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AUTUMN 2010

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AUTUMN 2010

The Fellrunner

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

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The moon stands bright above Burnmoor Tarn during the first night of the Lakeland 100

Editor's Note

Doesn't time fly when you're having fun! Another magazine, another season. Autumn is painting the fells in their brightest colours and it's time to dig out the wooly hat and charge up the head torch!

The 40th Anniversary Year of the FRA draws to a close – hopefully many of you will be at Kendal to make it a successful birthday celebration. Our championship winners will receive their hard fought, well earned medals in the presence of some of the legends of our sport!

Maybe this is an occasion big enough to persuade a few more fell runners to drop in for the AGM before the party begins? A great chance to make sure fell running remains the sport we all treasure so much for the next 40 years! See you there!

Britta Sendlhofer

Commentary

A well known book about fellrunning, originally sold at £8.95 but out-of-print since 1987, occasionally comes up for sale on e-Bay with copies selling for around £130. Which must please one well-liked FRA Forum contributor who was delighted to recently find a copy in a bric-a-brac shop in Wales for just £3!

Assuming that many FRA members wished to read this much sought after text, the FRA Library purchased a copy and announced that it would be available to view via the internet; but no one has yet shown any interest. Cynics have suggested this suggests that the materialistic prestige of owning a copy is far more important than allocating time to read the content; but I shall retain my Panglossian outlook.

Allocating time? Well, as every contributor to this journal knows, *The Fellrunner* does not just appear by magic. People have to write stuff, by allocating time.

And the same applies to the business of running the FRA. Someone occasionally has to allocate time to do a little work. Selwyn Wright is often quoted as saying that fellrunning is a simple sport and the rules should be contained on the back of a postage stamp, or something. Which is a lovely sound bite but Selwyn's recollection is that it was actually a view expressed by Peter Walkington, whose ten years on the Committee included a period as Secretary. As was Selwyn who went on to become an illustrious Chairman allocating time to dealing with BAF and BOFRA to allow fellrunning to become an open sport.

But, as it says in the movie, "when the legend becomes fact, print the legend".

At each AGM up to eight FRA Committee places can be filled by members (known as Club or Member Representatives) who join the Committee without a specific role (unlike, say, Secretary) but who are important in ensuring a continuous flow of fresh thinking and "new blood" onto the Committee.

But recently it has been difficult to find eight members willing to allocate time (just a couple of hours, four times a year) to keep the FRA jogging along. This is a pity because Committees need a good shake now and then and whilst its current members may wish to live forever we will all fall off our perches one day.

So, whilst it is gratifying for the people who put *The Fellrunner* together or who run the FRA Committee or who organise races, etc, to be complimented on their efforts; it would be even better if more people came forward at the AGM to allocate a little of their time, as well as their warm words, to be either Club or Member Reps.

Stud Marks On The Summits is, and almost certainly always will be, the most important book to be published on fell running. It took Bill Smith six years to write. It is an awe inspiring work and time allocated to reading it can be profoundly and humbly rewarding. Time spent serving on the FRA Committee can be equally rewarding and, since you would be surrounded by like-minded people, it can be a lot more sociable and fun.

So why not put yourself forward as a Club Rep. for the Committee, enjoy some fun and in a few years time you may even be writing this Commentary instead of me?

Photo courtesy of Bill Smith

Wardle Skyline - Graham Breeze (Ilkley Harriers) ahead of Victoria Stevens (Ilkley Harriers) and George Large (Northern Vets)

Fellrunner

AUTUMN 2010

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 January 7, 2011 for editorial content and Febryary 1, 2011 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 Runners on the rocks at Cowling Gala fell race. Photos © Dave Woodhead (www.woodentops.org.uk)

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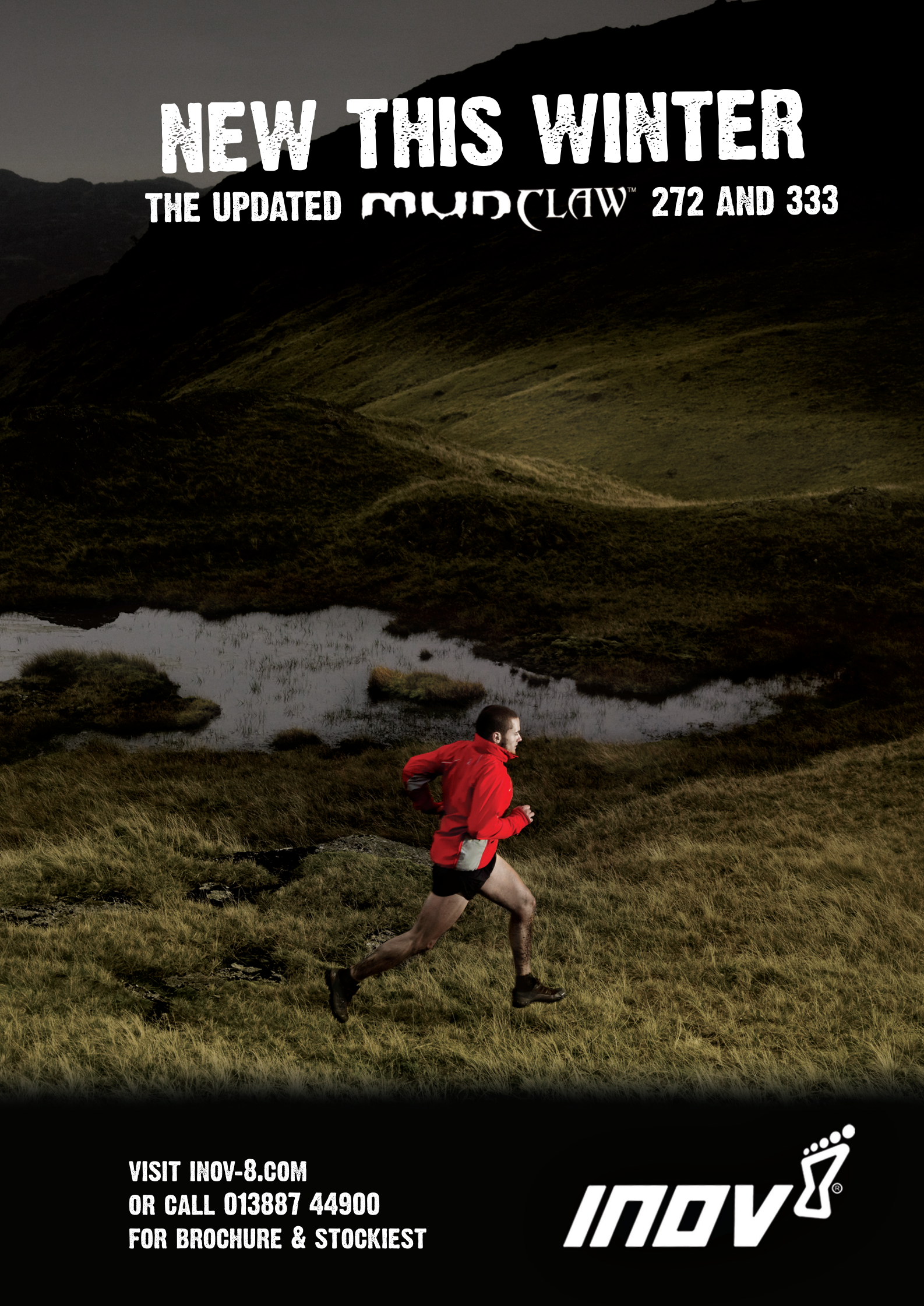
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BY **MARGARET CHIPPENDALE**

Calendar update

By the time you read this, race notification forms for 2011 will have been sent out to all this year's organisers. The deadline for returning the completed forms to me will be **Oct. 31st**, otherwise the races won't get into the printed Calendar.

Anyone organising a new race or wanting a race to be included that wasn't in the 2010 Calendar should contact me by phone (01457 863319) or email (fixtures@fellrunner.org.uk) for the relevant form and other documentation and give me their name, telephone number, email and postal addresses.

I should like to remind race organisers, junior(under 18) runners and their parents of the FRA's policy regarding race entry by juniors. As stated in Section 8 of the "FRA Safety Requirements for Fell Races" entry forms for runners under 18 should be signed by a parent or guardian. In this context "guardian" means legal guardian. An example race entry form specifically for junior races is being added to the "FRA Safety Requirements for Fell Races" for 2011. This and the existing one for senior races will also be available on the FRA website.

The FRA committee has decided to change from imperial to metric units for the 2012 Calendar. A separate article giving details can be found elsewhere in this issue.

As is usual at this time of year there are very few amendments to report.

Information about all additions and amendments to the Calendar since it was published can be found on the FRA website: www.fellrunner.org.uk

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 the "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition".

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

SUN. NOV 21. DROGO 10 (R). BM. 10.30 a.m. 10m/1760'. Venue: Castle Drogo, Drewsteignton, Devon. GR SX724902. £10.00 pre-entry, £12.00 on day. Teams of 3. PM. Over 18. Records: T. Merson, 01.00.00, 2008; f. L. Commander, 01.15.06, 2009. Details: Pam Gurney, 9 Snowdrop Mews, Exeter, EX4 2PN. Tel: 07545 137129. Email: pamgurney@live.com. Website: thedrogo.co.uk

SUN. NOV 21. EAVES WOOD (R). CS. 12.15 p.m. 5.25m/600'. Venue: Holgates Caravan Park, Silverdale, LA5 0SH. GR 456760 on OS 97. £5.00 pre-entry, £6.00 on day. Pre-entry online only at www.ukresults.net Limit of 125 usually reached before race day. Teams. PM. Over 16. Records: S. Bolland, 32.22, 2007; f. N. White, 36.19, 2008. Juniors: Races for ages 6 to U16 as at 1/1/10, from 11.30 a.m., £1 on day. Refreshments included at prizegiving at The Gaskell Hall in Silverdale village centre. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, LA6 1DE. Tel: 01524 734035. Email: david.g.shinn@gmail.com. Website: eaveswoodtrail.blogspot.com

SUN. DEC 5. TANKY'S TROG - MARSDEN TO EDALE (R). BL. 9.00 a.m. 21.5m/3750'. Venue: Carr's Road, Marsden. GR SE050114. £10.00, pre-entry. By Nov. 13th. Entry forms available from organiser by email or post or from Dark Peak website www.dpfr.org.uk Limit 200. PREVIOUS EXPERIENCE IN LONG EVENTS REQUIRING NAVIGATIONAL SKILLS ESSENTIAL - ALL ENTRIES VETTED. ER/NS. Over 20. Records: A. Trigg, 02.45.00, 2000. No toilets. No safety pins. Details: Clair Stokes, 50 Bowshaw, Dronfield, S18 2GB. Tel: 01246 418453. Email: tankystrog@hotmail.co.uk

TUE. DEC 28. PEAK 'O' TRIAL (R). O. 11.00 a.m. Venue: Beehive pub, Hague St., Glossop. GR SK037934. £6.00, pre-entry. By Dec. 17th. Teams. ER/LK/NS. Over 18. Approx. 8m/2000ft. Details: Des Gibbons, 68 Charlestown Road, Glossop, SK13 8JN. Tel: 07826 249324. Email: desgibbons@live.co.uk

2012 FRA Calendar

METRICATION - ADVANCE NOTICE

BACKGROUND

The FRA committee has decided to change from imperial to metric units for the 2012 Calendar. OS maps have been metric for a long time so this logical step is probably overdue. It is hoped that all the other home country organisations will decide to do the same for fell/hill/mountain running. Indeed Scottish Athletics suggested metrication in 2009 and they, Welsh Athletics and the Northern Ireland Mountain Running Association have all indicated their agreement with the FRA proposals. Scottish Hill Runners already use metric units in their Calendar and the Welsh Fell Runners Association will be considering the matter at their next committee meeting.

DETAILS

The following categorisations/specifications will be used in the 2012 Calendar:-

DISTANCE

Long	20 kilometres (12.4 miles) or over.
Medium	Over 10 kilometres (6.2 miles) but under 20 kilometres (12.4miles).
Short	Up to and including 10 kilometres (6.2 miles).

CLIMB

A Not less than 50 metres/kilometre (264 feet/mile).
(Minimum distance 1.5 kilometres (0.93 miles).)

B Not less than 25 metres/kilometre (132 feet/mile).

C Not less than 20 metres/kilometre (106 feet/mile).

JUNIOR RACES

Junior maximum distance limits:

Under 8	1 kilometres (0.6 miles)
Under 10	2 kilometres (1.2 miles)

Under 12	3 kilometres (1.9 miles)
Under 14	5 kilometres (3.1 miles)
Under 16	7 kilometres (4.3 miles)
Under 18	10 kilometres (6.2 miles)

Distances relating to juniors running in paired Mountain Marathon events:

Under 16	20 kilometres (12.4 miles)
Under 18	25 kilometres (15.5 miles)

POINTS TO NOTE

1. Distances – The definition for **S**hort races has been changed to "up to and including..." from the previous "up to ...". This has been done to make the maximum distance for a **S**hort race exactly the same as the maximum distance limit for an Under 18 (over 16) junior runner.

2. Distances & Climbs – The minimum distances for **M**edium and **L**ong races have increased slightly and the minimum climb for all three categories has increased somewhat. Therefore some races will change category.

3. Category C Races – The minimum climb for a Category C race will be 20 metres/ kilometre (106 feet/mile). There are a few races in the current Calendar with slightly less than this. These will be retained but any new races will have to meet the new criteria.

COMMENTS

It is hoped that race organisers will use metrication as an opportunity to check the distance and cumulative climb for their races. I suspect it is a long time since some were measured and the availability of mapping software and GPS technology should facilitate more accurate measurements.

If you have any queries about implementation please contact me and I will do my best to answer them.

Margaret Chippendale

FRA Equipment for Race Organisers

The FRA aims to support organisers of fell races by providing essential equipment for loan.

Currently, this equipment includes:-

- **Radio equipment** for monitoring the progress of the race.
- **Timing equipment** which provides a hard-copy printout.
- **Tents** - for changing, registration etc.
- **Matting** to provide a temporary hard surface for vehicles at field entrances.

Race organisers wishing to borrow any of this kit (on a replace-if-lost-or-damaged basis) should contact Jonathan Broxap – details on the Committee Page.

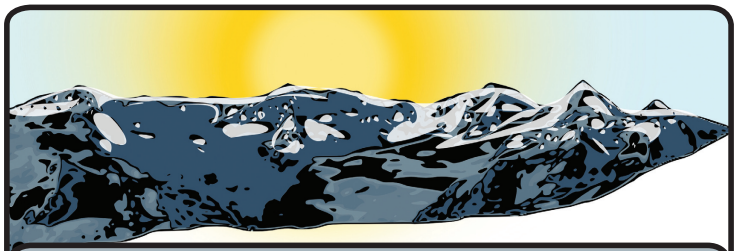
Alan Brentnall, General Secretary, May 2010.

23rd UKA British Fell and Hill Relay Championship 2011

Next year the British Fell and Hill Relay Championship will be hosted by Bingley Harriers & AC on Saturday 15th October 2011. The venue will be among the picturesque valleys and villages of the Yorkshire Dales taking advantage of the testing, rugged terrain of the higher Pennine fells.

We hope to make the event a truly British Championship, welcoming clubs from all four home countries to compete for the most prestigious fell relay championship the UK has to offer.

Further information will be available later this year on the website **www.relay.bingleyharriers.org.uk** and, in the meantime, we wish Fife AC every success with the 22nd relay championship.



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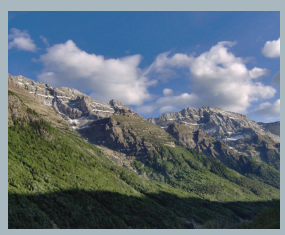

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BY **ALAN BRENTNALL**

Secretary's Corner

SECRETARY'S CORNER

There has only been one meeting since the last Secretary's Corner, which was the Committee Meeting held in the Commercial Inn, Glossop immediately after the Shelf Moor race. Below are some notes from that meeting, and further information can be obtained by contacting me direct.

Please don't forget the forthcoming AGM at Kendal on 13 November. Although there is only one motion tabled for the meeting, the informal debate at the end of the AGM is always a lively affair - and it is your opportunity to let the Committee know what your thoughts are. A much more effective way of communicating than posting on the Forum!!

And, if nothing else, it will give you a chance to recuperate between your exertions in the excellent Dunnerdale Fell Race and the (heavily subsidised) FRA Presentation Dinner Dance.

COMMITTEE MEETING

Glossop, Sunday 5 September, 2010

The Treasurer, Madeleine Watson, presented a draft statement of the accounts for the year ending July 2010 in preparation for the forthcoming AGM.

A list of races which are under consideration by the Championships Subcommittee was circulated and discussed. The complete list is still under negotiation and discussion as I write this, but the final list should be published by the time you read this issue of the magazine.

On the international scene, Alan Barlow reported that the England men's team had gained second place at the World Long Distance Challenge event at Pike's Peak.

The retiring Junior Coordinator, Richard Lecky-Thompson, could not make the meeting, but sent a report stating that English Schools Fell Running Championship was to be held at Sedbergh School and that entries were now open and being processed.

He commented that numbers for the Junior Do were down on last year, and thinks that consideration should be given to reverting to the practice of holding the Do on the same day as the last Junior Championship race. 98 runners completed the Junior Championship by running four of the six races, and 22 runners managed to do all six.

At Richard's request, the Committee debated various problems associated with the parental signature on race entry forms for juniors which is present on the specimen FRA form to inform the race organiser that the Parent / Legal Guardian is aware that his / her offspring is taking part in the race. Margaret Chippendale agreed to draft amendments to the forms and other Calendar sections which will reflect the Committee's decisions.

Written reports from Graeme Woodward on Coach Education Development and Junior Squads were circulated prior to the meeting, and received with interest.

Various changes to the Calendar were discussed including the possibility of producing something more colourful in the future.

At May's meeting, it was agreed that lengths and distances of races would be recorded using metric units with effect from the 2012 issue. To this end, Margaret has proposed values for lengths and heights which will replace the current values for the different categories, and she has done this with minimal disruption to current race classifications. The next step is to seek agreement with the other UKA regions so that all race categories will be uniform within the UK.

THE FELL RUNNERS ASSOCIATION ANNUAL GENERAL MEETING

TO BE HELD AT THE CASTLE GREEN HOTEL, KENDAL ON SATURDAY 13 NOVEMBER 2010 AT 4:00PM

AGENDA

1. **Apologies for absence.**

2. **Adoption of the Minutes of the 2009 AGM.**

3. **FRA Report**
   (combining reports from the Secretary and the Chair).

4. **Treasurer's Report and Adoption of Accounts.**

5. **Motions.**

a. **Proposed change to the Ranking used in the English Championship.**
Currently, the ranking for LV60 runners in the English Championship is calculated from scores in up to three races from the short and medium distances. This motion proposes that this is changed, such that it is identical to the method of calculation used for MV60 runners: i.e. the ranking will be calculated from scores in up to four of the championship races, and, if four races are used, then they must include one from each distance - short, medium and long. (Proposed by Wendy Dodds, seconded by Katy Thompson. This is a late motion, which has not been discussed by the Executive Committee.)

6. **Election of Officers & Committee.**
a. **Thanks to retiring officers etc.**
b. **Election of the officers of the Committee.**
c. **Club Representatives: Four seats.**
Nominations must be in writing (email is acceptable) and must reach the Secretary by Saturday 6 November 2010 at the latest.
d. **Membership Representatives: Four seats.**
Nominations will be accepted from the Meeting.

7. **Other Appointments**
a. **Appointment of the Auditor.**

AS USUAL, A GENERAL DISCUSSION ON FELL RUNNING ISSUES WILL FOLLOW THE FORMAL BUSINESS.

BY CHRIS KNOX

Access and Environment

AUTUMN 2010

I hope that, like me, most of our readers are regularly humbled by the wonderful landscapes that we are privileged to be a minute part of. From the big skies of our moorlands and the depths of our valleys and glens to the mountain ridges and even (at times) the bogs and tussocks that seem to join everything together.

Sometimes we can be running through stunning locations and yet see nothing of it because; a) we're too busy racing. b) eyes glued to map and compass, noting only key points, or c) the clag is down! There will be other reasons, I'm sure, however the image above was taken on a recent trip into Scotland to climb a few Munro tops. Anyone not tempted to investigate this Glen and climb the not too distant peak?

Meanwhile, six and a half hours were in clag (a, b and c all applied because I was only going to be out for four hours!) and the last twenty minutes were in full sun – from monochrome grey to Autumn colour overload. I was also then very humble to my long suffering wife who was really worried by the time I was two hours overdue, I only just caught her before she was off to get a mobile signal to alert the MRT. Lesson learned, Glen Affric can be wild, wonderful and can be very tough going!

Safety

Speaking of tough, after a recent incident with a good running friend who had to be airlifted (recovering well now thankfully) from one of our Lake District fells, I had a quick look at some of the incidents the Keswick MRT were involved with last winter. It was quite sobering to see how many innocent 'slips' on lower slopes resulted in team call outs and the need for the Air Ambulance and/or RAF Sea King helicopter to get the casualty to safety.

Also how easy it is in winter to be caught out by short days and rapid changes in weather conditions. There's quite a few of us giving more to the MRT's and the Air Ambulance after this year, but there's always room for more.

Remember the kit requirement for races is the minimum you need to carry, solo training runs you should think about carrying more – just like a spare tyre – you never need it until you do. And from an organising point of view, even with the wonderful FRA radios, check that radio marshals can communicate with each other. We learned on the autumn navigation course at Elterwater that participants trying to evade the 'sweep' system sometimes took a radio (and the fast running marshal holding on to it) out of range!

Wildlife and Landscape

With over six thousand members I think it is safe to say that we will all have some conflicting opinions with other members (current FRA committee 'discussions' can often display this!) and like any written article it can be quite easy to upset some members some of the time and others possibly all of the time. My summer reference to the RSPB Raptor programme certainly upset at least one member and I've been hanging on for his article to put another view forward, but it will have to wait now until the next mag. Pretty sure they are on the side of the Sparrow as opposed to the Sparrow Hawk. Previous mention of Red Squirrel protection and Grey Squirrel culling didn't seem to upset anyone but I think Badgers and Foxes would certainly bring some extreme views, but possibly of less interest to fell runners. On the landscape side, we've given support to 'Fix the Fells' project, yet I'm not the only one who hates trying to run down pitched paths where the angle (for drainage purposes) makes some steps lethal in wet conditions. But well pitched paths do help minimise the erosion on many slopes. We've been asked more than once to support both sides on windfarm proposals in a variety of locations, however again the subject is too emotive for further comment on these pages, unless a proposal adversely affects existing access, athough I do have my own opinion if anyone needs to ask.

Algal Blooms

OK not a lot to do with fell running but (time to upset most members outside of Cumbria) as most of us love to run in the Lake District, the traditional 'home' of fell running, it has been sad to see algal blooms in several of our lakes towards the end of this summer. Blue-green algae in Windermere caused the postponement and eventual cancellation of the Great North Swim during September. From the roadside the algae looked like great blotches of oil on the surface, as the algae dies off it strips up oxygen from the water, killing fish and insects, reducing the food source for birds. Blue-green algae can also be toxic to animals (that includes us) so it is in our interests to reduce the occurrence of the blooms. Algal growth thrives on nutrient rich water, phosphates in particular, and this is where we can help. A great deal of phosphate in the Windermere and Derwentwater/Bassenthwaite catchment areas comes from household detergents whose phosphate content cannot all be stripped off during sewage treatment. If we choose or ask for phosphate free products, every little help will count. A list of phosphate free products can be found on www.loveyourlakes.org and others will be on the market if you look. Farms have been trying to reduce their phosphate use and run-off for years now and I'm sure are continuing to do so.

See you all at the AGM? Go on, you know you need to go at least one!

BY **VAL GILL**

John Peel

Black Combe Runners
25.01.1929 – 1.06.2010

John Peel was a hugely impressive and influential member of Black Combe Runners for 28 years. Initially as an enthusiastic club runner, joining when he was over 50 years of age. John competed in many road and fell races but he gradually became a mentor and an inspiration to very many budding fell runners within the club. He progressed to longer distances as he got older, Mountain trials and his first mountain marathon at the age 68!

In addition to his running John climbed all the Munro's and associated "tops" – many of these he walked or run solo, many in winter. He also completed the TGO Challenge on 4 occasions and the Joss Naylor challenge in 1995.

John was born in the Lake District and for the last 30 years lived in Silecroft – in sight of Black Combe and the start of the Black Combe fell race. John and his wife, Jill are very well known to all the hundreds of runners who trek west every March for the annual race. He ran the race many times, he also helped runners to recce the route and welcomed all to the village hall for the hospitality we have come to love from traditional fell races.

For the last few years John was President of Black Combe, a role he undertook, as always, with responsibility, reliability and a good push to the rest of us to "shape up and do the right thing." No doubt John's long army career of over 30 years in the Royal Engineers shaped his behaviour but so did his Christian values and his pride in being a direct descendent of John Peel of hunting fame.

John suffered with increasing back problems latterly which should have curtailed his running but he refused to give up. One BCR memebr can remember rounding a corner on BCR's New Year's Day run to see a body hanging from a tree. No problem, it was only John stretching his back!

John and his wife Jill

Even when he was confined to a wheelchair, John maintained his interest in and love for fell running and the mountains. Each and every race or trip to Scotland by a club member was carefully scrutinised and followed in great detail.

John is sorely missed by his family, friends and local community. His club, Black Combe Runners remembers him with huge affection, admiration and so many happy memories. He leaves a legacy of fell running at its very best.

John any the author on Sca fell Pike during our BCR fell stopwatch challenge in July 1997

In memory of Raymond Myers

1933 - 2010

Founder Member of Mercia Fellrunners

Fellrunner and Father

Ray on Bleaklow, completing his round of the English and Welsh 2,000's July 2002 aged 68 years

This poem was written and spoken by Ray's Son at his funeral earlier this year

DAD

Liberty whispers as breathing falters
Shackles loosen as a new day dawns
Wasted limbs can no longer hold him
As pain subsides and freedom calls

Striding out at the mountain's calling
The timbre of shoes on stony ground
Lured by the sound of Wainwright's footsteps
In the hills and valleys he'll be found

Gliding down the grassy fell sides
Drifting across deserted moors
No longer challenged by cold or gradient
Unhindered by mere physical laws

So empty your mind and open your senses
When you venture onto Hewitt's peaks
Then you may for one fleeting moment
Experience his joy as the mountain speaks

If your determination should ever falter
And the summit seems a step too far
Stride on and continue ever upwards
Employing his courage as an aide-memoire

Grave stones all eventually crumble
Names are lost on lips long gone
But as long as there are lakes and mountains
There'll always be the echo of Raymond John

Striding out at the mountain's calling
The timbre of shoes on stony ground
Lured by the sound of Wainwright's footsteps
In the hills and valleys he'll be found

Tony Myers 2010

BY **RICHIE STEVENSON**

Doctor David Wallace Young B.Sc., M.B., Ch.B.

1948 - 2010

Manx Fell Running in particular and Isle of Man athletics in general have been left in a state of shock on hearing the desperately sad news that Dr. David Young has passed away.

"The Doc" as he was affectionately known had recently retired from General Practice in the village of Laxey where he had lived since moving to the Island in the late 70's. For those of us who knew him through his athletics career he was, without doubt, one of the most popular and respected runners ever to compete in local fell races and his passing will leave a huge void in the closely knit fell running community.

My first recollections of the Doc were back in the 80`s when he came into the sport at near veteran status. Within a short space of time he had made his mark and he proceeded to dominate the various veterans age categories up until his untimely death. Indeed he had just retained his veterans 60 category in the Manx Fell League that he was so proud to win for the first time last year.

A quick look at the Manx fell course records shows that the Doc holds every record for the over 50`s age group, a quite staggering achievement. He was also veterans over 40 and over 50 league winner on numerous occasions.

Preparation was always a strong point for the 62 years old Scotsman. He would spend hours searching for the best routes seeking out sheep tracks or short cuts that may just be a bit quicker than the established route. These routes he would carefully mark with a strategically placed stone or piece of wood so he could find them in the heat of battle. Of course this system became known to his rivals and they would also be looking out for them!

The Docs passion and enthusiasm for the hills was obvious and he took it to new heights, so to speak, in his many journeys home to his native Scotland where be became a prolific "Munro bagger". He recently recalled to me, his pride at completing the Cullin Ridge with his daughter Fiona.

At his non-religious funeral were as many mourners outside as inside the crematorium chapel. His brother-in-law, Dr. Mac Armstrong, conducted the service, and another brother-in-law, George Johnston, gave a wonderful eulogy, outlining some of the lesser-known aspects of his life. Not many present would have known that he was such an accomplished climber, an opera singer at university, or indeed, the top medical student in his year. For a number of years prior to moving to the Isle of Man, *The Doc* and his family had lived on the island of St. Helena, where he was one of only two doctors. The story was retold of his performing operations with a scalpel in one hand and a text-book in the other! We all smiled at the stories of his single-minded approach to golf and cycling, before running took such a hold on his life.

Manx Fell Runners would like to pass on their sympathies to all the Docs family and friends at this sad time – especially his wife Sara and daughters Jennifer, Catriona and Fiona.

Many local runners have left tributes to the great man. To read them or add to them, have a look at ***www.manxfellrunners.org/index.php/2010/08/17/dave-young/#comments***

Photo by Sarah Cringle

Dr David Young in the Greeba Race, February 2010

RACE ETIQUETTE

As a 55 year old fell runner; I've finally been driven to a rant by being 'handed-off' on a tricky descent so that the runner could get an advantage over me; Yes; blue shirted man in the Stanage Struggle yesterday, you know who you are!

His tactic didn't have the effect he hoped for and he was beaten fairly. Which brings me on to my rant. When did it become OK to rush in front of the runner in front as you reach a stile; climb the wall at the side; push past at the most dangerous section of the route; or short cut to gain an advantage.

Any victory earned from this behaviour is worthless. Its rude to the people you are abusing and its unsportsmanlike like. Sportsmanlike for me is; passing with respect to the other runner, covering more ground if needed and still winning. Not taking that gate at the last second but having the grace to let it go; and still winning. Calling back that runner that has gone off-route in front of you, yet still winning.

IPod wearers are as much a nuisance, in this race on Sunday there were loads; why! You are in beautiful countryside with great people; why isolate yourself! You are a danger to your fellow runners, to yourself and to the race organisers. In the Tour Du Mont Blanc this year, I had a runner change direction suddenly in front of me as I was passing, oblivious to me being there. A bad accident was narrowly avoided; and yes, he was wearing an IPod!

IPod wearing seems to be reserved to Adventure Racers, tri-athletes and unattached runners and perhaps athletic/running clubs are good for defining the etiquette in our sport when the previous runners are individuals not club athletes. That's a whole new subject!

So please respect your fellow fell runner; yourself and the organisers, be friendly, courageous and graceful. The victory will be well deserved!

Gary McMahon
16 King's Court, Nottingham, NG1 1HS
Great Britain

Change of address or missing magazines

THE FELL RUNNERS ASSOCIATION

Please contact: **Debbie Thompson**
Tel: 01931 714106 or email:
debbie.thompson@sportident.co.uk

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
1 Kirkfield, Ambleside,
Cumbria LA22 9HA
Tel: 07826 113011 | Email: britta@brittas-designs.co.uk

BY **STEVE FREEMAN**

Black Sail

In the last edition of this magazine (Summer 2010) there appeared a review of my book *Black Sail*. There was a delay in the publication, and it has only just come out now (late August), so I apologise to anyone who tried unsuccessfully to make a purchase. It is now in stock at Fred Holdsworth Bookshop in Ambleside, and a signed copy costs £8.99.

You can buy on-line from their website: **www.fredontheweb.co.uk** (postage charge of £1.95). It is also being stocked by Waterstones of Kendal, or you could order it from any other bookshop (for which it might be useful to quote the ISBN 9781907756726).

Lost on the fells or just disorientated?

Do you carry the compulsory map and compass in your survival kit while racing/running on the fells? The answer is probably yes – but do you know how

use it? If you are like me the answer would have been a definite no – until I attended the FRA Navigation course last weekend, at Elterwater in the Lake District.

While completing my first winter of fell running (Esk Valley League in the North York Moors) I realised this wasn't like the Cross Country League I had enjoyed so much with my previous club, Stopsley Striders, in Bedfordshire. It was a new kind of running which stretched my running ability over incredible landscapes and terrain which only FELL RUNNERS can possibly know of.

Just one problem with my new found *love of the fells* – following runners is fine until they go the wrong way, but most of all the feeling when I couldn't see a runner in front sickened me. Thoughts of being lost out on the Moors terrified me! So I decided to do something about it – you can too!

The FRA offer Navigation Courses twice a year and they are very popular so book early. You don't have to be amazingly fit to attend the course; learning to locate where you are on your map at any given time, or knowing how to take a compass bearing doesn't mean you need to be fast (walking/jogging is acceptable).

Briefly: on the course there were 28 (male & female) runners with varying degrees of knowledge and ability. The coaches were all very passionate about navigation, with a wealth of experience between them.

They all did a tremendous job encouraging us to put the theory into practice and were very persuasive when it came to going 'SOLO' – I have to say at this point I felt so scared and couldn't stop shaking – If you got disorientated (as I did) you must 'Stop, Map read and Re route' – I did it! No such thing as being lost when you can navigate!!!

I'm looking forward to practicing my navigational skills which is a must – use it or lose it!

A big thank you to all the Tutors including Margaret (for her organisation, without which the course wouldn't take place), my encouraging, patient group tutor John (who writes Maps), Chris (FRA Environment & Access Officer) who gave a very interesting talk and also persuaded me (at the very last minute) to go 'Solo' on Silver Howe.

Last, thanks goes to Steve, who loaned me his head torch on the 'Pairs Night Navigation' (my light went out after two minutes!) so there was no chance of us separating!

THE FELL RUNNERS ASSOCIATION

FRA Basic Navigation Courses 2011

An introduction to map reading and navigation on the fells for those new to fell running or wishing to try races requiring navigation skills.

Courses will comprise of practical instruction sessions on the fells. There also be low-key navigation events for you to test your improving skills. Indoor theory sessions will cover the basic skills (Friday evening) and other relevant topics as you go.

Cost: £60 for FRA members, £85 for non-members, instruction and full board all inclusive.

SPRING COURSE:	AUTUMN COURSE
Friday 18th March to Sunday 20th March Based at Kettlewell Youth Hostel in the Yorkshire Dale	Friday 23rd September to Sunday25th Based at Elterwater Youth Hostel, Ambleside

Details for both courses write to (SAE) or email:

Margaret Batley,
3, Hillside Close , Addingham, Ilkley, West Yorks, LS29 0TB.
margaretbatley@rocketmail.com.

BY **KATHRYN AND DANNY HOPE**

Walsh Spirit Lite Shoes

The Spirit Lites after six months of use and abuse by Danny

Introduction

Walsh Sports Ltd released their Spirit Lite shoes in February 2010 and we were kindly provided with a pair each to test. We're writing this article in September 2010 after six months of wearing the shoes so we can give you our thoughts after well and truly testing them.

First impressions

They look more like a light walking shoe than a running shoe. And they're good looking too – a bonus for any other girls who are fed up with pastel colours. On picking them up, they are impressively light. We don't know the stats but they seem as light as most of the trail shoe competitors like Inov-8, New Balance, Nike, Asics, etc.

Walsh Spirit Lite

From first wear they're comfortable and after a couple of short runs we were able to wear them on longer Winter Hill training runs with no blister trouble. The midsole depth is shallow so the foot stays close to the ground so there's less chance of an ankle twist. It's also quite soft so they're flexible and cushion well when running on harder tracks.

Grip and fit

The studs aren't as aggressive as Walsh PBs, but adequate for training runs on a variety of surfaces and perfectly suited to Winter Hill type terrain – a mixture of gravel tracks, bogs and grassy descents with enough cushioning for a bit of road. They're slippy on wet algae and lichen covered rocks but we've yet to find a pair of shoes that isn't!

The fit is good, Danny wears orthotics given his high arches and shorter right leg and the shoes fit well with the orthotics in. He could still get the shoes tight and the heel tab is high enough so that the shoe doesn't feel like it will come off at the back – a problem with some other brands. The laces are long and strong and the eyelets closely spaced so you can get the shoes very tight. The feeling of support from the shoes is good.

Wear and tear

As you can see from the photo, after six months wear they're still in good condition. The studs haven't worn down much and the uppers are still very good. Because the midsole is soft, the cushioning has deteriorated, but that has to be expected, after that time. Danny is quite a heavy, hard wearing runner so he gets through lots of shoes, so the Spirit Lite durability is impressive.

Use and abuse

Danny raced in the shoes at the Valmalenco-Valposchiavo Sky Race in June, which covers 31km with 1850m of ascent and descent including hard trails, slippy, wet rocks and knee deep snow! Danny picked the Spirit Lites for the length of the race, rain on race day and some snowy terrain.

The ultimate testing ground at the Valmalenco-Valposchiavo Sky Race. Danny demonstrates that the body may not be working after 2¼ hours of ascent, but there's no problem with the shoes!

The Spirit Lites performed well – no blisters despite an 1800m descent in the final 10km but slightly sore toes as the front of the shoe is quite heavily reinforced, so maybe not ideal for a long, steep descent. Cushioning was very good, much better than could be expected from wearing a fell racing shoe. Apart from a few hair-raising moments on wet rock, algae-covered wooden bridges and snow, which would have been as bad in any shoes, the grip was pretty good.

Could they be even better?

We think the grip could be improved with smaller and more closely spaced studs and the outsole rubber could be softened slightly, though this is a fine balance and could reduce durability.

Summary

We'd recommend these shoes as a good all-rounder suitable for training through the year in most British 'hill' conditions. Also for longer trail races on the continent. They'd make a great lightweight walking shoe and we'll be packing ours when we travel so they can double up. They're long lasting and good value for money, ideal for beginners and regular runners as well as for those who are more experienced.

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BY **NICK KINGSTON & PAULINE RICHARDS**

The Longmynd Valleys' race

A 25TH BIRTHDAY CELEBRATION AND AN FRA CHAMPIONSHIP EVENT IN 2011

AM 11.5m/4500' – 6th March 2011

An Invitation from Mercia Fellrunners

Organised fell running in the West Midlands was in it's infancy in the early 1980's (not forgetting the hardy few including the pioneer George Rhodes who had long since been traveling 'Up North' to fell run) when a few enthusiastic people from the new club on the block, Mercia Fell Runners, decided that their training over the Long Mynd tops (and bottoms) in South Shropshire provided the possibility for a classic, tough new race. The principle brain and driving force behind the idea was Eddie Harwood, orienteer and one of the founder members of Mercia. After one or two informal 'races' over the course, 1987 saw the first 'proper' race advertised in the FRA Journals. Eddie very cunningly realised that by setting the course route on a rough north/south axis he could cross into and out of all the main 'batches' (valleys) on the Mynd and thus find 4,500 feet of ascent in just over 10 miles – with the worst of it coming towards the end of the route!

The race quickly gained popularity – notoriety – as our northern fell running cousins realised the 'soft south' (well, West Midlands anyway) could offer the prospect of a proper Sunday battle against the elements in late winter.

Records and champions have come and gone now over the 25 years (see bottom of the next page) but certain things have remained to guarantee the popularity of "The Valley's". It's principal organisers over that time have been few, there has been continuity and they are people who love the fells and the area.

The organisation is efficient and the atmosphere friendly and welcoming. Moreover "The Valley's Race" is only half of the story. "The Shropshire Weekend" offers a short, sharp race on the day before (Saturday) – the Titterstone Clee Race. There is a combined Trophy for the two days' competition and a much competed for souvenir t-shirts for the 25 best finishers over the two days.

Coming to visit with us for the weekend, doing the two races and staying in and near Church Stretton, has become an annual event for members of many clubs. Whilst runners discussed the Saturday race conditions in the pub afterwards remarks have been overheard such as: "That's the 4th time I've done that race, I didn't know there was a Radome up there!!" and "It might be a short race, but isn't the navigation interesting". Thinking about it, that might not actually be what they said!!! Sharing experiences of the Valleys' second half (read Richard Askwith!)

Photos © Al Tye fellrunningpictures.co.uk

Photos © Al Tye fellrunningpictures.co.uk

whilst mentally preparing for the Sunday adventure over a pint and a meal in a Stretton Pub on Saturday night, We have many friends at this event and the numbers grow every year

We hope to make next year's event 'special' in several ways as we celebrate 25 years of *The Valley's and The Shropshire Weekend*. There will be a Saturday night gathering and carbo-loading challenge (okay, pasta party then!) lots of seriously good prizes, and much more – so come and join us. We would love to see as many as possible of our 'old' champions and regular supporters. Let us know if you are coming and then we can spoil you. It would also be good to know just how many weekends and/or Valleys' Races you have competed in.

On behalf of Mercia Fellrunners we are pleased to be holding this Championship event on the 25th running of the race and we look forward to welcoming you to Shropshire.

Nick Kingston and Pauline Richards

Full information and maps of the course will be displayed on the Mercia Website www.merciafellrunners.org.uk in due course along with information regarding accommodation etc.

Download entry form from Website or use universal entry form. Entry for this race will be by pre-entry (£7.00) or on the day if race limit not reached. The race limit is 400. Please make cheques payable to *Mercia Fell Runners* and send to: Pauline and Keith Richards, 23 St. Annes Road, Collegefields, Shrewsbury, Shropshire, SY3 6AU.

Any problems contact Pauline on 01743 352387 or keithandpauline2010@talktalk.net .

If using universal entry form please state whether you would like to join in the celebrations on the Saturday night.

ROLL OF HONOUR

Winners of The Long Mynd Valleys Race to date – who will be the 25th Anniversary Winner ??

1987	Stephen Palmer	MFR	1.42.50	Brenda Shaw	Telford AC	3.20.41
1988	Steve Nicholson	CUFRC	1.38.28	Alice Bedwell	Mynyddyr	2.15.13
1989	Eddie Harwood	Mercia	2.02.49	Sylvia Watson	Valley Strider	2.25.14
1990	D. Hughes	Hebog	1.46.50	Karen Patten	MDC	2.05.18
1991	Dave Troman	Mercia	1.43.24	L. Kirk	MDC	2.03.56
1992	Paul Cadman	Mercia	1.47.05	Andrea George	Mercia	2.08.01
1993	Andy Trigg	Glossopdale	1.37.12	***Carol Greenwood***	***Cald V***	***1.46.24***
1994	Mark Kinch	Warrington	1.36.49	Cecilia Greasley	Macc H	2.05.11
1995	Mark Kinch	Warrington	1.35.30	Cecilia Greasley	Macc H	2.02.44
1996	Mark Kinch	Warrington	1.41.30	T. Sloan	Salford	2.06.04
1997	Mark Kinch	Bingley	1.46.50	M. Brankey	Glossop	2.26.31
1998	***Ian Holmes***	***Bingley***	***1.29.58***	Carol Greenwood	Bingley	1.47.37
1999	Dave Troman	Keswick	1.47.30	Jean Shotter	Puds & Bram	2.09.31
2000	Julian Bass	Forest of D	1.45.52	Polly Gibb	Mercia	1.59.37
2001	James McQueen	Eryri	1.43.56	Polly Gibb	Mercia	2.03.18
2002	Tim Davies	Mercia	1.38.01	Andrea Priestley	Ilkley	1.54.07
2003	Tim Davies	Mercia	1.36.36	Victoria Musgrove	Eryri	2.15.13
2004	Tim Werret t	Mercia	1.44.36	Jackie Lee	U/A	2.10.50
2005	Dave Neill	Staffs Moor	1.45.50	Andrea Priestley	Ilkley	2.01.40
2006	Lloyd Taggart	Dk Pk	1.36.58	Jackie Lee	Eryri	1.57.23
2007	Pete Vale	Mercia	1.38.54	Anna Bartlett	SAC	2.00.53
2008	Tim Werrett	Mercia	1.40.50	Anna Bartlett	SAC	2.01.41
2009	Andrew Davies	Mercia	1.52.38	Jackie Lee	Eryri	2.06.27
2010	Andrew Davies	Mercia	1.39.41	Kate Bailey	Merionydd	2.02.08

BY MARK HOBSON

2010 Fell Running Championships

English Championship

Photos © Dave Woodhead www.woodentops.org.uk

Men's Open Championship

Pos	Name	Total
1	Rob Hope Pudsey & Bramley	198
2=	Lloyd Taggart Dark Peak FR	192
2=	Rob Jebb Bingley Harriers	192
4	Danny Hope Pudsey & Bramley	181
5	Ian Holmes Bingley Harriers	179
6	Darren Kay Pudsey & Bramley	178
7	Karl Gray Calder Valley	174
8	Stuart Bond Dark Peak FR	172
9	Graham Pearce Pudsey & Bramley	160
10	Ben Abdelnoor Ambleside AC	157
11	Pete Vale Mercia FR	155
12	Steve Hebblethwaite Keswick AC	148
13	Jon Morgan Dark Peak FR	145
14	Mark Palmer Mynydd Du	142
15	Shaun Godsman Calder Valley	140
16=	Mark Roberts Borrowdale FR	134
16=	Simon Bailey Mercia FR	134
18	Ben Bardsley Borrowdale FR	126
19	Philip Sanderson Northumberland FR	122
20	John Hunt Dark Peak FR	118
21	Mike Fanning Borrowdale FR	116
22	Gavin Mullholland Calder Valley	115
23	Jonathan Deegan Ambleside AC	109
24	Matt Speake Dark Peak FR	98
25	Robert Little Dark Peak FR	97

Rob Hope at Grasmere

Organised by the Fell Runners Association

Sponsored by Pete Bland Sports and inov-8

Thesix races were as follows:-

Saturday 27th February	Medium	Noon Stone
Saturday 1st May	Medium	Coniston
Saturday 12th June	Long	Ennerdale
Saturday 26th June	Short	Sedbergh Three Peaks
Sunday 18th July	Long	Holme Moss
Sunday 5th Sept	Short	Shelf Moor

Men's Vets O40 Championship

Pos	Name	Total
1	Lloyd Taggart Dark Peak FR	168
2	Ian Holmes Bingley Harriers	159
3	Karl Gray Calder Valley	154
4	Jon Morgan Dark Peak FR	141
5	Mark Roberts Borrowdale FR	138
6	Mark Palmer Mynydd Du	136
7	Philip Sanderson Northumberland FR	135
8	Mike Fanning Borrowdale FR	129
9	John Hunt Dark Peak FR	128
10	Jonathan Deegan Ambleside AC	125
11	Jonathan Wright Todmorden Harriers	115
12	Mike Johnson Bowland FR	110
13	Steven Oldfield Calder Valley	104
14	Simon Stainer Ambleside AC	103
15	Rick Stuart Helm Hill	90
16=	Mike Wallis Clayton le Moors	81
16=	Simon Patton Dark Peak FR	81
18	Jason Stevens Calder Valley	80
19	John Boyle Dark Peak FR	79
20=	Paul Cornforth Borrowdale FR	77
20=	James Logue Calder Valley	77

Ian Holmes descending the Rigg Head Quarry path in the Borrowdale Fell Race

Photo courtesy of Bill Smith

Lloyd Taggart leads the pack at the start of Shelf Moor

Photos © Gordon Cooper

BY **MARK HOBSON**

Men's Vets O45 Championship

Pos	Name	Total
1	Mark Roberts Borrowdale FR	165
2	Mark Palmer Mynydd Du	161
3	Mike Johnson Bowland FR	151
4	Steven Oldfield Calder Valley	144
5	Mike Wallis Clayton le Moors	135
6	Paul Cornforth Borrowdale FR	134
7	Christopher Reade Bowland FR	133
8	Steve Bell Dark Peak FR	124
9	Rick Stuart Helm Hill	115
10	Brian Stevenson Pudsey & Bramley	113
11	Jackie Winn Ellenborough	110
12	Michael Green Horwich RMI	109
13	Julien Minshull Glossopdale	107
14	Philip Taylor Rossendale	105
15	Tom McGaff Cheshire Hill Racers	102
16	Paul Shackleton Clayton le Moors	101
17	Geoff Gough Clayton le Moors	87
18	Bernard Grant Harrogate	85
19	Garry Wilkinson Clayton le Moors	84
20	Martyn Pollitt Burnden Road Runners	83

Mark Palmer and Mark Roberts

Photos © Dave Woodhead www.woodentops.org.uk

Men's Vets O50 Championship

Pos	Name	Total
1	Mike Johnson Bowland FR	125
2	Steven Oldfield Calder Valley	124
3	Mike Wallis Clayton le Moors	114
4	Jackie Winn Ellenborough	104
5	Philip Taylor Rossendale	98
6	Tom McGaff Cheshire Hill Racers	96
7	Bernard Grant Harrogate	86
8	Geoff Gough Clayton le Moors	84
9	Dave Collins Todmorden Harriers	76
10	Ken Maynard Durham FR	75
11	Brian Horrocks Clayton le Moors	71
12	Brian Goodison Abbey Runners Leeds	68
13	Mike Walsh Kendal AC	67
14	Andy Normandale York Acorn	63
15=	Nick Pearce Ilkey Harriers	62
15=	Philip Whiting U/A	62
17=	Leigh Warburton Bowland FR	61
17=	Ken Taylor Rossendale	61
19	William Procter Helm Hill	54
20	Kieran Horrigan U/A	52

Men's Vets O55 Championship

Pos	Name	Total
1	Jackie Winn Ellenborough	128
2	Tom McGaff Cheshire Hill Racers	122
3	Bernard Grant Harrogate	111
4	Mike Walsh Kendal AC	106
5	Nick Pearce Ilkey Harriers	103
6	Ken Taylor Rossendale	101
7	Keith G Holmes Dark Peak FR	98
8	Brian Goodison Abbey Runners Leeds	97
9	Robert Taylor Pennine FR	94
10	Brian Walton Horwich RMI	86
11	Jack Holt Clayton le Moors	77
12	Nick Hewitt Bowland FR	73
13	Richard Bellaries Clayton le Moors	71
14	Jon Sharples Clayton le Moors	65
15	Graham McAra Cheshire Hill Racers	63
16	Kieran Carr Clayton le Moors	62
17	Michael Crook Horwich RMI	59
18	Andrew Robinson Clayton le Moors	55
19=	Alan Brentnall Pennine FR	54
19=	Michael McLoughlin Preston	54

Men's Vets O60 Championship

Pos	Name	Total
1	Bernard Grant Harrogate	85
2	Ken Taylor Rossendale	77
3	Mike Walsh Kendal AC	76
4	Robert Taylor Pennine FR	73
5=	Jack Holt Clayton le Moors	58
5=	Kieran Carr Clayton le Moors	58
7	Michael Crook Horwich RMI	56
8=	Mike Noble Pennine FR	45
8=	Brian Horsley Calder Valley	45
10	Alan Brentnall Pennine FR	44
11	Paul Murray Horwich RMI	40
12	Norman Bush Ilkey Harriers	39
13	Geoffrey Howard Ilkey Harriers	37
14	David Tait Dark Peak FR	34
15	Colin Williamson Shropshire Shufflers	28
16	George Scott Pennine FR	27
17	Nick Harris Rossendale	26
18=	John Armistead Dark Peak FR	25
18=	Roger Whitaker Cumberland FR	25
20	John Taylor Bowland FR	21

Kieran Carr (CLM) at Sedbergh 3 Peaks

Photos © Pete Hartley

Photos © Pete Hartley

Ken Taylor (Rossendale) at Dollar

Men's Vets O65 Championship

Pos	Name	Total
1	Kieran Carr Clayton le Moors	85
2	Paul Murray Horwich RMI	74
3	Colin Williamson Shropshire Shufflers	65
4	John Armistead Dark Peak FR	64
5	Roger Whitaker Cumberland FR	62
6	Norman Bush Ilkey Harriers	60
7	Geoffrey Howard Ilkey Harriers	57
8	Raymond Brown Penistone Footpath Runners & AC	53
9=	Roger Ashby Sale Harriers	43
9=	Roger Bell Ambleside AC	43
11	Richard Blakeley Todmorden Harriers	36
12=	Steve Davies Accrington Road Runners	30
12=	Fred Gibbs Bingley Harriers	30
14	Denis Wood Borrowdale FR	27
15	Peter Norman Wrexham	26
16	Dennis Lucas Rochdale Harriers & AC	19
17=	Graham Breeze Ilkey Harriers	18
17=	Jeff Norman Altrincham & District AC	18
19	Malcolm Coles Valley Striders AC	16
20=	Peter Covey Bingley Harriers	15
20=	George Arnold Preston	15

BY **MARK HOBSON**

Men's Vets O70 Championship

Pos	Name	Total
1	Norman Bush Ilkey Harriers	36
2	Roger Bell Ambleside AC	29
3=	Fred Gibbs Bingley Harriers	22
3=	Steve Davies Accrington Road Runners	22
5	Peter Norman Wrexham	21
6	George Arnold Preston	14
7	Kevin Heywood Kendal AC	13
8	John Swift Chorley AC	10
9	Peter Covey Bingley Harriers	9
10	Ron Smith Ambleside AC	7

Sam Tosh at Bunnie Run 3

Photos © Dave Woodhead www.woodentops.org.uk

Men's U23 Championship

Pos	Name	Total
1	Sam Tosh Rossendale	36
2	Jack Dugdale Clayton le Moors	24
3	Alexander Fowler Preston	18
4	Mark Addison Helm Hill	16
5	Neill Barton Dark Peak FR	15
6	Tom Addison Helm Hill	12
7	Matthew Athersmith Wharfedale	9
8=	Sam Fisher Sedbergh School	8
8=	Adam Perry Pennine FR	8
8=	Benjamin Mullard Sheffield University	8
11	Karl Steinegger Ambleside AC	7
12	Tom Thomas Calder Valley	6
13=	James Bellingham Mansfield Harriers & Athletics Club	5
13=	Tom Watson Knavesmire	5
15	Matthew Marston Shrewsbury	4
16	George Philpot Sedbergh School	3

Men's Open Team Championship

Pos	Name	Total	Aggregate
1	Pudsey & Bramley	43	294
2	Dark Peak FR	42	228
3	Ambleside AC	32	482
4	Calder Valley	31	411
5	Borrowdale FR	29	217
6	Clayton le Moors	23	957
7	Todmorden Harriers	14	1476
8	Bingley Harriers	12	1404
9	Pennine FR	10	1191
10	Helm Hill	7	587
11	Glossopdale	7	806
12	Ilkey Harriers	6	1163
13	Mercia FR	6	1208
14	Horwich RMI	6	2137
15	Keswick AC	5	677
16	Bowland FR	5	1151
17	Cheshire Hill Racers	4	878
18	Wharfedale	2	370
19	Ellenborough	2	376
20	Cumberland FR	1	380

Men's Vets O40 Team Championship

Pos	Name	Total	Aggregate
1	Dark Peak FR	48	124
2	Borrowdale FR	36	371
3	Calder Valley	35	279
4	Clayton le Moors	32	417
5	Bowland FR	23	600
6	Todmorden Harriers	23	608
7	Ilkey Harriers	17	776
8	Ambleside AC	16	741
9	Cheshire Hill Racers	11	643
10	Pennine FR	10	677
11	Glossopdale	10	743
12	Bingley Harriers	6	123
13	Holmfirth	5	181
14	Cumberland FR	4	151
15	Helm Hill	3	236
16	Wharfedale	2	267
17	Horwich RMI	2	943
18	Totley AC	1	698

Men's Vets O50 Team Championship

Pos	Name	Total	Aggregate
1	Clayton le Moors	48	104
2	Bowland FR	38	160
3	Dark Peak FR	32	205
4	Pennine FR	29	262
5	Todmorden Harriers	24	316
6	Calder Valley	21	366
7	Ilkey Harriers	19	228
8	Rossendale	11	171
9	Horwich RMI	11	512
10	Cheshire Hill Racers	10	184
11	Helm Hill	9	50
12	Mercia FR	6	93
13	Cumberland FR	5	116
14	Holmfirth	3	117
15	Penistone Footpath Run	2	183
16	Handsworth	1	185

Women's Open Championship

Pos	Name	Total
1	Lauren Jeska Todmorden Harriers	119
2	Olivia Walwyn Altrincham & District AC	117
3	Jackie Lee Eryri Harriers	116
4	Helen Fines Calder Valley	111
5	Tracey Greenway Ilkey Harriers	93
6	Helen Berry Holmfirth	89
7	Emma Clayton Scunthorpe & District	86
8	Nicky Spinks Dark Peak FR	79
9	Liz Batt Dark Peak FR	77
10	Ali Raw Bingley Harriers	76
11	Lynne Clough Chorley Harriers	64
12	Pippa Wilkie Dark Peak FR	62
13=	Sarah May Todmorden Harriers	61
13=	Hazel Robinson Ambleside AC	61
15	Gill Myers Wharfedale	60
16	Catherine Evans Keswick AC	57
17	Anna Lupton Radcliffe	56
18	Julie Carter Keswick AC	55
19=	Tamara Hird Wharfedale	54
19=	Louise Roberts Kendal AC	54
21	Jane Reedy Ambleside AC	51
22	Holly Williamson Keswick AC	49
23=	Wendy Dodds Clayton le Moors	48
23=	Judith Jepson Dark Peak FR	48
25	Sally Newman Calder Valley	44

Women's Vets O40 Championship

Pos	Name	Total
1	Tracey Greenway Ilkey Harriers	80
2=	Liz Batt Dark Peak FR	69
2=	Nicky Spinks Dark Peak FR	69
4	Ali Raw Bingley Harriers	68
5=	Julie Carter Keswick AC	61
5=	Gill Myers Wharfedale	61
7	Lynne Clough Chorley Harriers	60
8	Pippa Wilkie Dark Peak FR	53
9	Wendy Dodds Clayton le Moors	50
10	Judith Jepson Dark Peak FR	44
11	Kath Wallis Clayton le Moors	39
12	Sally Newman Calder Valley	37
13	Isaline Hughes Burnden Road Runners	34
14	Helen Lambert Calder Valley	33
15=	Kathleen Brierley Todmorden Harriers	30
15=	Anna Forrest Ambleside AC	30
17	Jean Brown Clayton le Moors	23
18	Deborah Gowans Accrington Road Runners	22
19=	Caroline Pollard North Yorks Moors AC	20
19=	Lynn Bland Dark Peak FR	20
19=	Mary Edgerton Pennine FR	20

Lauren Jeska at Sedbergh 3 Peaks

Photos © Pete Hartley

Women's Vets O45 Championship

Pos	Name	Total
1	Tracey Greenway Ilkey Harriers	85
2	Ali Raw Bingley Harriers	78
3	Liz Batt Dark Peak FR	73
4	Gill Myers Wharfedale	70
5	Julie Carter Keswick AC	68
6	Wendy Dodds Clayton le Moors	60
7	Kath Wallis Clayton le Moors	55
8	Kathleen Brierley Todmorden Harriers	48
9	Lynn Bland Dark Peak FR	42
10	Mary Edgerton Pennine FR	41
11=	Caroline Pollard North Yorks Moors AC	37
11=	Sally Newman Calder Valley	37
13	Deborah Gowans Accrington Road Runners	35
14	Susan Burns Clayton le Moors	25
15	Patricia Goodall Totley AC	24
16	Jane Leonard Todmorden Harriers	23
17	Karen Nash Preston	22
18=	Anna Kelly Clayton le Moors	21
18=	Clare Kenny Calder Valley	21
18=	Julie Gardner Dark Peak FR	21
18=	Jackie Casey Black Combe Runners	21

Women's Vets O50 Championship

Pos	Name	Total
1	Gill Myers Wharfedale	48
2	Wendy Dodds Clayton le Moors	40
3	Kath Wallis Clayton le Moors	33
4	Caroline Pollard North Yorks Moors AC	23
5	Mary Edgerton Pennine FR	22
6	Patricia Goodall Totley AC	16
7=	Susan Burns Clayton le Moors	15
7=	Julie Gardner Dark Peak FR	15
9=	Jane Leonard Todmorden Harriers	13
9=	Jackie Casey Black Combe Runners	13
11	Geraldine Walkington Horwich RMI	10
12	Maureen Laney U/A	9
13	Clare Kenny Calder Valley	8
14=	Kate Ayres Ambleside AC	7
14=	Kate Beaty Cumberland FR	7
16=	Alison Brentnall Pennine FR	6
16=	Karen Taylor Rossendale	6
16=	Barbara Hinchliffe Holmfirth	6
19	Sue Haslam Scarborough	4
20	Katy Thompson Clayton le Moors	3

Ali Raw (Bingley) at Sedbergh 3 Peaks

Photos © Pete Hartley

Women's Vets O55 Championship

Pos	Name	Total
1	Wendy Dodds Clayton le Moors	48
2	Patricia Goodall Totley AC	35
3	Katy Thompson Clayton le Moors	27
4=	Gail Tombs Calder Valley	23
4=	Alison Brentnall Pennine FR	23
6	Lou Lyness Barrow Striders	18
7	Barbara Haigh Penistone Footpath Runners & AC	15
8	Linda Lord Clayton le Moors	13
9	Maureen Laney U/A	12
10	Alexis Dinsmor Pennine FR	11
11=	Moyra Parfitt Todmorden Harriers	9
11=	Sue Haslam Scarborough	9
11=	Barbara Hinchliffe Holmfirth	9
14	Jo Anne Prowse Ilkey Harriers	7
15	Jan Atkins Chorley Harriers	3
16=	Brenda Roberts Saddleworth	2
16=	Liz Boothman Baildon Runners	2

Photos © Pete Hartley

Emma Clayton at Sedbergh 3 Peaks

Women's Vets O60 Championship

Pos	Name	Total
1	Alison Brentnall Pennine FR	36
2	Lou Lyness Barrow Striders	29
3	Barbara Haigh Penistone Footpath Runners & AC	26
4	Linda Lord Clayton le Moors	24
5	Moyra Parfitt Todmorden Harriers	21
6	Alexis Dinsmor Pennine FR	19
7	Brenda Roberts Saddleworth	14
8	Jan Atkins Chorley Harriers	12
9	Liz Boothman Baildon Runners	10

Women's Vets O65 Championship

Pos	Name	Total
1	Moyra Parfitt Todmorden Harriers	36
2	Jan Atkins Chorley Harriers	9
3	Brenda Roberts Saddleworth	8

Women's U23 Championship

Pos	Name	Total
1	Emma Clayton Scunthorpe & District	36
2	Jenny Dybeck Ilkey Harriers	24
3	Liz Britton Dark Peak FR	22
4	Rachel Jefferson Warrington AC	12
5=	Mel Hyder Sedbergh School	9
5=	Emma Spencer Wharfedale	9
5=	Lucy Harris Pennine FR	9
8	Rachel Findlay-Robinson Sheffield University	8
9=	Emma Dodd Wharfedale	7
9=	Katie May Sedbergh School	7
11	Poppy Hilton Sedbergh School	5
12	Charlotte Bellingham Mansfield Harriers & Athletics Club	4
13	Kate Raynor Mansfield Harriers & Athletics Club	3

Women's Open Team Championship

Pos	Name	Total	Aggregate
1	Dark Peak FR	44	133
2	Calder Valley	39	137
3	Keswick AC	36	207
4	Todmorden Harriers	32	186
5	Wharfedale	25	255
6	Ambleside AC	25	307
7	Clayton le Moors	21	316
8	Bingley Harriers	18	226
9	Totley AC	11	323
10	Ilkey Harriers	9	167
11	Bowland FR	4	275
12	Pennine FR	4	522
13	Chorley Harriers	1	117

