: 0114 2620087. Email: mutley00@blueyonder.co.uk Website: dpfr.org.uk

TUE.AUG 4. PARWICH PANORAMIC FIVE (R). BS. 6.30 p.m. 5m/650' from Parwich Village Hall, Derbyshire. £4 pre-entry or on day. Over 16. Juniors: U8(over 6), 0.5m/50'; U10, 1m/100'; U12, 2m/200'. New event, raising funds for replacement Village Hall. Details: David Denton, 5 Swinney Lane, Belper, DE56 1EF. Tel: 01773 880338. Email: z2r0u0n8z@yahoo.co.uk Website: runningwithdavid.com

SAT.AUG 8. TEGGS NOSE (R). **Please note the following new home contact details for the organiser:** Phil Janaway, 68 Hollinwood Road, Disley, Stockport, SK12 2EE. Tel: 01663 762980. All other details unchanged.

SUN.AUG 16. WORLD CHAMPS./ COMMONWEALTH GAMES TRIAL (R). Venue: Fitz Park, Keswick (GR NY268238). £2. Senior men - 12.45 p.m., 7.5m/2500' (3 laps). Senior women and junior men - 11.45 a.m., 5.6m/1800' (2 laps). Junior women - 11.00 a.m., 3.7m/1100' (1 lap). This is the trial for the British world mountain running championship team, as well as being used by the home countries for selection for Commonwealth Games mountain running teams. Details: Sarah Rowell. Tel: 07712 051002. Email: saz@srowell.demon.co.uk

SUN.AUG 23. SEDERGH HILLS (R). AL. **Please note change of date from Sun. Aug. 16th.** NO parking on Howgill Lane/Havara – complaints from locals last year. Free parking at Sedbergh School, 5 mins walk from registration. All other details unchanged.

WED.AUG 26. WORMSTONES (R). BS. **Please note that the venue and organiser's email address have changed to those given here.** 7.30 p.m. 5m/650' from Drovers Arms (GR 033929), Turnlea Road, Chunal, Glossop. £4. Teams free. LK/PM. Over 16. Records: 31.30 A. Jones 2007; f. 39.49 J. Lee 2007. No safety pins. Details: Des Gibbons, 68 Charlestown Road, Glossop, SK13 8JN. Tel: 07826 249324. Email: desgibbons@live.co.uk

SAT.AUG 29. DUFTON (R). **Please note earlier start times for this event** than those given in the printed Calendar. The senior race will now be at 12.30 p.m. and the junior races from 11.00 a.m. All other details unchanged.

SUN.AUG 30. GRASMERE SENIOR GUIDES RACE (R). **Please note that the date of Sun. Aug. 23rd in the printed Calendar is incorrect.** All other details unchanged.

Grasmere Sports U17 ladies champion Mel Hyder

Photo © David Woodhead

SUN.SEP 6. EXTERMINATOR (R). AL. **Please note the following change of address for the organiser:** Mark Wilson, 19 Ridge Road, Eckington, Marsh Lane, Sheffield, S21 5RQ. All other details unchanged.

SAT.SEP 12. PUMLUMON CHALLENGE. BL. 10.00 a.m. 27m/5000' from Nant yr Arian Forestry Centre, nr Aberystwyth (GR SN717813). £12 pre-entry, entry forms and details from website or organiser. PM. Over 18. Records: 4.06.00 A. Smalls/M. Davis 2007; f. 5.27.00 M. Calvert 2007. Part of Vasque Ultra Running Championship. Also event for walkers starting at 8 a.m. Details: Wynne Jones, Lisburne House, Pontrhydygroes, Ceredigion, SY25 6DQ. Tel: 01974 282581. Email: wynne@pumlumon.org.uk Website: pumlumon.org.uk

FRI.SEP 18. COMMONWEALTH CHAMPIONSHIP UPHILL ONLY MOUNTAIN RACE (R). Ladies: 1.00 p.m., 5m/2600'. Men: 2.00 p.m., 8m/3000'. Venue: Fitz Park, Keswick (GR NY268238). Selected international teams only. ER/PM. Over 18. Part of inaugural Commonwealth Mountain and Ultra Distance Championship event. Details: Steve Harwood, The Mill Race, 4 Greta Side, Keswick, CA12 5LG. Tel: 017687 73392 (day) or 017687 71130 (eve). Email: steve@adk.co.uk Website: cumbriacommonwealthchampionships.org

SUN.SEP 20. COMMONWEALTH CHAMPIONSHIP UP & DOWN MOUNTAIN RACE (R). Ladies: 12.30 p.m., 5m/1500'. Men: 1.30 p.m., 8m/2700'. Venue: Fitz Park, Keswick (GR NY268238). Selected international teams only. ER/PM. Over 18. Part of inaugural Commonwealth Mountain and Ultra Distance Championship event. Details: Steve Harwood, The Mill Race, 4 Greta Side, Keswick, CA12 5LG. Tel: 017687 73392 (day) or 017687 71130 (eve). Email: steve@adk.co.uk Website: cumbriacommonwealthchampionships.org

SUN.SEP 20. LATRIGG LOOP (R). AM. 11.00 a.m. 8m/2700' from Fitz Park, Keswick (GR NY268238). £5 on-line at www.race-results.co.uk or on day. ER/PM. Over 18. New event. Same course as Commonwealth Championship men's "Up and Down Race" - 3 lap course. Juniors from 10.00 a.m: U12 (over 10), 1.9m; U14, 3m; U16, 4m. U18 at 11.00 a.m. with senior race over a 2 lap course. Run in conjunction with Commonwealth Championship races for men and ladies on same day. Details: Steve Harwood, The Mill Race, 4 Greta Side, Keswick, CA12 5LG. Tel: 017687 73392 (day) or 017687 71130 (eve). Email: steve@adk.co.uk Website: cumbriacommonwealthchampionships.org

SUN.NOV 15. THE DROGO (R). BM. 10.30 a.m. 9.6m/1760' from Castle Drogo, Drewsteignton, Devon (GR SX724902). £9 pre-entry, £11 on day, see website for details and entry form. Teams free. PM. Over 18. Records: 1.00.32 T. Merson 2008; f. 1.15.26 W. Urban 2008. Details: Pam Gurney, 9 Snowdrop Mews, Exeter, EX4 2PN. Tel: 01392 493110. Email: pamgurney@live.com Website: thedrogo.co.uk

SUN.DEC 13. SIMONSIDE CAIRNS (R). Please note that the organiser's email address is now: paul@davidapplebybuilders.co.uk All other details unchanged.

SUN.DEC 27. PEAK "O" TRIAL (R). **Please note change of the organiser's email address to:** desgibbons@live.co.uk

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BY **GRAHAM BREEZE**

The English Fell Championship 1986-2008
A Veteran Celebration

English Championship – A Waste of Time?

The first English Fell Championship was held in 1986 but even before it got going *The Fellrunner* of January 1986 included a short piece under the above heading based on the premise that the all-conquering Kenny Stuart (Keswick), who had won the British Championship (first recognised in 1972) in 1983, 1984 and 1985, would not bother taking part because of other race commitments.

In fact Kenny competed in neither the inaugural English Championship nor further British Championships because, according to Neil Shuttleworth in *The Best of British,* "fed-up with being out on his own up-front he turned to the roads, the marathon in particular". Kenny started by winning the Glasgow Marathon in September 1986 in 2.14.03 and he later ran a PB of 2.11.36 in Houston in January 1989.

Nevertheless the English Championship, "waste of time" or not, has managed to survive for more two decades and is now better supported than the British equivalent such that for 2009 the number of counting races in the British has been reduced from six to four to see if this will revitalise the older competition.

The English Championship winners in 1986 were:
Men Dave Cartridge (Bolton) - who was 6th in the British Championship
V40 Dave Cartright (Pennine)
V50 George Barras (Skyrac)

Lady Carol Haigh (Holmfirth).

The British Championship winners were:
Men Jack Maitland (P&B)
V40 Del Davies (Eryri)
V50 Bill Gauld (Carnethy)
Lady Angela Carson (Eryri) – who was 9th in the English Championship

The only individual category awards were as shown above.

A Year Can Be A Long Time

One year on from the aforementioned piece the irrepressible Kevan Shand, who was then the FRA Statistician, suggested in *The Fellrunner* (Spring 1987) that the format of the British Championship should be changed yet again in the light of the two parallel Championships. "Yet again" because up to 1985 the British Championship had been made up of 15 Category "A" races from which competitors could count 10 scores from the three different race length categories and even earlier, in 1973, Championship points could be counted from 39 (Yes!) races. So tinkering with Championship formats was, and is, nothing new.

One of the criticisms made about the two parallel Championships over the last twenty years has been the duplication of winners and, for illustration, if we look at the Championships in 1996 i.e. ten years after the English Championship was introduced, Ian Holmes (Bingley), Mark Kinch (U/A) and Mark Roberts (Borrowdale) were the medal winners in both the English and British competitions and, similarly, Sarah Rowell won the Women's Gold Medal in both Championships.

Move on another ten years to 2006 and the first three in the English-Rob Jebb (Bingley), Lloyd Taggart (Dark Peak) & Ian Holmes (Bingley)- all came in the first four of the British. And Natalie White (Bingley) won both the English & the British.

Perhaps the changes for 2009 for the British Championship will revitalise and distinguish it again from the now more popular English competition?

Changes With Ageing

In 1987 I was still foolishly running road marathons but, with the English Championship established after a second year, if I had been asked to forecast who was likely to win the Vet 60 Gold Medal to celebrate its twenty first year in 2006 I might have suggested Dave Spedding (Keswick) because Dave had just won the Silver Medal (behind CLM's Pete McWade) as a Vet 40 that year. And had I been asked the same question around ten years later I might still have made the same forecast because Dave won the Gold Medal as a Vet 50 in 1995.

And Dave *did* win that Vet 60 Gold Medal in 2006 to illustrate competiveness at the highest level in three different decades. And who won the V60 Silver Medal behind Dave in 2006? That was Kieran Carr (CLM). And what had Kieran done in the Vet 50 Championship table ten years earlier in 1996 but won the Bronze Medal; so again the signs were there then that a V60 medal was on the horizon and in fact Kieran had won *his* V60 Gold Medal a year before in 2005.

Which, I suggest, prompts consideration of the length of time that some fell runners can stay competitive at the highest level. Or, to put it another way, given that Ian Holmes won the English Open Championship in 1996 and 1998 (plus 2000/2/3) and the V40 Championship in 2006, 2007 and 2008 might one forecast that he will probably be the V50 Champion in 2016, 2017 and 2018 and the V60 Champion in 2026, 2027 and 2028 and the V70 Champion …?

So I have examined English Championship "Top 10" data for each age group for three year clusters starting from the first Championship in 1986 (i.e. 1986/87/88; 1996/97/98 and 2006/07/08) to identify which runners appeared in these trios of "Top 10s" a decade apart. To see if I should put my money on Ian Holmes now.

Ten Years At The Top

Just over two dozen runners (26) have secured a Top 10 placing in at least one of the three year clusters and then repeated this a decade later and these are listed below. (No one appeared in the 1980s cluster, was missing from the 1990s and re-appeared in the 2000s and since the primary purpose of this analysis is to consider longevity, in the interests of clarity, actual years, multiple entries in each cluster and duplications where women, say, appear as Open and V35 in the same year have not been shown).

Men (16)
Open & V40
Joe Blackett (Mandale/Dark Peak)
Simon Booth (Borrowdale)
Jim Davies (Borrowdale)
Ian Holmes (Bingley)
Mark Roberts (Borrowdale)

V40 and V50
Peter McWade (CLM)
John Nuttall (CLM)
Tony Peacock (CLM)
Mike Walford (Kendal)

V50 and V60
Kieran Carr (CLM)
Peter Duffy (Aberdeen)
Peter Knott (Blackpool & Fylde)
Dave Tait (Dark Peak)

V60 and V70
George Arnold (Preston)
Brian Leathley (CLM)
Peter Norman (Wrexham)

Women (10)
Open and V35/V40#
Angela Brand-Barker/Carson (Eryri/Keswick)
Elizabeth Batt (Dark Peak)
Clare Crofts (Dark Peak)
Carol Haigh/Greenwood* (Holmfirth/Bingley but also Calder Valley)
Kath Harvey (Altrincham)
Vanessa Peacock/Brindle (CLM)
Jackie Smith (Dark Peak)

V35/V40# and V50
Alison Brentnall (Pennine)

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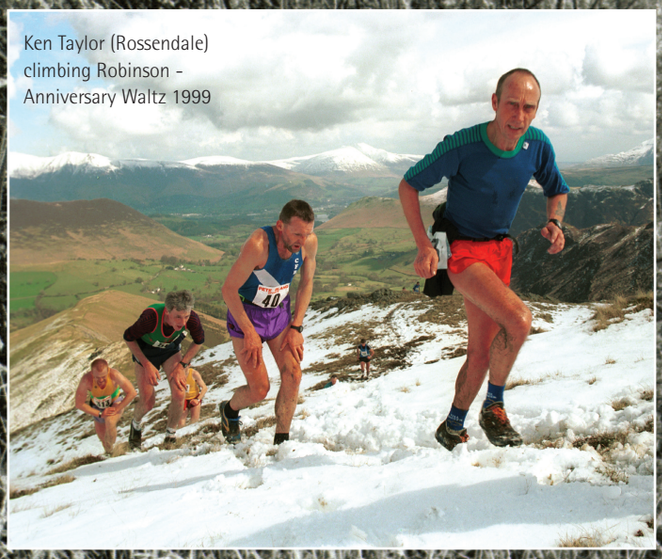
Ken Taylor (Rossendale) on the final section - 3 Peaks 2008

Photos © Pete Hartley



Ken Taylor (Rossendale) climbing Robinson - Anniversary Waltz 1999

Ken Taylor (Rossendale Harriers) - Musbury Heights 1989

BY **GRAHAM BREEZE**

Wendy Dodds (CLM)
Lynne Thompson (Keswick)

Note # vet status was introduced at 35 years rather than the current V40.
* Carol Haigh/Greenwood appeared in the Top 10 Open women in, for example, 1986 (when 20) and 1998 (when 32) but not as a vet.

Twenty Years At The Top

But in addition to the 26 runners listed above there are a further 6 runners, and they are all men, who appear in the trio clusters in all three decades or around twenty years apart:

Open, V40 and V50
Dave Neill (Mercia/Staffs Moorlands)
Graham Schofield (Blackburn/Horwich)

V40, V50 and V60
Dave Spedding (Keswick)
Ken Taylor (CLM/Rossendale)

V50, V60 and V70
Derek Clutterbuck (Rochdale/Todmorden)
Barry Thackery (Dark Peak)

But What About?

If looking at clusters of race years a decade apart produces 26 names would an examination of other years produce more names? Well of course! So if, for example, one looks at the Top 10s for 1990 and 2000 the following ten names appear in both Top 10s: Graham Schofield (Horwich): 3rd Open and 9th V40, Tony Hesketh (Horwich): 1st V40 and 6th V50, Dave Spedding (Keswick): 4th V40 and 7th V50, Mike Walsh (Kendal): 7th V40 and 2nd V50, Kieran Carr (Clayton): 10th V40 and 9th V50, Barry Thackery (Dark Peak): 2nd V50 and 5th V60, Roger Bell (Ambleside): V3rd V50 and 6th V60, Fred Gibbs (Bingley): 10th V50 and 8th V60, Pete Skelton (CFR): 6th Open and 3rd V40, and Wendy Dodds (Clayton): 6th Open and 1st V40. And so on for other clusters.

In other words retaining a good performance amongst ones peers over *ten* years is not particularly unusual: but the purpose of this study is to see how many runners could maintain that level over the *twenty plus* years that the English Championship has existed and the answer, as we have seen, is very few: just six.

A Broad Church

This analysis of every runner who ever appeared in a Top 10 (sometimes less than 10 runners scored enough points to be listed in some categories) in the selected clusters of years ten years apart illustrates that only a handful of runners appear three times. So there are no blocks of the same top fell runners moving up the veteran categories picking up the medals as they reach each "age window". That is to say that the Top 10s are mainly made up of runners who had just a few good years although whether they were then diverted by injury, boredom or other opportunities even more attractive than fell running must remain speculation.

Graham Schofield - Half Tour of Pendle 1998

Photo © Pete Hartley

The position presented for women is similar to men although from some points of view women's fellrunning is jogging a decade behind the men. As the list at the start of this article shows there were no vet categories for women when the English Championship started and, by way of illustration, the number of women who completed the V60 Women's Championship (5) in 2008 is similar to the number of men a decade older who scored in the V70 Men's Championship (7).

Category Cornucopia?

It is self evident that year on year there are more older fell runners and this has been recognised with the introduction of new veteran categories over the last twenty years. In 1986 women could only compete as…well, women but in 2009 women can compete in Open, V40, V45, V50, V55 and V60 categories with the vivacious Sally Newman (Calder Valley) winning most of them. Well she isn't quite 60 yet.

Whether or not the introduction of 5 year categories in the English Championship was 5 steps too far can be debated; but that die is cast.

Gold Medals

Men

The Men's V40 and V50 Championships have existed since the Championship was established in 1986. With one outstanding exception, discussed below, there have been just 3 V40 double winners [Billy Bland (Keswick/Borrowdale), Bob Whitfield (Bingley) and Mark Roberts (Borrowdale)] and, so far, Ian Holmes (Bingley) has won it three times.

The V50 Championship has had 6 double winners [Danny Hughes (CFR), Don Ashton (Blackburn), Roger Bell (Ambleside), Peter McWade (CLM), Duncan Overton (Keswick) and Steve Jackson (Horwich)].

The V60 Championship has existed since 1993 and only Brian Waldie (Carnethy) has won it twice as has Alex Menarry (Durham) in the V70 Championship, established in 2004.

Women

In the years when Sally Newman (Glossopdale/Calder Valley) did not win the Women's V35/40 Championship there is a similar picture with Cecilia Greasley (Macclesfield), Glynda Cook (Rochdale), Nicola Davis (Borrowdale) and Elizabeth Batt (Dark Peak) being double winners. There has only been a Women's V50 Championship for seven years with three winners: Wendy Dodds (CLM), Maureen Laney (CLM) and Lynne Thompson (Keswick) but all four years of the V60 Championship has produced a different winner.

Which all suggests a broad and healthy

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range of different winners. However the record shows that the male veteran with *the* outstanding record and nine Gold Medals is Dave Neill (Mercia/Staffs Moorlands).

Dave Neill: Vet Supreme

Dave, in the ten years between 1996 and 2005, was only beaten once to the V40 Championship. This was in 2003 when he tied in second place to Mark Roberts. Then on becoming 50 in 2006 he won his V50 Gold Medal, still came an astonishing 2nd to Ian Holmes in the V40 Championship and was 6th in the Open Championship. This was a staggering performance by any criteria but, as the Appendix illustrates, during his period as a Vet 40 Dave had already had seven Top 5 places in the Open Championship demonstrating his supremacy as the greatest male English Championship V40 fell runner to date.

After 2006 most observers expected Dave to then go on to dominate the V50 category for a decade. The accompanying Profile, **Vet Supreme**, explains why this did not happen.

Gold and Dust

For this article I also spoke with the four younger (relatively) runners of the six listed under Twenty Years At The Top. For some, success has been sustained but for others, it has not and their personal comments are shown separately.

Graham Schofield (Horwich)

Graham, who was born in 1956, is one of the few runners to retain race success over twenty years which includes a British V40 Gold Medal for 1996. I asked him what his secret is?

Pete McWade (CLM)

Pete was born in 1946. He won his V40 Gold Medal in 1987 (he also won Gold in the British that year) and V50 Gold Medals in 1997 and 1998. He might have been expected to win a V60 Gold Medal in 2007; but he didn't. I asked him what went wrong and his comments are alongside.

Dave Spedding (Keswick)

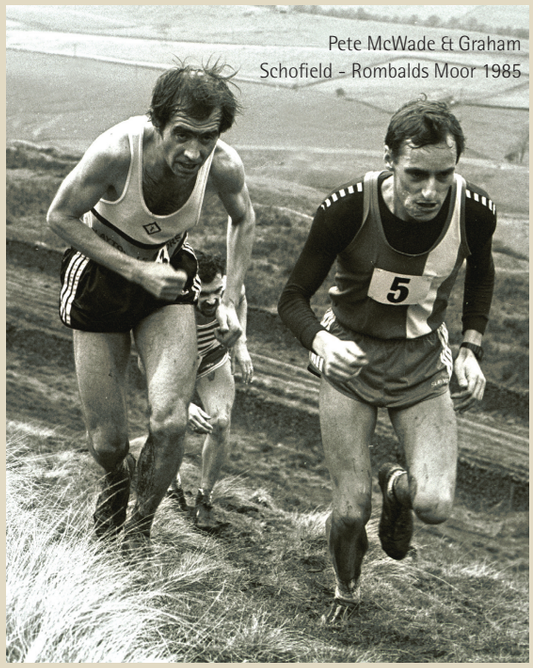
Dave was born in 1945 and he has been a top athlete all his life. He won a V40 Silver Medal (behind Pete McWade) in 1987, a V50 Gold Medal in 1995 and went on to win his V60 Gold Medal in 2006. He is also the only runner to win British Gold Medals at three levels: V40 (1990), V50 (1995) and V60 (2005 and 2006), a feat which no one has achieved in the English Championships.

I asked Dave what has gone so right for him and his comments are attached.

Ken Taylor (Rossendale)

At the 2008 FRA "Do" Ken Taylor was presented with the British and English Championship V60 Gold Medals but during the same evening he had let it be known, particularly to those peers against whom he had competed week after week in the

Graham Schofield



Pete McWade & Graham Schofield - Rombalds Moor 1985

Photo © Pete Hartley

"I have never stopped enjoying my running. I don't win as much as I used to but I still love the people and the places where we run. The only thing I don't like about the sport is the travelling because my job involves three hours travelling a day and long drives to Championship races have rather put me off them but since I plan to retire this year perhaps I will then feel differently."

Graham is well known for arriving at races early. "One reason is that I take 'warming up' very seriously, perhaps 30-40 minutes. I think runners can learn from the amount of 'warming up' cyclists do before time trials and on some of the shorter races I might arrive at the event a couple of hours before the start and jog round the full course.

Although I have probably had more health and injury problems in the last three years than the previous twenty, obviously staying injury free has helped me to remain competitive. I have a 'holistic', whole body, approach to fitness, i.e. it isn't just about being race fit so I do 20 minutes/day stretching, I do aerobics, core-strength exercises and cycle at least once a week.

I don't believe in 'junk mile' training. When I go training I ask 'How will this session make me a better racer?' whether it is fartlek or intervals or hill reps; but I rarely train for more than an hour.

I like to race a lot: over racing is better than over training. Too much training can make you stale. I used to do 40-50 races a year although currently it is around 30 but once I am retired I may be able to do more evening races. I also think runners could 'double up' more: if runners raced on both Saturday and Sunday they might be surprised how well they perform in the second race, although I consider it is important to eat (and eat!) well between the two days."

And finally he added "Yes, as you have pointed out in your article, I know I have been around a long time but so have, say, Gary Devine, Ian Holmes and Colin Donnelly and although I am a bit older than them I am not *too* old to be inspired by and learn from them."

Pete McWade

Pete McWade & Steve Breckell descending The Coppice during the Great Hameldon Hill Race 1986

Photo © Pete Hartley

"My problem goes back to a hamstring rupture whilst competing in the 2004 Noonstone race, which made me retire from the race. The Noonstone was the opening Championship counter that year and it was actually my first race back after I broke a metatarsal bone in my right foot during the Langdale race 6 months before. I tried to carry on my running afterwards but I couldn't ever really rely on my leg although I did run in three more 3 Peaks Races to achieve my 21 finishes. I am also proud that I held the V40 3 Peaks record for a few years.

I am annoyed that I can no longer compete but I really enjoyed my years of fell running. I've met many great people, made many friends and gone to places I would have never visited and I have been more successful than I could have hoped. I have always liked the family feel of fell races, very friendly but with a lot of rivalry between runners.

However I now spend my time cycling 2 to 3 hours a day in the Ribble Valley during the week and around Kendal and Sedbergh at the weekend, entering the odd bike race from time to time."

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BY **GRAHAM BREEZE**

Ken Taylor

"Fellrunning has been good to me. It has led me to race all over Europe and even in Tasmania and I am sure this has broadened my outlook on life and that of my family: both my sons, Carl and Brendon, took up fellrunning and Brendon is still winning races. I also think the camaraderie in fellrunning is special including the social aspect where fellrunners just enjoy having a good time. I consider myself fortunate in having the support of my wife, Dawn, for this running obsession.

I left school at 15 and didn't really do much running there beyond the usual XC activities and I only really took up running seriously when I was 28. I don't really understand how I have managed to last so long because I have always trained and raced hard and yet before my current illness I have only ever had one long period (12 months) when I couldn't run. I have never done a Bob Graham but I have trained up to 120 miles a week. Competition has been everything to me and I have never been satisfied with giving less than my best.

Although I suppose I am best known as a fell runner I have competed successfully in several Running/Sailing events like the Scottish Islands Yacht Race and the Three Peaks Yacht Race. I could also mix it on the roads and in my first Marathon in Edinburgh, which I ran without much road training, I was 14th in 2.30 on a very hilly course and was not too far behind the winner in 2.16. Later, I was on course for a 2.18 finish at London until I got a muscle spasm and started walking, for what at the time seemed ages, although I still finished in 2.33.

I have had some great wins: Marsden-Edale, Manx Mountain Marathon, Haworth Hobble (6 times), and the old 24 miles Buttermere Race. I won the Karrimor Elite Class with Robin Bryson but one of my proudest achievements was to come third in Borrowdale in 1984 behind Billy Bland and Kenny Stuart and ahead of Jon Broxap.

As I said, fellrunning has been very good to me and I am optimistic that when I get over this illness it will be again and I would like to say 'Thank You' to all those who have sent me messages of support during these testing times".

Ken Taylor & Jack Holt - Haworth Hobble 1990

Photo © Pete Hartley

Dave Spedding (Keswick) Fiendsdale 2005

Photo © Pete Hartley

Dave Spedding

"It's quite interesting to be identified as an "everlasting" runner because I am waiting, day by day, for a complete collapse of my body. I have literally been running from starting school in the 50's and saving my bus fare by running and beating the bus to school. This running for the sake of it kept going until my late teens when I took a 10 year gap working and qualifying as a Quantity Surveyor. I believe that lifestyle is the key to everything and at 28 I was introduced to squash and I then took up a 12 year squash career which played havoc with all parts of my body suspension kit.

My next lifestyle move was to Keswick in 1977, when I was 32, and life as a shopkeeper which eventually led me, via Ross Brewster (founder member of Keswick AC) and after success in early fell races, to think that instead of being only County level quality in squash I could be the best in Britain at fell running.

I have always had injuries and problems, but treatment from Dave Stones (a remedial masseur), starting in the mid 80's, has been a major factor in keeping me running. Dave told me to avoid running when my muscles were severely fatigued because your suspension system is then at its most vulnerable. Dave is a bit of a Bob Graham Round guy, but to me his message meant keep well away from this bizarre pastime and Ross and I are probably the main members of the Non-Bob Graham Round Club!

Early on I took a lot of notice of Billy Bland, especially when he and his cousin Chris Bland worked on our shop extension in the mid 80's, and Billy put a lot of emphasis on high mileage. The only problem was no-one ever told me about easing off and rest: well Billy wasn't going to tell me about that was he! So on reflection maybe a handful of race wins could have been a hatful!

Managing to retire at 55 after spending 50% of the previous 10 years in the south of France has certainly kept the life style emphasis to the fore.

In my view if you want to keep going for a long time forget the high achievement stuff and stick to 2 or 3 long races a year and treat the Bob Graham as a major health risk. All this stuff you read in *The Fellrunner* about running half-way round Scotland in 3 days - just forget it. Or be prepared to bow out at an early age.

Looking at the record of the English Championships I can honestly say that I have never really tried to win this because right from the outset, since Ross told me that I could be best in Great Britain, there was only one Championship for me. Obviously some of the English and British Championship races overlap and sometimes I have needed an extra turn-out from time to time and so I have ended up winning more English titles than I expected, despite the British being my main aim.

As I write I am still motivated to win my category, although I am now 4 yrs above the entry age, and I am not sure whether to give it up and be a nice husband or be happy that I am still competitive. I still have nightmares of giving the 2007 Championship away by missing the last race in favour of family duties.

But then for all my near misses, of which I have had many, I have always had some sort of sob story!"

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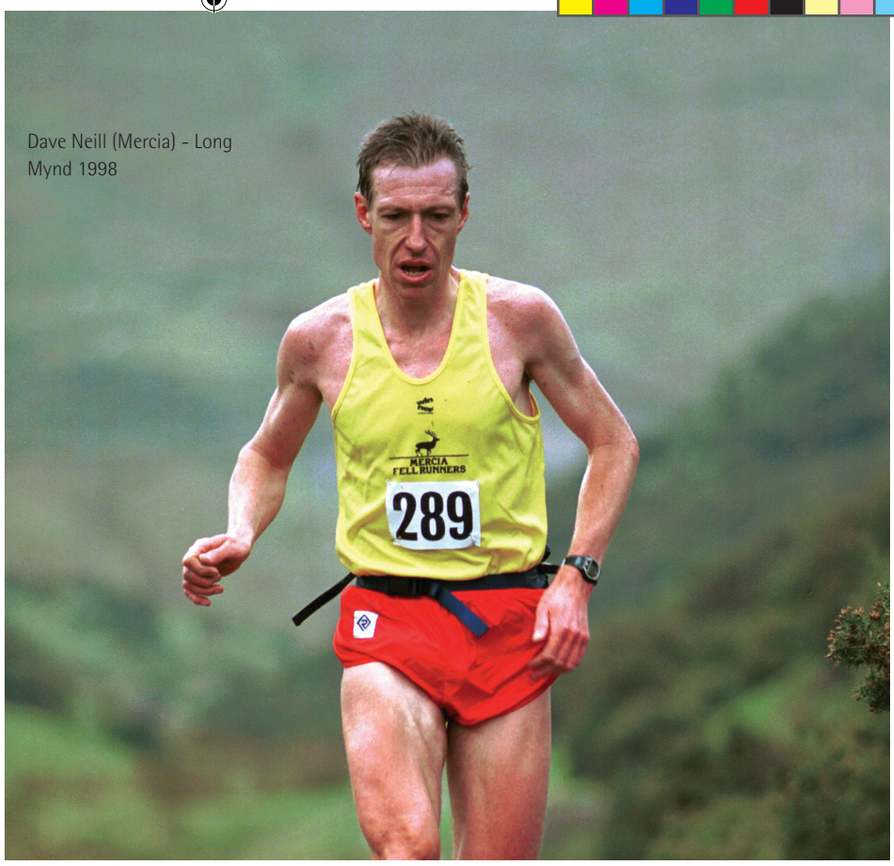

Dave Neill (Mercia) - Long Mynd 1998

Photo © Pete Hartley

V60 Championship, that he had cancer of the stomach. To hear that of anyone is a shock but to hear it about the man whom you have just seen collect two Gold Medals is staggering. Ken is very articulate about his fell running career and his recent illness and some of his thoughts are printed here.

"Of Course The Competition is Getting Tougher Every Year"

This excuse for a disappointing run is possibly offered by someone somewhere after every fell race; and probably always has been. However one criterion for examining its truth is to examine where the Gold Medal winners in each vet category come in the age category below. So if vet standards are generally improving the relative performance gap between, say, V50 and V40 should be similar because the improvement at V50 level will be matched by a similar improvement at V40 level.

The tables at the end of this article list all English Championship Veteran Champions and where they came in the age category below. They also include Open Gold Medal winners to provide the full picture. The emboldening identifies runners who have won a Gold Medal in a higher age category and, has already noted in the reference to Dave Spedding, no runner has won Gold Medals in more than two categories. Although if one were to look ahead that may well happen when Wendy Dodds can compete as a V60 in 2011 because Wendy has already won English Gold Medals as a Vet 40 and three times as Vet 50.

(The Top 10 data has been taken from *The Fellrunner* and it should be noted that far fewer runners were classified in the early years of the Championships and some tables do not list 10 runners).

The most impressive performances are those of Dave Neill and Sally Newman. Many of the great names of fellrunning are listed here with just one Gold Medal; and then we have Dave Neill and Sally Newman who both have 9 Gold Medals. Ian Holmes has 8 and even the great Wendy Dodds has only (!) 4.

The data for Vet 40 men suggests that in terms of their performance relative to the Open Championship there is less of a performance difference now than in the 1980s or early 1990s and there is a similar, but more marked, picture for V50 runners. The standard at V60 level is as high as it has ever been but so is the standard at V50 level and it is clearly difficult for a V60 to retain a level of performance that can also secure a Top 10 place as a V50.

The overall picture is different for women: there are just fewer women competing to fill the Top 10s, but what the tables do show is just how good Sally Newman is. To be Vet 40 Champion for the last seven years is impressive enough but to have come second in the Open championship and actually win it as a Vet 40 (even Billy Bland did not quite manage that in the English; although he did in the British) really establishes Sally as one of a kind. I would like to think that the Profile in the June 2006 *Fellrunner (Frustrated Pole Dancer)* recognised both her brilliance as a runner and her unique effervescence as a person whom it is always fun to be with.

As previously noted when the Championships started there was no V60 category but nevertheless it is apparent that the absolute standard of performance at V60 level is as high as it has ever been and similarly at V50 and V40, although not perhaps at the Open level. Records are falling at V60 level and V50 level etc as better runners arrive in these age bands but not to the same extent at the Open level or, in other words, fell running is indeed an ageing sport.

Gold and Gold Again

This review has focused on longevity. Worthy as winning consecutive Gold Medals in any category is, it is surely more impressive to win Gold Medals in two age categories. But focusing on Gold Medals does not provide the full picture and, for example, consider Gary Devine (P&B). Gary, whose Profile in the Autumn/Winter 2007 *Fellrunner* was entitled *A Tremendous Natural Talent,* won # the English Championship in 1989 when he was 23 and the British in 1990. Last year, 19 years on from his English Gold Medal, he won the V40 Silver Medal. Only a Silver because he now competes against the *Colossus* (February 2007 *Fellrunner*) that is Ian Holmes who in 2008 won his third V40 Gold Medal. Gary was, is and hopefully will continue to be a great fell runner but despite being someone I happen to admire and like, alas, his achievements must stay outside the scope of this study until, maybe, he is 50.

Absolutes & Relativity

It should perhaps be made clear that performance in this article has been mainly about performance relative to peers. Of course absolute individual performance inevitably deteriorates with age as explained in, for example, *The Lore of Running* (Fourth Edition) p80 onwards: Dr Timothy D. Noakes (Human Kinetics). However perhaps fell runners can overcome thoughts of performance decline and mortality with the knowledge that whereas it never gets easier for aging road runners to pound along the tarmac, fell runners can seize the opportunities of those long, glorious grassy descents to believe that they really are 21 again and that life as a fell runner can be just so damn *good*.

This Time Next Year?

The first draft of this study was produced in 2006 when 20 years of data became available (2001 being the missing F&M year) but I put it aside and waited until I had three years of data for each decade. What would the picture be if I had waited until 2009 and used data for quartets of years?

Well things could readily change and one or two of the names from the 26 listed above could reasonably finish in the Top 10 of their veteran category to join the elite group of 6 and I have privately speculated whom they could be. However given that, as already noted, the running careers of even the finest runners can come to a sudden halt it would be challenging fate to name them.

And So?

Simply, it is not unusual for top fell runners to maintain "Top 10" performance as a veteran over a decade or so but extremely rare for anyone to maintain that performance over twenty years. An obvious conclusion? Maybe so, but it is always reassuring to back up received wisdom with supportive data.

But to return to Ian Holmes: given our "obvious conclusion" even though he won the Open Championship in 1996 and 1998 (+ 2000/2/3) and the V40 Championship in 2006-08 is he likely or unlikely to win the V50 Championship in 2016 and onwards. And if not then who is?

Answers, as they say, on a postcard please?

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BY **GRAHAM BREEZE**

English Champions: Men

1986	Dave Cartridge	Bolton
1987	**Bob Whitfield**	**Kendal**
1988	Shaun Livesey	Rossendale
1989	Gary Devine	Pudsey & Bramley
1990	Shaun Livesey	Rossendale
1991	Gavin Bland	Borrowdale
1992	Brian Thompson	Cumberland FR
1993	Mark Croasdale	Lancs & Mor.
1994	Mark Kinch	Warrington
1995	Mark Kinch	Warrington
1996	**Ian Holmes**	**Bingley**
1997	**Mark Roberts**	**Borrowdale**
1998	**Ian Holmes**	**Bingley**
1999	Gavin Bland	Borrowdale
2000	**Ian Holmes**	**Bingley**
2002	**Ian Holmes**	**Bingley**
2003	**Ian Holmes**	**Bingley**
2004	Simon Bailey	Mercia
2005	Simon Bailey	Mercia
	Rob Hope	Pudsey & Bramley
2006	Rob Jebb	Bingley
2007	Simon Bailey	Mercia
2008	Rob Jebb	Bingley

V50 Champions: Men

			V40
1986	George Barras	Skyrac	
1987	Danny Hughes	CFR	
1988	Danny Hughes	CFR	
1989	Don Ashton	Blackburn	
1990	Norman Matthews	Horwich	
1991	Roger Bell	Ambleside	
1992	Don Ashton	Blackburn	
1993	Roger Bell	Ambleside	10
1994	Bob Toogood	Dark Peak	10
1995	**Dave Spedding**	**Keswick**	
1996	Antony Bland	Borrowdale	7
1997	Pete McWade	Clayton	
1998	Pete McWade	Clayton	
1999	Tony Hesketh	Horwich	6
2000	Duncan Overton	Kendal	3
2002	Michael Walsh	Kendal	
2003	Duncan Overton	Keswick	7
2004	Steve Jackson	Horwich	9
2005	Steve Jackson	Horwich	9
2006	Dave Neill	Staffs Moorlands	2
2007	Mike Egner	Dark Peak	10
2008	Mike Wallis	Clayton	

V40 Champions: Men

			Open
1986	Dave Cartright	Penistone	
1987	**Pete McWade**	**Clayton le Moors**	**9**
1988	Billy Bland	Keswick	2
1989	Andy Styan	Holmfirth	6
1990	**Tony Hesketh**	**Horwich**	
1991	Bob Whitfield	Bingley	10
1992	Billy Bland	Borrowdale	3
1993	Bob Whitfield	Bingley	
1994	Harry Jarrett	CFR	
1995	**Steve Jackson**	**Horwich**	
1996	**Dave Neill**	**Mercia**	**5**
1997	**Dave Neill**	**Mercia**	**4**
1998	**Dave Neill**	**Mercia**	**4**
1999	**Dave Neill**	**Mercia**	**5**
2000	**Dave Neill**	**Staffs Moorlands**	**5**
2002	**Dave Neill**	**Staffs Moorlands**	**7**
	Mark Roberts	Borrowdale	5
2003	Mark Roberts	Borrowdale	4
2004	**Dave Neill**	**Staffs Moorlands**	**5**
2005	**Dave Neill**	**Staffs Moorlands**	**7**
2006	Ian Holmes	Bingley	3
2007	Ian Holmes	Bingley	5
2008	Ian Holmes	Bingley	6

V60 Champions: Men

			V50
1993	Dave Hodgson	Fellandale	7
1994	Barry Thackery	Dark Peak	10
1995	**Laurence Sullivan**	**Clayton le Moors**	
1996	John Deardon	Helsby	
	Peter Duffy	Aberdeen	
1997	Harry Catlow	Dallam	
1998	**Peter Norman**	**Wrexham**	
1999	Brian Waldie	Carnethy	
2000	Brian Waldie	Carnethy	5
2002	Paul Murray	Horwich	10
2003	John Amies	Maclesfield	
2004	Geoffrey Howard	Ilkley	5
2005	Kieran Carr	Clayton le Moors	
2006	Dave Spedding	Keswick	6
2007	Dave Tait	Dark Peak	
2008	Ken Taylor	Rossendale	

V70 Champions: Men

			V60
2004	Gordon Booth	Longwood	
2005	Alex Menarry	Durham	
2006	Alex Menarry	Durham	9
2007	Laurence Sullivan	Clayton	
2008	Peter Norman	Wrexham	

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Maureen Laney (CLM)

Photo © Pete Hartley

English Champions: Women

1986	Carol Haigh	Holmfirth
1987	Vanessa Brindle	Clayton le Moors
1988	Clare Crofts	Dark Peak
1989	Clare Crofts	Dark Peak
1990	Cheryl Cook	Clayton le Moors
1991	Cheryl Cook	Clayton le Moors
1992	**Jacky Smith**	**Dark Peak**
1993	Carol Greenwood	Calder Valley
1994	Andrea Priestley	Fellandale
1995	Sarah Rowell	Pudsey & Bramley
1996	Sarah Rowell	Pudsey & Bramley
1997	Mari Todd	Ambleside
1998	Angela Brand-Barker	Keswick
1999	Janet King	Cumberland FR
2000	**Sally Newman**	**Glossopdale**
2002	Andrea Priestley	Ilkley
2003	Louise Sharp	Keswick
2004	Louise Sharp	Keswick
2005	**Sally Newman**	**Calder Valley**
2006	Natalie White	Bingley
2007	Janet McIver	Dark Peak
2008	Natalie White	Bingley

Veteran Champions: Women

			Open
1992	Jackie Smith	Dark Peak	1
1993	Cecilia Greasley	Macclesfield	3
1994	Cecilia Greasley	Macclesfield	3
1995	Nicola Davies	Borrowdale	2
1996	Glynda Cook	Rochdale	2
1997	Glynda Cook	Rochdale	4
1998	Jo Prowse	Keighley & Craven	2
1999	Nicola Davies	Borrowdale	2
2000	**Wendy Dodds**	**Clayton**	**6**
2002	Sally Newman	Glossopdale	2
2003	Sally Newman	Calder Valley	2
2004	Sally Newman	Calder Valley	2
2005	Sally Newman	Calder Valley	1
	Elizabeth Batt	Dark Peak	3
2006	Sally Newman	Calder Valley	4
	Elizabeth Batt	Dark Peak	8
2007	Sally Newman	Calder Valley	6
2008	Sally Newman	Calder Valley	3

V50 Champions: Women

			V40
2002	Wendy Dodds	Clayton	5
2003	Wendy Dodds	Clayton	
2004	Maureen Laney	Clayton	3
2005	Maureen Laney	Clayton	3
2006	Lynne Thompson	Keswick	5
2007	Wendy Dodds	Clayton	
2008	Lynne Thompson	Keswick	6

V60 Champions: Women

			V50
2005	Moyra Parfitt	Todmorden	6
2006	Jan Atkins	Chorley	7
2007	Shiela McNulty	Radcliffe	5
2008	Linda Lord	Clayton	8

Note Emboldening shows runner apears runner also appears in a higher Vet category.
4th column shows placing in the lower Vet category.

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BY **GRAHAM BREEZE**

Vet Supreme

A PROFILE OF DAVE NEILL

The Injury?

"In 2004 I became aware of a dull ache under both heels which I eventually recognised to be the tendon problem, plantar fasciitis (PF). The soreness continued during 2005 and whilst it never stopped me running I was experiencing discomfort even though I was following the usual treatments to alleviate the problems. I was obviously focusing on 2006 when I would be 50 and given my success as a V40 I saw 2006 as a new threshold and the opportunity to 'raise the bar' and establish a new bench mark for V50 running. By the Spring of 2006 the PF problems seemed to be behind me and so I took on the Championship season but by July I started getting soreness on the back of both heels which became worse and more limiting during the next couple of months. However I was determined to run the World Masters Mountain Running Championships in Switzerland which I did, finishing second and just four seconds behind the winner; and then six days later I ran Thievely Pike to complete the English Champs.

My final event was the 'FRA Relay' organized by Calder Valley FR on 14th October 2006 and on the day I ran the fastest Vets 4th leg. I then decided to have a serious rest for the first time in over twenty years of running. That relay has turned out to be the last time I raced because since then I have had continuous medical consultations, physiotherapy, MRI scans and following a diagnosis of 'retrocalcaneal bursitis', further rest and then calf-strengthening exercises.

The problem in my right foot, which was originally the worst, has cleared up but my left foot is still stopping me running because if I attempt just, say, a tentative 8 minute jog on grass the problem flares up again. At one point I was advised even to be careful with other activities such as gardening to avoid putting pressure on the bursa, which is the fluid sac between the Achilles tendon and heel bone!

I miss running; but I don't want to push things and exacerbate the problem ending up in a corner *knowing* that I will never run again. There is a psychological issue to delaying activity in case the result is incontrovertible evidence that my running days are over, yet, of course, I need to run to prove I can run!

So, I cannot run but on the other hand I can still cycle and walk and, of course, your lifestyle changes. In the past my leisure time was geared to the FRA Calendar, Championship races and training; all of which involved Karen and our children William and Becky because that would usually involve camping weekends away. But things are now different and the children have developed other interests and, for example, Becky (14) is very keen on badminton and William (17) runs on the track and cross country. In fact taking William to T&F events has opened my eyes because unless you are involved in those activities you are not really conscious that they exist in any real sense.

Of course I miss running and fellrunning was a part of my children's growing up but I have not yet given up hope that I can make a return so I can handle *not knowing* for sure that my running days are behind me.

So I have not written myself off yet!"

How Did You Start?

"I am a fun runner turned marathon runner turned fell runner. I had never done anything much at school in running terms and I watched the first London Marathon on TV in 1981 when I was 25 and I just decided to enter for the following year. So I started jogging and within just over a year, by way of the Buxton ½ Marathon, I had completed three marathons: Wolverhampton (3.30), London (3.07) and the Potteries (2.54). Realising that I had some ability I wanted to do better times and so I started to train more because I had run the first marathons on only around 35 mpw. Before I moved to the fells I finished ten marathons including London

Dave Neill (Mercia) - Long Mynd 1998

Photo © Pete Hartley

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Photo © Pete Hartley

Dave Neill (Mercia) & Mark Kinch (Bingley) climbing Robinson

CHAMPIONSHIP MEDALS			
1992	British Fell Running	Open	Silver (Joint)
1996	English Fell Running	V40	Gold
1997	English Fell Running	V40	Gold
1998	British Fell Running	V40	Silver
	English Fell Running	V40	Gold
1999	British Masters XC (Norwich)	V40	Gold
	British Fell Running	V40	Gold
	English Fell Running	V40	Gold
2000	British Fell Running	V40	Gold (Joint)
	English Fell Running	V40	Gold
2001	London Marathon	V45	Silver
	British Masters XC (Swansea)	V45	Gold
2002	British Masters XC (Mansfield)	V45	Gold
	British Fell Running	V40	Bronze
	English Fell Running	V40	Gold (Joint)
2003	British Masters XC (Irvine)	V45	Gold
	English Fell Running	V40	Silver (Joint)
	World Masters Mountain Running (Unterharmersbach - Germany)	V45	Bronze
2004	British Masters XC (Durham)	V45	Gold
	English Fell Running	V40	Gold
2005	British Masters XC (Bangor – N.Ireland)	V45	Silver
	English Fell Running	V40	Gold
	World Masters Mountain Running (Keswick - England)	V45	Gold
2006	British Fell Running	V50	Gold (V40 Bronze)
	English Fell Running Champs	V50	Gold (V40 Silver)
	European Masters Mountain Running (Unterharmersbach – Germany)	V50	Gold
	World Masters Mountain Running (Saillon - Switzerland)	V50	Silver

three times.

However the last time I did London was in 2001 which was really so the children could see me run and 'take part in the day' but I was 45 that year and so I did wonder how competitive I could be. I ran 2.34 and was 87th overall (and 2nd V45). It might illustrate something about the decline in British marathon running standards that in an earlier year (1985) I had run 8 minutes faster (2.26) but only finished 177th.

However the problem with road running is that it so 'samey'. The only thing that matters is one's time and although I could do a 31.30 10K and finish well to the front in races I knew that I was not truly competitive. Also road running is a matter of diminishing returns where you are eventually putting in more and more effort as you age; but your results are no better. So I decided I needed a new stimulus and that eventually became fell running.

I had run cross country in the winter and even done a couple of fell races on holidays in Wales and I had run in the 'Midlands' Wrekin fell race in 1985. Then in 1989 I took on the nearby challenge (Buxton) of the High Peak 40 and broke the course record by 20 minutes (5.10.40) and although I had won a few local road races I realised I had far more ability over fell terrain. So I moved to Staffs Moorlands A.C. (SMAC) in 1990 and started to train with Phil Bowler (who had run a number of Peak District and some Lakeland fell races) and was then introduced into the 'world' of fell running and joined the FRA. I did later run fell races for 7 years with Mercia as second claim club which enabled me to compete in team events (e.g. 14 consecutive FRA relays) but SMAC has always been my club. Although born in Manchester I have lived almost all my life in Leek, which is the home of SMAC, and even though a relatively small club I have never favoured joining a bigger club under a 'vest of convenience'.

There is such a contrast between road runners, who can be so image conscious and fell runners who are just likeable and friendly people. Even the greats of the sport like Ian Holmes, Rob Jebb,...they are always willing to have a chat. And then, of course, fell runners enjoy their sport in such beautiful countryside."

From The Wrekin to Championship Gold

"Once I had started fell running I became interested in the Championships and in 1991 Phil and I traveled to Southern Scotland where I ran my first counter: Screel Hill. Then in 1992 I shared the Open Silver Medal with Gavin Bland behind Steve Hawkins. I was winning local races but I think I knew I was not top flight and although traveling to British Championship races can be quite demanding, particularly with a baby (William born Jan 1992), I knew if I did all the races I could pick up Championship points through consistency.

I think there is an element of 'learning one's craft' in fellrunning, which is just not like the roads, and by 1995 when I knew I was still competitive (completed 17 fell races with 9 wins) I was looking forward to competing as a V40 in the British and English Championships in 1996.

However in the autumn of 1995 I developed sciatica which, whilst it did not seriously affect my running, did hurt when I was sitting and sleeping. Eventually I went for a course of very intense traction treatment and fortunately this progressively cleared up the problem by Summer 1996.

So in 1996 the first counter arrived. It was the Wrekin. But I forgot they had moved the race to a Saturday from the normal Sunday. I had missed it! So no British Championship for me that year since the format then was 3 races from 4 and the short race had gone. The phrase "How could I be so stupid?" comes to mind. However I did manage to get to the other English short counter and won the English V40 Championship.

In 1997 I got pleurisy days before the British short counter race so no British for me that year either, although I won the English again.

In 1998 I won the English for the third time but in the British Malcolm Patterson just ran better than me when it mattered most and I ended up with the Silver Medal.

In 1999 and 2000 I finally managed to win both the English and the British. Then 2001 was F&M year and by 2002 I was aware that I had established a continuous winning streak in the English Championship and I wanted to see how far I could stretch it and so focused on that and rather forgot about the British Champs. I was also very conscious for 2002 that Mark Roberts would turn 40 and so I certainly never thought that I would go on to win 8 V40 Gold Medals. In fact in 2002 Mark and I shared the trophy, in

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BY **GRAHAM BREEZE**

2003 Mark won it outright and I shared second place with Malcolm Fowler (Pennine) but then Mark was injured in 2004 and I won the Gold Medal for the final time in 2005.

Injury in a rival is an interesting emotion: you have sympathy for your rival as a runner, but you also know that their injury may improve your own chances!"

How Do You Win?

"I think I am an all-rounder. I just don't have the talent of Gavin Bland or Simon Booth to skip over rocky terrain and so I think medium races like Fairfield , Anniversary Waltz and Buttermere Sailbeck are more my forte, rather than the long Lakeland races. It is races which involve several climbs or are undulating and allow for good fast ridge running that I remember as my good runs. Events where I can get into my rhythm.

I think I am a marginally better descender than climber but I believe as you age your mind set changes and you lose confidence, particularly on technical descents. But I know I have good leg speed and can usually pull out a sprint if I have to at the end of a race.

With regard to the long Lakeland races there is an obvious disadvantage in living in Staffordshire because I cannot easily pop out of the front door to recce routes and I have learnt over the years that route knowledge can be vital when Championships can be won or lost by a single point.

However I remember Ennerdale in 2000 when I knew I had to run well to beat Colin Donnelly in the V40 British Championship and I had to work very hard throughout to keep with some of the leading runners, who knew all the best lines. I dragged myself round and came in 10th overall and 1st Vet in a demanding race which I consider to be my best result in a classic long event."

And A Bad Memory?

"I did not finish my only attempt at Wasdale in 1997 and it is my only DNF in 277 fell races. I had come back from holiday and I was not really properly prepared. I was having a bad time around Gable and *three* Vet 40 runners went past me. My pride was hurt, I thought 'That's it. I'm dropping out' and I spent an age walking back to the finish where my family was proudly waiting, expecting me to race down the final descent, when I walked up to them from behind. Of course I should have carried on and I still regret it."

Bob Graham? "No. It was never on my radar although some of my club mates have done it. I was just too focused on other things".

Teams, Internationals & Cross Country

The essential nature of running is selfish and it is not really a natural team sport. However Dave was quite eloquent about the pleasure he had felt whether running for his club in relays or his country at Knockdhu or Snowdon: "I was particularly pleased to run for England 'A' at Snowdon in 2000 because I was 44 but had made the team on merit. I actually think I was running at my best in those years, for example, in 1998 I ran the most races ever in a calendar year (35) which included my road half-marathon PB of 1.08.41 when I won the Stafford event in March which I entered on the day as my focus was on preparations for the forthcoming fell race season!

However when you run on the fells you can easily believe you can still run better, you can rationalise away poor performances, the wind, wet underfoot, went off-course, etc, but on the roads you cannot. The watch does not allow you to deceive yourself!"

Dave has also run successfully abroad and, of course, took his family with him to the World Masters Mountain Running Championships in Austria, Germany, Italy & Switzerland. And he took advantage of the "up & down" course when the WMMRC were held in Keswick in 2005 to win the V45 Gold Medal even though he was almost 50.

Dave left the roads for new challenges on the fells and as time has gone on he has similarly extended himself beyond pure fellrunning 'to measure himself against the best' and won the British Masters XC Champs once as a V40 and four times as a V45.

It is not the purpose of this Profile to be a catalogue of race wins but those who know Dave solely from his fell running might be surprised at the breadth of his experience and success, not least because he did not even get off the TV couch until he was 25.

However the attached table lists the Championship Medals Dave has in his drawer.

Why Me?

I commented to Dave that one of the endearing qualities about some of the outstanding fell runners I have talked with has been their modesty and, for illustration, I mentioned Angela Mudge and Ian Holmes. Dave commented that he had never raced against, say, Billy Bland or Kenny Stuart, and so from his experience he felt that if anyone should be an inspirational figure for the sport it was Ian: "Ian is, of course, about 10 years younger than me but I have always enjoyed racing against him and your best races are when you are under pressure, not when you have an 'easy win'.

And Ian just seems to go on and on adding to his medal haul year by year and even winning the 2009 English Championship counter Half Tour of Pendle outright a few weeks ago at the age of 43!" And Dave added that whilst he has 9 English Championship Gold Medals, "Ian isn't far behind with 8 at the moment and *he* is still running."

Dave observed "I have never actually believed that I have any special talent for running. In fact I have thought that if I can do this then why cannot everyone? I wasn't especially talented at running at school and so if my success is down to anything it can only be as a result of my ambition and drive. And then *I* look up to someone like Colin Donnelly and wish I could have achieved what *he* has done."

So What Do You Do With All That Spare Time?

Dave Neill (Staffordshire Moorlands - England) M45 WMasters Champ 2005

Photo © Pete Hartley

"Well I do still work for a living" (as the IT Manager for Kerrygold which has a cheese packing plant in Leek) "and we have only lived in this house for three years so there is a garden to sort out and bathrooms to change and so on. I have to walk the dog and then we have two children!"

Three Cream Cakes

Dave and Karen are delightful people and they repeatedly referred to the past family involvement in Dave's racing programme. They also tactfully refrained from pointing out that I arrived for the meeting precisely one hour late and later laughingly suggested that perhaps Hawksworth was in a different time zone from Staffordshire. Karen nevertheless forgave me and produced a plateful of cream cakes. After watching me eat three of them Dave, who had claimed that he had not put on any weight (5'10", 11 stones) since he stopped running: "I am very disciplined and I never snack", felt that he had to eat at least one cake to spare my blushes.

When I was thinking of approaching Dave to produce a Profile for *The Fellrunner* I spoke with runners whose views I respect about my idea of recording Dave's magnificent achievements in case he became a "forgotten man". In all cases the immediate response I received was that I should go ahead and that Dave was one of the nicest people in fellrunning.

He is and I hope he can get back to racing.

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Fell And Mountain Running UKCC Level 2 Coaching Qualification (FMR2)

Venue: TBC

Dates: The weekends of September 12th/13th & November 14th/15th

Course: The course will include theory and practical elements over the 4 days with assessment taking place at a later date. If you pass you will be qualified to Level 2.

Cost: £160 per person. Clubs affiliated to England Athletics may be able to apply for funding to cover the cost from their local Development Group.

Further Information: All enquiries and booking forms to Graeme Woodward at 16 The Brook, Mytholmroyd, Hebden Bridge, HX7 5ED .
Tel: 01422 885185. Email: graemewoodward@hotmail.com

Qualification questions: Contact Graeme Woodward (CVFR) on graemewoodward@hotmail.com or 01422 885185.

Status: This is not a pilot, its the full blown UKCC qualification.

There will be a maximum of 20 on the course, so first come first served!

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BY **BILL SMITH**

Junior Fell Racing

IT'S ORIGINS AND DEVELOPMENT (PART ONE)

In these days of widespread child obesity and the banning of competitive sport by some schools, not to mention such distractions as computers and television, it is heartening to see the healthy turn-outs at junior fell races and particularly to witness the enthusiasm and determination on the faces of even the youngest competitors.

Yet this branch of fell racing is by no means a modern development but harks back to the early days of our sport. Ernest Dalzell, the Keswick gamekeeper and outstanding guides racer of the ten years prior to World War One, in which he lost his life, was fourteen when he began pitting his speed and agility against his brothers and mates in informal contests. George Woolcock, Lancaster-born but then living in Langdale, was a champion of the early 1920s whose career began at the 1914 Outgate Sports, near Hawkshead, aged eleven, and graduated to senior racing only five years later. Ronnie Gilpin, the Braithwaite runner who dominated the sport during the 1930s, first competed at his village Peace Celebration Sports in 1919 as a ten-year-old sprinter, wrestler and high-jumper, while his contemporary, Joe Conkey of Lorton, became the first runner to win both the junior (1930) and senior (1935 and '38) guides races at Grasmere Sports.

The Grasmere junior guides race had been inaugurated in 1920, initially for U16s, though after World War Two the age limit was raised to U17, with U14, U12 and U9 categories being introduced over the last 25 years. Two farmers from Seathwaite in Dunnerdale, Tyson (known as "Tyke") and Chris Hartley became the first father and son to both win the junior race at Grasmere, triumphing in 1939 and 1971/2 respectively. Stuart and Paul Fleming from Backbarrow, who competed as juniors at Grasmere during the 1980s, with Stuart emerging victorious on three occasions, were the great-grandsons of Jim

Photo © Bill Smith

Main pic: Late 1990s. Jonathon Hinde of Grange-in-Borrowdale, winner of the Borrowdale Junior Fell Race, approaching the turning point. The marshal on the right is Rod Pilbeam. Top right: Judith Bray (Holmfirth) negotiates the wall at Harden Moss, 1979.

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Fleming, the Backbarrow charcoal-burner who was a rival of Ernest Dalzell's and winner of the Grasmere senior race in both 1911 and 1912. Burton-in-Lonsdale farmer Tommy Sedgwick (formerly of New Hutton) first emerged onto the junior scene at the 1964 Sedbergh Gala, aged 14, and immediately demonstrated the daring descent style which soon became his trademark by turning in sixth position on the slopes of Winder to then overtake all his rivals coming down. Tommy's daughters, Judith (now Mrs. Marshall) and Helen (now Mrs. Isley) have enjoyed success both as juniors and seniors, with Helen now competing as an amateur with Ilkley Harriers and having won the Three Peaks Race in 2006.

A championship for junior guides racers was introduced around 1969/70 and ten years later came under the jurisdiction of the Northern Sports Promoters Association, thence under that of its successor, the British Open Fell Runners Association (BOFRA), in 1985. Several athletes who learned their trade in junior guides races went on to become FRA champions, including Dave Cannon (1972), Alan McGee (1977), Kenny Stuart (1983/84/85) and Gavin Bland (1999), while perhaps the most successful girl to emerge from the BOFRA ranks has been Victoria Wilkinson (Bingley) from Hebden in Wharfedale, a multiple champion under both codes who is now a highly-regarded international mountain runner.

Start of the junior fell race at the 1996 Quernmore Sports.

Pro/Am Problems

This subject was covered in the Roger Ingham profile in the Summer, 2007 *Fellrunner* but further discussion of it here may be of interest.

Upto 1985, juniors were allowed to compete at so-called 'professional' sports like Ambleside, Grasmere and Kilnsey upto the age of sixteen before needing to make a choice between a professional or amateur career. Between that year and 1992, when the whole farcical pro/am controversy was finally abolished (top "amateurs" on road, track and country having for years been able to enrich themselves with appearance money in the form of "expenses", etc.), children who competed at any age in "professional" events (where small cash prizes were offered) were being barred not only from joining an amateur club but even, in many cases, from representing their school at sport.

Philip "Pip" Ledward, son of that renowned mountain man Ken Ledward and his wife Liz, now of Newlands but then of Seathwaite in Dunnerdale, won the juvenile guides race (U17) at Ambleside Sports in 1977. He then paid the penalty for this by being banned from representing his county after gaining selection for this honour.

John Morgan of Kendal is Secretary of the Lakeland Sports Promoters Association and though chiefly a [grass] track runner and coal-carrying championship contender during his long athletic career, also competed in fell races on occasion, including an early Mountain Trial and Fellsman Hike. During the 1970s, John was coaching his daughter Tracy and her friend Mandy Elvey, also of Kendal, along with other girls at some sessions. In 1978, Tracy was one of six girls at Longlands School, Kendal, to be banned from competing against classmates at sport because they were known to have run at Grasmere and Ambleside, etc., and were therefore deemed to be "professionals". John wrote to the Ombudsman about it, resulting in both Cumbria County Council and the Amateur Athletic Association agreeing with his views on the matter and conceding that the teachers had misinterpreted the rules. The teachers were not too happy with this verdict, however, and threatened John with legal action! As he commented at the time: "All children should be treated alike at school, merely as schoolchildren and not as amateurs and professionals."

The main climb begins in the Five Cloughs junior race on Pendle, c. 1990.

Early Amateur Races

Probably the oldest junior fell race to be held under AAA Laws is the Dales Lads' Fell Race which was introduced at Burnsall Feast Sports in 1938, involving one mile and 527 feet to the fell gate and back, the winner being Frank Marsden from nearby Hartlington in 10.48. The senior fell face at the Sports had been run professionally for around 50 years upto 1931, since when it has been held under the amateur code, and the aforementioned Dave Cannon from Appleby-in-Westmorland, a member of Kendal AC, became the first lad to win both the junior (1966) and senior (1970 and '72) races, setting new records on each occasion.

Other Pennine village sports and gala days such as Outlane and Marsden, near Huddersfield, and Blacko, near Colne, may have included amateur junior races during the 1930s, though not specifically under AAA Laws. T.P. "Pat" Campbell (Salford Harriers) from Chapel-en-le-Frith, Derbyshire, an international steeplechaser and multiple winner at Rivington Pike, Eccles Pike and Burnsall during the 1930s, first competed at his local Combs fell race as a 16-year-old, finishing second among the seniors. Other Peak District events like Bamford, Bradwell and Hope, which all originated in the late 1940s, and the older race at Eyam (where Campbell also triumphed), may well have included a junior race, too.

When Blacko Sports Day was revived in 1956, the senior race to the Tower and back, around

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BY **BILL SMITH**

two miles and 300 feet, was won by 15-years-old Michael Stansfield. This course was later confined to juniors only, with the seniors running a longer cross-country route that included the Tower. Further south in Rossendale, the Musbury Tor Mile (including 600 feet ascent/descent) was revived in 1958 with both senior and junior races, the latter being won by local lad Stanley Raby from ten other runners, and Stanley went on to complete a hat-trick of victories before placing third among the seniors in 1961.

Northumberland's Chevy Chase, which dates back to 1955, was originally designed for walkers only, with a separate fell runners' class being introduced twelve years later. There had been a shorter walk for juniors since 1959 and a junior fell race was inaugurated in 1967 along with the seniors' event, covering a nine mile route to The Cheviot via Broadstruther and returning via the Hawsen Burn Bridge in the Harthope Valley. The winner that year was D. Gray of Morpeth Harriers from his clubmate Dick Tinlin, who had paid a ten minute penalty for failing to visit the true Cheviot summit, along with two others. Tinlin, who later became an early member of the FRA (No. 58), won the 1969 senior race and a year later triumphed in the Ingleborough fell race promoted by Lancaster University cross-country club for students only. The 1970 Chevy Chase was held on a bitterly cold day, with snow on the tops, and one competitor in the junior race, John Hogg of Barrow AC, collapsed from exposure 300 yards from Cheviot summit and was brought down by mountain rescue personnel and taken to Berwick Infirmary, where he eventually recovered.

During the late 1960s, there was a junior Ingleborough race from the Hill Inn at Chapel-le-Dale, run in conjunction with the Three Peaks Race, which had used that venue from 1954 to 1974. In 1969, the juniors were re-routed up Whernside, with Dave Cannon winning the 1970 and '71 races. He also triumphed in the senior race at Slaithwaite Brass Band Carnival, near Huddersfield, in 1970 and the following year was first back in the inaugural junior race at the Ennerdale Horseshoe, following the senior course to Red Pike before descending to Gillerthwaite and following valley paths back to the Scout Camp. From 1972, however, the juniors' objective became Crag Fell, the final summit of the Horseshoe, and Cannon's clubmate, Colin Wappett, was first back, Cannon himself finishing third in the senior race. That year's runner-up, Harry Jarrett (Barrow), won the

Above: Sedburgh Hills 1989: Jonathan Taylor (Clayton) and Jason Wild (Pendle) on the initial climb from Lockbank farm in the junior race.
Below: Victoria Wilkinson approaching the summit of Lingmoor in the 1995 Three Shires junior race.