Women's V40 Team Championship

Pos	Name	Total	Aggregate
1	Dark Peak FR	48	52
2	Clayton le Moors	37	151
3	Calder Valley	33	187
4	Todmorden Harriers	29	260
5	Keswick AC	13	159
6	Pennine FR	13	292
7	Ambleside AC	10	165
8	Ilkey Harriers	8	39
9	Chorley Harriers	5	84
10	Cumberland FR	2	123

BY **MARK HOBSON**

British Fell Running Championship

Organised by UKA Athletics Mountain Running Advisory Group Championship Subcommittee*

Sponsored by Pete Bland Sports and Norman Walsh Footwear

The four races were as follows:-

Saturday 10th April	Medium	Silent Valley
Saturday 26th June	Short	Sedbergh Three Peaks
Saturday 31st July	Medium	Dollar
Saturday 25th Sept	Long	Black Mountains

Men's Open Championship

Pos	Name	Total
1	Tim Davies Mercia FR	151
2	Rob Hope Pudsey & Bramley	144
3	Lloyd Taggart Dark Peak FR	139
4	Chris Steele Borrowdale FR	127
5=	Darren Kay Pudsey & Bramley	121
5=	Karl Gray Calder Valley	121
7	Graham Pearce Pudsey & Bramley	119
8	Jim Davies Borrowdale FR	118
9	Pete Vale Mercia FR	111
10	Steven Cale Shrewsbury	105
11	Richard Roberts Eryri Harriers	103
12	Andrew Davies Mercia FR	97
13	Danny Hope Pudsey & Bramley	95
14	Mark Roberts Borrowdale FR	93
15	Robbie Simpson Deeside Runners	92
16	Prasad Prasad Clydesdale Harriers	89
17	Morgan Donnelly Borrowdale FR	87
18	Richard Pattinson Pudsey & Bramley	80
19	Stephen Pyke Staffs Moors	68
20	Mark Palmer Mynydd Du	67
21	John Hunt Dark Peak FR	65
22	Jonny Steele Ballymena Runners	62
23	Shaun Godsman Calder Valley	60
24	Mike Fanning Borrowdale FR	58
25=	Steve Hebblethwaite Keswick AC	54
25=	Paul Cornforth Borrowdale FR	54
27	Nicholas Leigh Pudsey & Bramley	53
28=	Robert Little Dark Peak FR	52
28=	Andrew Symonds Kendal AC	52
30	Stuart Bond Dark Peak FR	47

Tim Davies (Mercia) at Dollar

Photos © Pete Hartley

Men's Vets O40 Championship

Pos	Name	Total
1	Lloyd Taggart Dark Peak FR	126
2=	Jim Davies Borrowdale FR	113
2=	Karl Gray Calder Valley	113
4	Mark Roberts Borrowdale FR	104
5	Richard Pattinson Pudsey & Bramley	100
6	John Hunt Dark Peak FR	94
7	Paul Cornforth Borrowdale FR	87
8	Steven Oldfield Calder Valley	83
9	Jason Stevens Calder Valley	78
10	Mike Fanning Borrowdale FR	74
11=	Mark Palmer Mynydd Du	71
11=	Stephen Pyke Staffs Moors	71
13	Steve Bell Dark Peak FR	63
14	James McQueen Eryri Harriers	57
15	Stephen Bottomley Pudsey & Bramley	52
16	James Logue Calder Valley	50
17	Kevin Harding Tring	49
18=	Stephen Smithies Calder Valley	48
18=	Mike Johnson Bowland FR	48
20	Ronnie Gallagher Carnethy HRC	46

Photos © Pete Hartley

Lloyd Taggart (DPFR) at Dollar

Arwell Lewis (Eryri) at Dollar

Photos © Pete Hartley

Men's Vets O50 Championship

Pos	Name	Total
1	Steven Oldfield Calder Valley	96
2	Kevin Harding Tring	78
3	Bernard Grant Harrogate	74
4	Geoff Gough Clayton le Moors	62
5	Arwel Lewis Eryri Harriers	60
6	Ronnie Gallagher Carnethy HRC	59
7=	Mike Johnson Bowland FR	56
7=	Ken Taylor Rossendale	56
9	Tom McGaff Cheshire Hill Racers	49
10=	Alan Smith Deeside Runners	47
10=	Jim Paterson Newcastle AC	47
12	Keith G Holmes Dark Peak FR	42
13	Roy Gibson Dark Peak FR	40
14	Robert Taylor Pennine FR	39
15	Mike Walsh Kendal AC	34
16	Jack Holt Clayton le Moors	33
17=	Mike Wallis Clayton le Moors	29
17=	Pete Gardner WFRA	29
19	Martyn Pollitt Burnden Road Runners	28
20	Peter Simpson Carnegie Harriers	27

BY **MARK HOBSON**

Men's Vets O60 Championship

Pos	Name	Total
1	Bernard Grant Harrogate	59
2	Ken Taylor Rossendale	56
3	Jim Paterson Newcastle AC	54
4	Robert Taylor Pennine FR	51
5	Jack Holt Clayton le Moors	40
6	Mike Walsh Kendal AC	38
7	Brian Horsley Calder Valley	36
8	Mike Blake Eryri Harriers	33
9	Alan Brentnall Pennine FR	28
10	David Tait Dark Peak FR	22
11	Geoffrey Howard Ilkey Harriers	16
12	Tom Scott Fife AC	15
13	Dick Finch Chepstow Harriers	14
14=	Herbie Mclean Lothian RC	13
14=	Michael Crook Horwich RMI	13
14=	Gary Gunner Croft Ambrey Running Club	13
17=	John Nixon Borrowdale FR	12
17=	Les Williams Eryri Harriers	12
19=	Robin L Morris Lothian RC	11
19=	Kieran Carr Clayton le Moors	11
19=	John Hussey U/A	11

Men's U23 Championship

Pos	Name	Total
1	Robbie Simpson Deeside Runners	24
2	Matt Stott Chepstow Harriers	12
3=	Tom Addison Helm Hill	9
3=	James Blore Chepstow Harriers	9
5	Mark Addison Helm Hill	8
6	Sam Fisher Sedbergh School	7
7	Jack Dugdale Clayton le Moors	6
8	Neill Barton Dark Peak FR	5
9	Alexander Fowler Preston	4
10	Matthew Marston Shrewsbury	3
11	George Philpot Sedbergh School	2

Robbie Simpson (Scotland) 6th overall & 1st U23 at Aonach Moor (Home International)

Photos © Pete Hartley

Rob Hope & Darren Kay at Holme Moss

Photos © Dave Woodhead www.woodentops.org.uk

Jim Davies (Borrowdale) on tricky ground at Dollar

Photos © Pete Hartley

Men's Open Team Championship

Pos	Name	Total	Aggregate
1	Pudsey & Bramley	36	152
2	Borrowdale FR	29	220
3	Dark Peak FR	23	346
4	Calder Valley	20	446
5	Eryri Harriers	15	674
6	Mercia FR	14	285
7	Carnethy HRC	8	120
8	Mourne Runners	7	127
9	Shettleston Harriers	5	274
10	Ambleside AC	5	286
11	Chepstow Harriers	4	261
12	Ochil Hill Runners	4	287
13	Keswick AC	4	298
14	Clayton le Moors	4	337
15	Mynyddwyr De Cymru	3	334
16	Bingley Harriers	2	390
17	Westerlands Cross Coun	2	459
18	Cheshire Hill Racers	2	469
19	Town & Country Harrier	2	512
20	Helm Hill	1	406

Men's Vets O40 Team Championship

Pos	Name	Total	Aggregate
1	Borrowdale FR	33	105
2	Calder Valley	29	169
3	Dark Peak FR	25	160
4	Eryri Harriers	17	416
5	Carnethy HRC	13	251
6	Clayton le Moors	7	131
7	Todmorden Harriers	6	176
8	Ochil Hill Runners	6	177
9	Chepstow Harriers	6	206
10	Mourne Runners	5	145
11	Westerlands Cross Coun	5	210
12	Cheshire Hill Racers	4	160
13	Bowland FR	4	193
14	Carnegie Harriers	4	296
15	Lochaber	3	312
16	Ilkey Harriers	2	248
17	Dundee Hawkhill	2	315
18	Ambleside AC	1	264
19	Fife AC	1	325

Women's Open Championship

Pos	Name	Total
1	Philippa Maddams Keswick AC	93
2	Helen Fines Calder Valley	85
3	Jackie Lee Eryri Harriers	76
4	Judith Jepson Dark Peak FR	65
5	Ali Raw Bingley Harriers	58
6	Clare Whitehead Cosmic Hillbashers	57
7	Lauren Jeska Todmorden Harriers	55
8	Gill Myers Wharfedale	52
9	Nicola Meekin Lochaber	48
10	Liz Batt Dark Peak FR	47
11	Sarah Ridgway Eryri Harriers	46
12	Jenny Heming Eryri Harriers	43
13	Jill Mykura Carnethy HRC	39
14	Catherine Evans Keswick AC	33
15	Julie Carter Keswick AC	31
16=	Rebecca Law Eryri Harriers	30
16=	Tamara Hird Wharfedale	30
18	Catriona Buchanan Ochil Hill Runners	29
19=	Olivia Walwyn Altrincham & District AC	28
19=	Christina Rankin Kilbarchan AAC	28

Women's Vets O40 Championship

Pos	Name	Total
1	Judith Jepson Dark Peak FR	66
2	Ali Raw Bingley Harriers	57
3	Gill Myers Wharfedale	52
4	Liz Batt Dark Peak FR	50
5	Julie Carter Keswick AC	42
6	Isaline Hughes Burnden Road Runners	34
7	Wendy Dodds Clayton le Moors	25
8	Anna Bartlett Shrewsbury	22
9	Judy Howells Wharfedale	21
10	Pippa Wilkie Dark Peak FR	18
11	Shileen O`Kane BARF	17
12=	Alwynne Shannon Mourne Runners	16
12=	Tracey Greenway Ilkey Harriers	16
14=	Anita Hamilton Cosmic Hillbashers	15
14=	Lynne Clough Chorley Harriers	15
14=	Niki Morgan Chepstow Harriers	15
17=	Kathleen Brierley Todmorden Harriers	14
17=	Beverley Chapman Heathfield RR	14
19=	Tami Louis-Jones Eryri Harriers	13
19=	Helen Lambert Calder Valley	13
19=	Beryl Junnier Wee County Harriers	13

Pippa Maddams (Keswick AC), winner at Dollar

Photos © Pete Hartley

Judith Jepson (Dark Peak) at Sedbergh 3 Peaks

Photos © Pete Hartley

BY **MARK HOBSON**

Gill Myers, winner at Kilnsey

Photos © Dave Woodhead www.woodentops.org.uk

Louise Emery (Eryri)

Photos © Pete Hartley

Women's Vets O50 Championship

Pos	Name	Total
1	Gill Myers Wharfedale	36
2	Wendy Dodds Clayton le Moors	22
3	Thirza Hyde Calder Valley	14
4	Jane Leonard Todmorden Harriers	11
5=	Kath Wallis Clayton le Moors	9
5=	Anita Hamilton Cosmic Hillbashers	9
5=	Sharon Woods Mynydd Du	9
8=	Caroline Pollard North Yorks Moors AC	8
8=	Beryl Junnier Wee County Harriers	8
8=	Alison Brentnall Pennine FR	8
11=	Margaret Ann Oliver Eryri Harriers	7
11=	Katy Thompson Clayton le Moors	7
13=	Alison Harding Tring	6
13=	Elaine Stewart Cosmic Hillbashers	6
13=	Susan Burns Clayton le Moors	6
16=	Kim Clark Keswick AC	5
16=	Jane Jackson Carnethy HRC	5
16=	Mary Edgerton Pennine FR	5
19=	Alison West Carnegie Harriers	4
19=	Gill Stott Mynyddwyr De Cymru	4

Women's U23 Championship

Pos	Name	Total
1	Emma Clayton Scunthorpe & District	36
2	Jenny Dybeck Ilkey Harriers	24
3	Liz Britton Dark Peak FR	22
4	Rachel Jefferson Warrington AC	12
5=	Mel Hyder Sedbergh School	9
5=	Emma Spencer Wharfedale	9
5=	Lucy Harris Pennine FR	9
8	Rachel Findlay-Robinson Sheffield University	8
9=	Emma Dodd Wharfedale	7
9=	Katie May Sedbergh School	7
11	Poppy Hilton Sedbergh School	5
12	Charlotte Bellingham Mansfield Harriers & Athletics Club	4
13	Kate Raynor Mansfield Harriers & Athletics Club	3

Women's Open Team Championship

Pos	Name	Total	Aggregate
1	Eryri Harriers	33	102
2	Keswick AC	29	137
3	Dark Peak FR	26	140
4	Calder Valley	22	212
5	Wharfedale	21	193
6	Ochil Hill Runners	8	57
7	Cosmic Hillbashers	6	62
8	Todmorden Harriers	6	84
9	Lochaber	5	75
10	Mynyddwyr De Cymru	5	85
11	Clayton le Moors	5	103
12	Carnethy HRC	4	76
13	Chepstow Harriers	4	85
14	Fife AC	3	78
15	Ambleside AC	3	123
16	Bingley Harriers	2	124
17	Totley AC	1	165

The Fellrunner Association 40th Anniversary Presentation & Dinner Dance

Meet Fellrunning Champions past and present

Cost: At a special price £20 per person, on a first come first served basis for the first 200 places.

3 course meal plus live band 'The Fabulous Picasso Brothers. Bar open until midnight.

Location: At the Castle Green Hotel, Sedbergh Road, Kendal.

Date: 13th November 2010. 7.00pm to 7.30pm.

Tickets: by post from: Pete Bland, 12 Danes Road, Staveley, Kendal, Cumbria LA89PW. Tel:01539 821688.

Cheques payable to FRA, include SAE and mention which club you are a member of.

Tickets can also be collected from Pete Bland Sports, Kirkland, Kendal or from the Pete Bland Sports Van at events throughout the season.

The FRA AGM: Also same day, same venue. Start 4.00pm.

Accommodation: Kendal now has a Travel Lodge and a Premier Inn for overnight accommodation.

BY **JIM GODWIN**

FRA English Junior Championship 2010

Sponsored by Norman Walsh Footwear with Pete Bland Sports

The six races were as follows:

Saturday 24th April	Anniversary Wa!, Cumbria
Monday 3rd May	Coiners, Yorkshire
Monday 31st May	Shutlingsloe, Cheshire
Saturday 19th June	Clougha Pike, Lancashire
Sunday 27th June	Arnison (uphill only), Cumbria
Saturday 21st August	Darwen, Lancashire

Another successful year for the junior championship, and a new club competition.

255 runners from 57 clubs contested the U12 to U18 age groups. Gold medal winners Elizabeth Greenwood U12G, Seth Waterman U12B, Bronwen Owen U14G, Max Wharton U14B, and Shannon Johnson U16G were dominant throughout the season. Indeed Elizabeth from Blackburn Harriers won the first round at Stair outright, which spurred the boys into greater efforts at subsequent rounds. The remaining age groups were more closely contested, with Kristian Edwards U16B, Beckie Taylor U18G, and Marc Scott U18B emerging as winners. Final placings for other medals were settled at the last round at Darwen, where additional points were awarded to the first 3 runners.

In the new club competition, based on the top three runners from a club at each race, Blackburn Harriers held onto their early lead, chased by Wharfedale Harriers, Scarborough, Helm Hill, Rossendale Harriers, and Horwich RMI. All of these clubs had at least 3 runners present at each race.

The U8 and U10 categories were also well supported with 172 runners, of whom 16 received awards for attending at least 4 races.

The policy of allowing race organisers 2 or 3 years to develop their junior races has seen some excellent races and courses. Behind the scenes, the organisation of the championship has been improved by Richard Lecky-Thompson with the formation of a team of people responsible for all the different aspects involved. Richard is standing down after 3 years in the role, so thanks to him for leaving the championship in such good shape.

Finally of course, without race organisers, land owners, marshals, coaches, parents, and the athletes themselves, there would be no championship. Thank you to everyone.

U12B

Pos	Competitor		Club	Races	Points
1	Seth	Waterman	Holmfirth Harriers	6	200
2	Christopher	Richards	Helm Hill	5	195
3	Oliver	Dawson	CFR	5	185
4	Matthew	Sweeney	Bowland FR	6	183
4	Nathan	Townsend	Horwich RMI	6	183
6	Tiarnan	Crorken	Pendle AC	6	174
6	Marcus	Preedy	Rossendale Harriers	4	174
8	Charlie	Lowrie	Wharfedale Harriers	4	170
9	Cameron	Critchley	Horwich RMI	5	168
10	Callum	Ross	Unattached	6	161

U12G

Pos	Competitor		Club	Races	Points
1	Elizabeth	Greenwood	Blackburn Harriers	5	203
2	Lily	McGuinness	East Cheshire Harriers	5	194
3	Phoebe	Howe	Horwich RMI	5	193
4	Ellie	Lambert	Wharfedale Harriers	5	187
5	Shauna	Williamson	Rossendale Harriers	5	179
6	Polly	Pearse	Blackburn Harriers	5	176
7	Rebecca	Buchanan	CFR	4	175
7	Heidi	Murray	Helm Hill	4	175
9	Olivia	Sykes	Holmfirth Harriers	4	165
10	Shona	Monks	Rossendale Harriers	4	163

U12 English champion Seth Waterman (216) with Chris Richards

Lizzie Greenwood English U12 champion

Photos © Dave Woodhead www.woodentops.org.uk

U14B

Pos	Competitor		Club	Races	Points
1	Max	Wharton	Calder Valley FR	6	203
2	James	Hall	Wharfedale Harriers	5	192
3	William	Smith	Wharfedale Harriers	4	190
3	Jack	Willis	Unattached	6	190
5	Ben	Johnstone	Wharfedale Harriers	5	185
6	Neill	Orr	Border Harriers	4	176
7	Phil	Done	Wharfedale Harriers	5	171
8	James	Marchant	Pendle AC	6	170
9	Joseph	Howe	Horwich RMI	5	167
10	Jack	Hindle	Blackburn Harriers	6	159

U14G

Pos	Competitor		Club	Races	Points
1	Bronwen	Owen	Scarborough AC	6	203
2	Bo	Haywood	Lincoln Wellington	5	194
3	Annabel	Mason	Wakefield Harriers	6	192
4	Sally	Searson	Blackburn Harriers	6	184
5	Louise	Taylor	Scarborough AC	5	176
6	Leah	Williamson	Rossendale Harriers	5	175
7	Issy	Wharton	Calder Valley FR	4	169
8	Ruby	Sykes	Holmfirth Harriers	4	168
9	Leah	Ogden	Scarborough AC	5	166
10	Nina	Stirrup	Blackburn Harriers	5	157

U14 champion Max Wharton at Darwen

Photos © Dave Woodhead www.woodentops.org.uk

Emma Spencer at Arncliffe summit

Photos © Dave Woodhead www.woodentops.org.uk

U16B

Pos	Competitor		Club	Races	Points
1	Kristian	Edwards	Tamworth AC	5	196
2	Felix	McGrath	Westbury Harriers	4	191
3	Rory	Addison	Helm Hill	6	189
4	Anthony	Dalton	Rossendale Harriers	5	188
5	Tim	Orr	Border Harriers	4	187
6	Elliott	Wylie	Rossendale Harriers	4	171
7	Zac	Howe	Horwich RMI	5	167
8	Tom	Hutton	Hallamshire	4	161
9	Nathan	Thompson	CFR	3	133
10	Callum	Mason	Lancaster & Morecambe	2	94

U16G

Pos	Competitor		Club	Races	Points
1	Shannon	Johnson	Leigh Harriers	5	200
2	Emma	Spencer	Wharfedale Harriers	5	195
3	Hannah	Bethwaite	Ellenborough AC	5	191
4	Rebecca	Mills	Scarborough AC	4	189
5	Sarah	Hodgson	Lancaster & Morecambe	6	187
6	Lauren	Munro-Bennett	Helm Hill	4	181
7	Charlotte	Edge	Scarborough AC	5	178
8	Nicola	Berry	Stockport Harriers	5	172
9	Nicole	Narey	Wharfedale Harriers	3	127
10	Katie	Buckley	Bury AC	2	89

BY **JIM GODWIN**

U18B

Pos	Competitor		Club	Races	Points
1	Marc	Scott	Richmond & Zetland	4	200
2	Joseph	Johnston	Rossendale Harriers	5	196
3	Jonathan	Bradshaw	Wharfedale Harriers	4	187
4	Adam	Bateson	Lancaster & Morecambe	6	183
5	Ashley	Kay	Rossendale Harriers	6	176
6	Tom	Doyle	Helm Hill	4	174
7	Jos	Addison	Helm Hill	4	172
8	Tom	Sessford	Keighley & Craven	4	171
9	Niall	Till	Helm Hill	4	164
10	Scott	Baistow	Wharfedale Harriers	4	149

U18G

Pos	Competitor		Club	Races	Points
1	Beckie	Taylor	Blackburn Harriers	5	200
2	Rachel	Jefferson	Warrington	6	196
3	Nichola	Jackson	Preston Harriers	6	190
4	Laura	Riches	Leigh Harriers	2	100
5	Lucy	Smith	Unattached	2	91

English and Lancashire champions: Becky Taylor U18 and Joe Johnston U18

Photos © Dave Woodhead www.woodentops.org.uk

U10 Charles Smith leads Thomas Nelson

Photos © Dave Woodhead www.woodentops.org.uk

U08

	Competitor		Club	Races
U08B	Patrick	McGuinness	East Cheshire	5
U08G	Elphina	Waterman	Holmfirth	5
U08B	Richard	Done	Wharfedale	4
U08B	Sam	Johnstone	Wharfedale	4
U08G	Abigail	Smith	CFR	4

U10

	Competitor		Club	Races
U10G	Esme	Pearse	Blackburn Harriers	6
U10B	Dylan	Ross	Hyndburn	6
U10B	Charles	Smith	Ilkley Harriers	6
U10B	Logan	Hargreaves-Madhas	Wharfedale	5
U10B	Tiras	Waterman	Holmfirth	5
U10B	Robbie	Johnstone	Wharfedale	4
U10B	Robert	Lambert	Settle	4
U10B	Joshua	Newbold	Wharfedale	4
U10B	Nathan	Smith	CFR	4
U10G	Sarah	Warhurst	Pennine FR	4
U10G	Sunnivah	Waterman	Holmfirth	4

BY RICHARD LECKY-THOMPSON

FRA Junior Stuff

The end of another long year of junior fellrunning and competition. As usual, the standard has been very high and the racing very competitive. This doesn't just apply at the front of the field, but all the way to the very last runner. Anyone that puts on a pair of fell shoes and toes that line at the start of a fell race is showing themselves to be fitter than the average, and tougher than most. It is just as hard, if not harder, to be the person at the back, which is why they often get the biggest cheer of the day.

Junior Committee and Race Organisers

Before I go on and talk about the running that happened this year, I have to thank all of those who took on the roles that made my life much easier this year. There is an extraordinary bunch of race organisers that continue to put on Junior Championship races and all the other events. Without these people we simply have no sport. I'm sure I echo every runner, parent, coach and other supporter when I offer them my huge thanks. Don't be shy to go and say thank you to them at a race.

Backing me up more directly, I have a small team that do most of the work I get thanked for: Jim Godwin does our stats, and runs the felljunior.org.uk website; Lauren Jeska fills in the time between winning the English Championship by planning the racing schedule and Bashir Hussain and Jackie Newton keep the Junior Squads and Teams moving forwards. Thanks to all of them.

English Junior Champs

There is another article in the magazine about this, so I won't say too much. I haven't made it to as many races as I would have liked, but the ones I have been to have been spectacular. Anniversary Waltz started it all off, with Elizabeth Greenwood winning her race outright, and Kristian Edwards annoying the U18s by beating them all. Kristian ran a perfectly paced race and overtook the leaders as they climbed to the top of Catbells. Just looking at the times, I can't believe they ran to the top of Catbells and back in 13" 57'. I didn't make the next couple of races, but then Clougha Pike entered the Junior Champs with a bang. Long and tough races probably surprised a few people, with the U18s running with the seniors. Arnison Crag bowed out as the Uphill Championship Race, with new records in almost every class. It reappears next year as an up and down race. Darwen finished it all off, with only Danny Hope beating the first 9 boys, and the first 3 women were U18s and U16s. This just shows the class of our juniors. Well done to all that took part, and all those that won medals.

Junior Relays and Do

Broughton Runners hosted the Junior Relays and Do. We had 14 teams of 3 run in the mixed relays (including 2 rather outclassed adults). The relays were organised so that each team was made up of runners of different ages, genders and clubs. They then had to complete 12 laps of varying lengths. The racing was hard and fast, and I think everyone enjoyed themselves. The team of Sarah Warhurst, Jack Hindle and Joseph Howe won. There was quite a lot of discussion over what was the best combination of age groups over the lunch. The view was that 3 U10s would be best – but I am not daft enough to have done that – Richard! I think the format was very successful, and it would be nice to do something like that again.

After lunch the Junior Championship prizes were presented by Lauren Jeska, fresh from winning the English Ladies Championships, and Graham Breeze. I know many people appreciated having a real live Senior Champion in their midst. We finished off by having all of the runners on the stage for a photograph in their T-Shirts and Hoodies (presented for completing 4 or 6 races).

Annversary Wa!

Photos © Dave Woodhead www.woodentops.org.uk

Junior Championship T-Shirts

If you completed 4 of the Junior Championship series you have won a T-Shirt. If you have done all 6 you have won a Hoodie as well, this year. These were presented at the Junior Do, but if you didn't attend, then you can still get one. Go to www.broughtonrunners.org.uk and follow the links to the Junior Do and Relays. There you will find a link to an online shop where you can order your T-Shirt and Hoodie. The clothes are free, but you will have to pay carriage. They have a list of who is still due these, so don't order anything if you are not entitled to as it just causes hassle! If you don't know if you did four races, go to felljunior.org.uk and check.

English Schools Fell Race

Sedbergh School yet again managed to organise wonderful weather and a fantastic competition. We took just over 400 entries before the race, and a reasonable number on the day. This meant that 371 competitors managed to take the start lines, with two of the races with 100 runners or more. The event has actually grown over the years, with more schools competing. Lincroft, from Bedford, managed to take home a couple of team prizes in the younger age groups (they are a middle school) which goes to show that it is worth travelling. Sedbergh School finally managed to capture the overall School prize, with two 1st places, from Peter Harrison and Mel Hyder, and two 7th places from Sam Fisher and Katie May.

Jos Naylor has presented the prizes each year, and I know that he has been extremely impressed by all the runners. He will have been particularly impressed by Tom Duffy, from

Photos © Pete Hartley

Widdop

Brooksbank School, who gave up his run to help a fellow competitor back to the finish. He was presented with a special prize. It is this kind of attitude that makes fellrunning the sport it is.

This race has been the highlight of my year for my time as Junior Coordinator. Jon Richardson and the Sedbergh team have done a wonderful job. However, it is time for them to have a rest. The event will take place at Calder Valley High School next year, probably on Saturday 1st October 2011. They assure me the courses will be of a similar standard to Sedbergh's and I am sure the event will be very well organised. Thanks to Mary Smith and Al Whitelaw for taking this on.

Parental Consent

The FRA's Welfare Policy states that Parent / carers should "Return an informed consent form … before your child goes to any 'away' events". This means that if you are taking a child that is not yours to an event, you should get some form of informed written parental consent before travelling. The easiest way to do this is to get the parent to sign an entry form for the race you will be attending. These forms will be available from the FRA Website for download. This parental permission is important to protect the Race Organisers. There are certain circumstances where a signature of another person may be acceptable on the entry form, e.g. when they are a teacher at a boarding school.

New Junior Coordinator

I am stepping down at the next AGM. I have enjoyed my three years and think I have moved things on a bit. Some of the highlights have been: getting the FRA Coaching Courses up and running (and then passing it all on to Graeme Woodward); responding to Jon Richardson's suggestion of an English Schools Champs and seeing this become the biggest junior race in the country; watching junior runners, fast and not so fast compete in a set of very competitive Junior Champs; seeing all the maroon T-Shirt clad runners disappearing to the various activities at the first Junior Do I was responsible for; hearing the massive cheer for the two Westholme runners that managed to take nearly 2 hours at the ESFRC and came in during the prize giving. There are many more and they far outweigh the negatives.

I am pleased to say that we have had a volunteer to take over for next year. Emma Clayton, current U23 Champion and England International has said she would like the job. So, unless there is an unexpected election at the AGM, she will take over from me in November. Best of luck to her.

Finally

As I sign off for the last time, I would like to say that I have been touched by the number of people that have thanked me for being Junior Coordinator. People say that this is a thankless task, and you have proved them wrong.

See you all at a race in the future.
Lecky

Widdop

Photos © Pete Hartley

BY **DAVID WOODHEAD**

Junior Grasmere Sports 2010 in pictures

This page. Clockwise from top right: Olivia Mason & Logan Hargreaves Grasmere U9 winners . U9 winners taste success (l-r) Richard Done, Logan Hargreaves & Dominic Sturmey. U12 girls (l-r) Kerry Regan, Sophie Marshall & Heidi Murray. Nicole Narey, Lauren Munro-Bennett & Loren Appleyard U17 Grasmere. Start of the Under 17 race

Right hand page. Clockwise from top right: U14 girls L-R Milly Dalton, Rebecca Flanaghan, Molly Traviss & Lorna Nunwick. Under 9 girl Lara Dalton. Under 14 champion Phil Done. Under 12 start line. Start of the Under 14 race

Photos © Dave Woodhead www.woodentops.org.uk

WHARFEDALE
HARRIERS
52

PETE BLAND
SPORTS
32
77
38

PETE BLAND
SPORTS
38
77
82
69
70
55

PETE BLAND
SPORTS
28

HELM HILL
RUNNERS
KENDAL
PETE BLAND
SPORTS
65
58
52

WHARFEDALE
PETE BLAND
SPORTS
69

BY **DAVID WOODHEAD**

THE 2010 Yorkshire

These Yorkshire championships are the oldest county championships in the world of fell running, with the senior men's now in their 33rd year, the ladies' are in their 17th year and the juniors are 15 years old. Many thanks go to Burton Safes Ltd., Up & Running and The Wharfedale Clinic in Otley for their loyalty and generous support over the years.

No Gray day for Karl!

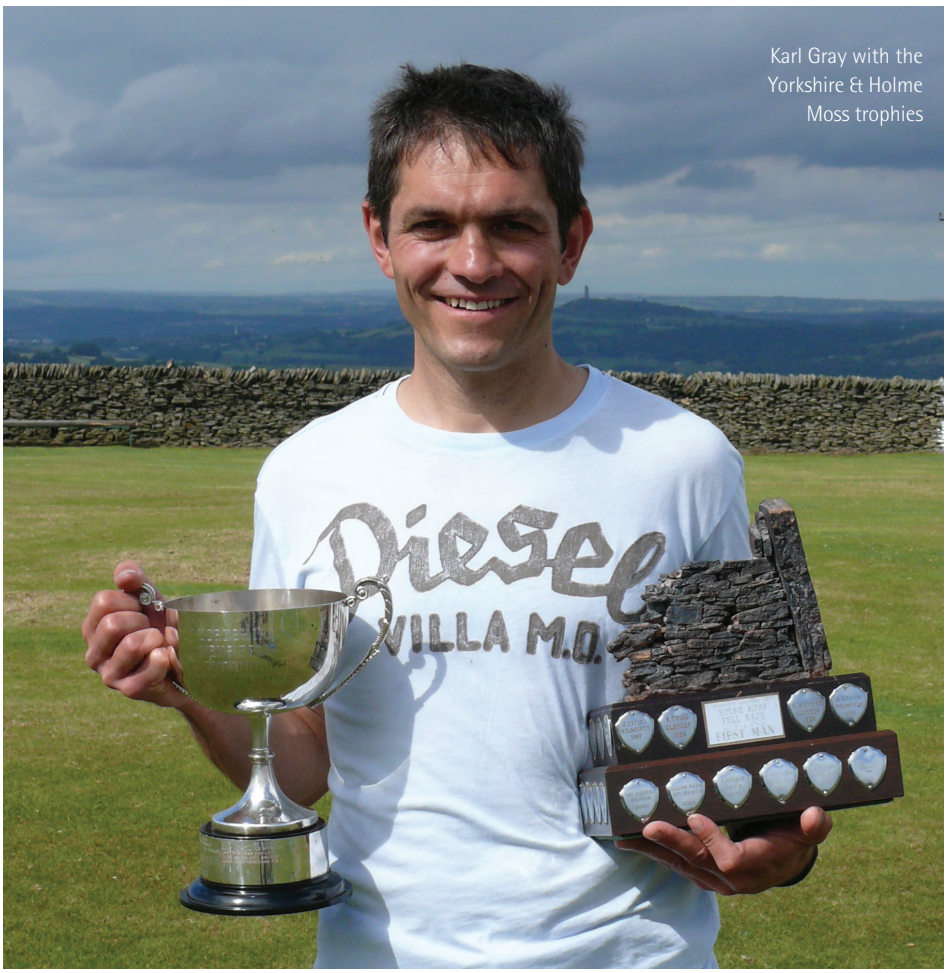
On what was a grey day weather wise for most, with intermittent rain, gale force winds blowing and mist swirling on the high tops of Black Hill, veteran Karl Gray brought some Yorkshire sunshine by winning his first ever English championship race. He showed true Yorkshire grit to fend off any challenges and his victory was made even sweeter by him winning the coveted Yorkshire title which was incorporated into the Holme Moss race. Karl had been chasing the elusive Yorkshire gold medal and championship trophy for the past five years, and his medal tally had been three bronze (2004, 2006 & 2008) and two silver medals (2005 & 2009). Now his campaign has been richly rewarded with the golden shiney one. Karl's day just got better and better, because besides taking more than a massive 25 minutes off the course record, he also led his club Calder Valley Fell Runners to team gold medals for the second year running with Gavin Mulholland and Adam Breaks. Individual Yorkshire silver went to last years bronze medallist Graham Pearce who this year has become a true English and British contender in fell running and was justly rewarded with his first England vest for the Mount Snowdon international, while the bronze medal went to previous Holme Moss winner Chris Birchall.

It was all change with new names collecting the ladies medals, veteran Aly 'Alison' Raw was a really 'chuffed' ladies winner, while the silver medal went to Helen Berry of Holmfirth Harriers, who not only raced but helped with the results, as her club were the race organisers. Pippa Wilkie of Dark Peak Fell Runners took the bronze, and with Nicky Spinks and Lyn Bland, the ladies of Dark Peak lifted the team gold medals, to equal the men who have only won it once way back in 1990.

Lyn Bland, Pippa Wilkie and Nicky Spinks of Dark Peak lift the team gold

Karl Gray of Calder Valley Fell Runners

YORKSHIRE FELLS CHAMPION, ENGLISH V40 BRONZE MEDALLIST AND BRITISH V40 JOINT SILVER MEDALLIST



Karl Gray with the Yorkshire & Holme Moss trophies

Photos © Dave Woodhead www.woodentops.org.uk

Lying on the hospital bed just having come around from the anaesthetic I was given the news that not only had I had a large tear of my lateral meniscus, but I'd also suffered a large chondral defect of my lateral femoral condyle.

To say the least this was a bit of a low point and a surprise as the month before the operation had been a great month for me and the club. Apart from a slight bit of knee ache from time to time I hadn't suffered any knee pain for months.

The team had a solid performance at the Ian Hodgson relay followed by a Bronze medal at the British relays. I then managed to get on the podium of the OMM Elite with now club team mate James Logue. The week after I was amazed to get a silver medal at the Yorkshire championships and team Gold with club mates Ben Mounsey and the ever improving Gav Mullholland. I'd previously returned to racing in the summer at Dentdale and performed very well considering that all my training had been on the road bike with just a couple of hill rep sessions.

Within a few minutes of being given the bad news about my knee I was beginning to look at the positives. The defect had now been stabilised and it was half the depth of my articular cartilage and not down to the bone.

The procedure that had been performed to aid repair of the defect is called 'microfracture'. This involves drilling tiny holes into the bone underlying the defect causing bleeding and the

championships

Karl Gray with Calder Valley rival Gavin Mulholland

Photo © Eileen Woodhead www.woodentops.org.uk

formation of a super clot (hopefully) full of stem cells which then grows into cartilage and fills in the defect.

Being a physiotherapist I was fully aware of the implications of this. Firstly it is far from guaranteed that this would resolve my symptoms. Also the procedure may not create enough cartilage to fill in the defect and if it did the type of cartilage which forms is fibrous cartilage which is not as smooth or as robust as normal articular (Hyaline) cartilage. I'd planned to give the V40 championship a good go in 2010 and now I was worried if I would be able to run competitively again. I decided to just see how my recovery went and if my knee wasn't up to running then so be it.

The cause

The injury must have occurred while I was out cycling the week after the Three Peaks race when the World Long race championships were there. I had been hitting every red traffic light which meant repeatedly clipping out of my new pedals. The pedals had been a bit too tight to unclip from and the repeated force of twisting my foot out of the pedal had injured my knee.

I didn't notice any problems until later that evening when my knee started to twinge when I was walking. This gradually got worse over the next few days and I was struggling walking up and down stairs. I suspected that I had torn my meniscus at the time and decided to seek a surgical opinion. My symptoms gradually improved though and ironically, long before I could run again, I found I could cycle without any discomfort. I did however slacken my pedals right off and learned to track stand better!

My knee steadily improved and I managed to get back running about six weeks later without any adverse reaction. A subsequent consultation and MRI scan were clear which did surprise me due to the symptoms I had had. I therefore decided to just continue as normal and wait and see if they recurred. Just over a year later my symptoms did recur, without suffering any sort of twist or injury to my knee. I decided to seek the opinion of another orthopaedic surgeon. By the time I saw him my symptoms had again settled down and I was back running and racing without any problems other than an occasional ache. The consultant agreed that I probably had a meniscal tear and arranged for the surgery.

Following the surgery the Consultant had recommended no running for at least 3 months so I left it 4 months. After the operation I was supposed to be non-weight bearing for 2 week so I didn't weight bear for nearly 3 weeks to give the clot ample time to take hold.

The come back trail

I was already planning my rehab and how to train in the future to prolong the life of my knee. The type of injury I'd sustained meant that the days of me going out and doing long training runs were long gone.

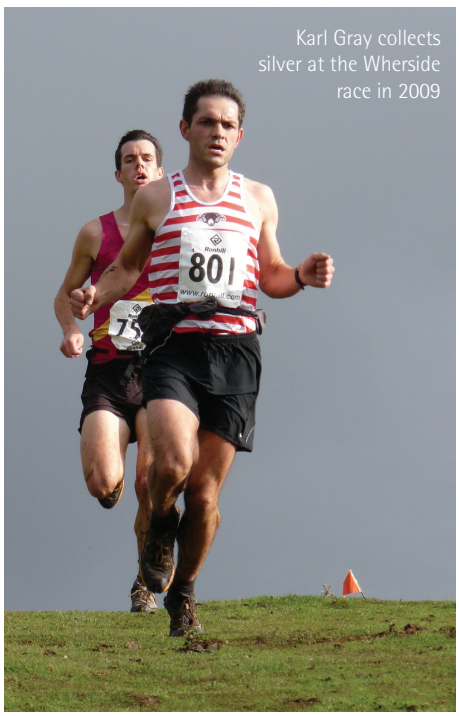
I already knew from my training in the summer and from my academic studies that cycling was an excellent way of cross-training for mountain running with very good strengthening and cardiovascular returns. I'd have to get my endurance on the bike and keep the impact of running down to a minimum, meaning shorter more intense sessions. Once I was given the go ahead I began my cycling. Gentle at first, light gears, no big hills and staying in the saddle. Gradually through the snow and ice of January and February I built up my mileage and resistance. God was it cold!

I'd planned my return to be at Coniston, not an ideal comeback race given the terrain, however I needed to do it if I was going to go for the English as well as the British championship. My preparation race for that turned out to be a Bunny Run. Now most people who have had the pleasure of running these races know how fast and furious they are. I had done no flat running or any speedwork so was amazed that I'd finished second in a very respecteable time.

I'd started running again at the start of April and this coincided with the birth of my second daughter Erin on the 31st March. Having a four year old as well, certainly focuses your training. You don't waste any available time or opportunities! There is a little hidden valley a five minute jog from where I live that Steve Oldfield and I use regularly to train in. This valley has constituted my running/hill rep training for the last five months. I could nip out and do a hill rep session and be back home in 45-60 minutes depending on how many reps I'd done. Hill reps has been the sum total of my running training over the last five months. It offers minimal impact running up (and I take it steady running down reducing impact and using it for recovery) improves my leg strength and is a great cardiovascular interval session. Three sessions of this a week coupled with averaging a hundred and fifty hilly miles per week on the bike got me back to my previous level of fitness. When I returned to racing, I found my knee didn't suffer any reactions and I was in good competitive shape considering how little actual running I was doing.

The race

So where did me winning a Championship race come from I hear you say, especially with the constraints and limitations of my injury and subsequent rehab. The truth of the matter is I don't really know. I have had some of my best results in longer races: record holder for the Wadsworth Trog otherwise known as 'The Beast', sub 3 hours for the 3 peaks and several top 10 places in long Championship races. However, to win a Championship race is something else. I came into the race with no great expectations, I just wanted to consolidate and strengthen my V40 position. I hadn't ran anything like this distance in approximately 9 months and my longest training run to date was a 9 mile recce of part of the course. I didn't know how my knee or body would fair. The steady start really suited me as I was able to stay with the front group as we got into the thick of the race. This was



Karl Gray collects silver at the Wherside race in 2009

Photo © Eileen Woodhead www.woodentops.org.uk

BY **DAVID WOODHEAD**

Photo © Eileen Woodhead www.woodentops.org.uk

Karl Gray negotiating the rocks at Pen Y Ghent

where I knew from past experience that I tend to get stronger. Surprised that Rob Hope and Lloyd Taggart hadn't pulled away on reaching Laddow rocks gave me a good bit of confidence. Previously I had been concentrating on beating Graham Pearce for the Yorkshire champs gold, I now sensed however I was in with a chance of getting a top five finish. Feeling good running up to Black Hill I was soon past Lloyd and sitting on the shoulder of Rob. With Pete Vale approximately ten metres ahead I was wondering why nobody was closing the gap so I pushed on and by the transmitter Pete and I had a 10-15 second lead. I felt good, but didn't want to push too hard yet as the wheels can very quickly start to come off in a long race and anyway Pete was setting a very good pace across the moor. Playing to my strengths, as we approached the descent to the iron bridge and with a good 30 seconds lead over Rob and Darren Kay, I decided to go for it and descended as fast as I could. This would hopefully give me a chance of getting up the last killer climb in the lead. I was leading an English championship race, nervous, excited and with a substantial amount of adrenaline pumping through my body I managed to extend my lead up the final climb. It has to be said that this race must have the longest and cruellest finish in fell running or at least that's what it felt like to me. I can't remember how many times I looked back convincing myself that I could still be caught and the finish didn't seem to be getting any closer. However, I did have a comfortable lead and the rest is history as they say, I had done it, **I had won an English championship race! I was also Yorkshire champion and with very good runs by Gav Mullholland and Adam Breaks, Calder Valley retained the Yorkshire team gold. What a fantastic day!!**

Aly Raw of Bingley Harriers

LADIES YORKSHIRE FELLS CHAMPION & ENGLISH FV45 SILVER MEDALLIST AND BRITISH V40 SILVER MEDALLIST

Dave is always questioning my Yorkshire pedigree. This may be because I am forced, through work as a teacher to live in exile just over the border into County Durham. However, with a Granny who was born and grew up on a farm underneath what is now Scar House Reservoir at the head of Nidderdale; a mother who was, reputedly, the first woman to wear trousers in Hove Edge and a father who is very reluctant to sleep outside the county, I am hoping to dispel his doubts. I am proper Yorkshire through to the core.

So, it was with a mixture of thrilled surprise and embarrassment that I won the Yorkshire Fell Running title this year at the Holme Moss race. To me it is a unique and special title, of which I am very proud and that I could never have imagined winning. I am acutely aware, however, that someone of my age and calibre should not be adding their name to the trophy. And, of course, there are stacks of Yorkshire lasses miles better than me. But with such a packed fell running calendar there is always going to be the demands of other events and different running priorities and commitments. You can only beat those who turn up on the day after all. The Holme Moss race was a good one for me. Long gruelling drags over tussock and peat I find far more to my liking than wet rock and scree. I had a good tussle with Helen (Berry) over the course of the race. I didn't realise we were battling for the Yorkshire title nor the trophy that her Dad, Norman, donated.

A bleak time

Winning the Yorkshire title this year was especially meaningful. Being diagnosed with thyroid cancer just days after witnessing the passing away of my lovely Mum, Josephine, at the end of 2008 really halted me in my tracks. Suddenly my life was unrecognisable. I struggled to get it back on track for about 18 months. Although I continued to try to run (and race), stupidly thinking I would pick up where I had left off before my first surgery, I half joked that when they removed my thyroid gland they took my *Oomph* out as well. I had no 'go' in me for a long, long time and lost the belief that it would ever return. The journey has been long, hard and, at times, a

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Aly Raw at Blackstone Edge

Photo © Eileen Woodhead www.woodentops.org.uk

Yorkshire champion Alison Raw receives her prizes from co-ordinator Dave Woodhead

Aly Raw at 2010 3 Peaks

Photo © Eileen Woodhead www.woodentops.org.uk

bit bleak – physically but as much mentally and emotionally. A very good running friend taught me just to get back out there, when the time was right, run for myself and simply enjoy it. And when I stopped worrying about where I came in a race I started to run a bit better again. I am loving it more than ever and when I think back to the place I was a year ago the Yorkshire title has affirmed how far I have come.

My first experience of fell running was going up to watch the Three Peaks with my Dad, Doug. My Dad was so impressed that women could actually compete in such a demanding event I vowed, secretly, that one day I would do it. It was almost 20 years into the future before I actually succeeded. I got into running when I lived in York tootling around the roads and training on the Knavesmire. It wasn't until I returned to live in Sedbergh (I had lived there before it was taken from Yorkshire into Cumbria) that I took to running on the fells a bit. That was until I was persuaded to do the Tebay Fell Race where I came about third from last. I couldn't believe the last climb – it was so steep I could see right up the shorts of the bloke in front! After that experience (the demanding nature of the sport rather than the view up the bloke's shorts!) I threw away a perfectly good pair of walshes and thought that fell running was not for me.

Got the bite back

It was a few years later I fell back into fell racing. Darlington hasn't got a massive fell running scene. I did discover the summer evening race series on the North York Moors and started going along. They were a really good introduction to the discipline and led me to other local fell races in the Cheviots and Weardale. I got 'bitten' and first did the championships in 2003. I was shocked when I went to Ireland to do the Slieve Bearnagh race the first time. I couldn't believe you could get so much quality mountain experience in a race of less than 4 miles. I thought the organiser was demonstrating his Irish humour and I laughed when he announced at the start that the wall tops were out of bounds. Half way round I realised he wasn't joking. The wall tops would've been the easiest running. I returned to Northern Ireland in 2006 to do the Mourne Mountain Marathon and had one of the best weekends ever. Absolutely glorious.

My favourite fell race has to be Sedbergh Hills – or indeed any race on the Howgill Fells. I love those hills and they are equally beautiful in bright spring green, vibrant summer brown or sparkling in the winter sunshine under a covering of snow. I always enjoy the Simonside Fell races in the Cheviot Hills and the Three Peaks, of course.

I eat most things with relish. I especially like bread with lots of unsalted butter and oatcakes with Wensleydale cheese and chutney. I have a very sweet tooth too so chocolate and flapjacks feature and lots of fruit and vegetables of course – I try to eat as many colours in a day as I can.

When I'm home I like to listen to music and the radio. I have no television but a music machine in every room of the house. My soundtrack for this summer has been a fantastic album by The XX, and great albums by Elbow, Band of Horses and Doves. No doubt this will change as we move into autumn... During last year I rediscovered the art of knitting and produced four jumpers in no time. I'm wondering whether there might be a market in knitted Bingley vests for the winter fell races! I spend a lot of time outdoors and adore camping – especially since I acquired my new companion, Stan 'Longshanks', AKA Big Paw the dog. People ask what I do with my time without a TV but to be honest I never think about it. It's been 8 years now and I don't miss it one bit. I think it's very liberating!

Here's to another good year of running and racing. And here's to Yorkshire!

BY **DAVID WOODHEAD**

Stars shine at Hellifield

They're off in combined U14 & U16 race

Photos © Dave Woodhead www.woodentops.org.uk

Newly crowned English under 14 fell champions Max Wharton of Calder Valley Fell Runners and Bronwen Owen of Scarborough AC showed why they are super stars by not only winning the 2010 Yorkshire U14 titles, but by breaking the records to boot. Max sliced 53 seconds and Bronwen a whopping 1 minute 23 seconds off their race records respectively.

13 year old Bronwen only took up competitive running last year, when spotted by Scarborough coach and mentor, Mike Willis at a schools sports day, since then Bronwen finished second in the North Yorkshire and South Durham Cross Country League and fifth in the Year 11 – 12 National Triathlon Championships; what great potential Bronwen has.

Max is developing into a fierce competitor with his no nonsense approach to climbs, no walking, no matter what! Add to this his steely determination of never giving up until the finish line is crossed and you realise why Max is a champion through and through.

Three other junior athletes broke records. Last years under 14 Yorkshire Champion, Becky Mills, took 59 seconds off the FU16 record, Seth Waterman reduced the U12 record by 11 seconds and Clayton's Natalya Irvine took 35 seconds off the FU10 record. The under 16 race uncovered a new talent in 15 year old Bradley Traviss, whose main sport is rugby, although he has competed in the English schools fell championship for the last two years. He finished third in 2008 and sixth last year, although he was at the bottom end of his age group. At the moment running is a close second to his rugby ambitions.

These athletes weren't the only stars to shine at the 41st Hellifield annual Gala though, Ryan Thomas, who plays the 'hunky' builder Jason Grimshaw in the ITV's soap Coronation Street, made everyones day by joining in the fun, signing autographs, posing for photographs and starting the senior race. It's a good job the St. Johns ambulance was on standby as a lot of swooning was going on by mums and daughters alike, and some cheekily managed to collect a kiss or two off Jason. Rumour has it that they will never wash again!

The senior runners got the worst of the weather as a monsoon type cloud burst swept over the summit of The Haw. Junior international, Cowling Gala winner, Billy Pinder regained the Yorkshire under 18 title to claim the winner's £30 prize money with over a one minute lead from Marc Scott, the Yorkshire silver medallist and Sean Carey who collected the bronze. Past winner V50 Steve Oldfield chased these youngsters home and he himself was chased into the finish by new U23 champion Matthew Athersmith and U23 silver medalist James Craig who also picked up the first locals prize.

Lancashire's Nichola Jackson was chuffed with the £30 on offer for winning the ladies race, from Skipton's Clare Pearson, before Caroline Lambert of the little known fell running club Wetherby Runners took third and with it the U18 ladies Yorkshire title.

Hellifield Gala Races are not all about the spectacular racing on offer, but are about a day of enjoyment for all the family. The racing's good, but children's enterainment from Circus Jim, singing by The Saggy Bottom Boy's, a bucking bronco ride, lots of stalls, fair ground rides, BBQ, Gala cakes and teas from the Women's Institute and novelty chilren's sports on the field make it a day for everyone. After the presentation of the Yorkshire and open race awards by Hilary and Norman Berry from Burton Safes Limited who sponsor the Yorkshire Championship, the famous chocolate throw out ensued, with Hilary and Norman doing

U16 girls Zara Knappy & Charlotte Cox steal a kiss from 'hunky builder' Jason of Coronation Street

Photos © Dave Woodhead www.woodentops.org.uk

U12 champion Seth Waterman with Hilary & Norman Berry

Photo © Eileen Woodhead www.woodentops.org.uk

Becky Mills collects a kiss from soap star Ryan Thomas

the honours. What better way to end a day could there possibly be than to see the sight of youngsters and grown ups desperately trying to catch chocolate? **A truly GRAND DAY OUT!**

U18 Yorkshire champion Caroline Lambert flanked by Skiptons Clare Pearson & race winner Nichola Jackson

Photos © Dave Woodhead www.woodentops.org.uk

Bronwen Owen of Scarborough AC

UNDER 14 YORKSHIRE & ENGLISH FELLS CHAMPION & ENGLISH UPHILL CHAMPION AND ENGLISH SCHOOLS HAMPION

Hi, my name's Bronwen, I'm 13 years old, I go to Lady Lumley's school in Pickering and have started year 9. I'm a member of Scarborough athletics club and with Becky Mills, Charlotte Edge, Louise Taylor, Leah Ogden, Leah Millard and Emma Graves training is great fun and a laugh, which is what taking part in sport is all about!

All my other friends think I'm really weird because I'm mad on sport and so are the rest of my family. My mum, Sarah, dad, Derek and sister, Ceri, who is eleven, all compete in local triathlons, with my mum being really good. My sister also likes horse riding – I've been banned because I'm so rubbish and keep falling off! My mum thought I was going to kill myself if I carried on, but I do like horses.

At the moment I swim, bike and run regularly. I race in: local cycling time trials, my best ten mile time is 28-50 and compete in triathlons, I won the North East Summer Triathlon Series and have some other placings in local events.

Last November I started running with the club and really enjoyed taking part in the North Yorkshire and Scarborough District cross country league, eventually coming second overall. I also managed to qualify for the English schools cross country championships, I came 3rd at the Yorkshire cross, 29th at the National, but my best running result was 4th at the Northern cross country champs at Blackburn.

This summer I started fell running for the first time, club coach Mike Willis said they'd be good for me, and improve my cross country, I've really enjoyed it, it's really hard but you feel really good when you've done it! Hellifield was a really good race, the competition was tough and I had to race hard, but I really enjoyed winning and breaking the course record!

Bronwen Owen, a winner at Darwen Gala

Apart from my sport I like camping and shopping every now and again. I support Arsenal, because my Welsh grandad says they are really good. I play the cornet and am grade three and I like messing around in the garden. I have a boxer dog, Sophie, aged six and a dwarf hamster,Ginnie. My nickname is beefy; I was given this by the boys at primary school because I'm so little!

My ambition is to win the Olympics, but I have not decided a sport yet. After this I'd like to work for someone like Eurosport or something. I've wanted to do this for a long time; I went to watch the cyclists compete at the Manchester Velodrome, which I'd love to have a go at, and even got to meet a few and collect their autographs. Meeting the likes of Sir Chris Hoy and Bradley Wiggins, is what has inspired me.

Hellifield U14 girls L-R Annabel Mason (2nd), Bronwen Owen (1st), Harmonie Waterman (3rd) & Louise Taylor (4th)

BY **DAVID WOODHEAD**

Caroline Lambert of Wetherby Runners

YORKSHIRE UNDER 18 CHAMPION & MALHAM SHOW WINNER

Caroline Lambert shows off the U18 Silverware with Norman Berry

Photo © Eileen Woodhead www.woodentops.org.uk

I hadn't done a fell race in a while so I decided to go along and give the Hellifield race a go, especially since it was called the Yorkshire championships, I thought it could be a good one to try and see if I'm actually any good at the sport. After all my favourite event has always been cross country and I thought, "How much different can it be?"

I found the race quite hard to be honest. The hills were all so much bigger than I'm used to and the downhills were so much steeper. There were so many ditches to catch me out as well, I don't think my reactions were quite quick enough to bound through the uneven fields, but at the end I really didn't feel guilty about eating as many chocolate Heroes as possible. I'd certainly give the race another go; see what I can do now I'm feeling more confident and more like I know what I'm doing.

I got into running in year six, I went along to a star track athletics week in the summer holidays and from there went along and joined Harrogate Harriers. My first race for them was cross country and since then I've always felt most comfortable with it.

Of course in summer I tried the track and field, the longer distances on the track were more to my taste but I even tried some field events, like the shot put, discus and high jump, but these didn't go down as well. My younger sister, Heather, also ran cross country at school and ran for the Harriers a few times, but is now more into music, especially classical where she is grade 5, although most of the time it's more pop music I hear her singing.

I'd never really noticed fell running until I moved house to Ripon and some nights during the week went down and trained with the local club, Ripon Runners, about a year and a half ago. Here a lot of the guys were into the fell running and persuaded me to go and give one a try. I ended up attending Wasdale show as my first fell race which was quite tough and during the race I told myself I would never do a fell race again, but after being handed some prize money, £6 for third and plenty of fudge I was looking forward to my next one. It was here that I met Jos Naylor, who of course I knew nothing about!

Another reason why I went to Hellifield was because I'd finished all my exams and I was just working and running whenever I could as the football season had finished and this normally kept me occupied on a Saturday, playing in mid field for Ripon Panthers when I was under 16 and now for St. Aidan's school. Also the netball season had finished before Easter and although I only play this at school it keeps me on my toes. However I'm probably their least reliable player as running often takes priority but I'm not so bad at the sport when I give it my best shot.

This September I'll be starting sixth form and therefore taking up my netball and football again. I'll be studying my A-levels which I have kept nice and random as I haven't really put too much thought into the future and didn't know what to pick. In the future I'd always like to have my running and football on the side, but I'm still kind of waiting for a career to catch my eye. I quite like the idea of becoming an art student as I love the subject and I've been told they are, well, pretty relaxed students so that could be good fun.

Well I'd quite like to be famous for something as everyone would, but I'm not sure what. I'd say I'm more one of those people who wait for things to happen, rather than makes things happen. With this attitude I end up doing a fell race one day, an athletics competition the next with a bit of netball in between, hopefully this way I'm going to get somewhere good.

U18 champion Caroline Lambert of Wetherby Runners
Small photo: Lion face painted Caroline Lambert at Hebden Sports race

Photos © Dave Woodhead www.woodentops.org.uk

Bradley 'Brad' Traviss

YORKSHIRE UNDER 16 CHAMPION

I have been interested in all sports for as long as I can remember and when I started at my secondary school one of the many sports on offer was a running club, which took place on a Tuesday and Friday mornings before school, so I decided to try it out, the free breakfast afterwards being one of the incentives!

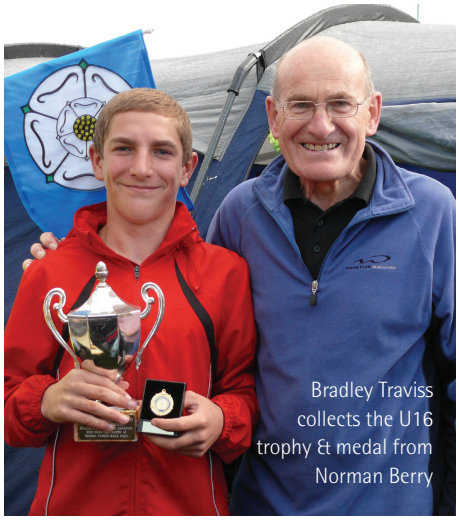
Ben Mounsey my teacher, who runs for Calder Valley, was very encouraging, supportive and a great role-model. He kept me interested in the sport and took me and a few other pupils to a series of Calderdale Cross-Country races in which I won all four. My first fell race was near the end of 2008 in the Wicken Hill Whiz senior race and I came 8th. Since then I have competed in about ten fell races including two English school championships were I came 3rd in year 8/9 and 6th year 10/11.

I am 15 years old, and attend the Brooksbank School Sports College and I am currently doing my GCSE's. As well as running for my school I also am a member of their rugby and football squad. Out of school I play rugby league as scrum half or hooker for King Cross Park and hold a scholarship for Bradford Bulls. Last year our rugby team won the league and the Halifax Cup, even though we're a year younger than our opposition, so now we have been promoted to the Yorkshire league. This league will be much more physical, but we have very good team spirit and camaraderie, with our best player being William Milner, bar me of course, hee, hee.

Both my sister and dad also run, my dad, Garry, who is a member of Calder Valley started running rather than waiting around watching us both, and is a lot fitter now to the point of being obsessed. He is a better cyclist than a runner and the hardest event he's done is the 3 Peaks cyclo cross.

My sister Molly is a member of Halifax Harriers, she came second in the Sedbergh English School Championships last year and competed for Yorkshire and Humberside at the London Mini-Marathon. We are all very competetive and this keeps each of us on our toes!

Given the choice between running or rugby, rugby wins, because I've been playing since I was 5, while running since 11. Rugby is just so enjoyable, running I don't really like, but I am good at it, the best bit about running is finishing! I recently finished second at the Grasmere Sports Under 17 race and this has to be the toughest race I've done due to the steepness of it. I really enjoyed it, even my spectacular fall was enjoyable, but the descent was scary. But the best bit was the £40 prize, mind you my mate Max Wharton's £60 prize would have been better, here Molly finished 3rd in the FU12 race.



Bradley Traviss collects the U16 trophy & medal from Norman Berry

Photo © Eileen Woodhead www.woodentops.org.uk

When I am older, if I did not succeed in becoming a professional sportsman I would like to become a sports physio. I have recently had trouble with my knees and the physio at Bradford helped me. This inspired me to learn more about physiotherapy and I recently did my work experience in physiotherapy. I enjoyed the week a lot and I hope to get the qualifications needed to become a physio.

Bradley Traviss climbs Winder in the Howgills at the 2009 English Schools Fell champs

Molly Traviss at the English Schools

Photos © Dave Woodhead www.woodentops.org.uk

BY **MORGAN DONNELLY**

Uphill Struggle

From a flying start to the 2010 season and selection for the World Long Distance Mountain Running Championships in Colorado here is the story behind how Morgan managed to recover from injury in time to race up Pikes Peak (+14,000 feet)

Karen and Morgan

The Runners Story:

I raced for England at the World Long Distance Mountain Running (WLDMR) Champs in Austria in 2009, (placing 11th) and really enjoyed the atmosphere of the event and the standard of competition. In essence, I had caught the bug for competing at events like this and was keen to have a crack at gaining selection in 2010.

So, when I discovered that this years WLDMR Champs would be in Colorado and up hill only, I got really excited – I could not imagine running up hill for 13 miles. The selectors had chosen the Yorkshire 3 Peaks (Y3P) to be the selection race for the WLDMR Champs, so I had my work cut out in terms of trying to get fit for a three hour race relatively early in the season. The cold winter and large amounts of snow put paid to any ideas I had for long training runs, as I found wading through knee/thigh high snow soul destroying, and to make things worse the roads were often to icy too cycle on. Before I knew it we were into April and the Y3P was just around the corner. I managed to get a long run in ten days before it, and this was about as far as I got in terms of long race preparation.

Having said all this, I was having the best start to a running season ever, with new course records at Llangynhafal Loop, Askam and Sedbergh 3 Peaks (S3P), plus a great run in Ireland (British Champs Race where I finished second). However in the background (with hindsight) I did have injury problems brewing away, for instance on the morning of S3P, I could hardly get out of bed due to a strange chest pain – a pain sensation emanating from my back and wrapping around the sides to my chest. In addition on the morning of Y3P I had pain sensations in my lower leg around the calf. It would only be later on that I would discover these two separate events were connected.

The last hour of the Y3P was very tough, and I was so tired that I fell badly on the summit of Ingleborough (this turned out to be a significant event as this fall bruised my calf muscles).

Despite the limitations of my preparation (not to mention problems during the race with my support crew, AKA Lucy & the Kids[1]) and lower leg pain sensations, I had a good run at Y3P and

Morgan & Kids on Pikes Peak

NEWCASTLE SPORTS INJURY CLINIC
Newcastle Sports Injury Clinic Ltd
First Floor, City Pool
Northumberland Road
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was delighted and amazed to win.

Despite my fall and various pains, my good form continued for another week allowing me a surprisingly lively run at Coniston (English Champs Race where I finished third).

Alas that's where my season came to an abrupt halt, after an easy week trying to recover, with some gentle runs, each of which was more painful, I finally came to the conclusion (is it just me, or does it take several painful runs before we runners will accept there is something wrong?!) that I was injured and that I better get myself sorted out.

Our move across to Cumbria five years ago had resulted in significant improvements in my running, when injury strikes I still mostly return to Newcastle to see our friend & Physio, Karen Dearden at Newcastle Sports Injury Clinic, whom Lucy and I had seen for treatment many times over the last 10 years and who knew me well.

It was slowly becoming clear I needed some intense and regular treatment if I was to get running again in time. However, fitting a six hour round trip in whilst also juggling a job, three young children, one family car and living in a village (limited public transport) was a logistical head ache. Bizarrely the best fix turned out to be a combination of cycling and train (45 miles each way to Hexham via Hartside to a friend's house (thanks Jane) where I could leave my bike and then jump on a quick train into the Toon). Early on I managed just a few treatment sessions with Karen, thinking it would get better soon.

Most of us get frustrated about how slow progress can sometimes be and when the end of May arrived and I was no better – all relative – what I really mean is, that I was unable to run. I found it initially difficult to head up to Jura knowing that I would not be racing. As it transpired I probably would have missed the start as cycling from the ferry to Craighouse with the whole family, dog and camping equipment took longer than we had allowed for!

There were quite a few lows as I was struggling to get running again and sometimes I felt that I wouldn't be able to run in Colorado. I was keen for my family to join me in the US and once we had paid for our trip on credit I went all out to see Karen in Newcastle for treatment as often as possible. I was also dedicated at doing all of the various exercises Karen had told me to do, including trying not to sit for too long in one spell at the computer and breaking long drives every 45 minutes to do leg swinging and back twists – I am now well used to the strange looks that I get when doing these in public places!

During the first half of July, Karen finally allowed me to run, with a test run straight from her clinic – hurray, but hang on, initial runs were limited to five minutes, and these were still not pain free. This injury has caused me to redefine the meaning of the word pain! I now refer to strength of a sensation, pain per se is just a signal, and the signals I was receiving during these initial runs were associated with my body saying 'we are not sure about this'! The good news for me, on my road to recovery, was that the pain quickly switched off at the end of the miniscule run.

The five minute runs gradually grew over a three week period to a 65 minute run the day before we flew out to Colorado. And then that was it, we were off to the States. The last 10 days before the race zoomed by, but being able to go for a training run to the half way point of our race with fellow team mates boosted my confidence.

The weather on the day of our race was perfect and it was lovely to be waiting for the start in the warmth (even though it was not yet 7am) with fellow English & Scottish Runners. As usual (and I still find this a surprise) the race started at a terrific pace – I guess it's the excitement of running through Manitou Springs in front of the crowds and camera's. Fortunately things calmed down when we hit the trail and I got into my rhythm. During the next two hours I never noticed any significant lower leg pain and I got on with the job in hand.

Reaching the summit after so much time away from racing in a respectable position and being greeted from my ever supportive family and the fantastic views across Colorado felt fantastic.

Photos & diagramms courtesy of Newcastle Sports Injury Clinic

Above: Karen working on Morgan's para spinal muscles and quadratus lumborum. Below: Karen working on buttock

[1]Lucy's Story

On the way to the race Morgan stopped the car to show me the two places he would like me and the kids to meet him with food and drink, however in the rush he never managed to explain what sort of food and drink he was expecting me and the kids to deliver. Given his morning aches and pains amd my lack of sympathy, I didn't have high expectations of Morgan being on top form, but we are always keen supporters.

We got to the Viaduct just in time and to a good spot by the steps, shocked and thrilled to see Morgan in the lead. The kids excitedly handed Morgan a few jelly babies and a bottle of water. Support job well done we thought!

However, by the time I'd got ice creams, packed the kids, bikes and dog into the car, and read the race schedule, I realised we were not going to make it to the Hill Inn, in time…! Undeterred we soldiered on and also tried to call, our friend (no mobile signal) and race marshall Jane Saul who I knew was on the Hill Inn checkpoint.

When we finally got into position at the Hill Inn, the 1st runner we saw was in 10th place and we realised that Morgan was long gone. We found Jane and she commented upon how, when holding out some Jelly Babies for Morgan, and expecting him to take a couple, he actually took the whole lot! Realising that we were now at risk of missing Morgan finish (quite a regular event!) we dashed off straight away. What a relief to see Morg going down the finishing straight having held onto his lead despite our haphazard support.

The Physio's Story:

Morgan came to see me 12 weeks before the WLDMR championships. He was complaining of pain on the outside of his calf and around the ankle bone which occurred after running only a few metres. Morgan had been massaging the peroneii tendons on the outside of his calf which had become tender and swollen. To Morgan it felt like he had some sort of tendinopathy.

On assessing the injury there was inflammation and some tenderness in the lower calf area and the Gastrocnemius (calf) muscle was tight, and one could easily think that Morgan had an overuse tendonopathy, but this was secondary to a very different and underlying injury.

Morgan's underlying injury was originating from his back although he had no symptoms there.

The problem was that Morgan's thoracic spine was not functioning and moving as it should.

The thoracic spine is the part of your back between the shoulder blades (running from the base of the neck to the lower back) and is where the ribs attach.

Modern lifestyles, which involve a lot more sitting than in the past, together with slumped postures, cause stiffness and tension in the mid-thoracic spine.

In Morgan's case, this dysfunction in the thoracic spine was causing tension on the nerves that run along the spine and into the legs. Morgan had lost some of the mobility in these nerves due to the nature of his work (poor posture at computers and lots of travelling). Consequently he no longer had enough range of movement in this neural pathway for the stride length required to run.

Nerves, unlike muscles, have minimal elasticity, so when a nerve with reduced mobility is put on 'a stretch' (a stride out) that nerve comes under traction, and its blood supply is reduced. Therefore whenever Morgan ran (or tried to run) he was overstretching the neural tissues, which affected both the quality and quantity of the messages down the nerve and also affecting the blood and nutrient supply to the leg, leading to fatigue and inflammation in the lower leg. This in Morgan's case, gave the impression of a tendinopathy in the peroneii tendons. Although there was inflammation in the peroneii area, this was a secondary injury to the above dysfunction and neural mobility problem and in these situations, only treating the locally inflamed area will have limited long term results and could possibly slow down healing time by adding to the inflammatory process that is going on. (e.g. the self massage that Morgan did before he came to see me was irritating the injury, a bit like poking a fire!).

Morgan's stiffness in his upper spine was putting stress on other parts of his body when he tried to be active, His body had started using his back muscles and hamstrings rather than his buttock muscles when walking, running and cycling which was causing muscles to become overworked and tight, leading to further restriction of nerve mobility, thereby making the problem even worse.

My treatment of Morgan involved working on his back, hip, buttock, calf and knee. No treatment was actually done at the site of the pain which is something that can be very difficult for a patient to understand, As Morgan says, "especially for Morgan who is an Engineer!" Diagnosis and treatment require a lot of explanation so that the patient understands and is onboard with treatment and any recommendations made. Advice regarding training limits have to be adhered to, even though that can be very hard for an athlete training for something in particular, as just a few minutes too much training can put the injury back days and even weeks.

Re-education exercises, stretches and strengthening exercises were part of the home rehabilitation programme I gave to Morgan. I also advised on daily activities, posture and work station set up. Training programmes within the limits of the injury were set and goals planned.

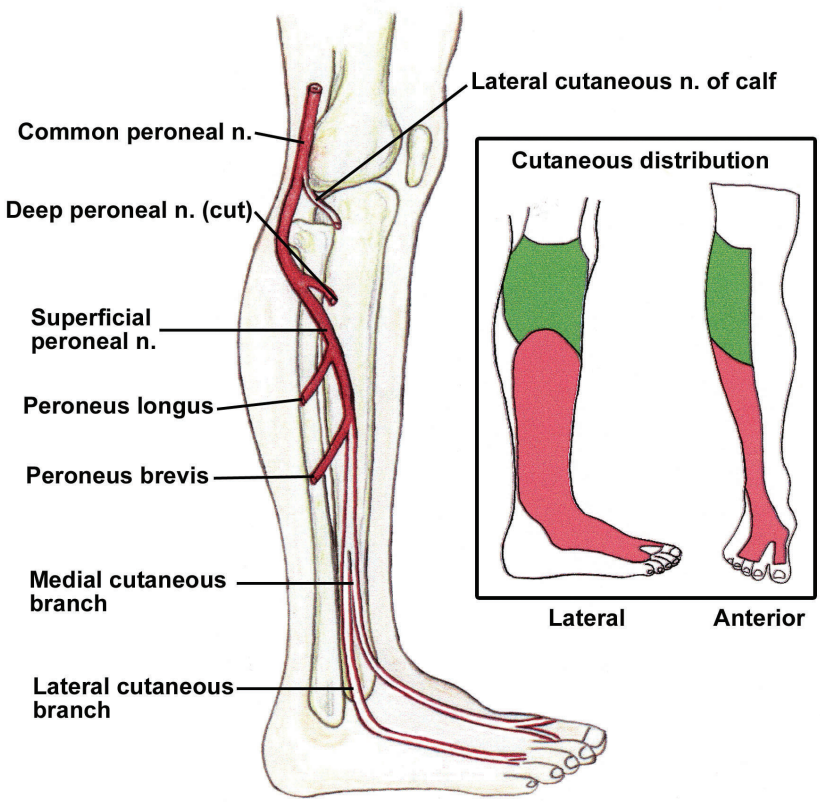
The advice and patient's activities between physiotherapy sessions are really important with this type of injury if progress is to be made and a lot of support is needed.

Within the first few weeks of seeing Morgan, I had treated him a couple of times and although I was noticing improvement Morgan was not seeing any net gains. Morgan could see that his leg had more mobility but he still had the pain when he tried to run. Morgan was getting frustrated that he was still not able to run. A lot of psychological support is required and constant reinforcement of what we are doing and why.

Due to both, Morgan and my heavy work committments, holidays and life in general there was a period of time where Morgan was not able to get regular treatment and it was not long before we only had a few weeks left before

Photos & diagramms courtesy of Newcastle Sports Injury Clinic

Karen working on thoracic spine. Above: Straight leg raise to test nerve mobility.



How nerves supply the lower leg muscles.

the race. Morgan and in particular Lucy were beginning to panic, flights had been booked and there was no going back!

Morgan contacted me for help. We both upped the anti and I fitted treatment in at every available opportunity. Which meant I would squeeze Morgan into my busy diary and around Morgan's work and family commitments to such an extent that I even treated him in a tent at the bottom of Hellvelyn, where I was camping for the weekend, days before he flew to Colorado!

Morgan was now onboard with the diagnosis and treatment plan and I was able to treat Morgan twice a week and he followed the rehab programme to a 'T'.

His range of movement improved and symptoms reduced, to such an extent that he was able to race and compete at Pikes Peak.

It has become more common for me to see runners who get recurrent injuries like Morgan's who work in sedentary jobs which involve sitting most of the time, whether at a computer, on the phone, in meetings or whilst travelling in the car or on the train.

Earlier this year I treated another fell runner who had struggled with 'achillies tendinopathy' for years prior to me treating his/her neural system and currently I am treating a marathon (road) runner with similar neural problems, whose injury presents itself as 'shin splints' (Tibialis posterior tendonopathy in this specific case).

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BY **RICHARD HYDE**

Karen Hodgson

Heart transplant to A class fell race

I felt compelled to write this article after a visit to the Lakes Runner cafe this August. Sifting through back copies of the Fell Runner, I came across an article about the late John Taylor. John was a world class fell runner but tragically died from undiagnosed cardiomyopathy in 2002. The John Taylor Foundation has been set up in his memory. Cardiomypathy is a heart muscle disease that is incurable but can be treated with medication, pacing devices and surgery, where appropriate.

So to my story. My partner Karen Hodgson was diagnosed with cardiomyopathy in her late 20s. The 'benefit' of the diagnosis was that the condition could be managed – but only with copious medication and regular hospital visits.

I met Karen in 2004 after being cajoled into attending a speed dating event in Nottingham – not normally something I would EVER do. My last 3 minute 'date' was spent with Karen. I'm not sure what it was about her, but maybe I detected an untapped spark for adventure. I said to impress her, "I'm a fell runner", which got the reply "Oh, I bet you're fit". So that was that and we started seeing each other.

I had no knowledge of her condition for quite a while. Eventually she divulged that she had a health 'issue'. I had to dive on Wikipedia to fully understand the gravity of the situation.

She has supported my fell running from the start by attending races and either walking the course or buying local antiques (Church Stretton being the most heavy on my pocket) while I was delirious on the hills. She has also supported me through 2 failed BG attempts and numerous other club challenges.

I took Karen to the Lakes for the first time in 2005. She immediately decided that she wanted to climb every hill and furthermore become a fell runner. However, I remember a walk around the contour path of Loughrigg Fell on a scorching June day. The seriousness of her condition dawned on me when she almost collapsed through breathlessness. I think we both silently realised that we would never be able to enjoy the same outdoor activities.

By the time she was 41, Karen's condition deteriorated rapidly. Etched on my brain is the day in 2006 when we sat with her consultant at Papworth Hospital who said she should consider a heart transplant. She calmly accepted his advice and she was placed on the waiting list for a donor.

A few weeks later she had a new heart.

The operation itself is beyond the scope of this article but it has left me marvelling at modern surgery, humble at the bravery of the individual who goes through the ordeal and very grateful of my own health.

The recovery period was slow but Karen was soon doing short walks and then longer walks, until in 2007 she achieved one of her goals of

First ascent of Scafell Pike in 2007

Arncliffe Gala fell race

Photo by David Woodhead – www.woodentops.org.uk

Supporing my BG in 2005

climbing Scafell Pike.

But this was clearly not enough for a girl with a new heart – I returned home one day to see some pristine running shoes poorly hidden by the door. It needs to be said that I have never encouraged Karen to run. I was initially very unsure of whether she should do it. She had not really run before. What effect would running have on her body? Would her heart be ready to cope with the demands of running?

But her consultant had already given her the green light. So she trained for and entered several track events at the Transplant Games in 2008, winning more gold medals than I have ever won. Likewise in 2009, she came home from the games with yet more silverware.

In 2009 she completed the Nottingham Half Marathon. What next?

The significance of writing this article now is that we were staying near Arncliffe this August and in my usual fashion I 'noticed' that there was a local fell race the next day. Such a coincidence! The Arncliffe Gala fell race is one of the shortest AS races out there, but an A class all the same. I was keen to do it – but this time so was my prodigy who now sported bright yellow Inov-8s.

Quite rightly, she was extremely nervous – which took me back to my first races. But I was also nervous – for her. This was quite unlike anything she had done before. I told her to start slowly and save something for the run along the top. After an agonisingly delayed start we all set off up the track and on to the hill, which rose exponentially to the first flag. Then along the top to the second flag and diagonally down the rocky field to the village and finish.

I finished and looked immediately back up the hill, trying to spot Karen's familiar gait. I couldn't see her. After a nervous wait she appeared around the side of the pub and casually finished. The commentator made a joke in broad Yorkshire about a blonde runner so I leant over and said "It's Karen Hodgson, and she's had a heart transplant". Clearly thinking I was winding him up he retorted, "Yer what? An art?". He then went on to blurt out to the entire gathering, "Reeght, this is Karen Hodgson and shis ad an art transplant. Shis fitter than most of thee fat bloaters". At least I think that's what he said.

To see someone go from a debilitating heart condition to an A class fell race in such a short space of time has been quite a journey. My part has been quite small, just motivational quotes ("pain is weakness leaving the body"), navigation training ("a compass should ideally be out of its packaging") and gear shopping ("you have 8 Goretex's already").

I'm not sure how many other transplanted fell runners there are out there but I am in awe of anyone who can return from a severe operation to take part in an extreme activity that the average person would never even contemplate. It is extremely brave and it demonstrates a lust for life that is inspiring every day. Well done Karen... how about the OMM?

If you would like to know more about cardiomyopathy or donate funds to promote research into this condition, please visit the website: www.cardiomyopathy.org.

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UIMLA Union of International Mountain Leader Associations

BY **BOB CLARE**

A marshal's viewpoint

BEHIND THE SCENES OF THE SAUNDERS LAKELAND MOUNTAIN MARATHON

Photos © Bob Clare

Competitors mark up their maps on day one

3rd – 4th July 2010

Don and I made the very grave mistake of taking what David Johnstone told us at face value. "What do we need to bring for the weekend?" "Well other than your tent and sleeping bag just a knife, fork and spoon – we can sort you out with everything else." We had been roped in to helping him at the Saunders Lakeland Mountain Marathon (SLMM), an event he organises. Now in its 32nd year this two day mountain navigation race took place over the weekend of 3rd/4th July at Wet Sleddale near Shap. The SLMM attracts competitors from all over the country and indeed many parts of Europe, testing their skills and stamina by running or walking over wide tracts of the Lakeland Fells mainly in teams of two. Given that about a thousand people enter the event, David needs a team of helpers to assist him in staging it. This is where Don and I came in – as lowly marshals.

On the Friday evening and Saturday morning we were placed on car park duties along with Paul, John, Graham, Karen and Bob and their sons. Luckily we had a large space to work with but even so I was surprised how it filled up. A huge marquee had been set up as the event centre and by mid evening we were directing competitors to it for registration. By now the complexities of managing a mountain marathon were beginning to dawn on me.

To begin with there were seven classes for the teams, differentiated by distance and heights of ascent which competitors wouldbe required to cover. These classes adopt the nomenclature of Lakeland fells; Scafell being the most demanding and Beda fell (designated for walkers), the least. The routes had been laid down by the Planner, Brian Dearnaley, and consisted of nine or ten checkpoints which must be visited in the order indicated on a control card. There was also a solo event, Klets, for elite fell runners. Their checkpoints could be visited in any order which the runners considered most advantageous.

Years ago, when I last had a fleeting involvement with orienteering, controls were verified by a punch clicker that left a pattern on the card to be checked on return at the end of the race. Now, unsurprisingly, new technology had allowed verification to be managed electronically. At registration the competitors are given a small SI card which is attached on a wrist band. This is then dipped into an electronic station at the checkpoint and registers with a beep. At the finish a station is linked into a computer and the information from the card is downloaded to provide a printout of the competitor's performance as well as feeding into a results list.

Returning now to the Planner, Brian, and the logistics involved in setting out courses. Although he is able to use controls in more than one class nevertheless he still has to position up to 70 checkpoints. A fine judgment, based on years of experience, has to be made to ensure each is sufficiently challenging for the class. Then the position needs to be checked and re-checked, and finally the station has to be put in place a short time before the event takes place; (and of course collected afterwards.) Once again hi-tech has given considerable assistance in this process with the application of GPS but nonetheless this is no substitute for the leg work undertaken by Brian and his helpers in preparation for the event.

Over a two day event the location of "mid camp" is a significant consideration. It has to be reasonably accessible by road to allow service vehicles onto the site. It has to provide a large enough camping ground for 500 plus small tents and it must have a clean supply of water. This year mid camp was at the top of Longsleddale, a beautiful valley off the A6 and rather remote. And this was where Don and I had our bone of contention with David Johnstone.

On Saturday morning having completed our car park duties we went up to the start to watch competitors as they set off. They had been handed their maps a short while before and had made their way to the top of a rise. Overseeing proceedings was Chris Hall the Controller who is responsible for the management of the event. To our unfamiliar eyes an odd thing occurred as the teams crossed the race line – nearly all seemed to kneel down and, with their control card which they had just been issued, plotted out a route to pick up their checkpoints. Once satisfied with their route they set out for the day. Fortunately the good weather we enjoyed on Saturday allowed this to be done in relative comfort. But it was a scene of studied concentration and most were at it for quite a few minutes.

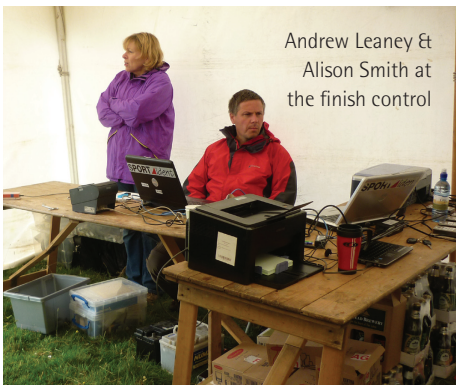
We made our way back to the now deserted venue where it became impressed on us to take down our tent as quickly as possible and travel across to Longsleddale in Paul's landrover. This was a drive of forty minutes or so, delayed by road repair works a short distance above the church. (One of those hitches that can never quite be factored in, no matter how much you plan an event.) Once we were on the site of mid camp our tent was quickly erected by the events team and instantly commandeered as Mid camp control centre where Andrew Leaney set up his lap top ready to process the first competitors who remarkably in my eyes had already arrived. Don and I were therefore tentless and carless and a good five miles from any pub. We had no food of our own and to top it all we found to our chagrin that, after we went for a walk to kill some time, the beer that was on sale by the outside caterers had run out. For the remaining part of the afternoon we took over the final station by "our" tent.

Being a marshal when the beer has run out on a hot afternoon in July is not a great thing. For some reason returning teams become rather

Controller Chris Hall (in wellies) briefs marshals

Mid camp from Goat Scar

Photos © Bob Clare



Andrew Leaney & Alison Smith at the finish control

disgruntled when you inform them of this unpalatable fact and blame you; then trudge wearily off to put up their tent.

Early evening Andrew announced that all but a handful of the field had been processed, freeing Don and I to see if we could scrounge a plate to eat the food from, mustered up by one of the other helpers.

At 8.00 Chris Hall held a meeting to brief the team on the morrow's arrangements. There were three key times. At 6.45am the day's control cards would become available. At 7.15 the chasing start would commence where the leaders would set out, followed by those competitors within 45 minutes of the leader's time. At 8.05 until 8.30 the rest of the field, "the mere mortals" as one competitor described themselves, would follow in a mass start.

Now Chris and Andrew and David tell me that all those details are in the information sent out before the event. Yet between then and 6.40 the next day each of us was asked repeatedly "What time tomorrow?" or "When can we collect our control cards?" but maybe that's what happens when the beer runs out and there is nothing else to do except pester the marshals.

A thousand people turned in at the top of Long Sleddale on Saturday evening – most of them well before ten. Had it not been for the marshals drinking through their hidden stashes of alcohol you might have heard a pin drop on that site. Don and I who had not brought our own sufficed on a can of beer and some wine and retired early.

Sunday dawned grey and at 5.45 I resumed a duty I had attempted the previous evening – ensuring the portaloos were adequately supplied with toilet paper. It is one thing to run out of beer but to run out of toilet paper too...

At 6.45 the controls were given out and the great camp started its disappearing act. Over the next hour and 45 it simply dissolved. As arranged at 7.15, across the beck, Chris and part of the team were supervising the chasing start. Meanwhile David, John, Paul and Andy W were collecting the cans and cartons that had been bought on the site by the lucky competitors who had arrived early enough and then, bit by bit, the holding area for the mass start began to fill up. At 8.05 the field poured through starting lines and immediately divided into three distinct streams. One breaking up the steep slopes leading up to Rough Crags. A second line headed up the valley to the west of the Sprint and the third line swung back across the river through what remained of the camp and began to scale the steep sides of Sleddale Fell. It was a stirring sight, accentuated by the relative muteness of the throng. No happy chatter – just grim determination to do what the control card demanded and return to Wet Sleddale as quickly as possible.

Once again Don and I found ourselves scrounging plates (and cursing that fella Johnstone) to have a hurried breakfast. Then we broke camp with remarkable alacrity. Paul in his landrover drove Andrew back to his car at Sadgill so he could return to the Event Centre and set up the finish. Then he came back for Don and me and helped us take down the tent. By ten we were back in the marquee watching the arrival of the first finishers. However by this time Wet Sleddale was living up to its name.

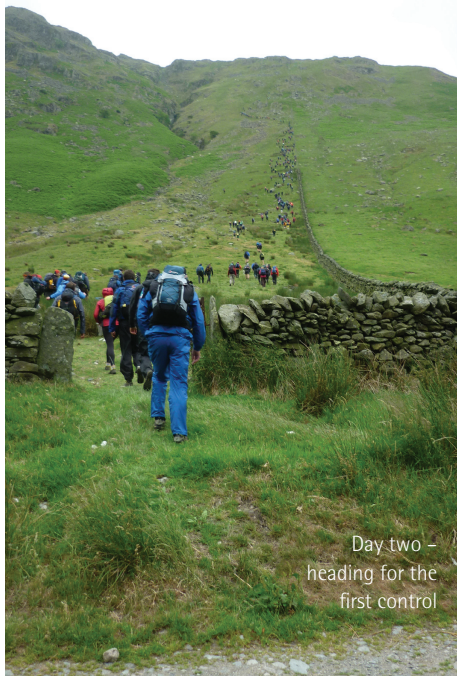
Sunday turned out to be grim. Strong winds swept drenching rain across the fells to deliver an extra test to the competitors. The contrast with the previous day could not have been more extreme. No matter how good the kit, no one escaped being completely and utterly soaked. Visibility became severely restricted, hampering further the teams and solos as they forced themselves around the controls.

And yet here's the thing: As more competitors were processed through the finish and had their kit checked, the atmosphere in the marquee seemed to buzz with ... well ...happiness. Of course people who compete in mountain marathons are a tough breed, whose idea of luxury is a windowless bothy in some remote Scottish glen and what's a little rain after all; and then of course there was the natural euphoria of meeting and overcoming the challenge of the courses, devised by the Planner; but it seemed more than that. They were people who had been in touch with a life affirming experience. I doubt any of them had ever watched day time TV. While I have always admired fell runners, on that first Sunday afternoon in July I was somewhat envious of their fellowship.

For David, and Chris and especially Andrew, the weather created a number of awkward problems. David's big concern was the marquee which at times threatened to balloon off its pegs.

Photos © Bob Clare

Start of day two


Day two – heading for the first control

For the best part of two hours Don, Paul, Joe, Andy W and others battled to remedy some of the shortcomings in its erection. In the end it was made secure by anchoring it to Joe's camper and Paul's land rover.

There were also serious consequences at the finish control since rainwater and laptops do not combine very well. An improvised arrangement using bin liners and an umbrella enabled Andrew to continue his essential work.

Around about two there was an informal award ceremony when Bob Saunders, whose generous support has helped establish the event, congratulated the prize winners. Then gradually the big tent began to thin as competitors drifted back to their cars or camper vans and departed. Don and I concluded our involvement with a bit of table clearing and outside rubbish collection. We made our farewells and resolved that next year we would not be duped by David Johnstone's minimum kit requirements of knife, fork and spoon but would enter the event itself where would have a better chance of survival!

Start of day two

Finishing day two

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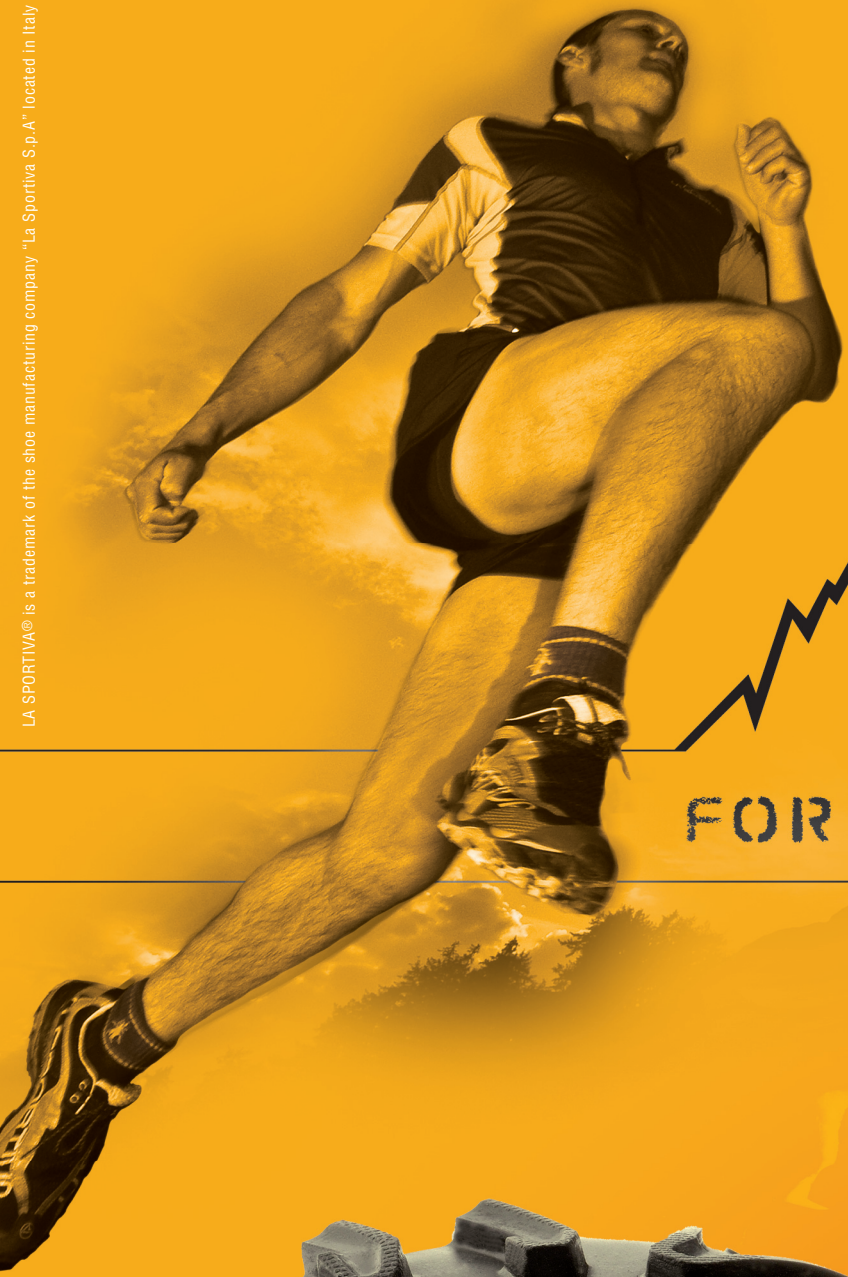

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BY **DAVID WOODHEAD**

Above: Is it Pamela Anderson? No it's Helen Glover!

Above: Surely these aren't fell runners?

Above: Overall fancy dress winners for the second year Tom & James Hirst Below: Lapping the beer up

Below: Baywatch babes (l-r) Jenna Mudd, Munny Lee & Dawn Rollins

Hula babes Ian Greenwood & Dave Motley finish 4th in 17 minutes

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Bales & Ales

A NOVELTY CHALLENGE

For the past thirty years folk have challenged themselves in the unique Oxenhope Straw Race which is held annually on the first Sunday in July to raise money for charity. The small village near Haworth, West Yorkshire is brought to a halt as hundreds of spectators and around 250 teams take up the novelty challenge of carrying a 45lb bale of straw over a two and half mile route visiting 5 pubs where a pint of ale is drunk. For the mixed teams its the same, but for the ladies it's only half a bale and half pints of ale. How you choose to complete the task is left to your discretion, some partners do all the drinking while the others the carrying, some share the duties, others use ingenious methods such as poles, ropes, pushchairs and carrying frames. But just remember the bale is the slowest object – so if that's not moving then you're losing time, unless of course you're using the bale as a seat outside each hostelry to sup the beer and time is irrelevant. The whole day is about having a fun time, so fancy dress is a must, cartoon, TV, film, sporting, political, world characters are in abundance, along with lots of topicial issues which all help make it a colourful spectacle. Running vests are a definate taboo, after all no one wants to be seen taking it too serious!

Jane Barrett, secretary of the straw race committee completed the race as part of a rock and roll group, and said,' we had 258 teams this year, the biggest number of racers in recent years. It was very good. We had some really well thought out fancy dress costumes, but the highlight for me is to see the months of real hard work pay off with all the people enjoying themselves and in the process raising money for Manorlands Hospice and other good causes.'

Check out www.strawrace.com for more details

Tim Hird & Laura Cawood race in the mixed section

2010 Results

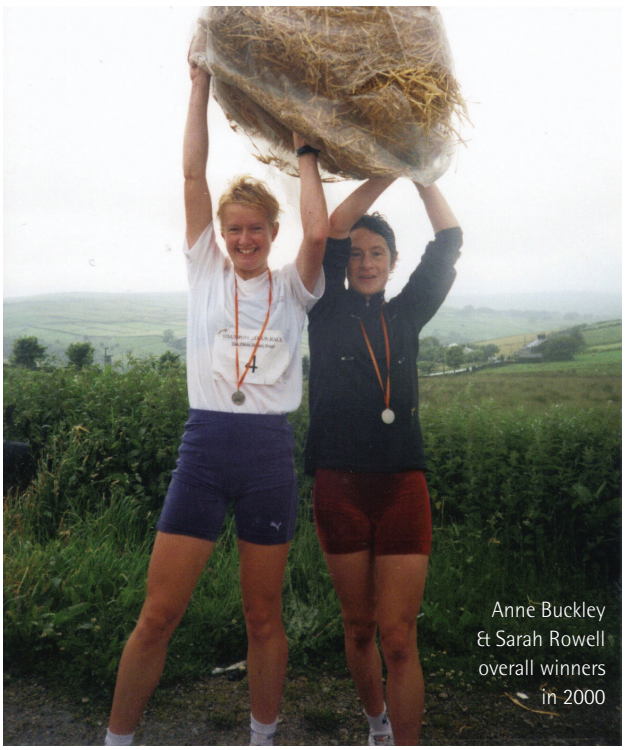
1	Willy Smith & Ian Holmes	15:00
2=	Shane Green & Steve Bottomley	16:00
2=	Matthew Dykes & Jorge Thomas	16:00
Mixed team	Helen Glover & David Hamer	20:00
Female team	Renee Saxton & Sharron Smith	20:00

Jorge Thomas shows his dribbling skills

Six times winners Sean Sunter & Brent Brindle

The Big Drinkers & Carriers – Straw Race Winners

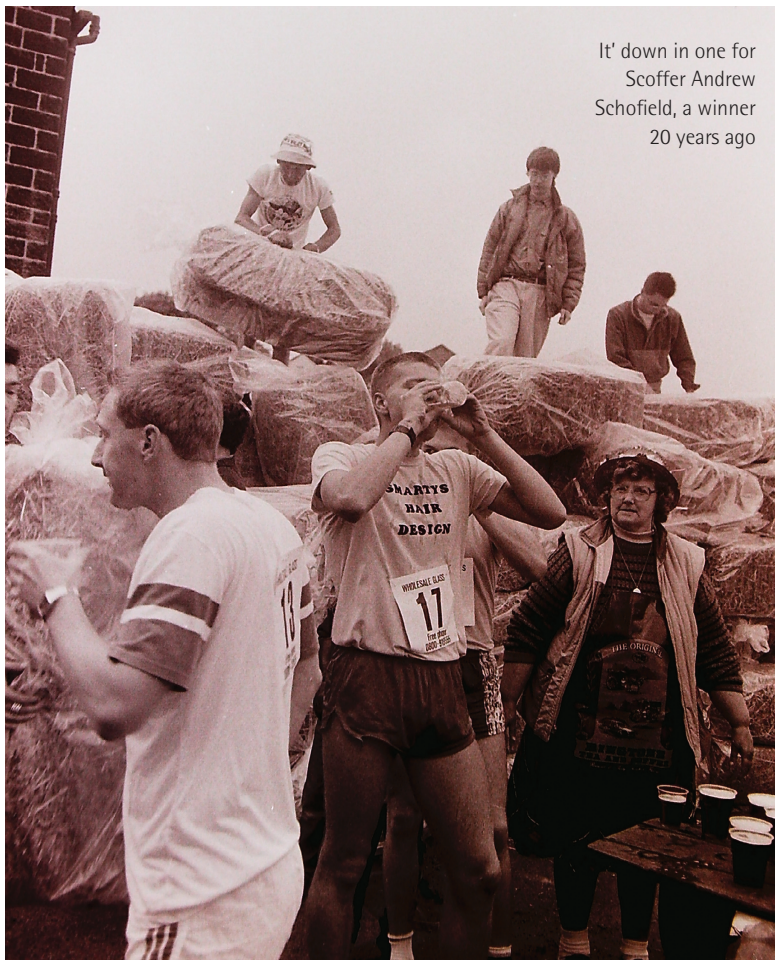
1980	Tony Parkinson & Dennis Mayo
1981, 82, 83 & 84	John Crawley & Jack Verity
1985, 86, 87, 88, 89 & 91	Sean Sunter & Brent Brindle
1990	Sean Sunter & Scoffer Schofield
1992	Ian Ferguson & Dave Woodhead
1993	Adrian Rushworth & Dave Newsman
1994	Steve Oldfield & Dave Illingsworth
1995	Steve Oldfield & Steve Shoesmith
1996	Jack Maitland & Robin Lawrence
1997	Steve Oldfield & Gary Oldfield
1998	Jack Maitland & Robin Lawrence
1999	Ted Mason & Sam Wadsworth
2000	Sarah Rowell & Anne Buckley
2001	Foot & mouth year
2002	Andy Orr & Dave Naughton
2003	Steve Curtis & R. Causton
2004, 05, 06 & 08	Steve Bottomley & Shane Green
2007	Willy Smith & Russell Fairhurst Matt Lockyer & Ian Nixon
2009 & 10	Ian Holmes & Willy Smith



Anne Buckley & Sarah Rowell overall winners in 2000

Twice winners Willy Smith & Ian Holmes with great rivals 4 times winners Steve Bottomley & Shane Green

Photos © Dave & Eileen Woodhead www.woodentops.org.uk



It' down in one for Scoffer Andrew Schofield, a winner 20 years ago

Mine's a Guiness for Dave Yates and his boozy partner

BY **ALLAN GREENWOOD**

Manx Half Mountain Marathon

Full Manx MM winner Jackie Lee

Photos © Jackie Mason

The Manx is one race every fell runner simply MUST do at least once in their life-time. I chose to run the Half Manx simply because it fell only a few weeks before the Yorkshire Three Peaks race where I wanted to have a decent run – without any of the after-effects of an ultra-race – for my 21st circuit. I'll save the Full Manx for next year.

Let me set the scene. The Isle Of Man, or Ellan Vannin, is an island in the Irish Sea, a short-ish ferry ride from Liverpool or Heysham. It has been inhabited since pre 6500 BC. In the 800s the Norse began to settle there and a Norse-Gaelic culture emerged. Quite good that Wikipaedia occasionally isn't it? Anyway, the upshot of this is that many of the local men and women have blonde hair and are very Scandinavian looking. Tempted yet ?

I had only visited the island once before. In 2001 our club's membership secretary Thirza and her husband Dave, Duncan Thompson, the then club captain, and I, had entered the Marathon. However, this was the year that the whole of the countryside in Britain was closed off to walkers due to the outbreak of a foot and mouth epidemic.

Even though there were no cases of the disease on the island, the countryside was closed as a precaution, in case someone travelled over from an affected area on the mainland with an infection on his boots. We decided to go anyway and made a worthwhile cycling and sightseeing holiday of it. I always had a mind to return one day to tick the race off my list…

The Isle Of Man is 33 miles long and 13 miles wide. The Manx Mountain Marathon is a 31.5 mile fell race (8000 ft climb/descent) that takes a North to South route, through some stunning scenery down the backbone of the island from Ramsay to Port Erin. The Half Manx starts at a place called St John's, the 18.5 mile point of the full marathon, and covers the final 13 miles (2600'). Before very long sufficient altitude is gained to be able to see the sea, a beautiful and breathtaking panorama. Both races end with a long sweeping run along along the coast and finish on the sea front promenade. Stunning.

The Manx Mountain Marathon is sponsored by the local O'Kells brewery and Green Mann spring water. The race is always on Easter Saturday and this year saw the 40th anniversary event. One chap in the full marathon completed his 40th event!

We decided to go over and plan a week's holiday around the race, taking the bikes in order to see as much of the Isle as possible. I had a look at the Manx Fell Runners website and found it to be a comprehensive guide to just about everything you could wish to know. Printable maps and race descriptions were available to

The View from The Sloc

download along with entry forms and a detailed history of the race, including the year four times winner Joss Naylor took his controversial second victory!

I found the race to be very 'runnable', all of the climbs being steady joggable inclines with good moorland paths and tracks. However, it was fairly dry under foot this year and I reckon it could be hard going after a spell of wet weather.

The Half starts on a quiet lane at the bottom of a forest in St John's. I arrived in good time, collected my number and chatted to a few people I know, soon we were able to cheer the first of the Full Marathoners as they passed through the village and up into the forest. It was a very laid back and friendly atmosphere, though I know that the race organisation is well planned and dead serious. There was a good showing from mainland fell runners, including some from Bingley, Wharfedale, Holmfirth and plenty of Clayton le Moors. I chatted with Lloyd Taggart, now back home after a spell of living and working on the mainland, and now living in Port Erin where the race finishes. I was grateful to Lloyd, as having been up on the course midweek and finding it a bit slippery in places, he gave me some good advice on which fell shoes to wear. Luckily I had brought trail shoes and heavy studded ones with me.

Soon it was time to assemble at the bottom of the forest track. We were sent on our way after a fair percentage of the 'Full' runners had passed through so there was no congestion and we were easily able to jog by and offer encouragement as they toiled their weary bodies up the wide woodland path. Out onto the moor at the top and along a peaty path to the first summit Sileau Whualian (pronounced Sloo Wally-an), then on good tracks and paths, well flagged and marshalled, passing more tired looking 'full' competitors along the way to a road crossing. This was another good feature in that, although it is a linear route, my other half, Jackie, was able to follow the race in our campervan, joining the crowds of spectators cheering us on at each of the three road crossings.

Drinks here, then across the road and through a gate leading to a well defined wide runnable path up to the summit of South Barrule. Again we were able to catch and pass lots of full marathoners, good for them as we could pass on more encouragement. The sun was high in the cloudless sky, the views were terrific.

Next, the fast stony descent to Round Table cross roads, a meeting point of country lanes, where they offered us drinks again. "How's it going?" asked Jackie as she took my picture approaching the gate. "It feels really easy…" I said. I took the malt loaf Jackie offered me, chewing the sticky buttered fruit slice as I crossed the road and ran along the inside of a wall on peaty moorland. It was a bit wet along here as I remember, but good running and I was still passing people and giving them a cheery 'how's it going!'.

The road runs along the other side of this wall. Soon, the wall turns sharp right across my path and I ran to a gate, through which is a carpark and – would you believe it – another checkpoint and drinks! I declined the drink. 'This is too easy!' I thought to myself. I felt good. I was running well and I knew there wasn't too much further to go.

Reaching The Sloc after a fast descent from Cronk Ny Arrey Laa

Photos © Jackie Mason

A right turn from the checkpoint and another runnable moorland track lay ahead, climbing steadily to the next peak, Cronk ny Arrey Laa (knee harry law). I could see a couple of runners ahead moving at about the same speed as me. Here we go! This one had a large pile of stones just before the top and I decided to put an effort in to catch those two before the next descent. I gained on the second one and almost drew level before the cairn but I was breathing hard now from the effort and he sensed the attack and countered my move. We started descending together and I tried again, this time zooming past and pulling away. There was little doubt he had done 27 miles today. Down on short turf now, I sped along on a long lovely winding grassy track to the next checkpoint at The Sloc (a sharp bend in the road).

It was boiling hot now but there was a cooling sea breeze. I remember thinking, this is the best race I've ever done! Jackie was there again and I quickly accepted a drink. Then off again, up onto a ridge and then along a sort of coastal path, except that we had to run on the landward side of a grassy ridge that separates us from the cliffs! The grassy ridge is in fact a hill, with a name. You don't really want to know its name though.

Alright then, it's Lhiattee ny Beinney (lattee knee benny). We followed this path for a mile and a half, then came a big descent to the beach at Fleshwick.

During this mile and a half, something strange started to happen. You know how it feels the day after a 20 mile run, when the thighs are tight, legs are like wood and you cannot get down the stairs? Oh, dear. What was happening? Oh, come on legs, what's wrong. I pushed on.

A guy caught me up and went past as if I was standing still. I willed myself along, jogging, still moving, but much slower than before. A few minutes later, another guy came alongside. "How's it going?" he asked.me "Oh, alright I suppose", I replied, "There's not far now anyway is there?" "I don't know about *that*…." He says, and soon he was a distant figure.

However, before he disappeared completely, I noticed him shoot right, across a patch of rough grass. Then he shot forward headlong and did a spectacular forward sommersault. Must try and avoid that patch, I thought to myself.

I followed in the vague direction he went (excepting A over T) and I soon realised that I'd cut a big corner in the path by traversing the rough stuff. Now the path began to descend steeply, cheering me and my poor legs up no end. I trundled down, Ooh, aargh, ooh. My thighs

BY **ALLAN GREENWOOD**

The final section follows the wall (centre of picture) round

Photos © Jackie Mason

Allan reaches Round Table crossroads after descending South

were pleading with me to stop and lie down but as I said earlier, it wasn't far now, was it?

Down, down on a zigzag path, then it turned to steps and the agony was multiplied by 7. Ooh, flip! I mustn't swear as juniors might read my report, I ponder.

Anyway, soon I made it to the bottom, and the sign read 'Welcome To Fleshwick Bay'. I turned left along the road leading away from the cove with it's sandy beach and rocks for sitting and relaxing on, cool water for paddling sore and weary feet in. Not far now. A marshal gave me a cheerful smile and pointed me to the right, through a gateway. I nodded my thanks, grimaced, wiped the sweat from my eyes and turned as I was bid. Then I look ahead… you have got to be kidding! There, in front of me was a line of weary bodies, doubled over, slowly trudging up the steepest hill you can imagine, to the cliff top.

The questions began to surface in my addled mind. How could they be so cruel? Why couldn't we just finish back there before the descent? Why couldn't they build a viaduct? I felt like going back to that marshal and retracting my nod of thanks. No wonder he was cheerful – he wasn't doing it!

I began the climb. Thank goodness I'm only on the 'half' though, I consoled myself. "Not far now!"

I pushed my weary legs on. Up, up, hands on knees, bent over double. Round to the left the path swung, then right, then left and eased as I gained the top and the checkpoint of Bradda Cairn. I started to jog along the short turf. Ahead, miles away in the distance, I could see Bradda Tower. It was a magnet to the eye. I was pushing myself on. Careful now, no silly slips or twisted ankles. Come on! It wasn't getting much nearer though. On and on I went, passing walkers and families out for a gentle stroll to the Tower on a beautiful sunny afternoon. Yes, that's what I'm doing too! Now the view was stupendous. The tower sits on the headland looking out to sea and I could now take in the whole vista of the bay at Port Erin. The sweeping arc of the bay with hotels and houses above the beach of golden sand, the white topped waves breaking on the shore.

I reached the tower, painfully climbed the three or four steps at its base, touched the ancient stonework and headed for home. Over fields to the promenade, then along the 200 yards of road to finish on the esplanade where bright flags and banners line the finish area and the finish gantry and booming tannoy welcomed me.

What a race. Well recommended, but don't underestimate it! One of the local hotels had flung open its doors so that we could all have a shower and there were meals for anyone who had pre-ordered one. Now I was ready to enjoy a restful week's holiday.

I will be hopefully going back next Easter to have a go at the full route. See you there?

Typical rugged Manx countryside, looking to Sneafell

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BY **PETER TRAVIS**

The Lairig Ghru

From Braemar to Aviemore we came,
by way of Cotour bothy beside the mighty Dee.
Deep valley of Lairig Ghru
and towering hills and shapely peaks
look down and scalloped corries
hang high above the eyes of Dee.

Mere Mother Earth gives birth,
the genesis of sweet flowing Dee.
Parent hills the cradle of the new born rill,
the granite cliffs of Coire Bhrochain,
solid sentinels to guard the infant burn.

Beinn MacDuibh, the sons of Duibh,
black guardians of the pass,
this weathered face frowning countenance.
Beyond the summit of the pass,
beneath the Lurcher's Crag,
we hurry, for our journey nearly done,
the day has gone and ight descends
as though the ancient woods
with weariness we make our way.
The mind and spirit lifted high
for we have conquered self.

BY **NICK LYONS**

Nick's club-mate Marcus Lancastle

NickLyon at Borrowdale

Conquering Borrowdale

"There are no hills in Lincoln"

The county of Lincolnshire is best known for its Norman cathedral, bracing seaside resorts and preponderance of RAF bases. It is also famously flat, and therefore surprising, that the sport of fell running has begun to attract a growing following from a small, highly active group from "The Lincoln & District Running Club".

The popularity of the "Lincs League Cross Country" events, combined with a desire to seek a greater variety of challenges, has provided the impetus for this interest in the fells.

Opportunities for suitable training during the winter evenings are somewhat limited to repetitions on the city's one incline, the appropriately named "Steep Hill". At weekends, and for the rest of the year, we are able to participate in a full range of fell runs. Our bright green vests, displaying the famous Lincoln Imp, have become a source of entertainment for other competitors, particularly in the Lakes, who like to poke friendly fun when they see us struggling on the big ascents. We have all got used to the familiar "There's no hills in Lincoln" refrain when people spot our shirts.

Having completed several AM races in the Lakes and longer runs elsewhere, I set myself the challenge of completing the Borrowdale Fell Race in 2010. The milestone of my 55th birthday seemed to provide additional significance to the event.

I first came in 2007 to watch my friend complete the course in the atrocious conditions that forced the organisers to cut the route short. I gained entries for the following two years, but summer injuries forced me to cancel my plans and relegated my participation to supplying my pals with refreshments and moral support at Sty Head.

My failure to participate previously, combined with the graphic accounts of my team members, caused "The Borrowdale" to assume a legendary status. After completing the Anniversary Waltz earlier this year, I seriously questioned my ability to do the equivalent of 2 laps of the Waltz back to back. And so as the spring months passed into summer, and we completed arduous days in the LAMM & Saunders, the spectre of Borrowdale somehow seemed to assume even larger proportions.

When we arrived at Chapel Farm on Friday evening to camp it was raining hard, as it has on the 3 previous years. After a quick pint in the Scafell Hotel, my restless sleep was broken by visions of lost routes, slipping on screes, failing to find water, and an endless procession of unfounded worries as I was kept awake by the sound of rain on the tent.

Saturday morning was wet and the clouds were low, but despite this rather gloomy start, there was a growing determination to complete the unfinished business. This was reinforced by the friendly faces in the marquee when signing on, and the reminder that in amongst the obvious elite competitors were groups of people who looked a lot like me.

Friends had warned of the risk of going off too fast and of the relatively small but savage climb up Bessy Boot, and so I settled into a steady rhythm as we quickly moved in a large procession up into the clouds.

The conditions remained damp but largely warm, with an almost complete absence of wind. As a result, the clag clinging to the hills remained firmly in place, and the low visibility caused me to lose sight of other runners, as we made our way across the apparently featureless terrain to Esk Hause. Moving up to Scafell I tripped and bashed my kneecap and hand, and was feeling a little sorry for myself, when a young lady from Abbey Runners offered support and encouraged me to press on. I made sound decisions to follow experienced runners off the tops of both Scafell Pike and Great Gable and therefore managed to find good route options on both occasions.

Passing beneath Brandreth, in a small group of 8 runners, the clouds began to break and we were treated to expanding views back down to Borrowdale. As we continued to make good unhindered progress, spirits began to lift, particularly as it became clear that we were all well with in the Honnister cut-off time.

Despite its reputation for being a struggle, I started to feel good on the Dale Head ascent, perhaps buoyed by the steadily improving weather and the realisation that barring accidents, I would be able to complete the course and lay my demons to rest.

On the descent through the slate quarry I passed tiring competitors and attracted the attention of a local spectator with a dog who commented "You look very fresh – are you sure you have been trying hard enough?" When I crossed the line in a slow, but to me very pleasing 5:09, I met my two fellow Lincoln Runners who had collapsed on the field and both were suspicious that I had properly completed the race because I looked too clean!

One of the attractions of the sport is its camaraderie and it was not long before we were swapping stories of the race between us, and then discussing our exploits with other runners who we have got to know over the years. In keeping with the sport's ethos, even the elite runners were happy to share opinions and insights.

An infectious feeling of "joie de vivre" permeated the post race gathering, greatly assisted by the excellent tea and sandwiches from the village hall (how do they manage to make jam sandwiches taste so good?)

Following a much needed shower and a meal in Keswick, we returned to the Scafell Pike Hotel for further refreshments and post race analysis.

Despite the lack of hills in Lincoln, our club championship race calendar now includes some fell races. We are therefore hoping to encourage others from our club to participate next year based upon the glowing feedback from myself and my 2 club members. This really is a special event, not just because of the challenges, but because of the race organisation and contribution of local people, including the Mountain Rescue, who do an outstanding job and make for a really special day.

BY **ANTHONY KAY**

The "critical gradient"

Should we go straight up hills or zigzag? Mathematical models, and an appeal for data.

In the Spring 2009 Fellrunner John Easterbrook wrote an article in which he explained a formula he had produced for estimating the record time for a fell race, given its distance and climb. He seemed almost apologetic about applying mathematics to fellrunning, but he is not the only person ever to develop a mathematical model of the sport.

Mike Hayes, of Sheffield University (and DPFR), together with his colleagues Rachel Davey and John Norman, has done several pieces of research on runners' speed up hills and on route choice in mountain marathons. Probably their most interesting finding was the existence of what has become known as a "critical gradient". The steeper the hill, the slower we go, but this is a nonlinear effect: it doesn't work according to Naismith's Law, where the time added is proportional to the amount of climbing. Rather, the reduction in speed gets worse on steeper gradients. If the gradient gets too steep, you can actually get to the top quicker by zigzagging (so making the gradient gentler along your route) than by going straight up. The "critical gradient" is the gradient at which it first becomes beneficial to zigzag: Davey, Hayes and Norman estimated its value to be about 1 in 2.8 (35%), using a mathematical model based on data from running on an inclined treadmill.

Alberto Minetti, a physiologist formerly at Manchester Metropolitan University, measured metabolic energy cost for runners on treadmills both uphill and downhill at gradients up to 45%. A theoretical maximum speed can be calculated from the metabolic cost. Taking results from a few uphill-only and downhill-only races, he found a fairly good correlation between theoretical and actual speeds uphill, but very poor correlation downhill. Uphill speed is limited by our metabolism, but other factors come into play downhill – agility, lack of self-preservation instinct. Minetti and his co-workers didn't calculate a critical gradient, but I have found a value of around 28% from their data.

I came into fellrunning from orienteering, a sport which seems to be well populated with mathematicians (or at least it was in the university club where I took it up). The orienteer's problem of choosing the fastest route between given points is certainly amenable to mathematical analysis. Phil Scarf, an orienteer at Salford University, has been looking into this. We need a formula for runner's pace as a function of gradient and, like John Easterbrook, Phil has turned to the fellrunning calendar for data. [Unfortunately John's equation is not in a suitable form, although it does show the reduction in speed getting worse at steeper gradients.] Phil has found an equation from which I have calculated a critical gradient much steeper than anything encountered in fell races -- so you should always go straight up. But there is a problem: British fell races nearly always go up and then back down. So, as Phil readily acknowledges, his formula assumes that downhill pace is the same as on the level. [Incidentally, Phil is one of the organisers of an international conference on Mathematics in Sport, to be held at The Lowry, Salford Quays, next June. There are enough of us out there doing this sort of stuff to make it worthwhile having a conference!]

So, as I have discovered in my own studies of orienteering route choice, we have a problem: we know quite a lot about how fast runners go uphill, and very little about how fast they come back down. Treadmill data are unreliable for downhill pace. There are loads of uphill-only races out there (in continental Europe and North America), but very few downhill races. And British fell race data don't separate the downhill from the uphill – unless we have split times at the summit. Of the races that go straight up a single mountain and back down by the same route (so that differences in terrain runnability won't be contaminating the data), there appear to be just two which include summit times in their results published on the internet. Coincidentally, these are the races up the highest mountains in England and Wales. In many ways, these are ideal races to get data from: Snowdon goes up and down a well-made tourist track (no awkward terrain) with only moderate variations in gradient, while Scafell Pike is one of the steepest races in the calendar (in fact, almost exactly twice as steep as Snowdon, according to the published distance and climb). If we assume that uphill pace in these races is consistent with data from elsewhere, we can use the downhill times to extract data on downhill pace. This analysis has already produced some interesting results. Runners further down the field are not merely slower, but their descent times are also worse compared with their ascent times. So the front-runners are not just fitter, they also have better descending skills (no surprises there!). The effect is more pronounced on Scafell Pike, with its rougher terrain, than on Snowdon.

Putting data from these two races together with record times from uphill-only and downhill-only events, it appears that the critical gradient for uphill is indeed steeper than you are likely to encounter in a fell race. In a race we can maximise our speed by choosing whether to run or walk, which was not allowed in the treadmill experiments: hence the discrepancy between the uphill critical gradients found from race results and from treadmill experiments. However, there is also a critical gradient for downhill, which may be as little as 20%. So you should go straight up the hills, but consider zigzagging on your way down.

The downhill conclusions are still rather tentative: there simply isn't enough data.

So here is my appeal to race organisers and runners. Organisers of straight-up-and-down races: if you only publish finish times, but have actually taken summit times for all or most runners, please let me have these. Runners: I am sure that there are some of you out there who wear a chronometer on races and carefully record split times at summits, but are probably too shy to let anyone know you are doing this. If so, please let me have your data: it will all be anonymised, so you needn't be afraid of ridicule in the pub! Email or post your data to me at the addresses below, in any format.

One final thought: on my trawls through the internet I have come across several "Vertical kilometre" races in continental Europe. These are races with 1000 metres of climb, usually very steep (the steepest is at Fully in Switzerland, which climbs a kilometre in only 1920 metres of horizontal distance). Browsing maps to see if it might be feasible to have such a race in Britain, I came across what appears to be the ideal location: Ben More, near Crianlarich. From the start of the track on the A85 near Benmore Farm to the summit is exactly 1000 metres of climb (to within plus or minus 5 metres) in about 2.5km horizontal distance, much steeper than even Scafell Pike. Is any club interested in organising a race? If so, we could keep to British traditions and have the race going up and down, with times recorded at the summit to give me uphill and downhill data. It would also be interesting to observe whether runners do actually choose to zigzag.

Anthony Kay

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BY **NORMAN BUSH**

Raw power

A 70 YEAR OLD'S GUIDE TO FITNESS

I went to a doctor when I was 55 because I was getting a few creaks and twinges of pain in my knees. She asked me how old I was and at my answer she said that, at my age, I should expect that sort of thing. Her response and attitude did not please me so I returned home and started some research.

I was born and brought up on a smallholding and have always been interested in nature, biology and evolution and it was along these lines my thoughts developed.

Of the 4.5 million years of our life on earth, only during the last 25,000 years have humans cooked food, and then only occasionally. Some remote tribes still eat most of their food raw. I came to the conclusion that this was the way for me.

Most doctors and nutritionists tell us that we should eat lots of cereal and bread, fruit and vegetables,low fat milk, low fat meat, margarine and other transfats, and that most of the food should be cooked. This has been their way to health for fifty years or more. Where has this philosophy taken us? More heart problems, diabetes, obesity, worn and painful joints, strokes etc.

I prefer the chimpanzee / caveman way of eating. Plenty of fruit, fat meat, nuts, eggs, liver, fish, a few vegetables and milk which has not been pasturised. Some people would say that milk is not a natural food for adult humans. I disagree. I keep ferrets to help me catch rabbits to eat. I feed the ferrets on any available meat and this includes rabbits killed by cars. Some of these killed would have been mothers feeding young. If I put one of these in the ferret cage they will immediatly tear open the breast and drink the milk. I think that humans, hunting the wild sheep/horse/deer 20,000 years ago, would have done the same. After all, milk tastes good. Unpasturised milk is a natural food for humans.

Eating like a caveman is where my followers in this lifestyle, if ever I had any, would desert me because I think it is more natural to eat food raw. Raw meat, raw eggs, raw fish. The problem is that there is a risk of taking in a parasite from raw meat so what I do to avoid this is to put the meat/fish in the freezer for about 2 weeks. This seems to be enough time to ensure that parasites are killed.

Nutritionists and scientists are often changing their minds about which foods are good for us. If it is a choice between taking notice of nutritionists and scientists or following nature,which has kept us healthy for a few million years, I would choose the natural way every time.

I do not believe in the unatural practice of carbohydrate loading before a race. I think that a diet of natural food, of fat meat, egg yolk, honey and fruit gives just as much nutrient for energy and the effects last longer.

I have a suspicious mind and tend to be sceptical about a lot of the information I come across. Some firms want to make lots of money to keep their shareholders happy. If one of them tells me, through its adverts, that its breakfast cereal/stimulant drink/snack bar ...will make me feel good/look good/ un faster, I tend to be rather suspicious. I am also suspicious when governments in some countries, who make millions in taxes from these big firms, do not seem to be interested in the effects on health of what these firms produce.

I now have no creaks or twinges of pain in my joints.

BY **DENISE PARK** MSC MCSP SRP GRAD DIP PHYS

I 'KNEED' TO RUN!

Well it's the end of another successful international season for me, continuing as both our England Mountain Running Team Physiotherapist and the World Mountain Running Association Accredited Physiotherapist. I have attended races in England, Scotland, Austria, Switzerland and Slovenia over the last few months and have worked with some of the best fell and mountain runners in the world from Czech Republic, New Zealand, USA, Mexico, Colombia, Italy, France, Switzerland, Scotland, and of course England. In my role as WMRA Physio, I was pleased to be able to work with Team USA and Team New Zealand at the World Championships, and received a huge thank-you from Team USA for working with them and helping them get their silver team position.

A couple of snippets of information. For those of you who follow Anna Pichrtova's results, she has been plagued by 2 femoral stress fractures this year – one shortly after the other – which has pretty much wiped her out for the whole season. But on a brighter note – some of you may recall the article I wrote about Victoria Wilkinson's serious tendon rupture last year. Victoria has just won the Home International at Aonach Mor in Scotland, and also represented England at the World Long Distance Championships at Pikes Peak race in America, finishing 7th. This is a race of 13.32 miles with a vertical gain of 7,815 feet, so I'm sure we can now say the repair of her flexor hallucis tendon has been successful!!

Jon Bowie descending Moel Arthur

I have been writing for The Fellrunner since 2005, and a couple of recent comments have encouraged me to write an update on one of the conditions I have already written about. Runners were either trying to access this article from old magazines, or because they were new to fell running, hadn't seen my earlier article. As research is constantly being updated, I thought it would be helpful to give a basic outline of this particular problem again – but also to include some of the latest opinions. I really hope the die-hards don't mind me repeating myself, but if it helps to get someone back running or avoid surgery it's worthwhile!!

FELL RUNNER'S KNEE

One of the most common fell running problems I see is what I referred to in a '05 article as 'fellrunner's knee' and the symptoms are pain around the kneecap (patella). It can also be referred to as runner's knee, patella-femoral stress syndrome, lateral patellar compression syndrome, peri-patellar syndrome and retinaculitis – to name just a few of the terms which may be used.

When I originally wrote about this condition, I received over 120 calls from runners who recognised the symptoms and had been told it was either untreatable and they had to stop running – or they were on a waiting list for surgery. Over a period of time I saw many of these runners, and as far as I am aware, they all returned to running and avoided the surgery.