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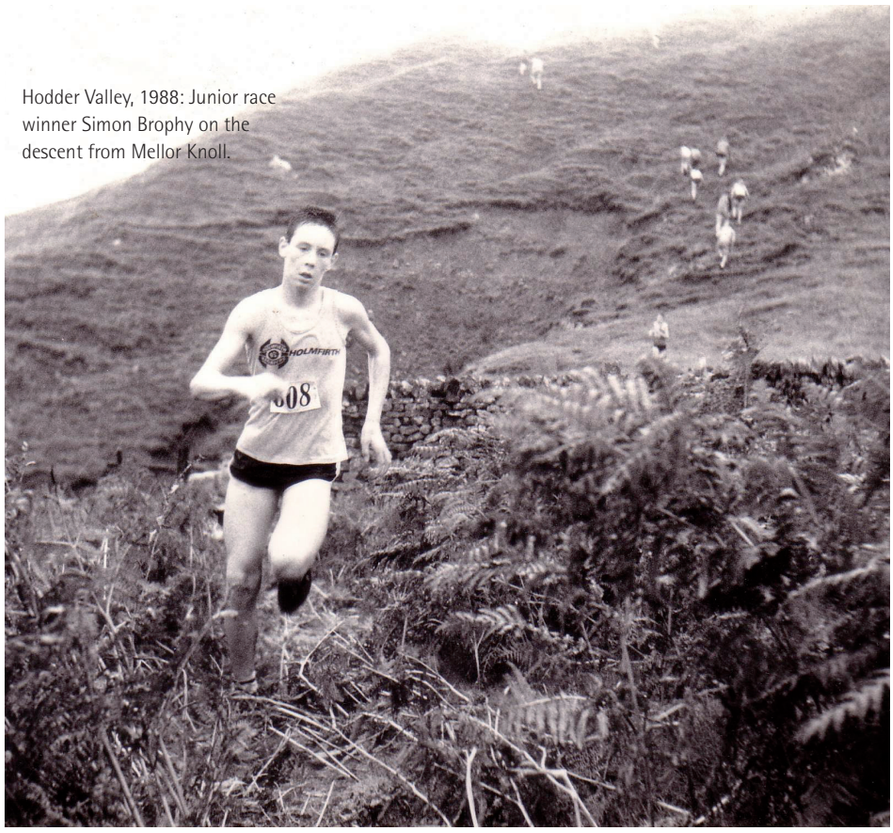
1973 junior race from another West Cumbrian, Alan McGee (later to join Keswick), and the latter went on to win the next four races, eclipsing his 1977 victory by winning that year's senior FRA championship, having just turned 20.

In 1973, the Lake District Mountain Trial Association introduced a junior Latrigg fell race to be run in conjunction with the Skiddaw race, which it then organised along with the Mountain Trial and Fairfield Horseshoe, and the following year the Cumberland Fell Runners Association promoted its inaugural Kinniside fell race (then 9m/3000') at Cleator Moor Sports. Local lad Alan McGee, then 17, won the junior race up and down Dent Fell and then embarked on an unbroken run of five victories in the senior race, 1975/9. Alan was trained by the professional [grass] track runner, Bill Niles. 1973 had also witnessed the first Wansfell race and in the following year's U18 event, run halfway up and down the fell, another highly-promising junior, Brian Robinson (Kendal) led at the turn, only to be passed by descent specialist McGee coming down. Brian had already won at Grasmere, Burnsall and Kilnsey that year, however, and he returned to win Wansfell in 1975.

The fourth Carnethy hill race (then topping Scald Law and Carnethy only) in 1974 saw Danny Knowles (Edinburgh AC) gain the first of two victories in the junior race up Carnethy. Two years later, another junior, Danny Buchan (Aberdeen), was up with the seniors in the run out to the hill and apparently got so carried away, he missed the junior turn-off to Carnethy and so continued with the seniors. 1974 had also seen the Three Peaks Race venue being moved from Chapel-le-Dale to Horton-in-Ribblesdale to accommodate the increasing number of competitors and Ingleborough then became the target of contestants in the junior race, which six years later was re-routed up Penyghent. Victory on this latter occasion went to Rossendale's multi-talented David Lewis, who progressed to become an international all-rounder.

When Ken Ledward organised the first Duddon fell race in 1978, he included a shorter course for juniors and ladies (11m/3000') over Caw and White Pike to Dow Crag and back. Sue Parkin (Airedale and Spen) was the first lady back in 1.48.00, a time also recorded by the first junior, Steve Tosh (Rochdale), with Phil Ledward taking runner-up spot. Steve, who is the father of Rossendale's present-day U18 athlete, Sam Tosh, finished second to Graham Huddleston (Millom) in the junior orienteering event on the Sunday a year later, Huddleston also having triumphed in the junior fell race the previous day, while in 1980 Steve's brother, Darren Tosh (also Rochdale), was first back in the junior fell race.

A couple of months after the Duddon's launch in 1978, the CFRA inaugurated the Burnmoor Loop (4½m/600') for juniors at the Wasdale fell race and this climaxed in an exciting sprint finish in which C. Graham (Egremont) prevailed over Darren Tosh after they'd covered most of the descent together. This course was replaced by a shorter one (1½m/1000') upto the wall on Lingmell Nose four years later, with another West Cumbrian, Gary Byers (CFR), taking the honours.



Hodder Valley, 1988: Junior race winner Simon Brophy on the descent from Mellor Knoll.

1979 witnessed another "first" for the CFRA when it staged a Northern Counties AA Championship race (14m/5000') from Honister pass which would six years later be replaced by the Sail Beck Horseshoe. A shorter route (8m/2000') for juniors climbed to High Spy before descending to Little Town in Newlands and then returning, and this saw Ian Rawlinson (Blackpool) scoring a five second victory over Albert Sunter (Horwich).

1979 also heralded the first amateur Butter Crags race over the Grasmere Guides course and the accompanying junior race was won by J. Mountain (Bingley) from David Bulman (Keswick), son of the late guides racer John Bulman, another of whose sons, James, now competes for the North York Moors club, having previously represented Borrowdale. An amateur Skipton fell race, launched in 1980 hosted eight junior events and other junior Pennine races which surfaced during the FRA's formative years included Black Lane Ends, Great Hameldon, Great Hill, Hades Hill, Saddlewoth and Turnslack, plus the Wrekin, which advertised itself as "the Midlands' first true fell race" (following the Worcestershire Beacon and Milford "21" which had appeared in early FRA calendars). Besides Carnethy, Scotland also had Knockfarrel and Liddesdale.

(To be concluded in the Autumn issue.)

The Dale Lads Fell Race, Burnsall, 1974. Brian Robinson, lying 3rd here (in the white vest) was the eventual winner.

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BY **TOM BRUNT**

100 Not Out

THE FIRST HUNDRED YEARS OF HOLMFIRTH HARRIERS

It is a truth universally acknowledged that Holmfirth immediately conjures up images of scruffy old men pushing an even scruffier old man downhill in a wheeled bathtub. I refer of course to the long-running BBC series, *Last of the Summer Wine*, which is set in this beautiful corner of West Yorkshire on the northern fringes of the Peak District. Some of the younger readers may be unfamiliar with the cultural gem – you have missed out.

Less well known, to the general public at least, is Holmfirth Harriers Athletic Club, which has just celebrated its centenary. For a hundred years the amber vests (although they were black in the early days) of Holmfirth runners have been putting their best feet forward on the country, the roads, the track and of course most importantly over the fells.

THE EARLY DAYS

With the aptly named Black Hill only a few miles from the centre of the village it is little surprise that fellrunning features prominently in the club's history. However, in the early days cross country seems to have been the preferred form of competition. But these were cross country races in the true sense of the phrase – not the tedious laps of parks and playing fields that we have today. These early races ran across farmland tackling streams, hedges and other obstacles en route. This tradition has been maintained in the famous Tinker Cup, a Holmfirth club race which is almost as old as the club itself, and always takes place on the Saturday before Christmas Day. It is alleged that it crosses fifty obstacles in its six mile route, and it remains a rite of passage for any Holmfirth runner.

The area's first recorded fell race took place in 1932 with a race to the summit of Pule Hill and back, presumably from the nearby village of Marsden. It was won by Norman Haigh, the club's most successful runner from this period. 1937 saw the first running of the Harden Moss Fell Race (also known as the James Blakeley Fell Race) which is still in the fell calendar some 72 years later. In the early days of the sport, when there were far fewer races than there are today, this race often attracted many of the country's top fellrunners.

THE GOLDEN (OR AMBER?) ERA

After the war the club went through a lean period and membership dwindled to dangerously low levels. There was however a gradual increase in activity through the 1960s, with Holmfirth runners competing at Lantern Pike and the Three Peaks. In 1970 the team of Martin Seddon, Edward Crosland and Trevor Ramsden were 3rd at Skiddaw – the first senior men's team success since the war, and the start of a golden era which lasted throughout the 1970s and 1980s. It was soon bettered when Seddon and Ramsden were joined by Roger Bradley to win the Burnsall Classic later the same year. The men retained this team title the following year and there was continued success for the men's team throughout the next few years.

1974 saw the emergence of Andy Styan who was to become Holmfirth's most successful fellrunner. Even in these early days Styan had the descending ability which was to become his trademark, and he put it to good use with a startling victory over some of the top fellrunning talent of the day at the Burnsall Classic. His winning time was the third fastest time ever. There was also great strength and depth in the club at this time, illustrated in 1975 with victories for the men's team at Fairfield, Saddleworth, Harden Moss, Skiddaw and Burnsall. Prominent in these team wins were Martin Seddon, Allan Buckley and Graham Ellis who went on to achieve great things over the country and on the roads.

Another major talent burst onto the scene in 1976 in the form of Ian Roberts who won the Goatfell race on Arran setting a new record in the process. He then went one better, knocking ten minutes off Joss Naylor's Wasdale record with a winning time of 3.38.35, beating Mike Short, the previous year's Fellrunner of the Year, into second place. Later in the year Roberts also won Tanky's Trog (Marsden to Edale) again in a new record time.

1977 and 1978 followed a similar pattern with Styan starting to make his mark in the long Lakes classics with wins at Langdale, Ennerdale and Wasdale, and Roberts winning Skiddaw, Ingleborough and retaining his Tanky's Trog title. Two third place results are also of note – Roberts at the Three Peaks and Styan at Ben Nevis. These were easily the best ever performances from Holmfirth runners at these high profile races.

The stage was clearly set for a serious assault on the Fellrunner of the Year title – the precursor to today's British Campionship. All category A races could count as championship races and runners had to count their best 10 results which had to include three shorts, three mediums and three longs. This made the championship a real war of attrition – over the 1979 season Styan raced 36 times, 22 of them in category A races. He notched up 13 wins and 11 other top five finishes. The wins included Edale Skyline, Kentmere, Goatfell, Penyghent, Chevy Chase, Ennerdale (new record), Wasdale (new record), Mytholmroyd and perhaps most famously Langdale. At Langdale Styan already had maximum points from long races but ran to try and prevent his closest rivals (Billy Bland and Mike Short) from improving their long race points. The record that resulted (1.55.03) has well and truly stood the test of time and perhaps will remain in the calendar for another 30 years? The Championship still went down to the wire, with Billy Bland needing a win at the last race (Wansfell) to clinch the title. Thankfully, from a Holmfirth perspective, he could only manage 3rd so Styan was duly crowned Fellrunner of the Year – the greatest fellrunning achievement in the club's history

1979 saw the tragic death of Ian Roberts, killed in a climbing accident in the Dolomites when he was struck by lightning. Earlier in the year he had finished second at the Three Peaks and was planning an attempt at the Fellrunner of the Year title for the following year.

Moving into the 1980s, Styan continued to record some notable victories (such as Duddon in 1980 and Jura in 1983). However, the next few years were generally not quite so successful for the Holmfirth men. Their next major successes had to wait until 1989 when Styan took both the British and English V40 titles and the men's team were second in the British and third in the English championships.

Meanwhile a new star arrived in 1982 when Carol Haigh (later Carol Greenwood) recorded her first fell race wins at Darwen Moor, Chevin, Ingleborough and Frodsham. She maintained this success throughout the next few years and was also an England international on the roads and country. She became dominant on the fells, particularly in the short and medium races and set a series of records which have proved very difficult to erase form the calendar. It is a sobering thought that many of these times are not bettered by many men today. In the 2008 calendar she still holds 27 race records, set between 1983 and 1995. Her equally strong road and cross country pedigree meant that she was ideally suited to the mountain running events in Europe, and perhaps her finest achievement

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Andy Styan showing his descending skills on his local hill – West Nab

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BY **TOM BRUNT**

The successful 1986 Pennine Way relay team

Carol Haigh at Latrigg

came in 1986 when she won the World Cup Mountain Race at Morbegno in Italy.

To maintain the success of the 1970s and 1980s there was a concerted to effort to recruit some keen and talented juniors to take on the baton. Between 1987 and 2005 a succession of Holmfirth runners won Junior and Under 18 English Championship fell titles including John Taylor, Geoff Hall, William Styan, Mark Buckingham, Helen Berry, Lisa Lacon, Lucy Griffiths and Natalie White. This coincided with a dramatic improvement in the club's facilities when the distinctly spartan huts were replaced with a modern pavilion in 1998.

John Taylor went on to have great success as a senior both on the fells and in cross country and duathlon, later running for Bingley. His records at the Roaches and Two Breweries still stand – in the latter case despite the less than ideal pre-race preparation of a 10pm pizza and a night in team-mate Chris Beadle's van. Tragically John Taylor died in 2002 aged just 33 from a heart condition called cardiomyopathy.

RECENT YEARS AND THE CENTENARY

Over the last few years there has not been success to match that of the 1970s and 1980s, although a small but committed band of runners have kept the amber vests running on the fells. Andy Hauser has been a regular winner of the Manx Mountain marathon and has performed with distinction at the Three Peaks for many years. Andy Shaw won an England vest as a V40

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Ian Roberts

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at Knockdhu and has also won long races such as Tanky's Trog and the Laugavegurinn in Iceland. His regular partner in crime, Julian Rank, has also won Tanky's, Holme Moss and took the Lakeland Classics V40 title. Recent incomer (or comer-in as many of the true locals would say) Tom Brunt has also developed a taste for the Lake District races and long Pennine slogs.

It is fitting that the club's centenary year, 2008, was marked by successes in the English championships with Tom Halton winning the boy's U14 title and club stalwart Bill Wade the V65s. The club's centenary was celebrated through 2007 and 2008 with a variety of events – some athletic, many social – which culminated in the launch of *See How They Run: The History of Holmfirth Harriers Athletic Club* by Graham Ellis, Norman Berry and John Buckingham.

CLUB RACES

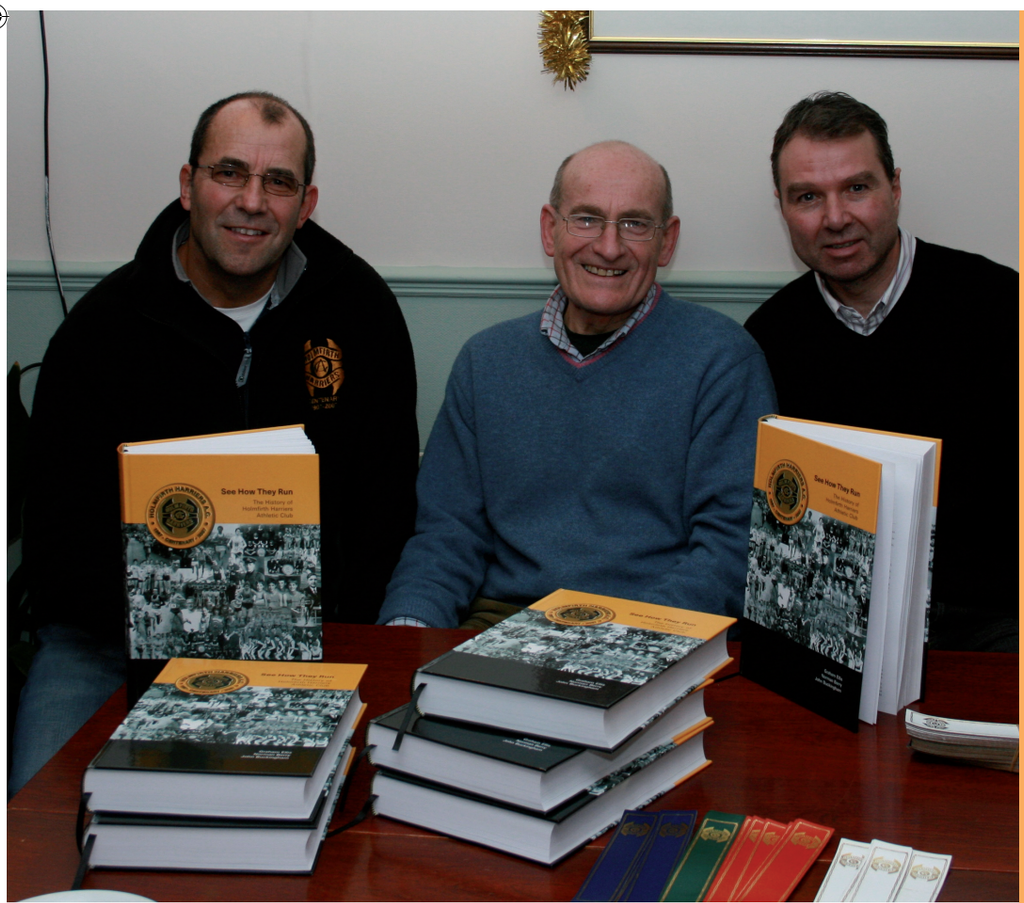
The club's four open fell races – the Ian Roberts, Holme Moss, Denis Stitt and James Blakeley all enjoy a fine reputation for good organisation, generous prizes and most importantly excellent post-race refreshments. (Actually this last comment only really applies to the Ian Roberts and Holme Moss, so don't turn up at the Dennis Stitt expecting a lavish spread.) Of these events the Holme Moss race is clearly the most prestigious local race, and has been used as an English Championship long race. It was first run in 1986, and like many of the best ideas it was originally conceived in the pub. At the time it would be no exaggeration to say that Holmfirth was one of the country's leading fellrunning clubs, and it was felt that we should really be staging a major Category A race. Russell Bangham developed the race route and has remained an extremely efficient race organiser ever since.

THE NEXT HUNDRED YEARS?

With the might of Dark Peak just a few miles over the moors to the south and Calder Valley Fellrunners just the other side of the M62, Holmfirth may struggle to return to the winning ways of yesteryear. However it will remain a great club to belong to – friendly, welcoming and above all fun. Behind the race wins and successes outlined in this article there have always been a host of runners who have simply enjoyed getting out and running on the moors, and have stepped in to run vital relay legs or help with race organisation. These unsung heroes are the lifeblood of any club and Holmfirth has been lucky in its first hundred years to have had many members who have put an enormous amount of time and effort into the club.

One of the best examples of the Holmfirth club spirit has been the series of Pennine Way relay runs. Holmfirth's first serious attempt was in 1977 when they improved upon the existing record setting a time of 32 hours 42 minutes and 12 seconds. This time was soon improved by Rossendale Harriers. The following year another highly organised Holmfirth squad regained the record clocking an impressive time of 29 hours 46 minutes and 17 seconds. This record lasted for seven years until a Bingley team managed to shave off a mere seven minutes. This was clearly an unacceptable state of affairs, so in 1986 a meticulously planned attempt involving 24 runners plus plenty of logistical support set off from Edale, reaching Kirk Yetholm in yet another new record of 29 hours 7 minutes and 58 seconds. This could not have been achieved without the efforts of logistics guru Roger Bradley and a great team effort which typifies the very best of Holmfirth Harriers.

A few years ago at the Lake District Mountain Trial Selwyn Wright was doing his inimitable race commentary and I remember him saying "Tom Brunt from Holmfirth – now that's a real Jack-the-lad club". I wasn't sure quite what he meant by this but decided it was probably a compliment. Now a few years later I think I know – Holmfirth has had its fair share of characters over the years and in current club captain John Ewart and president Ashley Smith it has two more who are keeping this tradition alive. Long may it continue.



Authors John Buckingham, Norman Berry and Graham Ellis with copies of the newly-published *See How They Run: The History of Holmfirth Harriers Athletic Club*

The publication of *See How They Run: The History of Holmfirth Harriers Athletic Club* by Graham Ellis, Norman Berry and John Buckingham was the highlight of the club's centenary year. Certainly the three authors (and their respective wives) were delighted that three years of painstaking research and compilation were finally at an end. The research included trips to Ireland to track down the daughter of one of the club's founder members.

This "magnificent tome" (and here I'm quoting the review in the *Yorkshire Post*) is a definitive history of the club and sets a new standard for club histories. This article is really a heavily abridged (or should that be plagiarised?) version of the fellrunning sections of the book. It is worth buying for the photographs alone which range from team line-ups of stern-faced young men from the 1920s through to some decidedly dodgy haircuts and moustaches from the club's glory days in the 1970s. There are still copies available (see www.holmfirthharriers.com for details of how to place an order). If you are out off by the postage cost (it really is a substantial piece of work) delivery to most major races can be arranged.

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BY **DAVE JONES**

SHOE REVIEW

Salomon Speed Cross 2

These shoes appear, from the reports of those who have literally been running them into the ground, to be not just good but very good indeed and admirably suited to British three-season running conditions, although not having a beefy enough outsole for full-on winter use – however, to be fair, it is obvious that such use was never in the design brief.

There is a bit of history behind this latest Salomon creation – those of you with longish memories may remember that the October 2004 Fellrunner carried a brief "first-impression" article on the Salomon XA Harrier, followed up in June 2005 by a much longer and more detailed review which praised the shoe to the skies. For reasons known only to their marketing department Salomon then went away, played around with a perfectly sound design and in June 2006 replaced it with the Speed Cross, which we again reviewed on a "first-impression" basis, intending to produce a more searching review later on. However, the various testers were so unimpressed with what had been done to the shoe and the subsequent review was so overwhelmingly negative that it was decided to send the review to Salomon and see what the reaction would be. To their eternal credit every single one of the criticisms has been addressed and the result, the Speed Cross 2, is back to the standards of the original XA Harrier and, in some areas, has improved on them, while the shoe as a whole displays the attention to detail and the excellent build quality of the best Salomon products.

The construction is back to that of a proper fell shoe, in that the forefoot is quite slim and snug while the heel has a firm heel counter with just sufficient padding around the top to keep it comfortable without becoming at all sloppy when it gets wet or sweaty. The midsole and heel are well "tucked-in" to give the shoe a precise, positive feel on rough ground but the heel midsole is just a touch thicker than on some of its competitors which gives it a very welcome degree of cushioning when descending hard ground or tracks. This feature produced a lot of positive comments – it's difficult to strike the right balance between giving that vital little extra bit of comfort and making the shoe too bulky and imprecise but Salomon seem to have judged it to perfection and gained a lot of downhill comfort without compromising the shoe's performance on uneven ground or when traversing.

The upper is a tightly woven mesh which keeps its shape when wet and the upper stability is further maintained by the use of the now familiar Salomon cradling straps wrapping round the foot from the midsole to the laces. There are three of these, with the top lacing position being a double reinforced eyelet positioned slightly lower than the three straps, which gives you a greater range for tightening. The heel construction is utterly stable in that it has quite a firm built-in heel counter which is further reinforced by cross-strapping and a vertical heelpiece. The bottom of the heel sits in a wrap-round rubber rand, which extends forwards round the rest of the shoe to the toe-box, where it is covered by a slightly more substantial rubber toe-box. There is tight double-stitching on the cradling, strappings and toe-box and the end result is a very durable yet light shoe, which has undergone a lot of harsh treatment without displaying any weaknesses at all.

The lacing system is Salomon's hi-tech favourite – very narrow laces tightened by a sliding gripper which then locks off and tucks into a neat little pocket at the top of the tongue – and this continues to be singularly efficient. There is nothing in the lace construction to soak up mud and water, so long as the gripper is properly tucked away it doesn't get jammed up and it's possible to achieve a very snug fit very easily. On this model Salomon have addressed the criticism that the top laces could cut in a bit on a longer run by placing a strip of reinforcing material on the tongue and the tongue itself has a little centralising tape that stops any twisting round the top of the foot. The only problem with this lacing system continues to be that it's essential to re-tighten the laces after you've run a few hundred yards because it's seemingly impossible to achieve the optimum tightness first time round.

The outsole remains, thank goodness, as on both this model's predecessors with fairly well-spaced arrowhead shaped studs pointing forwards on the forefoot and backwards on the heel and the compound used is soft enough to give excellent grip on most rock types while being hard enough not to disappear after a month or so of hard descents down stony tracks. The only slight criticism of the shoe was that it might be better if the heel arrowhead studs were made slightly larger than the forefoot ones to cope with the greater wear rate, but generally opinions of them were favourable. It has to be understood that this sole is not designed to cope with the thick mud and peat bogs of a British winter, its studs are nowhere near as deep as something like the Inov8 Mudclaw or a standard Walsh but in more clement conditions the grip both uphill and downhill is excellent.

In use the shoes have proved to be very robust indeed and there are no signs of wear at all on the test pair other than on the heel studs. Everyone found them most light and comfortable to wear, with particular references being made to their downhill comfort and their precision on rough, mixed ground and the uppers are definitely made to take a considerable battering.

All in all Salomon are to be congratulated on re-inventing their excellent Harrier in this form and, especially at this time of year, it ought to be high on the list of shoes well worth considering. It's a bit pricey at between £67-50 and £75, depending where you shop, but then there are a lot of shoes nowhere near as good which retail around those prices and I have heard it rumoured that in these recession-hit times there might just be the odd pair around at about £60. Whatever you pay, you get a very good shoe for your money.

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Results & 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 **all photos** to go alongside race reports and results for inclusion to:

Britta Sendlhofer
Delph Cottage, Pool Bank, Nr Witherslack,
Grange over Sands, Cumbria LA11 6SB
Tel: 015395 68009
Email: britta@brittas-designs.co.uk

Change of address or missing magazines

Please contact:
Debbie Thompson
Tel: 0870 7661792
or email: debbie@staminade.freeserve.co.uk

THE FELL RUNNERS ASSOCIATION

BY **ANDY LEEDHAM**

Is this a first?

Is Peter Clives the first person to complete the Three Peaks Fell Race with two reconstructed knees?

I have known Peter for many years and fell running hasn't been one of his major past times! In fact, he has done relatively little, preferring to play amateur football in the local leagues. Over the years, as he has got older (and possibly less quick on his feet), the injuries had started mounting up though.

His first cruciate knee operation (left leg) was performed a couple of years ago – the cause of the damage was of course a football injury. I thought along with others that this would be the end of his football playing days. But he recovered from the operation and continued to play in the local leagues in his role as a midfield enforcer!

Then on the 25th April this year he completed his goal in a respectable 4hrs50mins on his two reconstructed knees. For me Pete is an inspiration to all of us who that come out with the excuses about little niggles and aches and pains and so don't do the races. I include myself in this group. Over the coming years I am sure Peter will become one of the recognised faces (and characters) on the fell running circuit, and when he says to me next time we are down the pub that he is thinking of making a Bob Graham attempt then may be I shouldn't scoff.

If he isn't the first person to do the Three Peak Fell Race on two reconstructed knees then he most defiantly would be the first for a BG - now there's a challenge Pete.

Then one Saturday afternoon last spring I got a phone call from him. "You will never guess what's happened Andy?" He had damaged his right knee and was in the Royal Lancaster Infirmary. That summer Peter went under the knife again and had his right knee reconstructed.

During the summer when I went to see him to see how he was recuperating, he would proudly show me the X rays of his knees along with the scars. In truth I was always amazed at how upbeat he always was. I would have been devastated and miserable, like most mere mortals. But unknown to me Peter was hatching a plan. Eventually, he let it slip that he intended to give up football and pursue a new interest - fell running – and wanted to do the Three Peaks Fell Race the following year. Bearing in mind Peter was still on crutches at this point and his doctor forbade him to undertake exercise until October I thought it was a little ambitious to say the least. So I decided to humour him and say what a good idea it was, as true friends do.

In October he started his training in earnest and by November had pencilled in the Dunnerdale as his first fell race. Peter completed the race and in the pub afterwards I asked him how it went. Not surprisingly, he said he had trouble with the descents. I thought that would be the end of it. But a couple of days later he informed me that "I must train harder Andy". I was then amazed at the effort and dedication he put into his training over the winter months. Most people thought he was bonkers to undertake the Three Peaks Race so soon after the knee operation, runners and non runners alike. Pete to his credit would have none of it and persevered with the training, intent on completing the event.

Pete finishes the 2009 Three Peaks

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BY **PENNY MORETON**

Oh, what a night...

Oh, what a night… So goes the pop song – but oh, what a night we had when we assembled at Broughton Mills on our first evening fell run since the clocks sprung forward.

Someone must have been psychic – the understanding had been to run the Dunnerdale fellrace route in reverse, but we reverted to the normal lung-sapping trudge up the road and onto the fell side. As usual, I lagged at the back; my legs still feeling the effects of the Coniston 14 run only 48 hours earlier. Hands on thighs and puffing away, I casually tossed a bent stick for collie Bea; any excuse for a slight breather as I ascended the Knott.

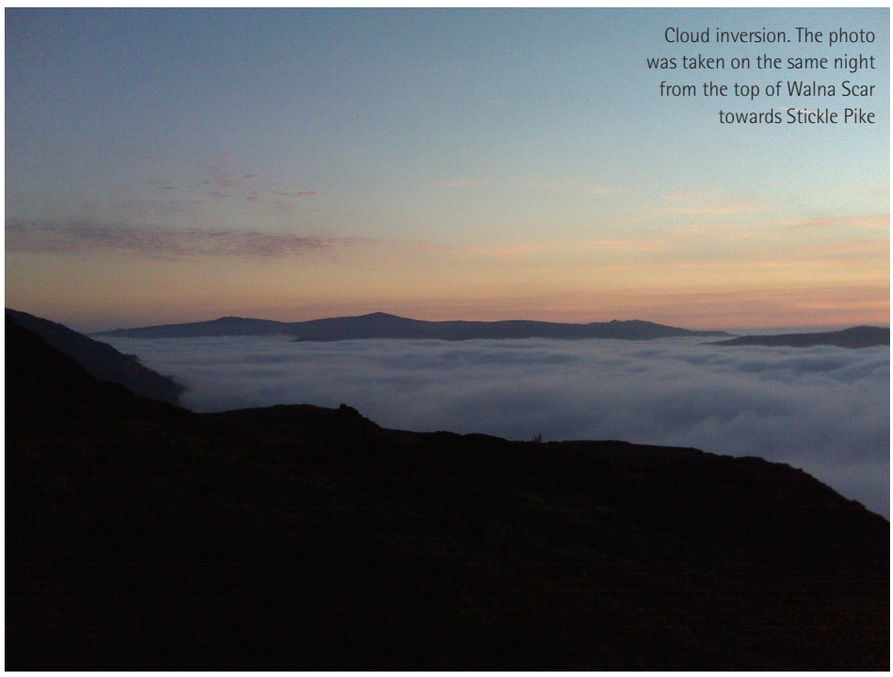
The sky was a brightly lit haze, as during the afternoon a blanket of sea fog had drifted inland. So much was the density of the cloud shroud that I had left my new toy – a mobile phone with camera – in my car. What a mistake that would prove to be!

As Jo and I surmounted Raven Crag we could see the faster gang on the cairn waving at the adjacent summits. Mad as usual, I initially thought – then I thought of the possibilities of seeing a 'brocken spectre'. A 'brocken spectre' is a mountain phenomenon that is conjured when low cloud in the valley is sun-lit from above and it creates an effervescent rainbow glow around the shadow projected onto the cloud.

There were plenty of 'brocken spectres' that night as I joined the merry throng, creating my own hazy ghost across the valley – fantastic; but this was to be secondary to the truly awesome sight behind me across the other valley towards Great Stickle.

Above a vast sea of cascading, swirling layers and waves of differing shades of grey was the most amazing cloud inversion. As it billowed and ebbed, rising majestically through as an eruption from the earth's crust of foam was Great Stickle. The crenulated peaks and trig point of our local jewel stood out like a beacon. It was awesome. Wave over wave of clouds encircled and danced around the Dunnerdale monument – it was truly surreal. Sheer beauty, amidst the deafening silence as we witnessed a truly memorable view. That is how the view will have to stay – truly memorable, as I'd left my camera in the car!

I may not fell run as often or as fast as most in my club, but it was a joy unsurpassed to be part of that special moment. It felt very spiritual and will constantly remind me of how lucky I am to live in a truly beautiful unspoilt part of the Lake District.



Cloud inversion. The photo was taken on the same night from the top of Walna Scar towards Stickle Pike

BY **TOM THOMAS, SADDLEWORTH RUNNERS**

Welsh 1000s

I entered the short class of the Welsh 1000s on a bit of a whim originally. 8 miles and 4000ft of ascent – easy I thought – how wrong I was.

16:00 on Friday I, Andy Fleet (Calder Valley) and Phil Davies (Fell Ponies), both of whom were doing the long course, set off to Llanberis, speculating on the conditions for the next day.

Race day at 10am I piled onto the coach to Ogwen, having already been informed that the conditions on the Carnedds were awful and that it was just as bad over the Glyders and Snowdon. As the race started I consolidated myself into the top ten being third for the climb to the stile at Bwylich Tryfan.

Then came the first challenge: hill fog down to about 10m visibility. The checkpoint was on the miners track and to my dismay I was lost.

I had to sit down on a rock for about an hour taking bearings until, eventually, I found my way. The fast running was fun down the miners track. After a solid 1:45 hours running I crawled into Pen-Y-Pass, wet through but eager to push on up the Pyg track to make up for lost time.

I remembered thinking as I pushed up the Pyg track that the weather had notably improved, but after about a mile the fog was back down and driving wind and rain slowed progress. As I reached the top of the Pyg track a nice lady fed me some maltesers and jelly babies as my hands were literally frozen together. As I set off towards Garnedd Ugain I had the horrible realisation that I had descended down the tourist track back down to Llanberis (doh). I turned round cursing all the way to the checkpoint. By now the weather was at its worst and even with four layers on I was freezing. After a brief rest at the checkpoint I managed to hobble to the finish in the grand time of 3:13:50.

Next year il be back with a sub 2 target.

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BY **ALLAN GREENWOOD**

Sixty before Fifty!

MY THREE PEAKS RACE

My old school mate Paul Stevenson got me into running. There. Now you all know who to blame. For all the times you've seen me at, or in, fell races, for all the events I've organised – well over 100 fell races over an eighteen year span – and for all the articles and race reports I've written, photos I've taken and, latterly, website forum posts I've stuck up about the sport: blame Stevie.

Stevie was school cross country captain. Thirty-odd years on, he is still running, and occasionally winning races.

School comprised a mucky secondary near Leeds with a horrid games teacher called Arthur Binks. Binksy was a right nasty piece of work with a shiny bald head and a blue Leeds Carnegie tracksuit with white stripes along the length of the sleeves and a little motif of a bloke chucking a discus on the breast. Mr Binks used to make us run 'cross country' during the winter, round and around the snow covered school fields, in vests, shorts and plimsoll shoes. If you forgot your shorts it was "Towel or underpants". It was permissible to tie the towel with your school tie around the waist. I never actually forgot my shorts, though I did witness some poor lanky bugger who had been sent sprawling when his tie slipped down from his waist, feet tangled, genitals flailing, his towel yards behind and hopelessly discarded on the frosty ground.

I was always at the back, plodding along drearily because I hated it. It hurt.

Mr Binks told me, "You could be a runner, you're just the right build for it".

After leaving, Stevie joined the local running club. It was the early eighties and the marathon boom was in full swing. He turned up at the local park to join in a game of football one Sunday lunchtime. At one point, someone commented that he was a bit slow. "I've just run fifteen miles this morning" came the reply. Some time later I watched him finish fourth in the tough and hilly Bradford Marathon clocking 2 hours 36. Two miles from the finish he'd been in sixth place. Soon he progressed to fell running, following in the footsteps of his Pudsey and Bramley coach Pete Watson, whose seven victories at Bursall sports fell race – four of them consecutive – still stands as a record. Pete had enjoyed top placings in the Yorkshire Three Peaks, including being runner-up on two occasions.

Before long I'd travelled up to the Dales to witness Stevie complete the race himself. Now this to me was just the ultimate in fitness. Running a marathon is a tremendous achievement, but climbing three mountains en route?

As a child my parents would insist on carting me and my brother off on Sunday motoring runs, usually to the Yorkshire Dales. I can still

Photo © Allan Greenwood

Paul Stevenson, (Pudsey and Bramley)

recall seeing walkers trudging off into the mist with heavy rucksacks and raincoats, alongside Ribblehead viaduct and away up Whernside. "What is up there?" I asked Dad. "On a good day, a heck of a view I expect!" he replied. Later in life he reminded me that the seed was sown when I told him that one day I wanted to see that view.

Many years later, one Friday night after work, I was standing in a smoky room with a pint of Guinness and Cider watching a live band at The Vaults Bar with Stevie and his brother Brian. "Well? Are you coming out for a run then tomorrow?" For about the third week in a row I declined. Another excuse. I maybe *hadn't* the right footwear. Maybe I *would* be far too slow.

However, something inside was nagging at me. The following day, while Stevie was pounding around the woods, I travelled down to town on the bus and bought a pair of trainers and some flannel jogging trousers from Olympus Sports. I think I may have had a short *trial* run, to the local shop and back midweek. The following Friday evening in the pub, I gave a different answer.

I can't remember the run, though I know the route we took. I've run it a thousand times. I can only remember that, as I lay in the bath afterwards, pretty chuffed with myself at having walked and jogged a three mile circuit of Black Carr Wood, I started to wonder whether I could do it again. Maybe faster? Maybe further… ?

The mid 1980's saw me trying 'fun runs' from local galas. I was pretty hopeless really but at least I wasn't last. I was travelling under my own steam and it felt good. Soon I managed a ten miler, then a half marathon on the roads. Road running was fine and had given me a new release, but living in Yorkshire it wasn't long before I suffered my baptism of fire with a three mile fell race at Bradley near Skipton. Running had just got dirty. There was mud to contend with, thick mud, stinking mud and filthy marsh… and that was just the first field. There was a tortuous hill to climb, my legs and back ached and I sweated profusely, but for some reason I was enjoying it. It was great fun!

I joined Pudsey and Bramley and began to train with them twice a week. Weekends were filled with trips to run fell races in the Dales and Lake District. The terrain was a challenge, the atmosphere friendly and the views stunning… my times improved and the distances increased. I was hooked. The Langdale Horseshoe became my longest ever fell race and I started to seriously consider training for and entering the following year's Three Peaks Race. I did my qualifying races and managed a good hard winter's racing, including local cross country events, and by the following March I was feeling fitter than ever.

However, an accident while on a skiing trip in the alps, four weeks before my big race, scuppered all my big race plans.

As soon as I felt able to I resumed running, still keen to compete in the 'Peaks' but I took the advice of Rochdale's Geoff Read and scrapped my plans. With two cracked ribs, the chance of me falling and doing myself more damage was too great a risk. It was a hard decision, I was feeling fitter than I'd ever been in my life but I knew Geoff was right. Consolation came in the form of the Bradford Marathon. I ran steadily, on a miserable, murky grey and drizzly day and crossed the line after more than four hours. I'm glad I did actually, as it turned out to be the last time the event was ran.

I went to Horton in Ribblesdale the following weekend as a spectator and took photos of my clubmates, Stevie, Richard Pallister, Pete Bullen and Richard Lange.

Another season of races, on and off road, came to a close and soon I was thinking about the possibility of competing in and completing the Three Peaks Race. I had set myself a goal. Every time I went out training it was the only event on my mind. I was becoming obsessed! This time I trained harder and raced hard every weekend,

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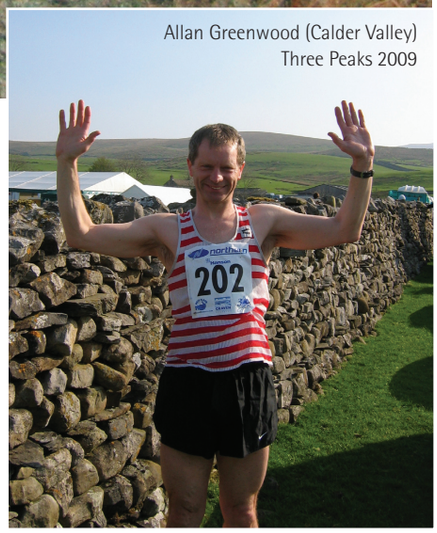
Allan on the run-in from Ingleborough, Three Peaks 1988

Allan, Pete Watson and Brian Stevenson



Allan Greenwood (Calder Valley) Three Peaks 2009

Photo © Jackie Mason

even though was still only able to make the second half of the field (nothing's changed there then!) However, I was enjoying every run.

I lost an uncle to cancer and decided to try and raise some sponsorship money for the Bradford War On Cancer charity. Workmates, friends and family signed my forms and soon I had a bit more incentive as well as a bit of pressure.

April 1988 saw me lining up on the playing field in Horton in Ribblesdale with the other 400 plus gladiators. Silence descended as the commentator counted down from ten seconds. I felt a mixture of nervous apprehension and excitement. Was I fit enough? Had I done enough training? Did I have everything with me? Raincoat, compass, choccie bars and six little plastic tallies, one to hand in at each checkpoint. It was a beautifully sunny day with a cooling breeze. Perfect. This would be my day. Then we were off, on a journey into the unknown. I remember spending a lot of the route in the company of Clayton le Moors' Eileen Burnip who now lives near Hebden Bridge. We had a good day out, keeping each other going, and got around in around the same time. Stevie was spectating on this occasion along with Richard and Pete Bullen who took some photos on Ingleborough. On the long run-in to the finish, through Sulber Nick, my mate carried my drinking bottle and ran alongside for a couple of miles, only letting me have a sip of water as a reward if I would run to the next stile, then the next. It was baking hot and I wanted the bottle again. "It won't do you any good now, you're nearly there!"

Down the fields, under the railway bridge and along the road section I went, then turned into the narrow grassy lane onto the playing fields. "Here comes number 258" the PA system wailed and the announcer called out my name. That final 200 yard run-in was amazing. I had a great lump in my throat and had to catch my breath as I saw my parents standing cheering behind the crowd barrier. I ran under the finish banner, with Daily Mirror emblazoned on it in red and white and crossed the line with a big smile. I had done it. I had run a marathon, crossing three 'mountains' en route. What a day!

As I left the finish area, Stevie was standing near my Mum and Dad on the field. He told me there was someone he wanted me to meet and I followed him across to where I shook hands with the time keeper, a most wonderful man, with a shiny bald head, though, on this occasion, without his Leeds Carnegie tracksuit. "I said you could be a runner" said Arthur Binks. "Well done." To be honest, I was surprised he still knew me but it filled me with pride that not only my mates and my parents had witnessed me finishing an event like this, but even my old school games teacher.

Of course, there was ale to be supped that day. As I entered the beer garden of the Crown, all my mates and their partners were sitting around in the sun. Unknown to me, they had held a sweepstake on my finishing time! Brian's girlfriend handed me a small bag containing her winnings. "That's for your charity fund" she said.

That year, after good runs at Fairfield, Kentmere and Coniston, I set myself another small goal, and completed the Wasdale ("the toughest one there is" according to Geoff Read) and Ben Nevis races.

And so here started a love affair with the Yorkshire Three Peaks race. As I write this article I have just crossed the finish line to complete my twentieth circuit. I have endured all weathers including thick mist, severe hail showers on Whernside and freezing winds after setting off in baking sunshine, and of course the 1993 soaking. Runners were filmed by Yorkshire Television being almost swept away by the raging torrent of Little Dale Beck at the foot of Whernside after persistent rain all the previous night and during the event.

Every circuit has been a joy, every one of them different and each leaving me feeling immensely proud. And every year my Mum and Dad have been there to witness the finish as I punch the air in triumph, grinning from ear to ear. A few years ago I started to wonder about the possibility of completing twenty races – sixty peaks – before I reach the age of fifty. Just another little goal – now achieved with three years to spare. 480 miles and 90,000 feet (three times the height of Everest) sounds very grand.

However, Bill Wade of Holmfirth is on 39, while Clayton's Dave Scott completed 42 circuits this year. Now hang on, I do know my limitations!

Thanks to all the organisers, marshals, helpers, supporters, farmers and local people who make it all happen. So with a bit of luck, hard training and effort, here's to "21" next April.

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BY **MR P**

Jonathan Wyatt is the greatest mountain runner in history - there is simply no disputing this fact. His performances are the stuff of legend. In 2003 Jonathan ran record times at two of the world's greatest mountain races: Sierre-Zinal and the Jungfrau Marathon. His time of 2 hours 49 minutes in the Jungfrau is considered by many to be untouchable. In 2004 Jonathan won the World Mountain Running Trophy in Sauze D'Oulx just one week after the marathon in the Athens Olympics. A month later, he ran away from a world-class field to a course record in the famous Morat-Fribourg road race; a performance which he considers to be one of his best ever. Also that season he set a series of astonishing records in the toughest uphill races in the Alps, most notably the Schlickeralmlauf in Telfes, Challenge Stellina, Graubuenden marathon, and Drei Zinnen Berglauf. After rupturing knee ligaments at the end of 2006 in a tobogganing accident, Jonathan came back to win the World Trophy in 2008 for an unprecedented sixth time and the WMRA Grand Prix a seventh time. What follows are Jonathan's responses to a long list of questions I mailed out to him a month ago. He replied very promptly, despite being busy with training and the demanding business of getting married (twice - once in New Zealand, once in Italy).

Jonathan Wyatt

Jonathan Wyatt
winner of 2008
Grossglockner Race

Photo © Pete Hartley

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What have you been up to this winter?
I spent December and January in sunny New Zealand. I did some good training before returning to Italy to support my wife Antonella with her World Championships and final World Cup cross-country skiing races. She's away a lot during the winter with the ski team, so I take some of this time to visit family and friends in NZ, but I also enjoy watching Antonella compete. I have a huge respect for these athletes and how they train and race. It's a tough endurance sport that has much in common with mountain running.

How do you like living in Italy and is life so different from that in New Zealand?
I love it! There is a joy in simple things like eating and taking a walk. Even in relaxed little NZ we often rush around too much. The two cultures are quite similar, and the more Italian I understand, the more I find we share similar ways of thinking. Antonella and I live in Val di Fiemme, in the Dolomites. The valley's a sporting paradise. It's the Italian centre for cross-country skiing. It's wonderful for road and mountain biking, and alpine skiing. I never get bored living and training there.

What does a typical training week look like for you?
During the summer Sunday is race day, so on Saturday and Monday I am travelling and run just for an hour. Tuesday comprises a hill workout (8x3min on a 12-15% hill) and gym session, unless the race was a long one, in which case I run easy for 90 minutes. Wednesday I do a steady run of 1hr45min to 2hr15min. On Thursday it's a steady uphill run of up to 2 hours in the morning and 2 hours on the road bike in the evening. Friday includes a steady, undulating 90 minute run in the morning and a walk, a jog with the dog, or whatever else I feel like doing in the evening. Antonella and I do some easy running together and some hiking, though not as much as we would like. We are both busy and Antonella trains regularly with the ski team in summer too.

In winter things are less structured, but I run almost every day in Italy and cross-country ski. Antonella kicks my butt on skis! In NZ I will do a long run once per week, plenty of solid one hour plus runs for consistency, and a little biking. I am more flexible now with training. In the past, when preparing for a track season, I had to be disciplined and do the right workouts.

Any plans for this mountain running season? Will you race the first official IAAF World Mountain Running Championships? Or a British fell race perhaps?
I want to get back to some of the races I enjoy most. These include the Grossglocknerlauf (stunning scenery), Skaala Opp in Norway (one of the toughest courses, from the sea to the snow with a rucksack!), the Challenge Stellina at Susa (a memorial race with great historical significance), the Graubünden Marathon (well over 3 hours and 2800m of ascent), and the Kolsass Berglauf (an end of season party in the Austrian winter).

With regard to the World Championships, I am sitting on the fence until I get more information about the course. I don't usually race the up and downs, but if I think the course in Italy suits me I would like to compete. You know, I have a lot of respect for athletes who can do things that I can't! Marco De Gasperi is insanely good on technical descents. I think I proved in the World Trophy in Wellington that I could race downhill as fast as anyone, but when it's rocky and technical Marco is in a class of his own.

As for fell running, I am aware of the sport's long history, and I know it really pays to possess local knowledge and good technical descending ability. I have neither! I wouldn't be competitive without specific training and time spent on the courses. To be honest, I enjoy the Alpine races and even after 10 years in the mountains there are so many left to do! I also love my local races, where the organizers and athletes have so much passion.

Was the 2008 World Trophy the toughest yet of your six wins? Did you have a plan?
It was very tough! I wasn't having a good race and I had to dig deep. The course involved a lot of flat combined with short steep climbs, so I knew that the pace would be fast. I planned to wait until the final part. I always try to look at the course and run it in the best way. I learnt a lot in Turkey, where I ran the steep (and hot!) first part too fast and left nothing in the tank for the finish. In Switzerland I came from behind and ran the steep last section very hard knowing there was only a bit of flat at the end. The toughest World Trophy was my first, in La Reunion. I was a long way behind Antonio Molinari at halfway and struggling. I didn't know much about mountain racing then, but I just kept going, trying not to slow down. I caught Antonio in the last 2km where the course flattened out and I could get away from him, but it was a super hard race.

When did you first race in the mountains and can you see yourself ever not racing?
In 1997 I ran my best ever 5000m time (13'27") and then got horribly sick at the World Championships in Athens. I felt unmotivated for the next six months and a friend, Aaron Strong, suggested I give the NZ uphill mountain trial a go. That was April 1998. I loved being out in the mountains and racing in that environment. My second mountain race was the World Trophy in La Reunion and I was blown away with how amazing the place was and thought this mountain running thing is great!

In my first full summer of European mountain racing, 1999, I travelled with a young and energetic Australian named Paul Crake and two seasoned Kiwi campaigners, Aaron Strong and Megan Edhouse. We leased a car and raced all over Europe, from Briancon to Zermatt to Bergen. It was a lot of fun – an overloaded Renault Megane and four young people enjoying sport, travel and culture together. It was a superb learning experience for us all.

The World Trophy that year was in Borneo at 1500m altitude. With the malaria medication and a hot day I should have expected it, but I got severely dehydrated and only just finished. I walked the last hill. This remains one of the races of which I am most proud since I never gave up and my seventh place helped NZ take the team bronze medal for the first time. And now, ten years on, I am still as hungry as ever. I love the lifestyle and the atmosphere at the races. To quote the great Kiwi veteran marathoner John Campbell, "I will never retire, but I might slow down a bit".

You've run in two Olympics - Atlanta and Athens - were they good experiences? Would you like to see mountain running as an Olympic sport, or is it perhaps too extreme?
It was terrific to be in those places and I feel very fortunate to have had such opportunities. Running from the town of Marathon to Athens on the original Olympic course was very special for me. Being part of a team is also very cool, and with the Olympic team being smaller in size than the team for the Commonwealths it's easier to get to know the other athletes.

Mountain running is suited ideally to the Olympics. It would be possible to use a mountain biking track to host a mountain race. Although mountain running is still a youngster internationally, Olympic participation must be an important goal for the sport. Mountain running is only as extreme as you want to make it. Some courses might have steep and technical descents, but the races have a good level of safety normally and it's up to the runners to push themselves as hard as they want to. That said, you need a healthy respect for the mountain environment, given the rapid weather changes and the cold and snow at higher altitudes.

Would you like to compete internationally at marathon or track again?
These days I enjoy mountain running the most. I live and train in the mountains and I love to race there. Since my knee injury in 2006 I have done less speed training than in the past, so it's harder for me to be competitive on the flat. I raced cross-country, track and road at a high level for many years and I am very happy with these performances. A sub-4 minute mile would have been nice though! (*Jonathan ran 4'01" for the mile in 1996!*).

You trained as an architect. Is running now your main source of income and, if so, does this increase the pressure to succeed?
Good question! Running took over my career very gradually. I studied architecture until 1997. I would work for 6 or 7 months in NZ and race in Europe the rest of the year. In 2004, when I met Antonella, I started to spend more time in Europe, making it difficult to get back into the architecture in NZ. But it wasn't a difficult decision to make. I was really enjoying the running. I have worked intermittently since 2004. In 2006 I worked 15 to 20 hours per week on a private house in the Bay of Islands in NZ, so that was a busy year for me!

I have always tried to make running my hobby, even when it has been my only source

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BY **MR P**

Top: Jonathan Wyatt at the finish of the 2007 Grossglockner Race
Bottom left: Grossglockner race winners 2007 - Anna Pichrtova & Jonathan Wyatt
Bottom right: World Trophy (Turkey) 2006 - Jonathan Wyatt (NZ)
Right hand page: Jonathan Wyatt on the spectacular final section of the 2007 Grossglockner Race

All photos © Pete Hartley

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of income. I never think of running as work and this keeps it enjoyable. As my architecture work dropped away, I tried to keep other work going. I would get bored if all I did was run! Sport is sport and should be done for fun. I enjoy the challenge of winning or going for a record, but there's never the pressure that if I don't win I won't get to eat that night!

I still dabble in the design field. I assist Salomon in designing mountain running specific clothing and shoes. I'm excited about how my input is being incorporated. It means a lot of travelling but it's interesting work. Salomon have been my sponsor for two years. They make great products and are passionate about supporting and developing mountain and trail running. Salomon Germany sponsor a high level race series where participants get great value because of incentives for doing the series. I am also active in blogging and writing in forums because I see mountain running as a superb lifestyle choice. It's a great way to stay fit and enjoy all that is wonderful about the environment, and I respect anyone who gets out there and takes up the challenge of mountain running.

When did you start running and was success immediate?

I played soccer when I was young but my father, older brother and sister were all runners, so it was natural I would run too. I found I had natural talent and was good at cross-country, especially on the hills. At 10 years old I joined a local club. We had a good coach (who was famous for making us run the wrong direction before calling us back) and a large group of kids all the same age who ran together. We were just out there having fun. At high school I started to train more methodically and just developed from there. I always had to work hard but I had enough natural endurance that I was always there or thereabouts at the finish.

Those early years were really enjoyable, with national club and schools titles at home and my first internationals in Australia and Japan. My worst injury came as a junior. It was a stress fracture in the femur that put me out for 9 months. I was going for the World Cross and it probably cost me a good position in that race. In my first year as a senior I was third in the NZ national cross-country. NZ has a proud tradition of distance runners and there were some good runners that day, so I was thrilled to take a bronze.

What would you advise a young athlete wanting to follow in your footsteps in the mountains?

I followed a normal path in my early running career and never touched mountain running until I was 26. Track and cross country were my thing and I think it's a good idea to take a broad approach as a youngster. Track in summer maximizes speed, and cross country in winter enhances endurance. I tried many sports – football, tennis, rugby and cricket – and concentrated on running when I was 16. The crucial thing is to keep running fun; to make it challenging but to enjoy the process as much as the result. I had a great time in our running club, travelling with other kids on relay trips and supporting each other. I am still good friends with these people 20 years later.

Useful related websites:

- Jono's website
  www.jonospulse.com
- Salomon Trail Running Cup
  www.salomonrunning.com/de
- Morat-Fribourg
  www.morat-fribourg.ch
- Jungfrau Marathon
  www.jungfrau-marathon.ch
- Drei Zinnen Berglauf
  www.dreizinnenmarathon.com/
- Challenge Stellina
  www.atleticasusa.it/challenge.asp
- Schlickeralmlauf
  www.emrc2009telfes.org/index_en.html
- Sierre-Zinal
  www.sierre-zinal.com/
- Grossglocknerlauf
  www.grossglocknerberglauf.at/
- Skaala Opp
  www.skaala.no/en/
- Kolsassbergrun
  www.kolsassberg-run.at/

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Commonwealth runners head for the Lakes

COMMONWEALTH MOUNTAIN AND ULTRA DISTANCE CHAMPIONSHIPS 2009

Distance runners from around the world are tweaking their training schedules for a major event this autumn that features tough and spectacular racing in an area renowned for its beauty and rugged terrain.

The Commonwealth Mountain and Ultra Distance Championships will be held later this year in Keswick, in the heart of the Lake District.

As the spiritual home of fell running this will be a significant event for distance running athletes in the UK, and an opportunity for Commonwealth athletes to compete in a magnificent Lakeland setting.

The Championships take place on 17-20 September with athletes competing in three separate disciplines; mountain races, a 100km road race and a 24-hour race.

The Northwest Regional Development Agency (NWDA) is sponsoring the event. Peter Mearns, Executive Director of Marketing and Communications at the NWDA says: "This will be a huge event drawing athletes from around the globe to the Lake District, bringing UK and international visitors into Cumbria and boosting the local economy. The Lake District is the ideal location for this exciting competition to take place and I'm delighted we have helped to bring such a prestigious event here, particularly as it's the 60th anniversary of the Commonwealth."

Spectators can expect fast-paced action in the most beautiful locations. There are plenty of opportunities for Club and individual runners to enter the event's open races, plus there will be junior races for youngsters. The senior open races will cover a 10k road course, and a mountain course. These will be held on similar routes to the Championship races allowing runners to pit themselves against the same tough terrain.

The Commonwealth event will also feature plenty for families and children to do, with attractions and events across Keswick.

Support for the home team (Steve Vernon)

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Mountain Races

The Championships will include both uphill-only and up-and-down races. Races will start from Fitz Park in the centre of Keswick and ascend the slopes of Latrigg and Skiddaw, the hills overlooking the town.

The uphill-only races take place on Friday 18 September with the route starting in Fitz Park, Keswick and finishing on the summit of Skiddaw. The women's race will start at 1:00pm and the men's race at 2:00pm. Top runners are expected to complete the course in around 50 minutes.

The up-and-down races take place on Sunday 20 September, starting in Fitz Park with a lapped course over Latrigg. The women's race will start at 12:30pm and the men's race at 1:30pm, with the finish back down at Fitz Park. Top runners are expected to complete the course in around 45 minutes.

Road Race

The 100k road race takes place on Saturday 19 September. Starting from Fitz Park in the centre of Keswick, the course follows a steep route out of town before turning south through St John's in the Vale to Thirlmere. The race then takes 6 laps of Thirlmere via the back road before returning through St Johns in the Vale and finishing at Fitz Park. The race will start at 9:00am with top runners expected to complete the course in 6.5 hours.

24 Hour Race

Ultra-distance running provides an endurance challenge to those extraordinary athletes for whom marathons just aren't far enough.

The 24-hour race starts at midday on Thursday 17 September and takes place entirely within Fitz Park, with runners completing laps of a 1km course around the park. Runners will continue through the night and the following morning, with the finish at midday on Friday. Incredibly, the winner will probably have completed the equivalent of seven marathons in a single day.

Open Events

Alongside the Commonwealth events there are plenty of opportunities for Club and individual runners to enter open races, plus we will be organising junior races for youngsters.

The senior open races will cover a 10k road course, and a mountain course. These will be held on similar routes to the Championship races, allowing runners to pit themselves against the same tough terrain. The schedule will be:

Saturday 19 September
10.00 am – Junior events
for U11, U13, U15 runners.
12.30 pm – Senior Open Race 10K

Sunday 20 September
10.00 am – Junior Open Mountain Race
11.00 am – Senior Open Mountain Race

Support for the home team (Hannah Bateson)

Event Timetable
Thursday 17 September
Opening Ceremony at 10:00am with a parade of competitors through the town centre to Fitz Park.
12 noon - start of 24 hour race around the Fitz Park course.
Friday 18 September
12 noon – finish of 24 hour race.
1:00pm – start of women's uphill-only Mountain Race
2:00pm – start of men's uphill-only Mountain Race.
Saturday 19 September
9:00am – start of 100K Road Championship Race
10.00am – start of Junior Open events for U11, U13, U15 runners.
12.30pm – start of Senior Open 10K Race
Sunday 20 September
10:00am – start of Junior Open Mountain Race
11:00am – start of Senior Open Mountain Race
12:30pm – start of Women's Up and Down Championship Race
1:30pm – start of Men's Up and Down Championship Race.
3:00pm – Presentation of Medals for all events and Closing Ceremony in Fitz Park

More event details at **www.cumbriacommonwealthchampionships.org**

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BY **MICHAEL LITT**

21st UKA BRITISH FELL & HILL RELAY CHAMPIONSHIPS 2009

SUNDAY 18TH OCTOBER 2009, THE ENNERDALE HILLS, WEST CUMBRIA

START TIME 10.30AM

The 2009 British Fell & Hill Relay will be based at The Leaps, Kirkland, nr. Ennerdale, West Cumbria. The Fells are on the fringe of the Lake District and are often by-passed by the hordes of fell walkers and fell runners but are well known to West Cumbrians. The rolling grassy fells are of unspoilt beauty and make a perfect setting for the Relay

The terrain is not rugged thus the running will be fast and not too technical. By contrast the orienteering leg will be a tester!

Cumberland Fell Runners previously organised the 10th Relay from Braithwaite, Keswick in 1998 which was reported as being very successful and are honoured to be asked to organise the 2009 event.

Details

The event will start at 10.30 in the Ennerdale Show Field, The Leaps, Kirkland, nr. Ennerdale. (GR 087184). A map of the location and field setting will be made available on the CFR website. Race HQ will be in a marquee in the field where numbers can be collected. There will be toilets and catering on site

Car Parking is on the Show field which has been used for many years for the Ennerdale Show. Please note that the surrounding roads are narrow and horses have right of way.

To get to the Venue follow the A66 to the Cockermouth Sheep & Wool Centre roundabout. First exit for Egremont A5086 after 7 miles turn left at Crossgates signposted Loweswater

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& Lamplugh Church. Continue across the crossroads passing the caravan site Take care on the narrow roads and bad bends and after 2.2 miles you will arrive at the Venue. Note-This is the optimum route. There will be appropriate directional signs where necessary.

Eligibility

The Relay is open to all clubs affiliated to UK Athletics. All competitors must have fell running experience. Each team will consist of 6 runners and all runners must be first claim members.

Route Description

The Race routes are actual height climbed distances and are covered by Ordnance Survey Outdoor Leisure 4 map.

Legs 1, 2, & 4 will form a common route from the Start/Finish area.

- Leg 1: AS Solo – 5.8 m/1500'
  estimated winning time: 40 min
- Leg 2: AM Pairs – 6.7 m/2500'
  estimated winning time: 60 min
- Leg3: Orienteering Pairs– 5.6 m/1410'
  estimated winning time: 60 min
- Leg 4: AS Solo – 5.1 m/1600'
  estimated winning time: 40 min

All Legs are on grassy fells where not many of you will have ventured and we are sure you will enjoy the different setting.

There will be marked crossings on the routes; these will be highlighted on the maps.

Please note that no dogs will be allowed on the course.

Safety Requirements

In accordance with FRA Safety requirements ALL runners must carry the following

- Waterproof & windproof full body cover
- Compass & whistle
- Hat & Gloves
- Map [provided]
- Emergency Food

There will be kit checks and non – compliance will result in team disqualification.

Changing & Toilets

There will be Portaloos and tents on the field to facilitate changing.

Categories

- Open
- Veteran Male – 40 or over
- Veteran Male – 50 or over
- Ladies
- Veteran Ladies – 40 or over

All Championship medals will be provided by UKA with the exception of Veteran Male – 50 or over and Veteran Ladies – 40 or over. These are non – championship medals and will be provided by Cumberland Fell Runners.

Entries

There will be a Limit of 130 teams with 4 teams per Club entry. Submit entries quickly so as not to miss running in this unspoilt part of the Lake District

The entry fee is £60 per team – this fee will include food & maps. Car parking will be £2 per car on the day.