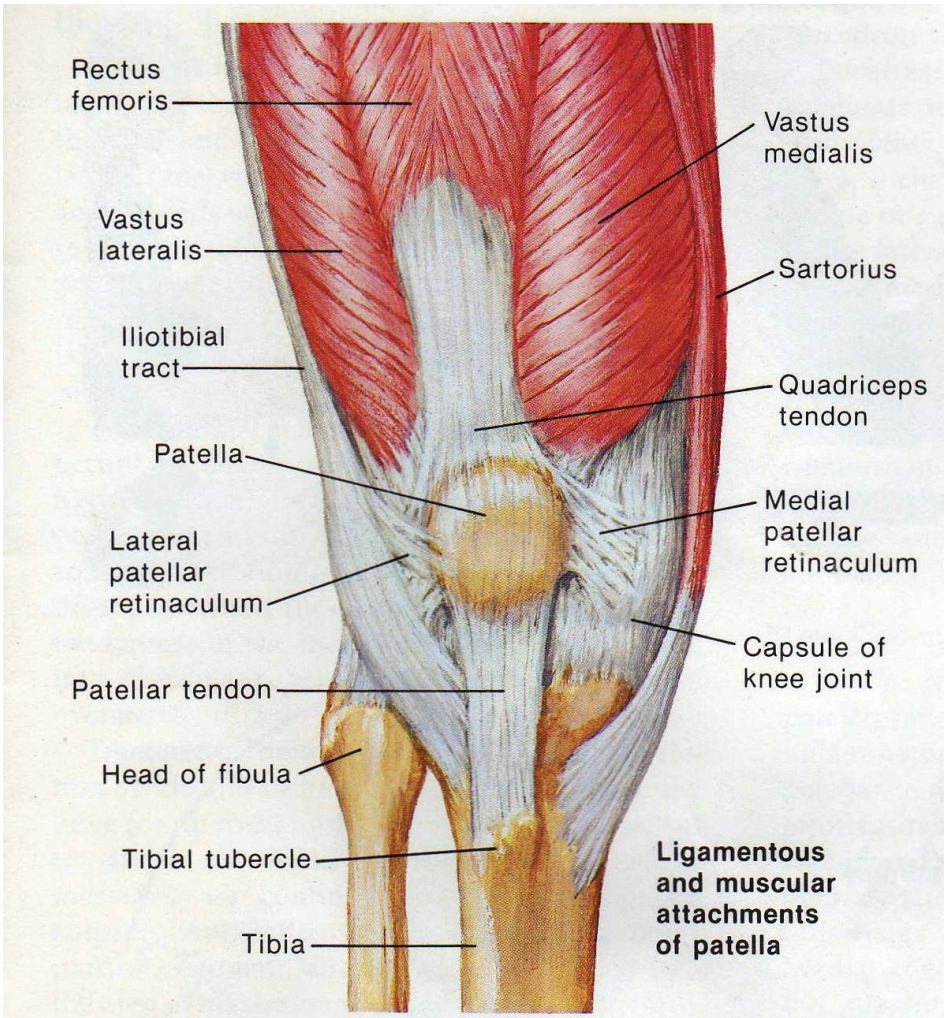
WHY??

Noakes and Grainger (1990) suggested that this injury is the most common injury associated with distance running, but I think the biomechanics of fell running explain why I see it so frequently. There are many contributing factors to this injury, but in the majority of fell runners with this condition, there is no obvious patello-femoral joint (kneecap to knee joint) abnormality. My feeling is that excessive loading on the soft tissue structures, particularly when descending, combined with some muscle weakness, causes strain to the soft tissues at the anterior aspect of the knee joint.

This loading can be due to:-

a) a single maximal load that you might remember (I was running the downhill section at the Sierre Zinal race last year and suddenly dodged to one side to let someone overtake me - I knew straight away that the sudden change of direction had strained a few of the fibres of the quadriceps retinaculum!!) or

b) multiple sub-maximal load – repetitive micro-trauma to the structures, until it finally becomes problematic – this is the more frequent cause.



Clare Whitehead on a tricky descent at Dollar

Another Dollar descent

The photographs clearly demonstrate the abnormal strains we expect our knees to cope with when descending.

SYMPTOMS

- Pain localised around the kneecap – often at the lower, inner aspect
- Full, painfree movement of the knee joint – you can fully bend and straighten it without reproducing the pain (occasionally you can feel it on full bend as this is stretching the structures at the front of the kneecap – but the pain feels at the front rather than 'inside' the knee joint)
- There isn't usually a 'memorable' injury, although a fall onto the knee joint or a sudden change in direction can cause the problem.
- The pain may be aggravated by longer runs or downhill running
- Walking upstairs and especially downstairs may increase the pain, as may kneeling or squatting
- Sitting or driving for long periods aggravates the problem– this condition was once referred to as 'cinema goers' knee as sufferers were unable to walk comfortably after they had sat and watched a film at the cinema!
- It can become painful to press the pedals when driving

TREATMENT

Biopsies of the soft tissues around the patella in individuals experiencing this condition have confirmed damage to the structures. Scans of the affected area can also identify the injured areas, although it takes a skilled consultant musculoskeletal radiologist to spot these subtle changes.

My Treatment

As I have said previously, different physiotherapists use different techniques depending on their particular skills/ areas of expertise. This is how I usually treat these damaged tissues, but there other ways so don't be dismissive of other treatment methods.

1 A combination of manual massage techniques –
a) cross frictional massage (or as Noakes refers to it – crucifixional massage) and
b) fascial release techniques.

2 Acupuncture, which, as I mentioned in my last article, can stimulate scar tissue to realign correctly, help with pain relief and also kick-start the healing process when the condition has become more chronic or long standing

3 Modalities such as laser therapy, ultrasound and pulsed electro-magnetic energy to help promote/stimulate healing

Once the damaged tissues have been treated appropriately, it is essential to take other factors into consideration – possible pre-disposing factors or the trigger which resulted in the injury. There could be predisposing factors present which may not be an issue until there is an additional trigger.

Possible Predisposing Factors

- **Leg biomechanics**
- **Kneecap alignment**
- **Muscle strength**
- **Myofascial length**
- **Motion control**

Possible Triggers

- **Changes in training –**
- **? longer runs,**
- **? more hills,**
- **? increased intensity/speed**
- **A change of running shoes – or you need a change!**
- **Trauma - fall or sudden abnormal force through knee**
- **Illness / surgery**

Leg Biomechanics

This is referring to the shape and size of the bones of the leg – the biological mechanics of the limb. There may be bow-legs or knock knees, or one leg may be longer than the other. It may be difficult to alter these bony issues, but it should be taken into consideration. A difference

in leg length should be considered in races which have a lot of contouring or on the bends if you do track training. These 'triggers' could cause someone with a leg length discrepancy to develop this injury, whereas without the trigger they could manage to run symptom-free!

Kneecap Alignment

There may be misalignment of the kneecap which could, for example, result in too much pronation. Some physiotherapists are able to recommend a suitable correction – which might mean a change of running shoe to one which is more supportive, or might mean using an orthotic. Alternatively, you can go to a specialised running shoe shop to have appropriate gait analysis of your running style where they can recommend appropriate footwear, or you can see a podiatrist for an accurate biomechanical assessment.

Orthotics aren't always essential in fell shoes as the nature of the sport means the foot is not striking the ground in the same position every step , but as many fell races have stretches of firmer trails or tracks, or even a road section, you might need some support for these surfaces.

Muscle Strength

I am amazed how few fell runners can confidently carry out controlled repeated single leg squats without their knee collapsing inwards – but then expect their legs to cope with descending off a fell at speed when it is impossible to even think about leg position. Every downhill step requires muscle strength to control the position of the leg and weakness will result in unnecessary strains through the tissues. There must be sufficient strength to decelerate the limb and stop or control movement in the varying positions you get yourself into.

The muscles that are crucial for this action are:-

- Abdominal muscles – the deep 'core' muscles such as transversus abdominis
- Buttock muscles – the gluteal muscles
- Thigh muscles – quadriceps
- Shin muscles – tibialis posterior and the peronei muscles
- Calf muscles – Gastrocnemius

I'm not going explain exercises for all of these structures because it's easy for you to source them yourself, but it is crucial to remember that it is essential that the abdominals can hold a good upright trunk position, the gluteal muscles can hold the pelvis in neutral and prevent inwards rotation of the thigh bone, the quads can work sufficiently to control knee movement, and the shin and calf are able to control the foot and ankle position. Any area of weakness in this chain will almost definitely lead to injury at some point.

Single leg squats are a good way to focus on these muscles, but it is important that they are done correctly - with the trunk upright, no pelvic tilt, no rotation of the thigh bone and no pronation of the foot. If you wear orthotics or have motion controlled (supportive) running shoes, it would be beneficial to wear these when carrying out the exercise so you are in a good corrected position.

What superb descending! Arms out for balance, looking ahead for obstacles but the sudden change of direction demonstrates what we expect our knees to cope with!

Starting position for single leg squats - upright, neutral pelvis, no unwanted thigh rotation, forward pointing knee and neutral foot position

The knee should only be bent to approximately 25-30° so that the soft tissue structures take the bulk of the strain, rather than the patello-femoral joint (the joint between the kneecap and the front of the knee). Flexion beyond 60° causes considerable stress through the joint and isn't usually recommended. I suggest bending the knee until it is just covering/hiding the 2nd and 3rd toes – this also means you keep it in line with the foot rather than allowing it to drift inwards.

This exercise can also be done on a leg press at a gym where it is easier to control the torso and pelvis, plus the resistance can be regulated easier and gradually increased. When doing squats in standing, the load can be increased by using a loaded backpack or a bar with weights across the shoulders.

Myofascial Length

Tight muscles or tight fascia will result in normal movement being restricted resulting

Orlando Edwards's Knee Injury - 2010

Orlando spent last winter training for London Marathon. He lives in the heart of London, so tracks and roads were his terrain – not fells – in fact, not even hills! London Marathon came and went in April (finishing time 2.25.16), and he then began to focus on Lletty – the inter-county fell race one month later. He needed to allow his legs to recover from London, but he quickly needed to remember what this fell running was all about.

He ran Lletty and had a fabulous run finishing in 3rd position.

After the race he was aware of some slight soreness around the front of his knee but dismissed it as 'everything' was sore – as he said – "a course to make grown men cry!" The following day he tried to do a longer steady run, but the legs still felt trashed and the knee was now definitely more uncomfortable.

He contacted me as the selection race for the European Championships was now only 2 weeks away!!

We decided that he really needed to forget running, but that he needed to keep things moving and he needed to maintain his fitness. We discussed cross-training and he joined the local gym – which mortified him – he had never been to a gym except when work-related travel enforced it.

By the following week, he was able to use the cross trainer comfortably, but could still only run for 3 minutes before he had to stop due to sharp pain at the inside lower aspect of his kneecap. I tried to explain how he could self-treat because work and distance meant he was unable to get to me – but the selection race was now only a few days away.

He was anxious that he was not going to be able to run the race and wondered whether it was even worth making the journey north for the race. I promised him that he would run, as long as I could treat him for a couple of days beforehand.

He came to my clinic on the Friday on his way north to Keswick - the race was on the Sunday morning. He had rubbed the skin away trying to self-treat – but luckily he had done it in the wrong place so not only had it been pointless, but it meant I could still access the damaged tissue without having to work through the scabs.

I treated him as described above, and following this initial treatment he was able to run for 20 minutes, but there was still some discomfort after the first 5 minutes. The change suggested we were treating the correct structures but that it required more treatment.

He continued up to the Lakes and spent the next day cycling and walking, and managed to increase his running to 35 minutes, but still not pain free.

I went to Keswick on the Saturday evening to treat him again, by which time he was really unsure about racing the following morning. I repeated my promise.

One more treatment on the Sunday morning and I felt he was ready. I warned him the 1st lap would be uncomfy, the 2nd would be easier and the 3rd would be pain free - by which time he could really pace it up.

He did the race and was selected to represent GB at the Europeans. He told me afterwards that it had done exactly as I had said.

Orlando Edwrds, Letty

He was a little uncomfy the day after the race – as was everything – but as his legs recovered, so did his knee, and it hasn't troubled him since.

Whilst he was obviously very fit from his marathon training, Orlando's legs hadn't been conditioned to hill running and the muscles hadn't been 'prepared' for the harsh course at Lletty.

The pre-disposing factor - the muscles hadn't been specifically strengthened for racing on the hills,

The trigger – the sudden introduction of serious climbing and steep descending resulted in damage to the medial patellar retinaculum.

in compensatory strategies causing abnormal tissue stress – and subsequent injury.

It is important to make sure that flexibility is maintained, especially as you get older when the soft tissues lose some of their elasticity. Fascia is the translucent film that is evident when you pull a chicken skin away from the underlying meat. If the fascia isn't kept mobile it can become thickened and fibrosed and then affect general flexibility. Because it encases and connects all of the structures in the body, including the muscles, it can be kept mobile by stretching the muscles. For runners, it is important that the calf muscles, quadriceps, hamstrings and spine are all kept as mobile and flexible as possible.

Motion Control

This draws all of the above factors together to make sure there is precise motion control whilst running. Any misalignment needs to be suitably controlled, the muscles need to be strong enough and there must be adequate tissue flexibility to run as 'precisely' as possible. Weak areas will bring about a cycle of compensatory actions leading to tissue changes causing micro-trauma and finally macro-trauma – often when one of the triggers push things over that fine edge.

Precision can be developed by improving your sensory awareness of your body's position (proprioception). Proprioceptive work eg on a wobble board, or hopping forwards, backwards, and side to side, or on and off small steps, all replicate what you expect your body to do on the fells but in a safer, controlled environment. This control can then be transferred onto the fells. Anna Pichrtova and Victoria Wilkinson both 'hop' as part of their training programmes.

Triggers

If there are already pre-disposing factors, it is very easy for one of the mentioned triggers to alter things sufficiently that the micro damage becomes major damage. It is not necessary to go into detail about these triggers as they are all fairly self explanatory – except to say that you should always be aware of them – they are your 'devil's in disguise'. I appreciate many of you just want to go out and run and don't want to do any of this additional work – which is absolutely fine – but just be aware that these triggers put you at a higher risk. If you have any of the pre-disposing factors, you are more prone to injury - especially fellrunner's knee!

I am sure that fell runner's knee is so prevalent because the pre-disposing factors aren't usually addressed. Occasionally it is caused by a one-off single maximal load – but in most cases there have been repeated sub-maximal loads in the presence of pre-disposing factors, and one of the triggers finally upsets the already falling apple cart. By addressing these factors, you are 'screening' yourself and putting strategies in place to prevent this far too common injury from happening to you!

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Welsh Fell Runners Association

British Champion
Tim Davies (Mercia)

Inov-8 / WFRA Open Welsh Championships

At the time of writing (15th September) 4 races in the 6 race Championships have taken place. Thanks to the generous sponsorship of inov-8 this year, which has created more interest in the Championships, there is keen competition in most age categories.

Jos Jones of Aberystwyth is leading overall. However, Tim Davies of Mercia, currently second, has won the 3 races that he has competed in to date and must be favourite to win the Championships. Other category leaders Under 23 James Blore (Chepstow), Over 40 Dave Powell (Aberystwyth), Over 50 Pete Gardner (WFRA), Over 60 Mike Blake (Eryri), Over 70 Peter Norman (Wrexham).

Phoebe Webster of Aberystwyth currently leads the ladies category with Andrea Rowlands (Eryri) second and Jenny Heming (Eryri) third. Other category leaders: Under 23 Clare Dallimore (WFRA), Over 40 Sandra Rowlands (Clwydian), Over 50 Annie Williams (Eryri), Over 60 Maggie Oliver (Eryri).

WFRA North Wales Series

With seven of the nine race Series completed, Simon Edwards of Buckley is leading. He can be caught by Ifan Richards (Meirionnydd), currently second, who has done a race less. Other Category leaders: Under 23 Tom Roberts (Meirionnydd), Over 40 Peter Agnew (Clwydian), Over 50 Chris Wilcox (Clwydian), Over 60 Don Williams (Eryri), Over 70 Barrie Jackson (Meirionnydd).

Andrea Rowlands of Eryri leads the ladies category. Other category leaders: Under 23 Clare Dallimore (WFRA), Over 40 Sandra Rowlands (Clwydian), Over 50 Annie Williams (Eryri), Over 60 Maggie Oliver (Eryri).

WFRA South Wales Series

This Series is now complete. There was a close tussle between Hugh Aggleton (MDC) and Martin Shaw (Mynydd Du) with Hugh winning the Series overall, finishing 1 point ahead of Martin! Other category winners: Under 23 James Blore (Chepstow), Over 40 Gavin Fisher (U/A), Over 50 Pete Gardner (WFRA), Over 60 Steve Herington (Hereford).

Helen Marshall (Aberystwyth) won the ladies category. Other category winners: Over 40 Angela Jones (Mynydd Du), Over 50 Gill Stott (MDC).

For the latest Tables visit the WFRA website www.wfra.org.uk. The presentations for the WFRA Open Championships and Series will take place after the Clwydian Hills race on Sunday 7th November. This will be followed by the WFRA AGM.

WFRA Snowdonia Junior Series 2010

The WFRA Snowdonia Junior Series finished with the Y Garn race on 14th August. Congratulations to all the Award winners listed below -

Male U/18: 1. Tecwyn Evans (Eryri)
Male U/16: 1. Morgan Evans (Menai).2. Osian Williams(u/a).
Male U/14: 1. Gerwyn Roberts(u/a).
Male U/12: 1. Mael Evans(u/a).
Female U/16: 1. Nicola Berry (Stockport).
Female U/14: 1. Bronwen Jenkinson (Eryri).
Female U/12: 1. Erin Roberts (Menai).

Clwydian Junior Series 2010

This Series has again been successful in 2010 with no fewer than 38 juniors competing in the final race in Cilcain on August Bank Holiday Monday.

Navigation Course

The next WFRA Navigation Course will be on Sunday 28th November 2010 in Llanberis. For more details visit WFRA website or contact Ross Powell (Tel 01286 881491 or e mail ross@wfra.org.uk). For more information on south Wales courses contact John Sweeting . Tel: 01550 721086 or e mail: john@wfra.org.uk

2011 WFRA Wales and Borders Race Calendar

This is currently being prepared and will be available towards the end of the year. This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders. It includes some races not in the FRA Calendar.

The Calendar is free to paid-up members. Non members can obtain a copy for £3 from Geoff Clegg. Cheques should be made 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 organization, 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. The membership year runs from 1st January to 31st December. For new members joining after 1st October, membership lasts until the end of the following year. Membership forms are available on the WFRA website – www.wfra.org.uk. Alternatively, contact the Membership Secretary –

Geoff Clegg,
West Point, 19 Deganwy Road,
Deganwy, LL31 9DL.
Tel: 01492 582631.
Email: g7hgc@btinternet.com.

Helen Fines (CVFR), 2nd in the British Championships

Photos © Pete Hartley

CYMDEITHAS RHEDWYR MYNYDD CYMRU
WELSH FELL RUNNERS ASSOCIATION
www.wfra.org.uk

BY **STEVE PARTINGTON**

News from the Isle of Man

Taggart & Lee Win Rentokil 2010 Manx Fell Leagues

With a victory in every race he ran, Lloyd Taggart dominated the 2010 Rentokil Manx Fell League. With a 17 point winning margin, Lloyd was well clear at the top, but the next three places were separated by just three points.

Despite being a relative fell-running novice, Nigel Armstrong finished his minimum six races with victory at North Barrule - a result which saw him take the runner's up spot in the League by two points from Ian Gale. Again the top local in the Mountain Marathon, Ian's consistency was the key to another tremendous season. Last year's League winner, Simon Skillicorn was unable to dominate as he had done in 2009, but was still very consistent - finishing a solitary point behind in fourth. Tom Cringle was another to struggle at times to find his form of last year, finishing fifth, ahead of the rapidly improving Peter Bradley. If these six can maintain their form, then the 2011 season on the Manx Fells promises to be a memorable one.

The ladies win this year was also clear cut with the victory going to Jackie Lee. Like Lloyd, she won all of the seven races she contested including a win in the Mountain Marathon. Second place went to Rachel Holden, the consistency of her results allowed her to pull clear of third place and fell newcomer Caroline Caren who had an excellent first season on the fells. Victory at the final race of the season wasn't quite enough to get Julie Cretney into the medals, ahead of Lorraine Stigant.

Showing that he still has what it takes to beat his younger counterparts, Ian Callister was the veteran over 50 winner. Poignantly, the veteran over 60 class was again topped by the late Dave Young. It is still sinking in that we won't be seeing him running the Manx hills again.

The general consensus of opinion, is that the new format for the League has been successful. In numbers alone, there is little doubt - 33 league finishers including six ladies, compared to 26 finishers and three ladies in 2009. The committee of the Manx Fell Runners have already cited a few tweaks for the 2011 League which will again be generously sponsored by Rentokil, and will start, as ever, with the St Johns race on New Year's Day.

Before that the club will be promoting their Winter Hill Series - three shorter races to encourage newcomers to dip their toes in the wonderful world of fell running. For the first time this year, the Junior Fell Championships are to be held as a stand-alone event. With wide publicity and an upsurge in adult fell-running, the organisers are hopeful of a record entry. Full report next time...

For details of fell racing on the Isle of Man, have a look at www.manxfellrunners.org

BY **ANDY SPENCELEY** *SHR STATISTICIAN*

Run-4-It 2010 Scottish Hill Running Championship

Prasad Prasad, who has been making his name on the GB mountain running scene, won on his first serious attempt at the Scottish championship, though he was made to work hard by the Under 23 winner Robbie Simpson – another who has been doing well at GB level, including winning the 2010 Snowdon race. In the end, Robbie didn't have enough races for the senior championship and so two Over 40s, Brian Marshall and Stewart Whitlie took the runner up positions and in doing so dominated the Over 40 championship. First year Over 50, Ronnie Gallagher was a easy winner in that category, but in the Over 60s Tom Scott had to pull out wins in the last two races to take the championship from Martin Hulme.

For the women, Sarah Byrne had a consistent season, doing well without winning any of the races, and became Lochaber AC's first female winner since 1992. She just narrowly edged Jacqui Higginbottom (2nd) and Veronique Oldham (3rd) after the 6 races. Catriona Buchanan, the Under 23 champion and the 2010 Snowdon Ladies winner, could perhaps have taken the senior title if she'd done a long race (not required for the Under 23s) – definitely a name to watch at GB level. Veronique Oldham turned the tables in the Over 40s to beat defending champion Jacqui Higginbottom. Anita Hamilton easily retained her title in the Over 50s, as did Phyllis Lemoncello in the Over 60s.

Carnethy HRC had a very successful year winning all 4 team competitions. The senior male and veteran male categories were won easily, but the senior women's team went down to the last race, when any of 4 could have taken the championship.

Senior Men :
1. Prasad Prasad (Clydesdale)
2. Brian Marshall (Haddington)
3. Stewart Whitlie (Carnethy)

Senior Women :
1. Sarah Byrne (Lochaber)
2. Veronique Oldham (Cosmics)
3. Jacqui Higginbottom (Carnethy)

Over 40 Men :
1. Brian Marshall (HELP)
2. Stewart Whitlie (Carnethy)
3. Manny Gorman (Westerlands)

Over 40 Women :
1. Veronique Oldham (Cosmics)
2. Jacqui Higginbottom (Carnethy)
3. Louise Burt (Fife)

Over 50 Men :
1. Ronnie Gallagher (Carnethy)
2. Peter Simpson (Carnegie)
3. Alan Smith (Deeside)

Over 50 Women :
1. Anita Hamilton (Cosmics)
2. Alison West (Carnegie)
3. Tilly Smith (Deeside)

Over 60 Men :
1. Tom Scott (Fife)
2. Martin Hulme (Corstorphine)
3. Douglas Milligan (Solway)

Over 60 Women :
1. Phyllis Lemoncello (Fife)

Under 23 Men :
1. Robbie Simpson (Deeside)

Under 23 Women :
1. Catriona Buchanan (Ochil)

Senior Men's Team :
1. Carnethy HRC
2. Shettleston H
3. Lochaber AC

Senior Women's Team :
1. Carnethy HRC
2. Cosmic HB
3. Fife AC

Over 40 Men's Team :
1. Carnethy HRC
2. Westerlands CCC
3. Shettleston H

Over 40 Women's Team :
1. Carnethy HRC
2. Fife AC
3. Westerlands CCC

World Class

Photos © VFC/North Face

Jez Bragg

(l-r) Stephen Watts, Jez Bragg, Spyke and Lizzie Hawker

In a quiet and typically understated way, on a wet weekend at the end of August, British ultra-runners put in some world class performances; winning the overall men's and women's categories of the rescheduled UTMB and providing the first team in the arduous Petite Trotte

The Ultra-Trail de Mont Blanc is the biggest event of its kind in Europe and has been recognised by many of the top Ultra-runners as the most competitive in the world but before the big day, all you would have heard about were the top European and American contenders. Jez's blog admitted that UTMB was his focus for the year and that he had high hopes but that's all; it's the British way. Go back four years and two of the top US Ultrarunners were openly predicting a one, two finish and taking bets as to how far under 20 hours they would "smash" the course record – neither finished. That year's winner, the 58 year old Marco Olmo obviously decided to let his accomplishment talk for him.

Of course 2010 was a controversial year with the UTMB suspended part way through due to bad weather. Runners were only notified of the hastily rescheduled 88km event at about 2am and some did not make it but, in a way, that just shows how hard it can be to switch and refocus. The achievement of Lizzy and Jez should not be seen as any less for those unplanned events – they ran the race that was on offer and beat everyone who showed up. As for the trio of Spyke, Stephen Watts and Digby Harris in the Petit Trotte de Leon – their race was never suspended and they commented that the weather was "just a typical wet day in the UK"!

So, how was it for them?

Lizzy Hawker

Yes, the 2010 UTMB was a bit of a tough one this year. But in a different way to how we usually experience it, or prepare ourselves for! For me – I was 'gutted' to be stopped in full flow on the Friday evening. But sometimes we have to accept that the mountains are what they are, and sometimes they throw us a challenge to remind us that it is a privilege to be in them! To think it was all over – and then to have the chance to 'restart' all be it on a shorter course (on no sleep, little food and still wet trainers) – well it was doubly special to me to be able to make at least part of the journey, and to run back into Chamonix once again. That meant a lot.

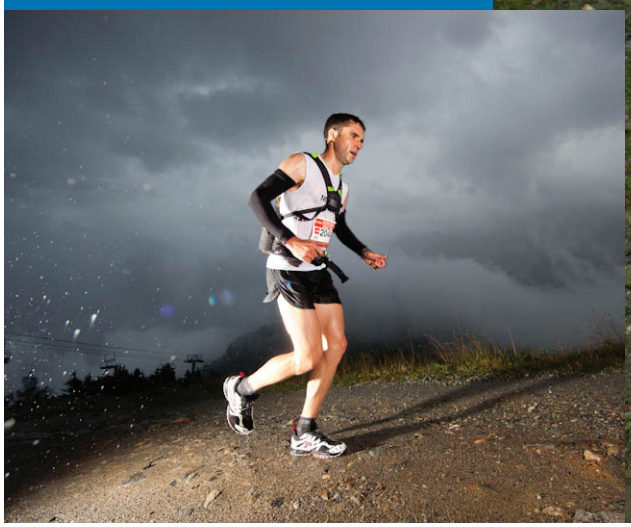
Find out more about Lizzie onher website: www.lizzyhawker.com or read a full race report and video interview on 'I Run Far' – www.irunfar.com

Photos © VFC/North Face

Jez Bragg

The revised course was 88km – effectively the same as CCC – from Cormayeur to Chamonix. It provided a great opportunity for fustration to be properly (and safely!) chanelled into something productive.

For me this year's UTMB was my one and only race of the year so it meant a lot and I was really up for it. I spent most of the first half of the year recovering from a rather nasty stress fracture to my calcaneus (heal bone). That was fustrating in itself, but cross training got me through, and I came out the other side running strongly, and knocking out regular PBs in my training runs. That was undoubtedly due to the proper rest I took, something I've never really done before in six years of running ultras. For a lot of non-UK runners I'm sure there were raised eyebrows and a degree of surprise in my victory but I knew deep down it had all come together well in training and I was about as well prepared as I could have been. That meant being well rested, feeling strong as a whole and with lots of summer climbing in the legs. My training combined plenty of fast, flat, mid-weeks runs along with big days out in the hills at the weekends – climbing, climbing, climbing... Anyway, it worked perfectly and I'll be looking to repeat the build up for next year's race when I'll be a marked man!



Spyke, Stephen Watts and Digby Harris – La Petite Trotte à Léon

...and the trio of Stephen, Spyke and Digby? Well their race was a little longer and their story is a little longer!

(l-r) Digby Harris, Stephen Watts and Spyke

The first edition of the La Petite Trotte à Léon in 2008 had been a fantastic and unforgettable experience, but without doubt a once in a lifetime challenge that should never be repeated. So at 10pm on Tuesday the 24th August 2010, what was I doing with Stephen Pyke and Digby Harris making my way briskly towards the start line in the centre of Chamonix?

La Petite Trotte à Léon was first introduced to the North Face Ultra Trail du Mont Blanc – UTMB – series of races as a non-competitive event for teams of three. The route, which varies from year to year, is around 240km with 18,000m of ascent and descent, generally on little used paths that circumvent Mont Blanc. The route traverses much steeper and more rugged terrain than the traditional UTMB route, with a considerable part above 2,500m and occasionally over 3,000m. The fixed course has no official check points but each team's progress is monitored by a GPS tracking device.

To those who know us, it will come as no surprise to learn that *Flipper's Gang* was late for the start. By the time we arrived at the start line the route ahead was completely blocked by supporters who had closed in behind the departing teams. Eventually, someone saw us trying to push our way through and started to applaud. Almost immediately, the crowd parted, to cheers of 'bon courage', to reveal a clear route leading out of Chamonix. The atmosphere was electric and uniquely French. Onwards we jogged towards Les Houches and the first climb over Col de Voza.

As I discovered in 2008, you eat your way round the PTL, so the first stop at Refuge Tre-la-Tete was eagerly awaited. Unfortunately, disappointment soon set in when we realised that only soup and coffee were available. After a short stop, we continued passing La Balme before climbing over the Col d'Enclave in the breaking dawn and descending the grassy meadows to the Refuge Les Mottets. A breakfast of dry bread and jam and hot chocolate drove us on over Col de l'Ouillon, into Italy and towards the Col de Petit St Bernard where we knew we would find our next meal. Onward we continued into the afternoon heat as we traversed the rocky ridge of Mont Valezan. With 66km covered, a number of supporters informed us that we were now "la Première Equipé".

The next destination and possibility of food and rest was the Refuge Defeyes. We arrived there just before dusk, about 22 hours from the start but with only 81km of the route covered. After more soup and pasta we decided on a few hours' sleep. Just after midnight, and another breakfast of dry bread and jam, we set off on the climb through the dark to the Pass de Panaval at 3,010m. A permanent snow field on the east side had been partially protected with the aid of a fixed 150m rope but the hard packed snow continued for a further 600 metres from the end of the rope, on a steep descent. The descent was interesting, but we survived without a fall and the inevitable long slide down to the rocks below. During the long trackless descent that followed we made a slight navigational error (mistakenly trusting the GPS rather than the map), and were caught by the two French teams who we would see regularly from there on.

Morgex in Vallee d'Aoste (108 km) was the next target and here we were reunited with our drop bags and able to take a shower and eat some more pasta.

The early morning Italian heat was now intense as we climbed the 1,600m to Col Fetita and on to Col de Citrin before the long grassy descent to what we hoped would be another meal at Saint Oyen. We were again to be disappointed. The small bar marked on the route description was not serving meals and indeed seemed totally unaware of the PTL. We tried our best pleading puppy dog looks and the owner rustled up some bread, cheese and coffee for three together with a bill for 40 Euros.

Four hours later we had crossed the Col de Barasson and arrived at the hospice Grand Saint Bernard. I am sure the fussing monk meant well as he rearranged our plates and cutlery countless times as we tried to eat plates of dry pasta and a giant block of hard Swiss cheese, but irritation can creep in after 48 hours without much sleep. We were tired, so the plan was hatched that we would get a few hours' sleep and then make a final dash for the finish line which was now only 100km away.

At 2am we were traversing the ridge of the Pointe de Drone at 2,950m. Think Crib Goch with wire ropes, metal hand rails and staples. The situation was simply awesome, in no way comparable on the UTMB. Unfortunately, we weren't alone. The two French teams had set off just before us and we deliberately let them pull ahead; it was far too soon to start racing. We pressed on through the night dropping down to Bourg St-Pierre for a second breakfast of pasta and sauce and a brief re-uniting with our drop bags.

It was quite evident by now that the weather was closing in; the cloud level had suddenly dropped to about 2,000m and almost as soon as we started our next climb of some 1400m to Col de Lane at 3,000m, it started to rain. One of the two French teams, *Les Chameaux Volants* was now about 40 minutes ahead whilst the other team seemed to race us out of Bourg St-Pierre. We now pressed on knowing that we could ascend faster than almost every other team and quickly left behind the French team, who were worrying about the weather and snow which they anticipated above 2,500m. There was no snow but plenty of rain. Stopping a few hundred metres below the Col de Lane, we put on all our remaining clothes whilst a sudden flash of lightning struck the ridge just ahead. We were used to the rain and carried on regardless. After a few hours the skies started to clear to warm sunshine as we scrambled along the rocky ridge of Mont Rougueaux before the 2,300m descent to La Douay which is in the valley below Champex. On the descent we unexpectedly came across teams we had not seen for almost two days and soon we learned that teams were being diverted to a bad weather route.

We were now on the home straight, albeit

(l-r) Digby Harris, Spyke and Stephen Watts

with 50 kilometres to go. First we had to tackle the 1800m climb to the Fenetre d'Arpette. The route took us to the centre of Champex where we were able to stop at the runners' aid station for the UTMB and the CCC for food and paracetamol. The CCC was now in full flow, but as we entered the marquee the heavens opened. According to the organisers, there were now only two teams that had not taken the bad weather alternative routes.

We made good steady progress up through the boulder field towards the Fenetre that was just visible in the gloom and intermittent rain. Torches came out for the fourth night just before we reached the Col. The descent was brisk as we chatted to the *two Flying Camels*, perhaps too brisk as it later proved. Before crossing the river at Chalet du Glacier we stopped briefly to eat and wished the Camels 'Bon Courage' as they continued ahead. *Les Chameaux Volants* was clearly a very strong team and we felt slightly deflated as they trotted off into the dark, but nothing was said.

We battled through the rain eventually reaching the Col de Balme. Digby was now clearly tired and had a complete sense-of-humour failure as we zig-zagged back and forth in what can only be described as ever decreasing circles. We were however bang on course and eventually started to descend to Tre le Champ and the start of the final climb. However, as we started to descend Digby started to complain that his quad was agony. Spyke and I were sure that it was only a spasm but it turned out that he had torn the quad muscle. Eventually during the slow descent, he decided he couldn't face another 1,200m descent and so Digby was ready to retire at the road crossing. Fortunately, retiring at 2am was logistically difficult and with only slight persuasion he decided to "give it a go". Steady progress was made up through a variety of Via Ferrata, not difficult but the three of us were definitely swaying around, simply through tiredness. Caffeinated gels were having no effect.

At la Tete aux Vents we again met the stream of CCC runners. The going was certainly wet and the rivers were in spate but we made steady progress towards Flegere, stopping only briefly to inspect Digby's shoe and foot when he felt the sole of his shoe split in half. Watching him remove his shoe and sock, Spyke reassuringly pointed out that it was OK, it was only his foot that had split open. In Digby's words the final descent into Chamonix was "horrendous", but at 6.20am we crossed the finish line, to the applause of a small number of supporters. A total of 80 hours 20 minutes.

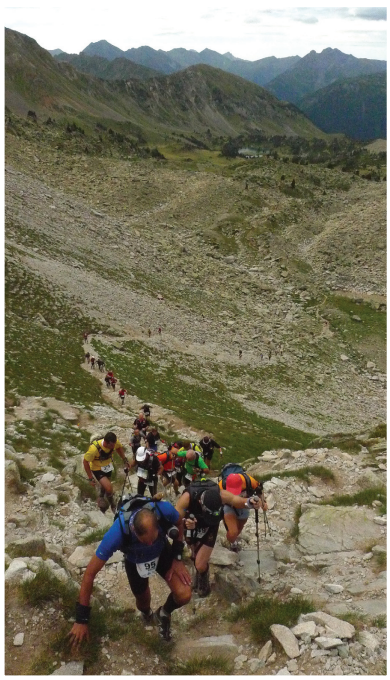
It is a truly awesome event with superb views every step of the way although no photographs exist after Digby's phone became waterlogged. The route constantly varies but it is always remote and rugged. The event unfortunately is somewhat over shadowed by the main UTMB event, but if run individually would clearly be a French classic. I cannot think of a better way to spend three and a half days of intense activity in the superb company of two friends. But would I do it again? Well not yet anyway.

POSTSCRIPT

The next day we learnt that we had been the first team to complete the full course of the PTL 2010. *The Flying Camels* had been overwhelmed by the weather at Col de Balme and arrived some two hours after us. Digby was the proud owner of a new pair of crutches and heavily bandaged feet whilst Spike couldn't resist the opportunity for a run!

BY **NICKY SPINKS**

Grand Raid Pyrenees



27th/28th August 2010

About 26 Brits from Dark Peak, White Peak, LDWA, Tring and Macclesfield club travelled across to the Central French Pyrenees to compete in this Ultra of 160km and 10,000m climb.

The forecast was good – strong winds, little rain and temperatures of 34C during the day dropping to 24C overnight. It was forecast to get cooler over the weekend; 26C day, 18C night which we welcomed.

The Ultra race started at 5am on Friday morning. The first climb is 1400m and takes three hours. There was a fierce wind on top and there was talk that they wouldn't let us climb Pic Du Midi (2876m) which I thought would be a shame. As it happened the winds dropped and I was pleased as the views from the top were magnificent. It was here I learnt that I was second lady, then first as I overtook the first lady on the ascent. This was not in the "plan" – too early to be leading after seven hours I thought. There's at least 24 hours to go. But I pushed on making sure I looked after myself; eating enough and changing my clothing when hot, cold or wet.

I ran from checkpoint to checkpoint; not thinking about the bigger picture until Tournaboup at 130km when I decided I could up the pace and push onto the finish. I just needed to keep getting some food down. Daylight was breaking (that's always nice) and I estimated there was about six hours to go. There was a long climb up to Col de Bareges at 2480m which I enjoyed and then mainly flat/downhill from there.

The last descent was in clag and from 2200m to 800m – a very long and tedious one! I was very happy to be down and running through the village to the finish in 30 hours, 14 minutes, 30 seconds. First Lady and 19th overall!!!!

I have a written a longer account of my run on ***www.runbg.co.uk/Pyrenees 2010.htm***

The winner; Carlos Sa who was Portuguese finished in 26hrs 40min 45seconds.

There were 700 runners who started with only 370 completing. Julie Gardner was 5th Lady and 2nd V50 in a time of 36hrs, 41mins.

I can highly recommend this race. The organisation is very friendly, low key but efficient. The villages of Saint-Lary and Vielle Aure embrace the race creating a lovely atmosphere. The food stations are well manned, very helpful and had a selection of fruit, savoury food and soup. The trail was a mixture of paths, tracks and open moorland; there was very little road and the scenery was fabulous.

There is a Half Raid which starts 24 hours later at 5am on Saturday. This is very well thought out as it means competitors in both courses are running together throughout Saturday night.

The website is ***www.grandraidpyrenees.com***

Photos © Andrew Heading

BY **MORGAN WILLIAMS**

Mud larking in the Alps

COURMAYEUR-CHAMPEX-CHAMONIX 100KMS & 6,000 METRES

The weather forecast for race day (Friday and Saturday) wasn't great; localised storms and strong westerly winds, so I knew I was in for a treat, but at least the heat I had been fearing would likely be absent.

As the 2,000 of us packed the centre of Courmayeur in Italy ready to start at 10.00 am, the weather did just what was forecast and at 9.45 am on the dot the heavens opened and we all suffered through the initial powerful bursts of a huge alpine thunderstorm. To set off with huge peals of thunder mixed in with Vangelis' Conquest of Paradise was quite some way to start. This huge storm continued for the first 2 hours, meaning that we were all nicely soaked through as we climbed up to our first high point of 2,000 metres.

I started pretty close to the back and as a result became caught in much slow-moving traffic with human jams, over the first couple of hours; this was a good thing I think, though it meant I was down on my projected time though the first 11 kms.

Morgan on the run out before the climb to Refugio Bertone in the midst of the thunderstorm

The storm then blew itself out and we had a few hours of sunny but very breezy weather which saw us up and over the Grand Col Ferret at 2,537 metres and into Switzerland for the long descent to La Fouly at the 42 kms mark. I picked up over 250 places through this section of the race. It was here that things took a turn for the worse, weather-wise. Whilst I was grabbing some soup and a few other bits to eat, the heavens opened again and it started to rain in biblical quantities. Looking out of the door of the aid station tent all we could see was a wall of water falling out of the sky. This would be about 7.00 pm.

Having 59 kms still to cover, it was out into the thrashing rain. During the next section through to Champex it just poured down, and it was great to arrive at the 55 km point and get some more warm food in at around 9.30 pm to prepare for the long night section.

With over-trousers added to the existing clothing armoury, I left Champex at around 10.00 pm with the head torch on and headed off into the foul night. The next climb up Alp Bovine was always the key point of the race for me; it's steep and rocky, but if I could be through by 1.00 am, I knew I had an excellent chance of finishing the race nicely under the 26 hour time limit. The mountain was running with water, the trail was essentially a small river and deep mud started to make an appearance; thin sloppy stuff that poured over the tops of my shoes. Even with all these factors, I was fantastically pleased to claw more time back and arrive just before midnight, with a nice buffer against the cut-off times. Coming off Bovine, I knew I was going to finish the race. I was getting stronger and faster (relatively) as the race went on, I was eating and drinking well and the conditions, whilst extreme, weren't holding me up too badly.

The next stage of the race to Trient is all downhill, 6.5 kms of descent. The underfoot conditions were now so bad that it was not possible to run the downhills. The trail had turned completely to mud and in the dark it wasn't possible to determine quite what your feet were landing on; sloppy, deep mud, slimy rock or treacherous tree root. Even with walking this descent as quickly as possible, I was still in no danger at all from the cut-offs at Trient.

The next section is a climb and then a descent over about 10 kms to Vallorcine and into France. The climb is long and quite steep but I was still

Morgan on the descent from Grand Col Ferret around 40 kms in, when life was much better.

Photos © VFC/North Face

full of energy and happy to grind this out, coping as best I could with the continuing heavy rain, hill fog and worst of all the incredible mud on the trail. Approaching the high point at Catogne, I stopped to change the head torch batteries, not wanting these to expire on the downhill section; this only took a few seconds as I had the spares close at hand and then it was off on another nerve-wraking descent. The last couple of miles of this downhill will stay with me for many years; it was like the mountain was literally on the move with us. I was moving faster than most and kept becoming "stuck" behind long strings of slow-moving runners. Overtaking was out of the question; this would have meant taking to the very outside of the trail with its steep drop offs, and with the appalling underfoot conditions, one slip would see me down at the Vallorcine check point rather quicker than I wanted to get there!

I arrived at Vallorcine at 5.30 am really delighted with progress. Having been on the go for 19 hours 30 minutes, I had 6 hours 30 minutes to get back to Chamonix over a section that I had walked in 3 hours 15 minutes. Planning to down more soup at Vallorcine, I would soon be on my way again.

However, having monitored the conditions and with reports of mud slides and rock avalanches on the course, the organisers took the decision to halt the race sometime around 3.00 am whilst I was in transit between Trient and Vallorcine and this news was made known to us on arrival in Vallorcine. So with only a few hours of running left, over 1,300 of us still out in the mountains had to face the fact of an early end to our race, in my case with 82 kms covered in some highly trying conditions and with just 18 kms to go. 10 minutes later I was on board a bus bound for Chamonix.

The main race, the UTMB, over 166 kms, which started from Chamonix late Friday afternoon was halted after just 20 miles and 2,300 runners had to be returned to their starting points. A third race, the TDS, scheduled to start at midnight on Friday didn't start at all.

There was much comment and counter-comment about these decisions, including in the local and national French press, because these races are a major sporting highlight. It is easy to be critical, but the organisers were responsible for the safety of over 5,000 runners of varying abilities out on 3 separate high mountain race routes and I have no issue with them making the call they did. I was disappointed at the time, but I understood their reasons.

One report of events I read used the French word "*dantesque*" to describe the conditions; the best English translation is "infernal". For me though, the weather was not the real problem; it was the effect the weather has having on the terrain, which was truly horrific.

Disappointed now in any way? No, not at all. I feel I met the challenge in full. It would be nice to jog through that huge finish arch in Chamonix to the strains of Conquest of Paradise, but that's just my ego talking. And I can't run if the organisers say "no". I know that if I had been allowed to continue that I would have finished the full 100 kms course; the shocking weather and underfoot conditions were not deflecting me from my task (they were perhaps having the opposite effect) and all food and drink systems were in full working order.

My legs felt fantastic all race (indicating that I have finally learnt how to ultra-run downhill without trashing my quads; it's only taken 26 years) and I had no soreness at all in the hours and days after the race; my feet were another matter. Long hours of exposure to water, mud and grit took their toll and they weren't a pretty sight when the shoes and socks came off once back at the hotel. They recovered fast though; I was running again by Thursday of the following week.

These long mountain challenges take great preparation and require great physical and mental strength on the day. They also need a decent slice of good luck, which was markedly absent on this occasion. It is always wise to remember that nature has the upper hand and can flex its muscles at a moment's notice. It is very satisfying, and an integral part of the challenge, to be prepared for whatever is thrown at you, to cope and to press on.

As always the company of fellow competitors is both humbling and inspiring, as are the efforts of the aid station volunteers who help provide sustenance during the journey. Perhaps the most remarkable feature of these long Alpine ultra events is the contribution of the ordinary people who live in the valleys and villages through which the races pass. They come out of their homes to encourage you on your way, some in the most unlikely of locations and at utterly unreasonable times of day, to give you a cheer, a "Bravo" or an "Allez, allez", calling you by name which they can see on your race number. These ordinary people are for me the true heroes of these incredible races. They seem to have a deep-rooted respect for the competitors; it's a pity that our swift passage through their lives doesn't give us time to tell them how much respect we have for them, and how important they are to our effort.

Finally my love and thanks to Alison for helping me in a whole variety of ways to get ready to undertake this challenge; she was with me every step of the way.

BY **ANNE BUCKLEY**

3 Rifugi

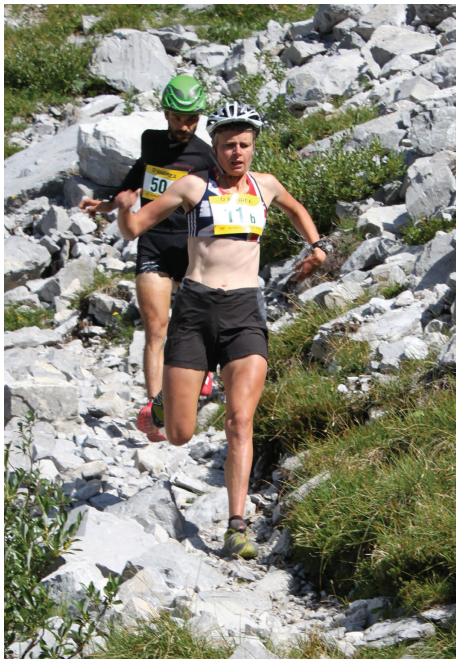
22nd August 2010

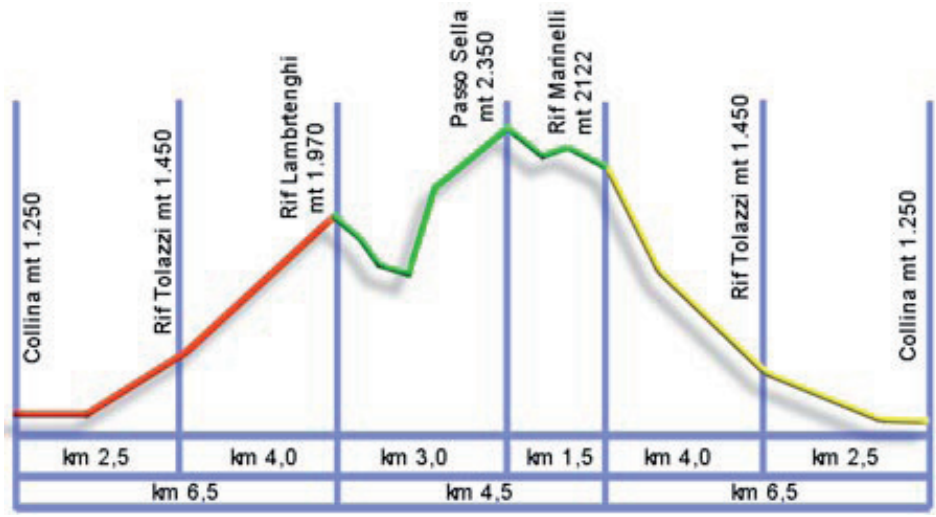
There are plenty of mountain races in the Alps but few offer the dramatic scenery, such a warm welcome and the challenging and unique experience of the 3 Rifugi relay in Italy. This 3 stage race is held under the stunning backdrop of the Fruilian Dolomites tucked away in the north west corner of Italy, close to the Austrian and Slovenian borders. It is an annual event hosted by the tiny village of Collina di Forni Avoltri and has attracted the world's best mountain runners with the course record holding team including Jonathan Wyatt and Marco De Gasperi, who have twelve world mountain running titles between them.

For the second successive year the organisers invited a team of British women to add to the international flavour of the area's showcase event. The British trio, however, faced stiff competition from course record holders Slovenia and local team U.S. Aldo Moro. Angela Mudge and Helen Fines were returning to defend the title they won in 2009 with Clare McKittrick this time with new girl Mary Wilkinson to set them off on the first 6.5km leg. After a short stretch through the village of Collina, and past Rifugio Tolazzi the course winds its way through the forest on a rocky path before emerging at Rifugio Lambertenghi, the first changeover, 720m above the village. Having had a solid run, Mary handed over to Angela Mudge in 4th place to attack the technically demanding second leg. With competitors required to wear helmets and scale a near vertical climb with fixed chains and metal ladders, it is not a leg for the faint hearted! Narrowly missing her own record of 31:29, Mudge produced the fastest women's leg of the day to pull the team into second position, still behind the Slovenians. It was left to demon descender Helen Fines to overhaul the leaders on the final leg from Rifugio Marinelli back to Collina, a descent of 972m over 6.5km. With the fastest women's time of the day Helen put in an incredible performance and brought the British trio home to victory, 90 seconds ahead of the Slovenians. However, their winning time was still outside the record set by the Slovenians in 2006 so the British girls will be back to challenge this next year.

The event is more than just a race, with the village generating a carnival atmosphere and parties in the marquee during the days leading to the race. The superb organisation, generous hospitality and incredible course make this a must-do race for those who race in the mountains.

Details of the race may be found at: www.3rifugi.it (if you wish to enter a team Anne Buckley can put you in touch with the race organiser: annembuckley@yahoo.com)





BY **JAMES ELLIS**

Back to Bangor!

Back by popular demand – the venue, not the writer that is. A combined England/Wales squad met again on the North-West Welsh coast, ready for another action packed weekend. A pretty large group this time, containing some 33 athletes and a hatful of coaches from all over England and Wales, bringing a diverse mix of age ranges (generally 15-18) and mountain running experience. Yet again the opportunity of meeting other athletes and learning from them and how they approach mountain running was a major benefit, along with picking up training methods from coaches with vast experience in the hills.

After a brief introduction in the 'Tegfan Common Room', which served as our meeting room for the weekend, we headed down to a field next to the Menai Strait. Essentially a hill session, we began with a tempo run up and down the slope following the loop that had been set up while we warmed up. Given the various ages and states of fitness within the squad, we were split up into 3 smaller groups with running times varying between 8 and 16 minutes. As on previous training camps everything was very flexible, with the ultimate decision of what training to do left to the individual athlete. Apart from giving us the responsibility to make the 'right decision' – a recurring theme for the weekend – it meant everyone was comfortable with what they were doing. As with any session run with a group of athletes, the competitive streaks meant that everyone was blowing hard following the runs completion! Thus when we were then informed of the next part of the session there were a few mortified faces... This consisted of a 'triangle' rep with the first part being a steep up, followed by a more gradual climb before the second part, a fast, grassy

decent. These were both run hard with the '3rd' side of the triangle back to the start run very easy as the recovery. Again, the number of reps varied, with the majority doing between four and six. By the time the running was finished there were a lot of red faces and sore legs! This meant the thought of a quick dip in the Strait didn't seem quite as outrageous as it had 40 minutes earlier... We were roughly split in two, with half brave enough to risk the waters and half sensible enough to stand back and watch!

We then made our way back to the common room where we grabbed a quick bite to eat and settled down for our first talk of the weekend. Already there was a notable change in the atmosphere amongst the squad. When we arrived everyone automatically headed to the groups they already knew – only an hour or two later and there was a much stronger sense of team spirit. For the next hour or so, Anne Buckley gave us a fascinating insight into the training that a few of the world's top mountain runners undergo to prepare themselves for major competitions. Drawing on her own experience of European racing, Anne stressed to us the importance of meticulous planning and leg strength for the tough climbs above all else to be successful. Linking the two areas together she gave some examples of possible cross-training methods that can be used to achieve this without increasing injury risk. This neatly brought us onto the next area of planning and long term development. Here we looked at the risk of overtraining early on in our running careers and talked of the relatively late peak of an endurance athlete. Anne gave us a quote from Alistair Brownlee's coach which summed up the discussion: "The best athlete always makes the right decision" – certainly easier said than done!

After this we checked into our rooms where we were staying the night. Yet again the standard of accommodation was fantastic. All bedrooms were en-suite and the in-room kettle went down very well with the tea-drinkers!

Early afternoon brought us to the Maes Glas Sports Centre for a mixture of drills, core and plyometrics with Mike Hancock. Those who already had the 'pleasure' of sessions with Mike knew just how much pain these next two hours would bring, for those who didn't, 5 minutes sat against the wall to begin quickly brought them up to speed! Building on work done during previous camps the typical mixture of fast feet drills and cone work really tested our co-ordination skills and agility. Now this may sound easy enough, but we faced the threat of press-ups for any mistake. The punishments were both hard work and humiliating as many of the squad found out... Now suitably warm and alert we switched to the mats where we struggled to twist our bodies into all sorts of funny shapes utilising what, if any, core stability we had, to maintain a good position and posture! This is a good example of what the camps are all about, highlighting areas where we can all improve, learning new training ideas and methods, whilst having a good laugh at someone else's expense along the way!

Finishing with a couple of 'non competitive' relays we finally headed back to our rooms for a shower and a change of clothes before we stopped off at Bar Uno, Bangor's Student Union Bar, for a well deserved dinner. The range of food on offer was first-class and with three courses available volume was certainly not an issue. Following this we had some evening activities planned, but with the prospect of Mo going for double European gold and Jess Ennis locked in

a tight heptathlon battle, plans were put on hold as we spend some time relaxing our tired muscles and shouting at the television!

Buoyed by GB's gold rush that night, we filed back to the common room where, amongst other things, Mark Croasdale talked us through what we needed to do for selection if we wanted to be the next crop of international medal winners. Something we all found particularly useful was when Mark went through the routine that happens during international competitions – from the moment the team arrives to the potential drug tests afterwards... Our evening was brought to a close by a Q&A session with Sarah Tunstall, multiple medal winner on both the world and European mountain running scene. Obviously this was a fantastic opportunity to glean some information on Sarah's racing experience and possibly less fortunately, on how she's dealt with injuries. This is something every athlete has to face and picking up ways to maintain both fitness and motivation are vitally important and something we were all very gratefully for.

Back at the accommodation we settled in for the night, trying to get as much sleep as possible before the run up Snowdon the next day...

Sunday morning brought a bright but cool start, giving good conditions for the day ahead. Breakfast, checking out and the mandatory squad photos done, we headed out to Llanberis meeting at the Victoria Hotel. Here we split down into groups depending on what running we wanted to do. This varied from a flat run around the lake to the full climb to the top, with most running to at least the half-way house. For some this was their first experience of Snowdon, giving them the opportunity to get a feel for the climb. Experienced or not, everyone who came back down had very sore legs! Whatever run we ended up doing, we all made it back in dribs-and-drabs to the car park where we had some lunch and then headed over to a field nearby for some down-time before the 2 o'clock pick up. Ever prepared, Jackie set up a quick game of rounders, which provided some light entertainment whilst the last few runners arrived back!

The weekend finished with some stretching with Sarah. This is something we all recognise the importance of, but there are not many of us who can honestly say we do enough of it. Starting from the top and working down we went through all the major muscle groups easing out our tired bodies after the weekends exertions...

A quick final chat and that brought to a close another brilliant training weekend, one which I know we all benefited from and enjoyed hugely. Yet again our thanks go to Jackie and all the other coaches for giving up their time to make it all happen and to Bangor University for being an excellent host. A special word must also go to Steve Livett, who not only provided the organisation on the Welsh side, but also gained sponsorship from *Magnox North* which, along with the FRA and Welsh Athletics subsidies, helped to significantly reduce the cost of the weekend. It was a great experience and one which left us all feeling very motivated to make the most of the opportunities ahead. When so many people are asking, "When is the next camp going to be?" you know it must have been good fun! But what better way to finish, than a quote from one of the athletes...

"Didn't we have a great time, the weekend we went to Bangor!"

I think that pretty much sums it up, great venue, great atmosphere, great training, great time!

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BY **MR P**

Mountain running in the USA:

A SINGULAR EXPERIENCE

Photos © Rickey Gates

the view of Half Dome in Yosemite, taken from the summit of Sentinel Dome

Unknown runner at the end of the Mt Washington Road Race!

We were somewhere around Burlington, Vermont, in the middle of a forest that had besieged us for at least three States, when the triple espresso began to wear off. I remember The Mentor saying something like "I feel a little light-headed, maybe you should drive." He swerved across four busy lanes to exit the interstate, shuddered to a halt in a lay-by, and fell asleep instantly. He was being facetious, of course. I could not drive. I had neither the skills nor the documents to permit it. The Mentor had found this fact both hilarious and irritating ever since we had first become acquainted two years earlier at a race in Austria. There is no such thing as an American who cannot drive. I did what I always did on these occasions. I felt mildly embarrassed and buried my head in the map book.

We were heading for Pinkham Notch, New Hampshire. The Mount Washington Road Race was not just the most lucrative mountain race in the USA, it was the only lucrative mountain race in the USA. In recent years, events had started to eliminate prize money, drop time bonuses, and cut dispensations for top athletes. Race directors seemed more interested in reaching the event's participant capacity than staging epic competitions for the best runners. But Mount Washington had resisted the trend. A lot of cash was up for grabs and the Mentor expected big things from us both. For him a win, an American record, and a place on Team USA for the World Championships. For me, a top ten finish and a masters record. Big bucks were guaranteed. There was every reason to believe that this race would pay for the rest of our trip.

The Mentor had displayed the same cavalier confidence in his abilities and the certainty of success a few weeks earlier in Vail, Colorado. A rapid traverse of the Grand Canyon in training (3 hours and 7minutes; only one minute shy of the "record") had hinted at a streak of exceptional form and bolstered his self-belief. But at the Teva Mountain Games in Vail he was outclassed by a local track runner who had, it was rumoured, never run a hill race before.

On the famous Mount Washington auto road it was a case of déjà vu. The winner was another mountain running virgin, Chris Siemers, a marathoner from Chicago. While in the women's race Shewarge Amare from New York City decimated Melissa Moon's course record along with the majority of the men's field in borrowed racing shoes. I had shuffled past her only in the final mile of the race and had struggled to stay ahead. However, I won easily the masters category and my delight lasted for several hours until I heard about the formula for age-adjusted finisher time. It was a formula that even Professor Stephen Hawking would struggle to comprehend and it meant that the masters prize landed in some other old guy's lap.

Why not apply the formula to everyone in the race, including the winner? I had enquired. "There's only one hill!" John Stifler, the race director, had bellowed in response. This appeared to be his standard reply to almost every question put to him about his race.

"What we do is never understood, but always merely praised and blamed" (Kilian Jornet).

The Mentor felt we needed an exercise in competence to do away with the self-doubt he saw growing inside us. He knew how to beat the uncertainty and turn it into power. He had a plan but it would have to wait. We had to be in Albuquerque by morning. The Mentor had a wedding to attend and I wasn't invited. Fortunately an old friend, Simon Guitierrez, was on hand to keep me entertained. We ran through the barren hill country of La Luz mountain beneath a scorching midday sun, keeping a sharp eye out for rattlers, bears, and packs of coyotes. I was especially keen to see a mountain lion; Simon not so. Back home in Alamosa, Colorado, he often ran in the mountains with a small fire-arm at his side to cover just such an eventuality.

Despite the vast quantities of hot-dogs and liquor consumed at the wedding, The Mentor's pecker was up the following morning. "Look, let's do something we're good at, something we'll get a kick out of. Let's stick our necks out and do something that carries some weight, and do it off our own backs entirely. Let's deliver some knock-out punches to the mountain running world". The Mentor often spoke in this way, in analogies and riddles. "No one can do this better than we can," he continued. "There's going to be no more weak blows like the one we just gave. Let's forget all about the racing; forget about bib numbers, crowds, drink stations, flags, prizes."

If he was going to be whipped, he would rather it be by the mountain itself than by a pale track runner with a Nike tattoo and tiny quads. He had drawn up a list of records for the ascent and descent of various mountains that he intended to contest. First off would be Half Dome in Yosemite National Park. Later he would have a crack at Mount Rainier and The Grand Teton. We would cover the great distances between each peak in Lemon, his 1974 Volkswagen camper van. Our trip was to be a classic affirmation of everything right and true about the American Dream; our endeavours a blatant physical salute to the fantastic possibilities of life in this great country. We would write a new chapter on what it meant to be a runner of mountains.

I was troubled by this sudden about-turn in tactics. I had come to the USA to race. I had trained the softness out of myself throughout the winter and spring in preparation for racing. My intention had been to race every week. I like the crowds, I like the results printed in black and white, I like winning prizes. I love the feeling of a competition, I love putting my neck on the line, I love being on the receiving end, and I love to share the exhaustion, the joy, and the grief of the other racers. I've always believed that if you train but never compete it is easy to convince yourself that what you are doing is hard, or hard enough. It is easy to ease up in training; easy to say "that's good enough." But in a race you must react to others, you can't slow down until they decide to slow down, and in this way you go deeper and break through your own self-imposed limitations.

So what was I doing even entertaining the idea of these abstract record attempts? I had another word for this sort of thing. It was "training". Was this simply a way for The Mentor to bask and distract himself with the illusion of success after failing to win a couple of races? And what part was I to play in this drama? Was I there to pat him on the back and give his legs a rub-down each time he succeeded? Or was I there to compete with him? Only time would tell.

"It doesn't have to be fun to be fun" (Kilian Jornet).