Entries will be online via the Sportident web site. A link is available from the CFR website – www.c-f-r.org.uk – all entries must be received by 1st September

Further Information

All competing Clubs will be sent an information pack early September. For enquiries regarding the event contact Harry Jarrett
Tel: 01946 811727

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UKA UNITED KINGDOM ATHLETICS

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BY **MARK HOBSON**

2009 Fell Running Championships 2009

STANDINGS TO DATE

British Championships

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April 4, 2009	S	Slieve Bearnagh
May 2, 2009	L	Stuc a'Chroin
June 20, 2009	M	Tebay
August 1, 2009	S	Y Garn

English Championships

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March 7, 2009	M	Half Tour*
June 6, 2009	S	Stretton Hills*
June 20, 2009	M	Tebay*
July, 11 2009	L	Wasdale
August 29, 2009	S	Dentdale*
October 10, 2009	L	Langdale

www.peteblandsports.co.uk

www.walshsports.com

www.inov-8.com

www.ultimateoutdoors.co.uk

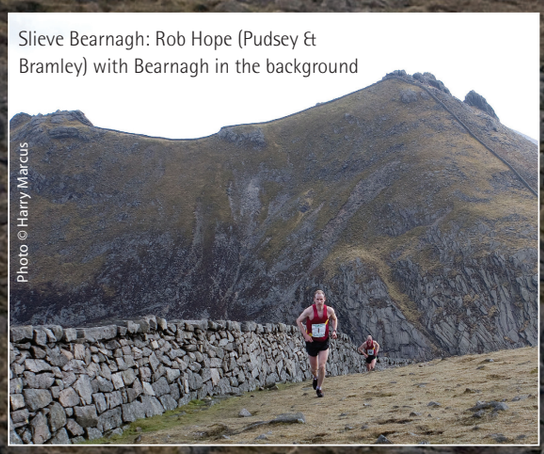
** U23 English Championship - Sponsored by Ultimate Outdoors*

Junior Championships 2009

Sponsored by Pete Bland Sports / Walsh Sports

April 11, 2009	Anniversary Wa!
May 4, 2009	Coiners
May 25, 2009	Shutlingsloe
June 20, 2009	Ambleside
August 22, 2009	Darwen
September 20, 2009	Viking Chase

British Fell Running Championship 2009



Slieve Bearnagh: Rob Hope (Pudsey & Bramley) with Bearnagh in the background

Photo © Harry Marcus

MEN'S OPEN CHAMPIONSHIP

Pos	Name	Total
1	Rob Hope Pudsey & Bramley	100
2	Morgan Donnelly Borrowdale FR	95
3	Thomas Owens Shettleston Harriers	91
4	Lloyd Taggart Dark Peak FR	90
5	Danny Hope Pudsey & Bramley	89
6	Jim Davies Borrowdale FR	85
7=	Karl Gray Calder Valley	84
7=	Chris Steele Borrowdale FR	84
9=	Mark Roberts Borrowdale FR	74
9=	Graham Pearce Pudsey & Bramley	74
11	Ben Mounsey Calder Valley	73
12	Dave Taylor Dark Peak FR	71
13	Des Woods Mourne Runners	66
14	Nicholas Leigh Pudsey & Bramley	55
15=	Richard Roberts Eryri Harriers	52
15=	Jon Duncan Warrior Orienteering Club	52

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MEN'S VETS O40 CHAMPIONSHIP

Pos	Name	Total
1	Jim Davies Borrowdale FR	64
2	Mark Roberts Borrowdale FR	58
3	Dave Taylor Dark Peak FR	56
4	Des Woods Mourne Runners	54
5	Jon Morgan Dark Peak FR	49
6	Stewart Whitlie Carnethy HRC	47
7	Mike Fanning Borrowdale FR	46
8	John Hunt Dark Peak FR	44
9	Paul Cornforth Borrowdale FR	40
10	Steve Oldfield Bradford & Airedale	38
11	Adrian Davis Carnethy HRC	34
12	Ronnie Gallagher Carnethy HRC	30
13	Andrew Schofield Borrowdale FR	25
14=	David Scott Ochil Hill Runners	22
14=	Steven Fallon Carnethy HRC	22

MEN'S VETS O50 CHAMPIONSHIP

Pos	Name	Total
1	Steve Oldfield Bradford & Airedale	44
2	David Scott Ochil Hill Runners	37
3=	Steve Storey Dark Peak FR	34
3=	Mike Egner Dark Peak FR	34
5	Tom McGaff Cheshire Hill Racers	30
6	David Spedding Keswick AC	20
7	Mike Wallis Clayton le Moors	19
8=	Jack Holt Clayton le Moors	17
8=	Malcolm Patterson Shettleston Harriers	17
8=	Bernard Grant Harrogate	17
11	Stephen P Jones Eryri Harriers	16
12=	Dominic McGreevy Newcastle AC	14
12=	Peter Simpson Carnegie Harriers	14
14=	Bill Maxwell Mourne Runners	13
14=	Gordon Pryde Lomond Hill Runners	13

Photo © Harry Marcus

Stuc a'Chroin: Bill Maxwell (Mourne Runners)

Photo courtesy of Scottish Hill Runners

MEN'S VETS O60 CHAMPIONSHIP

Pos	Name	Total
1	David Spedding Keswick AC	21
2	Bernard Grant Harrogate	19
3	Jack Holt Clayton le Moors	17
4	Mike Noble Pennine FR	15
5	David Tait Dark Peak FR	11
6	Jim Patterson Mourne Runners	10
7	Mike Blake Eryri Harriers	6
8	Douglas Milligan Solway	5
9=	Ricky Cown Willowfield Harriers	3
9=	Graham Arthur Ilkey Harriers	3
11	John Nixon Borrowdale FR	2
12=	John Adgey Mourne Runners	1
12=	Raymond Murdoch Lochaber	1

Slieve Bearnagh: the ascent of Slieve Meelbeg

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BY **MARK HOBSON**

Photo courtesy of Scottish Hill Runners

Stuc a'Chroin:
James Kevan
(Horwich RMI)

MEN'S U23 CHAMPIONSHIP

Pos	Name	Total
1	James Kevan Horwich RMI	21
2	Wil Spain Dark Peak FR	13
3	Neill Barton Dark Peak FR	12
4	James Speight Omagh Harriers	8
5	Andy Fleet Calder Valley	7
6	Ryan Stewart Larne AC	6
7	Neal O`Boyle Larne AC	5

Stuc a'Chroin:
Chris Steele
(Borrowdale)

Photo courtesy of Scottish Hill Runners

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Name	Total	Aggregate
1	Borrowdale FR	21	98
2	Pudsey & Bramley	20	174
3	Dark Peak FR	17	179
4	Carnethy HRC	13	394
5	Eryri Harriers	11	436
6	Mourne Runners	7	162
7	Carnegie Harriers	5	270
8	Cheshire Hill Racers	5	789
9	Newcastle AC	4	238
10	Ochil Hill Runners	4	295
11	Calder Valley	3	255
12	Cosmic Hillbashers	2	420
13	Larne AC	1	436
14	Fife AC	1	525

MEN'S VETS O40 TEAM CHAMPIONSHIP

Pos	Name	Total	Aggregate
1	Borrowdale FR	24	34
2	Dark Peak FR	18	77
3	Carnethy HRC	16	94
4	Cheshire Hill Racers	12	272
5	Newcastle AC	7	94
6	Mourne Runners	6	115
7	Ochil Hill Runners	6	186
8	Fife AC	5	198
9	Clayton le Moors	4	150
10	Westerlands Cross Coun	4	253
11	Eryri Harriers	3	158
12	Carnegie Harriers	3	301
13	Larne AC	2	244

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WOMEN'S OPEN CHAMPIONSHIP

Pos	Name	Total
1	Phillipa Jackson Keswick AC	61
2	Helen Fines Calder Valley	56
3=	Fiona Maxwell Mourne Runners	51
3=	Jackie Lee Eryri Harriers	51
5	Jo Waites Calder Valley	47
6	Anna Bartlett Shrewsbury	45
7	Hazel Robinson Ambleside AC	41
8	Zanthe Wray Sheffield University	37
9	Anne Johnson Calder Valley	33
10	Angela Mudge Carnethy HRC	32
11	Elke Schmidt Bellahouston Road Runners	29
12	Jenny Heming Eryri Harriers	28
13=	Charlene Haugh Mourne Runners	27
13=	Clare Whitehead Cosmic Hillbashers	27
15=	Nicola Davies Borrowdale FR	26
15=	Holly Williamson Ilkey Harriers	26

WOMEN'S VETS O40 CHAMPIONSHIP

Pos	Name	Total
1	Fiona Maxwell Mourne Runners	44
2	Anne Johnson Calder Valley	36
3	Nicola Davies Borrowdale FR	35
4	Wendy Dodds Clayton le Moors	27
5	Alison Eagle Ilkey Harriers	26
6=	Tish McCann Mourne Runners	18
6=	Jacqui Higginbottom Carnethy HRC	18
8=	Katherine Harvey Pennine FR	17
8=	Susannah Macmillan U/A	17
10=	Isaline Hughes Burnden Road Runners	16
10=	Alison Thomas Eryri Harriers	16
10=	Shileen O`Kane BARF	16
13	Veronique Oldham Cosmic Hillbashers	15
14=	Lynne Thompson Keswick AC	14
14=	Louise Burt Fife AC	14

WOMEN'S VETS O50 CHAMPIONSHIP

Pos	Name	Total
1	Nicola Davies Borrowdale FR	24
2	Wendy Dodds Clayton le Moors	18
3	Katherine Harvey Pennine FR	14
4	Thirza Hyde Calder Valley	9
5=	Lynne Thompson Keswick AC	8
5=	Jocelyn Scott Fife AC	8
7	Allison Brentnall Pennine FR	7
8	Anita Hamilton Cosmic Hillbashers	6
9	Alison West Carnegie Harriers	5
10=	Alexis Dinsmor Pennine FR	4
10=	Elaine Stewart Cosmic Hillbashers	4
12	Marie-Therese Speight Omagh Harriers	3
13	Jean Bowman Beacon Runners	1

WOMEN'S U23 CHAMPIONSHIP

Pos	Name	Total
1	Zanthe Wray Sheffield University	21
2	Lucy Harris Pennine FR	17
3	Emma Clayton Scunthorpe & District	12
4	Heather Beasley U/A	8
5	Anne Lloyd-Evans Fife AC	7

Photo courtesy of Scottish Hill Runners

Stuc a'Chroin: Emma Clayton (Scunthorpe & District)

WOMEN'S OPEN TEAM CHAMPIONSHIP

Pos	Name	Total	Aggregate
1	Calder Valley	21	50
2	Eryri Harriers	17	77
3	Keswick AC	13	125
4	Mourne Runners	12	25
5	Carnethy HRC	12	170
6	Wharfedale	9	190
7	Cosmic Hillbashers	7	68
8	Pennine FR	6	98
9	Lochaber	5	83
10	Fife AC	3	100
11	Borrowdale FR	2	107
12	Deeside Runners	1	198

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BY **MARK HOBSON**

English Fell Running Championship 2009

Photo © Pete Hartley

Half Tour of Pendle: Philippa Jackson (Keswick AC) crossing Ogden Clough

WOMEN'S OPEN CHAMPIONSHIP		
Pos	Name	Total
1	Phillipa Jackson Keswick AC	64
2	Emma Clayton Scunthorpe & District	56
3	Jo Waites Calder Valley	53
4	Helen Fines Calder Valley	51
5	Jane Reedy Ambleside AC	47
6	Helen Berry Holmfirth	46
7	Holly Williamson Ilkey Harriers	36
8	Suzanne Budgett Horwich RMI	30
9	Lizzie Adams Dark Peak FR	29
10=	Anna Lupton Radcliffe	28
10=	Jackie Lee Eryri Harriers	28
12=	Tracy Mitchell Clayton le Moors	26
12=	Emma Barclay Ilkey Harriers	26
14	Anna Bartlett Shrewsbury	24
15	Kirstin Bailey Bingley Harriers	23

Stuc a'Chroin: Jane Reedy (Ambleside AC)

Photo courtesy of Scottish Hill Runners

WOMEN'S VETS O40 CHAMPIONSHIP		
Pos	Name	Total
1	Suzanne Budgett Horwich RMI	36
2	Emma Barclay Ilkey Harriers	34
3	Alison Eagle Ilkey Harriers	29
4	Anna Kelly Clayton le Moors	24
5=	Alison Weston Ilkey Harriers	22
5=	Maureen Laney Clayton le Moors	22
7=	Geraldine Walkington Horwich RMI	19
7=	Helene Whitaker Ilkey Harriers	19
9=	Astrid Wingler Highgate Harriers	18
9=	Laura Martin Otley AC	18
11=	Mary Edgerton Pennine FR	17
11=	Susan Burns Clayton le Moors	17
11=	Alison Bennett Ilkey Harriers	17
14=	Julie Cowley U/A	16
14=	Lynne Clough Chorley Harriers	16

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WOMEN'S VETS O45 CHAMPIONSHIP		
Pos	Name	Total
1	Suzanne Budgett Horwich RMI	41
2	Alison Eagle Ilkey Harriers	35
3	Anna Kelly Clayton le Moors	33
4	Geraldine Walkington Horwich RMI	28
5=	Mary Edgerton Pennine FR	27
5=	Susan Burns Clayton le Moors	27
7	Alison Bennett Ilkey Harriers	26
8	Maureen Laney Clayton le Moors	22
9	Karen Taylor Rossendale	20
10	Julie Cowley U/A	18
11	Kathleen Brierley Todmorden Harriers	17
12=	Patricia Goodall Totley AC	14
12=	Lynne Thompson Keswick AC	14
14	Sue Haslam Scarborough	13
15	Sue Becconsall Bingley Harriers	12

WOMEN'S VETS O50 CHAMPIONSHIP		
Pos	Name	Total
1	Susan Burns Clayton le Moors	19
2	Geraldine Walkington Horwich RMI	18
3	Karen Taylor Rossendale	13
4	Maureen Laney Clayton le Moors	12
5=	Sue Haslam Scarborough	10
5=	Patricia Goodall Totley AC	10
7=	Kim Braznell Halesowen AC	8
7=	Lynne Thompson Keswick AC	8
9	Thirza Hyde Calder Valley	5
10=	Sue Ashton Chepstow Harriers	3
10=	Wendy Dodds Clayton le Moors	3
12=	Linda Lord Clayton le Moors	2
12=	Irene Roche Clayton le Moors	2
14	Gail Tombs Calder Valley	1

WOMEN'S VETS O55 CHAMPIONSHIP		
Pos	Name	Total
1	Sue Haslam Scarborough	21
2	Katy Thompson Clayton le Moors	13
3=	Gail Tombs Calder Valley	12

WOMEN'S U23 CHAMPIONSHIP		
Pos	Name	Total
1	Emma Clayton Scunthorpe & District	21
2	Lucy Harris Pennine FR	15
3	Lizzie Adams Dark Peak FR	12
4	Liz Britton Pennine FR	9
5	Zanthe Wray Hallamshire Harriers	8

Photo © Harry Marcus

Slieve Bearnagh: Helen Fines (Calder Valley Fell Runners)

WOMEN'S OPEN TEAM CHAMPIONSHIP			
Pos	Name	Total	Aggregate
1	Calder Valley	21	80
2	Ilkey Harriers	21	83
3	Clayton le Moors	14	127
4	Todmorden Harriers	11	150
5	Horwich RMI	10	170
6	Bingley Harriers	10	177
7	Ambleside AC	8	50
8	Keswick AC	5	73
9	Wharfedale	5	218
10	Pennine FR	5	229
11	Chorley Harriers	1	114

WOMEN'S V40 TEAM CHAMPIONSHIP			
Pos	Name	Total	Aggregate
1	Ilkey Harriers	24	26
2	Clayton le Moors	18	62
3	Calder Valley	16	127
4	Chorley Harriers	7	67
5	Pennine FR	6	78
6	Todmorden Harriers	5	98
7	Saddleworth	4	158

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BY **MARK HOBSON**

MEN'S OPEN CHAMPIONSHIP		
Pos	Name	Total
1	Rob Hope Pudsey & Bramley	100
2	John Heneghan Pudsey & Bramley	98
3	Ian Holmes Bingley Harriers	97
4	Danny Hope Pudsey & Bramley	93
5	Lloyd Taggart Dark Peak FR	91
6	Simon Bailey Mercia FR	90
7	Chris Steele Borrowdale FR	77
8	Stuart Bond Tommys Fell Stars	75
9	Ben Mounsey Calder Valley	73
10=	Graham Pearce Pudsey & Bramley	69
10=	Mark Roberts Borrowdale FR	69
12	Tim Werrett Mercia FR	62
13	James Logue Horwich RMI	58
14	Jonathan Wright Todmorden Harriers	51
15=	Morgan Donnelly Borrowdale FR	47
15=	Jon Morgan Dark Peak FR	47

MEN'S VETS O40 CHAMPIONSHIP		
Pos	Name	Total
1	Ian Holmes Bingley Harriers	84
2	Mark Roberts Borrowdale FR	75
3	James Logue Horwich RMI	71
4=	John Hunt Dark Peak FR	65
4=	Christopher Smale U/A	65
4=	Jon Morgan Dark Peak FR	65
7	Dave Taylor Dark Peak FR	63
8	Michael Whyatt Bowland FR	60
9	David Milliken Horwich RMI	58
10	Steve Bell Dark Peak FR	54
11	Joe Blackett Dark Peak FR	47
12=	Neil Ashcroft Ambleside AC	45
12=	Paul Mitchell Bingley Harriers	45
14	Mick Green Lostock AC	43
15	Jim Davies Borrowdale FR	39

MEN'S VETS O45 CHAMPIONSHIP		
Pos	Name	Total
1	Mark Roberts Borrowdale FR	84
2	Christopher Smale U/A	78
3	Michael Whyatt Bowland FR	76
4	Joe Blackett Dark Peak FR	69
5	Paul Mitchell Bingley Harriers	68
6	Mick Green Lostock AC	65
7	Tom McGaff Cheshire Hill Racers	64
8	Philip Taylor Rossendale	62
9	Jackie Winn Ellenborough	59
10	Paul Shackleton Clayton le Moors	52
11	Ian Greenwood Clayton le Moors	50
12	Ian Rowbotham Ilkey Harriers	46
13=	Andy Normandale York Acorn	41
13=	Brian Horrocks Clayton le Moors	41
15=	Steve Storey Dark Peak FR	39
15=	Bernard Grant Harrogate	39

Half Tour of Pendle: Ben Mounsey (CVFR) 12th, crossing Ogden Clough

Rob Jebb, Simon Bailey, John Heneghan, Rob Hope & Lloyd Taggart on the first climb

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MEN'S VETS O50 CHAMPIONSHIP

Pos	Name	Total
1	Tom McGaff Cheshire Hill Racers	57
2	Philip Taylor Rossendale	55
3	Jackie Winn Ellenborough	53
4	Ian Rowbotham Ilkey Harriers	45
5	Andy Normandale York Acorn	43
6=	Bernard Grant Harrogate	41
6=	Brian Horrocks Clayton le Moors	41
8=	Steve Storey Dark Peak FR	40
8=	Jack Holt Clayton le Moors	40
10=	Dave Collins Todmorden Harriers	39
10=	Ian Lancaster Tattenhall Runners	39
12=	Steve Oldfield Bradford & Airedale	32
12=	Geoff Briggs Pennine FR	32
12=	Mike Wallis Clayton le Moors	32
15	Mike Egner Dark Peak FR	28

MEN'S VETS O55 CHAMPIONSHIP

Pos	Name	Total
1	Jackie Winn Ellenborough	64
2=	Bernard Grant Harrogate	57
2=	Jack Holt Clayton le Moors	57
4	Derek Schofield Rossendale	52
5	Neil Cassidy Tynedale Harriers	50
6	Graham McAra Cheshire Hill Racers	46
7	Mike Noble Pennine FR	45
8	Jim wheldon Pudsey Pacers	42
9	Geoffrey Howard Ilkey Harriers	41
10	Keith G Holmes Dark Peak FR	39
11	Robert Taylor Pennine FR	35
12	David Tait Dark Peak FR	33
13	Brian Walton Horwich RMI	26
14	Pete Booth Clayton le Moors	25
15	Mike Walsh Kendal AC	24

MEN'S VETS O60 CHAMPIONSHIP

Pos	Name	Total
1=	Bernard Grant Harrogate	41
1=	Jack Holt Clayton le Moors	41
3	Mike Noble Pennine FR	34
4	Geoffrey Howard Ilkey Harriers	33
5	David Tait Dark Peak FR	31
6	Geoffrey Fielding Rossendale	21
7=	Graham Breeze Skyrac	19
7=	Ken Jones Dark Peak FR	19
9=	Michael Crook Horwich RMI	18
9=	Mike Walsh Kendal AC	18
11	Kieran Carr Clayton le Moors	15
12=	Peter Walkington Horwich RMI	14
12=	Fred Gibbs Bingley Harriers	14
14=	Gary Gunner Croft Ambrey Running Club	13
14=	Norman Bush Ilkey Harriers	13

MEN'S U23 CHAMPIONSHIP

Pos	Name	Total
1	James Kevan Horwich RMI	24
2=	Matthew Rooke Warwick University AC	9
2=	Neill Barton Dark Peak FR	9
4=	Sam Cruchley Halesowen AC	8
4=	Adam Perry Manchester University	8
6	Chric Rye Warwick University AC	7
7	James Blore Chepstow Harriers	6
8	Iain Embrey Warwick University AC	5

Half Tour of Pendle: Robert Taylor (Pennine - M55) crossing Ogden Clough

MEN'S VETS O65 CHAMPIONSHIP

Pos	Name	Total
1	Geoffrey Howard Ilkey Harriers	44
2	Geoffrey Fielding Rossendale	36
3	Fred Gibbs Bingley Harriers	32
4	Roger Ashby Sale Harriers	30
5	Bill Wade Holmfirth	27
6	Denis Wood Borrowdale FR	22
7	George Arnold Preston	20
8=	Peter Walkington Horwich RMI	19
8=	Norman Bush Ilkey Harriers	19
10	John Rutter Keswick AC	18
11	Colin Williamson Shropshire Shufflers	17
12	Guy Whitmarsh Croft Ambrey Running Club	16
13	Mike Mcdonald Bowland FR	15
14	Peter Norman Wrexham	14
15=	Allan Buckley Keswick AC	13
15=	Ray Stafford Horwich RMI	13

MEN'S VETS O70 CHAMPIONSHIP

Pos	Name	Total
1	Fred Gibbs Bingley Harriers	24
2	George Arnold Preston	16
3	John Rutter Keswick AC	14
4	Peter Norman Wrexham	9
5	Ray Stafford Horwich RMI	8
6	Derek Clutterbuck Todmorden Harriers	5

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BY **MARK HOBSON**

Photo © Pete Hartley

Half Tour of Pendle: Graham Pearce (PtB) crossing Ogden Clough

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Name	Total	Aggregate
1	Pudsey & Bramley	24	121
2	Dark Peak FR	17	199
3	Horwich RMI	12	415
4	Bingley Harriers	11	419
5	Calder Valley	9	470
6	Mercia FR	8	444
7	Borrowdale FR	8	546
8	Clayton le Moors	8	548
9	Todmorden Harriers	6	649
10	Ambleside AC	5	173
11	Ilkey Harriers	3	791
12	Wharfedale	2	317
13	Pennine FR	1	1175

MEN'S VETS O40 TEAM CHAMPIONSHIP

Pos	Name	Total	Aggregate
1	Dark Peak FR	21	76
2	Bingley Harriers	18	206
3	Clayton le Moors	16	188
4	Horwich RMI	15	206
5	Mercia FR	8	106
6	Todmorden Harriers	8	377
7	Ilkey Harriers	7	461
8	Borrowdale FR	6	178
9	Ambleside AC	4	186
10	Pennine FR	4	495
11	Telford	3	264
12	Cheshire Hill Racers	2	203
13	Bowland FR	1	274
14	Croft Ambrey Running C	1	337

MEN'S VETS O50 TEAM CHAMPIONSHIP

Pos	Name	Total	Aggregate
1	Clayton le Moors	21	69
2	Pennine FR	20	120
3	Dark Peak FR	16	99
4	Rossendale	12	143
5	Ilkey Harriers	11	162
6	Horwich RMI	9	167
7	Mercia FR	8	55
8	Todmorden Harriers	8	205
9	Skyrac	3	125
10	Bingley Harriers	2	132
11	Bowland FR	2	203
12	Croft Ambrey Running C	1	141

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BY **JIM GODWIN**

Junior Fell Running Championship 2009

Pos	Name		Club	No of races	Points
U12B					
1	Jack	Willis	Unattached	3	147
2	Neil	Orr	Border Harriers	3	146
3	Liam	Burthem	Warrington	3	137
4	Phil	Done	Keighley & Craven	3	135
5	Joe	Stapleton	Skipton	3	134
6	Edan	Whitelaw	Calder Valley	3	124
7	Luka	Morris	Calder Valley	3	114
8	Jack	Hindle	Blackburn Harriers	3	106
9	David	Goad	Helm Hill	2	95
10	Jack	Walker	Calder Valley	3	94

Photo © Pete Hartley

U12B: Jack Walker, Calder Valley

Photo © Pete Hartley

U12G: Mary Hodgson, Lancaster and Morecambe

Pos	Name		Club	No of races	Points
U12G					
1	Abby-Mae	Parkinson	Unattached	3	150
2	Mary	Hodgson	Lancs & Morecambe	3	140
2	Issie	Wharton	Calder Valley	3	140
4	Hannah	Thom	Keighley & Craven	3	126
5	Sarah	Jones	Spenborough	3	117
6	Elizabeth	Greenwood	Blackburn Harriers	2	96
7	Polly	Pearse	Blackburn Harriers	2	89
8	Chloe	Fisher	Calder Valley	2	84
9	Zoe	Bairstow	Wharfedale	2	79
10	Mannon	Dark	Rossendale	2	78

Photo © Pete Hartley

Above, left to right: Dillon Whitelaw (304), Calder Valley U12B; Mannon Dark (324), Rossendale U12G; Chloe Law (342), Rossendale U12G

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BY **JIM GODWIN**

Photo © Pete Hartley

Anniversary Wa! 2009
U14G: Sarah Hodgson, Lancs & Morecambe

Photo © Pete Hartley

Anniversary Wa! 2009
U14B: James Knox, Helm Hill

Flinn Watson, Matlock (U16B) and Melanie Hyder, Helm Hill Harriers (U16G)

Photo © Pete Hartley

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Pos	Name		Club	No of races	Points
U14G					
1	Shannon	Johnson	Leigh Harriers	3	148
2	Sally	Searson	Blackburn Harriers	3	142
3	Sarah	Hodgson	Lancs & Morecambe	3	136
4	Lauren	Munroe-Bennett	Helm Hill	3	134
5	Nina	Stirrup	Blackburn Harriers	3	121
6	Stephanie	Watts	Goyt Valley	3	113
7	Annabel	Mason	Wakefield Harriers	2	90
7	Rebecca	Mills	Scarborough	2	90
9	Megan	Stuart	Helm Hill	2	87
10	Katie	Buckley	Bury	2	86

Pos	Name		Club	No of races	Points
U14B					
1	James	Knox	Helm Hill	3	150
2	Kristian	Edwards	Tamworth	3	143
3	William	Smith	Wharfedale	3	137
4	Max	Wharton	Calder Valley	3	133
5	Ben	Johnstone	Wharfedale	3	129
6	James	Hall	Bingley	3	128
7	Pascal	Dark	Rossendale	3	122
8	Jack	Walsh	Rochdale	3	113
9	Matthew	Jones	Spenborough	3	105
10	George	Tighe	Matlock	2	95

U16B: Adam Bateson, Lancaster and Morecambe

Photo © David Woodhead

U16B: Joseph Crossfield, Halifax

Photo © David Woodhead

Pos	Name		Club	No of races	Points
U16B					
1	Tim	Orr	Border Harriers	3	148
2	Tom	Doyle	Helm Hill	3	145
3	Rory	Addison	Helm Hill	3	134
4	Joe	Johnston	Rossendale	3	132
5	Adam	Bateson	Lancs & Morecambe	3	119
6	Alastair	Watts	Goyt Valley	3	103
7	Marc	Scott	Richmond & Zetland	2	95
8	Scott	Baistow	Wharfedale	3	90
9	Sean	Carey	Todmorden	2	89
9	Joe	Crossfield	Halifax	2	89

Pos	Name		Club	No of races	Points
U16G					
1	Laura	Riches	Leigh Harriers	3	147
2	Melanie	Hyder	Helm Hill	3	145
3	Becky	Taylor	Blackburn Harriers	3	139
4	Emma	Spencer	Pendle	2	96
5	Anne	Roberts	Keighley & Craven	2	90
6	Rachael	Steel	Morpeth	1	46
7	Jane	Wood	Gateshead	1	44

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BY **JIM GODWIN**

Pos	Name		Club	No of races	Points
U18G					
1	Rosie	Stuart	Keswick	2	98
2	Rachel	Jefferson	Warrington	2	94
3	Becky	Lambson	Skipton	2	93
4	Rachel	Robinson	Scunthorpe	2	92
5	Kate	Titlow	Warrington	2	90
6	Nichola	Jackson	Preston Harriers	2	88
7	Hannah	Bateson	Lancs & Morecambe	2	50
7	Blue	Heywood	Lincoln Wellington	1	50
9	Emma	Flanagan	Rossendale	1	44
9	Sophie	Hunt	Wirral AC	1	44

U18G: Rosie Stuart, Keswick

Photo © David Woodhead

U18B: Joe Gratton, Hallamshire Harriers

Photo © David Woodhead

Pos	Name		Club	No of races	Points
U18B					
1	Joe	Gratton	Hallamshire	3	150
2	Jonathan	Bradshaw	Wharfedale	3	140
3	James	Ellis	Warrington	3	138
4	Ryan	Gould	East Cheshire	3	130
4	Ashley	Kay	Rossendale	3	130
6	James	Waldie	Cornwall	3	128
7	Tom	Sessford	Keighley & Craven	3	127
8	Sam	Tosh	Rossendale	2	92
9	Jordan	Beard	Rossendale	2	86
10	Jon-Philip	Seymour	Wirral AC	2	82

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BY **RICHARDS LECKY-THOMPSON**

FRA Junior Update

Hi
These newsletters come round really fast, when you have to write stuff for them.

Races

By the time you read this, there will have been 3 Junior Champs Races. (If it's after the 20th June make that 4 races). I have only made it to one of these, the Anniversary Waltz. From what I hear, they have all gone pretty well. I hope other people will have done reports for the magazine! There should also be points tables somewhere in the magazine.

I really enjoy attending theses races and watching all of you competing really hard, at the front of the field, and just as hard at the back. Well done to everyone who turns out.

Junior Committee

We now have a Junior Committee. This is a huge relief to me, as I can now delegate work to people. Many thanks to all of those who volunteered. If anyone else would like to be involved, especially any Juniors, please let me know.

This is the current committee and their main responsibilities:

- Jim Godwin
  Statistician
- Graeme Woodward
  Coaching
- Gail Hull
  Junior Do
- Ben Crowther
  Junior Championships
- Bashir Hussain
  International and England Junior Training Squad

Coaching

Seventeen of us turned up for the first FMR2 Coaching Course. We had two weekends, one at Rossendale, one at Stockport AC. We were remarkably lucky with weather on both of these, I don't think we got wet at any point, and we were outside a lot. Graeme Woodward and Bashir Hussein delivered the course, under some pressure, as the course was also being assessed by Jackie Newton and Jeremy Harries (an Important Person from UKAthletics). The content was excellent and the practical sessions were very interesting, especially as they were totally focused on fell running.

There are plans for a second course to be held starting in September. There should be an advert somewhere else in the Fellrunner.

England Junior Training Squad

About 25 of you were invited to turn up for the first of the new English Junior Training Squad at Sedbergh School. As ever, facilities and hospitality were excellent at the School. Which was more than could be said for the weather, when I was delivering a Speed and Agility session the cones and ladders kept blowing away.

I certainly learnt a lot that day. Any coaches interested in developing their skills would do well to contact Bashir, to see if they can attend at a future session.

The second day was on 31st May at Calder Valley, but I am writing this well beforehand!

ESFRC

Plans for the next English Schools Champs are well under way for 27th September 2009. Those of you who attended last year will remember what a great event it was. Those who weren't there, make sure you go this time. There are a few changes to the details this year, for example, we have to charge this year, but you will still get a T-Shirt (but maybe without "SEDBERGH SCHOOL" in huge letters across the back)!

It was my best day of last year!

There is an advert elsewhere in the Fellrunner, so look at that and get your entries in.

Clubs

I asked, in the last edition, for those clubs with Junior Sections to get in touch. Apparently there are two clubs doing this – our own at Broughton Runners and Settle Harriers.

Now, I know there are more of you out there. I'm trying to build up a contact list. So PLEASE send me some details.

Thanks
Hope to see you all at Ambleside, 20th June.
Lecky

Photo © Pete Hartley

Anniversary Wa! 2009

Anniversary Wa! 2009: Ashley Kay & Sam Tosh (Rossendale) leading the climb in the under 18's race

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English Schools
Fell Running
Championships 2009

at Sedbergh School

Sunday 27th September 2009 First Race at 11.00am

Closing date for entry 15th September 2009

Generously supported by:

SEDBERGH SCHOOL PETE BLAND SPORTS RONHILL

Enter at www.esfrc.org

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The second English Schools Fell Running Championship will be held at Sedbergh School.

Courses will run on to the Howgill Fells and will provide the same true test of fell-running as last year.

There will be a series of races for year 7, years 8/9, years 10/11, and years 12/13, for both boys and girls.

There will be individual and team prizes in each age group for boys and girls, with the first 3 from a school to count as a team. Schools may enter any number of categories. The FRA Schools Championships Trophy, currently held by Ermysteads will be presented to the best overall School.

Food will be available in Sedbergh School's Queen's Hall during the day. Presentations will be made during the day, on the field.

For further details and how to enter visit www.sedberghschool.org or www.esfrc.org

- Entry £5 per athlete
- Free Technical T-Shirt
- After Race Refreshments
- Programmes
- Parking Available On Site
- Individual Prizes in Year Groups
- Year Group Team Prizes (3 to count)
- Overall School Prize
- Changing Facilities
- Fully Flagged Marshalled Course
- Filmed by Helicopter (weather permitting)
- Joss Naylor MBE and Ron Hill MBE

First Race Y7 at 11am. Registration Opens at 10am.

CONTACTS

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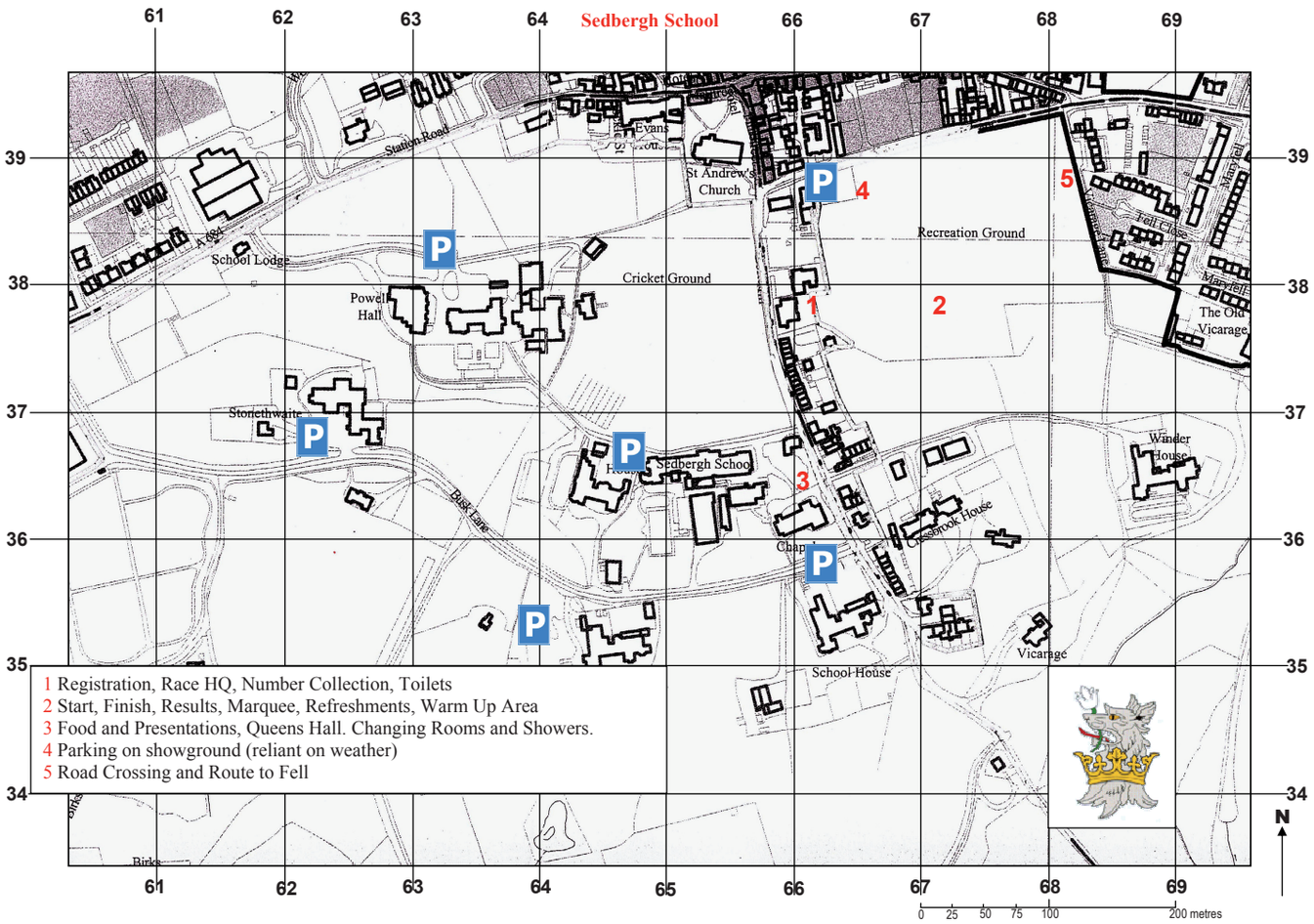
RichardLT@esfrc.org

Sedbergh is situated at the South end of the Howgill Fells and can easily be reached from Junction 37 on the M6



Distances, routes, times etc.

Year 7	1.98 miles with 722 feet of climb	11.00am	Boys/Girls
Year 8/9	2.63 miles with 1149 feet of climb	11.30am	Boys/Girls
Year 10/11	3.91 miles with 1315 feet of climb	12.15pm	Boys/Girls
Year 12/13	4.39 miles with 1315 feet of climb	1.00pm	Boys/Girls

Times of races are not exact.

SEDBERGH SCHOOL

Sedbergh School is one of the country's leading independent schools with a international reputation for sport including a long tradition in running on the fell, cross country and road. It has produced many great runners such as the Symonds brothers, Jim Davies and, more recently, Simon Barnby.

Sedbergh School
Sedbergh
Cumbria LA10 5HG
Phone: 015396 20535
Fax: 015396 20535
www.sedberghschool.org

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BY **PETER TRAVIS**

Skiddaw Race 1984

(KEN STUART'S RECORD BREAKING RUN)

There is talk on Fitzpark's meadow
of record breaking run by Threlkheld's mountain man.
Diminutive; lightly framed, he'd seen Blencathra's summit
that very morning, as though to make some offering.

I watched this multi-coloured melee
take the field and listened to their talk.
Past names, enshrined in mountains conquest;
punishing runs, long remembered by Lakeland athletes;
victories, sustained aggression that almost burst the lungs.
These are the indelible memories of those
who run the rising fells.

Across the field they stride, like some
pursuing pack of hounds, eager for the kill.
There is a line, ever thinning up the fell.
The leader makes his unchallenged break, while others
watch the mercurial feet lead the unending steepness.
Arms, piston thrusts of dynamic power,
legs, smooth flowing, like some mountain rill.
The summit cairn, thirtynine flying minutes
to conquer the archer's hill.
The threlkheld fellsman turns, undelayed,
and hurtles down the smooth grey shale,
along the broadening path, down steep grass bank,
pounds the metalled hardness of the road.
Round Fitzpark's oaks he carves his way,
alone, but not lonely in his victory,
so many share with him the pride of conquest.
While others break the boundary field
the crowd await the official time.
A shout goes up, 'The record's gone!'
He stands, a thoughtful figure for a brief span of time.
His reverie is broken by those
who thrust their hands in his.

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THE NEW WITHINS
Curly Wurly Rat Runs

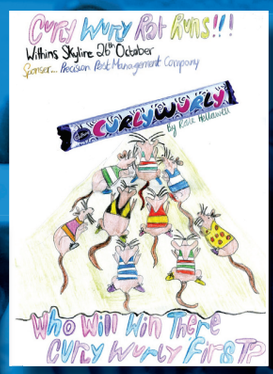
It's Competition time!
It's Rat Run time!
It's Prize time!

Attention all junior ratfinks! This Summer why not pencil, crayon, felt tip, onto paper and design the annual certificate for the junior Curly Wurly Rat Runs at the Withins Skyline race on 25th October.

Thanks to the generosity of Mike Ayres at Precision Pest Management Solutions all entrants will receive a prize – just post or hand in your design.

The winner will receive chocolate galore and their winning design will be used on the certificate in every finisher's Goody Bag.

See some of last year's entries, including winner Lorna Jo Nunwick's from Helm Hill Runners.



Above: Lorna Nunwick, Age 11. Top right: Rosie Hellawell, Age 14. Bottom right: Thomas Sumner, Age 9

'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 Autumn Fellrunner or on www.woodentops.org.uk

Junior Do

Straight after the Viking Chase (the last Junior Champs Race)

Sunday 20th September 2009 – 2.00pm onwards

Carlton Lodge Outdoor Centre

Near Thirsk, Y07 4NJ (30/40mins South of the race)

www.nyy.org.uk/centres/carlton.php

This event was excellent last year!!!

2.00pm to 2.30pm	Arrival and give out T-Shirts to those who have done 4 or more races
2.00pm to 3.30pm	Activities: e.g. Ropes Course; Zip Wire
3.00pm to 4.00pm	Barbecue/Buffet
4.00pm	Prize Ceremony
4.30pm	Close

The Do is free to Juniors, by ticket. Adults accompanying may buy tickets for the barbecue/buffet in advance @ £6 per person.

If you want to go to the Do, please let Gail know by the end of Sunday 6th September, stating any special dietary needs and T-shirt size.
Tel: 01663 735414 Email: ghull@talktalk.net

PS If you can't get to the Do and want a T-Shirt, let me know your size and address. You must request a T-Shirt in time if you want one and think you will qualify.

Summer 2009.indd 73 27/06/2009 01:04:45

They're bunnylicious

They're eggciting, they're bunnylicious, they're fast, they're testing, they're furious fun, they're what you've been waiting for all winter, and great if you like getting beaten by 12 year olds. These are the Bunny Runs that spring to life every April. There is a time and a place for healthy eating, but it's definitely NOT at a Bunny, since even a chocoholic would have problems coping with the chocolate prize list!

These races even offer for the true Hares amongst you something special, the 'Egg Stage', a fast and furious dash round the small loop which is rewarded with extra chocolate for the first man and lady past the hopping bunny sign. Remember though, you must still finish the race with all that lactic acid in your legs.

Three more lucky Bunny Bob Tailers are destined to feed their sweetie tooth craving because all entrants are entered into a free chocolate prize draw. Runners and spectators can take part in the weekly 'guess the winners time' competition and guess what the prize is ... AN EASTER EGG!

The Bunnies are renowned for their post race fun – free soup and roll in the Old Sun Hotel, that nights race video on the TV, stacks and stacks of Easter Eggs as prizes and people watching in awe as the first man, lady and vet stagger under the sheer weight of goodies. Then of course the finale, it's the famous chocolate throw out with an extra twist this year. Because in amongst the chocolate were such delights as chilli & chocolate, builder's breakfast and good old fish & chip flavoured crisps, with even more magic being provided by popping candy, literally raining down on everyone at the prize giving.

Summer 2009.indd 74 27/06/2009 01:05:26

– they're the bunnies

Photo © Paul Wood

Summer 2009.indd 75 27/06/2009 01:05:49

The Welsh Wizard – the surprise package – BR1

Photo © Paul Wood

New record holder Jorge Thomas at BR1

What a surprise package Bunny One had, not only was it a record field of 286, including 113 ladies, but it was a perfect sunny evening and a Welsh Wizard won to boot! 26-year-old Jorge Thomas who lives only 400 yards from the race, had the magic formula to claim the honour of taking home the perpetual cuddly bunny rabbit trophy. He set a new course record of 14-41, the first runner under 15 minutes. Welsh international Jorge who runs for Cardiff AC is the current Yorkshire Cross Country Champion, and has twice previous won the Welsh Cross Country Championships. The Bunnies aren't totally new to him, because in 2005 at BR3 he finished 2nd to Rob Jebb, and then won the Bunny Egg Stage prize in 3-30. In 2005 the Bunnies were on Harden Moor, and it was the house wall type climb that did Jorge in. It was last years BR1 winner, Andi Jones, who set a sizzling pace from the off, claiming the Egg Stage prize in a new record of 3-23, which took a second off Mark Buckingham's time. Olympian Alistair Brownlee and Tom Sessford followed this boiling pace until they cracked, while Jorge was back with 25 times winner Ian Holmes. Andi was caught by Jorge in Penistone Hill Quarry, then it was neck and neck all the way back until the final climb before the drop into Dimples Lane Quarry finish. "Andi made me work pretty hard on the descents and it was very fast. I'm strong on the hills, and kicked just off the top of the last climb. I have a real sweetie tooth and so does my girlfriend Amy, so all the chocolate prizes won't go to waste and we'll certainly enjoy them. My other passion is food, I would loved to have been a chef, so the next best thing is running my own business called Swaledale Foods. This summer I hope to revise my pb's, especially my 1500m, (3 min, 45 sec) and 5km (14 min –40 sec) times now having Ian Mitchell coach me," said the Welsh Wizard Jorge. "I was doing well until Jorge left me for dead in the last 30m!!!The first job I did when I got home was to go on powerof10 database and find out about Jorge. No wonder I was left in his dust with his 49.9 seconds 400m and 3.45 1500m pace. Plus this morning's mega session didn't help me out, but anyway its all looking good for the marathon. Tonight's race was a real lung burner with Jorge setting a new CR", said new Egg Stage record holder Andi. Alistair Brownlee who, during the Bunny series celebrated his 21st birthday, finished 3rd. But after running a pb of 29-48 in the Great Ireland Run 10km only 2 days previous wasn't too bothered, but still the question is will he ever win a Bunny Run? Ian Holmes won the veteran Bunny Rabbit trophy for the sixth time in 4th, and showing the high quality of the race Pendle Hill winner Tom Addison finished only 7th.

Recent Lad's Leap and Trunce winner Blue Haywood returned to Haworth after winning the Auld Lang Syne to take her fourth Bunny Run, having previously won in 2004 at BR4 and 2005 where Blue won BR1 and BR4. Blue also won the Egg Stage for the second time in 4-04, but do remember the ladies Egg Stage only started in 2006; otherwise we're sure this little dynamo would have won more. Blue isn't the only Haywood dynamo, younger sister Bo who won the FU16's at the Trunce race took the FU14 honours here in 6th overall. Second lady overall was recent winner of both the Bradford and Keighley 10km races Helen Glover, who had the edge over Katie Walshaw and the FU16 winner Mel Hyder who both finished 3rd and 4th respectively. Ilkley Harrier Sally Morley in 5th set a new FV35 record of 19-18 taking 27 seconds off team mate Alison Bennett's 2007 record. The only other record on the night was by Andy Normandale of the York Acorn club who shaved 2 seconds off his own 2007 record. One remarkable achievement was how 12 year old Haran Dunderdale picked himself up off the grass after stumbling at the start, and somehow worked his way through the 254 runners to win the U14 age group, and more impressively finish 32nd overall. Haran finished just behind Lincoln Wellington teammate Blue Haywood, but more importantly ahead of dad Andy who was 34th and 4 seconds behind. This showed great strength of character from one so young. The majority of us would have just either pulled out or jogged round.

Note: Andi Jones went on to finish first Britain in a new PB of 2-15-24 at the London Marathon

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Photo © David Brett

Bunny Run 2

"You're only as good as your last race" - BR 2

Bruce Elsworth (114) & Jack Smith (224), both of Wharfdale

Photo © David Brett

43 year old fell running legend and 'Bunny Governor' Ian Holmes incredibly won his twenty-sixth Bunny beating three times winner Willy Smith in an enthralling battle with 249 runners taking on the challenge. But first, numero uno Pendle AC athlete, Jack Thompson, who was featured in the FRA mag last year, convincingly won the Egg Stage, and equalled the course record of 3-23 set by Andi Jones the week previous. On the dry but overcast evening Ian and Willy were locked together, shoulder-to-shoulder even at this early point with no quarter given as the training partners battled for supremacy. As the route roller-coasted out of Penistone Hill Quarry, Willy had the edge but couldn't break the iron will of Holmsey who has won races like the Ben Nevis, 3 Peaks, Bens of Jura, Mount Snowdon and Scafell Pike on so many occasions. It was only in the last 400 metres involving a swift descent and climb, that Ian opened the winning margin. "I couldn't have Willy beat me, not again after the Bradford 10km, and especially not on a fell course", said a triumphant Ian. "I tried my hardest, and really wanted it, but Ian just timed it perfectly, getting away on the descent. On the climb I tried to push, but was just treading water, my legs had gone. You can't help but like Ian, but if I hear, 'you're only as good as your last race,' again I won't be responsible for my actions!" said Sport Camps director Willy. This quote came about when Ian was asked by a youngster at Keighley and Cravens recent presentation evening, "*who is the best between you and Willy*", to which Ian had replied, *"you're only as good as your last race"*. With Haworth international Andy Peace 3rd and twin brother Martin 7th along with Holmsey, Bingley Harriers won the team chocolate. Richmond and Zetland athlete Marc Scott who already holds the U14 record at 16-58 set two years ago added the U16's record taking an impressive 31 seconds off Thomas Sessford's old time. Ross Inglis, the second U16, was also inside the old mark with 16-26. Scott and Inglis finished 6th and 9th overall respectively. Junior England international Blue Haywood won the ladies race for the fifth time and improved last weeks time by 14 seconds again winning the Egg Stage, this time only 2 seconds outside Mary Wilkinson's 3-59 record. Blue is sure making an impact on the fells this year having just finished 2nd at the Easter Sunday Shining Cliffs race. Blue's sister, Bo, the Notts. Cross Country champion finished 3rd at Shining Cliffs and here won the FU14 for the second week. Another former junior England international, Helen Glover, finished 2nd again, improved her time by 34 seconds and had Blue in her sights all the way round. Katie Walshaw finished 3rd again and BOFRA U17 champion Mel Hyder finished first FU16 in 4th. In 5th place was last years BR4 winner Emma Spencer. Keighley and Craven ladies, with Helen 2nd, Holly Williams 9th and 2nd FU14 Rosie Hellawell 12th won the team chocolate eggs for the second week. In the packed pub runners were spoilt for choice with the race video being played on one TV and Chelsea V Liverpool in the champions league on the other big screen. Both were thrilling to watch, although once the mountain of chocolate eggs appeared only a three-eyed monster would have been able to cope with all this activity. Mind you the little darlings gave it a good go ... bless.

A sea of colour & runners – BR2

Photo © Paul Wood

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Time & tide waits for no man, unless your name is Ian Holmes – BR 3

Ian Holmes' first ever Bunny win came way back in 1994, when this years FU14 winner Bo Haywood hadn't even been born, and neither had probably a good quarter of the field! In 1994, Ian won three races outright and, of course, the series. 15 years on and he has clinched this year's series, with two wins and a 4th. The saying is time and tide waits for no man, unless of course your name is Ian Holmes. 'The Bunny Governor', as Ian is known, eased to his twenty-seventh Bunny win, and fifth series win, but he didn't have things all his own way as Cumbrian international Tom Addison, the recent winner of the prestigious Pendle Hill race held his nerve to take the Egg Stage prize. Tom could literally hear Ian breathing down his neck as he won in 3-25 ahead of the 270 strong field on a sunny evening. "The Egg Stage win would have been a bonus, but Tom was so determined and kicked just at the right time. If I'd have kicked with him I'd have been in so much oxygen debt for the rest of the race, I probably wouldn't have won," said Ian. Tom managed to get his breathe back to eventually finished 5th only a minute down on Ian's 15-10 winning time. Second was Ilkley's Tom Adams, breaking the 16-minute barrier for the first time, while Graham Pearce finished third in 15-42. Bingley Harriers once again won the team with Ian 1st, Tim Midgeley 6th and 47-year-old John Convery 8th. 12 year old William Smith of Wharfedale finished 31st overall and bettered his BR1 time by 45 seconds to win the U14, but did have team mate Ben Johnstone for company most of the way. At the other end of the age scale, 77-year-old Brian Leathley just managed to enter in time, but missed the start by one minute. We felt it only fair and proper to adjust his finishing time accordingly, after all he is our very own V70 record holder! 17-year-old Blue Haywood won for the sixth time and the series for a third, and next year will be immortalised on the Bunny Beer label along with Ian. Blue recorded 17-31, an improvement of 18 seconds, displaying a mature head on young shoulders, she also won the Egg Stage for a fourth time in the second fastest ever; 4 minutes dead and only a second shy of Mary Wilkinson's milestone 3-59. Second, in 17-59 was National Police cross Country champion Emily Klee. The 23 year old overhauled Helen Glover on the final climb, while Bunny regular Mel Hyder improved her own FU16 record to 18-19, an improvement of 16 seconds. In 5th place Sally Morley improved her own FV35 record by 21 seconds. Close on all these girls heels was FU14 winner, 12-year-old Bo Haywood who recorded a time of 19-04. Normal Bunny madness resumed at the Old Sun Hotel, with a special presentation and thank you to Steph and Stuart Thompson who each week take time out to video the race. Stuart sets off with the camera and does a nifty hand over to Steph, which enabled him this week to finish 2nd V60. All this is done so you Bunny fiends can relive the race by watching yourselves on the TV, sweating and straining round the course.

Photo © David Brett

Ian Holmes – Bunny winner

Photo © Paul Wood

Not even born when Ian won his first Bunny: Bo Bo Haywood – GU12 winner

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Blue is red hot! - BR4

Photo © David Woodhead

Top Bunny girls – Mel Hyder, Katie Walshaw, Blue Haywood & Helen Glover

Photo © David Woodhead

Rogue Bunnies at BR4 - Jordan Beard, Adam Osborne, Graham Pearce, Willy Smith & Tom Addison

Reports say that it's been the hottest April in 10 years, with sun seekers packing beaches and parks all over Britain. However, fun seekers have been packing the Bunnies making it the hottest place to be on a normally boring Tuesday evening. The weather broke here, with the rain making the parched ground a little 'tricksey' in places but it still didn't deter 223. Bunny fame has even spread across the water to sunny California USA. Wanting to sample fell running Professor Allen Doyle running for Golden Valley Harriers took time out from lecturing at Bradford University to finish 100th overall in 21-28. English folk are renowned for their eccentricity; well, maybe these races just confirmed it to Allen, with the normal prize giving madness and chocolate throw out, he was awarded two bottles of unique Bunny Beer to take back across the pond. One extra for Allen because, believe it or not, his wife is called BUNNY!

2006 FRA Fellrunner cover girl Blue Haywood is red hot at the moment and made it four straight wins in both the Egg Stage and the individual races to win the series for the third time. 17 year old Blue has now won seven Bunnies, which ties her with Pauline Munro in the title stakes, ahead of Carol Greenwood's six, Sarah Rowell's five and Sharon Taylor's four. The top honour here goes to Kath Drake with ten wins. If Blue has the inclination to go for more she certainly has got time on her side. Just 23 seconds behind Blue was Emily Klee from Leeds City in second, improving on third last week, whilst first FU16, Emma Spencer, was third. A ritual of the prize giving is that all the runners packed in the Old Sun Hotel shout BO BO when the FU14 winner is announced. Bo Haywood takes all this in her stride, even excitedly jumping up and down at registration when issued with the elite number BO BO. 30-year-old Willy Smith won his fourth Bunny after being pushed all the way by 32 year old schoolteacher Adam Osborne. Willy just couldn't wait to get his hands on the case of Bunny Beer he was presented with in recognition of winning the series last year, as the label featured a 'shy retiring' picture of himself. Fell runners are renowned as a hard breed, well you can't get much harder than 28 year old Graham Pearce, who only 3 days prior had finished a magnificent 4th in the Three Peaks classic fell race. Here he was determined to win the short sharp Egg Stage prize. His legs nearly faltered as Willy chased him down, but he just had enough in his sore and tired legs to hold on to win in 3-29, and then managed to hold it together to finish a creditable 10th. It was a long haul in the pub with BR4 prizes and then overall prizes being awarded, but the race video kept many amused, and by the time the chocolate throw out began it was still standing room only.

Rain, rain and more rain! - BR Relay

Only mad dogs and Bunny Runners would go out racing in these wet and soggy conditions. Rain, rain and more rain was the forecast and unfortunately for once they were right. But that didn't deter a surprising, but fantastic 60 teams toeing the start line with their unique egg relay batons in hand, having not a care about the incessant rain and gale force winds which whipped across Penistone Hill. Because of this weather the organisers decided to dispense with the short lap on leg one, which meant no Egg Stage, so all the legs were over the long lap only, which was well received by all taking part. In fact, due to the heartening feedback from the runners, in future all Bunny relay legs will be run over the long lap only, which is roughly one and a half miles and 200ft. The very wet and slippy conditions made for some interesting changeovers with generally not much yolk being spilled. What a great effort the two fancy dress teams Sunny Furry Scaries and Tod Bunnies put in; one, to get their outfits and two, to compete in the atrocious conditions.

Well done and thanks for taking part in this new prize category. A relay is all about team work, and the Bunny relay emphasises this more than any other, because families, juniors, friends and total strangers get together to transport a little unassuming funny coloured chucky egg safely up and down, round and round the contours of one of the highest and bleakest points that Haworth has to offer. The warmth of the Old Sun Hotel was a welcome haven after everybody's exploits with its free minestrone soup and roll, the race video playing and the banter that only fell runners can generate. If the conditions have been very arduous, the tales that get told are as good as 'the one that got away'. As always at the prize giving there's a quirky element thrown in, this week it was **flashing teeth** for all category team winners, with the customary stash of Easter Eggs. Beer was also added to Rossendale Dwarves – overall winners, 3 People – first ladies, Plucky Pearce Pacers - first family and Sunny Furry Scaries - first fancy dress.

Photo © David Woodhead

Bunny girl Holly Crossfield, who gave out all the 1028 Cadbury Creme Eggs

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Under 14 winner Bunny 2 – Haran Dunderdale of Lincoln Wellington AC

Photo © David Brett

Haran Dunderdale (164) with dad Andy (163) after rounding the lake

Photo © Paul Wood

Haran Dunderdale (164) with dad Andy (163) behind working their way through the field, Phil Done (183), Olly Watson (97)

'I'm 12 years old from Lincolnshire and I love athletics and football. I have an elder brother and sister who also play football and enjoy athletics. Last year my sister, Hannah (14) got to the English Schools Athletics Championships and competed in the 75m Hurdles and Pentathlon. As an under 13 she was number one in England for Pentathlon with 6th best score of all time. My brother, Joe (16) has already qualified with the Javelin this year.

Joe and I both play football for Nottingham Forest and have just got back from this year's Easter Tour in Holland.

I have been running for as long as I can remember. It all started when my brother, sister and I used to go running with my dad, Andy, until we were old enough to join a running club. My dad got me to try all the events possible in track and field, saying I should have a go at everything to see what I was good at. I run for Lincoln Wellington AC and hold club U13 records at 600m - 1:43.9, 1mile - 5:22.3, 3k - 10:48.5, 75m hurdles - 13.8, high jump - 1.42, javelin - 32.67m, discus - 21.94m, shot - 8.51m and Pentathlon - 1662 points. My highest UK ranking was 6th in the Pentathlon, 27th in the Javelin and 67th in the High Jump. What was really pleasing though was beating Joe's javelin record, but I was disappointed to only equal his 75m hurdles record. But it was only really when I was old enough to run the longer distances that I realised I preferred running long distance instead of short. It's funny how Joe and Hannah now prefer the shorter distances! When I was eleven, my dad entered me in the North Midlands U13 Cross Country League, where I came first overall. That year I also won the Lincolnshire Cross Country and the Anglian Schools Cross Country for year Sevens. This year I have competed at the Northern Championships where I finished 7th. We then went skiing in Italy just before the Inter Counties and although I was feeling tired I managed to finish 31st. After a few weeks training, I had a good run in the English Schools XC Championships where I finished 66th, where most of the fourteen year olds had muscles and were bigger than my dad.

I train with Blue and Bo Haywood and, because I like running on hills, their mum, Sally, told me I should have a go at fell running because its fun. So with my dad I went to the first Bunny, to try it.

What an experience this was. After the first 10m I was on the floor, where I curled up like a jockey having just fallen off in the Grand National, while the other runners hurdled me. When I got up I was last and I felt blood on the side of my head where someone's foot had caught me. Fortunately my dad waited for me and so we then set off after the rest of the runners. The race wasn't what I had expected, I thought it was going to be just like a cross country but there was never a bit where you could relax. I had to think about where I put my feet all the way round, mainly because I was wearing track spikes. The most enjoyable part of the race was the last hill where I got away from my dad. If I had a choice all races would finish on a long uphill. After the race we then went to the pub where there was a great atmosphere. This was the best part of the night, when I got loads of chocolate. I don't think I have ever seen as much chocolate as there was in the pub in my whole life.

Unfortunately while playing football in Holland, I got accidentally taken out by a German and have an ankle ligament injury, so I have been unable to run in any more of the Bunnies. I'm saving up for some fell shoes and looking forward to running in all of them next year, having more fun and hopefully getting some more chocolate.

My dream is to run for England one day, either over Cross Country or over the fells. Short term it's to beat Blue at next years Bunnies. I'm sure I'd have beaten her this year if I hadn't fallen over.'

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Zoe Baistow, nickname Zed of Wharfedale Harriers

'I started running at the age of seven when I was in year 3, I'm now eleven years young and in year 6. I was inspired by my brother Scott by watching him run and getting medals, so I thought I wanted to do some running and be better than Scott. When the first X-Country came up, I put on an old pair of ETA's, they were a bit big, but they did me proud, I ended up coming through in fourth place. That's what made me want to carry on with running.

I later started to take up fell running, by going to some BOFRA races and Quarry Runs with my dad. I was round about eight then. My first club was one in Lancashire, Pendle AC, but I moved to one that concentrated on fells called Wharfedale Harriers, and train on a Monday with Dave Hird, but do X-Country training on Wednesday with school. I have recently just done a X-Country race for school and came second.

My favourite style of running is X-Country, and my favourite races are the Quarry runs and Bunny runs, also Alva, although it's steep! I like the descent there, camping over and going on all the fairground-rides and generally everybody enjoying themselves.

I live with my two annoying brothers Scott and Luke and my dad, Bob the bear, who is always grumpy in the mornings. That's where the nickname comes from. Also Rocky and Baxter, the ferrets, they live outside of course and our little dog Jess.

I go to Foulridge School, which is just up the road from my house, so I run to the school most mornings! I also do other hobbies than running, because I'm not boring! I do netball, where I play centre and wing defence, hula hooping, biking and cricket, having just been picked to play a cricket match. I'm one of the best girl runners in the school, I'm the second best at X-Country and the BEST at fells!

At school I'm good at English, Science, Art, P.E. Design and Technology . In fact I'm good at every subject apart from maths. But I'm the best at talking, I'm always getting shouted at for talking by the teachers.

At home I try to help around the house, but normally end up playing out with mates on my trampoline. My favourite meals would have to be home made Carbonara and my second would be chicken wraps with salad on, being healthy. But I don't always have healthy meals I sometimes get fish and chips from Foulridge House. We have Take Away night on Friday night, but not all the time or I wouldn't be able to run!

Photo © Paul Wood

Zoe Baistow

I also took part in the nursery play in 2000. I was a little rabbit and wore one of my brother Luke's costumes, and when I got home he started crying and screaming! Scott also took part in a nursery band in 1997, he was a drummer boy in a red guards suit. One nil to me Scott!'

Scott Baistow, nickname Otter of Wharfedale Harriers

Photo © Paul Wood

Scott Baistow

I started running at the age of nine in a series of Inter Schools X-Country races, which were based around Lancashire. In my first race out of the years 3 & 4 I came a respectable thirteenth position out of 46 runners. In later years when I moved up in to years 5 & 6, I was top of my age, and was regularly coming in the top three, which encouraged me to pursue the sport of running. The first fell race I can recall was up at Penistone Hill Quarry, running in one of the races battling round in horrendous winds and freezing temperatures, as it always is up there. I managed to get round in one piece and thought it was brilliant. After competing in some more local fell races I started regular training up Pendle Hill with my dad, and found it really good fun. In the year 2006 I joined BOFRA, and competed in the championship, finishing a respectable fifth place. I really took to it, and loved almost every race, some more than others. I found that I was better at steeper races than flatter ones. In the 2007 BOFRA championships I managed to come joint fourth place with Jacob Urin and even won my first fell race at Coniston Gullies. Everything went just right and I led all the way. In all I was pleased with my season and really enjoyed it.

As for last year as I was bottom age in the U17's, I found it quite difficult. There was lots of good competition. I did manage to finish in seventh, which wasn't too bad, but I felt I could have done better. As for my favourite races in the BOFRA, I like Coniston Gullies, as it is a good steep one and we also go camping there for the weekend, which is good fun. I also like Alva, Kettlewell, Ambleside, Burnsall and Wasdale. These races are all steep; I prefer the steeper races as I think not enough fell races are steep enough. As for my season so far in 2009, I have just completed the Kendal Winter League, which are a series of races in and around Kendal. There are some really great races and they are really enjoyable. In the overall league I finished thirteenth, which I was quite disappointed with. I have just finished competing in the Bunny Runs, I do not particularly like these races, and do them for a bit of fun and speed training. The course is quite flat and fast therefore it does not suit my likings at all, similar to cross country, but you need to do them to improve your speed, plus it keeps me away from track, which is so boring!

As for the rest of 2009 I will be running the BOFRA races once again, some FRA races, and in the club championship where last year I finished in second place to Jonathan Bradshaw.

I also go mountain biking, which is also a good way to exercise the muscles that don't get used in running, I tend to do more biking in the winter, when the fell season finishes and the dark nights close in. This year we are hoping to go to Wales and walk up Snowdon, as I enjoy hill and mountain walking. Another one of my interests is camping. I like going camping up in the Lakes; Coniston, Eskdale and Wasdale are my favourites, and in Scotland; Alva, Glen Coe and Fort William. The thing I like about fell running is getting to so many different places that you wouldn't visit otherwise and that every fell race has it's own challenge.'

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FU16 Bunny Run series winner - Mel Hyder of Helm Hill Runners

Former English U12, twice U14 & U16 champion, English Uphill champion & current BOFRA U17 champion

'It was quite a surprise to see someone dart past me after all the effort I had put in. Mind you, I was only in year six and that cross-country at Morecambe and Lancaster College was my first race. So I guess the fact that I came second was ok. I mean, I learned the hard way. This was a race I did for my primary school in Bolton-Le-Sands. I got so carried away with all the crowds and cheering that I relaxed at the end. I also thought that I was too far in front for anyone to catch me. I was wrong! First lesson learned. Never take it easy until you are over the finish line. I was really pleased that my teacher, Miss. Rothwell, had entered me for the race and I'd had my first taste of real racing.

Photo © David Brett

I left primary school and started at Dallam school, and it didn't take me long to discover the school had a good cross country club that would practice on a Friday evening after school. This was an opportunity I jumped at and from then on I was guided by my science teacher, John Hodgson, who was a member of Dallam running club. Mr. Hodgson invited me to the South Cumbria schools cross-country championships at Sedbergh, where I managed to come first. This time I overtook another girl in the final stages.

It was strange to think I had this talent and hadn't realised it. I hadn't really trained properly, but I was still invited by Mr. Hodgson to another set of races, the Kendal Winter League. These were fell races, and I didn't even know there was such a sport as fell running until about a week before the event at Scout Scar near Kendal. I ran my little legs off, put in a big effort at the end and came first girl. I was puzzled by my win, and so were the crowd, because I looked nothing like a fell runner in my little stiff rugby jumper and my baggy three quarter length trousers. At least I had my Walshes. To me that first race was a bit like cross country, and I expected all of these races to be much the same as that, so you can imagine the shock when I arrived at the steepness of Fairmile, not to mention Barbondale. My parents couldn't believe it either. They could hardly walk up these hills and I was going to run up them.

I am now 15 years old and still love doing the Kendal Winter League races, but things have changed. I now compete in many fell races, both championship, individual races and evening races. I have to thank my parents for all of this. My dad, Russell, has taken me to many races, some in the middle of nowhere, and my mum, Pauline, has supported me throughout, cheering me on. After doing some training with Helm Hill, I decided to make this my new club. My running has come on in leaps and bounds thanks to Billy Proctor who trains me.

In 2007 I competed in my first Bunny. I can't remember my position, but I certainly enjoyed the race. As a matter of fact, I do most of the Bunnies now, although I always find it quite daunting on the start line, as there are so many people. In the first Bunny I did this year, there were so many people that I almost got pushed over and trampled, fortunately though I kept my footing. Bunny Runs are great, I love the prizes and presentations. Half the time prize-winners can barely get out of the door as there are always a generous amount of prizes to be given out. Ultimately, I would like to win the Egg Stage without wearing myself out for the rest of the race.'

Photo © Paul Wood

FU16 winner Mel Hyder

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'If a southern softie like me can do it … anyone can!' – Nicola Walton of Harrogate Hydro Bunnies

'I stood with trepidation amongst the throng of excited runners, listening to the hubbub of chatter around me, wondering how the blazes a southern softie like me was going to cope with the delights that a blustery Penistone Hill had to offer.

I moved to Harrogate in North Yorkshire from Gloucester in the South West, nearly 4 years ago and in that time I've started a new job, renovated a house, married the love of my life, James & had a beautiful baby boy, Alex . After an 18-month break from the second love of my life, running, and in an attempt to regain my pre-baby figure and beat PND I rejoined my local gym in January. Full of enthusiasm and endorphins I suddenly found myself agreeing to join accomplished fell runner Ian Rowbotham at the1st BR. As we drove from Harrogate to Haworth with the Pennine Way closing in around me I began to wonder what the hell I'd let myself in for. The valleys of Gloucestershire are pimples on the landscape compared to this, I cried. "You'll be fine," said Ian excitedly ..... "it's only 3 miles!" .....

An obvious novice to this sport I didn't really have a clue what fell running was (hell, I'm used to the rolling hills of the Cotswolds) or what you had to endure; I thought I might be in for a tough time and I was right. I've never experienced such a range of emotions over a 29-minute period and still come out the other side with the proudest feeling and biggest smile for something I've achieved. **Nervous excitement** - of a new challenge. **Worry** - that I'd be last or worse still fall arse over boob. **Dread & complete exhaustion** - *as I scrambled back up the other side of the near vertical part of the quarry on my hands and knees.* **Pain** - as my lungs felt as though they'd burst and finally **total exhilaration** - as I picked up speed down into the quarry towards the finish line and realised I wasn't last! Saying that, the course was challenging but great fun, and the views were incredible when you got to the summit. And to top it all, it was a warm sunny evening and the ground was dry. Perfect.

I do remember part way round the long lap I felt a pang of envy knowing that the favourites were finishing and I was still only half way round with more steep hills and a lake to confront. Throughout the course the support and words of encouragement from spectators, marshals and finished runners alike spurred me on and kept my already tired aching body moving, determined to finish in one piece, which I did in a fairly respectable 29 mins.

The Old Sun provided the perfect place to wind down, enjoy hot soup and a roll and revel in the success and hard work that each and everyone achieved that evening. Dave hosted a very entertaining prize giving fest with the largest eggs I've ever seen and I even managed to catch some magic popping candy, a new addition to the famous chocolate throw out.