We crossed 400 miles of featureless desert in Lemon and hit the Grand Canyon at sunset. The following morning we ran down and up the Grand Canyon's south rim and, later that day, I jogged across the Hoover Dam while The Mentor sat in a traffic jam*. Between Yosemite and us there now lay 600 miles of desert and one city - Las Vegas, Nevada - the vortex of the American Dream. We cruised the strip for an hour and saw first hand what the world might have been like every Saturday night if the Nazis had won the war. And as the sky darkened and Vegas started to come to life, The Mentor drove into the cool desert night, pausing briefly in a stale out-of-town casino for an all-you-can-eat buffet dinner. This was apparently vital preparation for the run in Death Valley the following day.

I thought I knew the meaning of the word heat until I ran in Death Valley. I started to pour with sweat the instant Lemon pulled up at the side of the road. It was midday in the Badwater Basin, 85 meters below sea-level. The temperature was 52 degrees Celcius. The Mentor

*Far-reaching enquiries have since revealed that no records for the Hoover Dam crossing have been logged. I therefore claim the record as my own. I traversed the north foot-way of the Dam in 3'42" (this included a brief visit to the marvellous art deco public conveniences at the midway point).

had determined that it was insane to want to run in such heat and in a landscape so completely devoid of all life. But for me something special exists in such places because everything else does not, because all other things are absent.

"Ignore this terrible sun," I told myself as I trotted off across the salt-flats. I felt very small in the emptiness of the desert and the brilliance of an ultraviolet sky. What appeared to be a band of trees on the near horizon was my goal. They could be no more than a few miles distant. After 45 minutes the trees seemed no closer and I was beginning to doubt my sanity. Was this a mirage? Or had The Mentor slipped one of the many psychoactive substances of which he was so fond into my morning coffee? I didn't want to know and headed back. The Mentor had stopped after 20 minutes complaining of a headache, blurred vision, extreme thirst, and an overwhelming sense of impending doom. I felt much the same way. The heat beginning to boil my organs, conjuring atavistic feelings. I vomited long and hard afterwards, wasted and several shades darker. But I felt cleansed. This sensation would last a day until we arrived in the Yosemite Valley.

"Records are made to be broken" (Kilian Jornet).

The Yosemite National Park was as congested as Alton Towers on a Bank Holiday Monday. I hadn't expected a shopping plaza, a pizzeria, hotels, bars, and an endless sea of parking lots and camp-grounds. The Mentor thought it was great and got stuck into an extra-large pepperoni and a pitcher of Bud Light. Conversely, I have a problem embracing what human presence has done to these wild and awesome places. To escape the crowds and the reek of fast food I skipped lunch and went for a long run. Of the steep 6 mile ascent of the huge Sentinel Dome, all but the last kilometre of the trail had been paved with tarmac. Which was bizarre, since very few of the visitors to Yosemite seemed to be there for the hiking.

Worse was to follow that night. Two representatives of some outback Nazi law-enforcement agency woke me at 3 a.m. banging on the side of Lemon demanding to know what the heck I thought I was doing and hadn't I better move my vehicle off government property right now sonny unless I wanted to spend the night behind bars. The empty parking lot was not, apparently, a reasonable place to park. I responded by highlighting several important facts; namely, that it wasn't my van, I didn't have the keys, I didn't know how to drive, and I was an Englishman on vacation and unfamiliar with local by-laws. I did not explain that the van's owner, fearing a police raid, was sleeping nearby in the bushes. "Is that toothpaste I see there, boy?" the cop added. Now I had violated almost every single one of Yosemite's ancient laws and traditions. A lengthy interrogation and search ended with the confiscation of all our food and toiletries. It was for my own good. The two mean-tempered, role-crazy cops had just saved my life from bear attack!

Photos © Rickey Gates

On the salt flats in the Badwater Basin, Death Valley

The final scary cabled section of slabs on the ascent of Half Dome

Western States Belt Buckle

Below: Western States - Goeff Roes, Anton Krupicka, and Kilian Jornet racing neck and neck at 50 miles in

The next morning The Mentor shifted Lemon to another car park and announced that the Half Dome record attempt was still on. Under clear skies, he shot off up the trail like a startled rabbit and I soon lost sight of him. My legs were battered from the descent of Sentinel Dome the previous day and I struggled to find a rhythm. But after half an hour I caught sight of The Mentor on a section on steep switchbacks. I realized with horror that he was coming back to me. The excessive amount of booze, pizza and herbal cigarettes consumed the previous day seemed to be catching up with him. What should I do now? Should I slow down? This wasn't my record attempt. I made a radical decision and trotted past him, told him to hang in there, and slowly increased the pace hoping he wouldn't notice. By the time we reached the cables on the final exposed section of Half Dome I was starting to flag and waved The Mentor through.

I made my way nervously up the cables. The view from the summit was heart-rending. Even the names of the sheer granite peaks surrounding me were spectacular: The Cloudmaker, El Capitan, Deprivation Peak, Last Chance Mountain, Matterhorn Peak, Sawtooth Ridge, and The Mentor's personal favourite, Liberty Cap. It had taken me 90 minutes to cover seven miles and 1600m of ascent. Not a bad day's training. However, for The Mentor sanctuary awaited at the end of a long, punishing descent.

I met The Mentor several hours later in the car park. He solemnly announced that he had broken the record by two minutes. I feigned delight, but was he certain that it was THE RECORD that he had broken? The record had only come to light after many hours of rooting around on the internet. It was a rumour and I felt that it was time to mention some of my concerns regarding these phantom records. For instance, was help of a pacemaker within the rules? Were there any rules for that matter? Wouldn't a race with official timing and flags and competitors give the record more credibility? After all, there were many routes up the mountain, numerous variations, dozens of corners that could be cut. Had we ran the bone-fide route? Unsurprisingly, The Mentor refused to look at things from my point of view and I suffered the big freeze-out for the rest of the day.

Let's get down to brass tacks here. Why this undercurrent of disharmony between us? Was it that being together all the time magnified any differences in opinion we shared? Not exactly; there was a definite clash of personalities occurring. The Mentor was, and I cannot think

Western States - landscape above Squaw Valley

Right: Roes (1st) and Krupicka (2nd) at the finish

Photos © Rickey Gates

of a better way to put this, an incredibly groovy guy. If something wasn't cool then it really wasn't worth doing. Take the issue of training. I believe it is impossible to become a good athlete without dedication to training; without suffering on a day-to-day basis. The Mentor demurs. He sees hard training as very uncool and believes improvements in performance can come by acts of will alone - by positive thinking and consciousness expansion through the occasional use of psychedelic compounds. He refuses to accept my argument that if you push your body beyond what it is accustomed to it will respond, arguing that running more than 60 miles per week will reduce his body to tatters. It is a conversation we have had many times and it never moves forward. I could preach the importance of hard training till I'm hoarse and it would make not a dent in him. After two sentences on the subject his eyes go glassy and he changes the subject. Of course, the truth may be far simpler. We are both obsessives, we are both self-centred lunatics, and being obsessed is not something easily shared.

"I don't race to see who's the best athlete. I race to see who has the most guts" (Kilian Jornet).

A day's drive from Yosemite lay Squaw Valley, high in the Sierra Mountains above Lake Tahoe. Squaw Valley is the take-off point for the Western States 100 mile trail race. The Mentor had been commissioned by Salomon to film the race and help pace one of their athletes, the Catalonian Kilian Jornet. Kilian was conquistador of many of the longest and most rugged trails in the Alps, he was Europe's most successful skyrunner and ski-alpinist, and he had come to the USA to put to rest the myth that the world's best ultra-runners were American.

In ultra-running circles the Western States 100 is a far far better thing than the FA Cup, the Grand National, Wimbledon, and the Ashes all rolled into one. In Squaw Valley that weekend, the ultra-runner was king, and The Mentor and I were there merely to pay homage. Silver belt-buckles (awarded to those completing the race in under 24 hours) were displayed proudly at all public gatherings. This required much tucking in of shirts, pulling up of trousers to nipple-level, and polishing of silver plate.

There is a lot of talk in the ultra-running world. The almost legendary Glenn "Barefoot" Ballesteros held court at the pre-race pasta party and he really liked to talk. I mentioned to Glenn that I had completed over 20 mountain marathons in Europe. "Hey boy, that's great, but

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Right: Roes (1st) and Krupicka (2nd) at the finish

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when are you going to do the real thing? You don't know who you are until you've run a 100 miler." Glenn described in minute and mind-numbing detail how he had power-walked and (later) crawled to victory in his first 100 miler despite acute kidney failure and a broken ankle. No matter how far you run or how well you do, there is always a next level. Like the 64 day 3000 mile trans-America race from Los Angeles to New York City. Glenn hadn't run this, though it was in his future plans. "You will probably hear this many times, but you don't know who you are until you've run a 100 miler, and the Western States is in a league of its own," he continued. "It's a rite of passage, a test of one's manhood, and it attracts a very special breed, the creme-de-la-creme of ultra-running. No one's here to mess around, everyone has to qualify for this race, which is no mean feat in itself. It's a very, very special moment in sport."

There was no way to explain the terror I felt faced by such an enormous ego. Like many American runners I met, Glenn was adept at putting the best possible spin on his outwardly fruitless endeavours. I was lost for words. Where was the mentor when I needed him? His ability to politely put his fellow countrymen in their place with a few choice phrases never ceased to amaze me. "You should have been there at the weigh-in." The Mentor came to my rescue. "Weird, man. Really freakin' weird. A lot of totally sick-looking sweaty dudes in baggy lycra." Weigh-in? What was this, a prize-fight or a foot-race? It was not until later that I found out what he was talking about. In order to prevent the many medical emergencies of which Glenn had seemed so proud, every athlete's bodyweight was recorded the day before the race. They were then weighed at intervals during the race, and if discovered to have lost more than 5kg they would be forced to retire. This led to the unique and, some might say, demented and dangerous practice of fasting and sweating off the pounds in the sauna before the weigh-in.

The racers were ready at dawn. Faces drawn, knuckles white from inner tension, they had exchanged their silver belt buckles for fuel-belts, camel-packs, and compression socks. The race turned out to be a fascinating one, even to a cynical non-participant like myself. While the other competitors tucked into a stomach-churning combination of cola, turkey butties, chocolate bars, and tins of fruit-cocktail at each aid station, Journet was seen to merely guzzle from a bottle of water. It was a miracle then (and real testament to the Catalonian's almost super-human powers of endurance) that he lasted as far as the 80 mile point before relinquishing his lead in the race. He hit the wall hard and lost 90 minutes in the final 20 miles to the eventual winner, Geoff Roes. Major route changes due to snow in the high country above Squaw Valley had allowed Roes to take 30 minutes from the previous race record, but this fact did not prevent the ultra-running press from heralding a new era in endurance running. In the 16 hours it took Jornet to complete the race he had purportedly lost 7kg from his slight frame. I decided not to hang around as a delighted medical research team began probing Jornet's exhausted body with large needles as he lay semi-conscious in a tent in the finishing area.

"Go out hard; and when it starts to hurt, speed up" (Kilian Jornet).

The next morning The Mentor was as keen as I to escape the ultra-runners. A flat-out high-speed burn carried us swiftly out of the mountains and across the dry and scorched hills of Central California. Sometime after lunch we stopped for gas. A thin line of black smoke issued from Lemon's ventilation ducts. The engine was so hot the air around it shimmered. In an air-cooled engine like this one, extreme overheating is problem if it's run too long and too hard on a hot day. The pistons expand in the cylinders and the engine seizes up. It was very hot day and I had every reason to believe we were heading for trouble. I was right. The engine gave up the ghost in the town of Stockton, an hour south of Sacramento. We had pushed our luck too far. An overhaul was the only remedy and the 4th of July was nearly upon us. We could be there for quite some time.

The decision to flee came suddenly, although it had probably been building slowly in my subconscious over the three days I had been marooned in the grim meat-hook reality of urban USA. I was overwhelmed by the boredom of the 1km loop of Stockton marina, the only safe place to run amongst the filthy, bombed-out streets. I logged 97 laps in three days and I knew the time had arrived for an agonizing reappraisal of my part in our record-breaking trip. I desperately needed peace, rest, sanctuary, and dirt under my feet. Leaving The Mentor to his own devices, I hopped on a train and 30 hours later was in Colorado surrounded by hills and very little else.

Over the next couple of weeks, high above The Mentor's home town of Aspen, I surmounted several high passes in the region of 4000m, saw a mountain lion, put in a few marathon 4 hour sessions, and came across a bear with a couple of cubs. I even managed to win a small local trail race, the Aspen Valley Half-Marathon, in record time (it was the first edition though!). After that I felt that I was ready for the big one. "Pikes Peak is right on the edge of what is possible for most mountain runners," I had been told by someone in the know back in Kendal. But despite the altitude and the huge gain that the ascent demanded, I reckoned I was ready for the challenge of Pikes, whatever it might cost me.

In mountain running a demigod is someone whose records have not been touched for ten years. A god is someone whose records have gone 20 years without being beaten. Matt Carpenter was rapidly approaching the status of god following a number of truly sick performances back in the early 1990's. He had come to occupy this very special place in the stratosphere largely thanks to records in the Pikes Peak Ascent and Marathon and the Leadville 100 mile race. He had also set speed marks at high altitude for marathon, 50 mile, and 100 mile races. And at 46 he was mostly still

Pikes Peak – unknown runner near the summit!

Photos © Rickey Gates

winning.

I first met with Matt at the Barr Trail Race, an event he organises on one of Pikes Peak's many beautiful trails. He is a small, cheery, wiry guy looking not unlike Mick Jagger should Mick have spent his life running instead of rocking. In the Barr Trail Race, Matt was unexpectedly defeated and his course record beaten. He found it hard to hide his consternation. I on the other hand was well-chuffed with my top 20 finish and podium placing in the masters category. By the time the prize-giving came around Matt had recovered some of his composure. "I really got my butt kicked today, make no mistake about that, I took one heck of a beating," was how he summed up his race to me. After a little persuasion I was able to convince him in the efficacy of a long run to purge the defeat from his system. He happily agreed to accompany me on an ascent of Pike's the following morning.

We runners need our gods, our legends. With them we create a mythology of our own, allowing us a context within which to understand our place in the sport. I was about to run with one of the legends. Matt showed up at the rendezvous, the departure point for the Pikes Peak race at Memorial Park in down-town Manitou Springs, in his dressing gown and slippers. He apologised profusely, but his legs were feeling trashed from the previous day's race. He wished me luck. I was on my own.

It was a great day on the mountain. A rare day when I never doubted myself, when I committed to a solid pace right from the start and never slowed, when there was no nagging voice counselling that I should save myself for later on, that the suffering was not worth it. I believed I was up to the challenge and topped out in 2 hours and 28 minutes. I hitched a ride back down on the back of a Harley-Davidson chopper. I recalled a saying well-known in motorcycle racing: "When the green flag drops, the bullshit stops". This holds true in running. Despite my efforts on Pikes Peak, I was looking forward to my flight back to Europe that evening and getting stuck into a few more mountain races.

Some of the events described and characters depicted in this article are fictional. However, Mr P wishes to extend his thanks to The Mentor, Matt Carpenter, Peter Maksimov, and Simon Guitierrez for their unswerving hospitality during his eight week stay in the USA; and to Kilian Jornet for his words of wisdom, an ultra-running Aristotle if ever there was one.

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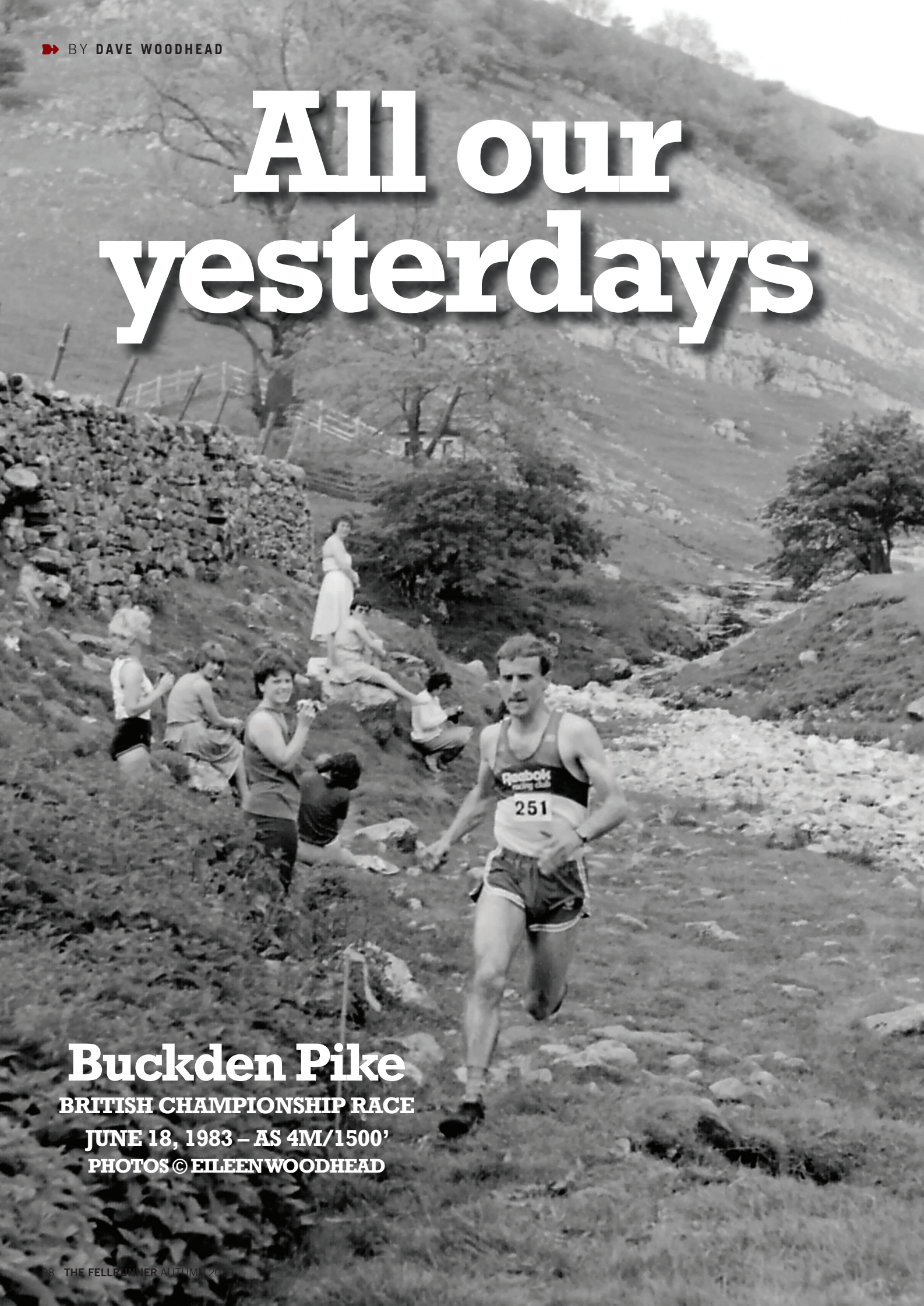
Martyn with Calder Valley's Yorkshire golden girls & Yorkshire team champions, Bingley Harriers

BY **DAVE WOODHEAD**

All our yesterdays



Buckden Pike

BRITISH CHAMPIONSHIP RACE

JUNE 18, 1983 – AS 4M/1500'

PHOTOS © EILEEN WOODHEAD

Left hand page: 1981 & 1982 British Champion John Wild of the RAF, the race winner. This page, clockwise from top right: Kenny Stuart, Hugh Symonds and John Wild set a fast pace. Brent Brindle, Geff Reade and Andy Harmer. Geoff Gough chased by Dave Hall.

1.	J Wild		CFR	31.37	16.	A Harmer	DPFR	35.52
2.	K Stuart		Keswick	32.27	17.	I Robinson	Clayton	35.55
3.	H Symonds		Kendal	32.51	18.	G Gough	Blackburn	36.03
4.	J Maitland		Aberdeen	33.05	19.	B Watkins	Bingley	36.05
5.	M Short		Horwich	33.32	20.	P Murray Vet	Horwich	36.18
6.	R Ashworth		Rossendale	33.57	21.	D Leaf	Rowntrees	36.26
7.	J Broxap		Keswick	34.01	22.	K Shand	Rochdale	36.28
8.	G Moffat		kendal	34.36	23.	E Ratcliffe	Bingley	36.37
9.	B Peace		Bingley	34.49	24.	G Brooks	Bingley	36.40
10.	A Smith		CFR	34.57	25.	A Philipson Vet	Gosforth	36.42
11.	R Shaw		Skyrac	35.00	26.	J Blair-Fish	Edinburgh	36.44
12.	B Brindle		Horwich	35.04	27.	P Harlow	Skipton	36.45
13.	S Livesey	J	Clayton	35.13	28.	M Edwards Vet	Aberdeen	36.52
14.	D Hall		Kendal	35.29	29.	T Catton	Clayton	36.53
15.	G Reade		Rochdale	35.35	30.	S Varney	Keswick	36.58

Ladies

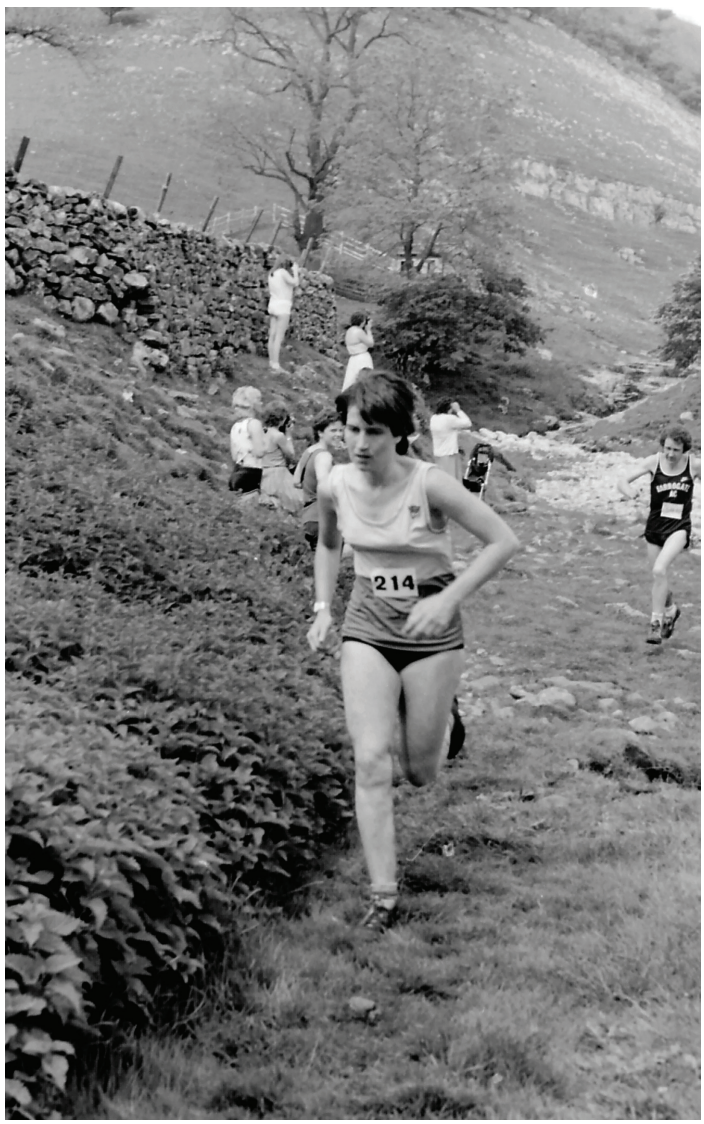
1.	L Dunn	Sheffield Univ	42.45	3.	D Varney	Keswick	44.19
2.	A Carson	Eyri H	43.57	4.	L Lord	Clayton	44.27

Teams

1. Kendal

BY **DAVE WOODHEAD**

Left hand page, clockwise from top right: Barry Pace, Graham Moffett and Brian Watkins. Dave Hall (14th). 1975 & 1978 British Champion Mike Short (5th).
This page, clockwise from top right: Malcolm Simpson (206) and (290) Jeff Winder. Ladies winner Liz Dunn chased by Martin Lister. Paul Harlowe chased by Mel Edwards



BY **MARTIN STONE**

Photo © Sport Sunday Event Photography www.sportsunday.co.uk

Martin Stone's LONG DISTANCE

NEWS SUMMARY – OCTOBER 2010

After a busy start to the Summer, there isn't much news of long distance exploits to report in the Autumn magazine.

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

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 next few weeks, a panel of long distance 'enthusiasts' will look at 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: 01931 714106, EMAIL: martin.stone@sportident.co.uk***

MARK & GERARD CUDAHY – PENNINE WAY 2 MAN RELAY RECORD

In 1984 Mike Cudahy became the first person to break the 3 day barrier for the Pennine Way and one of his pacers was eldest son Mark. In those days, the route received considerable attention from ultra-distance runners. In the early nineties, Mike and the new Pennine Way record holder, Mike Hartley, joined forces to have a go at a 2 man relay but it wasn't successful. In 1993 Mike and Mark Cudahy made another attempt and when Mark had to retire injured at 210 miles, Mike ran the last 60 miles solo to complete the run in 2days 14hours.

Fast forward to July 2000 and the tables were turned as Mike supported two of his sons, Mark and Gerard, who reduced the time to 2 days 7hrs 18mins. Conditions were wet overhead and underfoot on the first day but improved on day 2 though the dark hours were very misty. The lads had running support from Rick Houghton and Colin Wilshaw (both of Buxton AC) for the first 44 miles. After that they ran the remainder of the route solo, which was a quite an achievement. Youngest brother Michael provided roadside support up to the 135 mile point, beyond which father Mike and Inken Blunk saw them through to Kirk Yetholm. Mike feels it should be possible to reduce the record to under two days and when they read his full article elsewhere in the magazine, hopes a good pair will be inspired to have a go.

Mark and Gerard at Slaggyford (189ml)

GRAHAM TAGG & COLIN JENNINGS – CUMBRIAN TRAVERSE

Graham wrote to inform me that both who are members of Garstang Running Club in Lancashire attempted the Cumbrian Traverse (devised by Dick Courchee) on Sunday 27th June. Graham writes "the weather forecast stated that this was to be the hottest day of the year, fortunately weather forecasts don't seem to apply in the Lake District... It was cool and there was a slight breeze, perfect for running. We set off from Broughton Mills at 5.35 am and finished 10 hours and 7 minutes later at the famous Moot Hall finish line in Keswick, to loud cheers from the gathered crowd. What the crowd didn't know was that we had just done the Cumbrian Traverse **not** just completed the Bob Graham Round. They were waiting for "Rob" who completed the BGR about 25 - 30 minutes later."

TONY WIMBUSH – A TREBLE CHALLENGE AT 60

To celebrate his 60th season Tony Wimbush completed the Dark Peak 15 Trigs (55 miles and 8500') in 14-25 during May in a solo, unsupported run, the Wainwright 7 summits (65 miles and 19,000') in 21-24 during June as a solo, supported run and finally the inaugural Traverse of Assynt (50 miles and 21,000') in July. This was completed in 26-59 along with fellow veterans Pete Simpson and Colin Brooke. You can read a full article elsewhere in this magazine.

PETE SIMPSON, TONY WIMBUSH & COLIN BROOKE – TRAVERSE OF ASSYNT

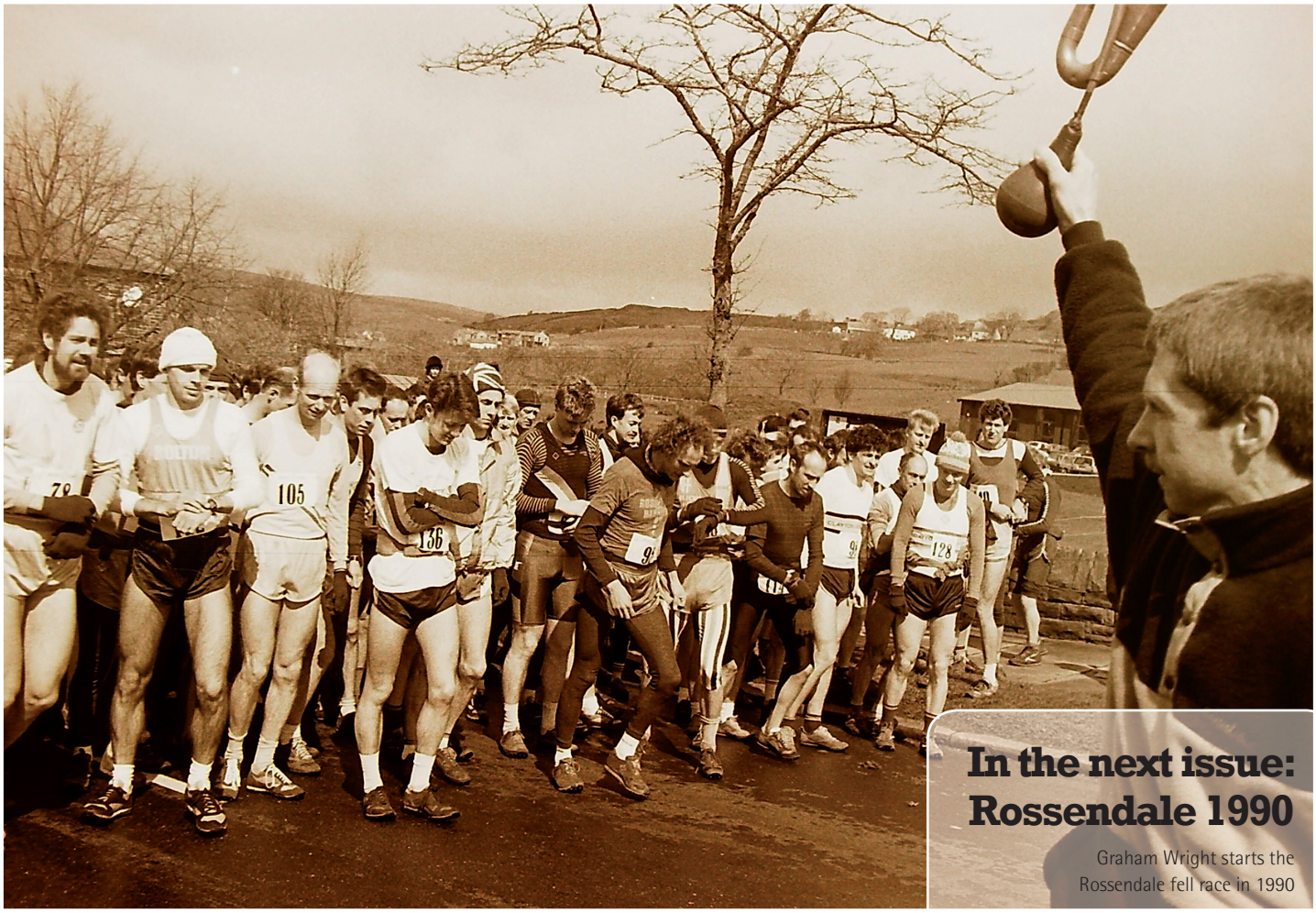
This V60 trio completed a new run on 12-13th July taking in the 10 peaks in the Assynt region just north of Ullapool. They took 26-59 to complete the 50 mile, 21,000' traverse which was supported by Clive Lane. The route was conceived by Tony but success must be credited to Pete Simpson's capable route choice and navigation on a largely unreccied route. A brief account can be found in Tony Wimbush's article elsewhere in this magazine.

COMPLETIONS OF ALL THREE BRITISH 24 HOUR ROUNDS

In 2010, 10 have completed the Paddy Buckley Round, 5 have completed Ramsay's Round and much larger numbers have completed the Bob Graham Round. Of the 60 who have so far completed Ramsay's Round, there is a select band of 29 who have now completed each of the three rounds within 24 hours.

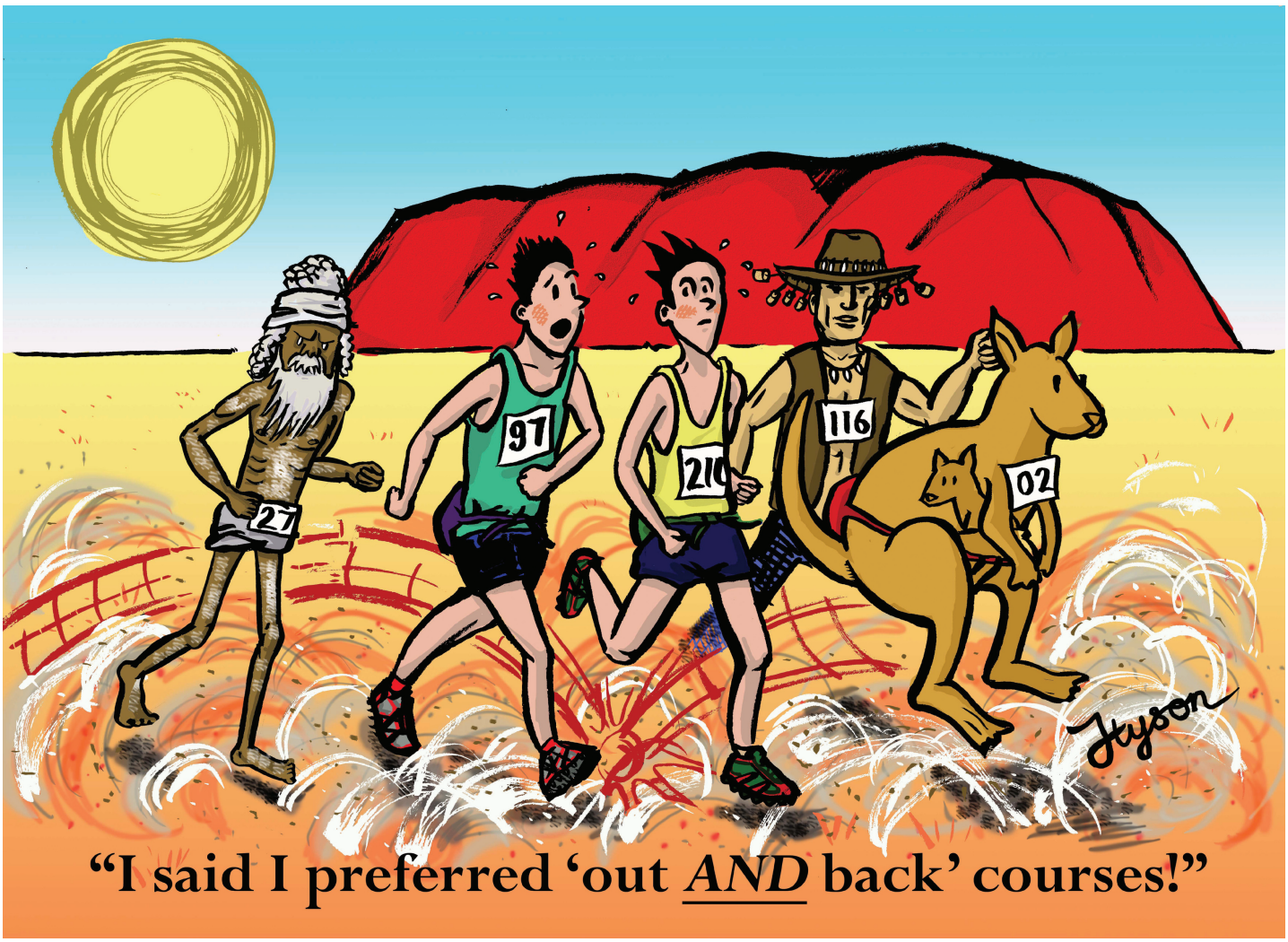
WWW.GOFAR.ORG.UK

Tony Wimbush has setup an excellent website that documents long distance routes. If you have completed a new route or have something newsworthy about the long distance scene, please help Tony to keep the website up-to-date by also sending an email to info@gofar.org.uk.



In the next issue: Rossendale 1990

Graham Wright starts the Rossendale fell race in 1990



"I said I preferred 'out *AND* back' courses!"

BY **MARK HARTELL**

runfurther.com
The Home of Ultra-running
Presents the...
UK ultra-running championships
2010

Photos © Zodshop

Pumlumon – Jon and Ben leading

2010 Championship decided by a single route choice...

The 10th race in the 2010 Runfurther UK Ultra-running Championships was fast and furious; it may also have been the decider for the series, at least for the overall male category.

The 27 mile Pumlumon event is only five years old but is a classic with a small but loyal following. Only a shade over marathon distance it packs in all sorts of terrain but very little tarmac – in fact, no more than about 50 metres. What is does offer is some good running along ridges with expansive views and some dreadful running through man-eater tussocks. The views, the relaxed atmosphere, the efficient organisation and the great start/finish venue a few miles away from Aberystwyth are what bring fans of this even back year after year.

Photos © Zodshop

Pumlumon – Mark Hartell and Kate Bailey

You might think that a series spread over 12 races at distances from 26 to 100 miles would bring overall times hours apart but the 2010 Ultra-running Champs is every bit as hard fought as the Tour de France or the final round of the F1 Championships. Going into the event there were two people who had the strongest chance of winning the series – Jon Morgan and Stuart Mills – both had won races but they had not met head to head. In the mix too was 2009 race winner, Martin Beale and ace fell runner Ben Abdelnoor. Of the four, only Martin Beale had the local knowledge and he hoped this would temper the raw speed of the others. From the word go it was obvious that this would be a hard fought race – the leading trio opened a gap of a couple of minutes before checkpoint 1 and, as the early morning cloud cleared it looked as though their navigational challenge might not be too hard. Stuart Mills was struggling with the pace and looked to be dropped by about half way but he worked his way back into contention with around 3 miles to go. At this point the leading pair took a potentially risky route choice around the southern side of Disgwylfa Fawr – not even

Photos © Zodshop

Pumlumon
Martin Beale

knowing if anyone had tried this line on previous years. Stuart wasn't sure of their intentions and kept north. This proved decisive with Jon and Ben opening up a 3-4 minute advantage. On the line the difference was 5 minutes or 21 points. If Stuart had been able to keep to within 3 minutes or 15 points of the leading pair he could have won the series. On that single route choice, 3 miles from home, the series turned. Two minutes made the difference between the winner of the stag trophy and first runner-up.

Stuart should be proud of his year though – as a relative newcomer to Ultra-running he won the Lakeland 100 and Hardmoors 55 outright and put up a great fight in his other races. Watch out in 2011.

The ladies championship wasn't settled until the final race. Nicky Spinks was champion in 2008 and made an impression in 2010 from the start. She won at the Manx, set a new ladies record at Fellsman and won again at Osmotherley. It was looking as though she could become the first person to win the title more than once in the five years history of the series.

That would be to reckon without Kate Bailey though. Kate is younger sister of champion fell-runner Simon, already an accomplished fell-runner and junior but this was her first year at ultra-distance and what a first year. Kate won and set a course record at Wuthering, won and set a course record at Marlborough and then got a really bad ankle sprain and retired at the Lakes 50; the highs and lows of Ultra. With a third win and course record at Pumlumon it was all going to come down to the final event of the series, Round Rotherham. In the gray dawn, Kate followed a large group off route and was a few minutes down on the leading ladies after 10 miles but she pulled it all back and crossed the finish line as first lady and 2010 Ladies UK Ultra-running Champion a few hours ago.

Not long after, Dick Scroop finished his personal odyssey becoming the only "grand slammer" completing all 12 series races in 2010. Dick made it doubly hard by coming very close in 2009 – completing 11 ½ of the races and having to do it all again. It's also worth mentioning that Dick is in the Mens 60 category and had to endure a trip to A&E after "kissing" the tarmac just before the finish at Osmotherley.

First over the line at Round Rotherham this year was Duncan Harris – winner of the Fellsman and second at Lakeland 100. Duncan has had a great year at the longer distance and secured third place overall.

One day Wendy Dodds might get beaten in her age category but it has not happened yet and she secured the W50 title once again – carefully choosing the roughest terrain and worst weather to play on her strengths.

...and so that's another year of the UK Ultra-running Championships wrapped up. Full leaderboard, details of 2011 races and sponsors will be in the next edition of the magazine. Over 1000 runners are signed up for the series now and if you are tempted, check out www.runfurther.com

Photos © Zodshop

Pumlumon - Stuart Mills
2010 runner up

UK ultra-running championships 2010
....one series....12 races....step beyond
VASQUE
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elete ELECTROLYTE ADD-IN

THE Joss Naylor Lakeland Challenge

BY **MONICA SHONE**

In the summer edition I commented that Joss' Challenge was proving slow to build. I then received a note wondering why this was so when the BG round was flooded with runners. Maybe the writer hadn't realized that, in order to qualify for validation for The Naylor run, all contenders have to be over the age of 50, which has caused some to have to wait awhile. However, things have taken off since May and we have recorded the 100th runner; a nice little milestone. We are now up to 109.

One of the most notable Naylor runs since it started in with Don Talbot, M60 in 1991, has been that of Harry Johnson, **M75,** succeeding at his first attempt. As a result, those who think they have already run in every available age group from V50 onwards may have to think again! Will Harry remain the only one to run as V75, as a first run or even as a 'Repeat'? An account of his run can be found elsewhere in this edition and we offer him our sincere congratulations.

Did you ken John Peel?

From Joss Naylor, Black Combe Runners

John Peel, who died in June this year aged 81, was the 7th runner to complete the Joss Naylor Challenge, in July 1995; he could never resist a challenge, having run several marathons, climbed all the Munros, and run The Ben Nevis race near to his 70th birthday. He welcomed the chance to add another trophy to his cabinet.

Since then he had continued to run with Black Combe Runners and was their president for many years, supporting and enjoying the exploits of others when he had hung up his running shoes.

He and his wife Jill celebrated their Golden Wedding by completing the TGO Challenge walk across Scotland in 2002 for the third time. Jill was always at hand to support John in all his adventures and our lasting friendships developed over30 years of living near the mountains of Cumbria.

On a sad note, we have learnt of the passing of one of our earliest members, Major John Peel. A direct descendant of the huntsman John Peel he was a much loved and respected member of the group and will be greatly missed.

Onward !

2010 has seen a total of eleven successful runners. The year turns out to have been largely one for V60s. Supporters, including pacers, continue to be from all ages, many of them tankard winners from earlier years have again been splendid and some younger, talented fell runners have increasingly acted as pacers; one of them is the current record holder of the three Lakeland Classic rounds. It will be interesting to know how they perform if, on reaching maturity, they take on The Naylor themselves. Joss has expressed pleasure that new clubs have taken up the Challenge this year and it is hoped that this will spread yet further. It's a superb day in good weather, but this year has seen wet and windy days which have sorely tried some contenders. It was Harry Johnson who, when chatting with Joss at the end, described Leg 4 as 'diabolical' and 'only a sadist would have thought it up' – Joss laughed! So be warned; save energy for that leg beyond Sty Head and make sure you learn it thoroughly before the day – and take in enough calories, too. Some of it can be more demanding than the Bob Graham, whose contenders are mere youngsters!

CONGRATULATIONS TO ALL!

Successful Challengers in 2010

99	**Julie Gardner**	W50	Dark Peak
100	**Sheila McNulty**	W60	Radcliffe A.C.
101	**Mick Bull**	M60	Radcliffe A.C.
102	**John Cox**	M60	Middleton A.C
103	**Susan Ball**	W60	
104	**Harry Johnson**	M75	Newburgh Nomads
105	**Peter Booth**	M60	Clayton le Moors
106	**Andy Watts**	M60	Wilmslow A.C.
107	**David Say**	M60	
108	**Gordon Johnson**	M65	
109	**Dale Colclough**	M50	

Information:

Monica Shone, Swn y Gwynt, Penmynydd, MENAI BRIDGE, YNYS MON. . LL59 5RX
(SAE. please.)
Or by e-mail : tyshone@btinternet.com
Please give home address, post code and telephone number when enquiring.

2010

BY **SHEILA MCNULTY** *RADCLIFFE AC*

June 5, 2010

WITH all the comments later about a glorious day in the hills you might be forgiven for thinking an 18 hour Joss Naylor Challenge had been a walk in the park.

But this is a tough cookie. If you get it wrong it has a last section that can come back to bite you.

There was a lot of injury worry, hard training and bucketloads of encouragement from husband Peter before that glorious June day arrived. But arrive it did for three of us, myself , Sheila McNulty, Radcliffe AC, Mick Bull and John Cox, both from Middleton Harriers.

I had been muttering about the challenge since I turned 60 three years earlier, but it was Mick and John who finally mooted the idea of a trio. We trained separately but also regularly together with Peter taking us locally on one course from Edenfield that got us 3,600 feet of climbing in four hours. This became a regular route for me right up to the challenge. Peter kept lots of climbing in the training and we reckoned in April I did 50,000 feet uphill! All three of us had been building up until the heavy snow had disappeared completely and then we made for the Lakes. Like everyone trains we did one leg, then two legs, then two-and-a-half, giving us our longest day out of around 10 hours and set the date for June 5th.

Well, as they say, the gods smiled on us. The ground underfoot had been dry for weeks and it was a dry warm day. You could sense the relief of all our supporters. On the first section, setting off from Pooley Bridge to Kirkstone at 4am, we saw a herd of deer, wild ponies and their foals and a blood red sky emerging. At High Street a lone figure with a dog greeted us, a FRA forumite who had an interest in doing the Joss and it was team pic at Thornthwaite Beacon. It was spectacular even for me concentrating on getting liquid and food inside me. Gerry Dewhurst (Fell Ponies) BG and ultra distance experienced, paced and encouraged me all the way with her dog Lily running at our side.(Lily was from Bleakholt Animal Sanctuary in Edenfield and that's where my charity money for the Joss has gone.)

Also on this leg Peter Hill, bursting with enthusiasm, carried my food and drink. Husband Peter navigated, and each of us had our own pacers in case there were problems, something Peter had meticulously worked out beforehand to cater for every possibility. There were people from several clubs helping out on all the legs in the true spirit of fell running, so much so that on leg 2 when husband Peter felt unwell for a while Mark Hobson (Rochdale Harriers) and Gerry, doing another leg, kept us on track and reassured us we were up on time. John O'Reilly (Middleton) fed me and we reached Kirkstone and then Dunmail well within our schedule.

This is not a competitive challenge and there are no prizes for beating the 18 hours but its good to know you have a cushion early on and it paid off by the last leg.

John Cox's wife Helen, daughter Alison and son-in-law Simon, were amazing in organsing all our food in John's van and a fine machine to see in action at the road crossings. It was a question for me of sit down, change socks, and open your mouth for the rice pudding and pasta. Everyone was helping and Joss Naylor co-ordinator Monica Shone and husband Colin were there at both crossings full of encouragement. They had come all the way from Angelsey to support us. A Joss achiever himself a few times over, Rainer Burchett also came out to greet us.

Touching one of the 30 summits. (picture by John Mayall)

All smiles are from left: myself, Joss, John and Mick.

We had superb navigation on leg 3 from Dennis Lucas (Rochdale) with Nick Harris (Rossendale) joining us and John Mayall (Rochdale) carrying for me. There was some expert re-filling of bottles with wonderful spring water from the gully on the way up to High Raise. John's enthusiasm was contagious, keeping me going up that hard slog. He took lots of pictures, something I was later to enjoy over and over again.

John Cox had unfortunately started to suffer and all three of us found Bow Fell a hard task. Mick and I had drifted apart but got back together on Esk Pike and were led off Great End by a confident Dennis, and I admit feeling quite emotional seeing a waiting Joss Naylor and shaking his hand. He was at Sty Head along with Linda Lord (Clayton Harriers) who was carrying for me on leg 4. Linda, having done the challenge herself when she was 60, had been a great help in training and offering advice. Husband Peter was there feeling much better with his organising hat on again.

John came in several minutes after us and urged us to carry on ahead so reluctantly Mick, I and Linda, navigated by John Armstrong (Rochdale) and with Neville Griffiths (Spectrum Striders) and Scott Sadler (Middleton) set off. Mick got stronger the further we went on leg 4 and I began to feel tired but our pacers told us we were still on schedule. I found by that time I wanted just water and ended up with John and Linda's chocolate and pretty good it tasted!

John got us off Gable no problem and on the following climbs we saw three or four BG contenders going in the opposite direction. There were words of encouragement on both sides as we scrambled past. John and Mick together got us expertly off Haycock, avoiding the horrendous scree, and we took the winding valley track to the steep grassy climb of Seatallan. Here I had to pause for breath feeling shattered, but was still able to look back at the superb still evening and sun just about to disappear behind the hills.

When we had climbed Middle Fell we had the end in view and set off at a trot to the waiting group below with Joss there to welcome us again. There was an anxious time for us all to see if John had carried on or dropped off into Wasdale. But that time cushion had paid off and a gutsy John and the determined Dave Bish and Duncan Lee (Middleton) who acted as navigators and pacers, appeared as stick figures on the horizon much to our excitement and within time.

Then it was handshakes all round, more pictures, and then a hot shower at Brackenclose climbing hut where we stayed the night. Linda gave me the best cuppa I have ever tasted and we enjoyed Helen's fantastic soup round a roaring fire…what more could you ask. And I am delighted to say since submitting all my info to the co-ordinators I have discovered I am the 100th person to do the Joss!

joss naylor challenges

BY **HARRY JOHNSON M75** *NEWBURGH NOMADS*

I have to confess that I'm not even a proper committed fell runner, having played football until I was 40+ and then took up running as a means of keeping fit. Eventually I had a crack at some marathons, which were quite enjoyable, but the training was very time consuming and I was busy changing jobs at that time. So I joined my local club, Newburgh Nomads and started doing short road races and, among other things, the local Parbold Hill Race, which attracts a big field every year and was established way back in 1970. The club also has a fell competition over 9 or 10 races each year and I agreed to take part, somewhat reluctantly, but actualy did quite well in a few senior vet races.

The first thing that strikes about fell running is the camaraderie at all events; good humour and helpfulness abound. One of my earliest introductions to the Lakeland fells was through helping club mates recce the Bob Graham and Old County Tops, but I never envisaged having a go myself. The Newburgh Nomads is only a small club of 20 or so members and over the years the lads have completed the BGR. I even had an abortive attempt myself in 1991. I had a wonderful tradition to follow and was anxious to succeed as the first contender for 'The Joss'. Prior to my original attempt, planned for June 19th, I injured an ankle while fixing ropes on Broad Stand to assist Fred Duenbier, another Nomad on his successful BGR.

So, by the 23rd July I had healed well and Fred more than repaid my services by running three legs of my run with me. The team duly assembled at 10pm, on a calm, moonlit night and we set off with a sense of euphoria in perfect conditions – little did we know what was in store for later on! Head torches enabled us to trot up Arhtur's Pike and Loadpot, then following good ground to High Raise. Chris's navigation was immaculate and Kidsty and High Street were soon underfoot.

Thornthwaite Beacon led to a rough descent in the dark, but Chris led well down a seemingly direct descent to Kirkstone in. (Quote 'it's not as bad as it looks, lads !') We tottered down 12 minutes ahead of our 23 hour schedule to where our breakfast waited. Bacon butties and tea saw us make good time up Red Screes and arrive at Dunmail 20 minutes ahead of schedule. At this stage I was feeling great – the gels seemed to be working, plus of course the mini rice puddings and Isotonic drinks. How did we find room for all that? The catering team of Andy Johnson and Dave Reynolds were again on the ball with egg mayonnaise sandwiches, bacon-butties and hot drinks. Monica Shone, the Challenge coordinator drove up from Anglesey to see us on our way and she too appreciated the bacon butties.

At this point Tasha Fellows took over navigation from Chris, her other half and we continued to extend our time advantage up Steel Fell, High Raise and Rossett Pike, but I struggled a bit descending from Bowfell – more gels soon fixed the problem! Then the wheels nearly came off completely with the badly deteriorating weather – high winds and torrential rain made the going over Great End difficult and dangerous. On the steep descent I lost my footing, fell forward and cracked my head on a boulder. It was only a small cut, but it bled profusely – to the concern of the team! However, they had it bandaged up in no time. They stood me up and asked how I was ? My reply was: "Where there's no sense there's no feeling – let's go! – anyway, come on – what sensible man of my age would have set out on this sort of enterprise in the first place?" So off we trotted down the broad track to Sty Head Tarn and still ahead of schedule.

Our caterers really excelled themselves staggering up the track from Wasdale Head with yet more food and hot drinks, so that we were well prepared for the hardships to come. At 13 miles Leg 4 is not the longest leg, but it is easily

the hardest and there is the need to conserve energy and accrue some time advantage on the earlier legs to succeed on it, bearing in mind the onset of fatigue after 16/17 hours on the fells. (This only applies to old codgers like me – youngsters of 50 or so will have only been going for 8 hours or so at this stage !) Wally lent me his walking poles at this stage because mine were useless on soft ground)

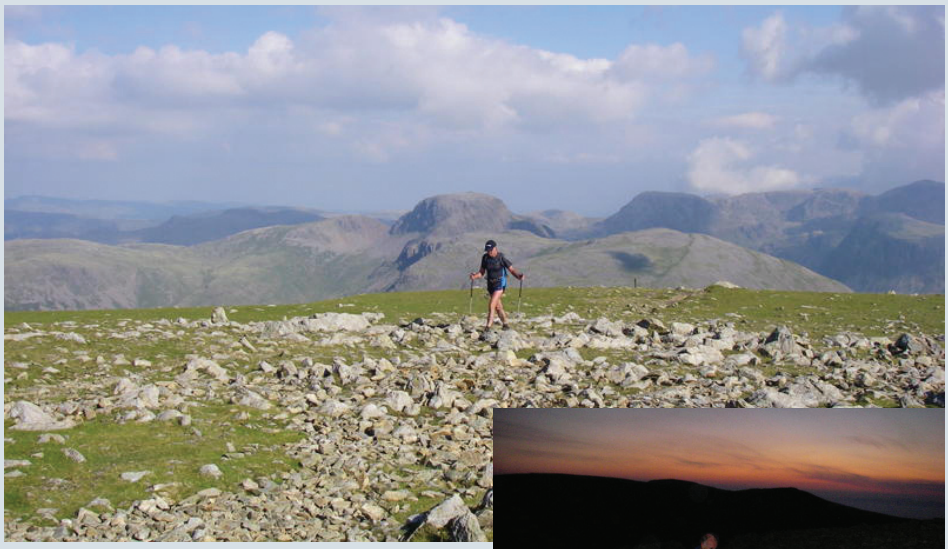
We set off onto Great Gable to shouts of encouragement and cries of "you've cracked it; just keep going!" More gels, fruit salad and malt loaf were required at the top and we were now walking – it felt more like crawling – into a headwind, with the rain bucketing down.

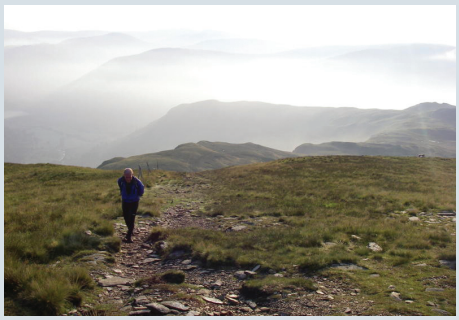
The descents from Gable and Kirkfell were treacherous and we all had minor slips and falls, luckily without lasting damage. On occasions I was awarded maximum points after a slip, for 'execution and style of dive'! Better progress was made up Pillar, Scoat and Steeple – but more gels required and jelly babies all round. Dave kept feeding me these tit-bits for the whole leg and a good mate offered inducement like: "You've cracked it – only 3 more peaks to go !" I might have strangled him, but with so many witnesses I had to be content with a polite request to keep it 'till the very end'. Haycock was hard, but across the Pots of Ashness we actually managed to trot for a while. Although tired, the thought that the end was attainable kept our spirits up and we were soon over Seatallan and onto Middle Fell. Torches were again needed . The lights of Greendale Bridge guided us down and the relief for me was immense, along with a tremendous feeling of euphoria. My legs felt like jelly and I literally wobbled the last three quarters of a mile to a fantastic welcome from Joss himself, David Powell-Thompson and our supporters – altogether a fabulous team effort.

I was feeling very brave and must have been a bit lightheaded because, when talking to Joss I expressed the opinion that his Leg 4 was diabolical and only a sadist would have thought it up – he just laughed! Not surprising really – this man did 60 tops at the age of 60 in 23 hours and 70 tops at age 70 in 21 hours , so a mere 30 tops is a Sunday morning training run !

2010

BY **DAVID SAY**





Sunday 15th August 2010

The lights on Pooley Bridge turned green, Chris said "it's time to go". It is three o'clock in the morning as we head off, leaving Pip in the dark wondering what it is all about. At last the waiting and worrying is over, too late now to think about training miles not done, as we head off across the field and up through Park Foot leaving the campers and caravanners tucked up in their warm sleeping bags and beds. At last we are out on the fells and the going is good. Chris is determined to get me ahead of schedule and keep me there, he is confident so I go along with the record holder of the three classic rounds. I was worried that he would be too fast; but not so. As we went up onto the High Street range we were treated to a fabulous dawn and a brilliant shooting star, omens of a tremendous day- perhaps. As the miles passed we were treated to wonderful views of the fells. With the exception of one or two tents we had the place to ourselves. Descending High Street I was brought down to earth with a bump, crashing headlong onto the path to Thornthwaite Crag. Luckily no damage, but it served as a reminder to concentrate more and look at the views less.

We arrived at Kirkstone fifty minutes up. Was this too quick? Pip was waiting by the car with a selection of goodies, a sandwich for Chris, honey and buns for myself. After a few moments and taking on more water we are off, fifty five minutes ahead of schedule. We climbed strongly up Red Screes and off to Hart Crag and then on to Fairfield. Here we meet some early risers enjoying a fabulous morning. Chris's friend Anthony appeared coming towards us and with words of encouragement continues with us and on Seat Sandal heads off on his training run for some monster multi day event.

Dunmail an hour and four minutes up, time now to eat plenty and load up for the big one. Seventeen minutes later we say goodbye to Pip, "see you at Greendale, God willing" and we are off. I was not looking forward to the first part of this leg to Bowfell. Chris kept the pace steady, by now it was getting very hot and the ascent of High Raise was probably my first bad patch, but still over an hour up. Now the rest of the journey was laid out in front of us, just the boost I needed. We left the swarming ants on Bowfell and headed off across the rocky bits. I had reccied the descent from Great End in the clag so today was no problem and Chris easily found the route down.

Monica and Colin were at Sty Head and after introductions we ate and drank what we had. Chris's father in law Brian, arrived with food and words of encouragement then we were off up Gable sixty five minutes up. At the summit we were met by Chris's wife Pilar and her Mum; they had more food and water to supplement Chris's stash at Sty Head. Slowly off Gable and up Kirkfell we lost a few minutes. Then Pillar - the last big one. Head down and get on with it. Photographs for some walkers on the top, with spirits rising, Scoat Fell, Steeple and Haycock soon passed by. As we ascended Seatallan Chris called out above us on the skyline was the familiar silhouette of Joss, cap on, slight stoop, big stick and his dogs accompanied by Gillian and her daughter. After a brief introduction we carried on to the top. Joss would meet us on the top of Middle Fell. We found Joss sitting on the top of the last hill, pausing briefly to admire the views of the fells and the Isle of Man, a drink of water and a photo we follow him down to Greendale. My legs had no time to protest their tiredness as I struggled to keep up with this legendary man of the fells. Six minutes ahead of the scheduled time for the descent and an hour and six minutes ahead in total, Joss stands aside as we near the bridge and we are met by Pip and Pilar. Sitting on the bridge we discuss a truly memorable day with Joss.

A special thank you goes to Chris for his support and company on what was a truly memorable day out on the hills. Thanks also to Pip for getting up so early to provide road support and to Pilar and her Mum and Dad for their support with food and encouragement on the hill.

BY **ERIC GILHOOLEY**

Joss at the Ennerdale Horseshoe 2010

Joss Naylor

I was helping out on the Ennerdale Horseshoe by taking water to the checkpoint on Haycock to supply to the runners. It was a lovely summer's day, excellent for sitting on a mountain and watching other people do the exercise. Quite a group of people collected on the summit to support or watch the runners. Joss Naylor also arrived, carrying up some water.

Joss offered words of encouragement for the leading runners and then started to give out cups of water to the later arrivals. They often arrived head down, focussed on making progress over the rocky ground and did not realise who was giving out the refreshments until they raised the cup to their mouths. Their expressions of grim determination gave way to those of shock, wonder and delight. It was amazing and uplifting to see this interaction between one of sport's real legends and those who could only dream of doing so well.

One extra thirsty runner coughed and spluttered as some water went down the 'wrong way'. Joss's comment was 'Don't drown yersell!'

Joss must have provided quite a few people with a boost that helped their progress as well as a tale to tell their grandchildren! As someone later commented on the FRA forum, 'Would you ever find Paula Radcliff dishing out water on the London marathon?'

Matt Reedy (Ambleside AC) and Mike Robinson (DP)

Mike Fanning

BY **ALLAN DAVE LOCKWOOD** *DARK PEAK FELL RUNNERS*

In Joss Naylor's footsteps

Mungrisedale to Wasdale – 3rd July 2010

It was in Wasdale car park during our annual BG support weekend that Joss told me of his intention to complete this run during June 2009: I didn't think any more of it at the time, Joss being Joss and all that! Subsequently at the Santon Bridge dinner, having picked up a copy of his biography published late 2009, there it was - Chapter 14, entitled 'The Longest Day' (Summer Solstice). He'd done it, with support and had a good day.

Since reading the account, Alan Yates and I toyed with the idea and thought it looked feasible for a go sometime this summer. Several other deranged club-mates also expressed an interest so it was just a matter of setting a date convenient for all concerned. I cobbled a makeshift schedule together and, carefully avoiding grand-children's birthdays' (don't laugh – you'll get there one day), the 3rd July was agreed. Unfortunately Alan was going to be away in the Pyrenees so he nipped in two weeks before us and did a typical AY type 'variation' of the route, over two days and re-sequencing several of the listed fells in preference to his own alternative. Presumably in order to maintain his inimitable and oft celebrated fellsmanship! It obviously doesn't count then!

As it turned out there were four of us on the day: Dick Pasley, Bob Marsden, Alison Shepherd and I (combined age = 243), with Colin Henson and Dave Moseley at the road crossings. We took 18.5 hours in the end but didn't rece anything before hand other than the fields across to Braithwaite, so we were delighted with the successful completion. It certainly took longer than estimated. I thought about 15+ hours with carrying our own stuff, but the climbs are much longer in the first half than the now well established JN Pooley Bridge-Greendale Bridge route; plus we had more convivial rest stops than planned – so what; it was a nice day!

The first section, which includes Blencathra and Skiddaw, before the fields to Braithwaite, is a big leg but a 4 am start gave us a not to be missed sunrise and magnificent morning light. A welcome tea and rice pudding stop for 20 mins on the Whinlatter road, then onwards up Grisedale Pike which is the longest climb on the route. No complications so far, however after Wandhope we got horribly snarled-up in man-eating bracken getting off Whiteless Pike to the Newlands road so had another extended tea-break at Newlands Hause to recover! The section over Robinson and Dale Head went well (Alan had remarked on the excellent views of the entire route to be had from Dale Head summit – it was true). Grey Knotts from Honister Pass car park is, in my opinion an underestimated steep climb - I was even starting to look forward at this point, to the more familiar ground of Gable and onwards round the traditional J N last section, but we were soon making good progress trotting over Brandreth in fine style.

Time was knocking on by the time we got to Black Sail Pass; it was 6.30pm, despite the early start so we certainly weren't setting any records. Having said that we hadn't intended to, being content with the overall enjoyment of the route; and the company. Doc Moseley had kindly 'dropped by' with a bag of goodies as agreed (and Alison's hair dryer). He said he'd been waiting there ages, and was cold and hungry – so we gave him most of the food he'd carried up. Rejuvenated we cracked on but then wasted well over half an hour looking for each other at Scoat Fell – we had split into two pairs coming down Wind Gap from Pillar, each then sitting and waiting for the other pair at 'different sides' of the big wall opposite Steeple; how daft is that!

We found the good line off Haycock but then the ever familiar 'gentle slope' of Seatallan didn't help to quicken the pace until a good run down to Buckbarrow pulled a few needed minutes of daylight. We also opted for the easier right hand but longer decent off the top of the crag, via Gill Beck and along the road, due to the fading light. Anyway it was good. Tougher than we had envisaged, and good to get finished in daylight - just! Joss had been up on Glade How earlier to meet us but had returned home and was there with his usual welcome when we arrived at the bridge.

Much thanks to Colin for the driving and copious amounts of tea; to Doctor Dave also for driving, and for wearing bright orange trousers as a homing beacon at Black Sail, (and for eating our food), Alison, woman of steel - strong all day, Dick and Bob – excellent examples of how to eat just about anything, anytime/all the time! And my contribution; was slowing the pace down on the climbs.

We had good weather conditions sunshine most of the day but very cold on Skiddaw summit at 7am, and 'whilst playing hide-and seek' on Scoat Fell! The route is a well worth the addition to anyone's long distance records – not as another formal JN Challenge but a worthy add-on for those who have done the 'real thing'.

Route: 40 miles, 16,000ft. 20 summits.
(Start: Mungrisedale)
Souther Fell, Blencathra, Skiddaw, Grisedale Pike, Wandhope, Whiteless Pike, Robinson, Dalehead, Grey Knotts, Brandreth, Green Gable, Great Gable, Kirk Fell, Pillar, Scoat Fell, Haycock, Seatallan, Cat Bields, Glade How, Buckbarrow. *(Finish: Greendale Bridge).*

BY **MIKE CUDAHY**

TWO MAN PENNINE WAY RELAY – A NEW RECORD

HISTORICAL BACKGROUND

It was Mike Hartley who first suggested the idea of a two man Pennine Way relay. The idea was immediately attractive and intriguing. In 1984 I had become the first person to run the 270ml route in under three days and in 1989 Mike established the current record of 2 days 17hours 20min. Apparently this record is so daunting no-one has attempted it since, or if they have, are keeping quiet about it; strange, as with stone flags laid over much of the formerly boggy ground, the Pennine Way has become easier and faster.

Unfortunately, by the 1990's when Mike proposed his relay plan, I was past my best. We did make two attempts. The first started in the North and we ran into a southerly weather front of impossible proportions. When we tried again from the South we ran into a northerly gale. We might yet have hung on to post a modest target time had I not developed an incapacity in my starboard propeller.

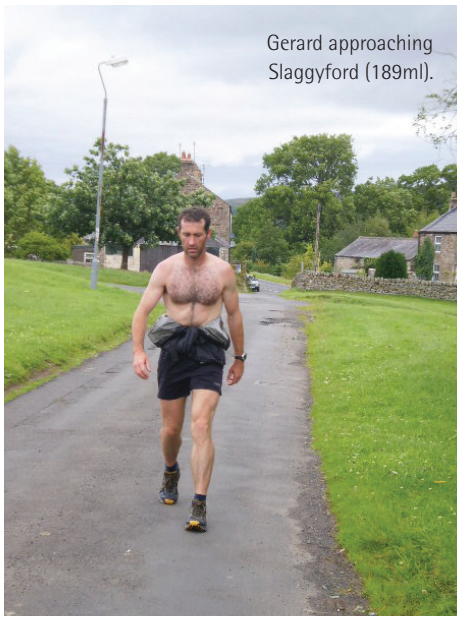
Our actual target time, naturally enough, had been two days. The intriguing question was not whether we could each run 135ml over a 48h period, but whether that 135ml could be compressed into only 24h actual running. This would demand an average speed of just over 5.5mph. At the time I thought Mike was probably capable of this and that I no longer was, but could come close. Both of us had averaged about 4.5mph actual running speed in breaking the individual record, but Mike had taken fewer and shorter stops. In a relay no time would be lost on support stops.

The appeal of Mike's idea hung on and captured the imagination of my eldest son, Mark. In 1993 I agreed to take a break from my preparations for an 'all foot' traverse of the Munros to have another crack at the two man relay with him. I decided that running sections of about two hours would give a nice balance between work and rest. They did, but were sometimes horrendous for our very stretched support team.

Of course the Pennine Way weather voodoo struck again. In 1993 the ground was already very heavy and our attempt was accompanied by spectacularly heavy and prolonged showers. We were working to an overall schedule of 5mph which would have produced 2days 6h. The going was so bad we did not match my 1984 solo time until the 75ml point and this despite no time loss for support stops. By 100ml Mark was suggesting we quit and try later. I replied, 'It's now or never. I do not want to see the Pennine Way again!' On we plodded.

Cross Fell should not be run in the dark or in mist. Naturally, I had both but avoided getting lost at the expense of losing an hour. Once this monster was behind us I jnew the last 100ml would succumb to hard work and determination. I ran towards the Roman Wall (200ml) reflecting I just had left a short leg, a longer leg and the final 15ml over the Cheviot. I was knackered but could manage this.

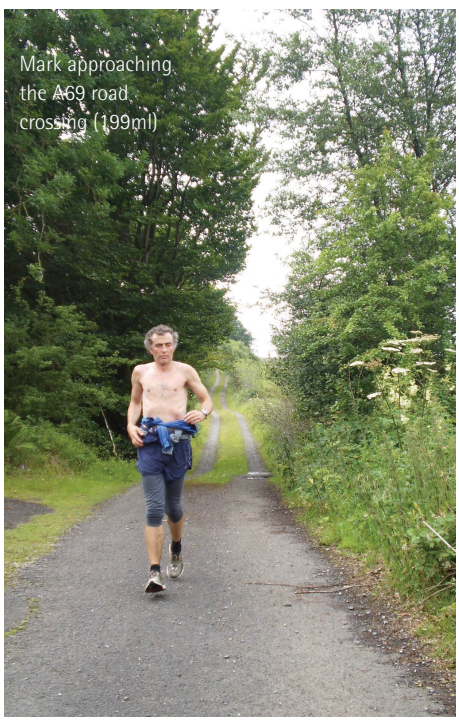
At Hadrian's Wall Mark, who'd been getting stronger, was overdue. He limped in, Achilles gone. For me, the perfect 'Catch 22' situation: quit now and return later; a solution for which I had neither time nor inclination, or run out the last 60ml as a solo effort; a solution for which I felt hardly physically capable.



Gerard approaching Slaggyford (189ml).

I started off the next leg anyway and discussed the matter with my mate, Wade. Not least of the factors was that going even more slowly would mean getting into darkness and ending with a time embarrassingly close to Mike's record. So be it, I was not coming back!

I went well to Byrness but the last 29ml over the Cheviots was all I'd feared. Accompanied by Inken, we plodded through deepening bog. Full dark at Cheviot summit and bitterly cold.



Mark approaching the A69 road crossing (199ml)

Mark leaving Hareshaw (228ml).

Gerard approaching Peel Road on Hadrian's Wall (207ml).

The last 10ml took 3 hours. The time was indeed embarrassingly slow, but I was satisfied with the physical and mental resolve that had carried me to the finish; satisfied for both of us. Our time of 2days 13h 50min would, I thought, invite others to improve on it. Apparently not; but in 1997 I was part of a 6 strong team recording 43h 25min, the other 5 were my adult children and we raised money for the NSPCC. The running was great fun, but the logistics were a nightmare.

A NEW RECORD

Mark had obviously been bitten by the Pennine Way bug and somehow he sweettalked his brother Gerard into the idea. They had a go in 2009 but Gerard's feet parted company wih the skin covering them. He is a class act as a short distance fell runner, but the 40ml High Peak Marathon and the 60ml Fellsman were his only forays into ultra-distance. Mark meanwhile had posted the third fastest time for the 120ml Tan Hill to Cat & Fiddle route. I thought neither had enough miles on the clock to achieve success but said if they got to the half-way point in good form I'd look after them thereafter.

Inken and I were setting sail on the ferry home from Amsterdam at the time the lads set sail from Edale heading north. It all seemed curious as we rolled up at Grassholme Bridge, 135ml North of Edale. Soon thoughts of leisurely days on the continent were put aside as we embraced the well-remembered routine of supporting an ultra-distance record attempt; tense periods of waiting punctuated by a frenzy of activity as the runner comes in. In the case of a relay all this is accentuated. The outgoing runner has to have been allowed as much rest/sleep as is commensurate with being perfectly ready for his next leg. Still working on an overall 5mph schedule (a mistake), we were always uncertain about when a runner would appear. The conditions, too, were playing a part. The first 24h brought prolonged showers and the ground was carrying a lot of surface water. Despite this, they were half an hour up on schedule at Grassholme, but were now due to run into their second night.

I thought this would be a crux for a number of reasons. Neither had the help of a supporting runner. Both would need sharp concentration during what was a second almost sleepless night (a real problem for Gerard). Finally, they would have to come through the night alert enough to tackle the Cross Fell ogre.

They both did well on the 24ml up the Tees and over High Cup Nick to Dufton, each averaging over 4mph in the dark. A small hiatus occurred at Dufton, where Gerard, still half asleep, left the village in the opposite direction to the one he'd recce'd (there have been some minor route changes here and there) and startled us by re-appearing.

We drove up the 'ski road' to the meeting point splitting the section over Cross Fell from Dufton. It was still dark and the mist was blowing in impenetrable curtains over the bleak hillside. Peering into the miasma I sensed disaster. Even a top class navigator, fully alert, would have been troubled by these conditions. I lit a candle in the van window and we waited tensely. Dawn forced light into the darkness and Inken said, 'Here comes Gerard.' Using his crib sheets of directions, he had come 7ml uphill in mist and dark in 1h 31min. I began to sense guardian angels and hoped Mark had his with him as he departed, still in thick mist, to negotiate the highest ground (2999ft) on the Pennine Way.

When Mark arrived 2min early in Garrigill having averaged 5.1mph I concluded I had been underestimating their resolve and fitness. I was also aware that 90ml of tricky, demanding ground lay ahead and that it was 2 years since their last reconnaissance. There was to be no help on the running legs either. Their 'wing and a prayer' approach might yet reap a bitter outcome. The emerging pattern was of both running strongly but struggling to wake and gather their senses during the rest periods. They were still eating and drinking well and, after being helped out of the van and lurching a few steps, would soon be into their stride. It was clear to me that they had entered that zone of endeavour when all else falls away and nothing is left but the compulsion to follow the flame to the journey's end.

Mark reported Wain Rigg as wet, overgrown and slow but Gerard then attacked the Roman Wall switchbacks like a wild warrior. He perhaps paid for it as I nearly could not wake him for his next leg and then lost time as we discovered a badly ripped blister. In all, 42min were lost on imperfect change-overs.

The 48h mark loomed at about 234ml approaching Byrness. We had benefited from good weather all day but now mist and drizzle set in. What most alarmed me, however, was the realisation that Gerard was obviously uncertain of his 14ml route from Byrness onto the border fence and the final rendezvous with Mark at the Border Gate. I gave him a carefully marked map and left him studying his own crib sheet very aware of his mental fatigue. If his still enormous drive overpowered his slowing mental faculties he might yet end up at John o'Groats!

With Mark we drove up the military road then tortuously up the Coquet Valley. At last we spotted the unmetalled track we hoped would take us high through MoD land onto the hill. In constant fear that gates might be locked or red flags flying we reached the point where we must leave the van. With spare gear and torches Mark and I climbed into the mist. It seemed interminable, so near yet so uncertain the outcome! After 40min we were at the Border Gate. No sign of Gerard. The chances of him sweeping up just as we arrived were minimal. But such was our anxiety that we both felt in despair. I told Mark we were being unreasonable and sent him to shelter. All I could do was turn into the wind and head towards Windy Gyle and, hopefully, Gerard. I thought I should go no further than the summit (about 1.5ml away) and was musing what to do then; wave a torch into the infinity of mist? Then a fence post loomed up and ran towards me – it was Gerard going like the clappers! I turned and let out a mighty

cry carried on the wind to Mark over half a mile away. By the time I'd reached Gerard at the rendezvous, Mark was out of sight heading for the dark bulk of the Cheviot.

Thus the curtain opened (or, rather, shut!) on the last act of the drama. It took 50min to stumble back to the van. We began the tortuous journey round the NE side of the hills. Warning lights appeared on the dashboard. After a few more bumps they mercifully vanished. A few whizz-bang flashes on the hills above but no 'Stop! Who goes there?'. Incredibly, we rolled into Kirk Yetholm exactly coincident with Mark. He had done a magnificent job of running and navigation through darkness and mist after 2 nights (mainly) awake. It was 01:18am. They had reduced our 1993 time to 2days 7h 18min.

POSTSCRIPT

SUPPORT

During the first half of the relay, Mark and Gerard were supported by their brother Michael and two friends, Colin Wilshaw and Rick Houghton. Colin and Rick provided cheerful company over the moors throughout the first night, Michael did a bit of everything including racing after Gerard with the relay acorn, an important symbol for the team. Grateful thanks are due to them.

Thereafter the lads ran solo. Inken and I drove the 'sagwaggon' and tried to anticipate their needs. It gave us a tough 30h stint (running is far more pleasant!). I would certainly recommend a separate support team and vehicle for each runner.

RULES/ETHICS

In ultra fell running, as in everyday life, the ethic is one of perfect honesty and integrity. Adhere to the route (as shown in Wainwright but NOT his option of missing Cheviot summit); runners should be in contact at change-overs. (We used as a 'baton' a small acorn I'd carved for our family relay. I'd be pleased to do the same for others, but it's not a 'RULE'.) I've never used drugs to enhance performance but I believe that if pain relief (e.g. Ibuprofen) is used (none here), this is a matter of choice. The length of each relay leg is also a matter of choice as is the direction of the attempt. In the light of the experience I've gained I would certainly modify certain aspects of the logistics.

It is 26 years since I broke three days for the solo Pennine Way and over 20 since Mike's superb record. I can understand that to lower that record or even dip below 3 days is a daunting task. However, I believe the 2 man relay presents a challenge within the scope of many of the excellent runners around today. Remember, the first ever sub 2 day 2 man Pennine Way will put an indelible mark in the record books and bring you a most interesting experience. GOOD LUCK!

Gerard approaching Hareshaw (228ml)

STATISTICAL SUMMARY

Overall speed for 270ml	=	4.91 mph
Overall daytime speed	=	5.3 mph
First 90ml	=	18hrs 10min
Second 90ml	=	18hrs 42min
Third 90ml	=	18hrs 26min

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BY **DUNCAN ELLIOTT** *BOWLAND FELLRUNNERS*

'SOME OF' THE RIDGES OF MERIONNYDD

The start at Barmouth on a very quiet morning!

Will the triumph match the trepidation? The alarm goes off at 3.45 am. The bus goes from Barmouth at 6.45 am. Thoughts of lying in cross my mind. Can I do it, will my feet knackered from 8 hours around Ogwen yesterday, stop me. Do I want an adventure?

The mental weakness evaporates and I get up. Its dark and all my kit is laid out to stop pre dawn amnesia putting another obstacle in my way. Porridge, a shower and I am off, driving along a deserted A5.

I arrive into Barmouth at 6am.Its shut! Especially the toilets and I drive round seeing how the town caters for incontinent imsomniacs. It doesn't!

Finally a cheerful caretaker opens one up and there is only the non-arrival of the bus to go wrong. It's spot on time and I am off.

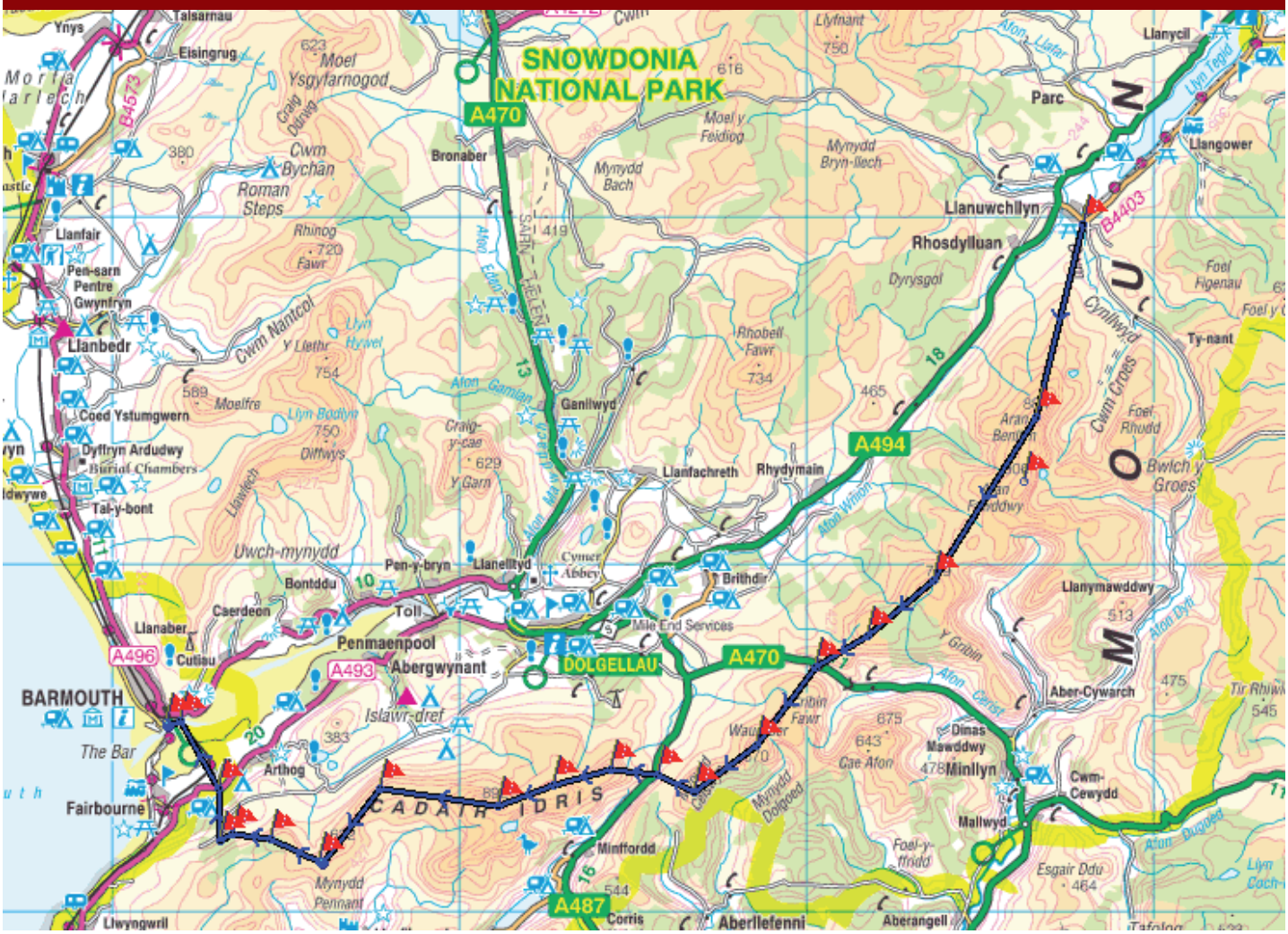
I always feel Wainwrightish trundling along early on a bus to complete a route. At Dolgellau I am left as the lone passenger. Maybe they alight here as they anticipate the aroma that 10 hours of running through bogs will bring. The driver chats to me and I am not quite sure if he has understood that I am now going to run back from where I caught the bus. Why? Because I want an adventure and on one of the few good weather days since St.Swithins.

Back at home I am often referred to as a 'Weather Wimp' but to me days like today are about enjoyment. Yesterday on the Carnedds I had met two lads who had had an horrendous day out on the 3000's and binned it. There's no enjoyment in that.

I get off at Pandy and dip my feet in the Afon Twrch as it's the nearest I can get to Llyn Tegid (Lake Bala) which has no access to it. I was going to call this my Shore-to-Shore run but some map fondler (we know who you are Ian Roberts!) would no doubt have corrected me. So I set off from Pont y Pandy at 7.45 am. It will have to be the 'Ridges of Merionnydd' (although some map fondler ….etc etc!) will point out which ones are missing.

The climb up onto the Aran ridge is fast as I meet a Ray from Lincolnshire who has overslept and has to be back to his family by lunchtime, so together we crack on up the ridge reaching the top in 72 minutes. From Aran Benllyn I am now on the Merionnydd Round route of Yiannis Tridimas.I had been here last year when Rob Woodall had his attempt and thankfully binned it with only the Cader section left. It was

'SOME OF' THE MERIONNYDD RIDGES OUTLINE MAP



monsoonal rain and the thunderstorm after he retired would have probably sent him on a far longer round!

On the ridge to Aran Fawddwy the cliffs plummet down to Cwm Dyfi and eastwards the Berwyns simmer in a peaty haze. The Leventon Line (Llangollen to Barmouth) almost looks beckoning if you did not know about the two sections of 'I've lost the will to live can I phone the Samaritans' heather!

On the trig at Aran Fawddwy I stop to fuel up and leave Ray as I head off for Glasgwm. Yiannis's round takes in Drws Bach and Gwaun y Llwyni to the east but then gives you a horrible tussock and heather crossing back to the ridge. I am doing the ridges today and press on over the duckboards (you wouldn't get United Utilities putting these in in Bowland!), which make this a fast section. On the climb up Glasgwm I am slow and at the summit tarn have trouble deciding which is the right fence to follow. I go west over a lesser top and then head southwest to go round the forest. Or what is left of it, as most is now felled and in what remains a weapon of mass forest destruction is busy at work. Along here on Robs run we had left the fence and missed the stile at the corner. In thick mist we had got the map out and finally found the top of Pen y Brynfforchog.Today it is easy and I am nearly through the first section.

From here there is a lovely descent down a grassy ridge sticking with the fence on the descent, but I have run out of water and am worried that there do not look to be any streams on the map. The thought of an ice cream van at Bwlch Oerddrws is just silly stuff. I run through at the Bwlch as I have spotted what looks like a waterfall high up right of the path. As I ascent a couple of lads are descending and ask what I am up to. I explain, and also add that I am searching for water and as I glance at my bum bag realise that the top has gone off the empty bottle. Instantly one of them pulls a half bottle out of his rucksack and gives it me. I thank him and keep the other to fill up from. Higher up a trickle comes out of the rocks and I stop to feed and rehydrate. This section is new to me and Yiannis tells me there is a good zig zag path and accompanied by noisy corvids I pop out along the fence and bag the top just in case it is in someone's list. The running along the fence is good, passing a rift on the right into the old quarries. Then I meet someone on the descent. He is probably as surprised as me and I plummet down to the pass keeping on the right of the fence. There looks to be a path on the left but it is in heather and on the edge of the forest. Grass is always best.

This is a very steep climb but the architectural masterpiece of a trig that nearly got Rob drooling makes it worthwhile and I also know where I am. From here it is a lovely grassy ridge run. I had done this before when the LDWA ran it as a Mid Wales Mountain marathon. Then I had had John Marsh to lead me off, today I have to stop and check the map and finally reach the footpath arrow pointing west to Cader and the last section. It is reassuring and I descend well only to stop as it disappears consumed by the

The summit of Aran Fawddwy

The Trig on Waun-oer that has some people drooling!

bogs.Map out again and more time wasted. I cannot locate it again and just blunder on down through the sedge and hit the old road. Then ahead along the wall and I opt for a grassy plummet direct to the road. I climb the barbed wire fence and find myself in the rush hour of holiday traffic! There are mutterings and no thoughts of stopping here in this urbanised maelstrom. I am soon over the stile and up the steep grassy ascent. Up ahead are the crowds. I reach the first one and wonder where the Chinook is that has winched them up here! I climb higher and snatch up a crisp packet in disgust, ejected by the morons on the other side of the fence. Right to roam should have an IQ filter. An ambulance siren sounds below and I reach a bunch of plane spotters. They are waiting for low flying RAF trainers and I chat with them, although it is worrying when they ask me what mountain this is! The crowds are now left behind and I stop below the cliffs for lunch.

Below another siren goes off and a queue forms behind an ambulance -perhaps the Chinook doesn't do return journeys?

This next section is a lovely scramble up through the cliffs and much faster then the route further round to the east that I had used on the Mid Wales Mountain marathon.

Soon I am at the top and track across to bag Gau Craig and its view over the patchwork quilt of the Clywedog Valley.

Then I head west towards my goal. The wind is up but I persevere in just a coolmax. It is supposed to be August but at least it is dry and not the epitaph of a night that Rob would have ascended into last July. I am soon on Mynydd Mawr and running off I meet the first Cadair tourists. A woman and her daughter are armed

The descent to Barmouth

with a leaflet drawn by a cartographic infant and want to know the way back to Mynfford.I tell them that they can do a circuit but last time I did it I had to cross the river. I notice the trainers and complete lack of kit. They decide to follow the other group I have just passed who are heading east with a flotilla of children. Maybe the ambulances were called in anticipation?

Then up to Cadair running now to make up for time wasted being a Samaritan!

At the summit the wind rocks my camera on the timer and a mountain biker arrives. I ask him which way he is going back and he says he does not know but needs to get back to Arthog.I tell him my route but it is wasted on him and he does not have a map. Is Cadair a map free zone?

Then down the Pony track keeping left on grass and then over right to avoid the main path. Eventually I am forced onto it but it is quick running and is soon flagged. Near the junction down to Ty-nant the membrane mesh is a hazard sticking out of the peat and I am glad to reach the stile and head off west. A couple of bikers are coming up the path and say something about being mad. I tell them where I have come from and they are in awe of my stupidity. To me the trepidation has evaporated. I am running into triumph now. Any thoughts of the advantages of a lie in and a day wasted are long gone. There will be people, including a mate whose highlight will have been the Jeremy Kyle show. As Wainwright says in his 'Pennine Journey' you are in the midst of an adventure and on journeys like today you can experience so much compared to month of routine. I am running now all the way to the next rocky cairn on Carnedd-Lwyd with its metal post at the summit.

I knew that this would be a long stretch along to Craig-las Cadair is a long wall of crags to the right. The views down to Barmouth now unfold and across the bay the Rivals and Bardsey loom, dromedaries against the skyline.

To the north clouds billow in and I wonder if the forecast has changed. Below Llyn Cyri casts an opaque eye along the cloud-darkened cliffs.

Finally I reach the last top before I start to turn north and I leave the fence and head across to Braich Ddu. One more set of photos before I plummet off this aerial switchback and I am off on a lovely grassy descent.

I reach the track where some cyclists are parked. Just a wave this time and I descend along the edge of the forest. There is a footpath down into it but last time I used it it had put in a bid for the world bog snorkelling championships. I reach the stile and a track heading into the forest. Below the road heads east and looks inviting but I have not reccied it and head left. I have reccied this a couple of times and have it in my head. I open up the Shot Bloks, finish my last water and head into the forest.

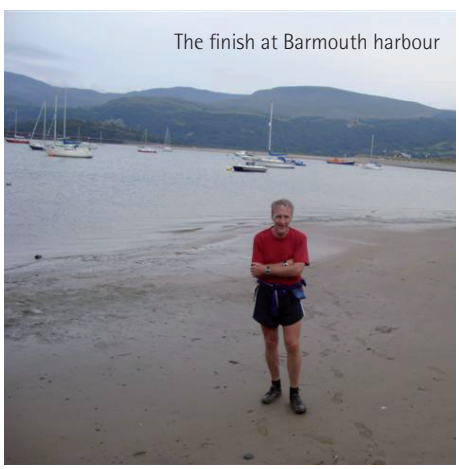
Soon I pop out into a lane on the Celtic fringe of Wales. I always remember the same sort of gnarled walls and small irregular fields that the finish of the Rhinog race used to thread through and I realise I am running through an gnarled landscape. As long as I don't look down to the Lego like brick bungalows of Fairbourne! Ahead is Barmouth a town that has evolved and fits into the side of the cliffs – well sort of!

This section is tricky and I pause to check the map a couple of times at it twists through the woods. I am aware that there must be a more direct route that Yiannis says involves a trespass but this route works and I pop out onto the road. More mutterings about traffic and its head down and into the old station and railway track. A flock of cyclists attempt to mow me down and I have to jump aside and am surprisingly quite polite with my comment! Then I am on the viaduct and hear the trundling train from Fairbourne arrive behind me –no need for that as I am running on air - well at least over water, and movie clips and photos are clicking off like cicadas. It's sad but the Mike Cudahy 'running into your dream' phrase is with me and I realise what a fantastic day out I have had. Wilderness, mountains, meetings, all because I decided that today I would get up and do something with the day. A day packed with more incident and experiences than any of routine.

I run past a deserted kiosk saving the entry fee and then am soon running down through the gardens and into the harbour. As I descend into the harbour I know I have an audience who have had pioneering buttock seat welding surgery but I am not bothered as they watch this silly sod wade into the mud to dip his feet in the sea. I have finished. And next time I will choose the western harbour - it's a lot sandier and I will not look such a pillock. Albeit a happy one! Maybe Jeremy Kyle will let me on sometime for being an anti-social, anti- traffic, insomniac and an antidote to aromatherapy. Or maybe I'll get up again at a ridiculously early time and enjoy a day in the hills on a journey that Wainwright might have called a 'sermon for the soul'

With thanks to Yiannis for providing the idea and inspiration to explore this brilliant area of Wales.

The route plots out as 28 miles and 9500 ft of ascent.



The finish at Barmouth harbour

BY **TONY WIMBUSH**

Over the hill ... and far away

A TREBLE AT 60!

It has become customary among fell runners to celebrate their passing years on the fells as well as in the pub! I suppose Bob Graham started it all with his 42 peaks at 42 way back in 1932. Others have since taken up the theme with 50 at 50, 60 at 60 and even 70 at 70 courtesy of Joss Naylor. Approaching sixty, older but obviously still not much wiser, the possibility of undertaking some sort of challenge to mark the occasion became both inevitable and irresistible. But there were problems. The old knees, long past their 'best before' date, would soon start grating at the prospect of any mega rounds with their punishing descents. Something that would provide enduring memories, rather than memories of endurance, seemed more in order! Always juggling with ideas for peak-bagging routes it did not take long to string together three moderate but still challenging objectives. By the summer of 2009 the target of a treble at sixty was firmly established; three contrasting challenges, three distinct landscapes, three different approaches. I soon began to plan, recce and pencil-in dates for possible attempts. What follows is a brief summary of each attempt and some background as to how it came about. The only advice I would offer: - there are some great routes out there, just don't wait 60 years to do them!!

The Dark Peak 15 Trigs – 7 May 2010

15 'peaks', 55 miles and 8,500' in 14-25 (solo, unsupported)

The Peak seemed a fitting place to start the celebrations. This area had provided the initial inspiration to get involved with ultra-distance running. At the age of sixteen I remember ordering a copy of the now classic 'High Peak' by Byne and Sutton from the local library and being inspired by the exploits of early bogtrotters like "Colonel" Cecil Dawson and Eustace Thomas. They both went on to make successful attempts on the Lake District fell-walking record in 1916 and 1922 respectively, well before Bob Graham made his mark in 1932. Thomas is reported to have 'got a fever in his blood' for long, hard days (now what would that mean I wonder!) and even experimented with diet and lightweight gear. He is, perhaps, best known for devising and executing the Derwent Watershed in 1918. Better known today as the High Peak Marathon, it is still regarded as one of the most formidable challenges on the calendar nearly a century later.

Reading about those early accounts obviously made an impression. In the early 1970's I made regular outings to the Peak, trained up to walk the Pennine Way and later went on to complete an LDWA 100 miler across the South Downs before finally completing the Derwent Watershed with a handful of enthusiasts in the summer of 1975. It was not long before I switched to running. That set me off on the long and winding road that eventually brought me to the door of the Sportsman Inn on the edge of Sheffield early one morning some 35 years later.

The 15 Trigs was devised by Dark Peak Fell Runners in 1985 as a prequel to their 10th anniversary celebrations and has since become a modern Dark Peak classic. By way of an extra enticement it was the 25th anniversary and Alan Yates threw down the gauntlet for 25 runners to get round it during 2010. The challenge is to visit 15 trigs in the Dark Peak within 15 hours setting off from the Sportsman Inn. No pacers or road-side support are allowed. Although I had toyed with the idea of making this a joint venture the experience of doing it solo was particularly appealing. For me the freedom and informality of a solo run epitomises the spirit of long distance running and adds an extra sense of excitement, particularly if, like me, you are not a natural navigator or able to readily remember routes! The other obvious advantage is that you can go when you please and readily chop and change plans as circumstances dictate.

The plan was for a Spring attempt when hopefully the peat bogs would be at their driest, the heather and the bracken at their tamest. The plan worked well. Apart from a few soggy bits on Margery Hill and Outer Edge the going was good. I was comfortably within a 15 hours schedule as far as Harry Hut but when I turned south I was up against a strong south westerly wind. Things were no longer a formality and time quickly slipped away as creeping fatigue and the wind made running hard work. To be more confident of breaking the 15 hour limit I took the more sheltered road route from Yorkshire Bridge to Stanage. From there, and with darkness rapidly descending, a relative sprint along tracks and lanes back to the Sportsman Inn ensured success. One down two to go!

The first Wainwright summit, High Raise with Great Gable on the far horizon (photo Tony Wimbush)

The Wainwright 7 Summits – 19 June 2010

7 peaks, 65 miles and 19,000' in 21-35 (solo, supported)

The idea for doing this one came originally from an article in the 1990's by long distance walker Geoff Saunders. He devised a '60 miles at 60' celebration by linking together the highest summit in each of Wainwright's seven volumes. This was a linear route from Haweswater to Bassenthwaite but it posed a number of awkward logistical problems. These were overcome when, in 2008, John Fleetwood completed a circular version of the seven summits from Ambleside in a solo, unsupported training run for the Ultra-Trail of Mont Blanc. This route, also dating back to the 1990's, was prompted by a suggestion from Andy Walmsley (Bowland Fell Runners) on the FRA Forum. For me the particular attraction of the route was its character. It provided a refreshing contrast to challenges like the Bob Graham and Joss Naylor by including only a handful of major peaks in a series of long ascents and descents. There was little hesitation in making a 60 ('ish) at 60 in the Lakes my second objective. Again this was to be a solo outing but to make it do-able in 24 hours I opted for road-side support, courtesy of lifeboat volunteer Mark Highfield.

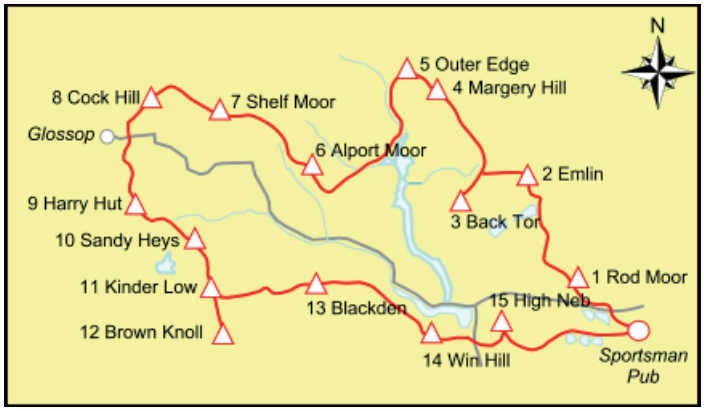
The plan was for an afternoon start to give easy navigation over the night sections of Grasmoor and Skiddaw, not to mention a relaxed drive up and a pub lunch! Everything went well. After a cold, wet start June gave way to more superb dry weather. Conditions were near perfect all the way round. Although breezy on the tops excellent visibility meant I hardly needed to use the map. There were also some unexpected birthday treats in store. On the ascent of Grasmoor I was able to continually look back across a glowing, panoramic mountain landscape before the sun finally set towards the Solway Firth at about 10.30 pm. Not long after, on the final steep climb on to Skiddaw from Carlside, I was greeted by the sight of the trig pillar silhouetted against vivid narrow bands of blue and orange as the dawn broke. The mountain gods were in a playful mood - perhaps they were joining in with the 60th celebrations!! The summits of Helvellyn and High Street were enjoyed in the serene solitude of the early morning sun before descending to Kirkstone Pass. A relative sprint down tracks and lanes then brought me back to the clock tower in bustling Ambleside. It brought to an end probably the best day and night I had ever experienced in the Lakes. Two down one to go!

The Traverse of Assynt – 12 July 2010

10 Peaks, 50 miles and 21,000' in 26-59 (joint, supported)

The Assynt region, in Scotland's far, far north, is the home of one of the most spectacular mountain landscapes in Britain and includes some of it's most illustrious peaks – among them Suilven, Stac Pollaidh, Cul Beag, Cul Mor and Quinag. Only modest in height they rise dramatically from the surrounding bleak tablelands, giant monoliths of rock; Sirens of the

On Stac Pollaidh with Suilven and Canisp beyond (Photo by Clive Lane)



The Dark Peak 15 Trigs: 15 'peaks', 55 miles and 8,500'

The Wainwright 7 Summits: 7 peaks, 65 miles and 19,000'

The Traverse of Assynt: 10 Peaks, 50 miles and 21,000'

BY **TONY WIMBUSH**

western seaboard: enchanting, mesmerising, captivating. After spotting an old cloth 'one inch' Ordnance Survey map of Assynt in an Oxfam shop early in 2009 the seed was sown for a third 60th celebration! With my limited experience of Scottish mountains I knew this would have to be a joint venture. It did not take much to entice Pete Simpson and Colin Brooke, both veterans of some epic challenges. Pete then recruited Clive Lane, a member of North Wales Search and Rescue, to provide road support. Having booked rooms at Inchnadamph Lodge to use as a base for a week in early July, the final piece of the treble jigsaw was in place! The object was to traverse all of Assynt's ten peaks starting from the car park at the bottom of Stac Pollaidh and finish at the Loch Glencoul viewpoint at Unapool (not to be confused with Ullapool!), just short of Kylesque.

It was just as well we had allowed a full week. With low pressure sitting off to the north-west most of the week the weather forecasts were mostly dire – strong winds, heavy showers and low cloud. Fortunately we were able to sit it out long enough to catch a ridge of high pressure which briefly forecast good enough conditions to make an attempt worthwhile. Our patience was rewarded and things again went well. Although I conceived the route, success must be credited to Pete's capable route choice and GPS navigation over largely unrecce'd terrain. Despite its modest height it is all difficult country, ranging from rocky scrambles to steep 'grass root grabbing' slopes, extensive sections of Pennine-like bog to seemingly miles of Scafell-type boulder fields, but potential obstacles were readily overcome. Clive roped up the 'mauvais pas' to the higher western summit of Stac Pollaidh. It was still possible to wade the wide stretch of river linking Fionn Loch to Loch Veyarie on the way to Suilven despite recent heavy rain. The ascent of Suilven itself was not as formidable as it looked. The western summit, Caisteal Liath, yielded a vast expanse of lochs and lochan stretching away to the sea westwards while close at hand was the stunning tower of Meall Mheadhonach, instantly recognisable from the cover of the SMC Corbett guide. With dusk almost merging into dawn there was mostly only partial darkness for the night section over the airy rocky ridges of Ben More Assynt and Conival. The long boulder strewn trek across to Glas Bheinn seemed never ending but by the time we were on Quinag's surprisingly grassy spurs we were bathed in warm morning sunshine. We were able to take the difficult descent north-west down to the road in our stride to end with a pleasant jog along the road to Unapool. A great end to a memorable treble and a memorable 60th season!

Further Information at www.gofar.org.uk

All three routes have been added to the web site at www.gofar.org.uk which provides outline maps, route details and schedules.
The Traverse of Assynt has been incorporated into the Over the Hill Challenge series.
Although aimed primarily at the over 50's, the series may be completed by any age group.

www.gofar.org.uk

ULTRA-DISTANCE CHALLENGES

The purpose of this web site is to provide a single, ready source of information on the ultra-distance challenges which have been developed over recent decades. It now offers a diverse range of long and short, old and recent, informal and formal routes from around the UK. It is anticipated the five routes below will be added to the site by Christmas.

The Dales Skyline – 36 miles and 11,000'
A linear route of ten peaks between Barbon and Settle in the Yorkshire Dales which featured in the last Fellrunner. This may prove to be a popular Dales companion to the Cumbrian Traverse.

The Dales Top Ten – 74 miles and 11,000'
A round of ten peaks from Horton-in-Ribblesdale in the Yorkshire Dales mentioned in the last Fellrunner.

Tranters Round – 40 miles and 20,000'
The 1964 predecessor to the Charlie Ramsey Round, it still remains a creditable challenge in its own right.

The Traverse of Assynt – 50 miles and 21,000'
A new Scottish route completed in July 2010 and featured elsewhere in this edition of Fellrunner. It will form part of the Over the Hill Challenge series and it is open to any age group.

Wainwright's 7 Summits – 65 miles and 19,000'
A round linking the highest summit in each of Wainwright's seven guidebooks, originally devised in the 1990's.

To Subscribe: If you wish to be directly notified of further additions please email info@gofar.org.uk and put "subscribe" in the subject line.

The Over the Hill Challenge Series

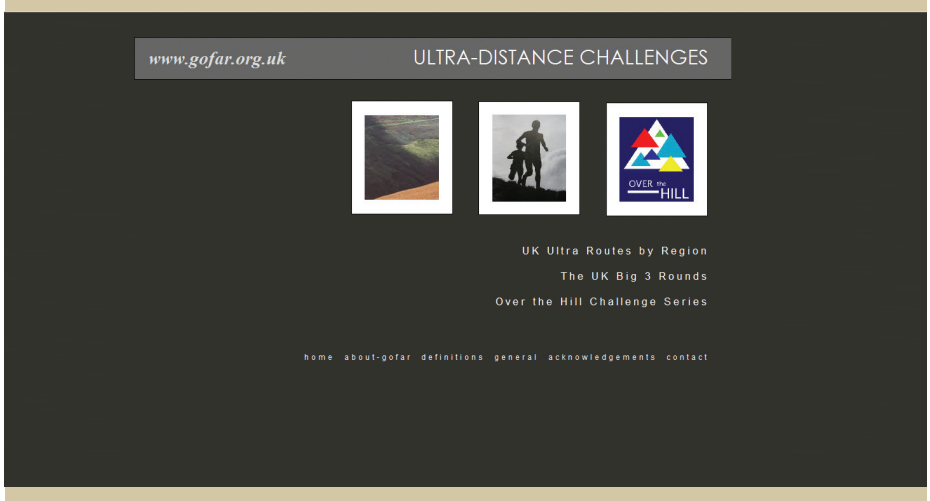
The OTH Series was founded in 2002 to encourage the continued participation in ultra-distance challenges by all runners, but particularly the over 50's. There are now five peak-bagging routes in the UK series plus a Canary Islands Three Peaks Challenge for those who prefer somewhere warmer! All are between 40-50 miles with generous time limits and certificates for completion. Full details are on the web site.

Congratulations to Andy Roberts for completing the Tan Hill Inn to Kirkstone Pass Inn during May in a v 55 first class time of well under 15 hours. Tony Wimbush, Pete Simpson and Colin Brooke inaugurated a new 50 mile Scottish route - The Traverse of Assynt - in a v 60 first class time. It has been given a 48 hours time limit to reflect the difficulty of the terrain and the unpredictable weather! This allows for an overnight stop for the standard class while it must be done in one go to attain a first class registration. Full route details are on the web site.

The 2010 Calder Valley Round (16 miles and 4000')

This training run-cum challenge was re-launched in 2010 with its own web page to mark its 21st anniversary (1989-2010). Operating in conjunction with the FRA Forum it has attracted loads of interest with over 40 completions registered so far including some consecutive doubles. There will be a year-end summary on the Forum in January so you will have some records to aim at in future! It will continue to operate as an annual challenge but there will be 3 new target times for 2011: Elite – sub 2-45, A class – sub 3-15, Standard – over 3-15. Go to www.gofar.org.uk and click on 'general' for full details of the route.

To help kick things off in 2011 there will be a run out on Sunday 9th January, 8-30 am from the White Lion, Mytholmroyd. All welcome – both on the run and or in a pub afterwards!! Please ensure you register your completed run on the FRA Forum with your time and club – go to Recce - 2011 Calder Valley Round thread.



Results

JANUARY 1 – JUNE 15, 2010

BY **DAVE WEATHERHEAD** & **BARBARA CARNEY**

Photo courtesy of Pete Hartley

Anna Lupton (Radcliffe AC) at Sedbergh 3 Peaks

MEARLEY CLOUGH
Lancashire
AS/3.5m/1200ft 11.05.10

A cool but dry evening for the 10th Mearley Clough race brought out 140 runners. Well supported by Clayton, Wharfedale and Todmorden, the latter two using it for a club championship, statistics were 140 ran but only 24 were non-vets. Looking on the bright side 11 under 18 runners showed what it takes and put in some excellent performances to finish 2nd, 6th, 17th and 26th. Well we all remember what it was like to have young legs (guile, cunning and short cuts don't work on short races).

Andy Brown biked over, had an accident going through the first gate, but still managed to hold off last year's winner, Jack Smith who was first under 18. Andy, unfortunately, couldn't bike home with the trophy without a bungee strap so had to leave it behind.

First lady, Sarah May, finished well clear of last year's winner, first female under 18, Emma Spencer.

Chaos in the results due to a number that didn't exist threw the presentation late, plus the microphone didn't work, and all that on top of quiz night at the Calf's Head Hotel, but everyone enjoyed the pasta supper put on by very generous hosts, Chris and Pam.

No one broke any records for the prize of a night for two at the Calf's Head - maybe next year See you all then.

Geoff Newsam

1. A. Brown	Clay	31.11
2. J. Smith U/18	Wharf	31.28
3. A. Wrench O/40	Tod	31.35
4. S. Watson	Wharf	32.12
5. G. Wilkinson O/40	Clay	32.17
6. J. Hall U/18	Wharf	32.22
7. S. Smithies O/40	CaldV	32.43
8. J. Dugdale	Clay	32.55
9. N. Barber	Tod	32.58
10. G. Schofield O/50	Horw	33.15
VETERANS O/50		
1. (10) G. Schofield	Horw	33.15
2. (13) K. Horrigan	Unatt	33.36
3. (20) G. Gough	Clay	34.50
VETERANS O/60		
1. (45) K. Carr	Clay	38.22
2. (76) D. McCallum	Unatt	41.58
3. (88) B. Kennedy	Newb	43.18
LADIES		
1. (28) S. May	Tod	36.23
2. (40) E. Spencer U/18	Wharf	38.04
3. (62) K. Wallis O/50	Clay	40.31
4. (69) K. Rogan	Wharf	41.08
5. (80) J. Leonard O/50	Tod	42.33
(85) C. Kenny O/40	CaldV	42.52
(92) N. Ruston O/40	Chorl	43.53

140 finishers

BLUEBELL RUN
Shropshire
BS/5m/1200ft 16.05.10

A super race, Tim led from the start. A good close race. Anna Bartlett did a good time considering she had just completed the Jura Fell Race the weekend before. It was good to see Juan Castillo back in action and a fantastic run by junior Joe Donnelly.

Again a big thank you to everyone. We helped to raise over £500 for the Linden Davies Cancer unit at the Severn Hospice.

Phil Harris

1. T. Davies	Mercia	25.56
2. S. Calf	Shrews	26.29
3. T. Werrett	Mercia	27.50
4. J. Bowie	Tris	28.11
5. P. Jones O/40	Oswest	29.00
6. M. Marston	Mercia	29.09
7. E. Davies O/50	Mercia	30.29
8. G. Jones O/50	Shrews	31.15
9. A. Primrose	Mercia	31.16
10. J. Castillo	Shrews	31.19
(12) C. Penny	Mercia	31.52
VETERANS O/60		
1. (55) C. Williams	Shrop	38.53
2. (83) T. Davies	CroftA	43.10
3. (85) A. Clareay	Mercia	43.34
LADIES		
1. (16) A. Bartlett O/40	Shrews	32.37
2. (19) M. Price	Mercia	33.23
3. (35) H. Skelton	Newp	35.08
4. (57) R. Stafford	Unatt	39.00

106 finishers

TOTLEY MOOR
Derbyshire
AS/5m/1450ft 18.05.10

Another great turnout for the 3rd race in the Totley series. A warm, dry evening was perfect for the race and for our improvised race HQ (Neil's van!), due to our club hut finally being condemned by Sheffield Council. The race was run over the same course as last year and the whole route was snuff dry – for once!

Strong men's and women's fields meant that some great tussles were had at the head of the pack. 'Incomer' Mark Tuckett took the honours from the ever strong vets, Jon Morgan and Dave Taylor, with Totley new boy, Anthony Moss,coming in a super 7th.

The women had their own close battle with our own Laura Gibson having a strong finish to take first, followed by Pippa Wilkie and Jenny Horne.

All in all a fun night out on the fells and surprisingly trouble free – mainly due to the fantastic team of helpers and marshals from Totley AC – a big thank you to you lot, keep up the good work!

Richard Snowden

1. M. Tuckett	Thames	35.19
2. J. Morgan O/40	DkPk	35.35
3. D. Taylor O/40	DkPk	36.18
4. S. Lynch	DkPk	36.48
5. A. Wainwright O/40	Unatt	36.55
6. C. Egdell	DkPk	37.22
7. A. Moss	Totley	37.30
8. D. Kilpin	P'stone	38.00
9. S. Rich	Handsw	38.04
10. M. Stenton O/40	DkPk	38.09
VETERANS O/50		
1. (20) S. Storey	DkPk	39.42
2. (27) A. Moore	DkPk	40.28
3. (45) K. Holmes	DkPk	41.58
VETERANS O/60		
1. (51) S. Brister	Matlock	42.42
2. (64) N. Bowler	Unatt	43.36
3. (135) R. Hopkinson	DkPk	49.45
LADIES		
1. (28) L. Gibson	Totley	40.34
2. (39) P.Wilkie O/40	DkPk	41.42
3. (50) J. Horne	Sheff	42.37
4. (56) H. Gilbert	Totley	43.09
5. (92) C. Howard	Totley	45.45
(105) P. Weir O/50	Totley	47.21

208 finishers

OLD COUNTIES TOPS
Cumbria
AL/37m/10000ft 22.05.10

1. M. Palmer/J. Deegan V/80 Pair	MDC/Amble	7.27.58
2. I. Barnes/A. Bowness	Amble/CFR	7.40.35
3. T. Edwards/D. Nuttall	Clay/Clay	8.06.45
4. I. Symington/E. Bailey	Macc/GWR	8.31.59
VETERANS O/90 PAIR		
1. P. O'Reilly/R. Blyth	HelmH/HelmH	9.21.49
VETERANS 0/100 PAIR		
1. A. Miller/L. Warburton	Kend/Bowland	9.08.58
VETERANS O/120 PAIR		
1. A. Dixon/D. Tait	FRA/DkPk	10.07.02
LADIES		
1. B. Lonsdale/J. Scarf	CaldV/CaldV	10.15.49
MIXED		
1. P. Fraser-Smith/K. Davison	DkPk/DkPk	8.54.52

57 finishing pairs

ISLE OF JURA
Isle of Jura
AL/16m/7500ft 29.05.10

The Isle of Jura at the end of May seems invariably to attract good weather...until race day! We'd spent the week enjoying the comforts of Jura House and its gardens and beach in spring sunshine. Although it was my turn to be Race Director for the day, Mandy managed to crock her ankle the week before, giving me the opportunity to run again this year.

212 runners lined up for the start of the 30th Jura Fell Race, by far the biggest field the race has attracted (we were full three days after opening postal entries on 1 March!) and on the limit in terms of the numbers of folk we can actually squeeze on the island and monitor round the course safely. The skies were overcast but it was a promising forecast. Piped out of Craighouse, we headed up and over the bogs...and into the mist and drizzle. The first hill, Dubh Bheinn, again caused navigational turmoil for some, including the front runners, with further meandering in the clag by some along the ridge system. The cold, damp conditions warranted the strict kit check imposed at registration.

The battle at the front end involved Rob Jebb, Ian Holmes, Es Tressider, Alistair Anthony and Tom Owens, and they eventually finished in that order as Rob managed to pull away up Corra Bheinn to take his second victory, in a time of 3:28:36. Angela Mudge, the ladies' record holder, was first lady in a time of 3:59:11. A storming run from Vet 50, Mike Johnson, saw him finish in ninth place in 3:48:45, only two seconds behind Jos Naylor's V50 record! He was one of 21 runners who received the sub-four hour glass this year.

The race was founded in 1973 by George Broderick who was back on the island this year to help Willie Cochrane, the manager of our

generous sponsors the Isle of Jura Distillery, present the prizes. Jack Holt and Albert Sunter were the proud recipients of the George Broderick Plaque for completing 21 races. To celebrate the 30th Race, a mug matching the coveted T-shirt, was distributed to all the local marshals and helpers who have contributed to the race since 1973. I hope you all enjoyed Willie Tait's film of the 1986 race? Some of you looked positively youthful! I'll try and put a link to the film on the website in the next few weeks.

It's an incredible race with complex and challenging terrain which rightly attracts the kudos of being one of the hardest hill races in the calendar. The fact that 199 runners safely completed the race, in difficult conditions, is testament to Mandy's rigorous vetting of entrants. The tag system worked well, meticulously administered by Donald Ewen Darroch and his hardy team of local marshals, and the communication wizards of Glasgow Raynet. We'd also like to thank Strathclyde Police MRT who provide the essential rescue cover, Drs Frank Tunis and Ali Prost who were on hand to patch up runners at the finish, and the new landlords of the Jura Hotel, Kath & Andy. I'm sure we speak for every runner whose eyes bulge as they stagger into the cooperage and see the sumptuous piles of butties and cakes, in saying a big thank you to Gill and Dawn Darroch. And, we couldn't have done it without the behind the scenes teamwork of Todmorden Harriers and Achille Ratti.

This, the 30th Race, seemed an appropriate point at which to bow out as organisers. We've done a five year stint and have enjoyed it immensely. It's a magical and friendly island, and the help we get from the locals has been amazing but with lots of other adventures and challenges to pursue, we feel that the time is right to hand over the stewardship of this awesome event to a new organiser (we've got a someone who is really keen to take it on so watch this space). I'm sure we'll be back on race weekend for many years to come, to help and to compete – it is after all one of the highlights of our year.

We'd like to thank all the runners for your support and help over the last five years and wish our successor every success in keeping the Isle of Jura Fell Race just the way it is.

See you all next year.

Slainte Mandy & Phil

1. R. Jebb	Bing	3.28.36
2. I. Holmes O40	Bing	3.34.01
3. E. Tresidder	DkPk	3.35.27
4. A. Anthony	Ochil	3.36.45
5. T. Owens	Shettle	3.38.39
6. D. Aucott O/40	DkPk	3.39.16
7. M. Palmer O/40	MDC	3.41.34
8. S. Peachey	Cosmic	3.43.23
9. M. Johnson O/50	Bowl	3.48.45
10. R. Lawrence	Bing	3.50.29
VETERANS O/50		
1. (9) M. Johnson	Bowl	3.48.45
2. (54) G. Pryde	Lomond	4.25.49
3. (62) D. O'Duffy	Bowl	4.36.07
VETERANS O/60		
1. (49) J. Holt	Clay	4.23.05
2. (126) G. Scott	Penn	5.09.56
3. (146) R. Hopkinson	DkPk	5.23.08
LADIES		
1. (20) A. Mudge	Carneth	3.59.11
2. (48) K. Jenkins	HBT	4.23.01
3. (55) F. Maxwell O/40	Shettle	4.26.18
4. (77) H. Whitaker O/40	Ilk	4.41.15
5. (78) H. Garrett	Amble	4.42.27
(94) J. Leonard O/50	Tod	4.52.47

199 finishers

NEW DUNGEON GHYLL
Cumbria
AS/3.5m/2100ft 29.5.10

A better turn out than last year, but still below what we would expect from a race of this quality, which takes in the summit of Harrison Stickle, visually the most outstanding peak of the Langdale Pikes. The old 'up and down' course was amended last year to incorporate four checkpoints, and that revised course was run again this year

After the previous weekend's hot, dry weather, there was light rain on the day, with mist on the summit.

25 runners started, and Rhys Findlay-Robinson was first to the top of Harrison. Unfortunately, he took a bad route off the summit in the mist, and was overtaken by Mike Robinson and Sam Watson. These two contested the descent, with Mike Robinson coming in with a storming finish to win in a new record time of 39.43.

Jane Reedy was first lady in a new ladies' course record time of 50.50.

Colin Valentine was first V40 and Michael McCloughlin first V50.

A special mention must be made of Joe Garbarino, running this race for the 6th time (in its various forms) at the age of 73, having had a triple heart bypass operation several years ago, and the only runner from the host club, Achille Ratti.

All proceeds from the race go to CAFOD, the developing world charity. Thanks go to the New Dungeon Ghyll Hotel for use of the event field and all prizes, and to members of the Achille Ratti Climbing Club for help in marshalling, registration, and preparation of the excellent food which was provided.

Bill Mitton

1. M. Robinson O/40	DkPk	39.43
2. S. Watson	Wharf	40.43
3. R. Findlay-Robinson	DkPk	43.46
4. T. Sessford	Kghly	49.14
5. S. Ashworth	Unatt	49.46
6. C. Valentine O/40	Kesw	50.46
7. R. Taylor O/40	Prest	50.47
8. M. Hartley	Unatt	50.48
9. J. Rainford O/40	Prest	50.49
10. J. Reedy	Amble	50.50
VETERANS O/50		
1. (14) M. McCloughlin	Prest	57.10
2. (17) C. Brown	Prest	61.21
3. (21) B. Slater	Settle	69.18
VETERANS O/70		
1. (25) J. Garbarino	AchilleR	83.38
LADIES		
1. (10) J. Reedy	Amble	50.50
2. (15) K. Roan	Wharf	58.23
3. (16) R. Anderson	Prest	58.24

25 finishers

HELVELLYN
Cumbria
AM/11m/4500ft 30.05.10

Conditions were good, although the gusty wind was testing for competitors and marshals alike. Mike Fanning and Philip Sanderson described to me their duel across the Dodds for first place. At one point the Borrowdale man sportingly prevented his rival- at that stage in the race, ahead of him, from going off course, as Jon Broxap eloquently observes in the race guide 'the racing lines contouring the Dodds have monstrous "cock up" potential'.

In a race where the first five to finish were V40's, under 20 James Mountain and his fellow junior Yorkshireman Jack Smith, acquitted themselves well, 19th and 20th overall respectively.

Christine Howard and Jo Waites were equally impressive for the ladies 13th and 16th overall, respectively with Howard very near to the record which she set here five years ago.

Finally an apology to that doyen of veteran fell runners, Dave Tait.

For the second year in succession I nearly gave the second V60 prize, not to him, but to another runner. In my own defence I should say that this time it was because someone had entered their date of birth so that our computer thought that he had been born in1947, and not 1977.

Dave thinks that we should 'bring back the sticky labels' I think that race entries should be legible!

Thanks to: everyone who ran, and their supporters; members of Keswick AC for their help, including cake baking; Ken Ledward for again marshalling Helvellyn Summit; Duncan and Gillian Stuart, and family and friends for their hospitality; and our sponsors, Pete Bland Sports.

Allan Buckley

1. M. Fanning O/40	Borr	1.39.44
2. P. Sanderson O/40	NFR	1.44.43
3. A. Ward O/40	DkPk	1.47.00
4. S. Birkinshaw O/40	Borr	1.47.29
5. P. Cornforth O/40	Borr	1.49.01
6. N. Tate	Durham	1.52.58
7. P. Fernandez	Abing	1.54.00
8. D. Prosser O/40	Kesw	1.54.14
9. S. Smithies O/40	CaldV	1.54.54
10. D. Chan	Helsby	1.55.41
VETERANS O/50		
1. (15) M. Mallen	Durham	1.58.02
2. (18) P. Crompton	CFR	1.59.02
3. (25) L. Warburton	Bowl	2.00.43
VETERANS O/60		
1. (34) B. Grant	Hgate	2.03.58
2. (78) D. Tait	DkPk	2.18.47
3. (80) N. Harris	Ross	2.19.26
LADIES		
1. (13) C. Howard	Mat	1.56.29
2. (16) J. Waites	CaldV	1.58.06
3. (72) R. Vincent	Tyne	2.17.23
4. (76) C. Pollard O/50	NYM	2.17.56
5. (87) J. Howells	Wharf	2.20.36
(95) K. Beaty O/50	CaldV	2.22.37
(97) S. Schofield O/40	Borr	2.23.06
(106) H. Hodgson O/40	Kesw	2.31.32

162 finishers

MYNYDD MYFYR
Shropshire
BS/4m/500ft 31.05.10

1. D. Alexander O/40	WChesh	21.56
2. J. Morris	Oswest	22.58
3. A. Broughton	Helsby	23.40
4. S. Roberts O/55	Oswest	24.15
5. P. Frodsham O/50	LastInn	24.21
6. R. Kerr	Unatt	25.13
7. M. Clarke	Telf	25.17
8. N. Bevan	Oswest	25.20
9. C. Scott Stamp	Wrekin	25.25
10. M. Cortvriend O/55	Clwyd	25.31
VETERANS O/60		
1. (38) C. Williamson	Shrop	29.06
2. (46) D. Jones	DkPk	30.31
3. (65) R. Webster	Helsby	35.48
VETERANS O/70		
1. (54) B. Jackson	Merion	32.19
2. (61) P. Norman	Wrex	33.06
LADIES		
1. (7) M. Clarke	Telf	25.17
2. (28) D. Tickner	Oswest	27.50
3. (33) S. Rowlands O/40	Clwyd	28.31
4. (36) A. Tickner O/40	Oswest	28.45
5. (41) L. Davies	Oswest	29.09
(49) B. Ward O/55	Oswest	31.19
(51) J. Keasly O/50	Helsby	31.56

70 finishers

BILLY BLAND CHALLENGE RELAY 2010
Cumbria
66m/28,000ft May/June 2010

There must be few fell runners who have not heard of Billy Bland. He was a man who, 28 years ago, completed the Bob Graham round in 13:58.00 and a man who had completed the BG previously but was allegedly agitated with the speed of progress. He was a man who later set off like a typical school boy racer with an intention to rip the ground under his feet. His descent of Halls Fell Ridge is expressed to be almost insane reaching Threlkeld in 2:16.00, Dunmail at 5 hours, Wasdale after 8:45.00. Joss Naylor arrived late and had to catch Billy on Yewbarrow, which was evidently a matter of life or death, Billy had cramp near to the top and needed a bit of massage and a few expletives. Honister 12:05.00, Dale Head in 23 minutes, finally finishing at the Moot Hall in 13:58.00.

What makes this achievement even more remarkable is Billy was out on his own, there was no need to go so fast in order to get the record. Other people have tried with a target to beat, but their times are over an hour slower, even though Billy sat about at Honister for 13 minutes.