I was welcomed and felt part of the fell running family and had the most wonderful evening, and I would highly recommend anyone who would like to give it a go as this course was a perfect introduction - after all, **if a southern softie like me can do it … anyone can!'**

Photo © Paul Wood

Nicola Walton behind Judy Greenwood

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Photo © David Brett

Ian Rowbotham

Racing and training the Bunny Way! – Bunny Run V50 series winner – Ian Rowbotham of Ilkley Harriers

Kenyans agree it's not just genetics, training at altitude and intense hard work that produces top runners. They also run hard in groups with periods of eye watering intensity. So you could say Bunny Runs, concentrated in April, are the ideal solution.

They are great introductions to fell running as "The Hydro Bunnies" found out. They also provide a fast 5K mid week race, have a great atmosphere, are well organised and above all immediate results; sticky labels rule. Then it's soup and a roll while we watch more than one video of the race in an atmospheric pub, with the icing on the cake being a generous and humorous prize giving, it's always the high light of the night. Here rows of children can be seen ever leaping like salmon up a water fall, all for the chocolate thrown out. The evening dissolves quietly, many leave with prizes, happy and weary with or without chocolate, and top runners are identified by their additional carrots, liquid, garlands and hats. Can I say you always seem to get more than a fell race at a fell race!!!

It took me some time to appreciate the joy of fell running. I am a Yorkshire man who grew up on Harrogate water whose favourite sport was rugby and Harrogate, Otley and Ilkley Rugby Union Football Clubs were kind enough to include me at scrum half. A swift descent through the sides and a corresponding fitness drop continued after I stopped playing rugby at 35. Cue James Towler who introduced me to the triathlon via swimming, mountain biking and running, of these running seemed the most attractive, because it was challenging, especially as my fitness had gone completely.

Stark reality hit me when I started trying to run and could not keep it going, in fact I could not even run a mile. Things had slipped too much, and reversing the slide took time, contrary to what most commercial running magazines suggest, this tactic still annoys me even now. Runs of a few minutes started to provide benefits, one mile out and back was a landmark. Fortunately Jane and I had two young children so this was ideal, initial runs were hard physically and mentally and they still are. David Murray opened my eyes to running, orienteering, night runs, etc. and then I joined Harrogate Harriers AC and was able to help as Chairman, where my motto was, "Ask not what your club can do for you, but what you can do". Help through training and local road races led to a London Marathon, eventually in under 2hrs 50. Runners such as David Askew then kindly led me into fell running, surprisingly many still put up with my training and coaching tips. A desire to improve, travel further to races and to do more fell running training, led me to join the excellent folk at Ilkley Harriers, there thanks to Peter Shields and Jane my running has improved a bit more.

Off road running seems such a natural thing to do. Why? Because it is natural, it gets us out experiencing our beautiful area, the harsh terrain and weather simply add more of a challenge. Mix in the excitement, friendship, rivalry and emotions and you have even more reasons why. The race age categories provide an extra reason why to train and race. A wise runner reminded me that his best years running were aged 39 and 49, so I am trying not to over do it at 50.

In conclusion we don't have the benefit of a rich genetic pool and altitude, but we do have the benefit of hard runs out with groups of others over the moors. Races like these provide great racing and training in the bracing air, amongst many like minded folk. They are hard races and are a concentrated form of good training. You could even think you were in an elite Kenyan training group, you're in such good company.

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'Little did I know what I was getting into' – Professor Allen Doyle of Golden Valley Harriers, California, USA

Photo © Paul Wood

'Fifteen years ago a Welsh friend in Fairbanks, Alaska told me of fell running, and this April I fulfilled my dream of joining one. Mind you, it was called The Bunny Run, which involves bribery by chocolate, and doesn't sound too menacing compared to Alaskan events like "the Annihilator", "Crow Pass Crossing" or "Mount Marathon", which is an out-and-back 5k with 3,000 feet of climbing, then plunging down snow and scree. Little did I know what I was getting into.

My Bradford hosts notified the race director that I was coming, and he met me at the registration pub with a deceivingly warm smile. I should have been on my guard when he assured my participation by offering me two "Bunny Beers" that are normally awards for old (and young too). The labels feature last year's female and male winners. To further lure unsuspecting participants, the minimal £2 registration came with a chocolate egg as well.

His ominous side came out at the start, where he bellowed instructions above the din of 250 milling runners. Avoiding electronic amplification, he quickly intimidated the pack into silence, and pushed the throng around like an intent sheep dog. When announcing a car had its lights on, he sounded like a clansman calling a horde into battle. He then abandoned a young woman in front of the mob to start us off, and she certainly would have been trampled when she said, "go". Yet she was savvy enough to avoid saying, "ready, set", so we were caught off guard and didn't have a fair chance to get her underfoot.

Having placed myself mid-pack with respect to my current fitness, I was impressed at the courtesy of my fellow combatants, even though it took five minutes before we were single file on the trail. The second time up a grassy gully I was ready to elbow my way past defiant grandmothers, but it wasn't necessary because they were all tougher and faster than me.

The heath parkland overlooks rolling farms and villages, and the course was three different loops totalling under 5 k, in and out of quarries on nicely rutted paths and greasy inclines. We nicely skied down the grass into one quarry without catastrophe, and I found myself among the leaders – of twelve-year-old boys and girls. I nauseously straggled in to the finish after being out-kicked by an adolescent rival, then lingered among the muddy throng who looked quite satisfied with themselves. I mistakenly drank the after-race beverage from a jug, which must have been a magic potion that made my muscles sore for two days. The locals were obviously immune to its powers.

At the awards "ceremony" in the pub, the director's vocal thundering continued once we were stuffed inside like oatmeal in haggis. No one was intimidated, as he lavished awards on the series winners for each age group including stuffed rabbits, strobe-light ornaments, giant chocolate eggs, Homer Simpson donuts, and Bunny Beer. The young crowd's mood built to a frenzy for the pinnacle event: a shower of chocolate eggs hurled with wanton abandon by the director, who devilishly appealed to mob fervour, knowing they will likely return again for another frenetic event next year.

The youth of this valley have been corrupted irreparably, I'm afraid. I met an apparently wholesome family that regularly joins this event, and the parents were unconcerned while exposing their children to this melee, in fact they encouraged it. They warmly welcomed me from abroad and even invited me home for the night. My resolve softened and I almost accepted, instead pledging to return for training runs another day.

In this four-event series the sun had shone previously, and it was only proper that there would be light rain today to cool us off and make the footing appropriately slippery. Despite that I found most runners' times improved in these conditions, and I realised I was among my people. Anyone looking for a soggy, ankle twisting good time needs to check out fell running, and especially this series of muddy madness.'

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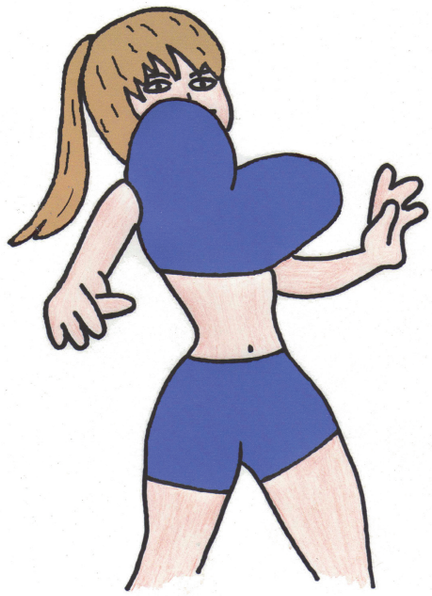
Storm in a teacup …

Or rather … Sport in a D-Cup!



Denise Park Practice 01200 423181

The last couple of articles have been quite complex and have resulted in phone calls for appointments from England, Ireland, Scotland and Wales! A 'pain in the proverbial' is a very common problem in fell runners, and one runner who came to see me had been struggling with it for over 10 years.

I decided to opt for a complete change for this magazine and have written about something which I think is particularly important – both as a female and as a physiotherapist interested in physical well-being, and if you know me, you know that I am more than qualified to write about this subject!!

I recently helped with the race commentary at the 3 Peaks Race so was busy watching everybody who came over the finish line. There was a comment made by a male that somebody looked 'full of boobs'. When I questioned him, he said he had meant to say looked 'full of beans' but I think he was possibly right the first time! Seriously - some of you need to think about what you are wearing under your running vest. For a female, a good fitting, supportive exercise bra is as important as the right running shoes.

Comfortable and confident! - Denise finishing the Great North Run

Several years ago, before exercise bras became more widely available, I visited my local lingerie shop to purchase a new sports bra. When the shop manager asked my size, her response was "Are you sure somebody your size should be exercising?" I was appalled and disgusted!! Thankfully attitudes have changed and sports bras are now much more widely available, so there is no excuse not to be kitted out properly. Trinny and Susannah say that 70% of women wear the wrong size of bra, but a staggering 73% of women who exercise regularly don't even wear a sports bra whilst exercising.

Appropriate breast support has been identified as the most effective form of treatment for breast pain and the prevention of breast sag (Hadi, 2000). A study in 1999 (Mason, Page, Fallon) showed that up to 56% of women experienced breast discomfort whilst exercising – mainly caused by both the vertical movement and maximum downward deceleration forces on foot strike. The fragile Coopers ligaments which support the breasts may become irreparably stretched by wearing the wrong bra or no bra during exercise. There is no muscle in the breast tissue, so once these ligaments have been overstretched there is no exercise that will help to get the breasts back where they belong. Strengthening exercises for the pectoral muscles will not tighten overstretched ligaments – once they have migrated south they aren't going to come back north!

Portsmouth University is carrying out research to determine breast motion during activity, and have a '*bounceometer*' to assist in their studies. The movement can be viewed on the Shock Absorbers website – which will make even the smallest of you realize how important it is for you to have appropriate support. Professor LaJean Lawson who has been studying breast motion since 1985 and has been involved in sports bra design, has described how the breasts move from side to side, front to back and up and down during activity. She claims that D-cup breasts in a low support bra can travel as much as 35 inches in the vertical axis (up and down)!!!!! However, a B-cup with a high support exercise bra can decrease this movement to less than an inch. Shock Absorber claim that their bras can reduce breast movement by up to 74%, whereas a normal day-to-day bra only reduces the movement by up to 38%.

There are 2 main types of bra available.

1. Compression bras that hold the breasts against the chest wall and evenly distribute their mass across the chest – more suitable for smaller women (A and B cup).
2. Encapsulation bras that support the breasts individually – more suitable for larger women (C cup and above) – or as one article says – these bras further reduce motion as it is easier to control two smaller masses than one large one.

There is another bra which seems to combine both of these styles. It is the Enell sports bra from America and is described on the boobydoo website as 'a sports bra for any woman who wants a serious piece of kit designed specifically for the larger bust'.

Just like running shoes, everybody is unique so you have to find the bra which suits you best. A key principle of ergonomics is 'make sure the tool fits the task and that it fits the individual'!

A good fitting bra supports the bust and spreads the weight onto the shoulders and back.

The fabric should be comfortable and absorbent, with no rough seams that could rub or cause irritation. The straps should be fairly rigid to minimize bounce and be wide enough to sit comfortably on the shoulders. The underband should be firm around the body to prevent the bra from riding up, but not so tight that it feels to restrict breathing. There is no evidence that

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breathing is impeded by a tighter band (Bowles, Steel, 2005), but it can feel restrictive.

The best way to test the effectiveness of a bra is the 'jump test' – jump up and down in front of a mirror and see if your bounce has reduced – I suggest you do this on your own to avoid unhelpful comments!!!

Sports bras are usually categorised by the amount of impact of a particular exercise. They are either graded 1-4, with level 4 being the highest level, or low, medium and high impact. For running, medium impact / level 3 is required for cup size A or B, with larger cup sizes (C and above) requiring high impact or level 4.

Studies have been carried out to determine whether running style, stride length and ground reaction forces vary with the type of support worn (Shivitz, 2001). The results suggest that as breast support increases, breast motion decreases and that insufficient support may also result in adaptations to the female's running mechanics. There seems little point focusing on a training schedule to improve performance, but then wearing inadequate support which may adversely affect your performance. A good sports bra also improves a female's confidence, and a confident female always performs better!!

Exercise bras are expensive, but they are worth it – and they last longer than a pair of shoes. It's too late once those Coopers ligaments have been overstretched! I have been stopped by women all round the world to ask which bra I wear because it looks ok and is obviously effective.

I was told that I couldn't possibly write about bras in the FRA mag because the magazine was mainly for men. Excuse me lads, but there are plenty of female FRA members out there – and I bet most men have still read this article! If you are a man reading this article and your wife / partner exercises but doesn't get a look at the mag because you claim it, please let her know the importance of a good sports bra – it's also in your interest!!!

I would like to say a huge thank-you to Jane Laycock from boobydoo.co.uk. Jane has an excellent website specialising in exercise bras and has supported me in writing this article. She is also a keen runner!

I would like to take this opportunity to once again offer my condolences to the family and friends of both Danny Hughes and Steve Barlow who have passed away since the last magazine.

Danny worked hard for the WMRA, and last year supported me in my new role as World Mountain Running Association Physiotherapist. His last email to me commented how he was looking forward to seeing me at the first international race in 2009, but he wouldn't be needing any treatment given that he was injury free and running really well – I was so shocked to receive the news of his death just a few days later.

I met Steve Barlow from Horwich RMI at the World Masters Championships in Sauze D'Oulx, Italy in 2004. He came to my table in a restaurant and started to remove his trousers so I could assess his knee injury – so typical of Steve! The restaurant owner was not impressed and promptly appeared at my table to rescue me from this rather forward young man. I will never know why he couldn't have just rolled up his trouser leg. He met and married Claire McKenna and I have regarded them both as good friends – we've had some fun times together. I am sorry that Steve won't be 'climbing onto my bed' again and I sent Claire a text saying the same when he was poorly in hospital. She passed the message onto Steve– which of course raised that cheeky smile of his!

I am sure they would both chuckle to know they had been mentioned at the end of my article about exercise bras!!!

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BY **MARK GRAHAM**

The Return of Oliver Mallis

Episode 10

A Tale of Fell Running Obsession and Dubious Genetic Engineering

January - Somewhere in the Lakes

Mallis had a brilliant idea. It was daring and radical but it was certain to catapult him from the ranks of mediocrity to the dizzy heights of perhaps having his name printed in the results section of fell runner (and who knows, if he took care not to fold his race number maybe even his photograph……?) The inevitable resulting fame and fortune was sure to impress Tricia and allow him to reclaim her affections from his arch rival, Don Bates. After all, Bates may be a decent runner but Mallis was sure to overtake him once he had put his plan in to action. He must remember to be magnanimous in victory but allowed himself a brief vision of himself standing in the sunshine at the finish of some horrendous superlong, changed and relaxed with Tricia on one arm and a cold beer in the other as Bates stumbled wearily across the line totally exhausted. "Never mind Bates" he would say, "That was a really good effort. Pity you couldn't quite stay with me over the rougher ground - I had some really good lines from Pillar to Red Screes and I was planning to show them to you if you could only have kept up. As it was I didn't want to lose sight of Scoffer - good job I didn't because I only passed him a few miles before the finish…". But first he had to make his plan work - the only trouble was he wasn't too sure what England Athletics would make of it.

In fact his concerns were threefold. Firstly he wasn't certain he could honestly lay claim to the plan as purely his own work. In fact his fifth form biology teacher Mr Carter possibly had some claim to the origins of it. This was linked to an unnecessarily unkind remark he had made concerning Mallis's ancestors and the shallow end of the gene pool. Secondly the process itself was likely to hurt. But he knew that true fell runners had to suffer for their achievements - after all, he asked himself "What would Rocky Steel do? Would he let a little pain and suffering stand between himself and victory in races, not to mention the hand of the woman he loved? Surely not". (In actual fact Ged's boy Rocky already had the woman he loved in the shape of Ronde Blunner and would have regarded pondering such a question as a wasted training opportunity - but Mallis didn't know that). Thirdly he was really worried about what England Athletics would say.

After much thought he overcame his worries. In the first instance Mr Carter had only provided the germ of an idea which Mallis had then worked out how to apply on his own initiative. Next he was prepared to undergo any amount of suffering to win back Tricia, winning a few races would just be a nice added bonus and the prize vouchers would come in handy - he could just see himself helping Tricia choose a new pair of particularly tight shorts from Pete Blands van and casually paying for them with a sheaf of vouchers. Finally he just wouldn't tell England Athletics about his plan - or anybody else for that matter. After all it was conceivable that not everyone would understand - genetic engineering, DNA manipulation and gene splicing were not generally considered fair play even if Mallis had devised a totally new approach.

The idea had come to him after a particularly poor series of races, even by his own frustrating standards. He was on the point of giving up and accepting Mr Carters view that his genes were simply not runners genes. If the first rule of running well is to choose your parents wisely Mallis's had been an unusually poor choice. Then it occurred to him that perhaps all he needed to remedy this situation was an injection of pure fell running DNA. Almost immediately he realised that this was probably cheating but the idea wouldn't go away. Then it struck him - perhaps there was a way he could do it that was natural and ethical. He would need a ready supply of reasonably good or better donor fell runners and a natural way to allow some of their genetic material to find its way in to him and merge with his own. If this was a natural process it could hardly be called cheating - more like natural evolution. Anyway, if anyone became suspicious about his performance and questioned him too closely he could simply imply that he had been holding back until now, or had discovered a new and secret training regime used by a closed society of warrior monks - or something. And so, with a few misgivings but with a rising sense of optimism he printed off and filled in a Jura entry form.

May, Craighouse, The Isle of Jura

Tricia stretched out lazily in the sun on the grass outside the hotel. From his perch on one of the picnic tables Don Bates admired her toned and peat stained legs. 'Well Tricia, if that training run was anything to go by you are well up for the race, I don't see you having any problems' he said. "Thanks Don" replied Tricia. "And thanks for letting me share your tent after mine blew down - I cant understand how that happened in such a sheltered spot. Or how we couldn't find it again afterwards". Their conversation was interrupted, perhaps fortuitously for Don by Mandy Goth. "Have either of you two seen Oliver Mallis?' she asked. "He is on the entry list but Phil and I haven't seen him anywhere - I thought you might know where he is, being from the same club". Don was immediately torn. He didn't want anyone reminding Tricia that Mallis existed but he was supposed to be giving Mandy a message from him. Finally he decided that he should just be honest - after all there was no sign of Mallis and there was still a good chance that he wouldn't turn up. Even if he did he was unlikely to find his way past the first checkpoint so he didn't feel Mallis was likely to pose a threat to his growing relationship with Tricia - not unless he had brought a spare sleeping bag to lend Tricia when her own was going to get inexplicably lost later in the week. "Mallis asked me to tell you he was coming but wouldn't arrive until the morning of the race" he told Mandy. "But I'm not sure if he will get here, he hasn't been going too well lately" he added for Tricia's benefit. At that point the wind dropped and there was an immediate panicked stampede across the campsite to the comparative safety of the hotel or the inside of tightly closed tents. A few stragglers, or those who had failed to find their own tent first try in the melee were left performing a hideous dance of pain and despair until they too managed to crawl in to some form of sanctuary. Others inexplicably seemed unaffected - perhaps it was the cloud of whisky fumes. The Jura midge population was airborne and hunting. But unusually there was one individual not too far away who was not dismayed by this development. In fact his plan depended on it.

The Beach, One mile downwind of Craighouse.

The time had come. Mallis sensed the change in wind. With hindsight it might have been a better idea not to chain himself naked to the rocks with the key out of reach. Perhaps too much good fell running DNA transferred to him by natural midgevolution (he rather thought this was a good name for his process) could lead to too much improvement in performance too early and result in some awkward questions. On the other hand perhaps it was better to get it over with once and for all - after all he could always take it easy tomorrow, perhaps settle for a whisky glass and a place a little ahead of Angela Mudge? Anyway he was committed now, and until the tide rose and swept the key to his handcuffs (which was tied to a

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large lump of driftwood) back in to his reach there was nothing he could do. This was the time of pain and suffering which would make all his future races easy and lead to his destiny with Tricia. He lay back on the rocks and thought of victory. An ominous buzzing rose steadily from further up the coast.

Craighouse - The following morning. Race Start

The crowd of runners moved up to the start line accompanied by the skirl of pipes. Neither Tricia or Don had seen Mallis and Don was secretly relieved that his rival appeared to have bottled out. As they pressed up towards the line Don squeezed Tricias hand "Don't forget - I'll be waiting for you at the finish" he said, confident that he would be back early enough to remove Tricias sleeping bag from his tent and dispose of it where it would never be found. Just then he became aware of a press of movement back from the start line and cries of fear and horror. The race starter suddenly dropped his shotguns aim from the sky to point down the road towards Three Arch Bridge. "What is it?' screamed one of the runners close to the front. Another fainted in horror, and as he dropped to the ground Don and Tricia were able to see past him through the ranks of screaming and hysterical runners to a point a little way down the road where stood a creature from the very depths of hell itself. Shambling and moaning and somehow vaguely human in form it dragged its huge purple bloated body towards the mass of terrified runners. 'Treeeeesha' it moaned. 'Treeeesha' . Don looked on aghast. What was it? At first glance it appeared naked but then Don thought he could just see some sort of club vest stretched across the swollen chest. Bizarrely a pair of handcuffs dangled from one appendage that appeared to pass for an arm. And was it wearing a purple bumbag? Or was that simply another hideous deformity? Before he could look more closely a shotgun blast rang out and the creature jumped. A second shot followed and the creature again staggered in its tracks before turning and, pursued by the starter reloading as he ran it shambled back along the road and out of sight. Meanwhile Ged Steel, standing close to the front and never one to miss an opportunity figured that as the shotgun had been discharged the race had started and he might as well set off, hideous island monster or not. The rest of the pack decided that his plan was a good one based on the facts that a) they had come to do the race anyway so they might as well get on with it and b) the creature had made off up the road and it would be hours until most of them got back there by which time anything could have happened. A few minutes later Craighouse was deserted and quiet apart from the distant sounds of occasional shotgun blasts and loud bellowing.

Craighouse - that evening.

A subdued Mallis quietly put up his tent in a corner of the field. To add to his misery Don and Tricia looked on from the doorway of Dons tent where they appeared to be snuggled together in just one sleeping bag. If only his plan had worked he could have been in there with Tricia while Don was still somewhere high on the hill. How unfair life was. His plan had been sound, and it would have worked if only he had been able to reach the handcuff key sooner and stop the process at the right time, before, before...well he didn't really like to think about what had happened. But the spring tide - well that and the Corryvreckan had conspired to thwart his dreams by sweeping the driftwood and his precious key out to sea. He was lucky to have escaped from his handcuffs, lucky to avoid the man wielding the shotgun, and luckier still that the changes seemed to have worn off after a few hours - hours which he had spent hidden in a gorse bush by the road enviously watching the runners jog comfortably and easily back from the bridge to the finish.

Mandy appeared and took him to one side. "Mallis - I know what happened and what you did. Don't ever enter this race again, you have interfered with something of which you know nothing and which is very dangerous". Before he could explain or say sorry she had gone. Don looked across at him. "Never mind mate, it wouldn't have worked anyway". "Why not?' asked Mallis. "The idea is sound and I thought it was a good plan". Don Bates was silent for a few minutes, then with the air of a man imparting a great secret to someone unworthy of the same and with a deep sigh he took pity on poor Mallis. "You see Mallis, the problem is this:- Your theory is basically correct. However there is a problem. You will never get good fell runners DNA from Jura midges because long ago we struck a deal with the midges themselves. They agreed not to bite the better runners. And in return..... Well lets just say we reached an acceptable agreement and nobody who can run Jura in under four hours needs to worry about the midges ever again". Mallis was astounded. So his plan would never have worked because the midges never bit the good runners. But he had to know more. "What despicable thing did you need to do to get them to agree to that?' he asked. Bates sighed again. "I didn't want to have to tell you this because I suppose you could just possibly be at risk if you do this race again. Mind you now that Mandy has banned you from ever setting foot on the island again I suppose its best that you know - just don't tell anyone else. We agreed that in return for not bothering the better runners the midges could eat the slowest runner every year. That's why there is a ceilidh on Saturday night - while everyones out Phil and Mandy sneak down to the campsite and remove that persons tent and all their belongings so they aren't missed. If anyone asks they just deny they ever entered the race. There is never a body to find, just a pile of dusty bones that can be mistaken for a dead deer - usually somewhere just off Corra Bheinn. Its simple really - and effective" and with that he raised his latest sub four hour glass to his lips and toasted Mallis's health in Jura single malt.

Footnote: Later that night Tricia and Mandy had a long conversation. Later still Tricia moved out of Bates tent and in to a fairly new one with a reasonably clean sleeping bag and lots of space, the previous owner of which appeared to have gone home early. Mallis's heart soared. Did this mean there was still hope for him and Tricia was not forever lost to Bates? Could there be a future for them together? Could he ride his bike up the hill back to the ferry in the morning? Why did he find the light outside the pub strangely attractive? Read on to find out more in the next exciting episode of Oliver Mallis - Ace Fell Runner. (note 'Ace' in this context may mean crap)

Letter

Dear Britta,

I think I am getting more cantankerous in my old age (not possible I hear you say) and feel the need to open up a discussion on the old nugget of navigation in races. Now I am the first to admit we all follow from time to time, and am also well known for seriously misplacing myself frequently, but I try. Having done the fabulous Bens of Jura race again for the first time in hundreds of years I was horrified by the approach of some of the runners. We were all checked into the race to make sure we had the compulsory map and compass, so I was surprised to find that setting off in the sea level mist and rain that many didn't have any navigation kit out.

May I suggest some basic things to assist followers?

If you are going to follow, at least make the effort to try. Get your map and compass out even if you don't know how to use them. You can learn by following what the navigator is doing.

A request along the lines of " I don't know where I am, do you mind if I tag along?" is never going to be refused … we have all had to do it ourselves and courtesy will get you most places – even the finish line.

Thank your tour guide at the end. They will be much happier to see you on the next event!

Never sprint your tour guide for the finish line. It's a sure way to guarantee you will never get another helping hand from that person, or their mates.

Don't run so close to the navigator you bump into them, crowd their view of the ground or stand on the heels. Do not get in between 2 people navigating together.

Whilst on my soapbox….GPS….are they in the rules or the spirit of the event to use on fell races? And surely a straight line reference is a great way of running straight off a cliff on Jura? Yes I know they should be used with a map, the ones I saw in action were not.

It really is unforgivable and irresponsible to be on the hills in a race in bad weather if you are unable to look after yourself. The organiser and marshals do their jobs out of the kindness of their hearts. You should never take their generosity lightly and owe it to them to be able to complete the event safely and without relying on them to rescue you – which you are if you are unable / unwilling to navigate. Those not making any effort to navigate endanger themselves and potentially the future of the races we love.

Helene Whitaker
Grumpy old bag (over the hill)

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Celtic Corner

BY **ROSS POWELL**

Welsh Fell Runners Association

WFRA Open / Welsh Championships and Series 2009

The Championship and Series positions at the time of writing (5th June) are given below.

WFRA Open / Welsh Championships 2009

With 2 of the 6 Championship races having taken place, Martin Shaw of Mynydd Du is leading the male category and Gill Stott of Chepstow leads the ladies (also 1st over 50). Other category leader : MU23 – Matt Stott (Chepstow), MO40 – Colin Lancaster (Telford), MO50 – Peter Williams (MDC), MO60 – Steve Herington (Hereford), MO70 – Cledwyn Jones (MDC). FU23 – Caryl Davies (Sarn Helen), FO40 – Shan Roberts (Ingli), FO60 – Maggie Oliver (Eryri).

WFRA North Wales Series 2009

After 4 races the category leaders are as follows :

MU40 – Simon Edwards (Buckley),
MO40 – John Montgomery (Clwydian),
MO50 – Peter Browning (Clayton),
MO60 – Don Williams (Eryri),
MO70 – Pete Norman (Wrexham),
FU40 - Andrea Roberts (Eryri),
FO40 -Sandra Rowlands (Clwydian),
FO50 – Kath Harvey (Pennine),
FO60 - Maggie Oliver (Eryri).

WFRA South Wales Series 2009

See separate report by Helen Fines.

WFRA Snowdonia Junior Series 2009

Two races in the 5 race series have taken place. Current leading positions as follows :
MU16 : 1st Owain James (Menai).
MU14 : Gerwyn Roberts (U/A)
MU12 : Aaron Roberts (U/A)
FU16 : Sarah Livett (Menai)
FU14 : Nicola Berry (Stockport)
FU12 : Bronwen Jenkinson (Eryri).

Clwydian Junior Series

Two races in the three race series have taken place. Current leaders as follows –

12/13 years:	Male - Grant Leach,
	Female - Madison Davis.
10/11 years:	Male - Sion Antrobus,
	Female - Lilly Davis.
8/9 years:	Male - Tom Holmes,
	Female - Martha Owen
6/7 years:	Male - Justin Edwards,
	Female - Freya Davis.

The final race of the Series will be on September 20th.

For more details of the WFRA Championships / Series and up to date results tables visit the WFRA website (www.wfra.org.uk).

Navigation Course

The next WFRA Navigation Course will be on Sunday 15th November 2009 in Llanberis. For more details visit WFRA website or contact Ross Powell (E mail ross@wfra.org.uk or tel 01286 881491). A course can also be arranged in South Wales if there is sufficient demand.

2009 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.

BY **HELEN FINES**

SOUTH WALES NEWS – JUNE 2009

WFRA SOUTH WALES SUMMER SERIES

The first three races in the summer series- Mynydd Troed, Cribyn and Stretton Hills have resulted in some good performances- both men's and women's course records were improved in good conditions at Mynydd Troed- by Martin Shaw and Helen Fines respectively. At the newly resurrected Cribyn race (last held in 2004), Shaun Godsman of Calder Valley enjoyed a runaway win. It was a shame that two of South Wales' star men- Mark Palmer and Martin Shaw- were injured, as it would have been interesting to see them take on Shaun...

Stretton Hills was interestingly a counter in the North and South Wales Series, as well as being an English Championship race and held in England! The strong fields will mean lower than usual points for the usual suspects competing in the Welsh series, but with 4 out of 7 to count, and only 3 events down, it's all still to play for. The leaders so far are:

SM	Stuart Moore, Wye Valley Runners
SF	Helen Fines, Calder Valley Fell Runners
M40	Mark Palmer, Mynydd Du
F40	Anne Johnson, Calder Valley Fell Runners
M50	Clive Rowberry, Hereford
F50	Sue Ashton, Chepstow
M60	John Sweeting, MDC
F60	Maggie Oliver, Eryri
M70	Cledwyn Jones, MDC

The next race in the Series is Coity on 28th June.

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BY **MALCOLM PATTERSON**

Scottish Hill Runners (SHR)

CHAMPIONSHIP SEASON AT HALF WAY POINT

Photo courtesy of Scottish Hill Runners

Stuc a'Chroin: Tom Owens

The season got off to the best possible start with the combined SHR/Scottishathletics championship race at Clachnaben, which had over 160 runners. The individual titles went to Andy Symonds and Clare Whitehead. Andy finished ahead of Tom Owens and Brian Marshall and led Carnegie to the team prize. In similar fashion Clare led Cosmics to the women's team title, with the other individual medals going to Iona Robertson and Alayne Finlay. The next SHR race was Screel, with Tom Owens and Clare Whitehead taking the honours. Then came the British and SHR championship race at Stuc a'Chroin with a record field of 318 runners. Top orienteer Jon Duncan won the race by a narrow margin from Tom Owens, with Angela Mudge a more comfortable women's winner. The remaining races are Arrochar, Melantee and Meall a` Bhuachaille.

Junior news

The Scottishathletics Junior Championships were held at Ben Lomond in May, and congratulations to the title winners, who were:
U14 girls: Mhairi Mc Aleer; U16 girls : Alice Haining; U19 girls : Catriona Buchanan; U14 boys : Robert Patterson; U16 boys : Adam Gaitens; and U19 boys : Alan Cherry.

SHR has produced a special Junior Calendar this year which has been well received and distributed widely. Participation by under 18s in hill races has been very encouraging so far this year. You can download a copy from:
http://www.shr.uk.com/Juniors.aspx

Long Classics Series up to "legs eleven"

Following the success of their inaugural series last year, Scottish Hill Runners has expanded this new competition to include eleven great races in 2009. It got off to an impressive start with a 317-strong field at Stuc a'Chroin, followed by Jura and Slioch. The remaining eight races include an exciting new 21km race around the Loch Lochy Munros. This is followed by Glen Rosa, the "big one" at Arrochar, Ben Rinnes, Glenshee 9, Ochil 2000s, Two Breweries and it finishes in grand style with the Pentland Skyline.

Footnote

For more details of Scottish Hill Runners (SHR) and the services we provide, contact me (the Secretary) at 6 Nigel Gardens, Glasgow G41 3UQ, Tel: 0141-632-6986, E-mail: scottishhillrunners@yahoo.co.uk
Or visit our website: www.shr.uk.com

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BY **MARTIN STONE**

Martin Stone's LONG DISTANCE

NEWS SUMMARY – MARCH 2009

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/Fax: 0870 766 1792
Email: martin.stone@sportident.co.uk

STEVE BIRKINSHAW – ATTEMPT ON LAKELAND 24 HOUR RECORD

On 23rd May, Steve made an attempt on Mark Hartell's 77 peaks record which has stood since 1997. Steve writes "I set out from Braithwaite at 3am but by Threlkeld I was 20 minutes down on schedule despite running strongly. I tried really hard (probably too hard) over the next section to Dunmail and only lost a couple more minutes. After that I started to suffer and never really recovered so that at Wasdale after 16 hours I was one and a half hours down on schedule and I decided to give up. I knew this was a really good record and everything had to go perfectly to get close. Unfortunately the previous week was really wet and underfoot conditions were really slow and sapping. A 35 mph wind was blowing from the SW which again slowed me down all the way from Threlkeld to Wasdale. To make matters worse I was struggling with a cold. I am disappointed but my support team were great and keen to help me again. So I will have another go (probably next year), hopefully fitter and even better prepared."

TOM GIBBS – THIRD FASTEST PADDY BUCKLEY ROUND

On Saturday 30th May, Tom attempted to break Mark Hartell's record of 18hrs 10mins for the Paddy Buckley Round. He started from Capel Curig at 4am and travelling clockwise using a schedule for just under 18 hours. Tom writes "The forecast was for dry, sunny and warm conditions; my concern was that it would be too hot. Starting a bit late at 4:20 am, the view going up Moel Siabod was stunning with dawn breaking over Snowdon. By 8am it was starting to get warm and I was focused on keeping the sun off my head and my body well hydrated. Due to a puncture for one of my support crew and some confusion I ended up doing most of the next leg without support and food, but luckily some water. However I was still on track getting to Pont Caer Gors. Snowdon was the busiest I have seen it, I had to fight to get to the top. Luckily I had trekking poles!

By Llanberis I was up on the record by about 15 minutes, with just the Glyders and Carneddau to go. This is where the wheels started to fall off as the heat caught up with me. By Ogwen the record was beyond me so I focused on getting to the finish and not feeling sick all the time. A sprint off the last hill brought me home in 18:55, the 3rd fastest ever. Now I am just looking forward to being able to walk again!"

It was a great effort by Tom and Paddy Buckley tells me that by the end of May this year, 7 completions had already been recorded, making it already the most successful year of completions with most the Summer still to come. The PBR has now been completed about 75 times.

DIGBY HARRIS – KNOYDART 7 ROUND

Thirteen years after his previous visit to Knoydart as a walker, Digby set off from Inverie at 03:45 on 29th May with objective of completing a round of the 7 Knoydart Munros (Ladhar Beinn, Luinne Bheinn, Meall Buidhe, Sgurr na Ciche, Garbh Chioch Mhor, Sgurr nan Coireachan and Sgurr Mor). Like so many long distance aficionados, Digby is a Macc. Harrier and he describes the route as a medium length round of 39 miles and 17,000ft. He completed the route in 15hrs 34mins, solo and unsupported, which he believes has not been done before. You can read the full article about Digby's journey elsewhere in the magazine.

YIANNIS TRIDIMAS – SOUTH WALES TRAVERSE

Yiannis writes elsewhere about his journey across the hills of South Wales on 28th May which he completed solo in 22hrs 7mins, one third in darkness. This fine route crosses the twenty 2,000ft peaks of South Wales, is about 75 miles with 17,000ft ascent. It was devised by Andy Lewsley and a work colleague in the 1980's and has only received a small number of completions since then. It is definitely worthy of more attention and the record of 14hrs 42mins was set by Mark Hartell in 1993.

Digby Harris – Knoydart 7 Round: Looking back to Sgurr na Ciche from Sgurr Mor

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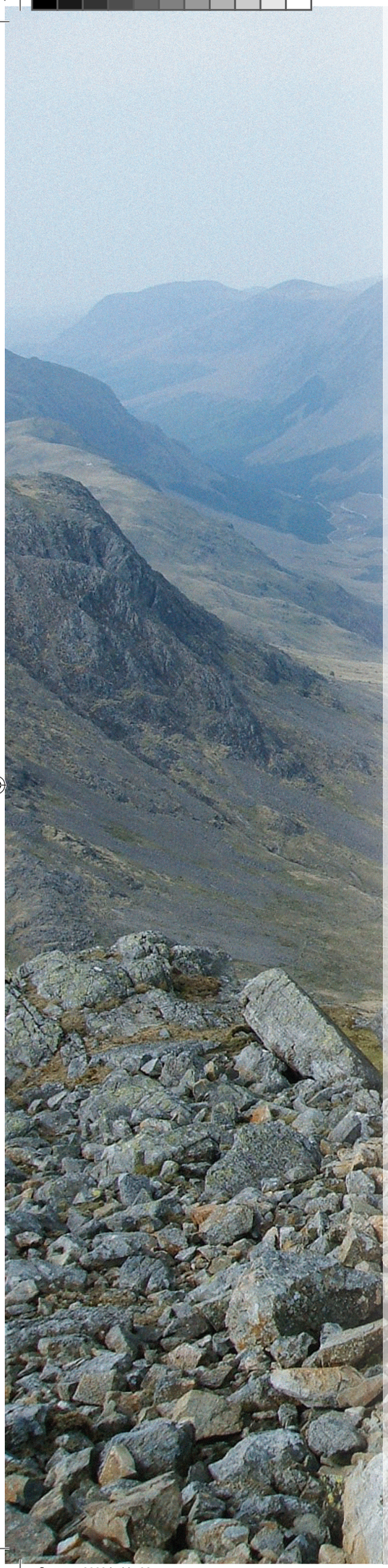

BY **MONICA SHONE**

The Joss Naylor Lakeland Challenge

While on a storm lashed Rum, I fear the copy date has passed me by and it is unlikely that this will appear in the June edition of The Fellrunner. If it does, it will be through the tolerance and expertise of Britta Sendlhofer, our editor.

The season started early, on April 18 , when Ian Charters, M50 from Wigan had a very good run. Moreover, all his validation documents, including the receipt for his charity have been received and his tankard is assured at the presentation dinner in October.

Next up, on April 25th, were successful runs by Bob Hughes, M55 from Perthshire and on May 2nd by Richard Woodrow, M60 from W.Yorkshire. Their documentation is in transit.

Six more have sent schedules for runs before the end of May and more have given dates as far as mid September, so it looks like being a good year.

This year, volunteers have been recruited from previous successful challengers to meet new contenders in the early legs of the run. I am grateful to Rainer Burchett, John Gay, John Lagoe, David Onions and Debbie Thompson, who live in the area of Legs 1 and 2, for their help. In the latter stages around Wasdale, contenders are normally met by Joss Naylor himself and David Powell-Thompson. Between us, no contender should pass by un-noticed . It is a pleasure to meet contenders and their supporters.

Information Sheet and Sample Age Group Schedules from:
Monica Shone, Swn y Gwynt, Penmynydd, Menai Bridge, Anglesey. LL59 5RX.
(SAE please)

Or by e-mail to: tyshone@btinternet.com
(PLEASE INCLUDE YOUR POSTAL ADDRESS IN YOUR E-MAIL.)

BY **TONY WIMBUSH**

www.gofar.org.uk

ULTRA-DISTANCE CHALLENGES ON THE WEB

There are now a total of twenty-three peak-bagging routes featured on the gofar website - see the table below. The aim is to provide a single, ready source of information on most of the ultra-distance challenges that have been developed over the past two to three decades. A diverse range of routes is now on offer from around the UK to inspire runners of all abilities to have a go. The benchmark distance chosen for inclusion is about 35 miles with at least 6000' of ascent. It is hoped the site will be particularly useful in bringing some of the less known routes to a wider audience. They may have been mentioned in Martin Stone's column or other Fellrunner articles in the distant past but are now gradually emerging from the swirling mists of time to tease and torment a new generation of fell runners!

Subscribe – Further batches of routes will be added to the site a couple of times a year. If you wish to be notified of new additions email: info@gofar.org.uk and put the word *Subscribe* in the subject line.

Over The Hill Challenge Series

Among the routes listed on the site are five that make up this recently developed series. They may be completed by any age group but have been devised to appeal to the more mature runner with a set of optional first class times for the over-50 age categories. There was some early activity with nine completions registered in the first half of the year. Pete Simpson led the way during January's big freeze with the first winter registration of a route. The most recent completions were in rain-soaked May by a trio of DPFR 60's vets who got the better of the Bowland bogs and tussocks with a 50 mile round of it's twelve 400 metre plus trigs! There is full list of registrations from 2002 - 2008 on the website. Additions for 2009 (to May) are as follows:

Over The Hill Club – new member
Robert Holdsworth v50

Dark Peak County Tops
Peter Simpson v60 – first class

Bowland Dozen
David Adams v65 – first class
Malcolm Bird v60
Nick Ford v50
Andy Mohun-Smith v50
Dave Lockwood v60 – first class
Robert Marsden v60 – first class
Alan Yates v60 – first class

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BY **MARK HARTELL**

HalfWay Done

Photos © Karen McDonald

With 6 races down and 6 to go – the 2009 Vasque Ultra-running Championships is seeing record entries for races old and new – with over 800 registered runners.

As ever, the vagaries of the British weather is playing a big part in proceedings; in 2008 Calderdale was snowy – this year it was hot. In 2008 Fellsman took place in a mini-heat-wave, this year it saw hail and thunder.

There are other challenges too – in 2008 several people had epic journeys to the Manx Mountain Marathon after a day of storms. This year the organiser of the first race, the Wye Ultra, had to rapidly redesign the whole course when a vital bridge was damaged the day before the race.

There is no doubt that "Grand-slamming" – completing all 12 races in the series in one year – is a tough challenge; perhaps that's why only 3 people in 3 years have achieved it – Julian Brown, Stuart Walker and Karen McDonald. This year, though, we have no fewer than 5 people all with 6 from 6 so far and looking good to complete the Slam. Each, if successful, will be awarded the runfurther "tour" jacket – emblazoned with the race names, dates and distances – a great talking point down the local and there is only one way to get one of these tops – run every race. So... very good luck for the rest of the season to: Tim Whittaker, Paul Dickens, Julie Gardner, Nick Ham and Dick Scroop.

So, a quick look at the leader board shows that Andy Rankin – runner up in the 2008 series – is ahead at this point with 3726 points but one of the changes for 2009 is that 100 extra points will be allocated to anyone completing the Lakeland 100 at the end of July so the possible total this year is 4100 rather than 4000. Second and third places are held by Steve Lang and Jonathan Wright but if you look a little further down the list you will find 2 very strong contenders for the 2009 title – Allen Smalls and Jez Bragg. Allen was overall winner in 2007 and specialises in the joint finish. Jez has not featured in the top 3 of the Championships before but certainly has the talent and already has three 1000 point scores this year with wins at Wuthering Hike, Highland Fling – where he set a new course record – and Fellsman where he notched up a victory at his first outing on the course.

Amongst the ladies, overall leader is Julie Gardner with Mandy Calvert from Team Vasque and Hannah Moore-Barton from Team Run Like a Girl close behind. Gerry Dewhurst from the Kryptonettes and Kate Jenkins have some great scores though and will be strong contenders if they manage to get 4 qualifying scores.

In the more seasoned categories there are some familiar faces and some new ones in the mix – L50 category is headed up by Cath Worth with Helen McDonald-Jones behind but the evergreen (and tough as nails) Wendy Dodds is in there with a massive 845 points at Calderdale. With a long score and one other she will surely be top 3 again and might feature in the overall ladies podium.

For the second year running Eleanor Robinson is the only F60, and she's doing better than alot of the Females in the younger age groups - well done Eleanor.

In the mens 50 category it's pretty close with less than 50 points separating John King, John Vernon and Jess Palmer but Phil Hodgson, Team Krypton, has a couple of great scores and will be up there soon.

In M60 Dick Scroop is leading the way big time – in fact he is 13th overall and ahead of all the M50's right now – "way to go" Dick!!

Next up in the series is the Osmotherley Phoenix – 33 miles in North Yorkshire and then it's the tough Lakeland 100 miler – UTLD – which could be the decider this year with the potential to score 1100 points. After that we have another new race this year in the series with the Dark and White Peak District followed by three old favourites – Pumlumon, High Peak 40 and the classic Long Mynd. With runners only needing one race at each distance plus one other to qualify there is still time to register and get racing if you want to qualify for the series this year and, why not? – just being registered puts you in with a chance each month to win a prize including Vasque shoes, Thorlo socks, OMM packs and Clif nutrition.

It doesn't matter whether you have been running the wild places for years or are just starting out, the Ultra-running Championships is a great way to step beyond and push your boundaries.

See you on the trails and in the hills!

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Photo: Andy Heading High Peak 40

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DATE	RACE NAME	DISTANCE	LOCATION
SHORT			
1 Mar	Wye Ultra	30	Welsh Borders
14 Mar	Wuthering Hike	31	Yorkshire
8 Aug	Dark & White Peak	32	Peak District
12 Sept	Pumlumon	26	Wales
MEDIUM			
18 Apr	Calderdale	37	Yorkshire
16 May	Malborough Downs	33	Wiltshire
4 Jul	Osmotherley Phoenix	33	North Yorkshire
19 Sep	High Peak 40	40	Derbyshire
LONG			
25 Apr	Highland Fling	53	Scotland
9 May	Fellsman	61	Yorkshire
31 Jul	Lakeland 100 & 50	100 & 50	Lake District (extra points available for 100 Details soon)
3 Oct	Long Mynd	50	Shropshire

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BY **YIANNIS TRIDIMAS**

The South Wales Traverse

Second road stop

Completed by Yiannis Tridimas on 28th-29th March 2009
Statistics: Distance 113km; Ascent: 5340m; Time taken: 22:07

I had thought of attempting this challenge many years ago but never found the time to do it. It was Rob Woodall's recent suggestion to join him in his attempt that prompted me to seriously consider it.

I have limited knowledge of those beautiful hills in South Wales; I had done the Black Mountain race a couple of times some years ago as well as the KIMM in the Brecon Beacons.

It is said that Rob planned the South Wales Traverse (SWT) as a 'training' session for his forthcoming Meirionnydd Round attempt in May. This meant a date for the SWT early in the season; not the best time of the year with long nights and uncertain weather. Mindful that I would have to do many hours in the dark, I decided to familiarise myself with the area. The weekend after a successful High Peak Marathon found me in South Wales. I spent most of Saturday recceing the first section (Carmarthen Fan) and after spending the night at Llanthony I reccied a good part of the Black mountains, with particular attention to the forest at Blaen-y-cwm. That meant that I had local knowledge of the bits I was likely to do in the dark. The rest I could navigate.

Rob is a faster runner than I am, so the plan was not to run with him but to start around one hour earlier. This would bring in an element of competition and would make Wayne's road support much easier. The Brecon Beacons and the Black mountains are separated by a valley through which the river Usk flows. The most convenient crossing of the river is a bridge in the private estate at Glanusk Park. I was not keen to rely on permission to cross the bridge and since I like doing my own thing, I decided to give the estate a miss and make my way across the river via Mynydd Llangynidr and Crickhowell. This, according to the map, would add over one kilometre but, to me, it appeared a more straightforward route.

The two weekends before the 28th were dry, mild and almost ideal for such an adventure. I suggested to Rob that perhaps we should go a week early at short notice as the weather forecast was predicting a change towards the end of March. This couldn't be done since Wayne wasn't free to support us that weekend.

On Saturday 28th Rob, myself and David Waide arrived at Llanthony and had a few hours sleep in our cars at the Priory car park. Wayne arrived after midnight and transported us to the start. It was a dark and blustery night when I set off at 04:12. Rob and David were to start at daybreak.

I was carrying a rucksack with spare gear, food, drinks and my mobile phone. For navigation I had maps of the whole route and a GPS in which I had entered all 31 tops and used occasionally to check that I was heading for the right hill.

In limited visibility I navigated to the first hill and over Foel Fraith. On the way up the rocky second hill there was a hail shower. Day broke soon after and on the way up the slope of Waun Lefrith it began to snow. There was a significant accumulation of snow on the ground all the way past Fan Hir, the last hill in the first section.

I arrived at my first rest point in good spirits, inside my estimated time and, after a brief feeding stop, I headed up the steep Fan Gyhirych. I had not been on this section before, so I was careful with navigation, particularly as thick cloud covered the top and snow was falling. Before I started ascending to Fan Nedd the weather cleared, staying clear for the rest of that section, which offered some good running on grassy slopes. I reached the second stop inside my estimated schedule. There were lots of people about by now, climbing the magnificent Brecon Beacons. With Rob and David still not in view I headed up the third section. I was feeling quite euphoric and the element of competition introduced by the 'chasing start' helped to push me on. I soon reached Allt Lwyd and made my first mistake by taking the wrong track in the forest. I soon remedied this with some serious bramble bashing and got to my third rest stop at Abercynafon. I had more food and drink and took my jacket off as it was warmer now and there were no high hills for a while. As I was getting ready to leave Rob and David appeared. After exchanging greetings I went off while they had their break. From Cefn yr Ystrad I headed towards Crickhowell. The long stretch over Mynydd Llangynidr was undulating and quite rough in parts. Near the B4560 I met Wayne who took a couple of photographs and then dashed to Cwm gu to meet Rob and David. I picked up some food I had stashed by the road and carried on down an endless tarmac road, walked through Crickhowell and made my way up footpaths past table Mountain to Pen Cerrig-calch. From the bridge at Crickhowell to the top it is the longest climb on the route, and it felt like it. I was tired and now going through my 12 hour low. There were loads of stud marks on the ground; the Pen Cerrig-calch race was run earlier that day. The day was coming to an end and there was a chill in the air. Thankfully the strength of the wind was diminishing. Near the top I put on my windproof jacket and forced some food down. This was an area I was familiar

FIRST SECTION in early morning viewed from the A 4067. Fan Hir and the hills behind it in the grip of wintry weather.
Above: Feeding time opposite the Storey Arms.

Photos © Wayne Percival

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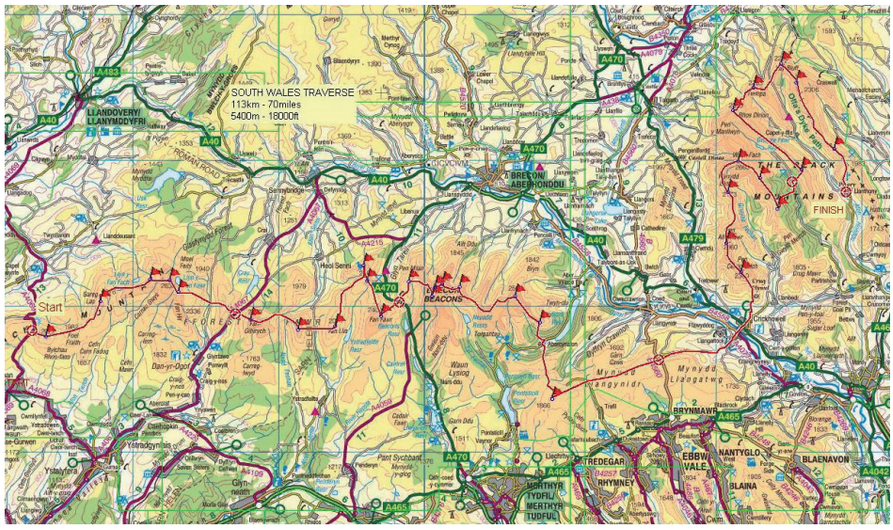
with from the Black Mountains race. As the ground levelled off I started feeling better again and pressed on. I assumed Rob and David were ahead, but I couldn't see them. On reaching the top of Waun Fach I turned my headtorch on as it was quite dark by now. In the col before Pen y Cadair Fawr my mobile rang. By the time I got to it, it had stopped. It was Rob. I called him back and he said "I am on the way up Pen Twyn Mawr", one hill ahead of me. I found out later from Wayne that he used the singular as David had retired at Cwm gu.

I had no problem getting through the difficult forest to the last feeding stop as I'd reccied it two weeks before. Without a reccie this descent, as well as the route up the next hill, could be a complete nightmare.

The toughest of the remaining climbs, up Chwarel y Fan, was not too bad. Once above the forest I saw Rob's torch, he was just reaching the top. The long ridge run to Rhos Dirion went on for ever. The light northerly wind was very cold and ice crystals were glistening on the peaty ground. The sky was clear and the thin crescent of the moon on the west was too faint to make any difference.

Navigation was not much of a problem from



now on. The problem was keeping moving and staying warm. I made a small detour on the way down Gospel pass by following the wrong path briefly. The last stretch along Offas Dyke path seemed interminable but thankfully the wind was from behind. On the final descent to Llanthony, through the fields and stiles, I followed a GPS trail from my reccie two weeks before. This saved me searching for the invisible path, something that gave Rob a few problems, as he told me later.

At the priory car park, Wayne was asleep in his car and Rob, who had finished a short time before me, was having some food and resting.

After a few hours sleep in the back of the car I woke up to a warm sunny day. I was glad this was over so I could start thinking of the next adventure further north.

I am grateful to Wayne with whose support this challenge was a success.

South Wales Traverse completed by **Yiannis Tridimas** on Sat/Sun 28/29 March 09

Transport and road support by **Wayne Percival**

Leg	Start - Finish Point		Summit	Height m	Reference	Summit Feature	Ascent/ Descent m	Distance km	Estimated Section Time (hrs)	Estimated Clock	Actual Clock	Actual Section Time (hrs)	Comments
	Pen Rhiw-Wen A4069			492	SN731 185					04:00	04:12		Dark, poor visibility
		1	Garreg Lwyd	616	SN740 179	TRIG					04:26	00:14	
		2	Garreg - Las	635	SN777 202	Cairn	946				05:17	00:51	Hail, windy
1 Carmarthen Fan		3	Bannau Sir Gaer	736	SN811 218	Cairn		17	3:00		05:58	00:41	Daylight, snow showers, poor visibility
		4	Bannau Brycheiniog	802	SN825 217	TRIG	1041				06:14	00:16	Snow accumulation on ground
		5	Fan Hir	755	SN830 210						06:22	00:08	
	A4067 SN871196		Lay-by	381	SN869194					07:00	07:02	00:40	
			Rest								07:07	00:05	
		6	Fan Gihirych	725	SN880 191	TRIG					07:33	00:26	Poor visibility, snow shower
		7	Fan Nedd	663	SN913 184	TRIG					08:08	00:35	Clear
		8	Fan Llia	632	SN937 195		1092				08:39	00:31	
2 Fforest Fawr		9	Fan Frynych	629	SN957 227	TRIG		18	3:30		09:23	00:44	
		10	Craig Cerrig-gleisiad	629	SN960 216	Cairn	1034				09:32	00:09	
		11	Fan Fawr	734	SN969 193	Cairn					10:01	00:29	
	A470 SN982203		Lay-by opposite hotel	439	SN982203					10:30	10:11	00:10	
			Rest								10:19	00:08	
		12	Y Gyrn	619	SN988 217	Cairn					10:41	00:22	
		13	Duwynt	824	SO005 206	Cairn					11:12	00:31	Poor visibility
		14	Corn Du	873	SO007 213	Cairn					11:19	00:07	
		15	Pen y Fan	886	SO012 215	Cairn			3:30		11:25	00:06	Clear
		16	Cribyn	795	SO023 213	Cairn	1492				11:42	00:17	
3 Brecon Beacons		17	Waun-rydd	769	SO061 208	Cairn		28			12:36	00:54	
		18	Allt Lwyd	654	SO079 189	Stake					12:58	00:22	
	Road SO080174		Abercynafon				1456			14:00	13:21	00:23	
			Rest								13:33	00:12	
		19	Cefn yr Ystrad	617	SO087 136	TRIG					14:36	01:03	
			Mynydd Llangynidr	541	SO147159	TRIG			2:30		14:36		
	B4560 SO161163			480	SO163163					16:30	16:03	01:27	
		20	Pen Carrig-calch	701	SO217 223	TRIG					18:04	02:01	Cold, clear
		21	Pen Allt-mawr	719	SO206 243	TRIG					18:27	00:23	
		22	Mynydd Llysiau	663	SO207 278	Cairn	1114				19:07	00:40	
		23	Waun Fach	810	SO215 299	TRIG base		27	5:30		19:43	00:36	Headtorch on
		24	Pen y Gader-Fawr	800	SO229 287	Cairn	1194				19:43		
		25	Pen Twyn Mawr	658	SO242 266	Cairn					20:31	00:48	
	Road SO252285		Forest car park	390	SO252 285					22:00	21:08	00:37	
4 Black Mountains			Rest								21:16	00:08	
		26	Chwarel y Fan	670	SO257 294	Cairn					21:51	00:35	Very cold, ground freezing up
		27	Rhos Dirion	713	SO211 334	TRIG					23:06	01:15	
		28	Twmpa	683	SO225 349	Cairn	695				23:34	00:28	
	Gospel Pass			550	SO235 353			23	5:00		23:34		
		29	Hay Bluff	677	SO244 366	TRIG	851				00:15	00:41	
		30	Black Mountain	703	SO255 350						00:39	00:24	
		31	Pen y Garn Fawr	611	SO281 307	TRIG					01:31	00:52	
	Llanthony Abbey		Car Park	236	SO289 278					03:00	02:19	00:48	It's all over!
	TOTALS:					Ascent	5339	113	23:00	Number 31 timed at 616m			
						Descent	5576			Not timed			

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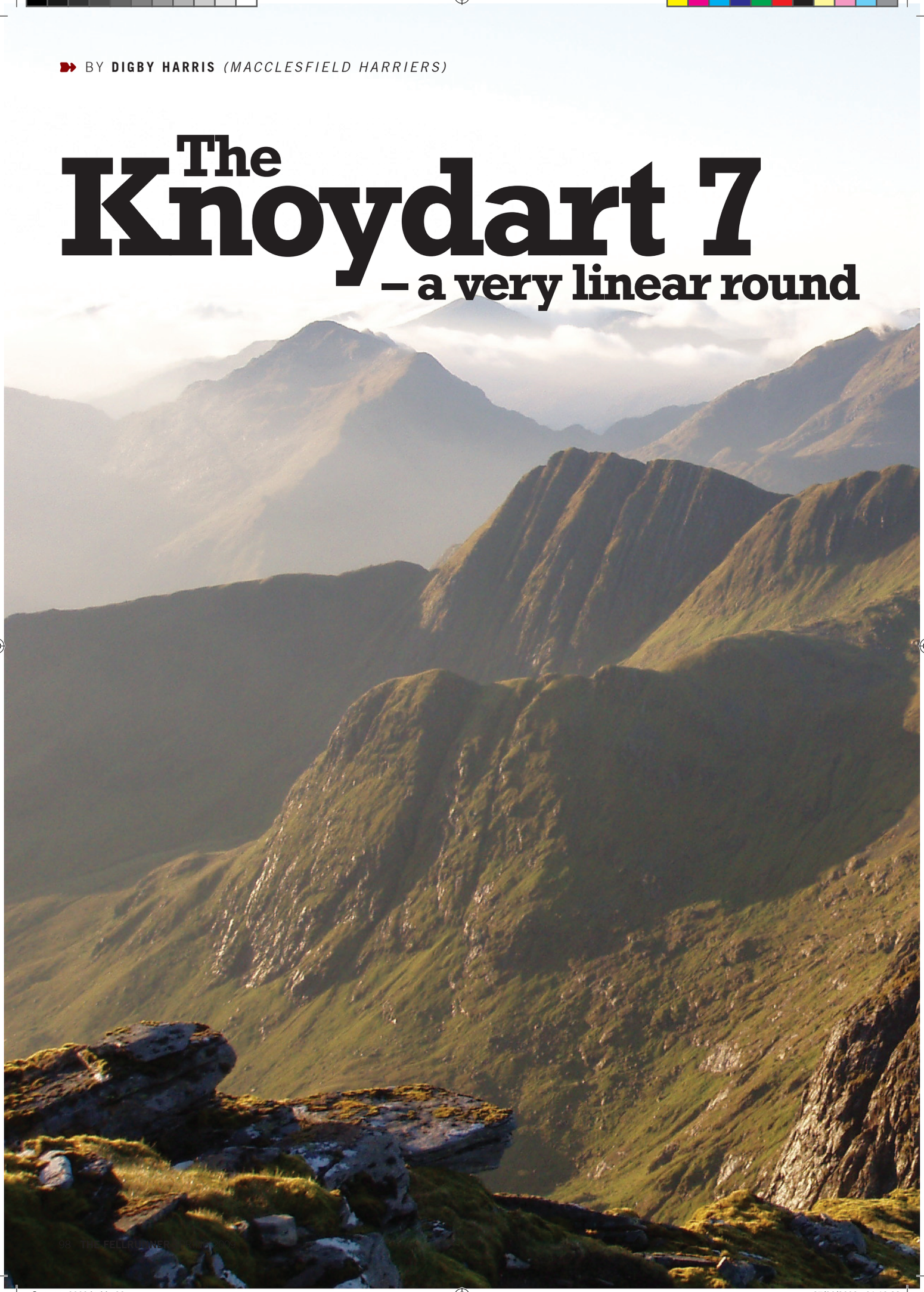
BY **DIGBY HARRIS** *(MACCLESFIELD HARRIERS)*

The Knoydart 7 – a very linear round



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Ladhar Bheinn SE ridge from eastern top

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BY **DIGBY HARRIS** *(MACCLESFIELD HARRIERS)*

On top of Sgurr Mor

For those not familiar with Knoydart, it is an area often described as Scotland's "last wilderness". It is a fabulous, remote mountain area situated on a peninsula bordered by Loch Hourn in the North and Loch Nevis in the South, about 50 miles North of Fort William. It is not penetrated by any metalled road and access is therefore either on foot or by boat. The only habitation of any consequence is Inverie, which is situated at the south western corner of the peninsula and can only be reached by sea.

I had last been to Knoydart as a walker in '95 and managed to tackle Ladhar Bheinn and Luinne Bheinn over a weekend and had since been relishing the opportunity to climb the others. An opportunity came this year with a trip organised by members of my club (the Macclesfield Harriers) to Inverie. Last year it was reported that the six Knoydart Munros and Sgurr Mor (which collectively I'm labelling the "Knoydart 7") had been completed as a linear route from East to West, which got me thinking that perhaps I could do the same. However, due to logistics and timings, I needed to start and finish in Inverie in the same day, and that meant it would have to be a continuous "round".

So it was that at 3.45am on the 29th May 2009, I departed Inverie towards Gleann na Guiserein and my first objective, Ladhar Bheinn. The forecast for good weather appeared accurate, which came as a welcome relief following the clag and rain that we had been suffering for the last few days on Skye. The weather was mild too and I was comfortable just running in shorts and T-shirt. After completing circa 6km along the track I ascended to the col between the western top, An Diollaid (700m), and the summit to see the cloud departing from Ben Sgritheall on the northern side of Loch Hourn. I could also just make out the tops of the Black Cuillin poking through the clouds on Skye to the west. The clouds continued to roll back and the sun became brighter as I passed the half trig (lightening strike?) on the way to the summit to reveal a fantastic early morning view down the impressive SE ridge towards my next objective of Luinne Bheinn.

Descending the SE ridge seemed to take an age because of the undulations and care required on certain steep and greasy scrambling sections. Eventually I reached Mam Barrisdale, waded through the bogs (the ground was absolutely saturated) to join the obvious path heading up the southern slopes of Luinne Bheinn. I kept following the path thinking that at any moment it would head north and up onto the ridge to the summit. It didn't. Instead it petered out due south of the summit and a couple of hundred metres below it just as the ground started descending east. I'm still not sure where I went wrong but decided to hack up through the crags to gain the ridge and eventually emerged between the western top (938m) and the summit. After touching the cairn I carried on in the direction of the eastern top to try to find a way down. It didn't look direct enough to me and there seemed to be quite few greasy crags in the way so I headed back to the western top, descending the south east spur to the col.

I made my way up through more 30 degree bogs and small crags to the top at 804m where I spotted a lone walker behind me but on a clear path further to the north. I think this was the same walker who I saw disappearing over the eastern top of Luinne Bheinn as I was approaching summit. Too far away to chat though, and I wasn't going to wait. I continued following the undulating ridge towards Meall Buidhe, enjoying the scrambling sections as I ascended to the eastern top.