The Billy Bland Challenge is a relay race over the Bob Graham round with at least two runners per leg. The intention is to beat Billy Bland or at least go as fast as possible. Over fifty runners ran this year's race, yet only eight of them managed to beat any of Billy's leg times and these were on legs 4 and 5. No team beat Billy's time. However, plenty of other records were created. The results are as follows:

Male:

1st Macclesfield Harriers:		14:24	Record
Male Vets:	1st Dallam Male	17:16	Record
Mixed	1st Wharefedale H	16:49	Record
	2nd Tattenhall	22:44	
Lady Vets	1st Dallam Female	25:20	Record

Photo courtesy of Ray Gill

The Billy Bland Challenge or 'BBC' is proving to be a race for everyone. Not just the young and wild, but also the determined to do their best in order to not let fellow team mates down. There are no mass starts, and no streams of runners to follow. You have to wait for instance at Wasdale peering up at Scafell wondering what has happened to your runners on leg 3. In this instance I am thinking of the Dallam Lady VETS, a team that proves that when the chips are down, typical British housewives have Ho Chi Minh trail determination lurking within. Training runs were highlighted by comments such as "which do you think is the hardest, this or giving birth". Yet Susan Goodfellow and Ruth Webster started optimistically at 2 00am in the dark, one with a wind up cow torch. The speed down Halls Fell ridge was snail like. Helen Whitehouse and Ella Jeffs embarked on leg two and supplied water to Steve Birkinshaw on his 24 Hour Lakes record attempt. Leg three runners, Cerys Jenkins and Vicky Kirkwood, had to double back to Sergeant Man having missed it out, yet still arrived at Wasdale like a couple of Brittanias. Debbie Copley and Jessica Goodfellow shot off like whippets but struggled with navigation in the dark on leg 4. Dawn Gill and Helen Smith arrived at the Moot Hall at 3:20am to be cheered in by drunken revellers at nightclub kicking out time. The 2:00am start time to get back in time for a pint had failed miserably!

For 2011 the event is to be run at any time in the month of June. Details are available at www.billyblandchallenge.org.uk.

A new category is available for 2011, that of Disabled runners. It is hoped that a team of forces runners will compete, perhaps even a team of Falkland VETS.

Ray Gill

Photo courtesy of Ray Gill

TWO RIGGS
Cumbria
BM/6.5m/1350ft 01.06.10

A pleasant evening with ideal conditions saw good results for local clubs.

Whilst Mike Fanning missed out on the double, following his win at Helvellyn, he joined the winner, Chris Steele, and 6th placed Paul Cornforth in collecting the team prize for Borrowdale.

Keswick AC put in a strong showing, with Phil Winskill and Russell Maddams in third and fourth places respectively.

Keswick ladies' team captain, Jo Gillyon, led in the winnng ladies' team, joined by Hayley Hodgson and Helen Horne.

Jackie Winn put in a typically robust performance as first V50 and 10th overall.

Thanks to: everyone who ran and their supporters; members of Keswick AC for their help; Gill Stuart and her family and friends for the usual high standard of refreshments, as well as to herself and Duncan for their hospitality; and to our sponsors Pete Bland Sports.

Allan Buckley

1. C. Steele	Borr	40.49
2. M. Fanning O/40	Borr	42.49
3. P. Winskill	Kesw	42.55
4. R. Maddams	Kesw	44.43
5. P. Fernandez	Abing	45.44
6. P. Cornforth O/40	Borr	45.59
7. R. Stones	Unatt	46.38
8. J. Nicoll	Kesw	47.40
9. P. Vincent	Tyne	48.27
10. J. Winn O/50	Ellenb	48.29
VETERANS O/50		
1. (10) J. Winn	Ellenb	48.29
2. (11) D.Armstrong	NFR	48.35
3. (22) N. Cassidy	Tyne	52.11
VETERANS O/60		
1. (36) P. Graham	Tyne	59.11
2. (39) D. Harrison	Kesw	60.44
3. (51) P. Gilchrist	Kesw	64.40
VETERANS O/70		
1. (43) R. Bell	Amble	62.25
LADIES		
1. (32) J. Gillyon	Kesw	57.03
2. (34) A. Phoenix	Edinb	58.36
3. (38) A. Wilson	Eden	60.25
4. (44) B. James	Unatt	62.47
5. (46) H. Hodgson O/40	Kesw	62.57
(47) H. Horne O/40	Kesw	63.30
(58) M. Bridge O/50	Kesw	69.31

71 finishers

BLENCATHRA
Cumbria
AM/8m/2700ft 02.06.10

Once again the good weather booked for the Blencathra race, came up trumps bringing with the sunshine a record entry of 142 & a new ladies' record to boot. A nervous new organiser set the field off with a swift "ready steady go", taking some of the assembled runners by surprise but not stopping the runners soon start to string out on the initial climb up to Bowscale Fell.

Jim Davies looked to be taking a leisurely pace as he crossed the line nearly 4 minutes ahead of second place Ben Abdelnoor, closely followed by Bill Stewart.

Lauren Jeska was first lady home with a new record time of 1:10:51, beating the previous record by 25 seconds.

Thanks go to my team of marshals without whom etc, and to all the runners who made the whole event an enjoyable evening out. Even the midges stayed away this year!!

Ian Horne

1. J. Davies O/40	Borr	1.02.42
2. B. Abdelnoor	Amble	1.06.36
3. B. Stewart	Holmf	1.06.42
4. W. Horsley	NFR	1.07.05
5. C. Newman	Wharf	1.07.37
6. S. Watson	Wharf	1.07.52
7. P. Winskill	Kesw	1.08.11
8. K. Collison	Eden	1.08.18
9. D. Raby	Chorl	1.08.21
10. J. Dugdale	Clay	1.10.40
VETERANS O/50		
1. (34) P. Harlowe	Wharf	1.18.07
2. (45) G. Platt	Chorl	1.20.30
3. (51) R. Unwin	Kesw	1.21.40
VETERANS O/60		
1. (110) D. Harrison	Kesw	1.34.57
2. (121) C. Clark	Kesw	1.43.34
3. (122) P. Gilchrist	Kesw	1.43.40
LADIES		
1. (12) L. Jeska	Tod	1.10.51
2. (33) C. McKeown	Border	1.18.03
3. (68) K. Bridge O/40	Eden	1.25.34
4. (89) K. Ayres O/50	Amble	1.30.01
5. (100) N. Raby	Chorl	1.31.55
(125) K. Clark O/50	Kesw	1.44.03
(126) M. Bradley O/40	CaldV	1.44.33

142 finishers

BATCH BASH
Shropshire
AS/3m/1000ft 02.06.10

A super evening, good racing, Anna Bartlett breaking the ladies' record after completing Jura.

A big thank you to all our little helpers. The race raised £550 for the Lingen Davies Cancer Unit in Shrewsbury and the Severn Hospice. A really good turn out. Thank you.

Phil Harris

1. T. Davies	Mercia	25.56
2. S. Cale	Shrews	26.29
3. T. Werrett	Mercia	27.50
4. J. Bouvie	Tris	28.11
5. P. Jones O/40	Oswest	29.00
6. M. Marston	Mercia	29.09
7. E. Davies O/55	Mercia	30.29
8. G. Jones O/50	Shrews	31.15
9. A. Primrose	Mercia	31.16
10. J. Castillo	Shrews	31.19
(12) C. Penny O/50	Mercia	31.52
VETERANS O/60		
1. (83) T. Davies	CroftA	43.10
2. (85) A. Clarehay	Mercia	43.34
LADIES		
1. (16) A. Bartlett O40	Shrews	32.39
2. (19) M. Price	Mercia	33.23
3. (35) H. Skelton	Newp	35.08
4. (57) R. Stafford	Unatt	39.00

106 finishers

HENDERSON'S END
Lancashire
BS/5.8m/800ft 03.06.10

We were hopeful that our entry would again be up on previous years, giving us a fourth consecutive rise in numbers, but a local event organiser decided to change the date of a race (which was part of a 4 trail race series) thus clashing with our race, which was rather disappointing to say the least, as we have been on this date for the last four years. Our worries were vindicated with a drop in numbers, in both senior and junior races. But, that aside, we were again blessed with a warm, sunny (midge free) evening.

The juniors set off with great gusto at 7 00 p.m. and all completed the course. Their prize presentation took place immediately after the seniors were sent on their way. We anticipated a good race due to Danny Hope entering for the first time to give strong competition to his Pudsey and Bramley and past winner team mate, Nick Leigh. We were not disappointed. After a good tussle Danny pulled off a good run to win one minute ahead of Nick. The ladies were led home by Anna Verges.

Thanks must go to Mr Kevin Salmon for allowing us use of his facilities at Rivington Hall Barn, and the support of United Utilities.

All the takings from the event have been shared between the Bolton Mountain Rescue team for providing first aid/safety cover, and the local scouts for marshalling the route.

Our sincere thanks must go to ETA (Walshes) for their continued sponsorship. We have received some good comments on our web page and will be putting the races on again on the first Thursday in June 2011.

Thanks for your support.

W. J. Smith

1. D. Hope	P&B	37.32
2. N. Leigh	P&B	38.32
3. M. Rusell O/40	Bolt	40.37
4. J. Luxmoore?	Kesw	42.21
5. H. O'Donnell	Amble	42.37
6. S. Parkinson	Horw	42.42
7. J. Sutton	B'burn	43.10
8. R. Edwards	Menai	43.23
9. A. Staveley O/40	Burnd	43.30
10. S. Nicholls	Wigan	43.41
VETERANS O/50		
1. (13) A. Sunter	Horw	44.42
2. (16) R. Scott	Ross	45.36
3. (26) W. Coppelow	Newb	47.56
VETERANS O/60		
1. (45) T. Varey	Horw	53.33
2. (68) J. Sands	WiganP	65.08
3. (69) E. Swift	Horw	66.25
LADIES		
1. (27) A. Verges	Traff	48.40
2. (29) Y. Wyke	Parb	49.27
3. (37) J. Redmayne O/40	Chorl	57.35
4. (48) A. Ferguson O/45	Burnd	54.01
5. (55) B. Thompson O/45	Clay	56.12

74 finishers

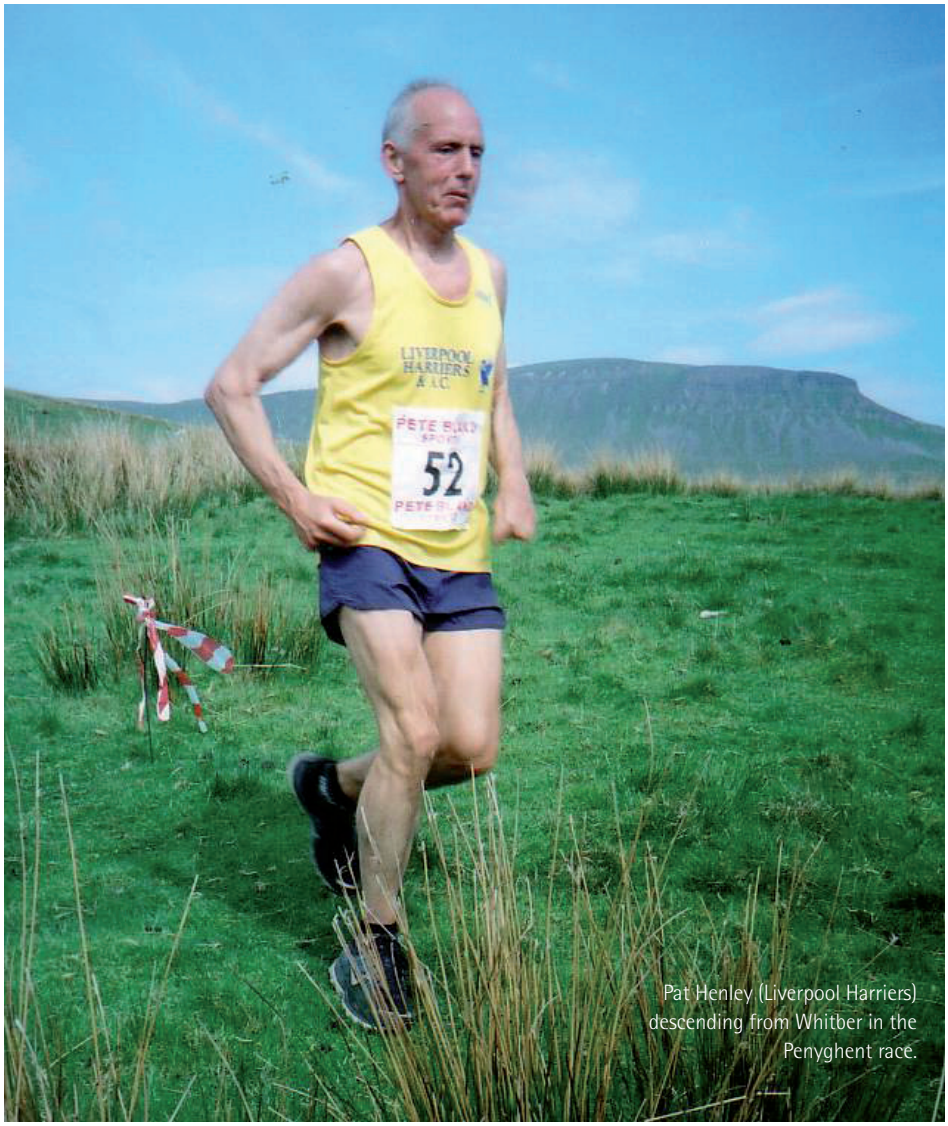


Photo courtesy of Bill Smith

Pat Henley (Liverpool Harriers) descending from Whitber in the Penyghent race.

PEN-Y-GHENT FELLRACE
North Yorks
AS/5.9m/1650ft 05.06.10

1. C. Roberts O/40	Kend	47.46
2. D. Kay	P&B	47.55
3. K. Gray O/40	CaldV	48.08
4. R. Patinson O/40	P&B	49.20
5. T. Edwards	DkPk	52.17
6. S. Oldfield O/50	CaldV	52.29
7. S. Watson	Wharf	52.50

8. M. Hayes	EHull	53.10
9. T. Mason	Wharf	53.40
10. C. Smale O/40	Unatt	53.45
VETERANS O/50		
1. (6) S. Oldfield	CaldV	52.29
2. (14) A. Pickles	Settle	54.40
3. (15) K. Harding	Tring	54.48
VETERANS O/60		
1. (19) M. Walsh	Kend	56.20
2. (46) B. Horsley	CaldV	65.30
3. (56) K. Watson	Horsf	66.59
VETERANS O/70		
1. (128) B. Pycroft	FRA	93.33
LADIES		
1. (44) T. Hird	Wharf	64.08
2. (49) R. Harding	Edinb	66.03
3. (85) K. Rogan	Wharf	72.47
4. (91) B. Thompson O/40		Clay 73.38
5. (102) L. Whittaker O/40		Wharf 75.56
(126) N. Horsfall O/50	Clay	89.37

131 finishers

GLAS TULAICHEAN UPHILL RACE
Scotland
AS/4.5m/2200ft 05.06.10

Congratulations to Jamie Stevenson, who is having an excellent season. His performances as a junior auger well for the future of Scottish hill running. Good also to see a strong HBT presence with Clare Gordon and Sula Young, first and second in the ladies' race.

We are grateful to an army of caterers and food bringers, and all other helpers, especially to the summit timekeeping team and assistants, who thoroughly deserved a warm sunny of day in compensation for the many previous occasions when they have had to resist the danger of exposure. As usual, we are ever grateful to Simon Winton and Richard, without whom the event could not take place.

I thank you all for coming to enjoy the challenge of a splendid mountain and for being so forgiving of my many senior moments, which made a mess of team and individual results.

Martin Hyman

1. J. Stevenson	Ochill	38.05
2. K. Richmond O/40	Bella	38.23
3. S. Peachey	Cosmic	39.24
4. D. Gay	HBT	39.54
5. P. Raistrick	H'land	40.22
6. R. Van Gompel O/40	Dund	41.17
7. C. Gordon	HBT	43.06
8. S. Young	HBT	43.53
9. M. Laing O/50	Fife	44.17
10. J. Stevenson O/40	Ochill	45.16
VETERANS O/50		
1. (9) M. Laing	Fife	44.17
2. (12) G. Stewart	Unatt	46.11
3. (13) R. Coles	Cosmic	47.24
VETERANS O/60		
1. (18) M. Hulme	Corstor	49.50
2. (29) H. McLean	Lothian	54.20
3. (38) C. Love	Dund	59.33
VETERANS O/70		
1. (35) S. Cromar	Dund	59.16
LADIES		
1. (7) C. Gordon	HBT	43.06
2. (8) S. Young	HBT	43.53
3. (20) E. Mooney	Lothian	50.22
4. (25) S. Legge	Fife	53.03
5. (30) S. Laing	Fife	54.30
(31) J. Kerridge O/50	Dees	54.52
(32) H. Ritchie O/40	Fife	55.12
(34) L. Bennet O/40	Carneg	57.40
(37) E. Stewart O/50	Cosmic	59.27

43 finishers

WELSH 1000m PEAKS RACE
Wales
AL/22m/8000ft 05.06.10

What a contrast to the event in 2009 when conditions could not have been worse. The day dawned clear and bright with a touch of hill fog on Snowdon which quickly cleared. Possibly the temperatures were a little high for the competitors but the marshals enjoyed the fine weather and superb views for a change. New features including sponsorship by First Hydro Company Llanberris, radio linked controls, a new event/control centre and a new web site www.welsh1000m.org all helped to make 2010 a memorable event.

Tim Davies produced a brilliant performance to bring the finish time for Class A to less than 4 hours, the first time for a number of years. Yiannis Tridimas, a V60 in class A finished in the remarkable time of 6:31:37.

Alongside the 23 mile fell race there is the Mountaineers' Class won in 5:50:28 by Lawrence Eccles of Penny Lane Striders; the team event won by 'Bob's Sprogs in an aggregate time of 17:51:38 (Bob Hind, Tom Prytherch and Neil Coppack); a 10 mile fell race won in 1:50:24 by Paul Jenkinson of Eryri Harriers and a 10 mile mountaineers' race won in 2:17:21 by Capt Turnbull. The winning services team was 50 OPR Company in and aggregate time of 19:30:29

This unique race, which starts at sea level and finishes on the top of Snowdon visits the four 1000m peaks in Snowdonia started in 1971 so 2011 will see the 40th anniversary on Saturday 4 June. Entries open in January 2011 so please enter early to be sure of an entry.

Jean Hall

1. T. Davies	Mercia	3.57.31
2. S. Smith	Unatt	4.10.33
3. Flt Lt N. Talbott	Unatt	4.29.47
4. S. Ellis O/40	Tatten	4.41.57
5. M. Fortes	Eryri	4.43.45
6. N. Hockley	WFRA	4.46.13
7. D. Powell O/40	Aberyst	4.50.04
8. E. Harmer O/40	Unatt	4.53.12
9. M. Wilcock	Unatt	4.54.25
10. A. Roberts	Eryri	4.55.49
VETERANS O/50		
1. (21) J. Williams	Eryri	5.39.04
2. (32) C. Edwards	Unatt	5.56.31
3. (45) M. Hobday	Myster	6.14.43
VETERANS O/60		
1. (54) Y. Tridimas	Bowl	6.31.37
LADIES		
1. (10) A. Roberts	Eryri	4.55.49
2. (12) P. Webster	Aberyst	5.07.04
3. (48) C. Anthony	SELOC	6.17.16

66 finishers

Class E Short Fell Race

1. P. Jenkinson O/40	Eryri	1.50.24
2. A. Haynes O/50	Unatt	1.50.31
3. J. Heming	Eryri	1.58.10
4. T. DeLuca O/40	Eryri	2.00.55
5. A. Lewis O/50	Eryri	2.02.34

33 finishers

SHINING CLIFF WOOD
Derbyshire
BS/4.9m/1059ft 06.06.10

1. D. Cross O/40	SuttonA	35.17
2.D. Connor O/40	Derby	35.37
3. J. Ross	Staffs	35.59
4. T. Roethenbaugh	UKNet	35.59
5. M. Brennan	Ere	37.16
6. J. Taylor	Unatt	37.20
7. R. Mitton	Penn	37.59
8. K. Mahadevan O/40	Belper	38.19
9. S. Thomson	DerbyUni	38.42
10. K. Perry O/40	Unatt	39.03
VETERANS O/50		
1. (12) J. Birch	LongE	40.16
2 (16) N. Lander	Ere	41.14
2. (22) R. Cooper	Unatt	42.45
VETERANS O/60		
1. (36) K. Allen	Notts	47.31
2. (47) C. Scattergood	Hatton	59.58
LADIES		
1. (27) C. Burrell	Trail	43.36
2. (32) J. Marriott O/40	Shelt	45.17
3. (42) E. Bridgen O/40	Ere	51.29
4. (43) L. Howard O/40	Retford	52.10
5. (44) L. Moakes	SuttonA	52.34

51 finishers

RACE 2 : 2.44m/530ft

1. M. Wright	Erew	23.14
2. S. Shaw	DkPk	23.23
3. T. James	Unatt	23.33

10 finishers

MALLERSTANG & NINE STANDARDS YOMP
Cumbria
BL/23m/4350ft (Full Yomp)
11.5m/2100ft (Half Yomp) 06.06.10

For the past 28 years the Rotary Club of Upper Eden has organised an annual fell race, called The Yomp, commemorating the famous Yomps of the British Forces during the Falkland Islands war of 1982.

The forecast for race day was initially poor, but a long dry spell led to firm conditions throughout the course leading to good times, the threatened rain holding off for most of the day. New course records were set for the Half Yomp by Carl Bell, (1.24.00), and in the under 16s by Jack Walton, (1.49.00), both local members of the Howgill Harriers. In second place on the Half Yomp was Chris Robinson in 1.32.00, this also being a quicker time than the previous course record of 1.38.32. Though no records were broken on the Full 23 mile Yomp course, 10 competitors achieved times under four hours. Peter Brittleton, (local), had the fastest time on the day, 3.08.00 followed by Stephen Moffat, 3.23.00. Fastest lady was K Nash, 3.52.00, and fastest local lady Jayne Bland, 4.39.00. First home under 16s were K Closs for the boys and Tessa Higgs for the girls. M P McKenna took the Veterans' trophy with a time of 3.58.00

Fastest overall team with a combined time of 11.01.00 for the three quickest was Howgill Harriers A, fastest non-local team, Preston Harriers in 12.22.00, fastest regular service team, 110 Squadron B from Leconfield, 17.28.00 and fastest volunteer reserve team, E Coy 7 Rifles Team 1, who travelled up from Milton Keynes to take the trophy in 14.03.00. Sadly, no Rotary Teams took part this year, though several Rotarians did compete.

The Half Yomp welcomed the return of Catering Support Regiment to defend the team

trophy they've held for a number of years, but were beaten this year by a strong team from Howgill Harriers, Carl Bell (overall winner), Jack Walton (14, under 16 winner), and Trevor Walton. Fastest lady was A J L Ward, 2.07.00, fastest under 16 female E P Proctor, 2.30.00, and fastest veteran Geoff Reed, 2.09.00

Cumbria Classic Coaches generously donated their vintage double decker bus for the day taking the record number of entrants to the start of the Short Yomp on Tailbridge hill. Fastest overall time on the Short (6.25 mile) course was Sarah Atkinson, age 9, in 00.57, winning the under 12 female prize followed shortly after by Ben Andrew, 11, in 1.05.00 for the under 12s' male medal. Shaun Atkinson was the fastest adult, in 1.01.00 as he tried to catch up with his daughter, and fastest lady was Lesley Walton, 1.29.00. Under 16s' male winner was Andrew Brittleton, 1.06.00. The Pendragon Cup for the fastest Primary School Team was won by Storth School 1 who brought a strong contingent of young Yompers to enjoy a day on the Fells.

We are extremely grateful for the generous sponsorship of J T Atkinson, Builders Merchants, who wanted to put something into their local community as part of their 150th Anniversary Celebrations. Their sponsorship ensured all the costs of hosting the event were met so that all entry fees can be given to charity, this year the main beneficiaries will be Upper Eden First Responders, Help for Heroes and The Flourish Foundation. We were pleased to have representatives from all three charities competing in the event.

In addition, we encourage all participants to use the opportunity to raise sponsorship monies for their own chosen charity. 110 Squadron runners wore Help For Heroes shirts and raised additional funds themselves for this worthy cause. Brough School's Africa appeal was the beneficiary of 11 year old Ben Andrew's winning effort. Tim Coburn's family and friends sold magazines produced by Kibera Girls Soccer Academy and explained the work of the foundation in Nairobi.

Total entries numbered 638, with an encouraging increase in participation of youngsters on the Short Yomp, entries for this being over a hundred more than the previous year – potential winners of the future for the longer courses.

The Yomp would not take place without the generous support of all our volunteer helpers on the day, Kirkby Stephen Mountain Rescue, St John's Ambulance, Kirkby Stephen Scouts and the Air Training Corps, to whom we are exceedingly grateful.

John Andrew

EDENFIELD
Lancashire
BM/7.5m/1600ft 06.06.10

Still, warm conditions, dry underfoot but with light rain making perfect running conditions, saw a much bigger field than last year, producing record breaking times in every category. Everyone seemed to enjoy the race, despite the killer climb near the end.

Thanks to Edenfield Resident's Association for resurrecting this race which seems to be regaining it's popularity. Thanks must also go to the many helpers and marshals, Edenfield Cricket Club for hosting the event and providing refreshments and, last but not least, Tony Graham (Vice Chair of Edenfield Residents), who took great delight in hosing down the runners' weary legs as they finished, with icy cold water – you should all make quick recoveries!

Cath Hignett

1. B. Taylor	Unatt	44.34
2. G. Jackson	Ross	47.05
3. S. Willis O/40	Sadd	47.58
4. G. Gough O/50	Clay	49.10
5. R. Solman	Ross	49.39
6. S. Molloy O/40	Ross	49.53
7. R. Ashworth O/45	Sthport	50.41
8. C. Davies O/55	Saddle	51.08
9. B. Frechette	CaldV	51.15
(17) F. Lynch O/55	RedR	56.04
VETERANS O/60		
1. (14) K. Taylor	Ross	53.33
2. (28) B. Rawlinson	Ross	60.16
3. (38) G. Large	NVets	63.27
VETERANS O/70		
1. (60) R. Lee	Middle	78.55
LADIES		
1. (13) C. Abraham	BTP	53.08
2. (23) M. Devine	Horw	57.52
3. (40) L. Slater O/40	Clay	63.59
4. (42) S. Darke	Sadd	65.05
5. (43) R. Ellison	Rad	65.25
(48) G. Dobie O/50	RedR	67.48
(53) J. Rawlinson O/55	Clay	68.57
(56) J. Haworth O/45	Ross	74.31

61 finishers

CALVER PEAK
Derbyshire
BS/5m/900ft 09.06.10

Misty and damp conditions greeted the 161 runners who turned up for this year's race. This did not prevent the competitors from enjoying the unique village atmosphere associated with the race, nor did it prevent some record breaking runs. Last year's winner (and course record holder) Stuart Bond, returned this year to run away from the rest of the field to set a new course record. Similarly, Pippa Wilkie (FV40) and Julie Gardner (FV50) set new records in their categories.

Hospitality was once again provided by Mandy and Malcolm at the Derwentwater Arms and excellent prizes were provided by Outside (Mountain Shops). Many thanks to friends and family who supported the race by organising registration, timekeeping, marshalling etc. and thanks also to St John's Ambulance.

At this year's prize giving, the organisers were able to present cheques to three local organizations (Calver and District Junior Sports Association, Calver Cricket Club and Calver Pre-School Playgroup) from the proceeds of event.

Many thanks to all runners and we look forward to seeing you next year!

Peter Grover & Matt Boyes

1. S. Bond	DkPk	30.20
2. M. Nolan O/40	DkPk	33.45
3. A. Linskill	Totley	33.55
4. D. Taylor O/40	DkPk	34.31
5. T. Webb	DkPk	34.34
6. C. Edgell	DkPk	34.40
7. R. Bradbury	Mat	34.44
8. A. Moss	Totley	35.08
9. C. Bannister O/40	Unatt	35.38
10. D. Nolan	Unatt	35.54
VETERANS O/50		
1. (20) G. McMahon	Redhill	37.06
2. (28) K. Homes	DkPk	37.55
3. (32) R. Gibson	DkPk	38.22
LADIES		
1. (25) P. Wilkie O/40	DkPk	37.28
2. (26) L. Gibson	Totley	37.31
3. (50) H. Garrett	Amble	39.46
4. (55) P. French	Totley	40.29
5. (65) H. Tant	Spook	41.00
(74) A. Higgins O/40	FatB	41.53
(95) J. Gardner O/50	DkPk	43.38
(105) P. Goodall O/50	Totley	44.47

161 finishers

HOLCOMBE TWO TOWERS
Lancashire
AS/4m/1300ft 09.06.10

After the monsoon rain of 2009, conditions were almost perfect this year with only a brisk breeze to contend with. Even the frisky cows who sometimes want to join in had voluntarily wandered off into another field. Dry weather for weeks meant the ground was very firm and I had hoped that the winner would get round in under half an hour. However, that still remains a challenge for future years.

Darren Kay's new record winning time of 30.53 is getting closer and very impressive considering he wasn't pushed at all by the competition, stretching his early lead to nearly three minutes by the finish.

Second place and first V40 prize went to Martyn Bell and Joe Johnson looked strong in taking third place and the Junior prize. Rossendale had four in the first seven to finish. The women were led home by Debbie Campbell.

It was good to see lots of familiar faces toiling up to my checkpoint along with some for whom this was their first fell race. I hope the steep sections of this tough little race haven't put them off! Eighty finishers this year – can we get over a hundred next time?

Thanks to the entries and results team, the sixteen course marshals and the staff of the Hare and Hounds.

David Archer

1. D. Kay	P&B	30.53
2. M. Bell O/40	Horw	33.41
3. J. Johnston	Ross	34.47
4. G. Jackson	Ross	35.51
5. J. Sutton	B'burn	36.13
6. R. Solman	Ross	37.04
7. S. Molloy O/40	Ross	37.24
8. S. Ford	Ast&T	38.03
9. A. Sunter O/50	Horw	38.05
10. D. Ralphs O/45	Newb	38.35
VETERANS O/50		
1. (9) A. Sunter	Horw	38.05
2. (15) P. Thompson	Clay	40.04
3. (16) D. Kelly	Ross	40.31
VETERANS O/60		
1. (41) N. Harris	Ross	44.43
2. (48) G. Breeze	Ilk	45.33
3. (50) T. Varley	Horw	45.39
LADIES		
1. (33) D. Campbell	Skelm	43.37
2. (49) J. Brown O/40	Clay	45.35
3. (52) C. Kirkham	Unatt	45.55
4. (53) S. Yeomans	Ross	45.59
5. (63) B. Thompson O/45	Clay	48.30

80 finishers

TANSLEY
Derbyshire
BS/4.3m/600ft 10.06.10

The rain had stopped and the ground had begun to dry out as 103 runners, our largest field so far, set off on a pleasantly cool evening. The race was won by Kristian Edwards, a very talented junior. He was followed closely by last year's winner Karl Webster. Third was Aidan Linskill and fourth and first vet was Mick Stenton.

First lady was again Christine Howard, who broke her own record by two seconds, and came 11th overall.

We were pleased to welcome members of the FRA committee, Alan Brentnall taking the over 60s' trophy and Madeleine Watson the first female V40.

Prizes and trophies were presented at the post race barbeque at the Gate Inn.

My thanks to all who helped on the night, especially my fellow race organiser Ruth Cooper, without whom the race would not be so successful.

Barry Mosley

1. K. Edwards	Tam	27.03
2. K. Webster O/40	Mat	27.10
3. A. Linskill	Totley	27.58
4. M. Stenton O/40	DkPk	28.17
5. M. Jones	Ripley	28.22
6. M. Brennan	Ere	28.42
7. R. Carter	RRH	28.51
8. B. Cartwright	Unatt	29.04
9. C. Davidson	Stiltons	29.22
10. J. Birch O/50	Mat	29.39
VETERANS O/50		
1. (10) J. Birch	Mat	29.39
2. (25) M. Moorhouse	Mat	32.16
3. (28) S. Wickham	Ere	32.27
VETERANS O/60		
1. (31) A. Brentnall	Penn	32.38
2. (46) C. Russell	Mat	34.44
3. (48) G. Breeze	Ilk	34.48
VETERANS O/70		
1. (100) B. Howitt	Mat	47.08
LADIES		
1. (11) C. Howard	Mat	29.58
2. (50) J. Gardener	DkPk	35.15
3. (62) M. Watson	Thames	37.18
4. (64) J. Goodwin	Mat	37.27
5. (67) S. Metheringham	Unatt	37.59

103 finishers

HEBDEN BRIDGE
West Yorkshire
BS/5.9m/1150ft 10.06.10

A change this year - after several years of running this race at a weekend, we took the decision to move it mid-week. A 7.15 p.m. start allowed people the chance to fight their way through the Hebden Bridge traffic after work, etc., and still meant that there was plenty of light in the sky for those runners coming in towards the end of the pack.

Karl Gray took advantage of the dry conditions under foot on Erringden Moor to power through to a new course record time of 42.41, almost a minute quicker than the 2008 record set by James Logue. Alex Whittam was in second place in a time of 43.21 which, in previous years, would have been enough to establish a course record himself.

Colin Walker was a minute behind Alex, but only just held off the extremely talented junior from host club Tod Harriers, Sean Carey, who had another great run. Steve Oldfield completed the Calder Valley team hat-trick in fifth place.

More success for Calder Valley came with Jackie Scarf winning the ladies' prize in a time of 61.02, just ahead of Chris Preston, who was running on an injured knee.

As usual, a special prize went to the fastest runner running their first-ever fell race, won easily this year by Tim Black (Calder Valley) in 47.17.

Andrew Bibby

1. K. Gray O/40	CaldV	42.41
2. A. Whittam	CaldV	43.21
3. C. Walker	P&B	44.45
4. S. Carey U/18	Tod	44.49
5. S. Oldfield	CaldV	46.37
6. T. Black	CaldV	47.17
7. C. Holmes	Wharf	47.51
8. P. Hobbs	Tod	48.03
9. B. Stevenson O/40	P&B	48.05
10. G. Callan	Bing	48.08
VETERANS O/50		
1. (5) S. Oldfiled	CaldV	46.37
2. (18) M. Roberts	Tod	53.56
3. (25) N. Murphy	CaldV	55.25
VETERANS O/60		
1. (30) B. Horsley	CaldV	56.23
LADIES		
1. (47) J. Scarf O/40	CaldV	61.02
2. (52) C. Preston O/40	Tod	61.58
3. (60) P. Reilly O/40	Tod	66.42

69 finishers

ENNDERDALE HORSESHOE
Cumbria
AL/23m/7500ft 12.06.10

In contrast to the snow and black backdrop that greeted the runners at the start line in 2009, there was bright skies and a light wind to start 2010. It was 17 to 20 degrees in the valley and 5

Photo courtesy of Eric Gilhooley

Ben Bardsley and Lloyd Taggart at Ennerdale

to 7 degrees on the summit.

The largest number of runners (295) for the last 20 years started the race and most (272) finished. The heat and hard ground and lack of water slowed the runners a little with the winning time of 3.34.29, which is fast for a normal year but slower that most championship years. The conditions produced a fair number of incidents with broken collar bones, gashed heads, gashed knees, dehydration and even a dog bite (the heat got to the dog too) to a spectator.

The race had a great atmosphere with many runners helping out other runners who got into difficulty and sunshine at the end to eat cake, drink tea and chat. What a great day!

Thanks to all the marshals for their invaluable assistance

Colin Dulson

1. R. Jebb	Bing	3.34.06
2. L. Taggart O/40	DkPk	3.35.58
3. I. Holmes O/40	Bing	3.41.08
4. B. Bardsley	Borr	3.41.51
5. S. Booth O/40	Borr	3.44.51
6. B. Abdelnoor	Amble	3.45.28
7. M. Palmer O/45	MDC	3.46.22
8. P. Vale	Mercia	3.49.59
9. J. Hunt O/40	DkPk	3.58.29
10. S. Harding	Macc	3.59.52
VETERANS O/50		
1. M. Johnson	Bowl	4.07.59
2. M. Wallis	Clay	4.22.42
3. L. Warburton	Bowl	4.35.41
VETERANS O/60		
1. K. Taylor	Ross	4.50.09
2. B. Grant	H'gate	4.54.21
3. R. Taylor	Penn	5.07.36
LADIES		
1. J. Lee	Eryri	4.23.43
2. J. Reedy	Amble	4.33.00
3. H. Fines	CaldV	4.38.39
4. N. Spinks O/40	DkPk	4.42.58
5. L. Jeska	Tod	4.44.25
T. Greenway O/45	Ilk	4.59.35
J. Leonard O/50	Tod	5.22.42
G. Walkington O/50	Horw	5.33.32

272 finishers

TRAPRAIN LAW
Lothian
CM/6.5m/700ft 12.06.10

East Linton delivered its usual sunny weather for the Gala Day and the Traprain Law Race. The grass on the Law was long and nettle-ridden, and other sections of the course were heavily vegetated with skin piercing gorse bushes. The river crossing through the Tyne presented no difficulty as the water level was particularly low, despite recent rainfall. Race entries held up at a respectable 73 runners even though the race calendar is full with alternative attractions at this time of the year.

HBT turned out a strong team with Don Naylor winning outright supported by Al Hart and Jamie Thin to take the team prize. Brian Marshall, now elevated to the M40 category, ran in a close second place showing the potential he has to dominate the M40 age group for the next decade. HBT supremacy was further underlined by Megan Wright coming in as first lady home.

All runners completed the course without major mishap.

Trevor Collins

1. D. Naylor	HBT	39.12
2. B. Marshall O/40	HELP	39.26
3. A. Hart	HBT	40.48
4. C. O'Brien	Corstor	40.54
5. G. Green	Portob	41.12
6. M. McGovern O/40	Moorf	41.27
7. P. Faulkner	Carneth	41.51
8. C. Menzies	Lasswade	42.45
9. J. Thin O/40	HBT	43.00
10. D. Dougal	Moorf	43.14
VETERANS O/50		
1. (15) G. Cameron	Carneth	45.07
2. (29) H. Semple	Wester	50.22
3. (30) B. Howie	Carneth	50.34
VETERANS O/60		
1. (68) R. Russell	Unatt	63.07
VETERANS O/70		
1. (70) B. Gauld	Carneth	65.34
LADIES		
1. (20) M. Wright	HBT	46.54
2. (22) G. Nesbitt	Gala	48.23
3. (23) G. Carr	Corstor	48.27
4. (25) L. Morris	Portob	49.14
5. (38) F. McKinnon	Carneth	51.59
(47) P. O'Brien	HBT	54.21
(65) E. Nimmo	Carneth	60.42

73 finishers

BRADFORD MILLENIUM WAY RELAY
West Yorkshire
48m/6500ft 13.06.10

A record entry of 49 teams started the 9th Bradford Millennium Way relay in cold but dry conditions. Reigning champions, Pudsey & Bramley, were late entrants and were challenged all the way by their traditional fell running rivals, Bingley Harriers. The first leg pairing of Andy Peace and Chris Edwin were pushed all the way by the Abbey runners pairing of Andy May and Matt John prevailing by just 1 second -breaking the previous leg 1 record by 45 seconds in the process. P&B got off to a steady start in 5th place almost 6 minutes off the pace. Bingley were clearly intent on taking the title for the first time and leg 2 pair of Jamie Robinson and James Senior opened up a 5 minute lead on Keighley and Craven who moved up from 4th to 2nd with P&B now 9 minutes off the pace.

Leg 3 saw the holders start to make their push for the front with Matt Marsh and John Holah reducing the deficit to just over 3 minutes moving their team up 1 place to 3rd. By the end of leg 4 Ian Nixon and Matt Lockyear had moved them into a 1 minute lead with just 1 minute 7 second covering the first 3 after 37 miles of racing.

Bingley were not going to give up the ghost and leg 5 pairing of Andy Brown and Stephen Broadbent reduced the deficit by 23 seconds but were still 44 seconds adrift as Richard Pattinson and Paul Stevenson crossed the line to take the title for the 3rd consecutive year.

In the ladies' category, Keighley and Craven (with 4 ladies' teams entered) led throughout to take the title knocking almost 10 minutes of the previous ladies' record. Horsforth Harriers vets also led from start to finish in their category finishing in 8th place overall. Accrington Runners made a successful trip across the border to retain their mixed (1 man and 1 lady on each leg) team title in 13th place overall taking 7 minutes off their time from the previous year.

Teams from Vosselaar in Belgium and Groningen in Holland finished in 28th and 35th respectively assisted by the hosts St. Bede's A.C.

Jack Verity

1. Pudsey & Bramley	5.38.05
2. Bingley Harriers	5.38.49
3. Keighley & Craven	5.40.27
4. Wharfedale Harriers	5.53.56
5. Abbey	5.58.25
6. Airedale A	6.04.51
7. Pudsey Pacers	6.12.42
8. Horsforth Harriers A	6.25.04
9. Keighley & Craven	6.33.42
10. Accrington	6.34.49
LADIES	
1. Keighley & Craven	7.04.31
2. Abbey	7.31.46
3. Horsforth	7.43.18
MIXED	
1. Accrington	6.49.20
2. Wakefield	7.04.12
3. Airedale B	7.11.36

48 finishing teams

ACCELERATE EDALE (PART OF ACCELERATE GRITS JUNE SERIES)
Derbyshire
AS/4.7m/1350ft 13.06.10

A previous counter in the National Fell Championships and now Round 4 of the Accelerate Gritstone Series, this event deserves it's 'tough' reputation. A rapid ascent direct from the start line to the summit of Ringing Roger and the edge of Kinder sorts many a runner out and often sees the front runners quickly out pacing the chasing pack.

It was Stuart Bond who once again took charge as the runners topped the first climb and from here it was clear that, barring disaster, Stuart was away and clear. Rob Baker gave chase, followed by Pete Hodges and then a pack of runners that included all the contenders in the age group categories.

In the ladies' race it was to be a different story for Gritstone Series leader Helen Elmore. Judith Jepson led the charge across Kinder Edge, with a fast closing Helen not too far behind. Finding the best route through the rocks around Grinds Brook is always fun and by this time Judith's lead was in danger.

The descent off Grindslow Knoll can sometimes provide racers with a choice: the direct route or to take the trail to the side. For the leaders it was a clear choice - direct! From the fields below, the leader was clearly well ahead and word had filtered through that we were watching Mr Bond. By the time he had reached the finish line (33.34), he was two minutes clear of Rob Baker who, to be fair, had not long returned to full training following the London Marathon. The Vet 40 Series battle continued with Graham Moffat once again piping Mike Nolan to the line.

Somewhere between Grinds Brook and the finish, Helen opened close to a minutes gap on Judith crossing the line in 41.50. Judith dominated the Vet 40 race, with Steph Curtis finishing not so far behind.

Conditions in Edale were good, the sun even

managed to say hello, and racers were able to enjoy the traditional Edale Country Day, post race. The prize presentation was made with the prize list being supported by Accelerate and Inov-8, with New Balance and Terra Nova supporting the Series.

Stuart Hale

1. S. Bond	DkPk	33.34
2. R. Baker	DkPk	35.42
3. P. Hodges	DkPk	36.48
4. D. Neil	StaffsM	37.00
5. T. Bracegirdle	Unatt	37.36
6. G. Moffatt O/40	DkPk	37.43
7. S. Patton O/40	DkPk	37.55
8. M. Nolan O/40	DkPk	38.06
9. N. Curtis	Penn	38.32
10. C. Shelton	Unatt	38.53
VETERANS O/50		
1. (13) M. Cliffe	Eryri	39.16
2. (17) S. Story	DkPk	40.12
3. (50) C. Harding	GoytV	44.36
VETERANS O/60		
1. (45) N. Boler	WFRA	44.12
2. (101) B. Allsop	Buxt	52.46
3. (107) A. Ashforth	Hands	54.08
VETERANS O/70		
1. (141) F. Makin	HolmeP	62.05
LADIES		
1. (30) H. Elmore	DkPk	41.50
2. (37) Z. Wray	DkPk	43.41
3. (61) H. Marshall	Unatt	46.30
4. (62) L. Harris	Penn	48.02
5. (69) J. Moore	Unatt	48.44
(78) K. Harvey O/50	Penn	49.36
(119) J. Waller O/50	DkPk	56.11
(134) R. Jacobs O/40	Smiley	59.04
(142) K. Dalkin O/40	Unatt	62.14

156 finishers

WHARMTON DASH
Lancashire
AS/2m/600ft 13.06.10

1. S. Roebuck	P'stone	15.53
2. A. Fleet	CaldV	16.08
3. C. Davies O/50	Saddle	16.40
4. T. McClelland	CaldV	17.52
5. C. Webb	Saddle	18.10
6. A. Hadfield O/40	Unatt	18.11
7. M. Toman O/40	Ross	19.14
8. J. Fairbrother U/18	Mayhem	19.27
9. A. Platt	Mayhem	19.42
10. D. Couch	Unatt	19.55
VETERANS O/50		
1. (3) C. Davies	Saddle	16.40
2. (16) C. Barlow	Saddle	21.14
3. (21) P. Webb	Unatt	23.20l
LADIES		
1. (15) K. Mather O/40	CaldV	21.01
2. (17) G. Keane	Saddle	21.28
3. (23) N. Snook	Saddle	24.24
4. (24) K. Wilson	Unatt	25.23

27 finishers

RODNEY'S PILLAR HANDICAP RACE
Shropshire
AS/3.9m/950ft 15.06.10

This is a race with a difference, where we try to make the prize-giving a little bit special.

Throughout the year all the runners who take part in either the Shropshire winter or summer series have their results tracked. From this information runners are given an anticipated time for completing the course. There are prizes for the winning man and the first lady in the ordinary Rodney's Pillar Race, but the rest of the prizes are awarded to the runners who beat their estimated margin, so in effect all the runners are racing themselves.

The two sets of results below show the ordinary timings (Rodney's Pillar) and the adjusted results (Shroppy Handicap).

This is a good natured event and is always treated as fun by everyone, many thanks to all who help, especially to Charlie Leventon and his start/finish team who are entirely reliable, and the Admiral Rodney Inn for their hospitality.

Pauline and Keith Richards

RODNEY'S PILLAR

1. T. Davies	Mercia	21.13
2. S. Cale	Shrews	21.48
3. J. Bowie	Trismart	22.26
4. R. Roberts	Eryri	23.20
5. M. Marston	Mercia	23.34
6. I. Grindley O/40	WolvBils	24.01
7. J. Johnston	Unatt	24.25
8. J. Castillo	Shrews	24.39
9. A. Yapp O/40	Mercia	25.23
10. N. Share O/40	WolvBils	25.40
VETERANS O/50		
1. (12) P. Clark	Shrews	26.35
2. (22) S. Bajic	Telf	28.45
3. (24) G. Hughes	Mercia	29.24
VETERANS O/60		
1. (13) R. Taylor	Penn	26.44
2. (36) C. Williamson	Shrop	31.02
3. (51) R. Jones	Newp	34.27
LADIES		
1. (17) V. Swingler O/40	Shrop	27.33
2. (21) H. Skelton	Newp	28.37
3. (37) R. Stafford	Mercia	31.22
4. (52) S. Johnson O/50	StaffsM	35.54
5. (53) J. Potter	UKnet	35.56
(56) P. Newton O/50	Newp	37.05
(59) R. Storey O/40	Newp	38.02

70 finishers

SHROPPY HANDICAP

1. K. Saunders	Bayston	33.07
2. J. Johnston	Unatt	24.25
3. R. Taylor	Penn	26.44
4. E. Masters Lady	Newp	39.00
5. R. Storey Lady	Newp	38.02
6. P. Newton Lady	Newp	37.05
7. D. Nichols	Mercia	31.54
8. J. Kelson Lady	Newp	38.23
9. C. Christie Lady	Newp	40.06
10. P. Whittall	Shrews	34.17

UP THE BEAST
Clwyd
AS/4.5m/1500ft 16.06.10

The hamlet of Maeshafon, North Wales, saw a dramatic, if temporary, increase in its population as a record, close to 70 runners gathered to contest the annual "Up the Beast Race" on a balmy June evening. Local North Wales clubs were well represented, as were clubs from the Welsh English borders and as far afield as Shrewsbury and Ambleside.

Billed as a trail race, organiser John Morris had once again designed this short but demanding course to offer runners a mix of challenges that arrive in quick succession.

Taking competitors through broadleaved woodland, small forestry tracks and open moor, John conspired to 'slip in; significant climbs and descents over a variety of surfaces, both on the outward leg and returning route, with only a matter of seconds being spent on tarmac lanes.

The warm weather had dried out most of the forestry and moorland boggy patches to afford runners plenty of food purchase, and revealing some of the tree rooted technical sections that can cause problems in wetter conditions.

'The Beast' itself and equally trying following ascents, served well to spread out an initially fairly concentrated field for the return leg.

Jez Brown came home in a well deserved overall first place, being pressed hard by Neil Parry in second and Edward Davies, third. First lady home was an on form Linda Jones, chased by Pat Peers and Fenella Higgins.

Simon Roberts, three minute leader in the vet 40s', Edward Davies first vet 50, Lori Jones squeezing in ahead of Nigel Pratten, to take first vet 60. Pete Norman vet 70 and winner in the junior section Karl Steinher.

Typical of a 'Morris' race, a variety of weird and wonderful prizes were awarded at the local Miners Arms pub and race HQ. They included three cans of beer and a 40 watt bulb, light ale as one pundit put it, and an interestingly designed duvet cover. Seventy pounds was also donated to the local air ambulance service.

In summary, a great little race that has become the centre of a welcoming, fun evening for experienced and not so experienced runners, friends and family.

Chris Higgins

1. J. Brown	Buckley	36.56
2. N. Parry	Clwyd	37.05
3. E. Davies O/50	Mercia	37.38
4. S. Cale?	Shrews	38.29
5. S. Roberts O/40	Buckley	39.06
6. S. Edwards	Buckley	39.07
7. A. Broughton	Helsby	39.53
8. C. Ashley O/50	Wrex	42.12
9. C. Hughes	Helsby	42.17
10. N. Coppack O/40	Clwyd	42.34
(16) K. Rowlands O/50	Clwyd	43.29
VETERANS O/60		
1. (21) I. Jones	Wrex	49.32
2. (23) N. Pratten	Pensby	49.45
3. (26) A. Robertson	Helsby	50.00
VETERANS O/70		
1. (44) P. Norman	Wrex	57.11
LADIES		
1. (29) L. Jones O/40	Wrex	50.21
2. (33) P. Peers O/40	Pensby	50.52
3. (38) F. Higgins O/40	Buckley	54.19
4. (43) S. Ridings O/50	Buckley	56.58
5. (46) L. Keyworth O/50	Pensby	58.30
JUNIORS		
1. (13) K. Steinher	Amble	42.52
2. (15) P. Coggin	Dees	43.22
3. (18) S. Bailey	Tatten	49.16

52 finishers

TWO LADS FELL RACE
Lancashire
BS/5.25m/900ft 17.06.10

A reduced turnout over the past few years but to compensate we were gifted with excellent conditions.

Both Robert and Danny Hope ran the race virtually uncontested, with Robert finishing 12

seconds outside the race record set by himself.

First lady home was Michelle Devine who finished 22nd overall.

A big thanks to our sponsor Walsh Shoes, the Bridge Inn for accommodating us, Bolton Mountain Rescue and everyone who helped on the night.

Colin Jones

1. R. Hope	P&B	31.07
2. D. Hope	P&B	32.07
3. A. Sunter O/50	Horw	37.46
4. S. Nicholls	Wigan	38.25
5. A. Porzel O/40	Horw	38.36
6. A. Foster	Unatt	38.42
7. M. Kitchen	Unatt	38.49
8. A. Lloyd	Unatt	38.50
9. P. Boardman O/40	Horw	39.03
10. J. Thompson O/40	Skelmer	39.23
VETERANS O/50		
1. (3) A. Sunter	Horw	37.46
2. (24) P. Ramsdale	Horw	42.37
3. (27) P. Hill	FRA	43.00
VETERANS O/60		
1. (30) T. Varley	Horw	43.18
2. (52) P. Henley	L'pool	49.55
3. (57) A.Jones	Lostock	51.07
LADIES		
1. (22) M. Devine	Horw	42.15
2. (29) K. Murray	Horw	43.15
3. (39) N. Raby	Chorl	44.59
4. (51) E. Kennedy	Unatt	49.37
5. (53) K. Dalby O/40	L'pool	50.13

74 finishers

MIDSUMMER MADNESS (OVERALL RESULTS) West Yorks 18, 19 & 20.6.10

It was great to see a record number of runners competing in this 3-day series of fell races. Once more it was an enjoyable weekend of low-key races and fun in the sun, completed with a top-quality band in the pub on the Saturday night. I'm sure Midsummer Madness virgin "Amex" won't mind me quoting him: "We met so many nice folk it was a pleasure to be involved, I can't wait till next year. Summed up everything good about our sport."

There was a runaway winner in the junior series, with Sean Carey scoring higher than any junior ever has: a 4th and 3rd amongst the seniors on Friday and Sunday, and winning the U18 race on the Saturday. Tom McClelland-Thomas in second place couldn't catch him.

In the senior series James Logue, the only person to have won the 3-day event more than once, made it three series wins. Andy Thorpe was struggling with a strain going into the final race, but was determined to hold on to 2nd place in the series. He just managed to do so by not letting Paul Hobbs get too far ahead of him. Paul won the "most improved runner" award for his 3rd place overall; and Tim Hayles won the "most improved over 5 years" award: 21st in 2006 and now 10th in 2010. In fact, the person that Tim narrowly edged out to win this trophy was his partner Claire Hanson, this year's 2nd lady.

The winning lady was Gayle Sugden, who scored the best ever ladies' total and at 6th overall was higher up the overall rankings than any lady has ever been. She is obviously back on top form after becoming a mum.

There was serious competition amongst the O/50s, with Kevin Ellis just edging out Nick Murphy and Martin Whitehead, despite the two Calder Valley runners' local knowledge paying dividends on Saturday's race.

It's always good to see the familiar faces returning each year for this weekend of fell races (even if some of them have changed the name of their club from Leicester Owls to Wigston Phoenix!), and hopefully some new converts who will come back next year.

Bill Johnson

1. J. Logue O/40	CaldV	8pts
2. A. Thorpe O/40	Hfax	27pts
3. P. Hobbs	Tod	32pts
4. D. Almond	CaldV	42pts
5. B. Crowther	Tod	47pts
6. G. Sugden	CaldV	57pts
7. S. Grimley O/40	CaldV	69pts
8. T. Brooks O40	CaldV	73pts
9. A. Marsh	Springf	78pts
10. T. Hayles	CaldV	81pts
VETERANS O/50		
1. (12) K. Ellis	Baddow	89pts
2. (13) N. Murphy	CaldV	91pts
3. (14) M. Whitehead	CaldV	104pts
VETERANS O/60		
1. (38) D. Lloyd	Hales	224pts
2. (40) D. Illingsworth	BradA	228pts
LADIES		
1. (6) G. Sugden	CaldV	57pts
2. (15) C. Hanson	CaldV	109pts
3. (27) J. Leonard O/50	Tod	158pts
4. (33) K. Parr	Tot	206pts
5. (34) K. Braznell O/50	Hales	208pts
(37) F. Armer O/40	Tod	222pts
(45) C. Priestley O/60	Wigston	260pts

47 finishers

JUNIORS		
1. S. Carey	Tod	8pts
2. T. McClelland-Thomas	CaldV	81pts

WICKEN HILL WHIZZ (MIDSUMMER MADNESS SERIES) West Yorks AS/3m/1000ft 18.06.10

Poor scheduling by the football world cup organisers led to England kicking off at the same time as the Wicken Hill Whizz race. An elementary mistake on their part from which they must surely learn in four years' time. The minority who stayed away from the race to watch the football were afterwards unanimous in saying they would rather have been running. In fact, some said they would even have rather tried to make their way through the fabled Warley Moor tussocks than watch the football match, which seems a bit excessive, especially since they would have the chance to do that on Saturday anyway.

Numbers for the race weren't down by very many. There were some fast lads at the front, plus Steve Oldfield (the V50 Steve certainly qualifies as "fast" but possibly not as "lad"). Darren Kay, keen to earn his "fantasy fellrunning" team maximum points, set off strongly but he was surprised to be trailing a club vest that he probably didn't recognise. Jason Williams of the Leicester Owls was the first man to reach the summit, as he has been every year since he first competed here in 2007. However Darren's superior descending skills saw him overtake Jason on the way back down to Mytholmroyd and establish a new race record, over a minute quicker than the previous record. In fact Jason in 2nd and Alex Whittem in 3rd were also quicker than the previous best time.

James Logue and Sean Carey battled on the climb, with James turning at the trig-point just ahead. On the descent Sean overtook and stretched ahead to take 4th place. As well as setting a new junior record, future-star Sean's time was the 7th fastest ever by anyone.

In the perfect, dry conditions, Gayle Sugden set one of the fastest ever times, too. Only Jo Waites has gone quicker, four years ago. Claire Hanson, in top form and improving every year, was 2nd lady; and not to be outdone, 3rd lady Jane Leonard set a new LV50 record.

Steve Oldfield finished 6th overall, to help Calder Valley to the team prize, while Jane Leonard, Fiona Armer and Louise Abdy secured the ladies' team prize for Todmorden.

A final mention for Tod's Jackson Cowie – 1st U16 in 12th place overall was an excellent performance.

Finally we retired to the pub to commiserate with those unfortunate enough to have watched the football instead.

Bill Johnson

1. D. Kay	P&B	19.38
2. J. Williams	Owls	20.22
3. A. Whittem	CaldV	20.39
4. S. Carey U/18	Tod	21.06
5. J. Logue O/40	CaldV	21.53
6. S. Oldfield O/50	CaldV	22.12
7. A. Thorpe O/40	Hfax	22.21
8. M. Morton	Penn	23.19
9. P. Hobbs	Tod	23.26
10. M. Goldie O/40	CaldV	23.29
VETERANS O/50		
1. (6) S. Oldfield	CaldV	22.12
2. (14) R. Crossland	CaldV	24.07
3. (24) T. Brockington	Spring	26.26
VETERANS O/60		
1. (63) D. Lloyd	Hales	31.54
2. (64) D. Illingsworth	BfdA	33.18
LADIES		
1. (20) G. Sugden	CaldV	25.52
2. (33) C. Hanson	CaldV	28.24
3. (45) J. Leonard O/50	Tod	29.09
4. (51) C. Kirkham	Unatt	30.04
5. (60) K. Parr	Tot	31.26
(61) K. Braznell O50	Hales	31.36
(65) F. Armer O/40	Tod	34.28
(74) C. Priestley O/60	Wigston	40.28
JUNIORS		
1. (4) S. Carey U/18	Tod	21.06
2. (12) J. Cowie U/16	Tod	23.45
3. (26) T. McClelland-Thomas U/18	CaldV	26.41

74 finishers

RESERVOIR BOGS (MIDSUMMER MADNESS SERIES) West Yorks BM/7.5m/1500ft 19.06.10

Regular "Boggers" will know Midgley Moor and High Brown Knoll pretty well from the 'Bogs routes over the last few years. So to spice it up a little I took this year's route onto the rarely-raced Warley Moor. The 2006 British Relays went over Warley Moor, with Rocking Stone as a checkpoint and we would use the same checkpoint in this

race. We also started and finished at a slightly different spot to previous years for a little more variety and to make for more interesting first and final sections.

The start was indeed more interesting: when I said "go" the runners raced off in wildly different directions, all intent on the best route to the first checkpoint at Sheepstones trig-point. Anyone chatting before the start and hoping just to follow the leaders was faced with an immediate dilemma!

As the runners emerged onto Warley Moor after crossing Luddenden valley, Mark Palmer was lying in third place behind James Logue and Jon Wright. Mark took a better route to Rocking Stone, angling earlier to the path, and moved into the lead. Incredibly, in the four years he has done this race, this was the first time that James Logue was not first at every checkpoint! But James and Jon then took the better line to the next checkpoint, above Castle Carr reservoirs, and James moved in front. He stayed in the lead, winning by 12 seconds from Jon, who was 13 seconds ahead of Mark. Five starts, five 'Bogs wins for James.

The ladies' competition was not so tight, with Gayle Sugden leading from start to finish - though with runners taking different routes it was not until the finish that Gayle knew that she had won.

Jason Williams, leading the 3-day series after the first race, was with the chasing group until the long run back over the moor to the finish, when an injury from the previous day flared up and he lost contact with the other runners. Once he had to get his map out, he knew he was in trouble. He was spotted at Churn Milk Joan, some distance from the race route, before finding his way to the final checkpoint and the finish, dropping from 6th to 50th in the process!

Todmorden Harriers narrowly beat Calder Valley to the team prize, while amongst the ladies the team results were the other way around.

Races like this, over rough ground with route finding must either play to the strengths of the veterans, or perhaps appeal less to the fast youngsters. Either way, Adam Breaks was the only non-vet in the first 10 and was awarded a prize to commemorate!

Having two start times, as we did last year, worked well - an early start for those runners who were worried that they would be out too long and wanted to get a good position at the bar afterwards.

It was great to see a record number of competitors in the race.

Bill Johnson

1. J. Logue O/40	CaldV	1.02.53
2. J. Wright O/40	Tod	1.03.05
3. M. Palmer O/40	MDU	1.03.18
4. A. Wrench O/40	Tod	1.05.41
5. A. Thope O/40	Hfax	1.05.43
6. A. Breaks	CaldV	1.09.44
7. A. Horsfall O/40	Tod	1.09.50
8. J. Emberton O/40	CaldV	1.10.22
9. G. Oldfield O/40	CaldV	1.10.31
10. D. Collins O/50	Tod	1.12.42
VETERANS 0/50		
1. (10) D. Collins	Tod	1.12.42
2. (11) T. Taylor	Ross	1.12.46
3. (24) M. Smith	Bing	1.24.54
VETERANS O/60		
1. (29) J. Comyn-Platt	Sadd	1.25.21
2. (45) G. Large	NVets	1.32.17
3. (60) R. Blakeley	Tod	1.37.01
LADIES		
1. (18) G. Sugden	CaldV	1.18.27
2. (38) C. Hanson	CaldV	1.31.46
3. (43) C. Preston O/40	Tod	1.32.12
4. (46) J. Leonard O/50	Tod	1.32.59
5. (49) K. Mather O/40	CaldV	1.33.25
(72) K. Braznell O/50	Hales	1.44.40
(84) C. Priestley O/60	Wigston	2.23.45
INTERMEDIATES		
1. (59) O. White U/23	Unatt	1.36.42

87 finishers

TIMOTHY TAYLORS TITTIMAN (MIDSUMMER MADNESS SERIES)
West Yorks
BS/4m/675ft 20.06.10

For only the second time in the last decade, we had more than 100 runners at one of the Midsummer Madness races. Great to see such a good turnout.

Shaun Godsman set out to put his mark on the race, leading all the way round with James Logue in pursuit. James sealed his 3-day series win with second place at Tom Tittiman. Mark Palmer, a welcome visitor from Mynydd Du, was third to the High Brown Knoll summit and turnaround point, but was overtaken on the run home by U18 Sean Carey. Top junior Sean's excellent run meant he cruised to victory in the junior series.

The ladies' race was closely fought between Emma Clayton and Gayle Sugden. Gayle led to Tom Tittiman and then on to High Brown Knoll. On the way back, Emma came past to take the lead on the return visit to Tom Tittiman, before a little tumble from Emma let Gayle back into the lead. The two girls were side by side down the final run-in. Then with a final surge Gayle clinched the win, just 2 seconds ahead of Emma, for Gayle's third race win in three days.

Both men's and ladies' team prizes went to Calder Valley.

Shaun, James, Gayle and Emma all now appear in the list of top 10 times for this race, but only one record was broken: Aileen Baldwin of Stainland Lions set the fastest ever LV50 time for this race.