The summit of my next objective, Sgurr na Ciche, was in cloud; the skies had turned distinctly grey and rather threatening and the wind was getting up. Upon departing Meall Buidhe's summit I retraced my steps towards the eastern top but then contoured round the southern side to join the SE ridge. I had noticed on the way up that my original plan to descend more or less due east into Ile Coire from the eastern top could have been problematic because of the array of crags and slabs below. I continued down the SE ridge to a notch at about 820m and there headed NE down a wet, grassy slope into the coire by way of some down hill water skiing and bum sliding! I picked up the Allt na Sealga river following it out of the coire, criss-crossing it every now and again to maintain the best line. As the ground started to steepen I transferred to the northern side and out of the river gully for better views of the River Carnach, looking for a suitable crossing point. The bad news was that the river was looking swollen from

Ladhar Bheinn at Dawn

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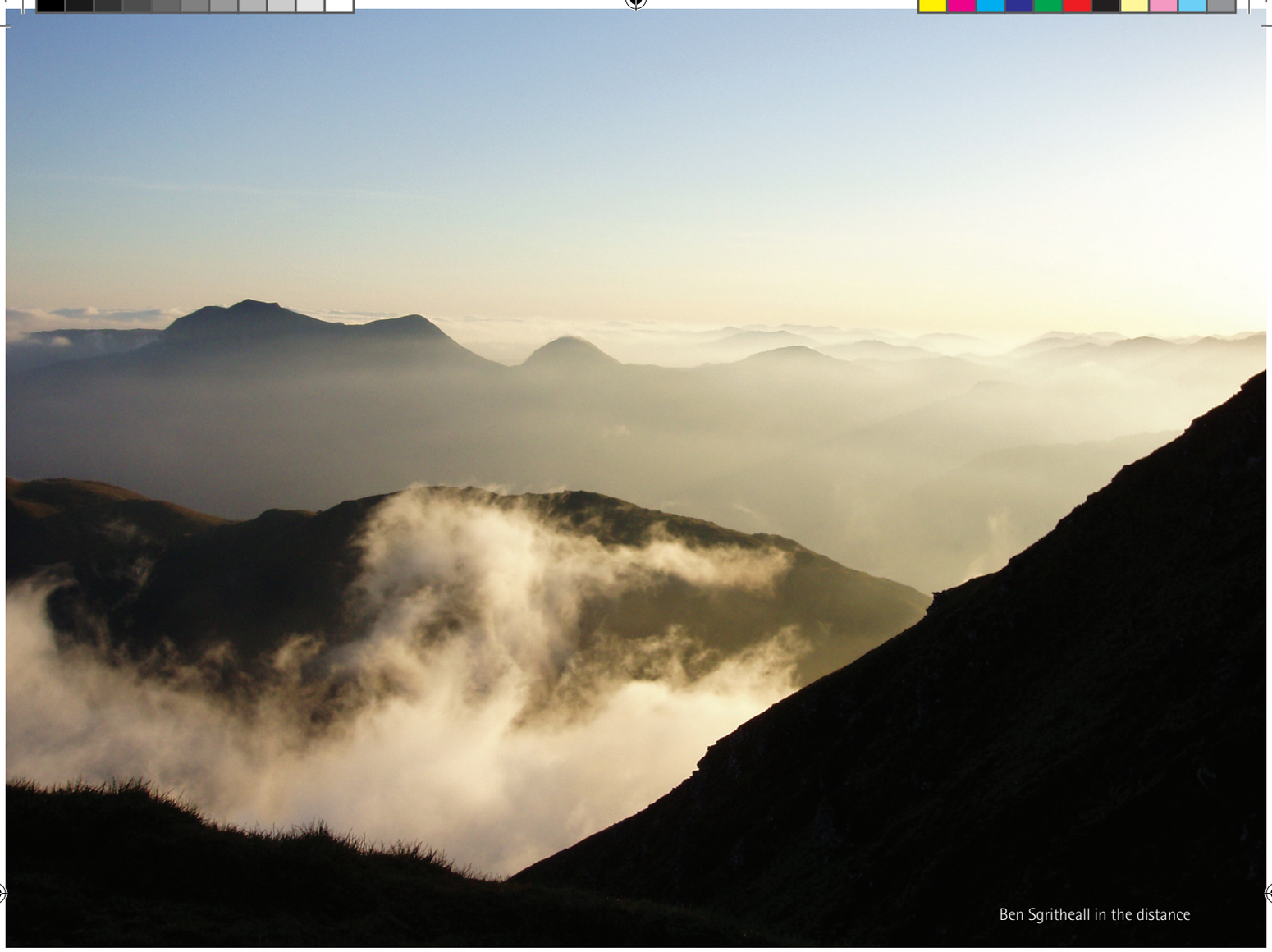

Ben Sgritheall in the distance

the recent rain, the good news that blue skies and sunshine were now dominating and I had stumbled across a herd of deer at close quarters (although not for long!). I aimed for a point about 200 metres upstream of the confluence with the Allt Achadh a' Ghlinne but the river here was too deep and fast flowing. I was becoming concerned that a large detour upstream or downstream to the bridge at Carnoch may be the only crossing possibility. I headed downstream towards the confluence with fingers metaphorically crossed. At the confluence itself the river split in two as it went either side of a small island. To my relief the wider western branch was shallow and passable with care and the eastern branch no problem at all. I was then across and passing remnants of the clearances on my way towards the 700m climb up the obvious gully onto the SW ridge of Sgurr na Ciche. The climb was a sustained slog through more wet ground but with the advantage that there was plenty of water to drink as it was starting to get quite warm. Once onto the ridge the climb to the summit was a delightful scramble on a reasonably clear path. Emerging onto the top I was rewarded with fantastic views of Ladhar Bheinn in the west, Ben Nevis in the east and the rest of my journey along the ridge to Sgurr Mor about seven kilometres away as the crow flies. A couple of more photos and then I picked up the path for the rocky descent to the col with Garbh Chioch Mhor and then followed the fence posts onwards.

My first conversation of the day came as I reached the summit slopes of Sgurr nan Coireachan and bumped into a man and his dog. A brief chat and I continued on over the top and the descent towards An Eag. It was very warm on the ridge despite the strong, buffeting wind and I was parched by the time I reached Sgurr Beag. I hadn't stumbled across any convenient running water since the gully on Sgurr na Ciche so I filled up from a small pool near the summit and had another brief chat with a guy with a huge rucksack heading for the bothy at Sourlies.

At last I reached the foot of the 250m climb up Sgurr Mor. A stalker's track zig-zags its way up to the summit but I was keen to shelter from the wind and not to meander, so I cut straight up in the lee as best I could and rejoined the path higher up for the scramble through the crags to the summit. The sense of achievement that I felt at reaching the final summit was soon replaced with some weariness as realisation dawned that I was now at the point furthest away from Inverie! A bite to eat and I was off back down, retracing my steps to An Eag. From An Eag I descended south towards to join the Allt Coire nan Uth, then into Glen Dessary, to pick up the well defined path heading west to the pass before Sourlies. My progress was slow due to the oppressive heat (27C forecast for the glens), my tiredness and also because the path was in fact one huge bog that regularly swallowed my legs up to my knees - it soon became a war of attrition! I avoided the temptation to paddle in Lochain a' Mhaim and was soon rewarded with superb views over upper Loch Nevis and the beach at Sourlies. It was fortunate that the tide was out and I could run round the headland on the beach towards Carnoch - I hadn't considered this potential obstacle when planning the route. It was then a question of crossing boggy estuarine vegetation to the rickety bridge at Carnoch. My advice is stick to the path beside the river when you reach the southernmost bend in the river otherwise the man-eating bogs might get you. I crossed the Carnach and made my way past the abandoned buildings at Carnoch and then onto the track leading up the 500m climb to Mam Meadail. This time I was grateful for the less exhausting route offered by the meanderings of this stalker's path.

From the pass it was then a sweltering run downhill on a good track past the Druim bothy to the Brocket monument. From the monument the path climbs gradually until just above Inverie where it joins a road for the final descent to Inverie House and the finish, which I had departed from 15h 34m earlier. This is an excellent route offering a wide variety of experiences from airy scrambling to beaches. I would recommend it to anyone with the necessary fitness and mountain craft who enjoys a long day out on the hill in remote and beautiful places.

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BY **GEOFF PETTENGELL**

50@50

I DID IT MY WAY!

The start

The startBassenthwaite & the Solway

It must have been at least 18 months before my 50th birthday that I started to make plans for a big year of parties and fell running exploits. The thought of extending the Bob Graham round to 50 peaks crept into my mind and, unfortunately, wouldn't go away. So I did some research and found that basically you could add any 8 peaks to the BG, there was no 'official' round as such. There seemed to be two main established rounds: one on Mike Sadula's BG website and the Clayton le Moors/Rucksack Club version that puts in the Whiteless/Causey Pike ridge. The latter looked far too hard so I decided on the former, and of course to do it the correct way round (clockwise). I adjusted the schedule to the normal Macclesfield Harriers Friday evening start so that the first leg was completely in the light, the night leg would be over Helvellyn and dawn not long after Calf Crag on leg 3. This had the added benefit of going for a celebratory pint in The George afterwards on the Saturday night.

My main challenge was to gain some sort of fitness after a slow but steady ten year decline which set in after my Ramsay Round in 1998 and was brought on by promotion at work, serious commuting, remarriage, fatherhood and a general lack of motivation, as well as time. So I began training with gusto in December 2007 only to bring on a long standing back problem after a week's training. This enforced a rest of two months and I wasn't able to start running again until the end of February 2008; not a great start.

On Skiddaw Little Man

Preparations after that went oOKand I managed two trips and a total of three days recceing additional peaks in the Lakes. A Ramsay support leg of over eight hours was my longest run. I never really got the miles in, or the height gain, but my fitness did improve a lot (not difficult from where I was at) and I lost a few pounds of weight. I put the 4th/5th July in my diary but didn't tell anyone at first; I wasn't sure if I was really up to it. Three weeks before the due date I decided it was now or never, and to give it a go. The 50 was on!

The forecast was for sunny intervals and showers with a real storm and gale force winds moving in on the Saturday morning. Should we go ahead? Of course! An 18.15 start from the Moot Hall, a few nervous final photos and we were off; Digby Harris (Macclesfield) leading the nav and Pete Newham and Bryan Carr (both Congleton) accompanying me. My old school friend Kev Duckworth (Saddleworth) joined us for a while and would meet me again at Honister. We seemed to be going a little briskly but the first peaks were gained pretty much on schedule. The weather was great; not too hot but no sign of storms or rain. Blue skies were punctuated by some fluffy white clouds; perhaps the forecast was wrong? I was being told the storm would hit us at 4am, somewhere around Calf Crag perhaps. I hoped we could get through the night before it set in. All was well on the first leg, picking up time on the splits after Skiddaw but picking up too much on the decent down Hall's Fell Ridge, which was done a little slower than race pace, in

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19 minutes. I came into Threlkeld 20 minutes up, with two of the additional peaks bagged.So far so good!

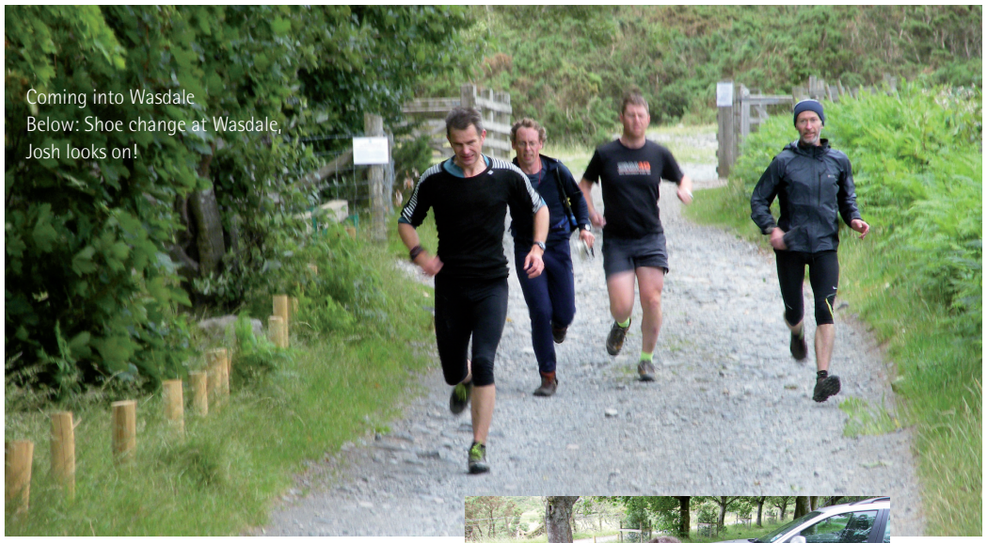
Melon was the order of the day and I left the road support without really stopping, just carried on walking down the road eating and talking to Phil Cheek (Macc Harriers). My pacers were either still coming down Halls Fell Ridge or in the case of Mike Nelson (Macc Harriers), still getting changed into their running gear as a result of me unexpectedly being up by more than 15 minutes.

As I started the climb up Clough Head I was soon caught by Mike, Digby and, a little later, Bryan. The ascent of Clough Head seemed to take forever; I had started to lose time. At least the views were good, a fantastic panorama opened up behind us and to the west as the sun set over the Solway Firth, leaving a metallic shimmer on the water and a dull orange glow low in the sky.

I had always known it wasn't going to be easy but had been swept away by adrenaline and optimism on the first section.Perhaps I should have gone slower? Maybe I just wasn't fit enough? I lost 3 minutes on the ascent to Clough Head. Maybe I spent too much time admiring the beautiful sunset over the Solway Firth.

I had always planned to go to Calf How Pike as an extra 'safety' peak, only to be counted in dire straights if I needed to drop a peak somewhere later on, and so we did. If it's good enough for Yannis it would do for me, if I needed it. I continued how I had started on this leg, losing one or two minutes on every summit, sometimes three. I drifted back onto my schedule (23 hrs 52 mins) so I knew I didn't have much time to spare. I lost a further 8 minutes climbing Fairfield. I then decided to use my additional peak, Calf How Pike, not go on to Hart Crag, and bring myself back on schedule. Mike Nelson suggested I drop Great Rigg Man, which may have been a better idea, but I'd got it in my head to drop Hart Crag, so we did. The running to Great Rigg Man was good, but in the dark it's a difficult line down to the Seat Sandal col. We lost a bit of time on this but because we had dropped Hart Crag we came into Dunmail around 20 minutes up. Further time was gained against the schedule by only spending 2 or 3 minutes there as against 9 on the schedule; it would all be needed on the next leg.

Phil Cheek (Macclesfield), who knows the route over to Wasdale like the back of his hand, picked me up at Dunmail, along with James Pearce (Congleton) who was to support and feed me. John Amies and Chris Rhodes had the road support well under control and were doing a great job. The bad patch I had suffered overnight now became a nightmare patch. I just felt I had no energy at all and lost 3, 4 or 5 minutes on every split. The 25 minutes or so I had got back started to disappear quickly. More peak dropping seemed the order of the day. I planned to drop Allen Crags to save maybe 15 minutes and we also dropped Pavey Ark. Later I said that I had a '10 hour bad patch', whilst Phil described my pace on the club website as that of a 'torpid slug'. Anyone overhearing me at this point would have thought I had a pathological hatred of mountains as I was cursing every one of them in turn, especially the bigger climbs! I don't know what 'torpid' really means but it sounds about right! I regretted not having planned to do Broad Stand as the schedule time did. We lost further time here. During the dark hours of this leg I decided that I would keep going even if I went over 24 hours. I wanted to do a 50@50, however long it took and quitting wasn't an option. Phil had left us at Scafell Pike and we continued to make very slow progress. I then contrived to get us into the wrong scree run coming off the descent ridge from Scafell, resulting in even more precious minutes lost.



Coming into Wasdale
Below: Shoe change at Wasdale, Josh looks on!

I was due into Wasdale at 9.35am and arrived at 9.39am, down on the schedule at a road support point for the first time and having dropped two of the additional peaks.

On the positive side I knew the route from Wasdale very well and we had still not had the 'storm', although it had been windy and the skies were darkening. Wasdale was the first place I actually sat down. I changed my shoes and got some food down my neck including some fantastic minestrone soup. It was great to see my wife Joy and my little boy, Josh here. I had scheduled a 14 minute rest here and took 9. When I left Wasdale I was back on my original schedule but with two additional peaks to find.

As we (Chris Cripps of CFR and Bryan Carr joined James and I here) climbed up Yewbarrow the rain began to spit a little and the wind picked up. I gained time on every split despite the weather which on the way up Red Pike could be described as a storm. I had full waterproofs, two thermal tops, balaclava and gloves on, not bad for July!

I went for two easy summits to replace Pavey Ark and Allen Crags; Black Crags and Looking Stead. Despite getting cold in the poor weather we were still gaining on most of the splits and dropped into Honister 20 minutes up on the schedule and gained 6 more by barely stopping. I was joined at Honister by Annette Morris (CFR), Kev Duckworth and Chris Almer (Rochdale).

I wasn't climbing well at all and lost 8 minutes against the schedule going up Dalehead! Things improved and I held on to the schedule until the shoe change at Newlands. I then adopted a policy of running the flat and downhill but walking uphill on the road. It seemed to take an eternity but there were plenty of people to talk to as we made our way down the road, eventually into Portinscale and over the bridge. Then of course it's your best sprint (a shuffle in my case) and touch the Moot Hall. Joy was taking photos like mad and it was all smiles as we broke open the Bucks Fizz and celebrated my 50@50 in 23 hours 46 minutes.

To quote Phil Cheek, 'a triumph of bottle and memory over training miles'. And so it was! It was even harder than I expected but I was relieved and contented to do a 50 in under 24 hours. I swore blind that I would never do anything like this again.

For some reason, three days later I thought I'd just check out the '55@55' schedule on the BG website, just for interest's sake of course. I was relieved to see that it included both Black Crags and Looking Stead, now there's a thought ...

Many thanks to the members of Macclesfield Harriers and Congleton Harriers who supported me and everyone else who helped both on the hill and at the road crossings.

For the record the eight additional peaks were: Lonscale Fell, Skiddaw Little Man, Calfhow Pike, Great Rigg Man, Loft Crag, Scoat Fell, Black Crag and Looking Stead.

The team outside the Moot Hall at the end

Summer 2009.indd 103 27/06/2009 01:21:16

BY **KATE CHARLES**

BOB GRAHAM WOMEN'S RELAY 8-9 MAY 2009

'In their own words...'

Summer 2009.indd 104 27/06/2009 01:21:49

Leg 1

Friday night out with the girls (Gill Douglas, Jo O'Dowed, Melissa Hart, Alison Clark, Jane Godfree, Jenny Russell, Rib Nicholson, Caroline Cunningham, Sharon Schofield, Liz Cowell)

The plan: to run leg one on a warm early summers evening joining the female Bob Graham relay to celebrate 100 women completing the Bob Graham. The reality: wet windy weather all week, hopefully improving for the relay.

Message from Kate: its still on. So its Friday, leaving work late, hurriedly making our way to Keswick. Then anxieties, could we keep the pace, don't the other girls look fast. Kate's counting down, were off and up we go, the long ascent up Skiddaw. It doesn't let up and nor do we until, stumbling in the winds, we cross the summit. Fast descent, then up hill again. Great Calva: we're still in one group, still on schedule, pace easing. Across the river Caldew, feet and legs now wet and getting increasingly cold as we form a long line snaking our way up towards Blencathra. Then we see a figure waving, our friend Rib and a supply of mini mars bars, just focus on getting there, and eventually we do, the Mars bars fueling us to the summit. The light goes as a big rain cloud rewards us with a downpour. Count the figures, we're all here. Too wet, too windy, too dark for Halls Fell, take longer safer descent down Doddick and we're in Threlkeld 15 minutes later than we hoped but we all made it.

Leg 2

The Night leg (Sue Hawker, Kate Bailey and Em)

Only two stalwarts had offered to take on this challenge, and they insisted they would take longer than scheduled time so the baton took a shortcut up the A590 to Dunmail Raise and the night owls set off into the dark up Clough Head. Kate B had to run to catch up after completing the 1st leg aswell, as Sue and Em had set off on schedule as planned.

Some time later, after the dark, rain, hailstorms and wind had taken their toll (not to mention the steak pie), Kate C and Barb H picked up a hitchhiker on their way to Dunmail Raise at 2 am. It was Sue – who had thought better of it and had come down Sticks Pass. We deposited her safely in her car at Dunmail to await the return of Kate B and Em after another couple of hours. Kate B and Em battled on as far as Dollywaggon then called it a day (or a night!).

Leg 3

Dunmail to Wasdale (Kate Charles, Barbara Haywood)

It was windy but not wet as we stumbled out of the car at 2.30am and set off up the steep climb from Dunmail. After a few unnecessary zig-zags we topped out not too far from where we'd expected to be and set off on the easy path over Steel Fell towards Calf Crag. Things went not too badly until the path disappeared into the bog and in the pitch black and I had to admit I didn't know where we were. So it was out with the GPS which suggested a left turn and within a minute we were back on route. So close to it but in the pitch black it could have been miles. By the time we reached Calf Crag we'd lost nearly 50 minutes and considerably more enthusiasm, and the grey dawn at Sergeant Man didn't do much to lift our spirits as it only revealed thick clag on Bowfell and beyond. We had a brief fuelling stop on High Raise, hiding in the cairn out of the wind, then set off over easier ground towards to Pikes. Crossing Martcrag Moor we spotted the herd of Red Deer – looking somewhat out of place on the green hills of the Lakes instead of in their natural Highland habitat. We passed a couple of tents at Stake Pass but unfortunately no one leapt out with cups of tea.

At Angle Tarn we made the decision to miss out Bowfell, Esk Pike and probably Scafell in order to get down on schedule and hand over the baton. We continued up to Great End but after being lashed with sharp hailstones and slipping about in the grey clag we didn't bother with Ill Crag or Broad Crag but made a beeline for home – over Scafell Pike and down the newly made tourist path through Hollowstones. We arrived on time to see an assortment of lightly clad and very fast looking Abbey Runners waiting for the off.

Leg 4

Wasdale- Honister (Abbey Runners) - Hilary Lane, Eleanor Horsman, Cat Purdy, Polly Wilding, Liz Casey, Sharon Williams, Sarah Grant, Jane Birdsall (support/driver)

Having participated in our own club relay of the Bob Graham Round last summer, we were very keen and pleased to be involved in this women's only event. Our leg started well, in a bit of drizzle but nothing that a vigorous stomp up Yewbarrow wouldn't sort out, we'd be warm by the time we got to the top, no doubt about it. Little did we know that a little drizzle would be the least of our worries. By the time we reached the top of Yewbarrow the wind had started to howl and what followed was over five hours of rain, hail, sleet and barrelling winds.

At one point, heading towards Pillar in almost zero visibility, we all stopped to put on any additional slip of emergency clothing we still had in our sopping wet bags. By this point we were shielding ourselves (unsuccessfully) behind a rock slightly larger than the others, but my fingers were like sausages. Oh how I wished for fleece-lined Goretex ...

At times the driving sleet meant we were

plodding ahead with hands in front of faces and not able to concentrate more than putting one foot safely in front of another. As a result, we agreed to miss off Kirk Fell, Green Gable and Great Gable, traversing round to avoid the worst of the winds on the exposed tops. After the slowest "run" I have ever done, we crashed down the final descent to the car park, just in time to hand over the baton.

Leg 5

Honister – Keswick (Kate Simpson, Lisa Bergerud, Hetta Morath)

Hetta's account:

I was lucky enough to be able to join our Abbey Runners' team. Knowledge of their running ability and one glance at the map, left me in no doubt that their leg 4 from Wasdale to Honister, was not for me. I aimed to tackle the last leg at a sedate pace. However by the time Jane, our valiant driver, and I had arrived at Honister Pass to await their arrival, the weather had really deteriorated, with high winds and drenching rain – sleet on the tops. My expected partners had not materialised and I began to think that I wouldn't need to stir from the minibus at all. What a faint hope. Shortly before the deadline two charming, lean, keen and enthusiastic ladies arrived with lots of local knowledge. They were quite clear that we didn't need to pull out, and talked of racing it, to make sure we arrived before the 24 hours were up. Luckily the arrival of the baton coincided with the end of the rain and we only had the wind to contend with. My geriatric pace must have seemed dreadfully slow to my two companions who were like gazelles by comparison, but I was delighted to make it over Dale Head, Hindscarth and Robinson. It was an exhilarating romp, but I must confess I was very grateful to accept a lift from the roadhead, leaving them to storm in and complete the round. My thanks and congratulations to both of them.

Postscript (KC)

Thanks to everyone for their efforts in making the event a success. The weather was not great, but in the end it made it a bit more of an adventure for some. I hope you all feel satisfied with yourselves for getting over the hills in some difficult conditions, despite having to miss out a few tops on the longer legs. It really shows the difference that the weather can make to the success or otherwise of a BG round.

Summer 2009.indd 105 27/06/2009 01:22:13

BY **RICHARD SEIPP**

Photo essay

The Hayfield "3 Days in May"

May Queen Fell Race, 15th May 2009 – Mount Famine, 16th May 2009 – Lantern Pike Dash, 17th May 2009

Photos © Richard Seipp – qwertyphoto.com

Main photo: Claire Parker – Lantern Pike Dash.
Inset photos; top: Springfield Strider slips descending Mount Famine, centre: fell race parking, bottom: Scoffer discussing shoe choice – May Queen Fell Race

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Main photo: Jackie Lee on Mount Famine – winner of all 3 races.
Inset photos; top: Andy Howie giving race directions May Queen fell race, bottom: Ready for the off – May Queen fell race

Photos © Richard Seipp – qwertyphoto.com

Summer 2009.indd 107 27/06/2009 01:24:12

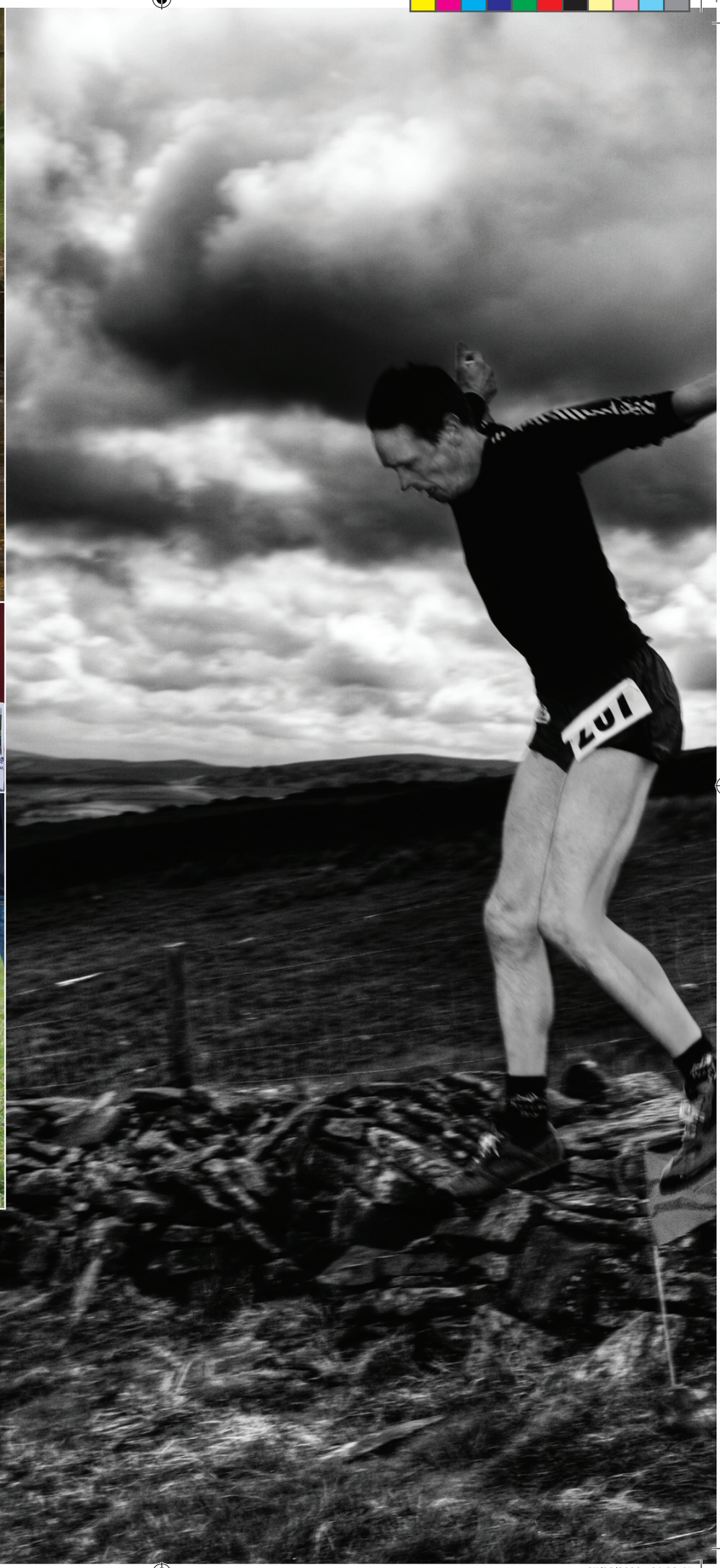
BY **RICHARD SEIPP**

Main photo: Simon Coldrick just in front of Nick Craig - Mount Famine fell race. Inset photos; top: Descending Mount Famine, centre: Ron Rees leaving Mount Famine summit, bottom: Dan Riley and Stef Curtis – Mount Famine race

Summer 2009.indd 108 27/06/2009 01:25:19

Photos © Richard Seipp – qwertyphoto.com

Summer 2009.indd 109 27/06/2009 01:25:45



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Main photo: Alan Brentnall Jumping the Stile – Lantern Pike Dash. Inset photos; top: river crossing – junior race, Lantern Pike Dash; centre: John Jodrell – race organiser, Lantern Pike Dash; bottom: Tom Seipp finishing his first fell race – Lantern Pike Dash

Photos © Richard Seipp – qwertyphoto.com

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Puma Lakeland Trails 2009

"Inspiring Races in Beautiful Places"

Hawkshead 18th April

The opening event in the popular Puma Lakeland Trails series took place in perfect spring sunshine in the tiny Lake District village of Hawkshead. The resident population of 300 increased ten-fold with 1200 competitors and their families cramming into the village for the spectacle of the runners parading to the start behind the Boom Dang samba drumming band.

Winner of the blue riband event, the 15km Puma Hawkshead Trail Race, was Irish International mountain runner John Heneghan, running for his Leeds club Pudsey & Bramley AC, in 58.09. Salford's John Brown was close behind in 60.25, with Leeds City AC's veteran Martin Roscoe making the podium with 61.56 in third. First Cumbrian runner was Ambleside AC's Stuart Shuttleworth, who finished 9th overall. Running legend 71 year old Ron Hill MBE made his debut in the Puma Hawkshead Trail Race, and has now run every day since December 20th 1964 – over 15 500 consecutive days running more than 150 000 miles.

GB International mountain runner Candice Taylor, Clayton le Moors Harriers, in 71.17, proved stronger on the tricky ascents and descents than Commonwealth Games Marathon 10th place finisher, Scotland's Susan Partridge, City of Glasgow AC who finished runner up in 72.11. International junior triathlete Vicky Graves, City of York, was third in 73.22. Ulverston's Helen Woodley was the first Cumbrian in 6th place overall.

Over a hundred and fifty children under 10 took part in the popular Fun Trails, with all the children winning a medal. Boom Dang played again at the closing ceremony and the prizes were awarded by Richard Leafe, Chief Executive of the Lake District National Park Authority and Richard also competed in the Trail Race.

Full results are available from the event website www.lakelandtrails.org The final two events in the Puma Lakeland Trails series are on Sunday 6th September in Keswick and Saturday 3rd October in Coniston.

RESULTS :

Men

1. John Heneghan, Pudsey & Bramley AC, 58.09
2. John Brown, Salford Harriers, 60.25
3. Martin Roscoe, Leeds City AC, 61.56 (1st V40)
4. Russell Maddams, Horwich RMI Harriers, 62.17
5. Stewy Bell, Chester le Street AC, 62.27 (2nd V40)
6. Gavin Chatterton, Leeds City AC, 65.05
7. James Kraft, Scarborough AC, 66.23 (1st U21)
8. Tom Craggs, Mornington Chasers, 68.14
9. Stuart Shuttleworth, Ambleside AC, 68.49 (3rd V40)
10. Stephen Fry, Bingley Harriers, 69.09 (4th V40)

Women

1. Candice Taylor, Clayton le Moors Harriers, 71.17
2. Susan Partridge, City of Glasgow AC, 72.11
3. Victoria Graves, City of York AC, 73.22 (1st U21)
4. Kim Threadgill, Edinburgh, 76.52
5. Yvonne Wyke, Wigan Phoenix, 77.54 (1st V40)
6. Helen Woodley, Ulverston, 79.38
7. Carol Evans, South London Harriers, 79.55 (2nd V40)
8. Caroline Hemming, Spectrum Striders, 82.24 (3rd V40)
9. Mel Rotherham, Nottingham, 82.29 (4th V40)
10. Jo Wood, Low Wood, Windermere, 82.47

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Summer 2009.indd 112 27/06/2009 01:27:52

Results

JANUARY 11 – JUNE 17, 2009

BY **DAVE WEATHERHEAD** & **BARBARA CARNEY**

Photo courtesy of Steve Harling – www.steveharling.fotopic.net

Ian Holmes and Simon Bailey at Coniston

TRIG POINT
Staffordshire
CL/15m/1500ft 11.01.09

It seems as if things were pretty quiet in the week running up to the race. All the equipment was in the garage, helpers lined up and cakes being baked by daughter. Pre-entries and the usual last week 'phone calls were fewer than in previous years. I expected a calm weekend and hoped to cover our costs.

Then on Thursday evening, an e-mail from the County Council about some mysterious tree disease that was threatening to spread to Cannock Chase. Did our race route go through the most vulnerable areas? How would we decontaminate runners' shoes, etc? Difficult to explain that there isn't a route as such – runners go where they think is quickest. Not the answer they wanted! However, after a few e-mails, 'phone calls and a visit from the Head Ranger, the Council were content for us to go ahead. In fact, they were as helpful as they could be and just required the taping off of the path at the top of the first climb.

In the race itself, Tim Werrett and Pete Vale were well ahead from the first mile and Tim just seemed to grid out a gap throughout. Conditions were pretty good in terms of weather and wind but the middle track section of the race was very icy and rutted. Winning times in all classes were slower than in recent years but the times for the bulk of the field seemed to be a bit quicker.

We had 165 starters and 161 finishers. Tim won for an amazing fifth time but this was the slowest of his wins (1.35.00), which he put down to conditions (not age or fitness!!). There was a new winner of the ladies' race, Kate Bailey, in 1.52.00. She finished in overall 12th place with blood pouring from her knee. In my opinion the outstanding performance of all was that of Sheila Carey, who won L60 in 2.15.00, placing her 90th overall – a target for us all to train for next year.

The last finishers took just under 3.30.00 and Charlie Levington was still there, cheerful and cold as ever, to see them in. Sincere thanks to him and all the "regulars" who help man the trig points, sweep up and provide the much appreciated refreshments in the village hall and get results out so quickly.

Bob Dredge

1. T. Werrett	Mercia	1.35.47
2. P. Vale	Mercia	1.39.51
3. M.White	LeicesTri	1.48.11
4. T. Webb	DkPk	1.48.11
5. J. Bragg	NthFace	1.48.18
6. N. Thomas O/45	Telf	1.48.27
7. T. Hobbins	Staff	1.48.57
8. M. Clewes O/45	Mercia	1.49.07
9. A. Morgan O/45	Hales	1.50.09
10. G. Palmer	Sports	1.51.06
VETERANS O/50		
1. (15) G. Farmer	OakPk	1.54.27
2. (19) J. Lewis	Unatt	1.57.38
3. (21) N. Hindle	Unatt	2.01.42
VETERANS O/60		
1. (79) M. White	LeicsTri	2.15.38
2. (84) K. Jones	DkPk	2.16.32
3. (88) R. Campbell	Unatt	2.17.03
LADIES		
1. (12) K. Bailey	Merion	1.52.15
2. (28) Z. Fleming	Bowl	2.03.12
3. (30) A. Salt	Trenth	2.04.05
4. (37) T. Curl O/45	Norw	2.05.15
5. (43) L. Dawson	Chase	2.05.41
(63) J. Gardner O/45	DkPk	2.11.54
(90) S. Carey O/60	OD	2.17.22
(106) Y. Nicholls O/50	Chase	2.27.33
(137) T. Duffy O/50	WolvesB	2.41.20

340 finishers

THE 26TH SOREEN STANBURY SPLASH
WestYorks
CS/7m/1200ft 25.01.09

You could be excused for thinking that the Soreen race has more repeats than ITV and the BBC put together, but when you have an athlete with the pedigree of Ian Holmes, that is just what happens and, in this case, for the last 14 years he has repeatedly won, giving no one else a look in. The now 43 year old left the other 305 contenders in his wake on a day of what could be termed as spring like conditions up on Penistone Hill. Ian who works for Kimbledale Ltd. who install Europa whirlpools says 'I love malt loaf, it's a regular part of my diet, especially when racing and training hard. I even had two slices this morning before the race'. So could this be the secret why Ian has dominated not only this race, but is the stuff of legends having won five English and four British senior fell titles. For good measure Ian hasn't got slower as he's got older - testament to that is his three English and two British V40 titles. He is the reigning Yorkshire senior champion, and has won that seven times now. Don't be thinking that eating Soreen is the key, Ian puts in hours and hours of training to achieve what he has. Running is like a bank account, if you don't put anything in it, you can't take anything out! It was as a 10 year old that Ian did his first fell race at Malham Show finishing third, but it was 8 years later before he tried the sport again at Blisco Dash, where he finished 76th, and his first ever win was at Scafell Pike in 1989. The main driving force behind Ian then was the great rivalry with Ian Ferguson.

Graham Pearce once again followed Ian home, a repeat of last year, although Graham did run faster, while Darren Kay finished 3rd. V50 Brian Goodison was 18th overall and completed a hat trick of wins in that category, while Tony Hesketh, a previous V40 winner in 1996, and a four times V50 winner, won the V60.

In the V70s, record holder Lawrence Sullivan, now 74, returned to win again.

A new name will now appear on the prestigious locals trophy, Dick Ballantine a local school teacher and raceaholic. The best thing to come out of Switzerland since clocks and chocolate, Sabine Hauswirth, continued with her winning runs in England, winning the ladies' race in a hard fought battle with British Open Champion, Lisa Lacon, who this year hasn't been beaten with victories at Giants Tooth and White Holme Circular – incidentally ten years ago Lisa did win this race. The 21 year old international orienteer, who won the Stoop race on Haworth Moor just had the strength in the final stages to catch Lisa and win by 14 seconds, and consequently enjoyed again the 'crackerjack' style prize presentation, much to the amusement of the packed pub. These repeats just keep coming, because Ilkley Harriers repeated their last year's team win, same club, different runners, Sabine was backed up by Sally Morley, 3rd, and Val Kerr, 20th. The Ilkley fellas not wanting to be left out won the men's team with Tom Adams, 6th, Lee Morley, 9th and Steve Turland 19th.

THE 26TH SOREEN STANBURY SPLASH – Darren Kay, Ian Holmes, Graham Pearce, Alex Whittem and Tom Brunt

Summer 2009.indd 114 27/06/2009 01:34:30

Junior Quarry Runs

The junior Soreen races saw 21 more competitors than last year, making it 141 to toe the line this time and tackle the very muddy bottom of Penistone quarry – muddy because some clowns in 4 x 4s had been using it as a race track, which is not only damaging to the ground but very illegal!

42 U8s tore through the mud and up the quarry wall to impending disaster, the marshal got all of a dither and directed them straight to the finish, to the shock and horror of the spectators and, more importantly, the finish team. However, Linda Hargreaves and Shirley Wood somehow managed to record numbers and positions of this much shorter race enabling all results to be compiled, minus times, as the timer wasn't expecting them to finish and was helping the back markers negotiate the climb out of the quarry. The race winners were Logan Hargreaves-Madhas and Bethan Morley and who's to say they wouldn't have won anyway? You have to be in it to win it, and they certainly were! Of course the U8s weren't that bothered, they all had their Soreen goody bags and pop, and were already tucking in to their goodies! All's well that ends well.

A mammoth record 99 U10,U12,U14 & U16 runners also enjoyed the muddy conditions, with last year's runner up, Josh Ferguson, winning this time and with British Open GU14 champion, Pippa Barrett,winning the GU14s, finishing 3rd overall. It was double success for the Keighley & Craven club. Pippa did have the honour of starting the senior race. Lewis Byram won the U12 with 2nd overall, Charlie Lowrie the U10 with 5th overall. Emma Clarke won the GU12 and Lily McGuinness the GU10, both repeat performances of last year. Sean Carey, the Stoop and Withins U16 winner, made it a hat trick. In the GU16, GU12 record holder Rosie Hellawell, last year's GU14 winner, became the victor. Let's hope some of these juniors tuck in to their malt loaves like 14 times senior winner Ian Holmes does, then the future of fell running will be awesome.

A very big thank you must go to Soreen for their support, which is very much appreciated by all the runners who have competed in this race for the last 26 years. Long may it continue.

The Woodentops

1. I. Holmes O/40	Bing	44.04
2. G. Pearce	P&B	46.01
3. D. Kay	Horw	47.36
4. A. Whittem	Cald	48.13
5. T. Brunt	Holmf	48.21
6. T. Adams	Ilk	49.05
7. T. Edward O/40	Clay	49.38
8. P. Sheard O/40	P&B	49.45
9. L. Morley	Ilk	49.51
10. L. Passco	B'burn	50.00
VETERANS O/50		
1. (18) B. Goodison	Abbey	52.05
2. (30) R. Crossland	BfdAire	54.07
3. (36) D. Collins	Tod	54.31
VETERANS O/60		
1. (61) T. Hesketh	Horw	57.54
2. (104) G. Howard	Ilk	61.20
3. (110) D. Waywell	Wesh	62.08
VETERANS O/70		
1. (252) L. Sullivan	Clay	74.27
2. (281) G. Arnold	Prest	80.09
LADIES		
1. (47) S. Hauswirth	Ilk	55.38
2. (48) L. Lacon	Holmf	55.52
3. (74) S. Morley	Ilk	58.58
4. (82) L. Martin O/40	Otley	59.21
5. (94) C. Sanderson	Bing	60.20
(117) K. Brierley O/40	Tod	62.45
(169) B. Weight O/50	Bing	66.55
(221) J. Rawlinson O/50	Clay	71.37
(227) L. Lord O/60	Clay	72.15
(261) J. Vesey O/60	Bing	76.19
303 finishers		
JUNIORS		
Boys U/10		
1. (5) C.Lowrie	Wharf	8.13
2. (11) T. Halsey	Cald	8.29
Girls U/10		
1. (10) L. McGuinness	Unatt	8.27
2. (63) Z. Moore	Cald	12.12
Boys U/12		
1. (2) L. Byram	Holmf	7.46
2. (4) J. Broughton	Bl'burn	8.07
Girls U/12		
1. (61) H.Crossfield	H'fax	11.41
2. (66) S. Wilson	Tod	12.21
Boys U/14		
1. (1) J. Ferguson	Kghly	7.19
2. (7) L. Varecondi	Kghly	8.24
Girls U/14		
1. (3) P. Barrett	Kghly	8.01
2. (13) G. Malir	Ilk	8.34

TIGGER TOR
South Yorks
BM/10m/1750ft 25.01.09

Well, the credit crunch hasn't hit fell running yet! Competitors were arriving early at the rugby club, eager to enter and set off on the trail of the 24th Tigger Tor Fell Race.

It was a poor weather forecast, but the rain and snow held off making the river crossings and wetlands manageable.

This year's course was the same as last year and proved to be very popular again, using more wilderness areas gave it a definite feel of mountain running, which gave less impact on the busy tourist routes.

Lloyd Taggart and Stuart Bond battled all the way round the course, but Lloyd just managed to scrape home half a second in front of Stuart. This was Lloyd's fourth Tigger Tor win, what a fantastic achievement.

Dave Taylor won the vets' prize and was fifth position overall.

Jackie Lee won the female race with Lynn Bland taking first female vet and fifth overall. Well done to you both.

The first and third team prizes were won by Dark Peak, with Sheffield Uni taking second prize.

Next year's course will be practically the same BUT after Houndkirk Hill we will go back to the fell gate overland. You have been warned!

We had two bottles of champagne donated this year, which were won by the last male and last female runners. It will not be repeated next year so no excuses for having a sit down halfway round!

A big thank you, as ever, to all who helped make this year's race such a success.

See you all next year.

Don Longley

1. L. Taggart	DkPk	1.07.00
2. S. Bond	TFS	1.07.00
3. M. Pinker	SheffUni	1.07.46
4. C. Gilhooley	SheffUni	1.07.49
5. D. Taylor O/40	DkPk	1.07.55
6. S. Ohly	DkPk	1.11.56
7. R. Bradbury	Mat	1.12.09??
8. T. Webb	DkPk	1.12.06??
9. M. Stenton O/40	DkPk	1.12.18
10. M. Hulley	DkPk	1.12.31
VETERANS O/50		
1. (23) S. Storey	DkPk	1.14.56
2. (38) M. Harvey	DkPk	1.18.25
3. (58) S. Frith	P'stone	1.20.23
VETERANS O/60		
1. (90) M. Cochrane	DkPk	1.26.06
2. (135) N. Oxley	Unatt	1.31.09
3. (184) G. Berry	DkPk	1.35.04
VETERANS O/70		
1. (319) T. Platts	Clowne	1.48.45

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LADIES

1. (49) J. Lee	Eryri	1.19.58
2. (71) Z. Wray	Sheff	1.22.47
3. (99) L. Gibson	Totley	1.27.35
4. (114) S. Grant	Abbey	1.29.16
5. (131) L. Bland O/40	DkPk	1.30.01
(132) J. Nolan O/40	DkPk	1.30.50
(173) K. Harvey O/50	Penn	1.34.12
(207) K. Reece O/50	Unatt	1.37.45
(296) B. Haigh O/60	P'stone	1.45.48

347 finishers

CHARNWOOD HILLS
Leicestershire
CL/13.7m/1240ft 01.02.09

Bowline Climbing Club's 23rd Charnwood Hills Race was won by Beijing GB Olympic triathlete Will Clarke, but only after a titanic 13.7 mile struggle with one of Leicestershire's top runners, Mark Powell. The pair soon opened up a lead on seven times former winner, Tim Hartley, the Leicestershire cross country champion. Powell gained a lead on Beacon Hill for it to be clawed back on the downhill. He again opened up a gap on Rough Hill but Clarke, who was 14th in the Beijing triathlon, caught him on the return through Bradgate Park. They came into the finishing field together but Clarke sprinted away to the finish 4 seconds in front of Powell in a best time of 1.22.12 for the extended course. Hartley was two and a half minutes behind the pair but still faster than his winning time of last year.

Clare McKittrick , Midland Masters cross country champion, and a former England international at mountain running, made a winning debut in the women's race after several years of contemplating entering. She finished 33rd overall in 1hr38.44 to beat former winner, Kirsty Gallagher and evergreen veteran, Sally Newman.

There was a record number of 403 finishers.

Howard Pymm

1. W. Clarke	Loughb	1.22.12
2. M. Powell	Owls	1.22.16
3. T. Hartley O/40	Barrow	1.24.51
4. P. Swaine	Harb	1.26.34
5. P. Critchlow O/40	Beaum	1.27.53
6. C. Rainsford	Heanor	1.27.57
7. A. Watson	Hermit	1.29.10
8. M. Sullivan	Shettle	1.29.10
9. C. Mattocks	Wootton	1.29.13
10. P. Harwood	LeamingS	1.29.56
VETERANS O/50		
1. (51) J. Mould	Shepshed	1.42.47
2. (61) M. Hodges	Bearbrook	1.45.23
3. (65) E. Brougham	Owls	1.45.58
VETERANS O/60		
1. (157) T. Vaughan	LeicsTri	1.57.14
2. (248) N. Bates	Nuneat	2.08.05
3. (251) T. Jones	Barrow	2.08.32
VETERANS O/70		
1. (278) G. Oliver	Hinckley	2.12.36
2. (365) B. Aird	Barrow	2.30.28
3. (372) P. Kirby	Wreake	2.31.30
LADIES		
1. (33) C.McKitrick	Charn	1.38.44
2. (43) K. Gallagher	Wootton	1.40.25
3. (47) S. Newman O/45	CaldV	1.41.47
4. (52) K. Jenkins	HBT	1.42.47
5. (56) Z Fleming	Bowl	1.43.44
(68) J. Lamb O/40	Owls	1.46.12

403 finishers

PENNINE BRIDLEWAY RELAY
Lancashire
5x47m/6300ft 01.02.09

The weather was reasonably kind to us given the time of year anything can happen although everyone would agree that it was mighty cold! A day later and we might well have had problems.

Course record holders and our pre-race favourites this year, Horwich, in the absence of Borrowdale, never really challenged and it was left to the host club, Rossendale, along with Calder Valley and Todmorden to challenge for the honours. The overall record set by a Horwich team 'on fire' in 2007 of 4.48.15 though is a good one and will take some beating.

Todmorden were the early leaders closely followed by Rossendale, although by the 3rd leg and with a record smashing run by Alex Whitten and Adam Breaks, Calder Valley were starting to show their strength in depth. The host club, Rossendale, had a good lead though going into the final leg but the long climb and a bitter cold wind took its toll allowing the Calder Valley pair to come through to take the honours. They had a good day with two of the fastest legs, smashing the record on leg 3.

Their ladies' team were also clear winners in 28th place overall with 3 of the fastest legs and a new ladies' record for leg 5 from Anne Johnson and Naomi Sharratt.

The vets' race was never in doubt as Clayton le Moors Harriers vets came home in 5th place overall with their vets B team finishing 2nd vets overall in 13th.

The mixed category is always hotly contested and it was Chorley Harriers who came out on top this year beating regular mixed team winners and mixed team overall record holders, Pudsey and Bramley, into second place, They had the consolation though of having the fastest leg overall on leg 5. Clayton also claimed the prize for first B team in 21st spot.

Shame on the person at the start who argued with our kit checker over his insistence that he carry hat and gloves. On a bitterly cold day in February at 1500ft above sea level they might just well be your best friend. The advice is if you don't like our kit requirements don't come next year.

We had a record entry this year of 85 teams

Pennine Bridleway Relay: Kath Brierley & Kay Leigh (Todmorden Ladies) on leg 1

Photo © Pete Hartley

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and the parking at the leg changeovers seems to be just about at its limit. We might well have to impose a limit of teams entering next year. Entry will once again be online from 1 November; the date for 2010 will be Sunday 31 January.

Many thanks to everyone who helped and special thanks to all of the team captains for entering and organising the teams.

Graham Wright

1. Calder Valley	5.06.33
2. Rossendale	5.09.21
3. Horwich	5.13.41
4. Todmorden	5.13.44
5. Clayton Vets	5.14.15
6. Blackburn	5.16.12
7. Bowland	5.20.56
8. Halifax	5.22.10
9. Clayton	5.22.17
10. Wharfedale	5.22.24
LADIES	
1. (28) Calder Valley	6.10.41
2. (32) Todmorden	6.16.16
3. (39) Clayton	6.24.04
4. (43) Rossendale	6.32.19
5. (44) Dark Peak	6.33.26
MIXED	
1. (18) Chorley	5.48.26
2. (19) Pudsey & Bramley	5.44.46
3. (25) Radcliffe	6.07.32

84 teams finishers

MICKLEDEN STRADDLE
Derbyshire
BL/13.8m/1980ft 01.02.09

Praise thanks to the weather gods. Hours after the race it was a total white out as the country ground to a halt with the heaviest snow fall for years.

Race conditions were dry with a cold breeze blowing on the tops, good conditions for the runners, but spare a thought for the marshals on the course and the mountain rescue team who were all there on the hill.

My first attempt as race organiser and I can tell you there's more to it than meets the eye. Apologies to Holmfirth ladies who won the ladies' team prize but due to a cock up on the day, the prize was given to Abbey Runners.

Well done to everyone who took part, hope you all enjoyed the day and big thanks to all the people who helped make the race possible.

I've given some thought in the past into altering the route to make the race a more 'genuine' fell race, but now feel that at this time of year, the weather conditions can still make it a tough demanding course even with the improved surface conditions on the initial climb, and it's after consideration to marshalling the course, runners' safety and runners' comments, that I hope the race continues for a few years yet.

M J Baldwin

1. D. Taylor O/40	DkPk	1.45.07
2. S. Roebuck	PFR	1.45.13
3. A. Grant O/40	Abbey	1.45.14
4. M. Hulley	DkPk	1.45.29
5. M. Ollerenshaw	Glossop	1.45.40
6. B. Stewart	Holmf	1.47.45
7. S. Gregory O/45	HolmeP	1.50.45
8. A. Rees	DDT	1.51.00
9. R. Summer O/40	PFR	1.51.26
10. J. Howard	Unatt	1.52.12
VETERANS O/50		
1. S. Storey	DkPk	1.54.08
2. R. Fawcett	DkPk	2.00.55
3. D. Tait	DkPk	2.06.32
VETERANS O/60		
1. D. Tait	DkPk	2.06.32
2. M. Cochrane	DkPk	2.13.43
3. G. Breeze	Skyrac	2.16.50
LADIES		
1. L. Lacon	Holmf	2.01.35
2. E. Clayton	Scunth	2.02.57
3. S. Grant	Abbey	2.12.59
4. W. McBride	Barns	2.15.11
5. J. Gardner O/40	DkPk	2.18.22
K. Harvey O/50	Penn	2.20.15
A. Heading O/40	WhtPk	2.21.31
B. Hinchcliffe O/50	Holmf	2.26.10

154 finishers

TITTERSTONE CLEE
Shropshire
AS/2.5m/750ft 07.02.09

The Titterstone Clee Fell Race took place despite the severe weather conditions that we had had to suffer in the recent days.

The race took place in gorgeous conditions with blue sky and several inches of snow making the scene reminiscent of a Christmas Card.

The race was easily won by Tim Werrett, ahead of Malcolm Muir, who headed a large contingent of runners from Essex's Springfield Striders. There was disappointment for local runner, Andy Davies, who reached the summit in 3rd place only to lose two minutes on the descent.

The outstanding run of the day was from Welsh International, Jackie Lee, who was 5th finisher overall ahead of Lisa Garside.

Fifty runners made the trip through completely clear roads to enjoy the race and a presentation was held at the 6 Horseshoes at Wheathill for the winners and runners-up.

Keith & Pauline Richards

1. T. Werrett	Mercia	21.12
2. M.Muir	Springf	22.12
3. J. Paddock	Shrop	23.13
VETERANS O/40		
1. G. Birch	Kenilw	22.26
2. A. Davies	Mercia	23.54
VETERANS O/50		
1. B. Dredge	Mercia	25.50
2. S. Bajic	Telf	26.29
VETERANS O/60		
1. G. Gunner	CroftA	29.51
VETERANS O/65		
1. F. Uhlman	FRA	29.48
LADIES		
1. J. Lee	Eryri	23.17
2. L. Gartside O/40	Telf	29.53
3. A. Kerby-Collins O/40	Ludlow	31.12
4. J. Hill O/50	Springf	32.29
5. K. Rigby O/60	Unat	37.43

50 finishers

WINTER HILL FELL RACE
Lancashire
Am/11m/2,750ft 08.02.09

Whilst there was a fair amount of snow on the tops, Bolton and the surrounding area escaped the worse of the weather, so there were no problems with runners getting to the race on what was a fine, although chilly, day. We only had one runner who did not complete the course because of an ankle injury, with 170 finishers.

I expected the snow, especially in the Terraced Gardens where it was I thought very slippery, to slow the runners down. How wrong can one be with the first four all being inside the old record.

The race was won on his first attempt by Simon Bailey, by 17 seconds from Darren Kay, with Rob Hope who had won the race in the previous five years and the course record holder a further 41 seconds back in 3rd place.

The ladies' race was not quite as close as the men's with Anna Lupton winning by over 3 minutes from Kirstin Bailey, with Jo Waites a further 20 seconds back in third place.

The team prize went convincingly to Pudsey & Bramley with three in the first five. The vets' and ladies' team prizes both went to Horwich.

I look forward to hopefully seeing you all at next year's event.

I would like to thank as usual all those who helped the marshals, Bolton Mountain Rescue for providing safety cover and our sponsors Walsh Sports and Hilly Clothing.

Tony Varley

1. S. Bailey	Mercia	1.29.53
2. D. Kay	Horw	1.30.10
3. R. Hope	P&B	1.30.51
4. D. Hope	P&B	1.31.09
5. N. Leigh	P&B	1.32.38
6. D. Milliken O/40	Horw	1.37.29
7. S. Harding	Congle	1.38.15
8. M. Green O/45	Lost	1.38.29
9. J. Sutton	B'burn	1.43.17
10. A. Grant O/45	Abbey	1.43.40
VETERANS O/50		
1. (17) K. Thomas	Lost	1.47.45
2. (25) G. Schofield	Horw	1.49.51
3. (51) D. O'Duffy	Bowl	2.00.36
VETERANS O/60		
1. (38) K. Carr	Clay	2.00.15
2. (60) M. Crook	Horw	2.00.50
3. (61) T. Hesketh	Horw	2.05.08
VETERANS O/70		
1. (73) R. Stafford	Horw	2.44.42
LADIES		
1. (23) A. Lupton	Rad	1.49.32
2. (33) K. Bailey	Bing	1.53.04
3. (36) J. Waites	CaldV	1.53.24
4. (52) N. Sharratt	CaldV	2.00.47
5. (61) J. Redmayne	Chorl	2.03.11
(67) A. Weston O/40	Ilk	2.04.55
(7) S. Budgett O/45	Horw	2.06.12
(9) G.Walkington O/50	Horw	2.06.56

170 finishers

39th 'TISO' CARNETHY 5
Edinburgh
AM/6.2m/2500ft 14.02.09

As expected, times were slow but what a great experience racing through the soft snow and sliding down the hills! A superb day out and a record field of 499 finishers turned out to enjoy the snow, the extra muddy and marshy start/ finish field and the bum slide down to the Howe ! Rob Jebb just held off Prasad Prasad in what was Prasad's first Carnethy 5, to take the honours and record his 4th win (a feat only equalled by John Brooks in the men, though Angela Mudge, of course, has had 11 wins), with Andrew Symonds getting the 3rd spot. Fiona Maxwell improved from her 3rd of last year to easily win the women's (from 113 female finishers) and she was first Over 40 woman as well !

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Photo courtesy of Scottish Hill Runners

Carnethy 5 2009
What a great experience racing through the soft snow and sliding down the hills!

The host club, with Geraint Florida-James, Stewart Whitlie (also first Over 40), Adrian Davis and Adam Ward, retained the team prize from 2008 - the famous Claymore - well clear of Carnegie in second place.

A strong HBT squad won the women's team for the first time from Carnethy's team of Jacqui Higginbottom, Joanne Anderson and Lorna Ascroft - just some of the 64 Carnethy runners taking part (quite impressive considering the number helping and not able to run).

Great result for the first Under 20, Tom Addison, in finishing 8th and to Mark McManus, the first overseas runner, and the first of a very large number of Northern Irish who took part. Mention must also be made of Jimmy Jardine (Lochaber) who finished again to record his 39th consecutive race !'

Andy Spenceley

1. R. Jebb	Bing	53.02
2. P. Prasad	Clydes	53.09
3. A. Symonds	Carneg	53.57
4. B. Marshall	HELP	54.59
5. A. Anthony	Ochil	55.41
6. O. Chepelin	Shettle	55.44
7. J. Helme	Amble	57.22
8. T. Addison	HelmH	57.31
9. A. Drahokoupil	EdbUni	57.37
10. M. Addison	HelmH	58.06
VETERANS O/40		
1. (14) S. Whitlie	Carneth	59.01
2. (17) A. Davis	Carneth	59.16
3. (20) A. Ward	Carneth	59.21
VETERANS O/50		
1. (27) B. Procter	HelmH	1.00.56
2. (52) J. Winn	Ellenb	1.04.19
3. (58) D. Scott	Ochil	1.04.52
VETERANS O/60		
1. (57) J. Holt	Clay	1.04.48
2. (210) T. Ross	Fife	1.14.28
3. (239) J. Rowley	Law	1.16.36
VETERANS O/70		
1. (389) J. Buchanan	Annan	1.29.44
2. (404) S. Cromar	Dundee	1.30.48
3. (479) B. Gauld	Carneth	1.50.31
LADIES		
1. (45) F. Maxwell O/40	Mourne	1.03.43
2. (101) C. Gordon	HBT	1.07.43
3. (111) I. Robertson	Bellahoust	1.08.26
4. (120) H. Bridle	Unatt	1.08.47
5. (136) K. Strain	EdbUni	1.10.14
(143) S. O'Kane O/40	BARF	1.10.50
(248) A. Hamilton O/50	Cosmic	1.17.06
(283) J. Scott O/50	Fife	1.19.42
(478) S. Strain O/60	EastLoth	1.49.27

499 finishers

RAS MOELYCI
Gwynedd
BS/5m/950ft 21.02.09

Warm spring weather and the reputation of post-race soup and cakes brought 130 runners to the Moelyci Environmental Centre this year. Congratulations to Lloyd Taggart who set the new course record of 35.21 (-1.37), and to Jackie Lee for setting the new women's record of 41.38 (-1.59) at 9th overall.

Francis Blunt was 2nd in 38.44 and Iwan Morton cruised round into 3rd place at 39.23 listening to Girls Aloud. Adam Hayne, 1st MV50 and 5th, pipped John Montgomery, 1st MV40, with Don Williams 1st MV60. Annie Williams had a great run-in as 1st FV40 with Maggie Oliver 1st FV50/60.

The junior race winner was Tecwyn Evans setting a new course record of 9.14 (-1.09) with Lisa Peters first girl at 6th in 10.31. Tecwyn wins a day's navigation course at the Moelyci Centre; good training for the longer fell races ! Sixteen juniors ran.

Many thanks go to the Centre staff, marshals, 'Team Dolly' radio network, the registration and finish team and prize donators.

Projects at the Moelyci Environmental Centre focus on sustainability, local produce and local crafts. In consequence, race prizes included reclaimed wooden items and local soap. The soup and cakes were from organic local suppliers accompanied by Fair Trade tea and coffee. Our thanks to Majestic Wine in Bangor for the prize bottles.

Jeremy Williams.

1. L. Taggart	DkPk	35.21
2. F. Blunt	NFR	38.44
3. I. Morton	Eryri	39.23
4. M. Cliffe	Unatt	40.09
5. A. Haynes O/50	Eryri	40.23
6. J. Montgomery O/40	Clwyd	40.32
7. C. Jones	Eryri	40.59
8. D. Williams O/40	Eryri	41.13
9. J. Lee	Eryri	41.38
10. D. Jones	Eryri	41.46
VETERANS O/50		
1. (5) A. Haynes	Eyri	40.23
2. (13) I. Edgar	Eryri	43.09
3. (33) N. Hindle	Unatt	47.03
VETERANS O/60		
1. (28) D. Williams	Eryri	46.12
2. (46) M. Blake	Eryri	49.10
3. (47) D. Thomas	Eryri	49.13
LADIES		
1. (9) J. Lee	Eryri	41.38
2. (18) R. Law	Eryri	44.55
3. (22) J. Heming	Eryri	45.23
4. (32) K. Spinney	Eryri	46.52
5. (39) A. Roberts	Eryri	47.54
(60) A. Williams O/40	Eryri	52.21
(67) E. Salisbury O/40	Eryri	54.11
(89) M. Oliver O/60	Eryri	59.43

113 finishers

ILKLEY MOOR FELL RACE
West Yorks
AS5m/1260ft 22.02.09

The 20th Ilkley Moor race was a great event with a record field of 390 finishers and some top competition as some of the best local runners sharpened up for the championship season. Thank you to our main sponsor, Ultimate

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Outdoors, whose Skipton branch provided shoes for the winners and other prizes, and to Pete Bland Sports who showed their appreciation of your custom by providing race numbers and prizes.

Paul Wood

1. I. Holmes O/40	Bing	36.33
2. R. Hope	P&B	38.17
3. G. Devine O/40	P&B	38.47
4. G. Pearce	P&B	38.56
5. A. Whittem	CaldV	39.25
6. S. Bolland	Bowl	40.08
7. T. Mason	Wharf	40.12
8. T. Adams	Ilk	40.16
9. J. Mountain	Skipt	40.36
10. C. Smale O/45	Tod	40.37
VETERANS O/50		
1. (35) P. Taylor	Ross	44.05
2. (47) I. Rowbotham	Ilk	45.14
3. (62) D. Collins	Tod	46.37
VETERANS O/60		
1. (72) M. Walsh	Kend	47.44
2. (168) N. Bush	Ilk	53.36
3. (180) G. Howard	Ilk	54.15
LADIES		
1. (46) J. Waites	CaldV	45.07
2. (65) E. Clayton	Scunth	46.44
3. (94) H. Whitaker O/40	Ilk	48.54
4. (95) S. May	Tod	48.58
5. (100) H. Dawe	Ilk	49.20
(116) E. Barclay O/40	Ilk	50.14
(216) R. Smith O/50	Bing	56.45
(273) K. Taylor O/50	Ross	59.49

390 finishers

BLEASDALE CIRCLE
Lancs
AS/5m/1250ft 28.02.09

Exactly 100 runners entered the race this year, just about right for this fairly low key event. Many people commented on how they had enjoyed the day, with a combination of a warm but misty day, a beautiful location in a quiet part of the Forest of Bowland, and a well organised race from the friendly Bowland Fell Runners.

It had been a long cold winter but the weather warmed nicely for the race, with a long dry spell, the going was good underfoot. So, gone were the usual moans about the soggy fields at the start and to be replaced with praise for the quite fast course.

Danny Hope, a usual now at this race, won easily by over a minute to take home the Stone trophy once more and Kate Bailey from Merionydd made a trip to Bleasdale to win the ladies' race comfortably.

Next year is the 10th Anniversary so we hope to put on something a little more special, so we hope to see you all there again.

Les Orr

1. D. Hope	P&B	38.13
2. M. Nuttall O/40	B'burn	39.26
3. M. Chippendale O/40	Bowl	39.34
4. S. Bolland	Bowl	40.00
5. M. Johnson O/40	Bowl	40.10
6. M. Robinson	DkPk	40.18
7. D. Nuttall O/40	Clay	40.46
8. N. Ashcroft O/40	Amble	41.07
9. A. Murray	Horw	41.19
10. R. Mellon	Bowl	41.33
VETERANS O/50		
1. (11) P. Taylor	Ross	41.50
2. (26) P. Booth	Clay	46.04
3. (28) D. Kelly	Ross	46.18
VETERANS O/60		
1. (25) M. Walsh	Kend	45.48
2. (33) K. Carr	Clay	46.39
3. (87) L. Lord	Clay	57.45
LADIES		
1. (19) K. Bailey	Merion	44.29
2. (29) A. Goodard O/40	Bowl	46.23
3. (36) H. Robinson	Amble	47.02
4. (42) D. Gowans O/40	Accring	49.08
5. (56) S. Budgett O/40	Horw	51.44
(59) K. Taylor O/50	Ross	52.20
(87) L. Lord O/60	Clay	57.45
(97) E. Bates	Prest	71.51

100 finishers

HIGH CUP NICK
Cumbria
BM/9m/1500ft 28.02.09

1. D. Kay	Horw	1.01.47
2. J. Davies O/40	Borr	1.01.56
3. R. Jebb	Bing	1.02.54
4. M. Roberts O/40	Borr	1.04.59
5. S. Coldrick	Penn	1.05.05
6. N. Craig	Penn	1.05.14
7. S. Birkinshaw O/40	Borr	1.05.21
8. D. Taylor O/40	DkPk	1.05.56
9. P. Sanderson O/40	NFR	1.06.00
10. D. Birch O/40	Kesw	1.08.52
VETERANS O/50		
1. (20) J. Winn	Ellenb	1.12.07
2. (37) N. Hewott	Bowl	1.18.00
3. (43) P. Kelly	DFR	1.18.59
VETERANS O/60		
1. (107) D. Harrison	Kesw	1.35.45
2. (115) R. Baker	Amble	1.37.33
LADIES		
1. (42) K. Robertson O/40		NFR 1.18.28
2. (49) L. Roberts	Kend	1.20.19
3. (66) R. Vincent	Tyne	1.23.50
4. (72) A. Raw O/40	Bing	1.26.00
5. (77) N. Davies O/50	Borr	1.27.30
(92) A. Ferguson O/50	Burden	1.32.15

141 finishers

BISHOPHILL
Fife
2.5m/1000ft 01.03.09

1. R. Simpson U/23	Dees	17.45
2. B. Marshall	Help	18.46
3. O. Cheplin	Shettle	19.15
4. B. Wiseman	Ochil	19.26
5. S. Fallon	Carneth	19.37
6. N. Leslie	Ochil	19.55
7. M. Sullivan	Shettle	20.01
8. T. Lawrence	Carneg	20.08
9. R. Cunningham	Carneg	20.10
10. A. Davies O/40	Carneth	20.20
VETERANS O/50		
1. (20) D. Reid	Westies	22.15
2. (21) G. Pryde	Lomond	22.16
3. (30) C. Roberts	Unatt	23.15
VETERANS O/60		
1. (58) C. Love	Dund	27.00
2. (90) I. McManus	Irvine	31.41
3. (95) D. Ellison	Fife	33.56
LADIES		
1. (15) C. Whitehead	Cosmics	21.16
2. (37) J. Higginbottom O/40	Carneth	24.07
3. (45) L. Sugden	Unatt	25.35
4. (52) L. Allan	Unatt	26.37
5. (55) J. Schreiber O/40	Lochab	26.43
(76) A. West O/50	Carneg	28.24
(81) I. Burnett O/50	Carneg	29.20

97 finishers

NEW CHEW
Lancashire
O 01.03.09

March came in like a lamb as the saying goes, snow nearly all gone, mild though breezy and – most disappointing for some clear visibility. A new pair of course designers found us a load of previously unused checkpoints that the course marking team found hard to find gave us expectation of low scores. We had, however, underestimated the abilities of some of the competitors, who racked up enormous points tallies on the score events.

One checkpoint proved the undoing of several runners in the scoreless event – probably local knowledge helped some to find the right line of approach.

A record number of over 100 competitors took part in one of the three events on offer and all seemed to have enjoyed the day out.

Next year we are reverting to a 'classic' Chew Valley skyline race as it is 10 years since it was last run.

Many thanks to all who helped in organising and supporting this event – it really is a team effort – well done Saddleworth Runners.

Mike Elwell

LONG COURSE	
1. T. Brunt	Holmf
2. R. Litherland	Macc
3. G. Tiffany O/40	PudseyP
4. D. Harris O/40	Macc
5. D. Troman O/40	Kesw
LADIES	
1. C. Litherland	Macc
PAIRS	
1. A. None/O. Kershaw	Saddle
2. S. Burgess/ N. Spink	DkPk
3. I. Charlesworth/ S. Richardson	P'stone
SHORT COURSE	
1. A. Fox O/50	Gloss
2. B. McCoubrey	Swinton
3. B. Lee (Lady)	FRA
4. R. Edwards	Gloss
LADIES	
1. 1. B. Lee	FRA
2. J. Hodgson	Sadd
3. S. Kiveal O/45 (Lady)	Sadd
PAIRS	
1. H. Chambers/ J. O'Regan (Lady)	Saddle
2. R. Wrenn/G. Wrenn	EPOC
3. M. Musson/J. Dalton	DkPk
SCORLESS (Set course, any order)	
1. R. Green O/40	Saddle
2. T. Hargreaves O/50	Holmf
3. G. Fleet O/40	Saddle
LADIES	
1. J. Paris	Gloss
PAIRS	
1. J. Rank/A Shaw	Holmf
2. L. Harris (Lady)/ Z. Wray (Lady)	SheffUni

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SEDBERGH 3 PEAKS
Cumbria
AS/3m/1450ft 03.03.09

In wet, wild and windy conditions, 123 brave runners toughed it out on the Sedbergh 3 Peaks challenge. This annual 4.75km fell race, which is hosted by Sedbergh School, involves a jagged ascent up Winder (473m), then a run along the bridleway to Arant Haw, the highest point (605m), before a sharp and undulating descent onto the summit of Crook (460m), and a return to the start/finish at Lockbank Farm.

Sedbergh School's 1st VIII claimed the team prize, fending off strong sides from Ermystead's Grammar and Helm Hill in impressive style, with all eight members of Sedbergh's 1st team finishing in the top 15. This was an impressive result given the calibre of the overall field.

Sedbergh was led by Peter Harrison (H, 5th, 33:05), with the scores of Tom Hinton (SH, 7th, 33:31), Sam Fisher (SH), top photo (8th, 33:40), team captain Will Manners (SH), second photo (10th, 34:04) and Henry Crossley (W, 12th, 34:29) also counting. Right behind them were Josh Thompson (S) in 13th (34:38), James Rollings (P) in 14th (34:41) and James Brock (SH), second photo with Will (34:43).

Sedbergh School's 2nd VIII was a highly commendable 4th in the teams' event, out of 12 teams.

BOFRA champion, Alistair Dunn (Helm Hill), was the overall winner of this race, at his third attempt, with a time of 31:35. Still 1 minute and 17 seconds outside the record set by Simon Barnby in 2007. Second place went to James Manton (Ermystead's, 32:11) and third to England International, Darren Kay (Horwich RMI, 32:30).

The girls' record was broken by Mel Hyder (Helm Hill, 27th overall), whose time of 36:41 bettered her own record from 2007 by a massive 15 seconds.

Well done to all runners who completed this gruelling test, and a huge thanks to all marshalls who braved the foul weather to make this event such a success!

Jon Richardson

1. W. Manners	SedbSch
2. H. Crossley	SedbSch
3. T. Hinton	SedbSch
4. J. Thompson	SedbSch
5. J. Rollings	SedbSch
6. P. Harrison	SedbSch
7. S. Fisher	SedbSch
8. J. Brock	SedbSch
9. G. Philpot	SedbSch
10. R. Hannington	Sedgwick
11. A. Nicols	Acring
12. G. Watson	OS
13. S. Stell	OS
14. R. Manton	SedbSch
15. C. Mahon	SedbSch
16. M. Banks	CaldonV
17. R. Madhas	Wharf
18. A. Shuttleworth	Howgill
19. J. Schleuning	SedbSch
20. J. Griffith	Ermys

BLACK COMBE
Cumbria
AM/8m/3400ft 07.03.09

The Black Combe Fell Race, which covers 8 miles with a lofty 3400ft ascent, from Silecroft, was the first tester for many of the country's leading fellsmen & women as they aim to get themselves fully fit for the major races and National Champs events during 2009.

The 118 runners who toed the line for the noon start had to call at Seaness, Black Combe, White Combe then the sting in the tail. From a checkpoint at a stream at the base of the Combe, everyone had to climb back up Black Combe to visit the last checkpoint at South summit before the fast downhill back to the finish.

The weather was quite appalling for most of the race, with rain and thick mist throughout the day, causing a number of runners to miss checkpoints or get lost en-route.

Fastest, but welloutside the course record, was Borrowdale's "Scoffer" in 84.04. Alan Ward (Dark Peak) returned for second place in 84:43, and Mike Robinson (DarkPeak) was well happy with his third place in 84:56.

The lady victor was Kate Bailey from Wales, clocking a pleasing 92 minutes. Caroline Boyle took second, arriving in 1:51.18.33 seconds after her was Sharon McGuire from Rossendale.

Although not a club champs counter race, the event was well supported by BCRs. The first back was Richard Wilkes in 1:32.24, having had a good tussle with last year's club champ, Peter Tayler, who was next in overall, 19 seconds in arrears.

Both Karl Fursey and Kevin Hodgson retired after getting lost and missing a checkpoint respectively.

Special thanks goes to all who helped organise the event, and for being given permission to use farmers land, for which without this the race would not have been possible.

Provisional only date for next year's race is Sunday 14th March.

Karl Fursey

HALF TOUR OF PENDLE
Lancashire
07.03.2009

1. I. Holmes O/40	Bing	1.03.08
2. J. Heneghan	P&B	1.03.39
3. R. Hope	P&B	1.04.01
4. L. Taggart	DkPk	1.04.09
5. R. Jebb	Bing	1.04.30
6. D. Hope	P&B	1.04.45
7. S. Bailey	Mercia	1.05.03
8. J. Davies O/40	Borr	1.05.35
9. D. Kay	Horw	1.05.44
10. A. Peace O/40	Bing	1.05.56
11. C. Steele	Borr	1.06.08
12. B. Mounsey	CaldV	1.06.17
13. B. Abdelnoor	Amble	1.06.30

Half Tour of Pendle – Steve Whitaker (CLM) crossing Ogden Clough

Photo © Pete Hartley

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14. S. Bond	TFS	1.06.39
15. S. Godsman	CaldV	1.06.58
16. P. Winskill	DkPk	1.07.02
17. G. Devine O/40	P&B	1.07.19
18. G. Pearce	P&B	1.07.39
19. L. Athersmith	Bing	1.08.42
20. T. Werrett	Mercia	1.08.44
(21) M. Roberts O/45	Borr	1.08.52
VETERANS O/50		
1. (49) M. Wallis	Clay	1.11.55
2. (63) T. McGaff	CheshHR	1.14.08
3. (65) M. Egner	DkPk	1.14.38
4. (74) J. Winn	Ellenb	1.15.36
5. (77) P. Taylor	Ross	1.15.55
VETERANS O/60		
1. (112) J. Holt	Clay	1.18.50
2. (117) B. Grant	H'gate	1.19.03
3. (152) M. Walsh	Kend	1.22.54
4. (153) G. Howard	Ilk	1.23.00
5. (160) M. Noble	Penn	1.23.26
VETERANS O/70		
1. (306) F. Gibbs	Bing	1.38.41
2. (356) P. Norman	Wrex	1.47.20
3. (369) R. Stafford	Horw	1.56.52
4. (376) G.Arnold	Prest	2.06.22
5. (381) J. Rutter	Kesw	2.11.57
LADIES		
1. (90) P. Jackson	Kesw	1.17.04
2. (98) E. Clayton	Scunth	1.17.37
3. (101) J. Lee	Eryri	1.17.45
4. (122) J. Waites	CaldV	1.19.18
5. (127) H. Fines	CaldV	1.19.58
6. (132) H. Berry	Holmf	1.20.24
7. 137) J. Reedy	Amble	1.21.01
8. (164) K. Bailey	Bing	1.23.47
9. (169) H. Robinson	Amble	1.23.53
(171) M. Laney O/55	Clay	1.23.59
(174) H. Whitaker O/40	Ilk	1.24.10
(197) E. Barclay O/40	Ilk	1.26.54
(198) L. Clough O/40	Chorl	1.26.55
(243) G. Walkington O/50		Horw 1.31.48
(248) L. Thompson O/50	Kesw	1.32.03
(370) J. Atkins O/60	Chorl	1.57.50
(375) K. Goss O/60	Clay	2.02.01

384 finishers

IAN ROBERTS FELL RACE
West Yorkshire
BS/5.9m/900ft 08.03.09

Blustery spring snow showers added spice to this year's Ian Roberts race. The race seemed to coincide with the worst of the weather and the marshals, particularly those at the finish, coped heroically with disintegrating results sheets and malfunctioning pens.

Out on the fell, the race developed into a closely fought contest between Steve Roebuck and Bill Stewart with the Penistone man just coming out on top. Helen Berry was first lady, knocking more than 3 minutes off her course record.

As with all Holmfirth races there was an impressive spread of food, which will surely tempt many of you back next year.

T. Brunt

1. S. Roebuck	P'stone	42.39
2. B. Stewart	Holmf	42.40
3. J. Newey	Malvern	43.21
4. G. Baxter	Holmf	43.25
5. N. Penn	W'field	43.38
6. G. Watson O/40	FRA	43.50
7. D. Chan	Unatt	43.50
8. N. Moran	Holmf	44.03
9. A. Fleet	CaldV	44.32
10. A. Shaw O/40	Holmf	44.55
VETERANS O/50		
1. (13) J. Ewart	Holmf	46.09
2. (26) D. Kelly	Ross	48.49
3. (27) R. McArthur	Melth	48.50
VETERANS O/60		
1. (55) R. Futrell	Holmf	55.25
LADIES		
1. (16) H. Berry	Holmf	46.21
2. (18) K. Walshaw	Holmf	47.02
3. (37) J. Dews	Holmf	50.40
4. (49) J. Johnson O/40	Holmf	54.30
5. (52) C. Couch O/50	Holmf	54.52

95 finishers

MOEL WNION
Gwynedd
AS/4m/1600ft 14.03.09

A new start and finish. Overall, times were quick – it must have been dry or it could be that everybody is training hard and running well. Thanks once again to all those who helped on the day - Team Dolly, Paul, Roy, Trevor and Phil.

I have thought of changing the route for next year as a one off - check point 1. Moel Wnion – check point 2 Sheepfold GR657709 – check point 3 Gate GR662711 – check point 4 stile GR661701 – checkpoint 5 Moel Wnion – rest of route same as previous years to finish. Any comments welcome.

J McQueen

1. B. Taylor	Ross	35.10
2. M. Roberts	Eryri	35.20
3. A. Vaughan	Eryi	35.36
4. S. Tosh	Ross	36.04
5. G. Hughes O/40	Aberg	37.52
6. P. Jenkinson O/40	Eryri	38.19
7. R. Owen O/50	Eryri	38.35
8. D. Williams O/40	Eryri	38.55
9. M. Jones	Ripley	39.06
10. S. Jones O/50	Eryri	39.16
VETERANS O/60		
1. (28) D. Williams	Eryri	43.09
LADIES		
1. (16) A. Roberts	Eryri	41.02
2. (23) R. Law	Eryri	42.04
3. (50) A. Williams O/40	Eryri	47.21

93 finishers

WINDMILLS WHIZZ
West Yorkshire
BM/7m/800ft 14.03.09

It must have taken only a couple of minutes for some mindless lout to alter one arrow and move three flags from the end of Sawood Lane, thereby undoing my two hours of course marking until dusk on Friday evening. As I said on the start line, the Windmills Whizz is a left handed course. You always have the windfarm on your left.

From the start at the beautifully picturesque Ogden reservoir we run north alongside Ogden Clough to join Hambleton Lane. At the farm gate we turn left and run along the stony Sawood Lane. After a mile or so, where this bridleway reaches a T-junction with the old Cold Edge Road, we turn left, run up tarmac, unmade road and cobbles to The Withens Inn. Then it's left for the final time, and back down the cart track to Ogden.

Well, I hope whoever sabotaged the course had a good laugh. There is nothing more disheartening for a race organiser than to hear that competitors have gone astray. It has happened more than once in my 18 years of putting on these fun events, though never at this one. I always feel that I've somehow been cheated and, on this occasion, I must admit I really did feel that it's time I chucked it all in and called it a day. Fed up!… Deflated!… Demoralised!. It takes weeks and weeks of planning to put a race on (making the course markers and signs and preparing finish recording equipment, getting land access permission, booking the pub, buying prizes) and when it doesn't go as planned…..!!

However, after the leading runners had finally started to flood through the finish and the crowds of exhausted runners were circulating around the finish area to take their drinks, my mood altered. People were just laughing it off. "Oh, we put an extra mile or two's training in!" said one, "Well, congratulations to whoever won it" said another, and there were some very heartening comments of support later on the fellrunners' FRA website forum. In particular, one person said he was new to fell running and new to the event. "But it was a terrific and well organised event and now that I know the route, I'll be back again next year". Thank you for your kind words. Other sports could learn a lot from fell runners.

First prize went to 53 year old veteran, Dave Collins - no stranger to picking up the occasional supervets' prize at local events and especially the odd low key orienteering event. Dave knows the area well and had studied the course map at registration. He instinctively knew that something was amiss when he reached Cold Edge and noticed a long line of runners heading off right, down towards Oxenhope. So he took his chance. Luckily, the rest behind him followed on. After a while, those who had erred from the route retraced their steps to rejoin everyone else in the stampede up to FlyFlatts and back to Ogden.

As I stood on the finish line I wondered, what can I do? I felt that I had done my best to mark the route and tell everyone that it is an anticlockwise loop. Well, in the end all I could do was place runners as they crossed the line. At the prizegiving, which was a very light hearted and laid back affair, I paused for a few seconds in order to let Dave savour the occasion!

Vincent Proctor followed Dave home with David Skew coming third to win the over 40 veterans' prize and lead his club to team victory (beer!) with Ashley Brook and Brian Miller for support.

Duncan Asquith won the over 50s' prize in fourth spot. The first woman to finish was Sally Malir, who placed sixth overall, one place ahead of Lynne Clough with Rachel Chatwin third. Jessica Riley finished third with Anne Johnson finishing in fourth place to win the over 40s' prize, Jane Leonard the over 50 victor.

Baildon Runners were surprised and delighted to win the team prize choccies!

A big thankyou to my Mum and Dad who manned the drinks at the finish for the 18th successive year. Thanks to Jackie on registration,

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Bill Smith who travels all the way from Liverpool by public transport to assist with my races, this time marshalling, collecting some of the markers in and compiling the results boards, and Linda Crabtree who marshalled at The Withens.

Finally, thanks to Jackie who, along with Kathrine Smale, recorded times and numbers on the finish and, of course, Terry and Christine who had good beers and hot food ready for us at the pub.

A generous donation has been made to cancer charities as a result of this event. Thanks for being good sports and see you all again soon.

Allan and Jackie.

1. D. Collins O/50	Tod	46.13
2. V. Proctor	Kghly	46.40
3. D. Askew O/40	H'gate	47.20
4. D. Asquith O/50	Skyrac	47.31
5. H. Keith	Unatt	47.39
6. S. Morley	Ilk	47.45
7. L. Clough	Chorl	48.01
8. A. Cutts O/40	Valley	48.06
9. A. Brook O/40	H'gate	48.14
10. S. Plunkett O/40	Bing	48.16
(12) D. Kelly O/50	Ross	48.22
VETERANS O/60		
1. (27) D. Spendlove	CaldV	50.17
2. (54) P. Robinson	Otley	52.50
3. (62) S. Batley	Skyrac	53.24
LADIES		
1. (6) S. Malir	Ilk	47.45
2. (7) L. Clough	Chorl	48.01
3. (13) R. Chatwin	Penn	48.27
4. (22) J. Riley	Stain	49.29
5. (35) A. Johnson O/40	CaldV	51.16
(73) A. Sroka O/40	Kghly	54.08
(88) J. Leonard O/50	Tod	56.44
(115) L. Carey O/50	Baild	67.06

122 finishers

FIENDSDALE
Lancashire
AM/7.5m/2500ft 21.03.09

This year's Fiendsdale Fell Race eventually got the go ahead following a few tense weeks negotiating with one of the landowners. A new gamekeeper and a few choice words from a couple of runners training on his land, resulted in me spending some time trying to rebuild the good relationship we had with the previous gamekeeper. Although, in the end we got clearance for the race, we had our numbers restricted to just 100 and had to turn away over 30 prospective runners. The race is fairly low key but has recently attracted around 120-125 competitors, so 100 was always going to mean we turned people away. I suppose it highlights the fact that whilst, as individuals, we have a right to cross these areas we still need permission to run organised events and if individuals upset the landowners there will obviously be consequences. Two other races, Paddys Pole and Chipping Show, have also had their numbers curtailed by the same landowner.

The race itself was met with a fabulous day. Early low cloud gave way to bright sun and clear skies. The ground was dry and a new record was definitely a realistic possibility.

A field of 103 set off and Danny Hope set off like he had the record in mind. He led from start to finish and crossed the line almost 5.5 minutes ahead of second placed, Dave Millican, beating Lloyd Taggart's record set in 2007 by 20 seconds. Local runner Mark Chippendale maintained his recent good form with an excellent third place.

In the ladies' race Jo Waites stormed to a clear victory almost five minutes ahead of second placed, Rowena Browne.

Thanks as always go to all the Bowland members and the Bowland & Pennine Mountain Rescue for their valuable help on the day.

Andrew Farmer

1. D. Hope	P&B	1.03.57
2. D. Milliken O/40	Horw	1.09.21
3. M. Chippendale O/40	Bowl	1.09.33
4. D. Nuttall O/40	Clay	1.09.57
5. R. Mellon	Bowl	1.10.07
6. M. Johnson O/40	Bowl	1.10.15
7. S. Edmondson	Horw	1.10.42
8. A. Rhodes-Dawson	Unatt	1.13.07
9. S. Turland O/40	Ilk	1.13.46
10. M. Saunders	Bowl	1.15.08
VETERANS O/50		
1. (13) D. Collins	Tod	1.17.34
2. (16) G. Schofield	Horw	1.18.30
3. (18) L. Warburton	Bowl	1.18.50
VETERANS O/60		
1. (20) K. Carr	Clay	1.20.19
2. (45) D. Tait	DkPk	1.27.10
3. (48) J. Nuttall	Clay	1.27.40
VETERANS O/70		
1. (101) G. Arnold	Prest	2.14.49
LADIES		
1. (19) J. Waites	CaldV	1.19.04
2. (33) R. Browne O/40	Bowl	1.23.44
3. (38) A. Johnson O/40	CaldV	1.24.19
4. (39) A. Godard O/40	Bowl	1.24.51
5. (53) L. Jeska	Tod	1.27.56
(68) J. Leonard O/50	Tod	1.33.40
(70) K. Taylor O/50	Ross	1.34.14
(98) K. Goss O/60	Clay	1.56.42

101 finishers

REALLY WILD BOAR
North Yorkshire
AS/5m/1400ft 21.03.09

Dry, sunny conditions brought a championship quality field and a new men's record. John Heneghan led from start to finish, taking the pream stage. Second to the pream, was Phil Winskill who then paid the price for the fast start. Jim Davis moved from 6th at the summit to 2nd at the finish (his 3rd consecutive 2nd place) via a much quicker route on the descent.

The women's race was won convincingly by Ruth Metcalfe.

The spot price of a week's holiday in the Pyrenees, donated by www.pyrenees-haven.com, was gratefully accepted by Dick Ballantine of Keighley & Craven.

See you next year.

Gary and Debbie Devine

1. J. Heneghan	P&B	38.08
2. J. Davies O/40	Borr	38.23
3. M. Donnelly	Borr	38.33
4. R. Jebb	Bing	38.37
5. T. Addison	HelmH	38.56
6. P. Winskill	DkPk	39.53
7. C. Donnelly O/45	Lochab	40.02
8. M. Addison	HelmH	40.12
9. G. Devine O/40	P&B	40.19
10. A. Schofield O/40	Borr	40.59
VETERANS O/60		
1. J. Holt	Clay	47.02
2. M. Walsh	Kend	48.11
3. L. Stevenson	Kend	55.59
LADIES		
1. R.Metcalfe	Eyri	51.36
2. N. Davies O/50	Unatt	52.45
3. W. Dodds O/50	Clay	54.41
4. J. Schreiber O/40	P&B	56.02
5. R. Sharples O/45	Bing	56.27

75 finishers

CHAPELGILL HILL RACE
Peebleshire
AS/2m/1500ft 21.03.09

1. P. Prasad	Clydes	19.34
2. R. Simpson Jun	Dees	19.54
3. B. Marshall	HELP	20.29
4. S. Fallon O/40	Carneth	21.44
5. M. Strain	HBT	22.15
6. A. Smith O/40	Dees	22.31
7. I. Wellock	HBT	22.54
8. E. Jardine	Gala	22.55
9. S. Bennet O/40	Carneg	23.30
10. A. Anthony	Ochil	23.48
VETERANS O/50		
1. (11) D. Reid	W'lands	24.07
2. (15) G. Pryde	Lomond	24.48
3. (19) J. Robson	Annan	26.46
VETERANS O/60		
1. (42) I. McManus	Irvine	35.22
LADIES		
1. (25) E. Wardlaw	HBT	28.18
2. (26) S. Adkins	Moorft	28.24
3. (36) M. Valencia	London	31.57
4. (38) T. Smith O/40	Dees	32.26
5. (39) D. MacDonald O/40	HBT	32.52
(41) J. Robson O/50	Annan	35.00
(45) M. Forrest O/50	Carneth	43.15

47 finishers

WOLF'S PIT
Derbyshire
AS/5.5m/1400ft 22.03.09

On a dry blustery Sunday morning 195 runners completed the inaugural Wolf's Pit fellrace. This was double the number expected but the organisation withstood the strain. Most runners found the course challenging but enjoyable.

The race was won by Jon Henegan, some minute and a half ahead of Stuart Bond and three minutes ahead of Jon Morgan.

Local lady, Chaanan Patton, who won the ladies' race was a very creditable 34th overall.

A big thanks to all those who made the race possible and to all those runners who supported it.

John Boyle

1. J. Henegan	P&B	40.17
2. S. Bond	TFS	41.48
3. J. Morgan O/40	Unatt	43.20
VETERANS O/40		
1. (3) J. Morgan	Unatt	43.20
2. (6) D. Taylor	DkPk	43.56
3. (9) R. Patton	DkPk	44.30
VETERANS O/50		
1. (37) R. Fawcett	DkPk	50.53
2. (38) M. Noble	Unatt	51.02
3. (46) K. Holmes	DkPk	51.57
VETERANS O/60		
1. (38) M. Noble	Unatt	51.02
2. (62) M. Cochrane	DkPk	53.44
3. (92) S. Brister	Mat	57.22

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LADIES

1. (34) C. Patton	Hallam	50.23
2. (54) K. Bailey	Bing	52.42
3. (72) G. Myers O/40	FRA	54.59
(76) A. Wingler O/40	H'gate	55.14
(96) C. Harvey O/40	Penn	57.39

195 finishers

BROUGH LAW
Northumberland
AS/5m/1250ft 22.03.09

"The first hints of spring swirled in the breeze around Bulby's Wood as the gathering throng weaved their way along the Ingram Valley, still bearing its scars caused by last year's rains.

It was a good turnout for what heralded the first year of Keith Cooper's organisation. For the majority of the field, the very steep incline at the start prevented a fast getaway. However, Sanderson was having none of it and gave the impression this race was a sprint rather than a five plus mile schlep around the parish. He looked to have opened up a fairly wide lead from Horsley by the time the rest of us were just trying to get some air in our lungs on the drag up Brough Law. With the first climb behind us the course steers a reasonably flat course to Ewe Hill before the gradual descent to Corbie Cleugh. With dry and bouncy turf and a following wind, it enabled a fair head of steam to be built before a short climb on the initial ascent to Wether Hill.

The run up to Cochrane Pike was a bit harder by being caught in cross winds but from hereon, you feel that the worst is under your belt and that home beckons. With the exception of a brief climb out of the Middle Dean Settlement, it is all very runnable and increasingly downhill back to the finish.

The race was won by Horsley in a new record having overhauled Sanderson who had the consolation of being first V40. Honours in the ladies' race went to Claire Bagness with Katherine Davis taking second spot. Team prizes went to NFR men and the Wooler women.

Special mention should also go to the one junior participant, Will Marshall from Wharfedale Harriers, who finished in 4th place (the youth of today…always in such a hurry).

It was a convivial, relaxed, low-key event and I personally cannot think of a better way to spend Mothers Day! Many thanks to Keith and all those who participated in the organisation of the race, it is very much appreciated.

John Telfer, NFR, (15th overall & 10th MV40!)!!

1. W. Horsley	NFR	36.38
2. P. Sanderson O/40	NFR	37.21
3. A. Fletcher O/40	Berw	39.42
4. W. Marshall Jun	Wharfe	41.12
5. J. McWilliams	Wooler	43.13
6. T. McCall O/40	Norham	43.16
7. G. Scott O/40	NFR	44.07
8. C. Sanderson	Unatt	44.38
9. S. Hill O/40	Blaydon	44.44
10. B. Robson O/40	Unatt	46.00
VETERANS O/50		
1. (16) P. Hainsworth	NFR	47.29
2. (17) W. Hutchinson	FRA	47.56
3. (22) J. Dallinson	NFR	49.17
VETERANS O/60		
1. (29) L. Stephenson	Kendal	51.46
2. (36) T. Hart	NFR	56.36
3. (41) P. Whewell	NYM	61.18
LADIES		
1. (19) C. Bagness O/40	Wooler	48.35
2. (26) K. Davis O/40	NFR	49.59
3. (38) L. Knox O/40	Teviot	57.57
4. (44) P. Cooper O/50	NFR	63.36

47 finishers

LLANGYNHAFAL LOOP FELL RACE
Denbighshire
AS/4.75m/1750ft 28.03.09

There was a record field of 113 runners and a new ladies'record! Andrea Roberts, smiling all the way round, managed to knock seven minutes off last year's record ladies' time. Laura Bestow, having excelled on the North Wales cross country circuit this winter, decided to tackle a fell race and got a very good second place and third lady was the evergreen Kath Harvey who promised me some time ago that she'd return to this race.

The Llangynhafal Loop often seems to be a showcase for good junior talent and this year was no exception with third and fourth places being fiercely contested by under 18s - James Ellis and Sam Tosh. University student Adam Peers, is not much older and he had a comfortable victory over the somewhat older but still very strong John Hunt. Anthony Smith and Neil Ashcroft, fifth and sixth respectively in last year's race, exhibited yet another superb example of synchronised running by finishing four seconds apart in …….fifth and sixth!!

Thanks to all the runners from near and far including a squadron of Pennine Fellrunners, who managed to pick up some of the awards – well done and do come again! Table full of prizes back at the pub, thanks to all the very helpful marshals and officials who all got an Easter egg (I hope!) and a large donation has been made to St Kentigern's Hospice.

Martin Cortvriend

1. A. Peers	L'pool	39.19
2. J. Hunt O/40	DkPk	41.39
3. J. Ellis U/18	Warring	41.58
4. S. Tosh U/18	Ross	41.59
5. A. Smith	Amble	42.09
6. N. Ashcroft O/40	Amble	42.13
7. J. Brown O/40	Buckley	42.36
8. C. Near	Eryri	43.07
9. C. Jones	Eryri	43.11
10. J. Montgomery O/40	Clwyd	43.26
VETERANS O/50		
1. (22) G.McAra	Chesh	46.39
2. (23) M. Cortvriend	Clwyd	47.38
3. (27) N. Hindle	Unatt	48.49
VETERANS O/60		
1. (25) D. Williams	Eryri	47.59
2. (38) M. Noble	Penn	50.16
3. (48) J. Morris	Buckley	51.55
VETERANS O/70		
1. (87) P. Norman	Wrex	59.37
LADIES		
1. (17) A. Roberts	Eryri	45.22
2. (47) L. Bestow	WChesh	51.49
3. (52) K. Harvey O/50	Penn	52.28
4. (53) K. Titlow	Unatt	52.52
5. (54) R. Pierce	Denbigh	53.28
(56) Y. Hill O/40	Oswest	53.28
(57) A. Williams O/40	Eryri	53.29
(91) A. Dinsmor O/50	Penn	60.29
(30) M. Oliver O/50	Eryri	60.16

113 finishers

MIDGLEY MOOR
West Yorkshire
AS/5m/1250ft 28.03.09

A bright cool day with a chilly breeze provided good conditions for this race and Matt Speake responded with a very impressive win as a newcomer to the race. Shaun Godsman and Karl Gray, who have dominated the race in recent years, fought it out for second place right to the finish, with just one second between them. Emma Clayton won the women's race comfortably for the second year in succession, with an improved time.

Dark Peak took the men's team honours and Calder Valley secured the women's team prize again.

Jane Frechette was presented with a "long service" award for contributions to the race organisation. She competed for the first time this year and it was good to see her back into racing with a very neat finishing position (100th).

New lines were explored this year as heather growth alters the optimum routes between checkpoints and the race continues to generate discussion about the best lines. 70% of the entrants were vets and 18% of the field were women.

Rod Sutcliffe

1. M. Speake	DkPk	37.49
2. K. Gray	CaldV	38.34
3. S. Godsman	CaldV	38.35
4. R. Little	DkPk	39.17
5. J. Logue O/40	Horw	39.35
6. S. Oldfield O/50	BfdAire	42.50
7. T. Edwards	DkPk	42.04
8. D. Roane	Bowl	43.16
9. J. Senior	Bing	44.36
10. A. Jebb	Bing	44.37
VETERANS O/50		
1. (6) S. Oldfield	BfdA	42.50
2. (17) C. Davies	Saddle	46.18
3. (25) D. Collins	Tod	47.40
VETERANS O/60		
1. (66) G. Breeze	Skyrac	56.40
2. (79) P. Frechette	CaldV	59.56
3. (89) N. Griffiths	Spect	63.55
VETERANS O/70		
1. (85) L. Sullivan	Clay	62.27
LADIES		
1. (27) E. Clayton	Scunth	48.25
2. (32) A. Johnson O/40	CaldV	50.13
3. (34) H. Page	H'fax	50.47
4. (42) L. Clough O/40	Chorl	51.26
5. (50) H. Gardner	Unatt	54.28
(70) J. Leonard O/50	Tod	57.36
(80) T. Hyde O/50	CaldV	60.53

106 finishers

WREKIN FELL RACE
Shropshire
AS/5.5m/1700ft 29.03.09

1. S. Bailey	Mercia	36.05
2. T. Davies	Mercia	36.55
3. R. Roberts	Eryri	39.02
4. S. Cale	Wrekin	42.08
5. I. Grindley O/40	Wolv&B	42.21
6. P. Jones	Oswest	42.46
7. P. Shakleton O/45	Clay	42.58
8. P. Ball	Shrews	43.40
VETERANS O/50		
1. (18) S. Daws	Telf	46.57
2. (22) T. Crossley	EastGrin	47.21

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VETERANS O/60

1. (51) C. Williamson	Shrop	53.06

LADIES

1. (21) A. Bartlett	Shrews	47.01
2. (29) S. Gatford	Telf	49.39
3. (30) M. Price	Mercia	49.50
(56) V. Swingler O/40	Shrop	54.35
(64) G. Evans O/45	Sheps	56.49

JUNIOR RACE

Boys U/12

1. F. Fielding	Telf	13.58
2. R. Kirby	Shrews	15.36

Girls U/12

1. M. Brown	Telf	21.15
2. B. Evans	Unatt	21.17

Boys U/14

1. J. Forrester	Telf	17.03
2. D. Gardner	Telf	17.12

Girls U/14

1. S. Howells	Unatt	18.50
2. E. Hall	Telf	19.22

Boys U/16

1. J. Ross	SMAC	19.18
2. A. Russell	Telf	19.24

Girls U/16

C. Murphy	Telf	34.04

DOCTORS GATE
Durham
BM/6m/1050ft/ 29.03.09

1. P. Sanderson O/40	NFR	43.34
2. W. Horsley	NFR	45.06
3. L. Bennett O/40	NFR	46.00
4. A. Macdonald O/40	Morpeth	47.03
5. P. Duffy	Crook	48.05
6. G. Burns O/40	DFR	48.05
7. D. Atkinson O/40	NFR	49.23
8. G. Scott O/40	NFR	50.03
9. K. Robertson O/40	NFR	50.12
10. N. Ward O/40	Quakers	50.25

VETERANS O/50

1. (17) S. Ferguson	DFR	54.16
2. (18) P. Hainworth	NFR	54.20
3. (22) S. Roberts	Elvet	55.48

VETERANS O/60

1. (55) E. Whittaker	Blackhill	65.08
2. (59) P. Whewell	NYM	66.08
3. (60) T. Hart	Unatt	66.10

VETERANS O/70

1. (67) J. Garbarino	NFR	73.18

LADIES

1. (9) K. Robertson O/40	NFR	50.12
2. (19) S. Lister	Blackhill	54.24
3. (21) V.Butler	Claremt	55.02
4. (24) K. Davis O/40	NFR	56.05
5. (28) S. Scott O/40	NFR	56.40
(45) S. Gayter O/50	NYM	60.03
(65) R. Fletcher O/50	NFR	71.15

76 finishers

ASKHAM
Cumbria
BM.8.5m/1800ft 04.04.09

There was a good turn out of 62 runners for the inaugural Askham Fell Race, despite some drizzly Cumbrian weather. The course is mostly fast grassy tracks, with the exception of a very stiff climb up Arthur's Pike (which one runner compared with Borrowdale's ascent of Bessy Boot!)

Stuart Edmundson outran all the locals to win by nearly a minute from Chris Robinson, after breaking away after the top of Arthur's Pike. Stuart reckoned he could go faster now he knows the course, so look out for a new record next year. Peter Toaig walked to the start from his home in the village to claim a very competitive MV40 title and 4th overall. David Owens, from nearby Tirril, also showed some local knowledge to claim the MV50 prize by just 4 seconds, with Duncan Overton the first MV60, less than 10 minutes behind the overall winner.

A similar pattern of a visitor beating a host of locals was mirrored in the ladies' race. Astrid Wingler was visiting the area from London and had a goody bag of local produce to sustain her on the long train journey home. Anja Phoenix claimed second place with Liz Cowell picking up 3rd. With two of the first three ladies being veterans, Sharon Schofield picked up the FV40 prize as 3rd veteran and 5th lady. Sadly, there were no FV50's or FV60's, but more spot prizes as a result.

This was our first race as organisers and we now have a new found respect for all race organisers. It felt good to put something back into the sport, but we just hope it gets easier in years to come!

Many thanks to all the runners, helpers and especially the marshals for turning out on a damp and windy day. Thanks also to the local companies and individuals who donated most of the prizes and refreshments. Over £400 was raised for the local pre-school, helping to keep it running for another year.

Sarah and Nigel Thomas

1. S. Edmundson	Horw	1.04.37
2. C. Robinson	HelmH	1.05.32
3. I. Kelly	Eden	1.06.22
4. P. Toaig O/40	Unatt	1.06.36
5. J. Askham	Unatt	1.07.27
6. K. Murray O/40	Teviot	1.07.54
7. S. Stoddard O/40	Eden	1.08.02
8. B. Bolland O/40	Horw	1.08.20

Pendle: Lizzie Adams (DPFR - 1st female)

Photo © Pete Hartley

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9. N. Barraclough O/40	Unatt	1.09.01
10. N. Walker	Altrinch	1.09.13
VETERANS O/50		
1. (20) D. Owens	Kesw	1.13.25
2. (21) M. McKenna	Dallam	1.13.29
3. (27) P. Bailey	Unatt	1.21.30
VETERANS O/60		
1. (22) D. Overton	Kesw	1.14.34
2. (33) L. Stephenson	Kend	1.24.34
3. (51) D. Harrison	Kesw	1.35.03
LADIES		
1. (24) A. Wingier O/40	H'gate	1.15.45
2. (30) A. Phoenix	Eden	1.23.11
3. (37) L. Cowell O/40	Borr	1.25.33
4. (45) H. Samson	HelmH	1.29.32
5. (48) S. Schofield O/40	Borr	1.31.32

62 finishers

PENDLE
Lancashire
AS/4.5m/1500ft 04.04.09

210 runners set off for the annual Pendle Fell Race under cloudy, cool conditions.

Tom Addison, who had shown such promise in the junior ranks, now showed his potential as a senior fell racer winning outright with nearly a 30 seconds gap over Gary Devine, second, who was also first V40, Tom Adams was third.

Lizzie Adams was first lady and 21st overall with a four minute lead over Joanne McLoughlin, second, closely followed three seconds behind by Lisa Lacon third.

In the vets' classes, Brian Horrock was firm V50, Michael Walsh V60, and Lawrence Sullivan V70 in 157th position.

In the ladies' vet classes, Rowena Browne won the V40 class and Kath Walsh was first V50 lady.

Thanks to all the marshals and helpers. Also thanks to the Rossendale and Pendle Mountain Rescue and the staff of the Barley Village Hall for the refreshments.

David Bailey

1. T. Addison	HelmH	33.06
2. G. Devine O/40	P&B	33.34
3. T. Adams	Ilk	33.53
4. J. Logue O/40	Horw	33.56
5. M. Chippendale O/40	Bowl	35.21
6. T. Edwards	DkPk	35.22
7. J. Bradshaw	Wharf	35.28
8. R. Mellon	Bowl	35.28
9. S. Bolland	Bowl	35.40
10. J. Addison	HelmH	35.48
VETERANS O/50		
1. (24) B. Horrocks	Clay	37.44
2. (43) P. Booth	Clay	39.59
3. (46) G. McMahon	Notting	40.24
VETERANS O/60		
1. (42) M. Walsh	Kend	39.52
2. (65) B. Mitchell	Clay	41.59
3. (97) G. Breeze	Skyrac	44.09
VETERANS O/70		
1. (157) L. Sullivan	Clay	50.26
2. (201) G. Arnold	Prest	61.17
LADIES		
1. (22) L. Adams	DkPk	37.36
2. (52) J. McLoughlin	Unatt	41.01
3. (54) L. Lacon	Holmf	41.04
4. (80) R. Browne O/40	Bowl	42.35
5. (89) C. Duffield	Tod	43.03
(107) K. Wallis O/50	Clay	45.00
(121) A. Weston O/40	Ilk	46.14

210 finishers

PENDLE JUNIOR RACE
Lancashire
04.04.09

Junior runners descended into Barley Village to contest the various races on a cool, cloudy but dry Saturday.

We used straight out and back courses this year for the U12s and above, and a new course for the under 10s. Calder Valley and Keighley & Craven clubs using the races as a club championship race swelled the overall numbers to 129, with just enough goody bags and drinks to go round.

In the U8s, Beth Morley led the way home with Isaac Wilkinson 2nd and Matthew Toman 3rd.The U10s' winner was Charlie Lowrie, with Charles Smith 2nd and Curtis Holt 3rd. First girl was Beatrice Toman with Jessica Nelson 2nd.

In the U12s' race the girls showed they could compete with boys, Abby Mae Parkinson was 1st overall, Calum Davidson 2nd and Elizabeth Greenwood 3rd overall. The U14s' race was won by Ben Johnstone, with James Hall 2nd and Pascal Dark 3rd. First girl home was Shanon Johnson, 4th overall, Pippa Barrett 2nd and Anabel Mason 3rd.

Winner of the U16s was local boy Joshua Duffy followed by Joe Johnston, 2nd Elliott Wylie 3rd. First girl was Emma Spencer with Erika Carter 2nd and Kirsty Man-Williams 3rd.

The presentation in the village hall was the usual chocolate affair with loads of Easter eggs and sweets, cakes, hot drinks and hot dogs; refreshments were provided by the local village representatives.

Many thanks go to all the marshals and helpers, the local mountain rescue and Mrs Weatherall and helpers.

David Bailey

Boys U/8		
1. I. Wilkinson	Clay	2.17
2. M. Toman	Ross	2.19
3. L. Hargreaves-Madhas	Ilk	2.20
Girls U/8		
1. B. Morley	Ilk	2.04
2. A. Bourgeons	Unatt	2.33
3. C. Garside	Unatt	3.00
Boys U/10		
1. C. Lowrie	Wharf	3.50
2. C. Smith	Ilk	3.52
3. C. Holt	Unatt	4.10
Girls U/10		
1. B. Toman	Ross	4.19
2. J. Nelson	Ross	4.29
3. R. Crorken	PMary	4.34
Boys U/12		
1. C. Davidson	Ross	15.04
2. L. Davis	Wharf	15.35
3. M. Preedy	Ross	15.38
Girls U/12		
1. A. Parkinson	Brad	14.58
2. E. Greenwood	Bl'burn	15.28
3. H. Carter	Kghly	18.51
Boys U/14		
1. B. Johnstone	Wharf	22.11
2. J. Hall	Bing	22.17
3. P. Dark	Ross	23.24
Girls U/14		
1. S. Johnson	Leigh	24.05
2. P. Barrett	Kghly	25.23
3. A. Mason	Wharf	25.26
Boys U/16		
1. J. Duffy	Unatt	20.52
2. J. Johnston	Ross	21.31
3. E. Wylie	Ross	21.51
Girls U/16		
1. E. Spencer	Pendle	24.45
2. E. Carter	Kghly	27.37
3. K. Man-Williams	Unatt	37.43

SLIEVE BEARNAGH
AS/4m/2700ft 04.04.09

Reigning British Champion Rob Hope smashed his own course record at the opening race of the British Mountain Running Championship at Slieve Bearnagh in the Mourne Mountains. Pippa Jackson had a clear win in the women's race while Borrowdale Fell Runners were men's team winners and Mourne Runners were top women's team.

There was a record entry for the event hosted by the NI Mountain Runner's Association with support from Down District Council. It was the first of four races in this year's British Championship. Although the 4 mile race is a "short" category event it climbs 3 major peaks; Meelbeg, Bearnagh and Meelmore with a total climb of 2,700 feet.

Hope was in tremendous form as he clocked 40.45 to slice 31 seconds off his 2006 course record. His brother, Danny, also had a flyer to finish just 12 seconds behind in second and well inside record too. Morgan Donnelly in third place led Borrowdale to team honours. Darren Kay, Ben Mounsey and Lloyd Taggart completed the top six and reflected the wide club representation with a total of twenty six teams scoring. Stephen Cunningham was the top local man in seventeenth, one place ahead of his Mourne clubmate and NI Champion Des Woods.

Pippa Jackson was in fine form as she dominated the women's race in 49.55, finishing 52 seconds ahead of Elke Schmidt. Helen Fines won a close battle for third. Local girl, Charlene Haugh, was an impressive fourth in her first British Championship race ahead of British over 40 Champion Fiona Maxwell and Jackie Lee. Mourne Runners won a close team race from Calder Valley and Eryri Harriers.

The Mournes again provided a quality mountain course of championship standard and the large number of clubs represented demonstrated the

popularity of the British Championship opener in Northern Ireland.

Brian Ervine

1. R. Hope	P&B	40.45
2. D. Hope	P&B	40.57
3. M. Donnelly	Borr	41.49
4. D. Kay	Horw	42.20
5. B. Mounsey	CaldV	42.22
6. L. Taggart	DkPk	42.31
7. J. Davies O/40	Borr	43.03
8. B. Bardsley	Borr	43.15
9. T. Owens	Shettle	43.33
10. K. Gray	CaldV	43.57
11. C. Steele	Borr	44.15
12. P. O'Farrell	Rathfarn	44.40
13. M. Roberts O/40	Borr	44.41
14. D. Taylor O/40	DkPk	44.44
15. R. Simpson	Dees	44.48
16. G. Pearce	P&B	44.50
17. S. Cunningham	Mourne	44.51

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18. D. Woods O/40	Mourne	45.11
19. M. Roberts	Eryri	45.42
20. P. Vale	Mercia	45.44
(25) J. Morgan O/40	DkPk	46.40
VETERANS O/50		
1. (35) S. Oldfield	BfdA	48.12
2. (48) M. Wallis	Clay	49.19
3. (52) D. Scott	Ochil	50.15
4. (70) S. Storey	DkPk	52.02
5. (71) M.Egner	DkPk	52.06
VETERANS O/60		
1. (85) D. Spedding	Kesw	53.36
2. (86) J. Holt	Clay	53.39
3. (104) M. Noble	Penn	55.13
4. (109) B. Grant	Hgate	55.41
5. (124) J. Patterson	Mourne	56.58
LADIES		
1. (51) P. Jackson	Kesw	50.05
2. (58) E. Schmidt	Bella	50.57
3. (75) H. Fines	CaldV	52.35
4. (77) C. Haugh	Mourne	52.39
5. (78) F. Maxwell O/40	Mourne	52.48
(134) N. Davies O/50	Borr	58.35
(138) T. McCann O/40	Mourne	58.42
(140) A. Johnson O/40	CaldV	59.06
(148) W. Dodds O/50	Clay	60.01
(160) L. Thompson O/50	Kesw	61.25

228 finishers

THE 110th KRUNCE
3.5m/500ft 07.04.09

With thanks to Janet Rennie for officiating, to Forest Enterprise for access and to John Colegrave who cleared the course. Wet and muddy in places and quite cold for standing around officiating!

E. Rennie

1. R. Simpson	Dees	22.19
2. M. Sullivan	Shettle	23.00
3. D. Whitehead	Cosmics	23.10
4. S. Peachey	Cosmics	23.20
5. J. Williamson	Cosmics	24.34
6. J. Felter	Unatt	25.00
7. D. McDonald O/40	Cosmics	25.17
8. R. Brookes	Cosmics	25.31
9. B. Ingram	Metro	25.36
10. R. Lang	Cosmics	25.42
VETERANS O/50		
1. (26) D. Duncan	Ochil	28.52
2. (29) B. Manning	Cosmics	29.50
3. (30) G. Thomson	Garioch	29.59
VETERANS O/60		
1. (39) W. Watson	Cosmics	31.42
LADIES		
1. (31) L. Noble O/40	Cosmics	30.31
2. (32) A. Hamilton O/50	Cosmics	30.39
3. (40) S. Farrar O/40	Cosmics	31.47
4. (44) L. Delaney	Unatt	32.59
5. (46) L. Rice	Lass	33.13
(48) E. Stewart O/50	Cosmics	34.07

59 finishers

WARDLE SKYLINE
Lancashire
BM/7.2m/1250ft 11.04.09

The next time this race will clash with Rivington Pike at Easter will be in 2020.

This year £220 was raised for charity. Thank you to all the marshals.

Next year the race is on the second Saturday in April. There will be more marker flags in appropriate places. The prize giving will be simplified. The weather will be sunny so put it in your planner now.

John Armstrong

1. B. Taylor	Ross	46.36
2. A. Holt	Ross	46.45
3. S. Edmondson	Horw	47.51
4. P. Haworth	BangUni	49.07
5. S. Smithies O/40	CaldV	49.34
6. A. Rhodes-Dawson	Tod	50.08
7. C. Fell	Unatt	50.32
8. I. Rowbotham O/50	Ilk	51.19
9. R. Stott O/45	Ross	51.23
10. N. Barber	Tod	51.29
VETERANS O/50		
1. (8) I. Rowbotham	Ilk	51.19
2. (12) T. Taylor	Ros	51.59
3. (13) D. Collins	Tod	52.59
VETERANS O/60		
1. (37) D. Tait	DkPk	58.42
2. (44) J. Comyn-Platt	Saddle	59.45
3. (48) N. Eames	Roch	60.28
VETERANS O/70		
1. (119) R. Lee	Middle	92.25
LADIES		
1. (18) D. Wright	Wigan	53.59
2. (22) L. Lacon	Holmf	55.08
3. (26) A. Johnson O/40	CaldV	56.07
4. (28) L. Clough O/40	Chorl	56.21
5. (35) A. Kelly O/45	Clay	58.20
(49) K. Harvey O/50	Penn	60.49
(83) A. Sutcliffe O/50	Unatt	66.20
(100) J. Atkins O/60	Chorl	72.45
(121) B. Robinson O/65	Roch	92.50

122 finishers

RIVINGTON PIKE
Lancashire
BS/3.25m/700ft 11.04.09

235 runners took part in the Rivington Pike fell race on Easter Saturday 2009 in the small town of Horwich in Lancashire. The weather was perfect which brought out huge crowds to support what is now one of the oldest fell races in the calendar. The race was won by English International, Rob Hope, with brother Danny close on his heels. Craig Roberts made his customary trip down from the Lakes to take the first veteran position and 4th overall.

First lady home was Clare McKittrick, closely followed by Emily Klee.

My thanks to our sponsors Walsh Sports, Adder Computer Services and Chris Lyon for their

Photo © Bill Smith

Lynne Clough (Chorley H.) approaching the finish at the Wardle Skyline Race.

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Photo © Norman Matthews

Ron Hill leads Alan Barlow at Rivington Pike

generous contributions to the extensive prize list. Thanks also to all the helpers and marshals who contributed to a very successful day.

Pete Bland

1. R. Hope	P&B	17.25
2. D. Hope	P&B	18.02
3. T. Cornthwaite	B'burn	18.14
4. C. Roberts O/45	Kend	18.25
5. J. Hunt O/40	Wirral	18.53
6. G. Priestley	Horw	19.03
7. A. Valentine	Bolt	19.04
8. J. Seymour U/18	Wirral	19.05
9. A. Murray	Horw	19.06
10. D. Milliken O/40	Horw	19.07
VETERANS O/50		
1. (29) S. Williams	NVets	20.47
2. (60) S. Wyatt	Penn	22.47
VETERANS O/60		
1. (62) J. Norman	Altrinch	22.50
2. (67) T. Hesketh	Horw	23.05
VETERANS O/70		
1. (160) T. Orrell	Clay	27.04
LADIES		
1. (37) C. McKittrick	Charn	21.17
2. (43) E. Klee	Leeds	21.49
3. (56) L. Whitfield	Spect	22.38
4. (68) M. Agvera	AstTyld	23.11
5. (72) J. Redmayne	Chorl	23.28

234 finishers

SHINING CLIFF WOODS
Derbyshire
BS/4.9m/1060ft 12.04.09

RACE 1		
1. R. Little	DkPk	33.40
2. P. Hodges	DkPk	34.36
3. P. Clayton O/40	FRA	39.13
4. D. Ballantine O/40	Kghly	39.28
5. E. Murden O/40	Unatt	39.43
6. S. Danks	Uttox	40.06
7. E. Clayton	Scunth	40.07
8. M. Moorhouse O/55	Mat	40.12
9. R. Wilkinson O/45	LongE	40.14
10. A. Rollitt	Ashb	40.23
VETERANS O/50		
1. (8) M. Moorhouse	Mat	40.12
2. (17) N. Lander	Erew	42.20
3. (20) J. Birch	LongE	45.52
VETERANS O/60		
1. (37) K. Jones	DkPk	45.57
2. (50) G. Revell	Bradwell	49.00
3. (66) C. Baggaley	Uttox	52.18
LADIES		
1. (7) E. Clayton	Scunth	40.07
2. (21) B. Haywood	Linc	43.05
3. (24) E. Rose	Unatt	43.44
4. (27) C. Burrell	Unatt	45.08
5. (36) B. Haywood	Linc	45.52
(38) P. Glover O/40	CaldV	46.22
(58) C. Lee O/45	Shelt	50.33
(77) J. Forrester O/55	Mat	54.06

95 finishers

RACE 2		
1. A. Perry	ManchUni	18.29
2. T. Hutton U/15	Unatt	19.30
3. D. Booth U/13	Derby	19.36
4. J. Booth U/15	Derby	20.34
5. A. Thompson	Beacon	20.40
6. P. Armstrong O/55	Ashb	22.06
7. E. Hemstock	Unatt	22.25
8. F. Parsonage	Unatt	23.11
9. D. Parsonage	Unatt	23.43
10. W. Moore O/40	Shelt	24.48
VETERANS O/50		
1. (6) P. Armstrong	Ashb	22.06
2. (19) T. Evans	Unatt	27.07
3. (20) D. Reeson	Redhill	27.35
VETERANS O/60		
1. (32) K. Hewitt	Ayrodyn	38.49
2. (34) M. Flello	Unatt	41.00

34 finishers

'JOE BARBER' HEROD FARM HILL RACE
Derbyshire
AS/3m/1100ft 15.04.09

The dynamic duo of Lloyd Taggart and Jackie Lee enjoyed emphatic wins in the 14th Herod Farm Hill Race, organised by Glossopdale Harriers from the Drovers Inn. The windy weather did not deter a near-record entry of 126 who competed in the 3 mile race which has two steep climbs.

Taggart, who had a winning margin of over one minute, won in 23.33 seconds, over a minute outside his record of 22:19. The two internationals had raced in the Isle of Man over the Easter weekend, as had several others.

Several good juniors, the stars of tomorrow, achieved high places in excellent times. Ryan Gould, 17, was third overall in 25:13 with his 16-year-old brother Niall in 12th place. East Cheshire won the team prize, with Anthony Connally (a senior) in 10th position. Saddleworth's Adam King was 11th. Glossopdale's own Jack Barber aged 17 had a tussle with Jackie Lee, Barber just coming home first by one second in 23rd overall.

Jackie Lee, a Welsh international, won in 27:37, over two minutes quicker than Kirstin Bailey. The club's own Sandra Cooper took third in 30:41 and was the first lady veteran, in a competitive field, which included 20 women.

Glossopdale Harriers, the host club, had 12 members competing; Dark Peak, Pennine FR, Macclesfield and Saddleworth also turned out in force. John Hewitt, Glossopdale's current club champion, Jasmin Paris and Julien Minshull had their Herod time's slowed by their efforts in the Manx Marathon.

Race organiser, Andy Wilkins, a former club champion, presented Jackie Lee with the Stella Judd Memorial Shield, a perpetual one that was initiated in memory of his wife Stella, a former competitor, who died in 2005.

Lloyd and Jackie are moving from Buxton to Scotland, so they invoked "Donnelly's Law" which states that if you will not be around next year to return your trophy then don't take it – leave it with the organiser. And that is what this honourable and likeable duo did. (We'll read more of their exploits in these pages.)

Andy thanked the owner of Herod Farm for use of his land; Anne Clarke, the landlady of the Drovers Inn for hosting the event, and John Barber of Joe Barber, Plumbers Merchants of High Street West, Glossop who sponsored the race.

Neil Shuttleworth and Andy Wilkins

1. L. Taggart	Unatt	23.33
2. T. Brunt	Holmf	24.49
3. R. Gould	EChesh	25.13
4. N. Barton	DkPk	25.55
5. D. Chan	ManchUni	25.59
6. T. Taylor	Macc	26.02
7. J. Robinson	NFR	26.09
8. M. Ollerenshaw	Gloss	26.12
VETERANS O/50		
1. (9) T. McGaff	CheshHR	26.16
VETERANS O/60		
1. (32) M. Noble	Penn	28.43
LADIES		
1. (24) J. Lee	Eryri	27.37
2. (47) K. Bailey	Bing	29.52
3. (56) S. Cooper O/40	Gloss	30.41

126 finishers

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SCREEL
Galloway
AS/4m/1300ft 18.04.09

This year's Screel race featured the second leg of the Scottish Hill Runners championship, and the sun shone all day for the 141 competitors, making the ground dry and fast.

Tom Owens secured a clear victory over fast descending Brian Marshall by nearly a minute. In third place a young U/23 Robbie Simpson put in a great race with Oleg Chepelin only 13 seconds behind. A shock surprise in the men's V40 class with Aneste Davenhill beating Stuart Whittle with his ultra fast descent, this being Anest's first race in five years. Martin Laing, who is in top form at present, took the V50 honours from Dave Scott, Dougie Milligan taking first place in the V60 class with Herbie McLean in second spot.

In the women's race, Claire Whitehead had an outstanding race finishing in 19th place overall with Fiona Maxwell in second, also collecting the female V40 prize. Anita Hamilton secured the V50 prize with Jocelyn Scott in second position. Catrina Buchanan was the first U/23 lady. First local lady was Alison Wilson in her first hill race in 91st position.

Jon Ascroft fell heavily and dislocated his elbow. A local doctor who was behind Jon stopped to give medical help, as did three of his club mates (Gregor Heron, Lorna Ashcroft and James Britton). Jon was pretty shook up and Ransit Thomas called for the air ambulance to take him to Dumfries hospital, but he was allowed home that evening.

D. Milligan

1. T. Owens	Shettle	28.31
2. B. Marshall	HELP	29.37
3. R. Simpson	Dees	29.53
4. O. Chepelin	Shettle	30.05
5. A. Wright	Carneg	30.33
6. A. Symonds	Carneg	31.11
7. A. Davenhill O/40	Shettle	31.18
8. S. Whittle O/40	Carneth	31.35
9. B. Wiseman	Ochil	31.38
10. D. Tulley	EVHH	31.41
VETERANS O/50		
1. (20) M. Laing	Fife	34.07
2. (24) D. Scott	Ochil	34.41
3. (25) P. Simpson	Carneg	34.42
VETERANS O/60		
1. (45) D. Milligan	Solway	38.19
2. (76) H. Mclean	Lothian	42.19
3. (86) R. Murdoch	Lochab	45.08
VETERANS O/70		
1. (104) S. Cromar	Dundee	47.50
LADIES		
1. (19) C. Whitehead	Cosmics	34.04
2. (29) C. Maxwell	Shettle	36.11
3. (52) J. Higginsbottom O/40	Carneth	38.53
4. (53) C. Buccanan	Central	38.56
5. (58) E. Birnie	Bella	39.27
(79) J. Schreiber O/40	Lochab	43.13
(80) A. Hamilton O/50	Cosmics	43.16
(85) J. Scott O/50	Fife	44.55

139 finishers

CIOCH MHOR
Highland
AM/8.5m/2250ft 18/04/09

Conditions were dry and bright at the start of the race with sunshine in the later part. The course was altered to avoid cows with calves at feet, and this new route will remain for next year. Alec Keith set a new record of 1.08.18 for this year and will be a challenge for top runners to beat.

Everyone who finished seemed to enjoy the course, which is over grassland moor and heather and due to the dry spell of weather beforehand, underfoot conditions were almost perfect.

Additional Highland hospitality followed the race as refreshments were home made sandwiches and baking, more than enough for everyone.

Local butchers, George Cockburn and Son of Dingwall sponsored some of the prizes with haggis and black pudding, for which we extend our gratitude.

The junior race had a field of four runners, which was good but we would like to see more.

Alex Brett

1. A. Keith O/40	Inv	1.08.18
2. R. Bennerman	HHR	1.10.15
3. F. Williams	HHR	1.12.10
4. C. Mitchell	LAC	1.13.22
5. D. Gallie O/40	Inv	1.14.56
6. D. Dickens	Inv	1.15.48
7. J. Muir	Inv	1.17.19
8. S. McIntyre	Inv	1.17.24
9. A. McLeod O/40	HHR	1.21.34
10. C. Olden	Unatt	1.25.10
VETERANS O/50		
1. (16) A. Brett	HHR	1.34.02
VETERANS O/60		
1. (14) G. Mitchell	Inv	1.28.50
LADIES		
1. R. Bannerman	HHR	1.29.47
2. M. McLeod O/40	HHR	1.45.30
3. A. Mackay	Tain	2.21.24
JUNIORS		
1. D. Gardner	Inv	26.29
2. A. Cooper	EastS	28.43

28 finishers

COLEDALE HORSESHOE
Cumbria
AM/9m/3000ft 18.04.09

A new day, a slightly different course and near perfect conditions helped our first attempt at race organising to go relatively smoothly. Coledale Horseshoe, which takes in the tops of Grisedale Pike, Crag Hill and Barrow before finishing back in Braithwaite, was held on a Saturday for the first time and had 263 starters. They were blessed with glorious sunshine, although conditions underfoot were almost too dry and hard.

Rob Jebb stormed round in 1.12.07, narrowly missing out on the course record, he was hotly pursued by Chris Steele and Karl Gray. The run of the day went without doubt to Pippa Jackson, who set a new women's record, over two and a half minutes quicker than the previous record.

A huge thanks must go to everyone who helped out, we know it is often said but these races really would not happen without them. Thank you to everyone who patiently waited during registration as we attempted to cope with far more runners than anticipated. Scotgate campsite must get a mention for its wonderful facilities and the flapjack maker who was unaware of the pleasure he brought to so many taste buds!

Hope to see you all again next year.

Mike & Hazel Robinson

1. R. Jebb	Bing	1.12.07
2. C. Steele	Borr	1.14.20
3. K. Gray	CaldV	1.17.08
4. M. Mickelson-Barron U/23	Borr	1.17.35
5. P. Sanderson O/40	NFR	1.17.56
6. A. Schofield O/40	Borr	1.18.07
7. B. Taylor	Ross	1.19.29
8. M. Fanning O/40	Borr	1.20.23
9. J. Deegan O/40	Amble	1.21.07
10. P. Cornforth O/40	Borr	1.21.16
VETERANS O/50		
1. (32) P. Crompton	CFR	1.30.25
2. (45) P. Clark	Kend	1.33.38
3. (48) G. McAra	Chesh	1.34.26
VETERANS O/60		
1. (28) B. Grant	H'gate	1.29.34
2. (40) D. Spedding	Kesw	1.32.37
3. (69) G. Howard	Ilk	1.31.06
VETERANS O/70		
1. (247) J. Garbarino	NFR	2.21.13
2. (249) J. Escrit	CFR	2.21.57
3. (258) I. Addison	Kesw	2.50.20
LADIES		
1. (21) P. Jackson	Kesw	1.27.52
2. (63) K. Bailey	Merion	1.37.56
3. (79) N. Davies O/50	Borr	1.40.22
4. (81) A. Johnson O/40	CaldV	1.40.27
5. (82) L. Thompson O/50	Kesw	1.40.33
(109) A. Eagle O/40	Ilk	1.45.14

259 finishers

CARLTON CHALLENGE
North Yorks
BS/5m/850ft 21.04.09

Another fantastic opening race to the summe series.

The weather was ordered and 99 started, plus two juniors. The race pattern soon emerged with Jim Bulman and Gary Dunn head to head at the front, pursued by Charlie Stead.Meanwhile, in the ladies' race Pippa Whitehouse soon established a lead pursued by Kendra White from the new Esk Valley club, Cath Worth and Clare Lowe.

In the men's, Gary Dunn was headed, but only just, by Jim Bulman to the final trig point. At this juncture, Gary picked a better line in the descent passing Jim high and left! to go on to win. Charlie's course record still stands surviving by 20 seconds.

Back to the women's, Pippa went on to win from Kendra.

The next event is a new tupe of event for the area – a challenge round based on the Lordstones/Wainstones area. Details and a map are available on www.nym.ac

Dave Parry

1. G. Dunn O/40	Th&Sow	32.31
2. J. Bulman	NYM	32.49
3. C. Stead	N'land	33.43
4. D. Archer	Unatt	34.09
5. D. Middlemas	Loft&Whit	34.46
6. E. Jackson	NewMarske	35.46
7. M. Metcalfe	Acorn	36.04
8. A. Normandale O/50	Acorn	36.26
9. C. Jeffries	B'ham	37.22
10. P. Figg O/40	NYM	37.36
VETERANS O/50		

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1. (8) A. Normandale	Acorn	36.26
2. (14) P. Wilkin	Th&Sow	38.22
3. (25) P. Kelly	Durham	40.44
VETERANS O/60		
1. (47) M. Hetherton	Acorn	45.27
2. (58) G. Symes	CaldV	47.06
3. (60) S. Clough	Swale	47.18
LADIES		
1. (11) P. Whitehouse	Dork	37.55
2. (34) K. White O/40	EskV	42.22
3. (40) C. Lowe	NYM	44.26
4. (42) C. Worth O/50	NYM	44.52
5. (44) H. Cox	Th&Sow	44.56
(46) J. Cordingley O/45	Knaves	45.01
(67) V. Stephenson O/50	B'ham	48.23
(96) P. Sherlock O/60	Th&Sow	69.56
(97) M. Codling O/60	Th&Sow	74.25

97 finishers

WREKIN STREAK
AS/2.75M/810FT 22.04.09

We think this is the 21st Wrekin Streak taking into account the year off for Foot and Mouth. The weather was certainly good for running although a little chilly for the marshals after a real taste of summer earlier in the week.

The race attracted 113 runners not bad for a weekday race even if it was down on the previous two years.

With none of the usual trophy holders turning up the men's race was wide open. It was a competitive race with Ian Grindley winning and first veteran. Steven Cale was a further 17 seconds adrift after leading to the summit. Grindley's Woverhampton team-mate, Ross Jones, was 3rd.

Anna Bartlett easily won the ladies' race with Sarah Gatford running well to finish 2nd a minute behind.

"Evergreen" Ed Davies won the V50 category at a canter and continues like good wine to improve with age!

The race raised over £300 for local charities. Thanks to all those who turned out and all the local clubs who collaborate to stage the summer series. Fell running is alive and kicking in Shropshire.

Simon Daws

1. I. Grindley	WolvsB	18.57
2. S. Cale	WrekinColl	19.14
3. R. Jones	WolvesB	19.37
4. J. Castillo	Shrews	19.41
5. A. Yapp O/40	Mercia	19.46
6. P. Ball	Shrews	19.51
7. P. Jones	OswestO	19.58
8. D. Hoof	WrekRR	19.58
9. T. Roo	Mercia	20.07
10. I. Llie	Telf	20.13
VETERANS O/40		
1. (5) A. Yapp	Mercia	19.46
2. (12) M. Clewes	Mercia	20.34
3. (17) H. Jones	Maldwyn	21.00
VETERANS O/50		
1. (14) E. Davies	Mercia	20.38
2. (30) J. Lewis	Newport	22.18
3. (37) A. Davies	Telf	22.47
VETERANS O/60		
1. (68) C. Williamson	ShropSh	24.54
2. (92) R. Breakell	FRA	27.41
3. (100) J. Yandell	Mercia	29.23
LADIES		
1. (24) A. Bartlett	Shrews	21.41
2. (34) S. Gatford	Telf	22.42
3. (48) M. Price	Mercia	23.12
4. (59) Y. Hill O/45	OswestO	24.17
(66) V. Swingler O/40	ShropSh	24.38
(112) S. Richards O/55	Shrews	39.00

113 finishers

GRISEDALE GRIND
Cumbria
AS/2.5m/1560ft 22.04.09

The previous month of dry weather ensured optimal racing conditions underfoot and the summit ridge breeze wasn't strong enough to interrupt forward momentum so record times were always on the cards. Ben Bardsley duly obliged and lowered Ricky Lightfoot's 2007 mark by 16 seconds.

Racing was tight as the first seven runners finished within 64 seconds of each other and included the winning V40 and U18 runners.

An added "risk factor" this year was the Whinlatter mountain bike trail that now crosses the race route twice.

Many thanks to the marshals who ensured the runners safety at these points. A special thanks to Pete & Pat who marshalled the windy summit. I believe race photos may be finding their way onto the Keswick "rogues gallery" soon. We also had the welcome support of more club marshals who helped with the smooth running of the start/finish and ensured that the fell gate was only a barrier to any sheep looking for tender pine seedlings.

Angela & Tony Brand-Barker

1. B. Bardsley	Borr	25.43
2. A. Schofield O/40	Borr	26.01
3. A. Bowness O/40	Unatt	26.06
4. M. Fraser	Kesw	26.25
5. S. Hebblethwaite	Kesw	26.33
6. N. Lockwood	Borr	26.37
7. T. Doyle U/18	HelmH	26.47
8. M. Mikkelsen-Barron	Borr	27.02
9. J. Knox U/18	HelmH	28.08
10. C. Knowles O/40	CFR	28.17
VETERANS O/50		
1. (12) B. Proctor	Helm	29.02
2. (23) A. Reid	Ellenb	31.54
3. (35) I. Ellmore	Scarb	33.52
VETERANS O/60		
1. (34) D. Tait	DkPk	33.45
2. (49) D. Harrison	Kesw	37.53
3. (57) P. Gilchrist	Kesw	40.18
LADIES		
1. (39) J. Gillyon	Kesw	35.23
2. (42) A. Brand-Barker O/40	Kesw	35.55
3. (54) S. Schofield O/40	Borr	39.50
4. (56) G. Douglas O/40	Eden	40.16
5. (59) K. Clark O/50	Kesw	42.24

61 finishers

HARTCLIFFE HILL FELL RACE
Derbyshire
BS/2.5m/520ft 23.04.09

Perfect conditions saw Stuart Bond take 16 seconds off his own course record on the fifth staging of the event. The result was in doubt up to the final 200 metres and Rob Little, who had challenged all the way, was also inside the old record, despite slowing down on the run in. Callum Gilhooley in third equalled the old time. Jackie Lee, in 11th place overall, was well clear as first lady, but was unable to get near to Natalie White's course record (17.19), which is beginning to look a very classy time indeed.

Congratulations to the Sheffield University mob, who, as usual, went away with more cakes than any other club.

The organiser is hoping for it to be wet underfoot next year, as the regular record-breaking is getting expensive!

Pete McLeod

1. S. Bond	TFS	14.54
2. R. Little	Sheff	15.06
3. C. Gilhooley	Sheff	15.10
4. L. Taggart	DkPk	15.21
5. A. Douglas	Unatt	16.13
6. A. Ward O/40	DkPk	16.37
7. J. Bostock	Sheff	16.39
8. D. Kilpin	P'stone	17.23
9. R. McClelland	DenbyD	17.24
10. M. Hartley	Unatt	17.42
VETERANS O/50		
1. (16) J. Patterson	Holmf	19.25
2. (24) A. Waters	Barns	20.05
3. (32) W. Gibbins	Unatt	21.14
VETERANS O/60		
1. (39) K. Gordon	P'stone	22.18
1. (47) G. Revell	Unatt	22.57
2. (51) S. Millwood	P'stone	23.06
LADIES		
1. (11) J. Lee	Eryri	17.44
2. (28) E. Bishop U/18	P'stone	20.28
3. (30) L. Harris	Sheff	20.39
4. (37) H. Tant	Unatt	21.53
5. (40) N. Virgo	Sheff	22.18
(64) A. Higgins O/45	Holmf	26.12
(72) J. Davis O/55	P'stone	29.17

73 finishers

THREE PEAKS RACE
North Yorkshire
AL/24m/5000ft 25.04.09

Rob Jebb as good as led from start to finish in this years Three Peaks Race, finishing more than three minutes ahead of Ricky Lightfoot in a time of 2.54.53, but well outside Andy Peace's record on this course of 2.46.53.

Rob made up for his disappointment last year when Jethro Lennox took the honours with a prestigious win in the World Long Distance

Three Peaks: Jackie Winn (Ellenborough AC) climbing PYG

Photo © Pete Hartley

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Mountain Running Challenge. Incidentally, the WLDMRC is to be held this year in the Austrian Tyrol in conjunction with the Kaiser Marathon in October.

Anna Lupton won the female category in a time of 3.36.31 (42 overall) with Hazel Robinson a distant second place but with a respectable time of 3.53.24.

Conditions were ideal, with dry underfoot conditions and a bright mainly sunny day marred only by a breeze which was strong on the higher parts of the course.

The race was again on a Saturday. The change to a Saturday last year seemed to go down well with most competitors and once again gave the Three Peaks Race Association the opportunity to add to the competitive atmosphere of the race with very convivial under-cover bar, food, live band and prize presentation.

The number of entries was nearly 900 with just under 700 starting on the day (many first time entrants); still an impressive number and with good running conditions, a competitive race was anticipated.

By the summit of Pen Y Ghent, Rob Jebb was already ahead, with V/40 Andy Peace, not far behind, Anna Lupton also started to make her mark in the ladies' category, being already comfortably ahead of Helen Berry. On the long run across to Ribblehead, Ricky Lightfoot gained second place with Karl Gray not far behind. Emma Barclay V/40, moved in to second place behind Anna, Helen dropping to third.

By the summit of Whernside. the leading men's and ladies' places remained the same. Andy Peace retained the leading place in the V/40 category with John Hunt a few minutes behind. Jackie Winn was building up a good lead on John Ewart, Ian Rowbotham and Brian Horrocks in the V/50 category and Neil Scruton led the V/60 category. Maureen Laney led Wendy Dodds by about seven minutes in the FV/50 category.

With a fast descent to Hill Inn checkpoint and the course then starting to bite with the steep ascent of Ingleborough, anything could happen.

Photo © Pete Hartley

Three Peaks: 1st lady Anna Lupton (Radcliffe AC) at Sulber Nick on final section

By Ingleborough summit, Rob had opened up a wider time gap on Ricky with Karl a couple of minutes further behind and these three drawing away from the rest. Anna remained well clear, but a battle was developing behind with Emma, Hazel Robinson and Helen in that order, all within a minute and a half of each other. The V/50, V/60 and FV/50 category positions remained the same. Emma Barclay, in contention for the first three ladies' places, also maintained her lead in the FV/40 category, staying comfortably ahead of Nicky Spinks and Lynne Clough.

With the leading category places pretty well established, the descent to the finish was unlikely to upset these positions and, sure enough, Rob, Ricky and Karl finished in that order. Anna easily won the ladies' category with the faster finish from Hazel enabling her to take second place from FV/40 Emma, with Helen fourth. Nicky and Lynne finished second and third in the FV/40 category.

In the men's MV/40 category, John Hunt with a very fast descent from Ingleborough, passed Andy Peace for a well deserved second place and Matthew Nuttall, also finishing fast, nearly caught Mike Fanning for third and fourth places.

In the V/50 category the finishing order was Jackie, Ian and John, all within three minutes and in the V/60 Neil won easily from Graham Arthur.

Great credit must go to Dr Jenny Vesey, who won the female FV/60 category, and who is the first and only lady in this category to ever complete the Three Peaks Race.

In the female FV/50 category the first and second places went to Maureen and Wendy respectively, with Pat Goodall third.

The prize presentation was well attended and a general rule was applied by the Association of only one prize per competitor and prize recipients should attend the presentation or forfeit their prize.

Many competitors, spectators and marshals stayed on to enjoy a pleasant and sociable evening with a drink, listening to the band and catching up with the day's news.

Many thanks to all the marshals, voluntary organisations, Horton Playing Fields Committee and a host of others who gave their time to support the event and without whom the race could not take place.

The race does now seem to be settling in to a Saturday slot, so next year the likely date will be the last Saturday in April.

David Weatherhead

1. R. Jebb	Bing	2.54.53
2. R. Lightfoot	Ellenb	2.58.10
3. K. Gray	CaldV	2.58.48
4. G. Pearce	P&B	3.07.45
5. J. Hunt O/40	DkPk	3.09.52
6. C. Birchall	Leeds	3.11.36
7. P. Thompson	Clay	3.13.05
8. A. Peace O/40	Bing	3.14.22
9. A. Robertshaw	Otley	3.17.31
10. M. Fanning O/40	Borr	3.20.22
11. M. Nuttall O/40	B'burn	3.20.26
12. D. Golding	Amble	3.21.42
13. T. Adams	Ilk	3.22.47
14. T. Edward O/40	Clay	3.22.53
15. D. Raby	Chorl	3.23.53
16. J. Baldwin	Clay	3.26.16
17. A. preedy	Ross	3.26.25
18. M. Sandamas O/40	Wharfe	3.26.50

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19.C. Waters	FRA	3.30.10
20. J. Noon	P&B	3.30.54
VETERANS O/50		
1. (25) J. Winn	Ellenb	3.33.02
2. (34) I. Rowbotham	Ilk	3.34.50
3. (39) J. Ewart	Holmf	3.35.59
4. (52) B. Horrocks	Clay	3.40.51
5. (58) A. Hauser	Holmf	3.42.52
VETERANS O/60		
1. (178) N. Scruton	Scarb	4.07.52
2. (271) G. Arthur	Ilk	4.22.54
3. (319) S. Moss	Spen	4.30.25
4. (326)D. Harrison	Kesw	4.31.32
5. (337) G. Lawrence	SolihullSH	4.32.33
LADIES		
1. (42) A. Lupton	Radc	3.36.31
2. (95) H. Robinson	Amble	3.53.24
3. (102 E. Barclay O/40	Ilk	3.54.20
4. (112) H. Berry	Holmf	3..57.08
5. (145) N. Spinks O/40	DkPk	4.03.32
6. (172) L. Clough O/40	Chorl	4.07.14
7. (174) M. Laney O/50	Clay	4.07.27
8. (177) H. Dawe	Ilk	4.07.48
9. (180) K. Walshaw	Holmf	4.08.07
10. (188) R. Whitehead	Bing	4.09.10
(530) J. Vesey O/60	Bing	5.03.24

615 finishers

KINDER DOWNFALL
Derbyshire
AM/10m/2500ft 26.04.09

The Kinder Downfall Fell Race has been affected, like many other events, by the surge in popularity of fell running, which saw entrants scrabbling for places as race day approached. Again the race was over-subscribed, so get your entries in early.

Conditions were fine and dry this year leading to fast times and happy marshals. Lloyd won by a comfortable margin, although cyclists, Simon Coldrick and Nick Craig, apparently made the most of the climbs to pull ahead in the early stages of the race.

First lady was Jackie Lee.

Local club Pennine were out in force, fielding over 50 runners, winning many of the categories and (finally) taking both team prizes.

Thanks to all the marshals and registration team, all the runners for turning up and Hayfield Brownies for the buns. Proceeds this year will be split between KMRT and the Hayfield scouts, cubs and beavers groups.

D. Soles

1. L. Taggart	DkPk	1.07.11
2. N. Craig	Penn	1.08.48
3. S. Coldrick	Penn	1.09.23
4. A. Pead O/40	GoytV	1.10.38
5. D. Aucoft??	Bux	1.10.42
VETERANS O/50		
1. S. Storey	DkPk	1.19.29
VETERANS O/60		
1. M. Noble	Penn	1.21.24
LADIES		
1. J. Lee	Eryri	1.21.04
2. S. Cooper O/40	Gloss	1.25.40
3. S. Hammond O/40	Tatt	1.28.40
4. C.Parker	Penn	1.29.15
5. R. Chatwin	Penn	1.31.21

280 finishers

PENTYRCH
South Wales
BM/7m/1600ft 28.04.09

The weather gave all appearances of replicating the 2008 race. It had been fine for several weeks leading to the race, but the day before, the rains came down leaving the course wet and, in places, muddy underfoot.

A record field of 125 runners lined up for the start, and Peter Ryder was determined to dominate the race. Dominate he did, with a substantial lead of almost a minute half way up the first substantial climb. Hugh Aggleton and Peter Coles had their own private battle with just a few seconds separating them, while brothers, Jason and Justyn Rowley were showing how competitive brothers can be. From that point the field was quite bunched with some fine private battles taking place.

Peter Ryder pushed on powerfully and the gap with the second placed runner continued to widen so that at the top of the final climb he had a lead of more than three minutes. This he held for the run-in finishing in 44.19, over three minutes faster and two positions better than 2008. This was still, however, almost two minutes outside the course record, nevertheless a very a fine time at the end of a very determined and dominating run. Hugh Aggleton finished second in 47.25 and Peter Coles in 47.59. Just two seconds separated the brothers with Justin Rowley coming out on top.

The first lady, Angela Heeley, was in 14th position overall in a time of 51.14. There were 25 women competitors, compared with 18 in 2008.

John Gough

1. P. Ryder	Cardiff	44.19
2. H. Aggleton	MDC	47.25
3. P. Coles O/45	Pontyp	47.59
4. Jas. Rowley	Cleved	48.23
5. Jus. Rowley	Cleved	48.25
6. N. Frost O/45	Pontyp	48.35
7. L. Humphreys	Fairwater	48.57
8. G. Battle	Unatt	49.08
9. C. Harrhy O/40	Lliswerry	49.29
10. H. Jones	Unatt	49.51
VETERANS O/50		

Photo © Geoff Briggs

Alan Brentnall leads Steve Storey in the battle between 1st and 2nd V50M on the very edge of the Kinder Downfall

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1. (15) C. Taylor	MDC	51.20
2. (18) S. Davies	Griffiths	51.46
3. (25) C. Daniel	GtWest	54.25
VETERANS O/60		
1. (109) R. Jones	LesCroup	73.28
2. (116) R. Knight	Unatt	75.46
LADIES		
1. (67) R. Allen	Unatt	62.01
2. (72) C. Spanton	Unatt	63.24
3. (77) L. Ashton	LesCroup	64.30
4. (79) S. MacBride-Stewart O/40	LesCroup	64.41
5. (83) C. Farr	Bristol	65.26
(97) J. Scholey O/45	LesCroup	68.21
(100) C. Dallimore O/50	LesCroup	68.49
(121) G. Murphy O/55	LesCroup	82.51

125 finishers

LORDS SEAT FELL RACE
Cumbria
AS/5m/1400ft 29.04.09

Another fine night for racing with clear summits and a breeze that chilled the marshals but did not impede the runners as they wound their way through the trees of Whinlatter and then traversed the summits of Barf and Lords Seat. The final descent route was altered to avoid the mountain bike trail and the road this year. This provided a "continental" flavour to the event as runners had to negotiate a path with steep zig-zag turns. They also had a route choice of wooden steps, a shiny slide or the rough forest floor!

This altered route for the anti-clockwise circuit will now be adopted for future events which means Ricky and Debbie are the new course record holders – well done!

Combining times from both Whinlatter races resulted in Ben Bardsley being awarded the title of "Lord of the Forest" and Gill Douglas receiving the "Lady of the Forest" award.

Angela BB

1. R. Lightfoot	Ellenb	31.53
2. B. Bardsley	Borr	33.21
3. P. Winskill	DkPk	33.49
4. A. Schofield O/40	Borr	34.08
5. B. Taylor O/40	Ellenb	34.30
6. J. Deegan O/40	Amble	34.36
7. S. Birkinshaw O/40	Borr	34.56
8. M. Fraser	Kesw	35.10
9. C. Knowle O/40	Unatt	36.08
10. W. Veitch	Kesw	37.02
VETERANS O/50		
1. (19) A. Reid	Ellenb	41.16
2. (25) B. Hodgson	Ellenb	44.19
3. (32) J. Downie	Kesw	44.49
VETERANS O/60		
1. (34) J. King	FRA	45.15
2. (37) L. Stephenson	Kend	45.29
3. (44) D. Harrison	Kesw	46.54
LADIES		
1. (26) D. Marsden	Westb	44.21
2. (27) A. Ball	Derwent	44.31
3. (38) J. Trevaskis O/40	CFR	45.30
4. (40) J. Fish	Borr	45.49
5. (48) D. Edginton	Kesw	47.14
(54) K. Clark O/50	Kesw	49.47
(55) G. Douglas O/40	Eden	49.51

64 finishers

Coniston

Photo courtesy of Steve Harling – www.steve-harling.fotopic.net

CONISTON
Cumbria
AM/9m/3500ft 02.05.09

Once again we were blessed with good weather on race day. Considering the week leading up to the race and the diabolical weather two days later, we were very lucky.

Nearly 300 lined up at the start, the usual suspects at the front, with Simon Bailey having his first run out at Coniston. Ian Holmes, Simon Bailey and fell race debutant Orlando Edwards from Shaftsbury Barnet Harriers, led over Mouldry Bank and the three were still together climbing Prison Band. By checkpoint 3, Old Man summit, Ian and Simon were together having dropped Orlando. As usual Ian dropped like a stone through the difficult terrain around the quarry workings, and had a 2 minute lead at Miner's Bridge where, according to my wife Annie, his young son, playing in the beck, looked up briefly, "all right dad" and carried on playing. Ian trotted into the field in another sub-70 minute time. Simon Bailey 2nd with Nick Sharp 3rd. Good run by Rick Stuart in 5th who is in a rich vein of form. Orlando Edwards finished 6th a very impressive run for his first fell race. Only 15 seconds separated the first two ladies, Kirstin Bailey and Heather Dawe. Tim Edward returned after breaking his leg here last year to finish 11th.

Todmorden Harriers turned up en mass, and helped to make the race and the weekend a very special event. Thanks particularly to Ali Richards for organising the camping and rounding people up for the Ceilidh. Also thanks to Coniston MRT, Pam Kirkbride for first aid cover, and the team of helpers at registration and the finish. I've made donations from the race entries to Coniston MRT, St Mary's Hospice, "The Beech Boys Atlantic" (a father and son team from Coniston rowing the Atlantic for charity) and John Ruskin School music department.

Next year's race may be a championship event, in which case entries will be available from 1 March and no entries on the day. Camping in the field should be available again weather permitting and music in the evening.

I asked Ian last year, how many times he had won at Coniston? His reply was typically modest,

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"Don't know…maybe three times"? So I delved into the archives and he's now won eight times and he reckons he's got ten in him!

Sam Clarke

1. I. Holmes O/40	Bing	1.09.41
2. S. Bailey	Mercia	1.11.24
3. N. Sharp	Amble	1.14.39
4. N. Fish	Borr	1.15.48
5. R. Stuart O/45	Kend	1.15.58
6. O. Edwards	Shafts	1.16.24
7. J. Deegan O/40	Amble	1.17.07
8. T. Brunt	Holmf	1.17.19
9. A. Ward O/40	DkPk	1.17.35
10. M. Addison	HelmH	1.18.51
VETERANS O/50		
1. (19) B. Proctor	HelmH	1.22.14
2. (32) C. Davies	Saddle	1.26.31
3. (46) P. Clark	Kend	1.28.05
VETERANS O/60		
1. (64) M. Walsh	Kend	1.31.51
2. (112) B. Rawlinson	Ross	1.39.15
3. (124) P.Walkington	Horw	1.40.47
LADIES		
(71) K. Bailey	Bing	1.33.09
(73) H. Dawe	Ilk	1.33.24
(117) J. Casey O/50	Bar&Fur	1.39.53
(125) S. Budgett O/40	Horw	1.40.47
(139) R. Skinner	Tod	1.43.35

STUC A CHROIN
Central Scotland
AL/14m/5000ft 02.05.09

A British championship coincided with the 21st anniversary of the race, producing a larger than usual attendance (324). Weather wise, Saturday was the best day of the holiday weekend with little rain and a lot of sunshine.

There was the usual supply of 'Highland Spring' bottled water on the hill, carried by the race marshals, much appreciated by the runners. All runners were given souvenir mugs, and the race went off with no mishaps.

A Bennie

1. J. Duncan	Warrior	2.05.19
2. T. Owens	Shettle	2.05.22
3. R. Hope	P&B	2.05.59
4. M. Donnelly	Borr	2.08.24
5. A. Symonds	Carneg	2.09.03
6. L. Taggart	DkPk	2.09.24
7. C. Steele	Borr	2.10.08
8. K. Gray	CaldV	2.10.57
9. J. Heneghan	P&B	2.11.15
10. J. Davies O/40	Borr	2.11.34
11. D. Hope	P&B	2.13.45
12. G. Pearce	P&B	2.14.54
13. E. Tresidder	DkPk	2.16.35
14. A. Wright	Carneg	2.16.41
15. M. Roberts O/40	Borr	2.17.15
16. B. Marshall	HELP	2.17.40
17. D. Taylor O/40	DkPk	2.17.54
18. D. Woods O/40	Mourne	2.18.03
19. J. Hunt O/40	DkPk	2.18.13
20. N. Leigh	P&B	2.18.53
VETERANS O/50		
1. (42) S. Oldfield	BfdAire	2.29.50
2. (53) D. Scott	Ochil	2.33.52
3. (55) M. Egner	DkPk	2.35.19
4. (61) S. Storey	DkPk	2.36.47
5. (66) S. Jones	Eryri	2.37.52
VETERANS O/60		
1. (84) B. Grant	H'gate	2.44.22
2. (93) D. Spedding	Kesw	2.46.54
3. (96) J. Holt	Clay	2.48.31
4. (117) M. Noble	Penn	2.54.20
5. (145) D. Tait	DkPk	3.00.55
LADIES		
1. (41) A. Mudge	Carneth	2.29.28
2. (49) P. Jackson	Kesw	2.33.23
3. (62) H. Fines	CaldV	2.36.55
4. (65) C. Whitehead	Cosmic	2.37.40
5. (72) J. Lee	Eryri	2.38.28
6. (73) F. Maxwell O/40	Mourne	2.38.40
7. (87) J. Reedy	Amble	2.45.29
8. (90) J. Waites	CaldV	2.45.50
9. (104) A. Bartlett	Shrews	2.50.04

Photo courtesy of Scottish Hill Runners

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10. (111) E. Clayton	Scunth	2.52.53
(118) A. Johnson O/40	CaldV	2.54.32
(135) J. Higginbottom O/40		Carneth
2.58.40		
(141) S. Macmillan O/40	Unatt	2.59.14
(162) N. Davies O/50	Borr	3.06.58
(189) W. Dodds O/50	Clay	3.14.08
(215) J. Scott O/50	Fife	3.22.28
(221) K. Harvey O/50	Penn	3.24.26
(315) P. Lemoncello O/60		Fife
4.43.18		

317 finishers

THE GREAT HAMELDON HILL RACE
Lancashire
BM/6m/1100ft 03.05.09

The Race

This year's event celebrated its 30th Anniversary. The race is 6 miles long and includes over one thousand feet of climbing over the hills above Accrington – The Coppice, Moleside Moor and finally Great Hameldon Hill, before returning to Peel Park School field. It is the first in the Pendle & Burnley Grand Prix. Each runner received a special memento commemorating this milestone in the history of the race.

The Mayor and Mayoress of Hyndburn, Councillor Pam Barton and Sue Johnson, started the race following a minute's silence for the recently deceased Horwich athlete, Steve Barlow.

The one thing that has made the race special and different from many other races over the years was the number of local people from Hyndburn, and East Lancashire generally, who entered to 'have a go'. A lot of this was down to offering a trophy and prizes to locals who formed a team but also very much down to the magnificent support and coverage from the Peel Park Hotel and our many sponsors over the years.

The Proceeds

Proceeds from this year's race will go towards building a new classroom for children in Malawi. Clayton-le-Moors Harriers member Maureen Laney, currently holder of the silver medal in the World Mountain Running Championships in her age group, former gold medal winner on the mountains and international runner on the road, has sought help from her fellow runners in championing this cause. Maureen's daughter, Eleanor, recently took a gap year before going to University, and she spent three months in the African country of Malawi.

Eleanor worked as a volunteer in an area called Mtunthama, teaching Maths and Science to classes with as many as 70 children and she also helped in the local Orphanage and feeding orphaned babies in the local Medical Centre.

Photo © Pete Hartley

The Great Hameldon Hill Race: Josephine Holdsworth (CLM) leaving the summit trig

Eleanor says, whilst the people, and particularly the children, were severely deprived and at serious risk of AIDS infection, she was greatly impressed by their apparent open happiness and contentment with their lives. She witnessed starvation and in particular the near death of a baby in this situation.

Eleanor returned home determined to do her little bit to improve the lives of these people and has planned to return to Malawi again this summer. As most students, Eleanor does not have lots of money but she has managed to send out of her savings (what to us would be seen as a minimal amount but to people in Malawi a significant help) to a young orphaned student to help him with his fees. (Once orphaned children reach 16 years of age they must make their own way in life and give up their place in the orphanage.) The gratitude of the people is quite apparent in the number of letters of thanks sent Eleanor, many of whom have lost their parents through AIDS.

The Clayton-le-Moors Harriers'Committee have offered, on behalf of the club, to help Maureen and Eleanor throughout 2009 to raise funds to build a new classroom for these children (at an approximate cost of £2500).

Maureen says she has already been overwhelmed with the support from friends in the running club and claims the people of Mtunthama will welcome the friendship of runners from a strange place called Clayton-le-Moors.

A raffle was held for prizes donated by the Peel Park Hotel and others after the race and over £200 raised. In addition proceeds from the event will be presented to Maureen in the next few days.

Organised by Clayton-le-Moors Harriers, the first race took place in April 1979 and 308 runners entered, the majority of which were local people. At that time women had just been allowed into fell running and 17 ladies took part including a few local people.

Sue Allen, then a 19 year old local lady from the Accrington area, finished 14th lady in 57.25. Sue went on to join Clayton Harriers and still to this day enjoys fell running. Thirty years on Sue finished the race in 73.37. Another Clayton Harrier, Harry Manning who lives in Burnley and until retirement was a teacher at St.Christopher's High School in Accrington, was also there in 1979 and finished in 33.51. Harry, now over 70 years of age completed the course in 78.00 to be the second in his age group.

The overall race winner back in 1979 was Ricky Wilde an ex-forces young man who was a member of Manchester Harriers. Ricky's time of 27.36 was subsequently beaten in 1980 by local runner, Dave Lewis of Rossendale Harriers, in a time of 27.04. Dave became an international and well-renowned runner. He went on to win the 'Hameldon' in 1982, 1997 and again in 1998. In the 1979 race the famous ex-local man, Ron Hill, had just turned 40 years of age, qualifying him for the veterans' awards. Ron was 8th overall and the first veteran finisher in an amazing time of 28.39. Ron recently turned 70 years of age and last year logged 150,000 miles of running throughout his athletic life. Danny Hope, who once worked locally, won the race won the race in 2001 and again in 2006 whilst his brother Rob

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won in three consecutive years 2003 to 2005.

The race originally started in the running boom of the time in the UK and went on to attract nearly 500 seniors and over 100 juniors in 1991. However, as in many sports, there was a downturn in interest in the late 1990s and the junior race was eventually scrapped because of a lack of interest.

The original route started at the bottom of Avenue Parade but with the increase in car ownership and consequential problems of parking this became an increasing safety risk. The other major route change occurred when the easterly by-pass was constructed across the Coppice in the early eighties and again problems developed on a particular route across farmland resulting in yet another detour. The planting of trees on the Coppice in the early eighties also necessitated a further change.

Although last year attracted only 183 runners compared with 308 in 1979, there were 28 ladies compared with 17 in 1979 illustrating a greater interest amongst women in recent times. Another increasing factor is that of age. In 1979 there were 45 in the veterans' class of over 40 years but last year there were 125 including two over 70 years and two over 75 years of age. The last couple of years has seen a general upturn in interest yet again and the organisers hope this will continue especially to mark the landmark 30th anniversary.

Race winner this year was Adam Osborne with a clear lead of nearly three minutes on Alastair Murray. Third placed Andy McFarlane was a further 14 seconds adrift but first veteran home. Andy did the second race back in 1980 as a 12 year old. First lady home was Maureen Laney in 24th position overall. Maureen, a vetearn in the over 55 age group, completed the 24 miles Three Peaks race the previous weekend in just over 4 hours and raised over £800 in aid of the Malawi appeal.

Adam Bennett, a local young man, won the first under 20 years prize in a time of 47.34 and 40th place overall. Sue Burns in the over 50 category, was 51st overall and 6th lady in 49.21, but she was less than a minute behind the first over 40, Debbie Gowans.

Other successes in the awards for Clayton were Doug Munroe first over 60 years, Ted Orrell first over 70, and Kari Goss first over 60 lady. Being a Clayton organised event no surprises that 47 of the 170 runners were from the club, but also of note was 10 runners from the Norden Gym in Rishton. Clayton won both men's and ladies' team prizes whilst Jamie Rose, Stuart Waterworth, and Steve Mercer won the prize for first local team under the banner of "The Magic, Myth, and Muscle" – I'm not sure who was what!!

Further details can be obtained from Paul Healey on 01254 384885

Ian Greenwood

1. A. Osborne	Leeds	37.25
2. A. Murray	Horw	40.22
3. A. McFarlane O/40	Clay	40.36
4. K. Livesey O/40	Wharf	41.19
5. S. Fogg	Clay	41.25
6. C. Fitzpatrick	Traff	41.33
7. J. Rose	MagicMyth	41.37
8. A. Orr	Clay	41.43
9. R. Haworth O/50	Horw	41.44
10. G. Jackson	Ross	42.01
VETERANS O/50		
1. (9) R. Haworth	Horw	41.44
2. (11) B. Horrocks	Clay	42.23
3. (17) T. Taylor	Ross	43.12
VETERANS O/60		
1. (106) S.Davies	Accring	54.53
2. (119) D.Munroe	Clay	57.18
3. (125) R. Chappell	Clay	58.04
VETERANS O/70		
1. (124) T. Orrell	Clay	58.03
2. (152) H. Manning	Clay	68.00
3. (159) D. Clutterbuck	Tod	73.21
LADIES		
1. (24) M. Laney O/55	Clay	45.13
2. (27) E. Klee	Leeds	45.43
3. (39) A. Green	K&C	47.25
4. (48) D. Gowans O/40	Accring	48.14
4. (53) S. Burns O/50	Clay	48.38
(79) J. Haworth O/40	Horw	52.09

170 finishers

WRAY CATON MOOR
Lancashire
BM/6.75m/1100ft 04.05.09

Well, Bowland swept the board in the team event but it was Nick Sharp who finished first. Times were a little down in quite fierce conditions. A strong headwind with constant light rain and soft muddy terrain made a record time quite unlikely. First lady back was Suzanne Budgett, 19th overall, with Carol Evans and Liz Whitfield almost together 1.20 later. The overall median time for the 121 runners was 61.48. Yes, our numbers were up little. The bad weather wasn't that bad at lower levels and it did prevent the start and finish area from being too crowded this year. Again we had an excellent junior turnout with about 95 runners.

As to the future, I shall be stepping down. It may get rather awkward my continuance as organiser of this event in the light of my public opposition to the complete encirclement of the fell, in the supposedly 'Area of Outstanding Natural Beauty' by 20 extra wind turbines (in addition to the 8 already there on the western slopes). But for the sake of fell runners and in particular the many juniors we are able to encourage, I hope it continues until lorries scour the fell and the cranes arrive with their 20 Blackpool Tower high constructions. It seems strange when reticence about allowing fell runners and walkers on the fell in the first place was allegedly because we were considered detrimental to the bird life.

Peter Edge

1. N. Sharp	Amble	45.19
2. S. Bolland	Bowland	45.55
3. M. Chippendale O/40	Bowland	46.30
4. A. Welsh O/40	Bowland	49.57
5. M. Holroyd O/40	Settle	50.03
6. J. Bagge O/40	HelmH	50.18
7. A. Pilkington	Settle	50.20
8. S. Clawson O/40	Ross	50.32
9. M. Franle O/40	DarwD	50.38
10. J. Dryden O/40	Settle	50.44
VETERANS O/50		
1. (11) G. Johnston	B'poolF	51.24
2. (20) M. McKenna	Dallam	52.38
3. (22) A. Gillham	Garst	52.49
VETERANS O/60		
1. (49) J. Hodgson	Dallam	58.59
2. (54) N. Griffiths	SpectS	60.01
3. (92) I. Robinson	Settle	68.35
VETERANS O/70		
1. (118) G. Arnold	Prest	78.23
LADIES		
1. (19) S. Budgett O/40	Horw`	52.33
2. (27) C. Evans O/40	SLndnH	53.54
3. (41) R. Browne O/40	Bowland	56.50
4. (52) J. Robinson O/50	Settle	59.35
5. (53) J. Shaw O/40	DarwD	59.48
6. (55) P. Walsh	Prest	60.26

121 finishers

JUNIORS

Boys U/16		
1. Z. Howe	Horw	23.59
2. A. Brown	Settle	25.00
3. D. Wilson	Pendle	31.06
Boys U/14		
1. J. Howe	Horw	19.58
2. M. Bainbridge	Howgill	20.05
3. H. Packham	HelmH	20.41
Boys U/12		
1. D. Goad	HelmH	11.59
2. N. Townsend	Horw	12.00
3. M. Bevan	Unatt	12.20
Boys U/10		
1. L. Goad	HelmH	08.29
2. J. Newbold	Settle	08.45
3. L. Massey	Horw	08.48
Boys U/8		
1. O. Dryeden	Settle	05.02
2. E. Leedham	Dallam	05.03
3. R. Bevan	Unatt	05.10
Girls U/14		
1. G. Ward	Unatt	18.51
2. E. Walton	Unatt	23.55
3. T. Gujral	Dallam	25.47
Girls U/12		
1. P. Howe	Horw	14.02
2. E. Grey	B'pool	14.37
3. J. McCracken	LancAC	14.39
Girls U/10		
1. A. Bamber-Dowthwaite		Dallam 11.02
2. I. Gorst	Dallam	11.04
3. E. Woof	Unatt	14.04
Girls U/8		
1. L. Staveley	Unatt	06.05
2. M. Kennedy	Dallam	06.21
3. E. Govier	Unatt	06.24

COINERS JUNIOR RACES
West Yorkshire
04.05.09

We weren't blessed with the weather unlike some of the other Championship races this year, but at least it stayed dry throughout the day and didn't deter 206 juniors taking part. I was glad that it had rained in the days leading up to May day Bank Holiday as it made the boggy conditions up on the moor that little bit wetter and led to some spectacular sights of runners returning covered form head to foot.

All the routes were long with many being the maximum distances permitted and with a good deal of climbing too making them true honest tests of runners ability, there never really was any respite from the tough uphill starts.

To the best of my knowledge everyone went away happy with the days racing those who visited this area of the South Pennines for the first time like those who were returning once again were quietly impressed with the running it

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has to offer.

Being chosen as the selection race for the England team added an extra layer of excitement and Bashir was happy with the test it provided.

I would just like to say a big thank you to all the Calder Valley club members who gave their time to make the day a success, hopefully we will see you all back next year when we may get some of that proper May Day sunshine.

Alastair Whitelaw

Boys U/18

1. J. Gratton	Hallam	20.59
2. B. Pinder	Skipt	21.12
3. A. Kay	Ross	21.15

Girls U/18

1. H. Bateson	LancsM	24.50
2. R. Stuart	Kesw	25.18
3. R. Jefferson	Warring	25.23

Boys U/16

1. T. Orr	Border	21.39
2. M. Scott	RichZet	22.17
3. T. Doyle	HelmH	22.25

Girls U/16

1. M. Hyder	HelmH	24.53
2. E. Spencer	Pendle	25.11
3. L. Riches	Leigh	25.16

Boys U/14

1. J. Knox	HelmH	18.36
2. K. Edwards	Tam	18.40
3. G. Tighe	Mat	18.43

Girls U/14

1. S. Johnson	Leigh	21.21
2. S.Searson	B'burn	21.22
3. S. Hodgson	LancsM	22.17

Boys U/12

1. J. Willis	Cleve	15.11
2. N. Orr	Border	15.29
3. L. Burthem	Warring	16.03

Girls U/12

1. A. Parkinson	BfdGr	16.59
2. E. Greenwood	B'burn	17.06
3. M. Hodgson	LancsM	18.33

Boys U/10

1. T. Szajdzicki	Ilk	9.22
2. C. Lowrie	Wharf	9.23
3. C. Smith	Ilk	9.37

Girls U/10

1. L. Byram	Holmf	10.52
2. E. Byram	Holmf	11.15
3. S. Williamson	Ross	11.18

Boys U/8

1. M. Toman	Ross	2.46
2. L. Hargreaves	Ilk	2.53
3. H. Hobbs	Unatt	3.05

Girls U/8

1. M. Brown	Tod	3.10
2. A. Baker	Unatt	3.30
3. L. Whyte	Unatt	3.32

BUNNY RUN RELAY
WestYorks
3 legs 05.05.09

Rain, rain and more rain! Only mad dogs and Bunny Runners would go out racing in these conditions. But turn out you did, a surprising, but fantastic 60 teams toed the tart line with their unique egg relay batons in hand having not a care about the incessant rain and gale force winds which ripped across Penistone Hill. Because of this weather, the organisers decided to dispense with the short lap on leg one, which meant no Egg Stage, so all the legs were over the long lap only, which was well received by all taking part. In fact due to the heartening feedback from you the runners, in future all Bunny relay legs will be run over the long lap only, which is roughly one and a half miles and 200ft. The very wet and slippery conditions made for some interesting change-overs with generally not much yolk being spilled.

What a great effort the two fancy dress teams - Sunny Furry Scaries and Tod Bunnies - put in. (1) to get their outfits and (2) to compete in the atrocious conditions, well done, and thanks for taking part in this new prize category.

A relay is all about team work and the Bunny relay emphasises this more than any other because families, juniors, friends and total strangers get together to transport a little unassuming funny coloured chucky egg safely up and down, round and round the contours of one of the highest bleakest points that Haworth has to offer.

The warmth of the Old Sun Hotel was a welcome haven after everybody's exploits with its free minestrone soup and roll and the race video playing and the banter that only fell runners can generate, especially if the conditions have been very arduous; the tales that get told are as good as 'the one that got away'.

As always at the prize giving, there's a quirky element thrown in. This time it was flashing teeth for all category team winners, with the customary stash of Easter Eggs, although beer was also added to Rossendale Dwarves – overall winners, 3 People – first ladies, Plucky Pearce Pacers - first family and Sunny Furry Scaries - first fancy

dress. A big, big THANK YOU must be said for all our marshals and recorders who gave up their evening to make this event go ahead, especially in such appalling

conditions. They stayed true to the cause and without these heroes it just wouldn't happen. A special mention must go to Michael Fryer who got saturated twice - once helping to flag the course and then afterwards collecting the flags back in! In between all this, he even had time to marshal!

Weather like this always brings added problems so apologies to second Solo runner, Ged Walsh, who doesn't have leg times, but in the melee of the change-overs, he was missed on leg one, hence no times could be worked out.

The weather certainly tested Up & Running's numbers to the max, and the new colour washed leg numbers made life much easier for the recording team, and helped the runners know exactly which leg they were on - yellow first, white second and pink third. Throughout the series Up & Running have supplied all the Bunny

Run Series numbers, which has aided the race immensely. A thank you must go to them.

The Woodentops

1. Rosssendale Dwarves	31.24
2. Milwall Dream Shatters	31.52
3. Lancashire Hotpots	34.29
4. Noel's Angels	34.39
5. One man Wonder	34.53
6. Eat My Dust!	34.59
7. Calder A	35.16
8. Lucy's Legs	35.59
9. Plucky Pearce Pacers	36.03
10. Bangers & Mash	36.17
11. The Good, Bad & Ugly	37.04
12. No Mates	37.09
13. Flying Firemen	37.48
14. 3 Wise Men	37.57
15. 3 People	38.29
16. Teeny Tiny Tim	38.41
17. Team Krypton	38.58
18. Horsforth Slow Hares	39.04
19. Mr T's	39.38
20. Idle Geezers	39.49

FLOWER SCAR
Lancashire
AS/4m/1400ft 06.05.09

1. A. Whittem	CaldV	30.34
2. S. Smithies O/40	CaldV	32.09
3. A. Thorpe O/40	H'ax	32.29
4. S. Carey	Tod	32.48
5. J. Stevens	CaldV	33.06
6. S. Hoyle O/40	Ross	33.18
7. A. Jebb	Bing	33.31
8. A. Rhodes-Dawson	Tod	33.38
9. N. Barber	Tod	34.17
10. M. Goldie O/40	CaldV	34.24

VETERANS O/50

1. (14) D. Collins	Tod	35.26
2. (18) D. Archer	Bury	36.36
3. (20) P. Booth	Clay	36.52

VETERANS O/60

1. (75) G. Large	NVets	44.51
2. (77) P. Marshall	Tod	45.36
3. (82) P. Ehrhardt	Tod	47.05

VETERANS O/70

1. (101) B. Hughes	L'poolPem	66.54

LADIES

1. (23) D. Wright	Wigan	37.11
2. (36) R. Whitehead	Bing	39.05
3. (43) L. Jeska	Tod	39.42

CAW
Cumbria
AM/6m/1800ft 06.05.09

The 41 runners at this Wednesday evening race had to contend with a strong wind and slippery conditions underfoot. Luckily, the rain that was forecast held off until after the race.

Ben Abdelnoor climbed strongly on The Knott and developed a good lead on the chasing group of three. At the top of Caw, there were strong gusts and the cloud was down. Abdelnoor used his familiarity with the terrain to turn accurately for home and gradually extended his winning lead, completing the six mile race in 50.40, slightly slower than his winning time last year. Tom Doyle, 16, was in the chasing group of three until a calf cramp on the route home slowed him.

Natalie White had an excellent run with no navigational errors and came in four minutes ahead of second lady, Hazel Robinson. Natalie was less than a minute outside the ladies' record, which was impressive given the conditions.

Mike Berry

1. B. Abdelnoor	Amble	50.40
2. M. Robinson	DkPk	52.50
3. C. Robinson	HelmH	53.34
4. T. Doyle	HelmH	54.34
5. G. Thorpe O/40	Amble	55.45
6. L. Proctor	HelmH	55.48
7. N. Till	HelmH	57.07
8. N. White Lady	Bing	57.14
9. A. Gillham	Garstang	60.35

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10. (10) P. Tayler O/40	BlCombe	60.53
(20) M. McLoughlin O/50		Prest 65.15

LADIES

1. (8) N. White	Bing	57.14
2. (11) H. Robinson	Amble	61.22
3. (25) B. Sendlhofer	Amble	67.27
4. (28) K. Ayres O/40	Amble	68.18

40 finishers

PINHAW MOOR
West Yorkshire
BS/5m/700ft 08.05.09

1. R. Gould U/20	EChesh	31.24
2. G. Shaw	Clay	31.31
3. K. Livesey O40	Wharf	32.54
4. T. Chew O/45	Clay	33.05
5. K. Horrigan O/45	Unatt	33.16
6. S. Fogg	Clay	33.28
7. A. Connally	EChesh	33.39
8. J. McFadyen	Unatt	33.51
9. S. Clare O/40	Clay	33.55
10. C. Barnes	Accring	33.58

VETERANS O/50

1. (14) T. Taylor	Ross	34.33
2. (18) B. Horrocks	Clay	35.03
3. (26) G. Biscomb	Acc	36.11

VETERANS O/60

1. (45) B. Mitchell	Clay	37.29
2. (83) R. Chappel	Clay	45.42
3. (86) D. Munroe	Clay	46.14

VETERANS O/70

1. (78) T. Orrell	Clay	44.45
2. (97) H. Manning	Clay	55.52
3. (98) B. Leathley	Clay	66.15

LADIES

1. (52) S. Burns O/50	Clay	38.26
2. (57) M. Ralphson	Trawd	39.05
3. (69) S. Yeomans U/20	Ross	40.58
4. (71) C. Fryer O/40	H'fax	41.01
5. (72) K. Trickett	Clay	41.25

119 finishers

PENDLE CLOUGHS FELL RACE
Lancashire
AL/14m/3900ft 09.05.09

Times were significantly faster for most competitors this year due in large to the cooler conditions the lack of bracken and possible runners finding the optimum routes between the CPs. The expected rain held off for most of the race with a heavy shower just catching out the last few finishers, and the volunteers dismantling the finish area.

This race in only its second year proved popular with all the runners many doing it for the second time which is always a good sign that you are doing something right, and many giving very positive feedback about the route and beautiful location and, thankfully, the organisation some saying it's a classic in the making and I am sure it will grow in popularity year by year.

There are nine CPs with orienteering clippers - only two are manned which this year had fairly generous cut-off times added. The only thing which may need changing for next year is the last CP by the barn at Lanehead. A few runners missed this one, some running back up the final field and losing a few places, but with a marshal on the road crossing just before taking numbers and split times, I may eliminate it altogether or just move it to the road?

Photo © Andrew Hirst

56 runners started with all runners completing the course. As you would expect for a race on Pendle, a significant amount were from Clayton who fielded 16 runners, Calder Valley 7 and 5 runners made the trip up from the Midlands from Long Eaton running club, Wharfedale on the other hand being conspicuous by their absence. Only three runners for what was a Club Championship race!

Tom Brunt took the lead from the start and never relinquished it, finishing nearly six minutes clear of last year's winner, Alan Life, in a new record time of 2:16:36 reducing the course record by nearly 18 minutes, although no disrespect to Alan who also reduced his last year's time by nearly 12 minutes and coming home second, followed by fellow Clayton team mate, Andy Brown, in third. Simon Bourne made sure that Clayton didn't get it all their own way, managing to get ahead of Stephen Whitaker and Neil Hardiman to finish 4th

First lady home and a new ladies' record by a huge 52 minutes, in a time of 2:44:24, was Jo Buckley, who was lying 8th at CP3 but took the wrong line up to CP4, and finished in 21st place. Second lady was Carol Life, making it quite a good day for the Life family with Alan also winning the V40 and team prize.

I would like to give a big thanks to all the volunteers and marshals for their help, all the runners for supporting the race and the Assherton Estate without whose cooperation the race wouldn't take place.

Andrew Hirst

1. T. Brunt	Holmf	2.16.36
2. A. Life O/40	Clay	2.22.30
3. A. Brown	Clay	2.24.17
4. S. Bourne O/40	CaldV	2.26.16
5. S. Whitaker O/45	Clay	2.28.29
6. N. Hardiman O/40	Clay	2.28.32
7. I. Rowbothan O/50	Ilk	2.28.54
8. R. Wilkinson O/45	LongEat	2.29.03
9. C. Valentine O/45	Kesw	2.29.23
10. M. Nutter	Clay	2.30.48

VETERANS O/50

1. I. Rowbothan	Ilk	2.28.54
2. P. Booth	Clay	2.30.52
3. R. Laycock	Settle	2.36.37

VETERANS O/60

1. J. Buckley	CaldV	2.44.24
2. C. Life O/40	Clay	3.13.16
3. H. Hodgkinson	Tod	3.28.45
4. A. Crawshaw	Unatt	3.35.00
5. S. Brown	Ilk	3.35.00

56 finishers

BLUE BELL RUN
Shropshire
BS/5m/1200ft 10.05.09

A gentle run round a fantastic course on a fantastic day with 32 runners taking part – a good day for a walk after the run.

Pete Ball had a fantastic race against Paul Jones, finally beating him by .08 seconds to set a new course record and breaking the old one by 6.14.

On a super day, together with the walk, we raised over £1,000 for the Lingen Davies Cancer Unit in Shrewsbury.

We need more runners!!

Phil Harris

1. P. Ball	Shrews	34.41
2. P. Jones	Oswest	34.41.08
3. M. Ligema	Ludlow	36.55
4. R. Map	Ludlow	37.37
5. G. Spencer	Mercia	40.02
6. K. Evans	Ludlow	40.24
7. J. Lyden	Ludlow	40.49
8. A. Pryce	Ludlow	41.19
9. J. Rolands Lady	Ludlow	41.21
10. G. Cowell	Mercia	42.33
(12) G. Morgan Lady	Ludlow	44.44
(15) L. Cowell	Mercia	47.28

32 finishers

BOLLINGTON FESTIVAL 3 PEAKS
Cheshire
BS/5.6m/1200ft 11.05.09

This was a brand new race, inaugurated as part of the quadrennial Bollington Festival, but the race is now intended to continue annually. The aim was to have a varied course which combined three of the hills surrounding Bollington, with

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lots of festive atmosphere thrown in for good measure.

About 50 people were expected, so when 130 turned up, chaos was only narrowly averted. Extra numbers, safety pins and registration forms magically materialised and the post race food order was belatedly doubled.

The start was fast and flat, along disused railway and canal, before the climb to the hills. All the climbing had to be packed into less than 3 miles, but the ground was dry and firm and even the steep descent from Kerridge Hill presented few problems. The final summit of Nab Head was a fell race virgin and there were cowbells and a live Canalside Radio link-up reporting from all three summits.

An exciting sprint finish between Michael Salt and Tim Taylor gave the edge to Cambridge runner, Michael Salt. At 40.13, he automatically set the first course record.

But the star of the day was undoubtedly Blue Haywood, the amazingly talented 17 year old from Lincolnshire, who was the fastest lady with a finish time of just over 45 minutes. She finished 17th overall, but had been even further up the field on the tops.

The Frank Dawson trophy for fastest local runner (in memory of the Yorkshire 3 Peaks winner and Bollington resident) went to Joe de Sousa. There was some debate here because Michael Salt, the overall winner, originally hails from Bollington too.

Macclesfield Harriers put in strong showing, but there were lots of new and unattached runners. The post race comments were extremely encouraging: "Great race with a fast flat start and long downhill finish ...the middle bit was tough though" . .."the diagonal traverse ascent to White Nancy was interesting".... "Got up Nab Head for the first time ever!"....."That race was a belter!!"

Thanks to The Vale for the registration and beer tent, the local landowners who gave access to some excellent off-piste terrain and all the festival organisers for getting behind it.

Despite a few teething problems with delays to the food and the result times, this is a race which promises to get better and better in the years to come

Andrew Skelhorn

Photo © Andy Skelton

Bollington Festival: First Lady - Blue Haywood

1. M. Salt	Cambridge	40.13
2. T. Taylor O/40	Maccle	40.14
3. I. Symington	Maccle	41.33
4. M. Cliffe	Unatt	42.32
5. M. Messenger O/40	Maccle	42.40
6. J. Hewitt O/40	Glossop	42.45
7. J. Mooney O/40	Maccle	43.55
8. J. Noakes O/40	Unatt	43.57
9. M. Hughes	Unatt	44.06
10. D. Reynolds O/40	Newburgh	44.39
VETERANS O/50		
1. (11) A. Butler	Penn	44.48
2. (12) M. Coutvriend	Clwyd	44.58
3. (20) R. Taylor	Penn	46.33
VETERANS O/60		
1. (22) B. Blyth	Maccle	46.58
2. (38) T. Hulme	Unatt	48.54
3. (71) R. Campbell	Staffs	55.46
LADIES		
1. (17) B. Haywood	Linc&Well	45.22
2. (35) J. Hatton O/40	Maccle	48.43
3. (51) S. Curtis O/40	FatBoys	51.54
4. (65) G. Evans	Congle	55.02
5. (69) N. Mowatt O/50	Chesh	55.32
(118) S. Cook O/60	Unatt	70.52

128 finishers

MEARLEY CLOUGH FELL RACE
Lancashire
AS/3.5m/1200ft 12.05.09

I always say "Better to be born lucky than rich", which proved to be right as we had the last sunny evening for a week, but the strong east wind cresting the top of the Clough to the Caern met the runners head on, bringing most down to a walk.

Jack Smith, on his first visit to Mearley Clough, came home well clear of the chasing pack to reduce the U/18 record by 25 seconds.

Emma Spencer won the ladies' and again first U/18, beating last year's winner Rowena Brown who clipped two minutes from her 2008 win (oh what it is to be young). It's good to know there is real talent coming through this sport for oldies.

The Calf's Head Hotel did us proud again with enough pasta for seconds and all provided free, so we're already booked in for 11 May next year - hope to see you there.

Geoff Newsam

1. J. Smith U/18	WARF	32.46
2. A. Brown	Clay	33.22
3. A. McFarlane O/40	Clay	33.32
4. S. Hoyle O/40	Ros	33.34
5. A. Life O/40	Clay	34.06
6. S. Fogg	Clay	34.25
7. J. Thompson	Pendle	34.32
8. B. Johnstone U/18	Unatt	34.54
9. N. Worswick O/40	Clay	34.57
10. P. Carmen O/40	WARF	35.03
VETERANS O/50		
1. (20) P. Booth	Clay	36.56
2. (34) P. Browning	Clay	39.20
3. (36) F. Linch	RedR	39.42
VETERANS O/60		
1. (30) D. Tait	DkPk	38.33
2. (49) B. Rawlinson	Ross	40.55
3. (89) B. Jackson	Macc	46.54
LADIES		
1. (26) E. Spencer U/18	Pendle	38.07
2. (32) R. Brown O/40	Bowl	38.47
3. (33) T. Mitchell	Clay	39.02
4. (43) L. Brindle	Horw	40.26
5. (45) I. Hughs O/40	Burnden	40.38
(60) J. Robinson O/50	Settle	42.02

127 finishers

BURBAGE SKYLINE
Derbyshire
BS/5.65m/1200ft 12.05.09

A glorious evening for Fell Running with a clear sky and a cooling breeze meant there was no finer place to be on the evening of 12 May which was reflected in a record entry of 275 runners. Word is obviously spreading that this really is a top race judging by kind comments left by FRA forumites

An injury meant that yours truly had to amuse himself by standing on the final bend abusing/encouraging runners via a megaphone, but it really gave me an insight in that no matter where you finish in the field you have tried just as hard as the top athletes – probably more so if you had a sprint finish over the closing stages. Well done to all

The absence of course record holder, Phil Winskill, left the race open for Stuart Bond to claim the delightful Skyline trophy which he did in fine style holding off newcomer Dave Schorah by 14 seconds.

None of the other male category winners - Jon Morgan V40, Keith Holmes V50 and Mike Noble V60 - were pushed hard by their contemporaries in sealing victory. So, they has to content themselves with giving those of lesser years a good run for their money.

The (very dirty) Burbage Bowl for 1st Lady went to Janet McIver for the 3rd year running, with newcomer Sheona McKay 2nd. Alison Higgins claimed LV40 and Pat Goodall LV50, both with excellent age defying runs. Alison maintained race concentration despite some totally unjustified MCP remarks from the holder of the megaphone.

Thanks again to Edale Mountain Rescue, especially on behalf of those that needed treating near the finishing line, and for patrolling the whole course throughout the race. Thanks to Accelarate and New Balance for supporting the race and the Gritstone Series with some very generous sponsorship for not only winners but improved runners.

Last, but by no means least, thanks to my many helpers – I ought to name them as it's invariably the same volunteers every year. I trust you thawed out quickly with a pint or two inside you. At least the late finish did give us the benefit of seeing a magnificent sunset over Higger Tor in the gathering darkness. I'm sure that was the compensation I've offered since I took over the race in 2000 so I really must think of something novel next year.

Andrew Moore

JACK BLOOR
West Yorks
BS/5.2m/1150ft 12.05.09

The 24th running of the Jack Bloor memorial race sponsored, by The Complete Runner of Leeds Road, Ilkley, was run on a delightfully sunny spring evening following a week of dry weather, and a record field of 232 runners enjoyed Ilkley Moor at its best. Conditions were perfect for fast running with the moor dry underfoot, but soft on the descents.

The senior race proved to be a two-man tussle between Graham Peace and Martin Roscoe. Graham had to come from behind on two occasions due to better route finding by following runners; third was T. Edwards. First veteran over 40 was also Martin Roscoe, whilst the first veteran over 50 was Ian Rowbotham. The team competition was won by Pudsey and Bramley, with Ilkley Harriers second and Keighley third.

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The ladies' race was won by last year's winner, Lizzie Adams, in a desperate sprint finish with Jo Waites. Local runner, Heather Dawe, was third. Gill Myers took home the Mike Rose Bowl for the first lady over 40. Ladies' team prize once again went to Ilkley Harriers, who are one of the strongest female fell running clubs in Britain.

It was particularly nice to welcome back one of Jack Bloor's sons, Roger, finishing in 146th place. Roger had returned from Australia to visit family, and decided to sample Ilkley Moor once more before his return home.

Also, how good it is to see so many enthusiastic locals running who are not affiliated to any club, there purely for the enjoyment and challenge of running over the hills of Yorkshire?

The junior races had a field of over 120 runners for classes from 6 to 16 years old.

6-7 boys was won by Logan Hargreaves-Madhas with Beth Morley winning the girls. Local runners, Charles Smith and Sarah Pickering, won the boys and girls 8-9 in a record field of 46 runners, whilst James Hall and Nicole Narey took the 10-13 age honours. The smallest field for the 14-16 class was won by Bradley Chapman with Guiseley runner, Beth Woodley, and Airienteers winning the girls for the first time.

As ever, many unattached runners from local families turned out to demonstrate that children enjoy being taken out of their comfort zone, and adventure running on the moor is an attractive alternative to children's television.

Peter Haines

1. G. Pearce	P&B	41.33
2. M. Roscoe O/40	Leeds	42.20
3. T. Edwards	DkPk	42.55
4. M. Lockyer	P&B	43.14
5. D. Birtwhistle	Hgate	43.21
6. M. Cox	Otley	43.27
7. J. Bradshaw	Wharf	43.31
8. S. Bottomley O/40	P&B	43.36
9. A. Powell O/40	P&B	43.41
10. L. Morley	Ilk	43.58
VETERANS O/50		
1. (28) I. Rowbotham	Ilk	46.17
2. (37) P. Wilkin	ThSow	47.13
3. (43) B. Goodison	Abbey	47.42
VETERANS O/60		
1. (129) S. Thompson	Leeds	56.59
2. (182) D. Hill	Skyrac	63.39
3. (189) B. Payne	Ilk	64.11
LADIES		
1. (32) L. Adams	Knaves	46.35
2. (33) J. Waites	CaldV	46.36
3. (67) H. Dawe	Ilk	50.51
4. (76) G. Myers O/40	FRA	51.25
5. (77) E. Barclay O/40	Ilk	51.29

228 finishers

JUNIOR RACE

Juniors 6-7 – 0.5m/180ft		
1. L. Hargreaves-Madhas	Ilk	4.01
2. M. Shaw	Unatt	4.12
3. B. Morley	Ilk	4.13
Juniors 8-9- 0.5m/180ft		
1. C. Smith	Ilk	3.21
2. P. Zieghen	Unatt	3.32
3. T. Cross	Ilk	3.34
Juniors 10-13 – 1m/300ft		
1. J. Hall	Bing	7.45
2. A. Speight	Wharf	8.05
3. P. Done	K&C	8.07
Juniors 14-16 – 1.5m/600ft		
1. B. Chapman	Ilk	13.45
2. L. Chechnik	Ebor	14.34
3. A. Bennett	Ilk	14.37

BLACKSTONE EDGE
Lancashire
AS/3.5m/1200ft 13.05.09

Well, that's the 27th Blackstone Edge race over with. Can somebody tell me why it's always raining or windy for this race? In fact, this year was the worst. I felt sorry for the Calderbrook Church ladies trying to prepare the food in the farm building having to protect everything to stop dust covering all those lovely cakes they make.

As I was saying, the 27th race – I don't know how long I can go on – I had another keyhole surgery job done on my left knee in December. Even my cycling days are numbered now, let alone walking round and flagging courses! The following day, I have a job to get out of bed!

What I'm thinking of doing is to advertise for race flaggers for my two races and then I can keep them going – it would be a shame to scrap them. Setting up the races is OK, it's putting out and collecting the flags that's the problem for me.

Other than that, the race went OK. 88 lined up. Two runners got off their bikes after arriving late – one made the start and the other set off 3 minutes after the bunch; I don't know how many he caught though.

As I told the runners at the start, it's been a Devine or a Hope whose won this race in the last six years and with Danny Hope lining up, it could have been another. As it was, he had 30 seconds on Ian Holmes at the top of Blackstone Edge but Ian chased him down on the fast section to finish 17 seconds in front – his first Edge win! The time was well outside the record but it was blowing a gale.

Speaking of Devine – where was he? In all the race years, he turned out more than anyone. He was probably only a kid when he ran his first one back in the early 80s.

Well done young Ryan Gould – the name is new to me but an 18 year old finishing third…….!! Another young lad up there, Sean Cary, Under 16 was 7th – they breed them tough round here!

For a bit of fun, most years I work out club totals – years ago it was Rossendale, Horwich, Dark Peak, Rochdale, that dominated the event and now it's Calder Valley (11), Todmorden (9), Rossendale (7) and thanks to Manchester YMCA who brought nine runners. Local club, Rochdale, could only field four runners – the same as Horwich

Kevin Shand

1. I Holmes O/40	Bing	28.55
2. D. Hope	P&B	29.12
3. R. Gould U/18	EChesh	31.48
4. C. Smale O/40	Unatt	32.30
5. S. Oldfield O/50	BfdA	32.55
6. S. Smithies O/40	CaldV	33.06
7. S. Carey U/16	Tod	33.07
8. J. Dunkerley	EChesh	33.39
9. C. Moses	Wharfe	33.47
10. J. Crossfield U/16	Hfx	34.14
VETERANS O/50		
1. (5) S. Oldfield	BfdA	32.55
2. (11) R. Haworth	Horw	34.15
3. (25) M. Roberts	Tod	36.45
VETERANS O/60		
1. (46) D. Ashton	M/cYMCA	40.15
2. (58) G. Breeze	Skyrac	43.03
3. (72) B. Grant	FRA	47.06
LADIES		
1. (23) E. Clayton	Scunth	36.15
2. (24) A. Johnson O/40	CaldV	36.37
3. (44) L. Jeska	Tod	39.51
4. (51) S. Godsman	CaldV	41.11
5. (61) L. Murgatoryd O/40		CaldV
43.36		

90 finishers

CARADOC CLASSIC
Shropshire
AS/3.5m/880ft 13.05.09

What a great turnout for one of the worst nights in the race's recent history. With 131 runners in the field it was just half a dozen off the record. Even flagging the course walking proved difficult with little visibility near the summit. The conditions were reflected in the times and Tim Davies' record was never threatened. Indeed, some runners took interesting descent lines hampered by the mist.

Still, Richard Roberts posted a creditable time and was well clear of Jon Bowie, his nearest rival. Wrekin Streak winner, Ian Grindley, had to be satisfied with 5th position although he was first V40.

The ladies' race was dominated by Anna Bartlett with Mel Price second just over a minute adrift.

Simon Daws

1. R. Roberts	Eryri	23.46
2. J. Bowie	Trismart	25.01
3. R. Stafford	Mercia	25.20
4. S. Cale	Wrekin	25.26
5. I. Grindley O/40	WolvB	26.20
6. R. Jones	WolvB	26.42
7. P. Ball	Shrews	27.03
8. P. Jones	Oswest	27.04
9. R. Scott	Sthend	27.11
10. T. Roo	Mercia	27.21
VETERANS O/50		
1. (11) E. Davies	Mercia	27.26
2. (15) G. Jones	Shrews	28.09
3. (28) R. Mapp	Mercia	30.07
LADIES		
1. (22) A. Bartlett	Shrews	28.42
2. (29) M. Price	Mercia	30.08
3. (54) S. Catford	Telf	32.18

131 finishers

LATRIGG FELL RACE
Cumbria
AS/3m/950ft 13.05.09

The 37th running of the Latrigg Race was again held as part of the Keswick Mountain Festival. The 3 mile race, which started and finished in Fitz Park, climbed the face of Latrigg with a 950 feet of ascent .Conditions for the race were fairly good and it was dry underfoot making what can be a tricky decent, fast for the 60 runners.

First to the summit was the eventual winner, Phil Winskill, in a good time of 18.53. In second place was Andrew Schofield followed closely by Steve Hebblethwaite. Andrew Schofield was the first V40 and Andy Reid took the V50 prize. Les

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Stephenson was the V60.

The first lady was last year's winner, Pippa Jackson, in an excellent time of 21.11 The second lady and first veteran was Lyn Thompson, followed by Jo Gillyon, and made up the winning ladies' team of Keswick AC.

Keswick AC also won the men's team prize; along with Steve Hebblewaite were Chris Edis and Ian Davies.

Steve Hebblewaite won The Ian Charlton Memorial Trophy for being the first Keswick AC member home .This was presented by Ian's sister, Carolyn Charlton.

Pete Richards

1. P. Winskill	DkPk	18.53
2. A. Schofield O/40	Borr	19.08
3. S. Hebblethwaite	Kesw	19.19
VETERANS O/50		
1. (18) A. Reid	Ellenb	23.06
2. (26) D. Owens	Kesw	24.03
VETERANS O/60		
1. (40) L. Stephenson	Kend	26.34
LADIES		
1. (10) P. Jackson	Kesw	21.11
2. (28) L. Thompson O/40		Kesw 24.20
3. (37) J. Gillyon	Kesw	26.24

60 finishers

RAINOW
Cheshire
BS/5m/750ft 13.05.09

The numbers were down on recent years events. However, that did not detract from the quality of the racing.

Simon Bailey streaked ahead from the off, setting a new course record. The first lady home, Sarah Harris, managed to equal C Banlin's long standing course record.

Colin Fray

1. S. Bailey	StaffsM	31.08
2. R. Houghton V40	Buxt	34.15
3. A. Lamont	Macc	34.17
4. S. Harding	Macc	34.41
5. T. McGaff O/50	CheshHR	35.36
6. E. Gamble O/40	CheshHR	36.06
7. I. Symington	Macc	37.02
8. R. White	Buxt	37.15
9. D. Unwin	Unatt	37.21
10. P. Dentith	Spect	37.33
VETERANS O/50		
1. (5) T. McGaff	CheshHR	35.36
2. (17) B. Blyth	Macc	39.15
3. (22) M. Fosini	CFR	39.48
VETERANS O/60		
1. (17) B. Blyth	Macc	39.15
2. (25) A. Brentnall	Penn	40.04
3. (27) M. Noble	Penn	40.09
LADIES		
1. (11) S. Harris	Macc	37.49
2. (14) S. Lomas	Stockp	39.01
3. (29) J. Hatton O/40	Macc	40.36
4. (37) J. Saunders O/40	Wilms	41.26
5. (66) A. Brentnall O/50	Penn	47.24

86 finishers

CRIBYN RACE
South Wales
AS/5.5m/3100ft 16.05.09

A field of 55 runners contested the first running of the Cribyn race since 2004. Conditions were quite poor with rain and strong winds but visibility was good. This was lucky for Lancashire raider, Shaun Godsman, who enjoyed his first race in South Wales. Having no prior knowledge of the area, he successfully led from start to finish, recording a fantastic time of 55.18, over 5 minutes clear of his nearest rival, Mike Duxbury, who was first MV40. Nigel Bunn of Tring was 3rd, just 3 seconds behind. It was a double for Calder Valley as Helen Fines took women's first prize in a new course record after a battle with clubmate Anne Johnson, who was first FV40. Chepstow's Liz Francis was 3rd.

It was an unusually small field on the veteran front - perhaps they were saving themselves for Sarn Helen the next day? First MV50 was Mark Saunders, and John Sweeting got the better of Gary Gunner by 2 minutes for MV60 honours. Of the two U23 men, Christopher Worley came out on top.

Many thanks to the awesome marshalling team of Del Thornley, Kay Lucas, Jessica and Chris Taylor, timekeepers Gerry and Sue Ashton and all round troubleshooter Fiona Turner.

Helen Fines

1. S. Godsman	CaldV	0.55.18
2. M. Duxbury O/40	Stroud	1.00.31
3. N. Bunn O/40	Tring	1.00.34
4. G. Craft	MDC	1.02.14
5. T. Roo	Mercia	1.03.18
6. A. Stirk	Guild&Godal	1.03.43
7. S. Moore	WyeV	1.04.29
8. H. Fines	CaldV	1.04.34
9. S. Cummins	Brecon	1.05.26
10. I. Powell O/40	Westb	1.05.43
VETERANS O/50		
1. (19) M. Saunders	Unatt	1.10.08
2. (22) M. Wardle	CaldV	1.11.18
3. (36) C. Rowberry	Heref	1.22.05
VETERANS O/60		
1. (29) J. Sweeting	MDC	1.17.04
2. (34) G. Gunner	CroftA	1.19.25
3. (39) M. Adams	Heref	1.24.08
LADIES		
1. (8) H. Fines	CaldV	1.04.34
2. (17) A. Johnson O/40	CaldV	1.08.18
3. (33) L. Francis O/40	Cheps	1.19.18
4. (48) L. Clayton	Sandhurst	1.35.39
5. (49) V. Ford O/40	GWR	1.36.31

54 finishers

OLD COUNTIES TOPS
Cumbria
AL/37m/1000ft 16.05.09

Once again a very successful event with 65 pairs starting and 56 pairs finishing.

After a wet start and a particularly heavy shower on Helvellyn the day gradually improved and the finish was bright and sunny, enabling runners to enjoy the refreshments on offer. Times in general were down on the previous few years due mainly to the slippery conditions on the tops but in spite of this, Tom Brunt and Martin Beale, who retained the trophy yet again, were pushed all the way by Quentin Harding and Mike Johnson, the first vet 90 (joint ages), who finished seconds and in the process broke the category record set only last year by Alan and Leigh, by over 20 minutes.

Finally, the ones who suffered most were the marshals and Raynet due to the icy wind on the tops. Their contribution cannot be underestimated, particularly the lone marshal on Helvellyn (sorry John) as he had the heavy rain as well. So thanks to all these, to everyone who helped with the food, the butty stop party, everyone at the start and finish, the new D.G. Hotel for use of facilities etc and Raynet who did a fantastic job as usual.

Arthur Daniels

1. T Brunt/M. Beale (Holmf/Stroud) 07.08.00
2. Q. Harding/M. Johnson V/90 (Bowland) 07.18.00
3. B. Bolland/J. Whitaker V/80 (Bowland/Ilk) 07.46.00
4. P. O'Reilly/M. Beresford (HelmH/Kend) 07.59.00
5. I. Barnes/M. Wilson (Lakes Runner) 08.07.00
6. A. Miller/L. Warburton V/100 (Kend/Bowland) 08.15.00

(22) A. Anastasi/J. Paris Mixed (Gloss) 09.12.00
(36) C. Preston/C. Kenny (Tod/CaldV) 09.50.00
(40). A. Dixon/M. Coles V/120 (FRA/VStr) 10.08.00

56 pairs finished

FAIRFIELD HORSESHOE
Cumbria
AM/9m/3000ft 16.05.09

The race this year was our first time at organising the race and we were pleased to see a really good turn out - 291 runners set off and even returned!

The weather was a bit mixed but the summit marshals reported later that it was very cold on top with wind, rain and low cloud.

Rob Jebb put in a storming performance, winning by over four minutes from Morgan Donnelly, and that was after his exertions of also winning, jointly, the Fred Whitton Challenge the week before. Emma Barclay won the women's race but was closely followed by clubmate Helen Ilsley 21 seconds later and Laura Martin just 3 seconds after that.

Credit must be given where it was due,though, Ben Abdelnoor could be forgiven for not putting in as good a run as he is capable of as he had already done the Keswick Triathlon that morning – some people just don't have the stamina!

Apologies to people who finished around the 2 hour as we had a slight problem with the recording clock.

See you all next year on 15 May 2010.

Eddie & Linda Bland

1. R. Jebb	Bing	1.16.01
2. M. Donnelly	Borr	1.20.40
3. K. Gray	CaldV	1.22.06
4. C. Roberts O/40	Kend	1.24.40
5. E. Tressider	DkPk	1.24.54
6. T. Addison	HelmH	1.25.32
7. H. Haines	Ilk	1.26.13
8. D. Milliken O/40	Horw	1.26.19
9. P. Winskill	DkPk	1.27.46
10. J. Deegan O/40	Amble	1.27.52
VETERANS O/50		
1. (42) P. Crompton	CFR	1.39.03
2. (43) C. Speight	HelmH	1.39.22
3. (51) P. Clark	Kend	1.40.26
VETERANS O/60		
1. (30) B. Grant	Hgate	1.37.15
2. (61) M. Walsh	Kend	1.43.08
3. (92) B. Rawlinson	Ross	1.48.31
VETERANS O/70		
1. (283) J. Escritt	CFR	2.44.10
LADIES		
1. (79) E. Barclay O/40	Ilk	1.47.11
2. (82) H. Isley	Ilk	1.47.32
3. (84) L. Martin O/40	Otley	1.47.35

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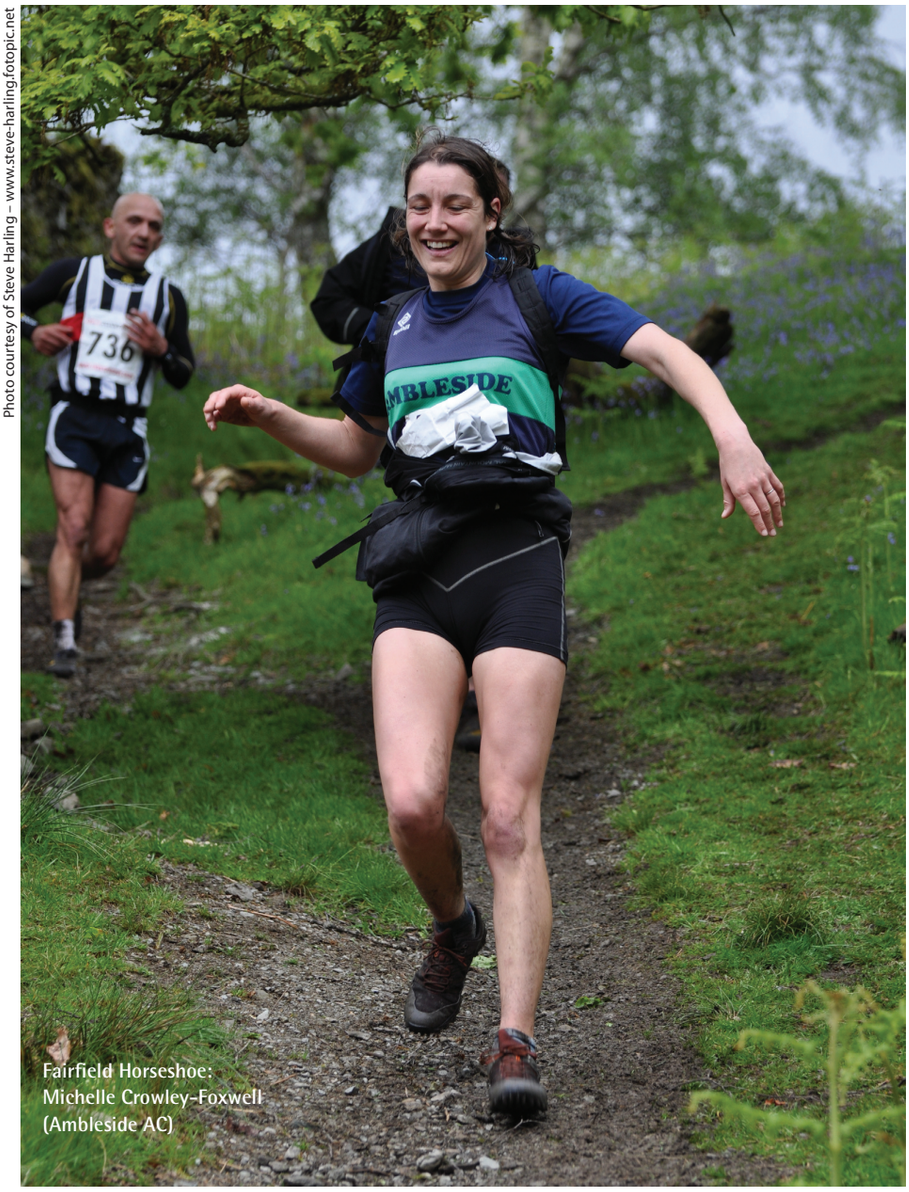

Photo courtesy of Steve Harling – www.steve-harling.fotopic.net

Fairfield Horseshoe: Michelle Crowley-Foxwell (Ambleside AC)

4. A. Eagle O/40	Ilk	1.47.51
5. H. Williamson	Ilk	1.47.58
(104) J. Casey O/50	Barrow	1.50.33

291 finishers

GLARAMARA FELL RACE
Cumbria
AS/5m/2100ft 17.05.09

Most of the field completed the race in good, clear conditions before heavy rain blew in. Rob Jebb's winning time might have been a little quicker had he not had to stop to ask some walkers the way to the summit of Glaramara!

Len Anson

1. R. Jebb	Bing	49.21
2. M. Robinson	DkPk	49.37
3. J. Bland	Borr	49.58
4. P. Sanderson O/40	NFR	50.40
5. M. Mikkelsen-Barron	Borr	50.47
6. C. Newman	Wharf	51.28
7. P. Cornforth O/40	Borr	51.49
8. R. Stuart O/40	Kend	52.23
9. J. Blackett O/40	DkPk	54.31
10. J. Winn O/55	Ellenb	54.57
VETERANS O/50		
1. (10) J. Winn	Ellenb	54.57
2. (12) W. Bell	CFR	56.46
3. (21) A. Reid	Ellenb	62.59
VETERANS O/60		
1. (27) D. Fell	CFR	66.48
2. (42) L. Stephenson	Kend	73.52
3. (54) A. Buckley	Kesw	90.02
VETERANS O/70		
1. (56) J. Garbarino	NFR	101.49
LADIES		
1. (16) H. Robinson	Amble	61.38
2. (20) K. Robertson O/40		NFR 62.49
3. (37) K. Rogan	Wharf	71.59
4. (46) K. Kitchen	Lothian	75.44
5. (47) L. Wilkinson	NFR	75.47
(51) S. Schofield O/40	Borr	78.54

57 finishers

FOX & HOUNDS CHASE
North Yorks
BM/9m/1500ft 19.05.09

Th 25th Fox & Hounds was well supported with a very competitive field. Matt Speake, just back from training in Hungary with the B Orienteering squad, was in sparkling form to break the long standing course record by 28 seconds. Duncan Archer and Ian Marr put in very creditable performances on a course where the tracks have all but disappeared once you cross the stream.

Andy Normandale, in the Vet 50 section, also ran a fantastic time to finish in 6th overall.

The ladies' races was dominated by Pippa Whitehouse, also just back from Hungary. She was chased hard by Kate Rawnsley and Karen Poole, who ran to a high standard. Janet Cordingly, in the Vet 45 section, put in another excellent performance building on her spring races.

Knavesmire won the men's team race with three countersin the first five. The ladies' race, however, was a different story with Scarborough winning by the narrowest of margins from NYM and T&S.

As the presentation was very late, I could not present this on the night and so I owe Scarborough their prize.

Dave Parry

1. M. Speake	Knaves	57.37
2. D. Archer	Unatt	65.34
3. I. Marr	Unatt	70.09
4. J. Kendall	Knaves	71.00
5. T. Watson	Knaves	71.01
6. A. Normandale O/50	Acorn	71.03
7. R. Hall O/40	Th&S	71.16
8. S. Baldwin	Scarb	71.25
9. P. Wilkin O/50	T&S	72.33
10. D. Fielden	NYM	74.04
(21) P. Paxman O/50	Acorn	79.24
VETERANS O/60		
1. (67) R. Sherwood	NMarske	97.16
2. (77) A. Wikeley	T&S	105.04
3. (79) B. Howe	NYM	106.44
LADIES		
1. (13) P. Whitehouse	Dork	74.30
2. (20) K. Rawnsley	Scarb	79.22
3. (27) K. Poole	NYM	80.14
4. (30) A. Austin	Knaves	82.20
5. (41) J. Cordingley O/40		Knaves 86.54
(44) A. Hall O/40	T&S	87.45
(48) C. Pollard O/50	NYM	89.35
(57) S. Haslam O/50	Scarb	93.43

83 finishers

HUTTON ROOF CRAGS
Cumbria
BM/7m/1300ft 3.05.09

Runners of all abilities from across the country were invited to compete in a fell race over the bank holiday weekend, lebrating its 18th year.

Hutton Roof fell race this year included the fell Running Association inter-counties championship. 400 runners registered and it looked set to be a memorable race. The rain held off and although the ground was wet, conditions were generally good for running.

After the hooter was sounded, a mass of approaching 400 runners motored round the first bend and out of the field. Spectators were struck by the sheer power of this field of runners as they sped across Hutton Roof Crag on route for Farleton Knott and our famous Scree slope climb.

At the front, competition was fierce with a host of talented runners battling it out over the grass and limestone outcrops on the summit. Our race marshal said the leading pack of runners swept passed him with last year's winner, Craig Roberts, hanging on to something like 10th at that stage. The last section across Hutton

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Roof Crag is deceptive because it seems flat but the undulating course gradually climbs to the highest point on the circuit before crashing back down the hill to the finish.

Somehow John Heneghan,of Yorkshire, had taken more than a minute out of the field as he thundered down the track to the finish. Morgan Donnelly, Cumbria, was 2nd and young Matthew Gillespie,Scotland West, finished a great race in third. The inter-counties team event was won by Greater Manchester.

This was indeed a fast fell race, 22 runners completed the 7 mile course with 1300 ft of climbing in under 50 minutes. Olivia Walwyn, Cheshire, won the ladies' race from Katie Ingram, Lancashire, and Anna Lupton, Greater Manchester. The ladies' inter-counties team event was won by Yorkshire. The club team prizes went to Bowland for the men and Calder Valley fell runners for the ladies.

Forty athletes competed in the junior races each completing one or two short laps up and down the front of the crag. Mary O'reilly won the U12 Girls from Maddy Bell and Scarlet Dale. In the U14 girls, Lauren Munro Bennet beat Katie Buckley and Alana Grundy. In the U16 girls race Robin Goodfellow beat Reanne Harvey. The U12 boys race was won by Tom Taylor, who beat Davd Goad and Ben Kent. Ryan Sciacca won the U14 boys from Nathan Milligan and Ben Heywood. Elliot Wylie won the U16 boys' race from Luke Betts and Alex Brown.

The Cup for First Local went to Joe Schofield in the U12 race.

In the main race from 365 entries we had 347 runners completing the course, more than a hundred up on last year. Many runners said they enjoyed racing this course as part of a big field and they all enjoyed our famous tea and cakes at the finish. One runner stopped transfixed in front of the cakes and said, " It's true it really is the Manchester |United of fell race teas!" Don't miss next years 'cake race' on the 22 May 2010.

John Dickinson

1. J. Heneghan	Yorks	45.50
2. M. Donnelly	Cumbria	46.55
3. M. Gillespie	ScotW	47.21
4. A. Osbourne	Leeds	47.24
5. D. Hope	Manch	47.36

VETERANS O/40

1. J. Brown	Manch	47.38
2. C. Roberts	Cumbria	47.39
3. M. Chippendale	Bowl	50.54

VETERANS O/50

1. P. Taylor	Ross	55.45

VETERANS O/60

1. M. Walsh	Kend	58.17

VETERANS O/70

1. L. Sullivan	Clay	1.17.35

LADIES

1. O. Walwyn	Chesh	52.36
2. K. Ingram	Lancs	54.20
3. A. Lupton	GtManch	54.36
S. Ridley O/40	ScotE	57.42
G. Walkington O/50	GtManch	69.04
J. Atkins O/60	Chorl	82.11

347 finishers

JUNIORS

Boys U/12

1. T. Taylor	Kend	11.02
2. D. Goad	Helm	11.13

Girls U/12

1. M. O'Reilly	Helm	13.01
2. M. Bell	Dallam	14.54

Boys U/14

1. R. Sciacca	Chorl	Helm
2. N. Milligan	Bury	Bury

Girls U/14

1. L. MunroBennet	Helm	23.21
2. K. Buckley	Bury	23.36

Boys U/16

1. E. Wylie	Ross	20.16
2. L. Betts	Chorl	20.36

Girls U/16

1. R. Goodfellow	Dallam	25.47
2. R. Harvey	Dallam	28.28

Photo © Pete Hartley

Photo © Pete Hartley

Hutton Roof Crags. Left: Matthew Gillespie (Scotland West) 1st junior & 3rd overall; right: Fiona Maxwell (Scotland West) climbing Farleton Knott

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ISLE OF JURA
AL/16m/7500ft 23.05.09

Well, that's another Isle of Jura Fell Race that will be remembered for a long time! The conditions were tough, mainly due to the thick clag and, in places, the wind. You have to take your hats off to the marshalls and Raynet operators who braved the difficult conditions for hours on end. It's got to have been one of the most difficult navigational challenges for many a year with some runners visiting places on the first three hills (the Pips) that haven't seen human footprints for years, and others apparently visiting CP 2 three times. Many people forget that the Pips are more difficult to navigate than the Paps. With Mandy as Race Director for the day it was my turn to run and even I went into headless chicken mode descending from CP 1. With a tail of 20 or so runners misguidedly believing that one of the race organisers must know where he was going my compass bearing somehow led us off left of the ridge and down into what Jim Smith would call Dickie's meadow. That cost us a good 20 minutes by the time we climbed back up to CP 2. Local Rob Darroch assured me after the race that there are magnetic anomalies between CP1 and CP3. So that explains it then!. Must do more recceing next time.

We hope you all enjoyed the race. Well done to Ian Holmes on his sixth victory and to Angela Mudge who was again the ladies winner in an overall place of 10th! And to all those who completed the race in such challenging conditions. Commiserations to those timed out or who retired, hopefully you'll be back again next year. Congratulations to Peter Browning for completing his 21st race – we presented him with the George Broderick Plaque for this awesome achievement.

The junior races get more popular every year, this year there were 89 youngsters competing to get one of the coveted T-shirts.

Many thanks for the continuing generous sponsorship of the race by the Isle of Jura Distillery and the help provided by Willie Cochrane and the distillery team. – if you haven't already tried Jura whisky you should! Our thanks to Donald Ewen Darroch and his hardy team of marshalls, to Jill and Dawn Darroch for the awesome array of food, to Glasgow Raynet, the Strathclyde Police Mountain Rescue Team, Dr Moray Grigor and all the other locals for their support and help - they organise the junior races, the ceilidh and much much more. – we couldn't make the race happen without them.

So, another warm welcome from the island, another great race, another top adventure! … and next year is the 30th race - George Broderick, the founder of the race, will be over to support the event. Let's hope for the kind of weather we had last year. The race will again fill quickly so get your forms in as soon as entries open (official entry form will be available on www.jurafellrace.org.uk from March 1st 2010 - race day is Sat 29 May)

See you all at a race sometime soon, or on the Isle of Jura next year.

Slainte

Mandy Goth & Phil Hodgson

1. I. HolmesO/40	Bing	3.49.50
2. A. Keith O/40	HBT	3.55.33
3. A. Anthony	Ochil	4.04.56
4. I. Ridgeway	Eryri	4.06.43
5. R. Stafford	Mercia	4.07.11
6. R. Lawrence	Bing	4.07.36
7. B. Bolland O/40	Horw	4.07.49
8. C. Near	Eryri	4.09.22
9. L. Taggart	DkPk	4.23.16
10. A. Mudge	Carneth	4.23.46
VETERANS O/50		
1. E. Davies	Mercia	4.30.17
2. P. Crompton	CFR	4.54.02
3. M. Macleod	W'lands	5.03.17
VETERANS O/60		
1. J. Holt	Clay	5.07.38
2. G. Arthur	Ilk	6.09.32
3. E. Dealtry	Ochil	6.17.30
LADIES		
1. (10) A. Mudge	Carneth	4.23.46
2. (15) H. Whitaker O/40	Ilk	4.31.36
3. (34) J. Lee	Eryri	4.51.15
4. (39) S. Ridgeway	Eryri	4.53.21
5. (59) A. Forrest O/40	Amble	5.11.45

151 finishers

RAS CARNEDDAU
Wales
AM/9.2m/4200ft 24.05.09

1. A. Ward O/40	DkPk	1.42.04
2. T. Higginbottom	Eryri	1.44.40
3. D. Aucott	DkPk	1.48.00
4. A. Wrench O/40	Tod	1.50.31
5. J. Moore O/40	CaldV	1.56.11
6. A. Lewis O/50	Eryri	1.57.16
7. P. O'Brien	Eryri	1.57.23
8. M. Richards O/40	GoytV	1.59.09
9. M. Cliffe	Unatt	1.59.52
10. I. Travis O/40	FRA	2.00.19
VETERANS O/50		
1. (6) A. Lewis	Eryri	1.57.16
2. (25) C. Wilcox	Clwyd	2.14.29
3. (26) J. Williams	Eryri	2.14.55
VETERANS O/60		
1. (23) M. Blake	Eryri	2.12.31
2. (31) E. Davies	Eryri	2.19.19
LADIES		
1. (17) R. Metcalfe	Eryri	2.08.41
2. (36) S. Rowlands O/40	Clwyd	2.24.30
3. (43) E. Salisbury	Eryri	2.37.29
4. (46) F. Whitworth	Meltham	2.47.12

52 finishers

SHUTLINGSLOE FELL RACE
Cheshire
AS/2m/900ft 25.05.09

This year, we were again privileged to host a round of the English Junior Championships, with 136 junior runners coming from as far as Cornwall and the north Lakes. The U8 and U10 races followed a course through the fields facing Shutlingsloe and provided an opportunity for local children to compete against club members from further a field. The English Junior Championship courses followed elements of the field course before joining the testing Open course through the stream and up onto Shutlingsloe through the steep and slippery bluebell wood; the U16 and U18s completing the climb to the summit. In the U12 category Jack Willis beat Championship rival Neil Orr, while Abby-Mae Parkinson extended her lead in the Championship with a convincing win. James Knox also extended his Championship lead in the U14 age group with Hannah Bethwaite retaining her title from 2008 in her first Championship race of the year. At U16 level, Championship leader, Tim Orr was beaten into second place by Tom Doyle, while Laura Riches, last year's winner, beat rivals Melanie Hyder, Becky Taylor and Emma Spencer to take the lead in this year's Championship at the halfway stage. Finally, at U18 Joe Gratton completed a clean-sweep of wins in the first three Championship races of 2009 with a close-fought victory and Blue Haywood, a previous ladies' record holder over the Open course, won her first Championship race of the year.

Watched by a large crowd attending the Wildboarclough Rose Queen fete, Simon Bailey led the Open race from the start and was never in any danger of missing out on his eighth win over the course. Simon's finishing time of 15:26 was 15 seconds outside his own record from 2004. Four-time winner, Anne Johnson. was the first lady home and also first lady vet in 21:30. Mark Messenger was the first male vet in 19:08 and the team trophy was wrestled back from Congleton by local rivals Macclesfield (Simon Harding, Mark Messenger and Jon Chapman).

My sincere thanks go to all those who helped with marshalling as well as those who ran. We hope to see you all back again next year!

Jon Mayne

1. S. Bailey	StaffsM	15.26
2. T. Werrett	Mercia	17.13
3. S. Harding	Maccle	17.41
4. J. Robinson	NFR	18.22
5. A. Preedy	Ross	18.34
6. N. Curtis	FatBoys	19.01
7. M. Messsenger O/40	Macc	19.08
8. M. Cliffe	Unatt	19.14
9. J. Pearce	Congle	19.14
10. H. Wyrer	SpringStr	19.21
VETERANS O/50		
1. (24) D. Bullough	Chesh	21.10
2. (28) M. Moorhouse	Mat	21.53
3. (39) G. Pettengell	Macc	23.22
VETERANS O/60		
1. (40) T. Hulme	Chesh	23.28
2. (60) C. Ardron	Macc	25.44
3. (63) C. Lomas	Unatt	26.14
LADIES		
1. (25) A. Johnson O/40	CaldV	21.30
2. (31) S. Curtis O/40	FatBoys	22.43
3. (51) J. Moore	Unatt	25.06
4. (52) R. Higton U/16	Staffs	25.08
5. (53) C. Nield	Macc	25.22
(94) F. Doyle O/50	Unatt	32.27
JUNIORS		
Boys U/8		
1. M. Toman	Ross	2.39
2. L. Hargreaves-Madhas	Ilk	2.46
Girls U/8		
1. L. Brauchmann	Unatt	2.54
2. K. Heylen	Unatt	3.33
Boys U/10		
1. G. Moss	Unatt	5.10
2. T. Szajdzicki	Ilk	5.18
Girls U/10		
1. B. Toman	Ross	5.56
2. E. Titlow	WChesh	6.11
Boys U/12		
1. J. Willis	Cleve	8.55
2. N. Orr	Border	9.31
Girls U/12		

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1. A. Parkinson	BfdGram	10.58
2. I. Wharton	CaldV	12.05
Boys U/14		
1. J. Knox	HelmH	11.24
2. G. Tighe	Mat	11.35
Girls U/14		
1. H. Bethwaite	Ellenb	13.13
2. S. Johnson	Leigh	13.25
Boys U/16		
1. T.Doyle	HelmH	17.29
2. T. Orr	Border	18.08
Girls U/16		
1. L. Riches	Leigh	19.54
2. E. Spencer	Pendle	21.07
Boys U/18		
1. J. Gratton	Hallam	17.07
2. J. Ellis	Warring	17.17
Girls U/18		
1. B. Haywood	Linc	20.36
2. B. Lambson	Skipt	21.07

AUSTWICK AMBLE FELL RACE
Lancashire
BM/8m/1200ft 25.05.09

1. A. Grant O/45	Abbey	54.22
2. Q. Lewis	Baild	54.43
3. M. McGoldrick	Wharf	55.51
4. R. Ashton	Wharf	56.28
5. D. Foster	Otley	56.56
6. G. Schofield O/50	Horw	57.14
7. S. Storey O/50	DkPk	58.02
8. N. Holding O/50	WPenn	58.31
9. A. Evans O/40	SLond	58.57
10. S. Walker O/40	P'stone	59.13
VETERANS O/60		
1. (27) D. Waywel	Wesh	64.48
2. (44) G. Fielding	Ross	69.43
3. (64) C. Grime	Spect	77.32
LADIES		
1. (16) J. Buckley	CaldV	61.50
2. (25) C. Evans O/45	SLond	64.25
3. (49) K. Hoyer O/45	Wesh	72.16
4. (51) C. Preston O/45	Tod	72.56
5. (61) H. Walsh	Otley	76.35
(65) L. Bostock O/50	Clay	78.16

83 finishers

SURREY HILLS
25.05.09

In this my 5th year as Organiser I would have thought that there would be nothing new to report - but no, human unpredictability never ceases to amaze!

On the day we began to get somewhat concerned about a runner on the 'B' course (16k) when 3 hours passed without him returning, but all became clear when he returned after 4 hours, having run the 'A' course (30k). (The controls for all three races are on the same map, but - as we thought - clearly marked as to which controls you need to visit for which course!) The runner did say that he thought he was taking rather a long time to get round the course, but put this down to the climb and his own lack of fitness!

Perhaps less unpredictable was that some runners failed to listen to the race briefing, so didn't realise that the race closed at 3 00 p.m. They got back at 5 00 p.m, rather surprised that the later controls were missing. (In their defence, they had somehow failed to pick up a new map at Registration; the map they were running on was an old one, sent to them in advance of the race, which didn't give the race closing time printed on it. I have now destroyed all such old maps!)

I was delighted that a runner from the USA, over in the UK for a business trip, found our race on the web before leaving, and rang me for a chat about it. As a result of this he came and ran on the day and had a great time, particularly enjoying the lovely scenery and terrain.

This year, for the third time, we organised 'Recce' runs a month before the race - 6 attended. One runner, unaccountably, thought the Recce runs were the week beforehand: fortunately he rang me to confirm, so I was able to save him a wasted journey.

So now the facts: 99 started the races, 88 finished. A new Ladies' record of 55:51 was set for the 'C' course (10k) by Rebecca Harding of Dacorum and Tring, beating the previous record (57:12) held by Mary Mullarkey since 1997.

Finally, thanks as ever to all the helpers from SLOW, to the landowners (Surrey Wildlife Trust, Wotton Estate, The Hurtwood, Alex Brodie of Squires Farm), to the staff of Priory School and to the very public-spirited Guildford Orienteer Jeremy Wilde, who picked up the water bottles discarded by runners ahead of him.

Ginny Catmur

South London Orienteers and Wayfarers

RACE A – 30k

1. J. Dewey	GuildGod	2.02.20
2. E. Catmur	SLOW	2.15.39
3. N. Bunn O/40	Tring	2.18.52
4. K. Leitch O/40	SO	2.32.33
5. K. Masson O/40	MoleV	2.32.34
6. A. Doyle O/50	GO	2.38.47
7. M Wyldbore	ClapCh	2.45.04
8. D. Findlay-Robins	Stragglers	2.49.39
9. J. Williams O/50	Salisb	2.53.58
10. S. Alderdice O/40	MoleV	2.54.15
LADIES		
1. (13) T. Williams	RRC	2.56.30
2. (16) T. Woodyard O/40	SpringStr	3.08.34
3. (24) L. Clayton	SandhJ	3.20.03
(30) J. Ireland	SO	3.30.17

38 finishers

RACE B – 16k

1. C. Pyle	CambCol	1.12.27
2. K. Harding O/40	Tring	1.12.33
3. R. Barrett	BAOC	1.13.00
4. C. Bromley-Gardner O/40	BAOC	1.15.47
5. A. Davis	Unatt	1.16.41
6. D. Taylor O/40	Unatt	1.19.26
7. K. Main	BAOC	1.20.38
8. K. Tonkin O/50	GO	1.21.05
9. D. Watton	SheffTri	1.21.21
10. P. Whiston	SLOW	1.22.49
LADIES		
1. (21) K. Jones O/40	SLOW	1.30.56
2. (23) M. Matthews O/50	Tadw	1.31.50
3. (28) T. Sanders	Unatt	1.36.40

34 finishers

RACE C – 10k

1. G. Newton O/60	Tadw	49.56
2. R. Jones Jun	SLOW	50.49
3. R. Harding Jun Lady	DacTring	55.51
4. N. Bush O/50	MoleV	56.35
5. S. Swaby	LOK	56.37

16 finishers

MYNYDD MYFYR HILL RUN
Shropshire
BS/4m/500ft 25.05.09

The Mynydd Myfyr Hill Run is the first event in the Doug Morris Pentarathon series which is organised by the Oswestry Olympians. This year there was a record number of entries with 137 completing the course, this beat the previous best set last year of 100.

The fine weather and firm surfaces led to some quick times with Tim Davies the overall winner in a time of 21:02. The first female was Alison Lavender, 13th overall with a time of 24:19.

As this event is also part of The Trefonen Walking Weekend there is also a prize for the first local, which went to Jon Bowie who was second overall.

Will Davison

1. T. Davies	Maldwyn	21.02
2. J. Bowie	Trismart	21.35
3. J. Loxam	Stockp	21.40
4. D. Alexander O/40	WChesh	22.21
5. H. Bampton O/40	Swind	22.23
6. I. Wetherall O/40	Sale	22.37
7. R. Hughes	Telf	23.05
8. P. Jones	OswestO	23.16
9. T. Roo	Mercia	23.51
10. D. Hoof Jun	WrekRR	23.52
VETERANS O/50		
1. (15) J. Dillon	WhiteWhipp	24.42
2. (21) S. Roberts	OswestO	25.02
3. (25) C. Ashley	Wrex	25.52
VETERANS O/60		
1. (41) P. Roberts	Buckley	27.33
2. (57) C. Williamson	ShropSh	29.03
3. (83) M. Curran	MMAC	31.19
LADIES		
1. (13) A. Lavender	OswestO	24.19
2. (27) M. Clarke	Telf	26.19
3. (38) N. Lowe	SChesh	26.54
4. (47) L. Morley	Wrex	28.26
5. (48) D. Urquhart	Buckley	28.33
6. (50) A. Ticker O/40	OswestO	28.39
7. (55) K. Braznell O/50	Hales	28.57
(134) M. Lavender O/60	Unatt	42.51

137 finishers

SADDLWORTH
Lancashire
AS/3m/950ft 31.05.09

After months of planning for our first junior fell race on this course with the weather playing an important role, staying sunny and hot, maDE a cracking days running.

The junior races started earlier on the upper part of the main course, still keeping quite a demanding set of courses for each age level. With Kieren Green starting the day Under 8s, he showed his dad just how to win fell races.

The heat and sun took its toll on all runners and spectators alike. With only one fainting just past the start line, St Johns managed exceptionally, clearing the course for the returning runners. Best wishes to mother and baby from all at Saddlworth Runners.

Tim Lord

1. G. Raven	Sale	21.05
2. S. Tosh	Ross	23.18
3. L. Paslo	Bburn	23.56
4. M. Flateley	Middleton	24.06

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5. G. Schofield O/50	Horw	24.29
VETERANS O/40		
1. (11) R. Green	Sadd	25.34
VETERANS O/50		
1. (5) G. Schofield	Horw	24.29
VETERANS O/60		
1. (21) T. Hesketh	Horw	27.08
LADIES		
1. (17) S. Newman O/40	CaldV	26.51
2. (23) L. Griffiths	Holmf	28.54
3. (25) M. Dew O/40	Ross	28.58
(66) R. Hare O/50	Middle	41.29
(59) B. Roberts O/60	Sadd	37.33
JUNIORS		
Boys U/8		
1. K. Green	Sadd	2.00
2. P. Rawnsley	Unatt	2.10
Girls U/8		
1. E. Brewster	Unatt	2.12
2. M. Orr	Unatt	2.17
Boys U/10		
1. J. Marston	Unatt	4.05
2. T. Nelson	CaldV	4.07
Girls U/10		
1. S. Williamson	Ross	4.22
2. L. Brewster	Unatt	4.53
Boys U/12		
1. E. Whitelaw	CaldV	6.28
2. H. Lord	Saddle	7.03
Girls U/12		
1. C. Tovey	Saddle	8.36
2. K. Hughes	Saddle	11.02
Boys U/14		
1. J. Walsh	Roch	12.53
2. M. Greene	Unatt	16.19
Girls U/14		
1. L. Williamson	Ross	14.55
2. R. Mather	CaldV	15.52

PADDY'S POLE
Lancashire
AS/4.5m/1100ft 2.6.09

Many thanks to everyone for coming. The limit imposed by the landowner via Natural England, after the calendar had been sent out, had me worried but things worked out on the night thanks to Clayton, Bowland and Garstang who provided almost half of the 87 runners.

Conditions were perfect for fell running with clear views across Morecambe Bay from Fairsnape.

First back was Chris Livesey, back on the fells after a long absence, closely followed by Mark Chippendale, who was also 2nd last year but over 6 minutes faster this year in the sunshine. First lady and 10th overall with an excellent run was Candice Taylor. Clayton also won both team prizes.

Sadly, the 100 limit is here to stay which isn't enough to make the Village Hall viable so we will have to adapt accordingly.

Thanks to the thirty helpers which allowed things to run smoothly on the night, our sponsors Sweatshop and Pete Marquis Skips, the landowners and Kate at Chipping Village Hall. *Michael McLoughlin.*

1. C. Livesey	Prest	31.10
2. M. Chippendale O40	Bowl	31.34
3. S. Frazer O/45	Unatt	33.30
4. J. Sutton	B'burn	33.57
5. D. Nuttall O/40	Clay	34.01
6. J. Baldwin	Clay	34.04
7. A. Brown	Clay	34.21
8. A. Brindle	AC	34.26
9. I. Bessford	Kghly	34.27
10. C. Taylor	Clay	34.28
VETERANS O/50		
1. (11) G. Schofield	Horw	34.50
2. (18) G. Johnson	B'pool	37.24
3. (39) P. Browning	Clay	40.59
VETERANS O/60		
1. (55) N. Griffiths	Spect	43.36
2. (70) P. McDermott	Prest	47.51
3. (71) G. James	B'pool	48.29
LADIES		
1. (10) C. Taylor	Clay	34.28
2. (44) B. Taylor U/18	B'burn	42.06
3. (81) J. Taylor O/45	Bowl	44.28
4. (60) N. Rushton O/40	Chorl	45.09
5. (61) S. Clark O/40	Clay	45.27

87 finishers

BLENCATHRA
Cumbria
AM/8m/2700ft 03.06.09

For the third year running we were blessed with lovely, sunny conditions with a strong northerly breeze on the tops to keep the runners from overheating, and, (apart from the peat bog) it was nice and dry underfoot.

For the second year running, long standing records were broken – this time it was Alan Bowness's (I thought unbeatable) 1989 record of 59.15 – incredible stuff! Ricky was only 4 years old when that was set – when Margaret Thatcher was still PM!

Thanks to all who competed (from far and wide) and to all Eden runners who either raced or marshalled, enabling me to be a happy runner – organiser again –what a great way to spend an evening.

Ricky Lightfoot of Ellenborough storming up the first climb to a record-breaking victory in this year's Blencathra fellrace

Photo © David Harrison

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Thanks also to David Harrison for the photo of Ricky, there are more photos of many more competitors on www.pbase.com/davidharrison/biencathra2009.

More to come from Ricky next year I reckon?

Anthony Labram

1. R. Lightfoot	Ellenb	58.39
2. J. Davies O/40	Borr	1.01.44
3. J. Bulman	NYM	1.02.05
4. P. Winskill	Eden	1.05.44
5. P. Carnforth O/40	Borr	1.06.45
6. N. Lockwood	Borr	1.07.06
7. B. Ellsworth	Wharf	1.07.30
8. S. Birkinshaw O/40	Borr	1.07.54
9. A. Robertshaw	Borr	1.08.07
10. C. Newman	Wharf	1.08.25
VETERANS O/50		
1. (11) B. Procter	HelmH	1.09.05
2. (42) A. Miller	Kend	1.18.56
3. (49) R. James	CFR	1.21.12
VETERANS O/60		
1. (102) P.Gilchrist	Kesw	1.35.06
2. (114) P. Dowkes	Kend	1.39.10
3. (122) A. Buckley	Kesw	1.43.48
LADIES		
1. (55) H. Dawe	Ilk	1.22.35
2. (71) J. Carter O/40	CFR	1.26.52
3. (85) K. Rogan	Wharf	1.30.08
4. (91) K. Heaviside	Eden	1.31.12
5. (94) C. Bradley	Wharf	1.32.18
(103) J. O'Dowd O/40	Unatt	1.35.09

125 finishers

OTLEY CHEVIN
West Yorkshire
AS/3.5m/900ft 03.06.09

After the torrid heat of the weekend the weather for the annual Chevin Fell Race was almost perfect,and organisors, Skyrac AC. were awarded with a field of 118 runners.

First to the top of the Chevin and back was Graham Pearce 17.35. He was followed home by Tom Adams of Ilkley and Ryan Greaves, also of Pudsey and Bramley in 17:50 and 18:44 respectively. Leading lady was Emily Klee of Leeds City in 19th place and 20:36. Gill Myers was second lady and first local lady and first veteran over 40.

There were some tight finishes for other categories with Dave Wilby beating Shane Green for first local man, defined by having a LS19 postcode. Otley resident but running for Dark Peak, Dave Tait, was first over 60 just in front of Norman Bush.

Andrew Brear

1. G Pearce	P&B	17.35
2. T. Adams	Ilk	17.50
3. R. Greaves	P&B	18.44
4. M. John	Abbey	18.46
5. S. Bottomley O/40	P&B	19.00
6. D. Wilby	Ilk	19.07
7. S. Green O/40	P&B	19.14
8. B. Addey	Otley	19.20
9. P. Sheard O/40	P&B	19.23
10. A. Grant	Abbey	19.27
VETERANS O/50		
1. (16) I. Rowbotham	Ilk	20.24
2. (17) A. Hauser	Holmf	20.27
3. (24) A. Pickley	Settle	20.51
VETERANS O/60		
1. (50) D. Tait	DkPk	23.11
2. (52) N. Bush	Ilk	23.26
3. (79) C. prendergast	Felland	25.21
LADIES		
1. (19) E. Klee	Leeds	20.36
2. (40) G. Myers	FRA	22.14
3. (41) L. Martin	Otley	22.16
4. (53) S. Glover	Felland	23.32
5. (55) C. Corrigan	P&B	23.34
6. (58) M. Green O/50	Bing	23.52
(116) L. Eden	Ilk	36.20

118 finishers

TANSLEY HILL RACE
Derbyshire
CS/4.3m/600ft 04.06.09

80 runners took part on a cool but fine evening.

The race turned out to be family affair. Karl Webster was the race winner, partner Christine Howard was first lady in a new record time and daughter, Elizabeth, was the Under 8 winner in the fun run.

There were some excellent performances from the juniors, not least by Kristian Edwards, who came 2nd overall, and Hayley Cameron who was 21st.

First veterans were Krishna Mahadeva and Susan Metheringham, and special mention must be made of Bryan Rogers who, despite having pneumonia last year, was first V70.

The race was well supported by local clubs, particularly Matlock AC, who turned out in force.

Trophies and prizes were presented at the post barbeque.

My thanks go to all marshals, those who worked on registration and at the finish and, in particular, to my co-organiser, Ruth, without whom the race would not be such a success.

Barry Mosley

1. K. Webster	Matlock	27.11
2. K. Edwards Jun	Tamw	28.17
3. M. Jones	Ripley	28.21
4. R. Bradbury	Matlock	28.29
5. K. Mahadeva O/40	Belper	29.32
6. C. Howard Lady	Matlock	29.32
7. D. Kildin	P'stone	29.51
8. R. Hyde O/40	Erew	30.06
9. R. Mittow	Ashb	30.08
10. P. Abbot	LongE	30.10
VETERANS O/50		
1. (15) S. Bennett	NDerby	31.13
2. (16) M. Moorhouse	Matlock	31.38
3. (26) A. Broomhead	Ripley	33.39
VETERANS O/60		
1. (29) C. Russell	Matlock	34.07
2. (48) G. Young	Sinfin	37.53
3. (57) J. Bush	Sinfin	39.18
VETERANS O/70		
1. (61) B. Rogers	NVets	39.52
2. (73) B. Howitt	Matlock	42.59
LADIES		
1. (6) C. Howard	Matlock	29.32
2. (21) H. Cameron Jun	Matlock	32.52
3. (22) J. Reed	Matlock	32.59
4. (31) V. Kinman	Totley	34.32
5. D. Greer Jun	Matlock	35.13
(49) S. Metheringham O/40	Unatt	37.55
(53) J. Forrester O/50	Matlock	38.27
JUNIORS		
1. (2) K. Edwards	Tamw	28.17
2. (13) D. Bird	Matlock	30.20
3. (14) F. Watson	Matlock	31.05

80 finishers

GLAS TULAICHEAN UPHILL RACE
AS/4.5m/2200ft 06.06.09

A bright day for the 14th running of the race. The going was good and mostly dry underfoot, with the burn crossings low. However the strong north east wind slowed the runners considerably. On the summit, at 1051m, the wind was bitterly cold after overnight snow, and hail showers greeted the runners.

Some of our regular top finishers were otherwise engaged, but newcomers Murray Strain and Bob Wiseman ran strongly to finish first and second, whilst Edel Mooney stormed through to finish third overall.

Entries are taken on the day only, but the organiser insists on closing entries 40 minutes before the start, to allow runners to supply obligatory warm clothing to be taken to finish, by an off-road vehicle, which departs 30 minutes before the race. This is in addition to a compulsory waterproof body-cover check at the start. It so happens that I think that many recent Health & Safety regulations are ludicrous and an impediment to those who try to offer demanding and enjoyable events, but those who know how unforgiving of under-equipped people mountains can be, will understand why any responsible race organiser must enforce kit requirements. For this reason I have previously refused entry to folk who turn up too late to provide kit.

On this occasion a serious road traffic accident caused the closure of the A 93, whilst a helicopter evacuated the injured. This caused a number of athletes to turn up shortly before or after the start. Some of these chose to run the course anyway, at their own responsibility and without a race number. These included Ian Stewart, M50, who started 2 minutes 30 seconds late and still finished in race time of 45.05. Alison Docherty finished in 48.30, Hazel Dean 53.28 and Steve Cromar in 68.27. Steve has been a loyal supporter of the event and the post-race reception has been enhanced by his copious and delicious home baking. Now in the over 70 class, he has been running particularly well after a period in the doldrums. Of course, I toyed with the idea of delaying the start, but I decided against out of consideration for those who were warmed up and ready to go, for those who had to get back by a deadline, and especially for Joyce and Val, the summit time-keepers. In any case, I had no idea for how long the road would be closed.

Thanks again to the many who, without being asked, brought and served food, organised entries and contributed so much to the enjoyment and cameraderie of the event. Especial thanks once more to Simon Winton for the very considerable use of his facilities and for his unfailing goodwill and support.

Martin Hyman

1. M. Strain	HBT	38.49
2. B. Wiseman	Ochil	39.09
3. E. Mooney	Lothian	43.03
4. M. Laing O/50	Fife	43.31
5. F. Maxwell O/40	Shettle	43.52
6. D. Mackenzie O/40	Lomond	44.36
7. S. Ridley O/40	Ed'burgh	45.29
8. S. Bennet O/45	Carneg	45.55
9. I. Anderson O/40	Unatt	46.12
10. P. Henry	Dees	47.15

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VETERANS O/50

1. (4) M. Laing	Fife	43.31
2. (14) D.Hanlon	Dund	50.16
3. (19) D. Duncan	Ochil	52.22

VETERANS O/60

1. (23) H. McLean	Loth	55.47
2. (25) C. Love	Dund	58.19
3. (29) P. Lemoncello	Fife	68.16

LADIES

1. (3) E.Mooney	Loth	43.03
2. (5) F. Maxwell O/40	Shettle	43.52
3. (7) S. Ridley O/40	Ed'burgh	45.29
4. (15) K. Strain	Ed'burghUni	50.42
5. (16) F. Thompson O/40		Carneg 51.46
(28) J. Oliver O/50	Dees	64.24
(29) P. Lemoncello O/60	Fife	68.16

29 finishers

PEN Y GHENT
North Yorkshire
AS/5.9m/1650ft 06.06.09

The race was won by Craig Roberts of Kendal for the 8th time in a very respectable time (so he must have found the a good line on the descent).

The most encouraging aspect of the day was the emergence of the new generation of fell runners at the sharp end of the race. This group of Under 18 runners are a product of the Kendal Winter League Series. They have competed against each other since they were Under 10s. It is has been the most competitive age group in fell running for a generation. None of them has been able to dominate the others for long and anyone of them is capable of winning on their day. I look forward to seeing them take on the seniors in the classic races in the next few years. A special Under 18 prize will be offered next year to encourage more young runners to tackle this varied and demanding course.

I would like to apologise for the intermittent failure of the main timer clock (possibly due to condensation in the works), which was my responsibility. It caused considerable anxiety to my stand-in organiser on the day while I was having fun at the LAMM. Thanks to Jan Wulf for taking on the job of organising and the loyal team of helpers from Settle Harriers. Any shortcomings experienced are entirely my responsibility.

Andrew Hinde

1. C. Roberts O/40	Kend	48.37
2. S. Carmichael	CityHull	48.59
3. A. Whittam	CaldV	50.14
4. P. Winskill	DkPk	51.35
5. M. McGoldrick	Wharfe	52.32
6. C. Miller	Hgt	52.56
7. J. Stevens	CaldV	53.06
8. J. Bradshaw	Wharfe	53.09
9. S. Watson	Wharfe	53.20
10. T. Sessford	Kghly	53.29

VETERANS O/40

1. (1) C. Roberts	Kend	48.37
2. (22) A. Black	Wharfe	No time
3. (24) P. Crabtree	Kghly	No time

VETERANS O/50

1. (13) A. Pickles	Settle	54.20
2. (25) A. Hauser	Holmf	No time
3. (32) N. Holding	PennR	No time

VETERANS O/60

1. (50) N. Bush	Ilk	No time
2. (88) S. Batley	Skyrac	69.43
3. (113) N. Dyson	NYM	78.34

LADIES

1. (19) N White	Bing	55.33
2. (31) L. Lacon	Holmf	59.29
3. (63) J. Robinson O/50	Settle	No time
4. (65) S. Haines O/50	Ilk	66 06
(77) J. Shotter O/40	Holmf	67.24

121 finishers

NEW DUNGEON GHYLL
Cumbria
AS/3m/2100ft 06.06.09

There was rain in the morning, but it cleared for the start of the race, and visibility was good across the tops in Langdale. We revised the course to give a better descent and avoid the front face of Harrison. The ascent to the summit was up the west side path, and the descent down the east side, via Stickle Tarn, and then back onto the ascent route. There was generally a good reaction to the route, and everyone enjoyed the food afterwards.

Marshals and helpers, from the Achille Ratti Climbing Club, worked hard to support the event.

Stanley Charles came in first, followed closely by Tom Doyle and Willie Bell (MV50). First lady was Kiwi Jacobs in her first race.

The number of races on the same day resulted in our lowest turn out, only 11 runners.

The start/finish/parking field and prizes were provided by the New Dungeon Ghyll Hotel. We intend to repeat the event next year, possibly on a different date, as we think this is a worthwhile race.

Bill Mitton

1. S. Charles	Clwydian	43.32
2. T. Doyle	HelmH	44.34
3. W. Bell O/50	CFR	44.52
4. O. Fielden	HelmH	53.43
5. S. Cash	Unatt	53.46
6. D. Ellison O/40	Amble	53.47
7. J. Evans O/40	Amble	56.09
8. M. peat O/50	Lonsdale	58.54
9. P. Dowker O/60	Kend	63.48
10. K. Jacobs Lady	Unatt	66.57
11. L. Buckle O/40	CFR	67.50

11 finishers

WHARFEDALE OFF-ROAD MARATHON & HALF MARATHON
North Yorkshire
CL/25m/2600ft 06.06.09

Once again there were records all the way at the 7th Wharfedale Off Road Marathon and Half Marathon. From humble beginnings where 39 runners competed, year on year the event goes from strength to strength, becoming ever more popular with record entries for the 7th year in a row with over 100 hardy soles entering the marathon and over 200 entering the half.

After the glorious weather of the last two weekends, the runners were met with howling winds and heavy early morning rain. Fortunately, the wind was behind the runners on some of the more severe climbs on the course.

There were two truly outstanding female performances in each event. Firstly, Sarah Jarvis from Bingley Harriers, competing in an off-road race for the first time. She smashed the Half Marathon record by 10 minutes recording 1.39.34. This could have been improved by up to 3 minutes as Sarah missed the final marker and ended up running an extra half-mile. Last year's record holder, Sally Malir, came 2nd just outside her previous record with local runner, Karen Chown, 4th in what was her best time for the course. Quentin Lewis from Baildon won the men's race in 1.31.43, closely followed by Gareth Hird, Richard Barrett and Bruce Elsworth, who was completing his third long race in a week!

In the marathon the ladies' record was totally obliterated by Kate Bailey from Derrington. She smashed a whopping 24 minutes from the previous record coming home 4th overall in a time of 3.12.47. She is the sister of Simon Bailey, a regular England International on the fell circuit. With a performance like this, Kate must surely gain her international vest in the near future. Panos Aristotalous from Leeds won the men's race in a very respectable 3.05.31 with Andrew Cottier 2nd and local runner, Rob Shaw, 3rd. This was an outstanding run from the 40 year old Rob in his first proper season of competing.

Thanks must go to our main sponsors Malhamdale Holidays and Up and Running sports shops.

Once again thank you to all the volunteers and marshals who give their help and time to such events, helping this race to go from strength to strength.

Mick Hawkins

Marathon

1. P. Aristotelous	Leeds	3.05.31
2. A. Cottier O/40	Dewsb	3.10.53
3. R. Shaw O/40	Wharfe	3.11.05
4. D. Williams	Baild	3.12.33
5. K, Bailey Lady	Derring	3.12.47
6. D. Fretwell O/50	Silsden	3.20.57
7. P. Wilkin O/50	Thirsk	3.22.04
8. M. Smith	Lincoln	3.22.15
9. R Ballantine O/40	Kghly	3.27.03
10. A. Cran	Nelson	3.27.53
(31) A. Dixon O/60	Hgte	3.48.26
(32) A. Dean Lady O/50	Hull	3.48.52

97 finishers

Half marathon

1. Q Lewis	Baild	1.30.25
2. G. Hird	Shipley	1.31.43
3. R. Barrett O/40	Skip	1.34.41
4. B. Elsworth	Wharfe	1.36.31
5. J. Hemsley O/40	Wharfe	1.39.14
6. S. Jarvis Lady	Bing	1.39.34
7. V. Proctor	Kghly	1.39.42
8. S. Blanshard	Hgte	1.40.10
9. P. Archer O/40	Clay	1.40.40
10. J. Sinclair O/40	Ilk	1.41.01

VETERANS O/50

1. (13) J. Armitstead	Otley	1.44.51
2. (21) J. Pickup	Burnley	1.49.03
3. (32) A. Bain	NVets	1.51.58

VETERANS O/60

1. (67) P. Gilchrist	Cockmth	2.05.05
2. (75) J. Hoffman	FellP	2.06.04
3. (116) G. Charles	Luton	2.13.31

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LADIES

1. (6) S. Jarvis	Bing	1.39.34
2. (22) S. Malir O/40	Ilk	1.49.13
3. (27) J. Guard	Leeds	1.51.22
4. (42) N. Grant	Leeds	1.55.42
5. (61) L. Richardson O/40	Whalley	2.03.17
(79) M. Pool O/50	Ripp	2.06.16
(169) J. Smalley O/60	Skip	2.32.31

189 finishers

HOLCOMBE TWO TOWERS
Lancashire
AS/4m/1300ft 10.06.09

There was a good turnout for the second year of the new category A course and the experience is sure to remain in the memories of every runner. It was dry while I put most of the markers out between 5 and 6 00 p.m, light rain started by 6.30 p.m. and by the race start, it was torrential. The steep, but normally secure descents through the woodland, turned into waterslides and sections of paths became rivers and lakes. But fell runners are tough and there wasn't a single complaint as they passed my checkpoint. Well done to all runners and also to the marshals who got a thorough soaking. The finish officials had to cope without many race numbers which had got soggy and fallen off. Who needs flags when there is a paper trail to follow?! At least the rain kept the midges away.

In the conditions winner, Nick Leigh, could not get near the course record but there was impressively strong running by the leading pair, Nick staying just ahead of local runner, Mark Shakeshaft, all the way. Third and fourth places were taken by two junior men - Ashley Kay and another local, Ben Coop. While the men struggled in the wet it didn't seem to bother the first lady, junior runner Emma Flanagan, whose time of 41.50 was comfortably inside the record set last year. Well done, Emma!

It will be great to see you all again next year when the June weather is sure to be more Mediterranean than monsoon.

David Archer

1. N Leigh	P&B	33.52
2. M. Shakeshaft	Bury	34.19
3. A. Kay Jun	Ross	35.51
4. B. Coop Jun	Bury	36.33
5. J. Titmuss	Unatt	36.40
6. S. Hoyle O/40	Ross	36.47
7. R. Howarth O/50	Horw	36.56
8. J. Dugdale	Clay	37.12
9. S. Bolland	Bowland	37.13
10. K. Horrigan O/40	Unatt	37.14
VETERANS O/50		
1. (7) R. Howarth	Horw	36.56
2. (16) G. Schofield	Horw	38.31
3. (28) S. Williams	NVets	40.50
VETERANS O/60		
1. (63) G. Breeze	Skyrac	46.34
2. (70) T. Varley	Horw	46.52
3. (81) J. Young	Radc	50.16
LADIES		
1. (34) E. Flanaghan Jun	Ross	41.50
2. (45) L. Brindle	Horw	42.42
3. (65) S. Yeomans Jun	Ross	46.36
4. (76) R. Metcalfe	Horw	47.59
5. (78) J. Haworth O/40	Horw	48.24
(101 S. Charman O/50	SpectS	`58.34

103 finishers

BOAR'S HEAD
Cheshire
BM/8m/1322ft 10.06.09

A field of 148 runners, slightly less than usual, doubtless because of the nice, warm drizzle, set off to contest the race this year, fifty of them being in contention by birth or residence for the Cheshire Fell-running Championship.

Because of the slightly slippery underfoot conditions in places my forecast that the records would remain intact was proved correct but once again the first three places were shared out among last year's prizewinners, with Lloyd Taggart producing a storming finish to come home first with well over a minute to spare from the evergreen Malcolm Fowler in second and Andy Pead in third.

The ladies' race was very tight indeed, with only 19 seconds and two places separating first-placed Sarah Loman from Sarah Harris, with Janet Hatton some two minutes behind in third position.

It was most definitely Macclesfield's night – four out of the first ten men; two out of the first three ladies; five prizewinners overall; both of the team prizes and, in addition, six Cheshire County medals. A brilliant Club performance and well done to all of them.

As is increasingly the case in virtually all sports nowadays, the vast proportion of the field were veterans of one category or another and in recognition of the surprising number of runners actually over 70 in the V60 category, I intend to include a separate V70 category for men from next year's race onwards.

Tony Hulme did the honours at the prizegiving and, in addition to presenting the Boar's Head prizes, also distributed the Cheshire medals as listed below.

Thanks for coming and we look forward to seeing you next year.

Dave Jones

1. L. Taggart	DkPk	44.41
2. M. Fowler O/40	CheshHR	45.58
3. A. Pead O/40	GoytV	46.32
4. S. Pyke O/40	StaffsM	47.22
5. A. Lamont	Macc	47.27
6. T. Taylor O/40	Macc	48.19
7. S. Harding	Macc	49.18
8. N. Walker O/40	Altrinch	49.53
9. I. Stymington	Macc	50.06
10. M. Kieras	Gloss	50.22
VETERANS O/50		
1. I. Warhurst	Penn	52.24
VETERANS O/60		
1. B. Blythe	Macc	54.38
LADIES		
1. S. Loman	Stockp	53.55
2. S. Harris	Macc	54.09
3. J. Hatton O/40	Macc	56.28
4. C. Aspinall	Unatt	58.28
N. Mowat O/50	CheshHR	62.53
A. Dinsmor O/60	Penn	67.06

148 finishers

RAS MOEL HEBOG
Wales
AS/4m/2400ft 13.06.09

This year the course was changed to avoid crossing the recently re-opened railway on the outskirts of Beddgelert. The new route had marginally more distance and climb and received favourable comments from the runners. The weather was warm and dry with sunny intervals.

There was a good turnout in both the senior and junior races. Lloyd Taggart ran away from the rest of the field to finish in an excellent time of 47.09, more than 5 minutes ahead of the second runner! In the ladies' race Joanne Moore was first to the summit but was passed on the descent by Ali Thoma, who went on to win in a time of 68.26 (also 1st over 40). The junior race was a counter in the WFRA Snowdonia Junior Series.

Thanks to the following - Race Sponsors 'Y Warws' of Beddgelert (who generously donated gift vouchers as prizes), Glaslyn Ices (who gave a free ice cream to all senior runners and helpers), Cwmni Beddgelert Cyf, Aberglaslyn Mountain Rescue and everyone who provided assistance on the day.

Ross Powell

1. L. Taggart	DkPk	47.09
2. M. Hulley	DkPk	52.59
3. P. Jenkinson O/40	Eryri	54.31
4. M. Cliffe	Unatt	54.46
5. J. McQueen	Eryri	54.49
6. N. Craine O/40	Eryri	58.12
7. A. Fleet U/23	CaldV	58.35
8. C. Pender	Newburgh	59.05
9. M. Atherton	Meirionn	59.08
10. D. Lewis	Cerist	60.09
VETERANS O/40		
1. (3) P. Jenkinson	Eryri	54.31
2. (6) N. Craine	Eryri	58.12
3. (12) G. Hughes	Unatt	61.08
VETERANS O/50		
1. (15) J. Willimas	Eryri	64.34
2. (18) J. Bennell	Eryri	66.35
3. (21) A. Hearle	Mercia	67.17
VETERANS O/60		
1. (17) M. Blake	Eryri	65.55
2. (30) M. Rasgauksi	Heading	71.40
3. (40) F. Uhlman	WFRA	76.25
VETERANS O/70		
1. (57) R. Hird	Eryri	110.59
LADIES		
1. (23) A. Thomas O/40	Eryri	68.26
2. (26) G. Dewhurst	FellP	69.35
3. (29) J. Moore	Unatt	71.26
4. (34) E. Hemstock U/23	Unatt	74.31
(56) A. Darlington O/50	ColwB	104.38

57 finishers

JUNIOR RACE

BOYS

1. J. Spill U/12	Menai	19.12
2. O. James U/16	Menai	19.33
3. G. Roberts U/14	Unatt	20.24
GIRLS		
1. (5) N. Berry U/14	Stockp	20.36
2. (6) E. Jones U/12	Brecon	21.06
3. (9) B. Jenkinson U/12	Eryri	22.05

14 finishers

ROMAN WALL SHOW
Northumberland
BS/4.4m/620ft 13.06.09

The race had a record entry this year due in part to its inclusion in the NECAA/NEHRA championship series. The men's record was also smashed by Morgan Donnelly on bright blustery and showery day.

The ladies' race title was retained by on form local Karen Robertson

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The newly introduced junior races had only a small entry but hopefully this will grow just as the senior race has.

Rachel Carter

1. M. Donnelly	Borr	27.25
2. P. Sanderson O/40	NFR	28.31
3. W. Horsley	NFR	29.03
4. L. Barrett O/40	NFR	31.06
5. J. Blackett O/40	DkPk	31.14
6. S. Coxon O/40	Tyne	31.33
7. P. Knowles O/40	Amble	31.45
8. K. Murray O/40	Teviot	31.52
9. M. Mallen O/50	DFR	31.55
10. A. McDonald O/40	Morp	32.00
VETERANS O/50		
1. (9) M. Mallen	DFR	31.55
2. (12) B. Jameson	Tyne	32.14
3. (13) N. Cassidy	Tyne	32.32
VETERANS O/60		
1. (48) L. Stevenson	Kend	38.29
2. (51) G. Fraser	AllenV	38.51
3. (62) E. Whitaker	Blhill	43.01
LADIES		
1. (19) K. Robertson O/40		NFR 33.45
2. (31) S. Lister	Blhill	36.21
3. (35) S. Dickinson O/40	OneL	36.39
4. (43) R. Chinnery O/40	Tyne	37.35
(58) S. Milburn O/50	NAycliffe	40.32
89 finishers		
JUNIORS		
1. M. Grundy U/16	Unatt	24.02
2. S. Wilks U/14 Girl	Morp	27.51
3. V. Straub U/14 Gril	Unatt	33.23

BRADFORD MILLENNIUM WAY RELAY

48m/6500ft/5 legs 14.06.09

Pudsey & Bramley held off the strongest challenge yet from rivals, Bingley Harriers. Barely six minutes separated them at the end of the overall race. P&B's winning time of 5.38.52 was seven minutes behind their record set last year.

Bingley's Andy Brown and Steve Brooks, on the uphill run from Silsden to Ilkley on leg 4, broke the leg record in 1.02.21 and Robin Lawrence and Martin Peace took a further three minutes off their P&B competitors on the final leg. By that stage the P&B fastest leg runs by Jamie Noon and Steve Bottomley from Marsh to Laycock (leg 2), and Jon Holah and Brian Stevenson on the following, third leg from Laycock to Silsden had created an insurmountable gap of twelve minutes, with Bingley fourth at that point.

Keighley & Craven had a record four teams, winning two categories (Ladies and Vets) and third in the overall race. Abbey Runners from north Leeds improved a place and seven minutes on 2008 to finish fourth in a club record with their first leg runners Alex Grant and Matt John taking that leg by over a minute. Host club, St Bede's, with their Airedale Athletics club-mates, improved to fifth.

Accrington Road Runners targeted 7 hours for 2009, they beat that, in 6.56.23, half an hour quicker than 2008 to take the prize as best Mixed team (male and female on each leg), twelfth of the record 44 entrants.

Teams from near Antwerp and Groningen held their own Low Countries battle, with the Belgians pipping their Dutch neighbours to 24th place, to their unbridled joy.

The event welcomed new entrants from Heptonstall Harriers, Idle AC and Wharfedale Harriers.

Jack Verity

1. Pudsey & Bramley 'A'	5.38.52
2. Bingley Harriers	5.44.54
3. Keighley & Craven	5.56.47
4. Abbey Runners	6.03.12
5. Airedale Athletics	6.22.33
6. Horsforth Harriers 'A'	6.23.29
7. Pudsey & Bramley 'B'	6.27.35
8. Ilkley Harriers	6.29.08
9. Pudsey Pacers 'A'	6.30.23
10. Keighley & Craven Vets	6.34.25
(12) Accrington RR 'A' Mixed	6.56.23
(14) Valley Striders Vets	7.03.55
(16) Bingley Harriers Vets	7.06.36
(18) Ilkley Harriers Mixed	7.22.20
(19) Keighley & Craven Ladies	7.25.59
(22) Bingley Harriers Ladies	7.33.06
44 finishing teams	

DOCKRAY HARTSIDE
Cumbria
6m/2000ft 17.06.09

Yet another climatically invigorating evening at Dockray with clear blustery skies after a very wet day, followed by a very vicious squall to round up the tail of the race.

From my vantage point at the last control on Common Fell, Steve Birkinshaw and Mike Robinson appeared to be having a real head to head tussle with a commanding lead over Mark Denham-Smith. Mike got a better descent line to win by 13 seconds and Mark commented that the direct route from Hartside to Common Fell is definitely quicker than the longer contouring one. I suggest it is quicker in this relatively short race, whereas years ago in the days of the long Royal Dockray Helvellyn, it was quicker to contour. The vegetation was also much more lush due to the race being six weeks later than normal. After the initial blast up the lane, there is a lot of route choice between each control on the open fell sides, which makes this a tough and very real fell race.

Briony Curtis was first female, and probably first 'newcomer' having travelled from Aberdeen via Edinburgh University Hare and Hounds; her sister, Catrina, who lives locally sent her to run! Jane Davies (Fletcher) and Liz Cowell battled it out for second a third females and both finished in the top twenty. Jane would have been first young newly married mum and Liz first senior female but as we have no prizes it's purely academic.

The usual thanks are due to Jane, Alan and Linz for help at the start and finish, and to Tim for braving the elements on Hartside, and to Ken for usually being there. Races can't happen without these people.

Just for the record, this race was also run on the original date in May but only three brave heroes turned up on a very stormy night. If it hadn't been for Ken Ledward already being in place in his bivvi bag on the top we may have cancelled, but those heroes had a great run, and we decided to do it all over again. Top marks for Shaun Hardisty for doing the double.

It appears to have been a bit of a disjointed or disrupted local mid-week calendar this year, with Coledale and Tebay both moving to Saturdays to be Championship races, and no Fellside race either?

Roll on 2010 – it will be interesting to see how the calendar pans out?

Joe Faulkner

1. M. Robinson	DkPk	53.56
2. S. Birkinshaw	Borr	54.09
3. M. Denham-Smith	Kesw	57.22
4. A. Lambram	Eden	57.31
5. S. Bennett	Eden	57.46
6. C. Smith	Kesw	58.47
7. I. Davies	Kesw	60.11
8. S. Hartlery	Eden	61.08
9. D. Owens	Kesw	61.18
10. R. Gillespie	Eden	63.05
(15) B. Curtis Lady	EdinHH	68.42
(19) J. Davies Lady	Borr	79.27

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Anniversary Waltz:
Allen Smalls
(Colchester Harriers)
descending Cat Bells

Photo © Pete Hartley

Summer 2009.indd 150 27/06/2009 01:49:25

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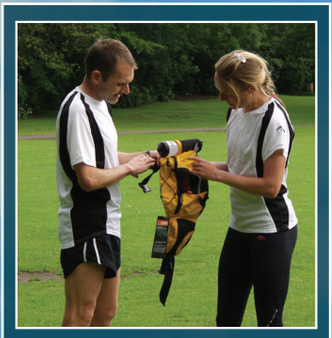

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