Thanks as always to the Hare & Hounds pub and Timothy Taylors for the beer and T-shirt prizes.

Bill Johnson

1. S. Godsman	CaldV	28.07
2. J. Logue O/40	CaldV	28.24
3. S. Carey U/18	Tod	29.02
4. M. Palmer O/40	MDU	29.30
5. T. Black	CaldV	29.55
6. S. Bayton U/23	CaldV	30.34
7. S. Smithies O/40	CaldV	31.10
8. R. Tuddenham O/40	Tod	31.14
9. B. Goffe	Unatt	31.24
10. C. Fitzpatrick	Traff	31.46
VETERANS O/50		
1. (22) D. Kelly	Ross	34.37
2. (28) K. Ellis	LittleBadd	36.25
3. (36) N. Murphy	CaldV	37.10
VETERANS O/60		
1. (78) P. Jepson	Ross	42.04
2. (83) D. Lloyd	Hales	43.48
3. (85) D. Illingsworth	BfdA	44.14
LADIES		
1. (19) G. Sugden	CaldV	34.20
2. (20) E. Clayton U/23	FRA	34.22
3. (33) M. Mowbray	HBT	37.05
4. (38) C. Hanson	CaldV	37.15
5. (40) J. Riley	Stain	37.33
(51) J. Scarf O/40	CaldV	38.29
(60) A. Baldwin O/50	Stain	39.34
(67) J. Leonard O/50	Tod	40.25
(102) C. Priestley O/60	Wigston	53.37
JUNIORS		
1. (3) S. Carey U/18	Tod	29.02
2. (53) T. McClelland-Thomas U/18	CaldV	38.57

104 finishers

TEBAY
Cumbria
AM/8m/3000ft 19.06.10

The weather was ideal for running, but unfortunately only 50 runners started, 49 finished with one retiring.

The organisers were disappointed with the turn-out due to a lot of other races being held on that day. The organisers have decided to hold the race on a Wednesday night in June, as it has always been successful on a week night.

Mr Murphy would like to thank everyone who helped on the day, also Carlsberg UK for sponsoring the race with a free barrel of beer

G. Murphy

1. A. Dunn	HelmH	1.11.48
2. J. Davies O/40	Borr	1.12.36
3. C. Bell	Howg	1.17.15
4. R. Stones	Helm	1.22.08
5. H. O'Donnell	Amble	1.23.32
6. J. Blackett O/40	DkPk	1.23.36
7. G. Johnson	Eden	1.29.42
8. L. Turnbull O/50	Norham	1.34.31
9. T. McCall O/40	Norham	1.35.55
10. C. Harline	Unatt	1.36.00
VETERANS O/50		
1. (8) L. Turnbull	Norham	1.34.31
2. (17) D. Burton	Stroud	1.39.27
3. (19) M. Wilson	Helm	1.40.55
VETERANS O/60		
1. (43) J. Woolridge	Border	2.05.33
2. (37) A. Jones	Lost	2.07.29
VETERANS O/70		
1. (46) P. Taylor	CaldV	2.08.39
LADIES		
1. (15) L. Roberts	Kend	1.37.49
2. (20) J. Gillyon	Kesw	1.41.32
3. (30) D. Pelly O/50	Amble	1.48.43
4. (36) B. James	Unatt	1.51.34
5. (38) H. Hodgson O/40	Kesw	1.53.44
(41) R. Maxwell O/40	Settle	1.59.10

49 finishers

BUCKDEN PIKE
North Yorks
AS/4m/1500ft 19.06.10

A cloudy but otherwise fine day saw the tents and stalls going up in the Yorkshire Dales village of Buckden for their annual gala. With the brass band playing, 138 runners gathered to do battle on "The Pike". Graham Pearce set off as if he was determined to win the race and this proved to be the case. When most farmers were just getting up, local farmer and Wharfedale member Ted Mason, retired to bed after attending the rugby club dinner. However, this did not stop

him putting in a good performance to finish in second place, ahead of Tom Brunt.

In the ladies' race, last year's winner, Lisa Lacon, appeared to be a little under par, and she was beaten to the finish line by team mate, Helen Berry.

It was good to see a few juniors take on this race and they were led home by Tom Sessford of Keighley & Craven, followed by Scott Baistow of Wharfedale Harriers, who had a good run and obviously enjoyed this race. The local mountain rescue team had once more to be called out to help junior runner Will Marshall back to the start as, during the race, he aggravated an injury to his foot, which was incurred on the previous Thursday at school. Fortunately, it was nothing too serious that rest and recuperation will not put right.

At the other end of the scale, it was nice to see the race being taken on by two vet 70s, Robert Cutts, who has competed in all 29 Buckden Pike races and Norman Bush, who finished in the top half of the field, in a remarkable 58th position.

The first male team was Wharfedale Harriers and first ladies' team was Holmfirth.

Great thanks must go to all the helpers and marshals, who travelled up to this remote Dales village and helped make the race a success.

Graham Wadsworth

1. G. Pearce	P&B	34.28
2. T. Mason	Wharf	34.49
3. T. Brunt	Holmf	35.17
4. C. Newman	Wharf	35.55
5. B. Stewart	Holmf	36.01
6. S. Watson	Wharf	36.22
7. N. Charlesworth O/40	Wharf	36.25
8. G. Wilkinson O/40	Clay	37.15
9. J. Dugdale	Clay	37.17
10. T. Edward O/40	Clay	37.18
VETERANS O/50		
1. (27) D. Naughton	Clay	40.09
2. (39) N. Pearce	Ilk	41.46
3. (40) P. Harlowe	Wharf	41.48
VETERANS O/60		
1. J. Holt	Clay	40.10
2. G. Breeze	Ilk	49.05
3. G. Newsam	Clay	49.29
VETERANS O/70		
1. N. Bush	Ilk	44.35
2. R. Cutts	Longw	59.54
LADIES		
1. H. Berry	Holmf	41.56
2. L. Lacon	Holmf	42.25
3. A. Raw O/40	Bing	43.28
4. T. Hird	Wharf	46.09
5. L. Griffiths	Holmf	46.12
(7) C. Pollard O/50	NYM	46.47
(10) J. Powell O/40	Wharf	51.02
(19) S. Morley O/50	Ilk	57.13
(20) K. Goss O/60	Clay	59.46

JAMES BLAKELEY FELL RACE
West Yorkshire
AS/3m/900ft 19.06.10

Harden Moss is never a warm place; even on the 19th June it was only 9 degrees centigrade when the 30 athletes set off on their customary lap of the trials field to start the race. This year we had the added attraction of a flock of loose sheep in the field to negotiate. Once over the wall and out of the field, headed on a track then a path through the woods to emerge on to the tricky descent of Harden Hill Road. A short tarmac section brought the runners onto the climb up Harden Moss Road.

As is often the case, it was here that the final positions were decided. Rob Jackson pulled away from Gavin Baxter from the host club. Nigel Moran overtook Andy Shaw and closed on Don Stewart but was unable to catch him. By the end of the climb most were very tired making the wall back into the finish field seem much longer than it was only minutes earlier.

Rob Jackson won the race; he has never been out of the top three since he first ran here 20 years ago, and has returned ever since. .Andy Shaw took the V40 prize and Ray McArthur took the Vet 50 award. Holmfirth, as ever, took home the beer for the team prize.

Sarah Bostwick was a comfortable ladies' winner and young Katie Nobles took home the junior prize.

Andrew Shaw

1. R. Jackson O/40	Horw	21.52
2. G. Baxter	Holmf	22.25
3. D. Stewart	Spen	22.44
4. N. Moran	Holm	23.00
5. A. Shaw O/40	Holm	23.09
6. G. Graham O/40	Holm	24.04
7. S. Bowran O/40	Unatt	24.15
8. R. McArthur O/50	Melth	25.19
9. R. O'Hara O/40	Unatt	25.31
10. P. Buckingham	Unatt	25.50
VETERANS O/50		
1. (8) R. McArthur	Melth	25.19
2. (18) R. Halstead	Holm	28.53
VETERANS O/60		
1. (23) T. Cock	Holm	32.40
LADIES		
1. (12) S. Bostwick	W'field	26.00
2. (19) D. Hall	Holm	28.55
3. (20) G. Markham O/50		Melth 31.47
4. (21) E. Halstead	Holm	32.06
5. (22) F. McArthur O/55	Melth	32.10
(26) B. Roberts O/60	Saddle	33.50

46TH GREAT HILL RACE
Lancashire
BS/5.75m/1300ft 19.06.10

The 40th running of the Great Hill Fell Race was held this year in glorious sunshine.

The course over 5.75 miles with 1300ft of ascent attracted a near record field this year with 91 entries and 90 finishers.

Vet 40, Mark Russell, romped away from the field on the first hill and finished first, nearly 30 seconds ahead of fast finishing second, Lee Cook. John Sutton vainly tried to catch the front runners but had to settle for third.

First home for host club Chorley was Dave Kershaw, Vet 50, who had a brilliant race to finish 17th overall and two places ahead of club mate, Paul Wareing.

Dawn Atkins produced an outstanding performance to secure first lady one minute ahead of F40 Isaline Hughes. F55 Maureen Laney finished in 45.33 and was unlucky not to split the first two ladies.

Team honours went to Horwich with a dominant performance from Ian Hamer, Paul Boardman and Gary Chadderton.

A large contingent from Penny Lane and Manchester Tri shared some of the other honours but certainly Manchester Tri added to the occasion with team members dressed as Red Indians in full head dress, Spiderman and also a French maid!

Chorley AC would like to thank United Utilities, Tony Bolton Sports, John Schofield race results and all marshals and helpers for what was a very successful race.

Terry Dickenson

1. M. Russell O/40	Bolt	36.28
2. L. Cook	TriClan	37.04
3. J. Sutton	B'burn	38.20
4. R. Ashworth O/45	S'thport	38.45
5. M. Pollitt O/45	Burnd	39.11
6. J. Massey	TriClan	39.40
7. W. Bailey	HBT	40.03
8. J. Connolly	PennyL	40.33
9. I. Hamer O/45	Horw	41.08
10. P. Boardman O/45	Horw	41.31
VETERANS O/50		
1. (16) B. Davey	S'thport	42.58
2. (17) D. Kershaw	Chorl	43.12
3. (41) D. Nichol	Burnd	46.54
VETERANS O/60		
1. (58) N. Griffiths	Spect	50.17
2. (71) J. Mitchinson	Unatt	54.14
3. (79) J. Sands	WiganP	55.59
VETERANS O/70		
1. (86) H. Henshaw	B'pool	65.53
LADIES		
1. (25) D. Atkins	Chorl	44.11
2. (31) I. Hughes O/40	Burnd	45.09
3. (34) M. Laney O/55	CaldV	45.33
4. (38) D. Campbell	Skelm	46.06
5. (40) S. Sherratt	Wesh	46.42
(50) L. Fisher O/50	Burnd	49.00
(63) G. Darby O/45	PennyL	50.47
(90) D. Lock O/65	Lytham	75.06

90 finishers

GREAT LAKES RUN
Cumbria
AL/13m/7000ft 19.06.10

A fine day led to some fantastic fell running for all who entered. This year we had some new trophies by a local sculptress, Linda Inman. The winners agreed they are pretty amazing. Local lad, John Helme, set off at a fair lick up the band and had opened a good gap by the top of Bowfell. However Simon Booth, who had won the race in the previous two years, set off in pursuit and by the top of Scafell had reeled him in. What was set for a 'ding dong' didn't quite happen as John's 'backside fell out' heading out of Great Moss as Simon's strength told. Refreshingly, we had a new female winner who had retired from the race a couple of years back in awful conditions. Jenny Caddick had a solid run and was delighted at her maiden fell race victory.

The after race party raised £552 for the Air Ambulance – so thanks. Anyone who is yet to try this race is missing a stonker that feels really wild and remote for a Lake District race. Maybe I will suggest it to Mr Broxap as a championship counter in future years?

Ian Barnes

1. S. Booth O/40	Borr	2.41.22
2. J. Helme	Amb	2.57.08
3. S. Harding	Macc	2.59.41
4. M. Robinson O/40	DkPk	3.00.10
5. M. Hulley	DkPk	3.01.26

6. N. Fish	Borr	3.10.57
7. J. Coe	DkPk	3.12.07
8. G. Williams O/40	DkPk	3.12.27
9. D. Sykes	DkPk	3.14.28
10. J. Rylance	Unatt	3.15.39
VETERANS O/50		
1. (12) L. Warburton	Bow	3.20.52
2. (15) P. Clarke	Kend	3.23.02
3. (17) A. Miller	Kend	3.25.26
VETERANS O/60		
1. (75) C. Grime	SS	5.35.08
LADIES		
1. J. Caddick	DkPk	4.05.21
2. R. Gooch O/50	Ilk	4.43.45
3. J. Hutton	Bow	4.58.23
4. L. Savage	Tot	5.13.14
5. J. Laverick O/40	SH	5.33.09
F. Walker O/40	Unatt	5.46.13

MOEL HEBOG
Gwynedd
AS/4m/2400ft 19.0610

Conditions were ideal this year - dry, sunny, cool breeze and the summit was clear. The race was won by new star Ifan Richards in a time of 49.17. The ladies' race was won by Jenny Heming.

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 runners and helpers), Cwmni Beddgelert Cyf, Aberglaslyn Mountain Rescue and everyone who provided assistance on the day.

Ross Powell

1. I. Richards	Meirion	49.17
2. M. Cliffe	Eryri	52.22
3. R. O'Donnell	Eryri	53.54
4. M. Fortes	Eryri	54.34
5. A. Haynes O/50	Eryri	55.00
6. G. Williams	Eryri	55.20
7. T. Gwilym	Rygbi	55.43
8. K. Hagley O/40	SWRR	55.51
9. S. Roberts O/40	Buckley	55.57
10. J. Jones	Aberyst	56.02
VETERANS O/50		
1. (5) A. Haynes	Eryri	55.00
2. (19) D. Powell	Aberyst	60.37
3. (23) K. Rowlands	Clwyd	65.26
VETERANS O/60		
1. (21) D. Williams	Eryri	63.44
2. (22) M. Blake	Eryri	64.32
3. (31) E. Davies	Eryri	72.20
LADIES		
1. (11) J. Heming	Eryri	56.29
2. (20) K. Spinney	Eryri	61.46
3. (25) A. Thomas O/40	Eryri	66.36
4. (26) L. Emery	Eryri	67.59
5. (27) J. Moore O/40	Unatt	68.19
J U N I O R S		
1. T. Evans U/18	Eryri	18.20
2. M. Evans U/16	Menai	18.50
3. G. Roberts U/14	Unatt	20.57

HARDEN MOSS RACE
West Yorks
3.5m/600ft 20.06.10

1. R. Jackson O/40	Horw	21.52
2. G. Baxter	Holmf	22.25
3. D. Stewart	Spenb	22.44
4. N. Moran O/40	Holmf	23.00
5. A. Shaw O/40	Holmf	23.09
6. G. Graham O/40	Holmf	24.04
7. S. Bowran O/40	Unatt	24.15
8. R. McArthur O/50	Melth	25.19
9. R. O'Hara O/40	Unatt	25.31
10. P. Buckingham	Unatt	25.50
VETERANS O/50		
1. (8) R. McArthur	Melth	25.19
2. (18) R. Halstead	Holmf	28.53
VETERANS O/60		
1. (23) T. Cock	Holmf	32.40
2. (26) B. Roberts	Sadd	33.50
LADIES		
1. (12) S. Bostwick	Wfield	26.00
2. (19) D. Hall	Holmf	28.55
3. (20) G. Markham O/50	Melth	31.47
4. (21) E. Halstead	Holmf	32.06
5. (22) F. McArthur O/50	Melth	32.10
(26) B. Roberts O/60	Sadd	33.50

30 finishers

SETTLE HILLS RACE
North Yorks
AM/7m/1750ft 20.06.10

Settle Hills Race attracted 86 runners keen to enjoy the testing but enjoyable seven mile trip round the tops above the town.

They were rewarded with great running weather, the result times being slightly faster than the previous two years, but still outside the records.

Chris Waters was a comfortable winner from Christian Holmes and Neil Armitage in third.

The ladies' race was won by Jo Waites ahead of Holly Williams and Hayley Kute.

Neil Armitage was the first veteran over 40 to finish, with Kieran Horrigan second V40. Geoff Gough was the first over 50. Tracey Ireland was first LV40.

Massive thanks go to the marshals and helpers, the landowners and all the runners – we hope you all enjoyed your day.

John & Julia Murfin

1. C. Waters	Amble	51.53
2. C. Holmes	Wharf	56.22
3. N. Armitage O/40	P&B	56.37
4. K. Horrigan O/40	Unatt	57.26
5. G. Gough O/50	Clay	57.28
6. B. Grant O/60	Hgate	57.34
7. A. Jebb	Bing	57.42
8. S. Webb O/40	Valley	57.48
9. J. Bottomley	WlandXC	57.56
10. M. Holroyd O/40	Borr	58.02
VETERANS O/50		
1. (5) G. Gough	Clay	57.28
2. (13) N. Holding	WPenn	58.50
3. (21) B. Walton	Horw	62.57
VETERANS O/60		
1. (6) B. Grant	Hgate	57.34
2. (40) D. Ashton	Manch	71.08
3. (43) I. Goodyear	Bing	71.56
LADIES		
1. (14) J. Waites	CaldV	59.04
2. (19) H. Williams	Valley	62.45
3. (27) H. Kuter	Manch	65.37
4. (37) C. Morgan	NiddV	69.50
5. (39) H. Robinson	Amble	70.30
(47) T. Ireland O/40	Ross	73.44
(55) A. Carrington O/40	Settle	75.24
(82) C. Watson O/50	BlCombe	89.28

83 finishers

HUNSHELF AMBLE
South Yorks
BM/7.5m/1300ft 20.06.10

"It was extremely well marshalled!"

"There were no marshals in the woods"

"We trampled down all the nettles for you!"

"You left one nettle still standing for just me, and it worked"

A late arrival changing on the start line while we waited for him

A local politician who came to act as a figurehead, but stayed to be bemused at the antics of fell runners.

A front runner, a local man who knew the course, managed to get lost.

The Amble found another beautiful day for a run, sunny but with a breeze

A number of first time fell runners who say they will come back. Now that is a success!

David Horsfall

1. J. Slate	Hallam	51.19
2. S. Storey O/50	DkPk	51.21
3. A. Carruthers O/40	Hales	52.07
4. R. Wheeler O/40	ValleyH	53.51
5. M. Law O/40	P'stone	53.57
6. Z. Wray	DkPk	54.31
7. P. Morton O/40	Unatt	54.37
8. G. Cook	Unatt	54.37
9. M. Levery O/50	Sheff	54.44
10. G. Yates	DkPk	54.59
(14) S. Frith O/50	P'stone	56.13
VETERANS O/60		
1. (16) M. Cochrane	DkPk	56.52
2. (27) M. Nunn	Kimber	62.46
3. (36) M. Coles	VStr	65.54
LADIES		
1. (6) Z. Wray	DkPk	54.31
2. (31) P. Goodall O/50	Totley	63.26
3. (38) T. Kemp	P'stone	66.59
4. (39)B. Haigh O/60	P'stone	67.38
5. (40) S. Charlesworth O/40		P'stone
69.41		
(45) B. Sutton O/40	ValleyH	71.33
(54) J. Nisbet O/50	Unatt	75.48
(55) S. Higham O/60	P'stone	77.23

59 finishers

WINDY GYLE
Northumberland
BM/9m/1800ft 20.06.10

There was a good turnout in fine conditions at the Windy Gyle fell race (4th race in the 2010 North East fell running championship). Many thanks to all the runners who arrived at Barrowburn. By all accounts it seems to have been a success and you raised over £200 for the local rescue team.

The first success was the weather. On Saturday it was 9 deg C when I arrived to mark the course. A local shepherd advised me to wrap up well and with three layers, a waterproof and a hat and gloves I was not overdressed. Windy Gyle and Windy Rigg were living up to their names and the sheep were seeking shelter in sunny hollows. But by Sunday, it was 19 deg C, the wind had dropped and the sheep were seeking the shade.

The second success was the race itself. Bone dry conditions had many in road shoes and led to fast times all round. Phil Sanderson and Karen Robertson both came very close to their own course records. Gary Jones continues his excellent form and made sure that Phil's win

was not as comfortable as last year's and is now only the second person ever to finish the race in under an hour. Victory for Phil meant that he wrapped up the NECAA men's open and NEHRA MV40 championships with maximum points in the minimum number of races.

The third success was the support of the marshals and helpers, of whom there are too many to mention, but you know who you are.

That's my lot for this year. No doubt it will soon be Brough Law (March 2011) and we'll start all over again.

Keith Cooper & Will Horsley

1. P. Sanderson O/40	NFR	58.53
2. G. Jones	NFR	59.56
3. W. Horsley	NFR	60.46
4. L. Grant	Unatt	61.57
5. A. Fletcher O/40	Berwick	62.52
6. L. Bennett O/40	NFR	63.07
7. J. Mann	DFR	64.57
8. A. MacDonald O/40	Morp	66.28
9. S. Matthews	NFR	66.42
10. K. Murray O/40	Teviot	67.02
VETERANS O/50		
1. (11) N. Cassidy	Tyne	67.38
2. (12) C. Waugh	Morp	68.40
3. (25) L. Turnbull	Norham	73.46
VETERANS O/60		
1. (30) M. Henry	Alnwick	77.41
2. (44) J. Cockburn	Alnwick	88.28
3. (47) E. Whittaker	NEVets	90.05
VETERANS O/70		
1. (52) J. Garbarino	NFR	97.30
LADIES		
1. (16) K. Robertson O/40		NFR 70.47
2. (24) S. Lister	DFR	73.32
3. (29) C. Bagness O/40	Wooler	76.54
4. (32) K. Davis O/40	NFR	78.32
5. (37) S. Mitchell O/40	NFR	80.25
(54) R. Fletcher O/50	NFR	99.51
(55) L. Paxton O/50	Unatt	105.12

59 finishers

CALTON FELL RACE
Staffordshire
BS/5.5m/800ft 22.06.10

Calton's third annual fell race was held in the ideal conditions we have now had every year. The sun was warm and the evening clear, the ground was dry and firm – even the grass had been mown – so fast times were expected.

79 runners charged down the village from the start, with last year's winner, Paul Mannion, in the leading group, together with 18 year old Will Neill, who had finished second in the previous two races and his father, multiple Fell Champion Dave, returning after a long break with a foot injury. Another Junior runner, Jack Ross, cut out the early pace and as the runners went over the fields to Throwley, it was already clear that the course record was in danger. By the vicious climb up Soles Hill, Dave Neill and Paul Mannion had broken clear, and they were still locked together at the foot of the descent. The deceptively long drag back up Soles Hollow proved decisive, as Paul dug in and pulled away from his older rival, coming home well clear. The winning time of 33.10 smashed his previous record by nearly 1½ minutes – very impressive indeed, and we wonder how much faster Paul can go on this course. Dave Neill finished in second place. Jack Ross was third, Pete Northall fourth and Will Neill fifth.

Veterans made up most of the top 20 – Mike Hatton took the Over-40 prize in sixth and Simon Reed the Over-50 prize in 9th .

The ladies also had a good battle, with the title eventually going to Annie Lomas in 43.37, a minute in front of Julie Gardner. Jo Mayland was third and Sally Kenny fourth. The Lady Veterans prizes were awarded to Emily Sanders (Over-40), Alison Brind (Over-50) and Liz Godfree (Over-60) – as with the men, the first two finishers had been Veteran runners. The team prize, not surprisingly, was won by Staffs Moorlands. As local runner Robin Britton claimed the over-60 prize, Tim Saul was awarded the Mike Smith Memorial Trophy for the first local runner.

This friendly local event goes from strength to strength, but would not be possible without the generosity of a range of local businesses who provided the prizes, and the help of many of the villagers of Calton – we had some 20 marshals out on the hill and more villagers helping with recording and refreshments – altogether a great team effort. The proceeds of over £500 will help with the upkeep of Calton St. Mary's Memorial Hall, a valuable facility for the village. The organising committee wants to thank everyone who helped or ran for making the event such a success.

We look forward to another fine sunny evening and a great race again in late June 2011!

Rod Campbell

1. P. Mannion	Ashb	33.10
2. D. Neill O/50	StaffsM	33.58
3. J. Ross U/20	StaffsM	35.09
4. P. Northall	BristUni	36.19
5. W. Neill U/20	StaffsM	36.30
6. M. Hatton O/40	SChesh	36.42
7. J. Brown O/40	Macc	39.06
8. J. Whilock O/40	StaffsM	39.18
9. S. Reed O/50	Notts	39.26
10. D. Wilkinson O/50	DkPk	39.40
VETERANS O/60		
1. (27) R. Britton	Staffs	44.41
2. (49) M. Godfree	Unatt	49.29
3. (58) W. Mitchell	Ashb	52.46
LADIES		
1. (21) A. Lomas O/40	Congle	43.37
2. (24) J. Gardner O/50	DkPk	44.34
3. (28) J. Mayland	StaffsM	44.45
4. (30) S. Kenny	Cheadle	45.01
5. (33) E. Sanders O/40	Ashb	46.08
(40) A. Brind O/50	Stone	47.21
(42) L. Godfree O/60	Ashb	47.57

79 finishers

HARROCK HILL - RACE 2
Lancashire
BS/5.2m/900ft 23.06.10

Rather an easy run for Nick Leigh, who didn't seem to be trying too hard to break his record. The clash with the England match didn't seem to affect numbers too much compared with previous years.

Don't forget that the race is always held on 4th Wednesday in May, June, July and August.

Andy Quickfall

1. N. Leigh	P&B	32.36
2. A. Buttery O/40	Ross	32.40
3. J. Sutton	B'burn	34.12
4. S. Wilkinson	S'thport	34.37
5. R. Ashworth O/45	S'thport	34.51
6. S. Molloy O/40	Ross	35.52
7. R. Bowker O/45	S'thport	35.53
8. D. Byers O/45	Chesh	36.11
9. P. Boardman O/45	Horw	36.41
10. G. Brandie	Lytham	36.53
VETERANS O/50		
1. (12) R. Davies	Wesh	37.22
2. (28) D. Kershaw	Chorl	39.33
3. (36) J. Spencer	Spect	40.17
VETERANS O/60		
1. (56) P. Bland	Horw	42.45
2. (67) H. Minorczyk	Chorl	44.19
3. (75) G. Large	NVets	46.13
LADIES		
1. (17) D. Wright	WiganP	38.01
2. (22) L. Clough O/40	Chorl	38.54
3. (27) Y. Wyke O/40	Parbold	39.31
4. (34) D. Campbell	Skelm	39.56
5. (38) S. Howard	S'thport	40.27
(88) S. Greene O/50	L'pool	48.02
(96) C. Cutner O/50	Sth'port	50.18

111 finishers

LANGSTRATH FELL RACE
Cumbria
AS/4.5m/1400ft 23.06.10

1. R. Lightfoot	Ellenb	37.46
2. M. Mikkelsen-Barron	Borr	40.18
3. C. Newman	Wharf	40.27
4. P. Cornforth O/45	Borr	41.45
5. R. McGrath	Ellenb	42.55
6. C. Knowles	CFR	43.18
7. D. Barton	Kesw	43.27
8. A. Labram O/40	Eden	43.44
9. N. Ogden O/40	Kesw	43.56
10. G. Pattison	Ellenb	44.11
VETERANS O/50		
1. (22) P. Pearson	Unatt	50.29
2. (34) M. Hind	Borr	54.32
3. (38) D. Gill	DenbyD	58.48
VETERANS O/60		
1. (23) J. Downie	Kesw	50.50
2. (44) C. Clark	Kesw	62.21
3. (45) M. Bridge	Kesw	65.44
VETERANS O/70		
1. (51). Addison	Kesw	84.25
LADIES		
1. (27) K. Cooper	CFR	52.23
2. (29) J. Gillyon	Kesw	52.50
3. (35) A. Wilson	Eden	55.27
4. (37) H. Hodgson O/40	Kesw	58.46
5. (39) S. Brewer	Borr	59.54
(41) K. Clark O/50	Kesw	61.30
(45) M. Bridge O/60	Kesw	65.44
(46) G. Douglas O/45	Eden	69.26
(47) M. Hawley O/50	CFR	70.25

51 finishers

PONTESBURY
Shropshire
AS/3m/1160ft 23.06.10

Pontesbury Fell Race is the fourth race in the Shropshire Hills Summer Series, and took place on a blustery evening, but was nevertheless extremely warm. 85 runners lined up, ran the obligatory once around the field, and then charged on up the hill. Steven Cale came back down in first place with Jon Bowie second and Tim Werret third. Mel Price took the first place in the ladies' race, followed by Helen Skelton and Ruth Stafford in third place.

Thanks to all who helped at this race, and especial thanks to Alastair Tye, a Mercia member, who turns up, rain or shine, and takes brilliant photographs. See his work at www.fellrunningpictures.co.uk

Pauline and Keith Richards

1. S. Cale	Shrews	18.56
2. J. Bowie	Trismart	19.21
3. T. Werrett	Mercia	19.57
4. P. Jones O/40	Oswest	20.03
5. I. Grindley O/40	Wolv/B	20.09
6. M. Marston	Mercia	20.28
7. P. Beeson O/40	Maldwyn	21.44
8. C. Penny O/50	Mercia	21.59
9. N. Share O/40	Wolv/Bilst	22.05
10. G. Jones O/50	Shrews	22.27
(16) B. Dredge O/50	Mercia	23.37
VETERANS O/60		
1. (35) G. Gunner	CroftA	26.07
2. (60) D. Lloyd	Unatt	29.08
3. (68) D. Edwards	Telf	30.14
LADIES		
1. (14) M. Price	Mercia	23.15
2. (25) H. Skelton	Newpt	24.58
3. (42) R. Stafford	Mercia	27.10
4. (49) K. Braznell O/50	Unatt	27.55
5. (50) N. Turvey O/50	CroftA	28.03
(72) A. Larwood O/40	Telf	31.42
(77) J. Curtis O/40	Shrop	35.05
(85) P. Richards O/60	Mercia	48.06
JUNIORS		
1. (11) J. Donnelly	Mercia	22.36
2. (27) J. Francis	Shrews	25.30
3. (45) J. Davies	Unatt	27.30

85 finishers

BLACKAMOOR CHASE
South Yorks
BM/6m/1450ft 24.06.10

With Sedbergh Hills looming at the weekend, some of our elite athletes did not attend, but 171 runners completed the 23rd running of the Blackamoor Chase, including Russell Ashmore, who has the unique distinction of running every single Blackamoor, although he admits the race seems to be longer than it used to be.

The Blackamoor begins with a long and demanding climb, but this is followed by a very enjoyable fast and flattish section along the top of the moor and through the woods. This ends with a steep and tricky descent to the Stepping Stones across Blacka Dike and then there is the long haul back to the top before the final descent. The ground was so hard and unforgiving that road shoes would have been perfectly OK (except possibly for a couple of sharp descents) - not the smallest

patch of mud to be seen.

Aidan Linskill went off quickly, no doubt concerned about the threat of his fellow Totley runner, Antony Moss, but was overhauled by Pete Hodges on the first climb However, he managed to hang on to an excellent second place with Antony coming in fourth.

First female was Jenny Horne closely pursued by Hazel Tant, only 4 seconds behind - it must have been quite a race. Pippa Weir, women's captain, came in third place and was first FV50 - an excellent performance.

The runners were in dire need of rehydration at the end. Fortunately, the race starts at the Cricket Inn, and the Crown is only a couple of hundred yards away. As Pete Hodges had to be shouted from the pub to collect the first prize, beer is obviously the rehydration of choice for the serious athlete.

Thanks very much to all the volunteers (and those I rounded up) -marshals, race registration, results, finish funnel, car parking etc -and particularly to Richard Snowden and Don Longley - for making the Blackamoor run without a hitch. See you all again next year.

Richard Smith

1. P. Hodges	DkPk	42.07
2. A. Linskill	Totley	43.20
3. A. Wainwright O/40	Unatt	44.27
4. A. Moss	Totley	44.52
5. C. Egdell	DkPk	45.00
6. E. Gamble O/40	Chesh	45.23
7. C. Bannister O/40	Unatt	45.29
8. M. Stenton O/40	DkPk	45.55
9. K. Doyle	Kimber	47.06
10. A. Williams O/40	Unatt	47.20
VETERANS O/50		
1. S. Storey	DkPk	48.00
2. J. Turner	Sheff	49.08
3. K. Holmes	DkPk	49.44
VETERANS O/60		
1. M. Cochrane	DkPk	51.43
2. N. Oxley	Unatt	53.59
3. R. Hopkinson	DkPk	59.38
LADIES		
1. J. Horne	Sheff	53.27
2. H. Tant	Spook	53.41
3. P. Weir O/50	Totley	55.08
4. A. Higgins O/40	FBoys	55.30
5. C. Howard	Totley	55.51
J. Nolan O/40	DkPk	58.27
K. Reece	Unatt	62.11

171 finishers

AGGIE'S STAIRCASE
Lancashire
AS/4.0m/1200ft 24.06.10

Just as last year, this year's race was accompanied by perfect weather, sunny and dry, with a gentle breeze to cool the runners. A smaller field of 126 runners took to the hills above Darwen.

The senior men's race was not as closely contested as last year, with local runner Paul Thompson crossing the finish line in 29.48, a whole minute clear of second place Alex McVey. In third place by just 15 seconds was another local runner, Carl Steele. Roger Taylor took the first V40 honours finishing in fourth place overall. Yet another Darwen based runner, Neil Holding, had a storming run to take the V50 title in seventh position overall. V60 honours went to Barry Crewdson, making a good start to his racing comeback in the higher age group.

The ladies' race was a much closer contest with only 20 seconds dividing the first 3 runners: Robyn Anderson, Debbie Campbell, and Nichola Wood. Jacqueline Shaw added to the success for local runners by taking the FV40 title, with Elizabeth Rocke comfortably winning the FV50 class.

In the junior race Nathan Milligan was first placed junior man in 37th position overall, with Mark Brown taking second. Molly Broome took the junior ladies' title in front of Alana GrundY.

As last year, the team prizes went to: Accrington Road Runners for the ladies, with a team made up of Nichola Wood, Lisa Boyle, and Kaye Callaghan; for the men, Clayton Harriers with Paul Thompson, Carl Steele, Mark Nutter, and David McMullan counting.

Thanks to all the marshals and helpers.

George Thompson

1. P. Thompson	Clay	29.48
2. A. McVey	Kestrel	30.49
3. C. Steele	Clay	31.04
4. R. Taylor O/40	Prest	31.09
5. A. Fleet	CaldV	31.14
6. C. Pender	Newb	31.41
7. N. Holding O/50	WPenn	31.59
8. M. Crosby O/40	Altrinch	32.10
9. G. Morris O/40	Accring	32.13
10. G. Fleet O/40	Sadd	32.23
VETERANS O/50		
1. (7) N. Holding	WPenn	31.59
2. (24) D. Kelly	Ross	34.21
3. (26) P. Thompson	Clay	34.33
VETERANS O/60		
1. (69) B. Crewdson	Unatt	39.30
2. (80) P. Garner	Unatt	40.52
3. (104) R. Chappell	Clay	44.43
LADIES		
1. (50) R. Anderson	Prest	37.52
2. (53) D. Campbell	Skem	38.02
3. (57) N. Wood	Accring	38.12
4. (65) J. Shaw O/40	Darwen	39.05
5. (71) L. Boyle	Accring	39.45
(74) B. Thompson O/40	Clay	39.57
(110) E. Rocke O/50	Corby	45.17
(122) J. Guest O/50	Sadd	49.06

125 finishers

ELDWICK GALA
West Yorks
BS/3m/550ft 26.06.10

A total of 76 runners turned out for the 2010 Race, despite a British and English Championship race going on up at Sedbergh.

A great win for Tom Adams in the men's race with over a minute on second and third places, Gareth Hird and Colin Walker.

The fastest lady was Ruth Whitehead (mainly because her mum and dad were marshalling!!), followed by team mate, Marisol Carrera Vivar, who took the female vet prize.

Once again, the weather was excellent leaving the runners to enjoy a leisurely warm-down and partake in the Gala festivities as well.

Bingley took the men's team prize but no club had more than two ladies so we were unable to give away a ladies' team prize.

This year a 1-mile junior race was also held alongside the senior race and attracted nearly 30 runners.

That elusive 20-year-old record is still not beaten and stands at 16:05 – maybe next year.

Dave Stephenson

1. T. Adams	Ilk	17.26
2. G. Hird	Wharf	18.29
3.C. Walker	P&B	18.37
4. A. Brown	Bing	18.43
5. S. Tosh	Ross	19.04
6. M. Archer	Ilk	19.26
7. R. Shaw	Kghly	19.36
8. G. Callan	Bing	19.45
9. S. Webb O/40	ValleyS	19.56
10. D. Alcock	P&B	20.13
VETERANS O/50		
1. (25) J. Verity	StBedes	21.40

2. (32) I. Hill	Bing	23.35
3. (43) D. Lewis	Idle	24.49
VETERANS O/60		
1. (37) D. Weatherhead	Bing	24.09
2. (45) I. Goodyear	Bing	25.00
3. (50) B. Lerner	StBedes	25.30
LADIES		
1. (28) R. Whitehead	Bing	22.55
2. (38) M. Vivar O/40	Bing	24.12
3. (41) L. Crosland	Kghly	24.44
4. (48) J. Willingham	StBedes	25.20
5. (58) C. Smith O/40	Ilk	27.07
(63) S. Morley O/50	Ilk	28.03
(68) J. Marshall O/50	AireV	29.38
Juniors Boys (no girls ran)		
1. G. Weight (U16)	Bing.	20.36
2. S. Richards (U18)	Pendle	20.39
3. D. Voilson (U16)	Wharfe.	26.52

75 finishers

SEDBERGH 3 PEAKS
Cumbria
AS/4.1m/1663ft 26.6.10

On a backdrop of sun drenched hills the Sedbergh 3 Peaks was released into action on Saturday. The women's race unfolded on the Gandhi's slipper like turf. O. Walwyn was first to conquer the summit of Winder and looked odds on to claim the crown. However, P. Maddams had other ideas. Using her climbing skills she accelerated up to the highest altitude and never looked back to win comfortably by a over a minute on her closest rival.

The heat took its toll on many competitors and the men huddled like sheep looking for any shade they could. Unfortunately a lady competitor was escorted away in an ambulance suffering from heat exhaustion, thankfully she made a full recovery.

The men set off later than advertised wearing very little. Tim Davies took the race on from the very start and passed through the summit of Winder and Arant Haw unchallenged. He took a decidedly different route of Crook and the chasing pack consisting of R. Hope, Andrew Davies, Stuart Bond and Matthew Speake sensed they could reel him back in. To no avail though and it was Tim Davies who came in clear of the pack in 31:59.

Local prizes went to Carl Bell of Howgill and Mel Hyder of Sedbergh School.

Jon Richardson

1. T. Davies	Mercia	31.59
2. R. Hope	P&B	32.20
3. A. Davies	Mercia	32.27
4. S. Bond	DkPk	32.36
5. M. Speake	DkPk	32.38
6. R. Simpson	Dees	32.45
7. D. Kay	P&B	32.49
8. L. Taggart O/40	DkPk	32.57
9. D. Hope	P&B	33.03
10. I. Holmes O/40	Bing	33.12
VETERANS O/50		
1. (49) S. Oldfield	CaldV	37.05
2. (54) M. Wallis	Clay	37.18
3. (55) M. Johnson	Bowl	37.24
VETERANS O/60		
1. (82) B. Grant	Hgate	39.15
2. (105) M. Walsh	Kend	40.59
3. (125) J. Holt	Clay	42.33
VETERANS O/70		
1. (193) N. Bush	Ilk	48.28
2. (201) R. Bell	Amble	50.35
3. (212) F. Gibbs	Bing	53.21
LADIES		
1. P. Maddams	Kesw	37.54
2. C. Whitehead	Cosmic	39.09
3. P. Walwyn	Altrinch	39.12
4. A. Lupton	Rad	39.28
5. L. Jeska	Tod	39.51
(14) J. Jepson O/40	DkPk	42.17
(17) A. Raw O/45	Bing	43.09
(19) G. Myers O/50	Wharf	43.26
(27) K. Wallis O/50	Clay	46.11
(59) L. Lyness O/60	BarrF	49.56
(81) L. Lord O/60	Clay	55.09

235 finishers

Photo © Pete Hartley

John Nicoll (Keswick AC) at Sedbergh 3 Peaks

CHROME HILL
Derbyshire
BS/4m/700ft 26.06.10

2009 looked like it may be the last time the Chrome Hill Fell Race would be run as part of the Hollinsclough School Fete. The event looked doomed, as the school roll fell to just 5 pupils, but the school battles on and so in early May it was agreed that the school fete and so the fell race would go ahead. Sadly, the late announcement had a significant impact on race entries, with only 11 hardy souls setting out on a scorching afternoon. Even with such a small field competition was fierce and the overall winner, Joe Nuttall finished in a fantastic time, 33.40 (not far short of the course record). As no ladies started there was no first lady to finish. First local was 14 year old George Dennison who disgruntled some of the move mature locals with his finishing time of 43.00 in his first fell race.

A great event that will be on again next year - 25 June 2011 - put it in your diary.

1. J. Nuttall	Penn	33.40
2. S. Storey O/50	DkPk	35.23
3. P. Abbott	LongE	37.42
4. G. Pettengell O/50	MCop	42.07
5. A. Howie O/50	Penn	42.08
6. G. Dennison	Unatt	43.00
7. C. Russell O/60	Mat	43.40
8. H. Torn	Unatt	44.30
9. C. Bostock O/50	LongE	45.36
10. S. Burt	Unatt	47.23

11 finishers

LANGLEY FETE FELL RUN
Cheshire
BS/2.9m/650ft 27.06.10

In its second year, the Langley Fete Fell Run increased in popularity despite an England world cup football match. The weather proved very warm especially for the steep climb up Tegg's Nose hill but this did not stop course records being set by both male and female winners, Simon Bailey and Tessa Montague.

Thank you and congratulations to all who took part, a great turn out from Wilmslow Running Club, and hope to see even more taking part next year. Finally, thank you to all the help from members of the Macclesfield Harriers and Athletics Club.

Sophie Kirk

1. S. Bailey	Mercia	18.13
2. M. Fowler O/40	Wilms	19.51
3. T. McGaff O/50	Wilms	21.06
4. J. Noakes O/40	Maccle	21.20
5. J. Mooney O/50	Maccle	22.24
6. S. Dempsey O/40	Wilms	22.53
7. T. Hulme O/60	Wilms	23.02
8. R. Gilbert O/40	Wilms	23.20
9. A. Watts O/60	Wilms	23.38
10. D. Bullough O/50	Wilms	24.25
(21) I. Ashcroft O/60	Wilms	27.02
LADIES		
1. (13) T. Montague O/40	Maccle	25.08
2. (14) L. Rudd	Wilms	25.13
3. (18) C. Hawkes O/40	Wilms	26.41
4. (20) K. Sutton O/40	Wilms	26.51
5. (23) P. Hinke O/50	Wilms	27.34

47 finishers

MOELY GAMELIN
Clwyd
AM/9.5m/2380ft 27.06.10

There were 52 runners, 20 lower than last year, maybe due to the fact the British and English championship race held the day before. This race always seems to be held on very hot days but does have the luxury of water stations at the two road crossings, which were much appreciated.

Jon Bowie, a local triathlete, ran well to beat second placed Jez Brown by just under a minute, who raced hard on the downhill finish to beat third placed, Neil Parry by just two seconds.

First lady, Andrea Rowlands, who finished 9th overall, just failed to beat the coming record by 43 seconds, a great run on such a hot day. Second lady was Sophie Lovell, who travelled from Leeds to run this tough 9 mile race. Local lady, Laura Beston, was third.

One of the outstanding runs of the day must have been that of 67 year old Don Williams, 16th overall in 95.13

Peter Norman

1. J. Bowie	Tris	1.16.39
2. J. Brown	Buckley	1.17.36
3. N. Parry	Clwyd	1.17.38
4. S. Roberts O/40	Buckley	1.24.46
5. G. Flecher O/45	Mald	1.27.31
6. G. Farlam O/50	EllesP	1.27.31
7. S. Jones O/40	Clwyd	1.29.21
8. P. Agnew O/45	Clwyd	1.29.44
9. A. Rowlands	Eryri	1.30.04
10. D. Boothroyd O/45	Buckley	1.32.24
VETERANS O/50		
1. (6) G. Farlam	EllesP	1.27.31
2. (24) K. Rowlands	Clwyd	1.43.05
3. (32) P. Murphy	Darwen	116.17
VETERANS O/60		
1. (16) D. Williams	Eryri	1.35.13
2. (31) A. Robertson	Helsby	1.45.59
3. (34) E. Davies	Eryri	1.47.38
LADIES		
1. (9) A. Rowlands	Eryri	1.30.04
2. (14) S. Lovell	Leeds	1.33.14
3. (15) L Beston	WChesh	1.35.03
4. (25) J. Henderson	Unatt	1.43.06
5. (29) S. Rowlands O/40	Clwyd	1.44.46
(39) J. Jarvis O/45	Oswest	1.49.31+

52 finishers

NORTH DEVON MARATHON
North Devon
BL/26.2m/3382ft 27.06.10

June 27th saw the running of the inaugural North Devon AONB Marathon and Half Marathon. The race was organised to raise money for North Devon Hospice, as well as to coincide with the 50th anniversary of this part of the North Devon coastline being designated an 'Area of Outstanding Natural Beauty'.

The course was extremely tough with 2,500 ft of climbing in the half marathon and 4,000 ft of climbing in the marathon. The weather on the day was glorious with hot sunshine and temperatures topping 26ºC! The route followed extensive sections of the south west coast path with magnificent views over the beaches and sea around Croyde, Woolacombe, Saunton, Putsborough, Woolacombe and Lee. A total of 370 runners took part including entrants from as far away as Sweden, USA, South Africa and Australia, who had all come to enjoy the unique beauty of this race. 245 runners completed the half marathon, while 135 brave souls tackled the immense 26.2 mile challenge. In amongst the category winners, it was excellent to see a strong local presence, with Peter Hockin and Vicky Skelton the first man and women to complete the marathon.

All the runners commented on how well the race was organised, especially as it was a first-time event, and the standard of marshalling and refreshment stations was outstanding. The scenery was also a massive hit with the entrants, with many commenting that they couldn't think of a better location with great variety in the scenery and stunning coastal vistas that made all that hard work worthwhile!

Once sponsorship has been collected, it is hoped the race will have raised around £10,000 for North Devon Hospice. Such was the popularity of this first-time event (which sold out weeks before the race), that a date has already been set for next year - Sunday 26 June 2011. Runners can register for this race immediately by calling the North Devon Hospice fundraising team on 01271 347213 or email emmalowe@northdevonhospice.org.uk.

Leo Cooper

1. P. Hockin O/45	Bidef	3.34.54
2. N. Bailey	Unatt	3.39.12
3. B. Brown O/40	ECorn	3.42.03
4. R. Hayes O/40	Teighb	3.48.03
5. P. Rigler	NDevon	3.50.16
6. V. Skelton O/40	NDevon	3.50.46
7. B. Morley O/40	Weston	3.53.08
8. A. Mansfield O/40	NDevon	3.54.08
9. C. Taylor O/50	Watford	3.54.53
10. M. Hales O/45	NDevon	3.57.42
VETERANS O/50		
1. (9) C. Taylor	Watford	3.54.53
2. (21) B. Pentland	Ports	4.14.12
3. (27) D. King	Orping	4.18.26
VETERANS O/60		
1. (16) P. Lockett	Newq	4.03.10
2. (95) R. Chivers	Unatt	5.20.04
3. (103) R. Biggs	100MC	5.25.58
VETERANS O/70		
1. (69) R. Bennett	Tavist	4.54.47
2. (132) R. Wilson	100MC	6.42.35
LADIES		
1. (6) V. Skelton O/40	NDevon	3.50.46
2. (24) N. Golunska	Ports	4.15.11
3. (25) M. McLachlan O/40	Unatt	4.16.52
4. (33) S. Wheaton	Unatt	4.24.15
5. (35) L. Westcott	Springf	4.32.42
(46) J. Mills O/60	Launcest	4.40.02
(62) J. Gemmill O/50	Springf	4.49.58
(77) A. Dougal O/55	Wimb	5.00.34
(102) G. Little O/60	100MC	5.25.58
(134) P. Seabrook O/70	Finch	7.21.17

135 finishers

NORTH DEVON HALF MARATHON
North Devon
CL/13.1m/1355ft 27.06.10

1. T. Kenderdine	Hales	1.25.33
2. T. Reed O/40	Unatt	1.32.42
3. K. Reed	Unatt	1.34.48
4. S. Antell	Unatt	1.35.36
5. R. Joules	Unatt	1.37.12
6. M. Rutherford	Kesw	1.41.05
7. V. Sesto	Lyming	1.42.10
8. E. Dennis	NDevon	1.43.29
9. A. Phimister O/45	NForest	1.45.17
10. S. White O/55	NDevon	1.48.14
VETERANS O/50		
1. (10) S. White	NDevon	1.48.14
2. (11) D. Griffiths	Unatt	1.49.03
3. (41) J. Lockett	Maiden	2.04.39
VETERANS O/60		
1. (79) B. Cameron	Poole	2.17.55
2. (119) D. Austin	MountsB	2.29.08
3. (157) D. Pinney	Unatt	2.36.11
VETERANS O/70		
1. (210) C. Poole	B'burn	2.57.30
2. (231) D. Burgess	NForest	4.01.26
LADIES		
1. (7) V. Sesto	Lyming	1.42.10
2. (8) E. Dennis	NDevon	1.43.29
3. (12) A. Leal	NDevon	1.49.39
4. (15) R. Terribile O/40	NDevon	1.53.00
5. (20) J. Morgan O/40	Unatt	1.55.14
(55) C. Lockett O/50	Maiden	2.09.17
(82) M. Kirk O/60	NForest	2.19.43
(108) S. Moore O/50	WRN	2.25.06
(232) G. Ryan O/60	NForest	4.01.40

241 finishers

ULLSWATER COUNTRY FAIR -ARNISON DASH
Cumbria
AS/2m/1000ft 27.06.10

This year Ullswater Country Fair was again proud to host three junior fell races as well as its annual senior fell race. These races attracted over 120 runners ranging in age from 6 to over 60 from all over northern England and saw several of the records broken. Nine local children from

Glenridding and the surrounding area also competed in the fell races and did really well.

The senior race is an annual fixture in the fell racing calendar and 43 runners took part this year and completed the two mile course which goes up and down Arnison Crag and involves 1000ft of climbing. The first runner back was Lloyd Taggart. He was also first male over 40. The first lady home was Jackie Lee in 17.37, just one second outside the 2003 ladies' record set by Nicola Davies.

The first lady over 40 was Kath Aubrey and first male over 50 was Peter Thompson, who was in 14th place overall. Three local runners took part and the first one back across the finish line was Daniel Ridehalgh from Patterdale Hotel in a time of 19.43. Six juniors also competed in the senior race (having already run their own races) and five of them finished in the top ten. The prizes were sponsored by Catstycam Outdoor Shop in Glenridding.

This year the Country Fair hosted the English Junior Uphill Championships for the third time, but this year they were also part of the overall junior championships. These are challenging, uphill only courses and provided a real challenge for the youngsters taking part but they excelled and set a whole host of new records.

64 runners aged under 12 and under 14 ran the demanding 0.75 mile which may have been short in distance but they climbed 240 metres. Seth Waterman was first home to win the under 12s' gold medal and Elizabeth Greenwood was first girl in a record time of 9.43 and 5th position overall. Lee Bell from Hartsop also ran in the under 12s' race for the first time. He smiled all the way up and finished in a time of 11.15.

Max Wharton won the under 14s' race in a time of 8.01 and set a new record and Hannah Bethwaite finished in a time of 9.09 and set a new under 14s' record for the girls. Two local boys also ran in the under 14s' race. Jack Pollock from Glenridding was first local back in 10.24 (24 seconds faster than last year) and Kieran Dawes wasn't far behind in a time of 10.46.

The under 16s' and under 18s' course was 0.85 miles with 315 metres of climbing and attracted 33 runners. Anthony Dalton won the gold medal and set a new record of 10.49. First girl home was Shannon Johnson, also in a record time of 13.09. The prizes were sponsored by Catstycam Outdoor Shop in Glenridding, Sharmans of Glenridding, Patterdale Village Store and Pete Bland Sports.

The under 8s' and under 10s' race attracted 25 runners. There was also a special visitor as Sammy the Squirrel from Ullswater Steamers arrived in time to start the under 8s' and under 10s' race and the runners must have been quick off the mark as there were new records in all the races. In the under 8s' race Paul Harrison set a new course record of 2.46. First girl home was Elphina Waterman in 3.47 - a new girls' record. Local children also did very well, with Molly Scrivens of Glenridding being third girl home in a time of 4.01 and Millie Castles finishing in 4.33.

The under 10s' race also saw a new record with Joshua Newbold crossing the finish line in 2.25, closely followed by Jacob Aubrey and Arran Horne. First girl home was Esme Pearse in a new record of 3.06. Nimah Scrivens from Glenridding was first local girl in 3.49, followed closely by Raven Alam and Brooke Bell in 4.28 and 4.29.

The winners of the under 8s' race received a family ticket for Ullswater Steamers and a Sammy the Squirrel mascot. The winners of the under 10s' race won a weekend's family camping at Side Farm Campsite in Patterdale. The local children won a voucher to spend in Catstycam Outdoor Shop.

Christine Kenyon

1. L. Taggart O/40	DkPk	13.55
2. T. Doyle	HelmH	15.20
3. T. Sessford	Kghly	15.38
4. W. Smith	Wharf	15.57
5. D. Sargent O/40	Eden	16.20
6. M. Wharton	CaldV	16.26
7. J. Willis	Unatt	16.28
8. K. Edwards	Kghly	16.40
9. G. Pattison	Ellenb	16.44
10. P. Harrison	Border	16.58
VETERANS O/50		
1. (14) P. Thompson	Clay	17.50
2. (15) M. Prady	Unatt	18.06
3. (29) J. Varley	Fellan	22.07
VETERANS O/60		
1. (35) R. Hall	Wharf	23.17
LADIES		
1. (13) J. Lee O/40	Eryri	17.37
2. (27) K. Aubrey O/40	HelmH	21.41
3. (31) B. Thompson O/40	Clay	22.14
4. (34) C. Beever-Reid	Unatt	23.07
5. (36) F. Summerfield O/40	Unatt	23.20

JUNIOR RACES
Under 8s and Under 10s - 0.4m/180ft

The Under 8s and Under 10s ran a 0.4 mile course which started with a lap of the show ring and then climbed 55 metres to the top of the Hag, at the bottom of Arnison Crag. There were 25 runners altogether and they all did very well. It was a record year for records!

Paul Harrison and Elphina Waterman both set new records in the under 8s' race and Joshua Newbold and Esme Pearse also set new records in the under 10s' race. Congratulations to everyone! It was also brilliant to see five children from Patterdale CofE School running in the race. The race was started by Sammy the Squirrel from Ullswater Steamers who sponsored the race.

Boys under 8		
1. P. Harrison	Border	2.46
2. S. Johnstone	Wharf	3.31
Girls under 8		
1. E. Waterman	Holmf	3.47
2. J. Atkinson	CFR	3.51
Boys under 10		
1. J. Newbold	Wharf	2.25
2. J. Aubrey	HelmH	2.29
Girls under 10		
1. E. Pearse	B'burn	3.06
2. S. Warhurst	Penn	3.14

Under 12s and Under 14s - 0.75m/780ft

There were 64 runners in the Under 12s' and under 14s' race which was a challenging uphill race of 0.75 miles with 240 m of climbing. This really was uphill, but the enthusiasm on the start line was fantastic. They were definitely eager to be off! The course started with a lap of the show ring and then climbed up the Hag onto the path up Arnison Crag. And the runners had everything - slippery, grassy slopes; rocky terrain; narrow gullies.

Well done to all the medal winners and everyone who finished. There were a plethora of new records and some closely contested sprints for the finish line which caused some challenges for the finish line marshals and the results team. We have done our best.

Gold medal winner in the under 12s was Seth Waterman in an excellent time of 8.54 and the golden girl was Elizabeth Greenwood in new record of 9.43 and 4th place overall.

The under 14s' race also saw two new records. Max Wharton won the gold medal in record time of 8.01, only two seconds in front of Jack Willis. Bronwen Owen was first girl home to collect her gold medal in a time of 9.09 – 9th place overall and another record.

The race was sponsored by Sharmans of Glenridding, Catstycam Outdoor Shop and Village Shop – thank you. Hope you all enjoyed your run and that we will see you next year.

Boys under 12		
1. S. Waterman	Holmf	8.54
2. C. Richards	HelmH	9.20
Girls under 12		
1. E. Greenwood	B'burn	9.43
2. P. Howe	Horw	10.19
Boys under 14		
1. M. Wharton	CaldV	8.01
2. J. Willis	Unatt	8.03
Girls under 14		
1. B. Owen	Scarb	9.09
2. A. Mason	W'field	9.37

0.85m/1025ft (English U16 and Under 18 English Championship)

There were 33 runners in the Under 16s' and under 18s' race which was a challenging uphill race of 0.85 miles with 315m of climbing. It might be a short race but it really is uphill and very challenging. The course started with a lap of the show ring and then climbed up the Hag onto the path up to Arnison Crag to finish on the knoll just to the east of Arnison Crag. And the runners had everything - slippery, grassy slopes; rocky terrain; narrow gullies.

The gold medal winner for the under 16 boys was Anthony Dalton in a new record of 10.49. First girl and gold medal winner for the under 16s was Shannon Johnson in a record time of 13.09.

The under 18s' gold medal winner was Billy Pinder in a new record of 10.37 and the first girl home to collect her gold medal was Rachel Jefferson in 13.29.

Well done to everyone and good luck in the Championships. We hope you enjoyed your race and hope to see you next year.

Boys under 16		
1. A. Dalton	Ross	10.49
2. K. Edwards	Tam	11.04
Girls under 16		
1. S. Johnson	Leigh	13.09
2. K. Woods	York	13.26
Boys under 18		
1. B. Pinder	Skipt	10.37
2. A. Bateson	L&M	10.40
Girls under 18		
1. R. Jefferson	Warring	13.29
2. N. Jackson	Prest	14.23

CRONKLEY FELL RACE
Co Durham
BM/10.5m/1752ft 27.06.10

Seventy four runners took part in the re-introduced Cronkley Fell Race in majestic Upper Teesdale, organised by Durham Fell Runners, which began from the Strathmore Arms in Holwick recently on a very warm and sunny day. The race was started in traditional fashion by the Landlord of the hostelry blowing that age-old Teesdale musical instrument, the Vuvuzuela, watched by a small crowd of helpers, residents and bemused visitors.

The race, which is a simple 'out and back' course of 10.5 miles and which includes 1750 feet of climb, saw a leading pack of runners begin to string out as the race moved onto the fell proper after about three miles. The 'sting in the tail' which the organisers had forgotten to mention in any great detail before the race began, was that competitors needed to reach the mid-way check point which was on an island in the River Tees, guarded by DFR's new club mascot, Samuel the 1.5 metre inflatable green crocodile. In the event, all the runners seemed to welcome the opportunity to go for a refreshing paddle in the river, notwithstanding the (inflatable) dangers which lurked nearby.

Will Horsley was a clear winner in the men's category, finishing two minutes ahead of the next runner, all the more impressive as Will managed only one hour's sleep the night before, parked in a lay-by on the A66 having helped a friend complete a successful Bob Graham Round the previous day - a stunning achievement on one hour's sleep! Equally impressive was the new ladies' course record set by the first lady finisher - Pippa Archer, who shaved five minutes off the previous fastest time to finish in 1.34.00 and in 20th place overall. Durham Fell Runners were the first men's and ladies teams to finish. The Landlady of the Strathmore Arms also presented a trophy to be held for a year by the first local Holwick runner to finish. Jennie Lee demonstrated noteworthy skills to claim the prize and a membership form for DFR will shortly be dropping through her letter box.....!

After the race the sweaty men, gently glowing ladies and all the returning marshals and helpers were able to rehydrate and refuel due to the proximity of the Strathmore Arms and the chip butty provided by the Farmhouse Kitchen as part of the race entry before departing to watch a somewhat less uplifting performance by professional sportsmen 'performing' in another sunny country!!

All profits from the race will be split equally between Upper Teesdale Agricultural Support Service and Middleton in Teesdale Primary School, in addition a collection was made for Teesdale and Weardale Search and Mountain Rescue Team who provided cover for the race.

Thanks are due to the team and all DFR members, friends and families who helped make the race a success through helping out, marshalling, results and numerous other behind the scenes activities, together with the sponsors of the race who provided the prizes, the Earl of Strathmore for allowing the race to take place and the Strathmore Arms and Farmhouse Kitchen in Holwick for providing facilities and refreshments.

Patrick Bonnett

1. W. Horsley	NFR	78.46
2. L. Grant	Unatt	80.53
3. J. McCready O/40	Durham	83.24
4. J. Blackett O/40	DkPk	85.05
5. M. Diamond	Army	85.57
6. N. Cassidy O/50	Tyne	87.17
7. C. Edis	Kesw	88.34
8. M. M. Mallen O/50	Durham	89.05
9. C. Winter	NFR	89.22
10. R. Collins O/40	Tees	89.32
(14) D. Armstrong O/50	NFR	91.30
VETERANS O/60		
1. (29) M. Henry	Alnwick	101.14
2. (34) L. Stephenson	Kend	105.52
3. (49) G. Fraser	AllenV	116.05
LADIES		
1. (20) P. Archer	Durham	94.36
2. (25) S. Lister	Durham	97.20
3. (33) S. Mitchell O/40	NFR	104.38
4. (37) N. Mason	Elvet	106.54
5. (38) B. Law	Eryri	107.56
(42) M. Ridley O/40	Durham	109.45
(63) B. Peberdy O/50	Alnwick	122.40
(57) R. Fletcher	NFR	130.23

73 finishers

LOUGHRIGG & SILVER HOWE CHASE
Cumbria
AM/8.5m/2530ft 27.06.10

1. G. Jones	NFR	1.20.02
2. P. Dugdale O/40	Kend	1.20.23
3. R. Stones	HelmH	1.21.11
4. C. Waters	Amble	1.22.24
5. S. Swarbrick	Bowland	1.26.46
6. C. Robinson	Unatt	1.27.49
7. S. Freeman O/40	Amble	1.27.58
8. P. Knowles O/40	Amble	1.28.28
9. J. Tyson	Amble	1.33.23
10. G. Thomas O/40	Kend	1.33.57
VETERANS O/50		
1. (12) P. Pearson	Saltw	1.35.18
2. (14) P. White	Amble	1.35.52
3. (17) A. Miller	Kend	1.36.51
VETERANS O/60		
1. (23) S. Brister	Matlock	1.45.22
2. (42) M. Walsh	Lytham	2.09.11
3. (43) J. Summerville	Holmf	2.16.57
LADIES		
1. (21) E. Dugdale O/40	Kend	1.42.51
2. (24) K. Ayres O/50	Amble	1.48.57
3. (29) B. James	Unatt	1.54.45
4. (35) S. Schofield O/40	Borr	1.56.14
5. (36) D. Pelly O/50	Amble	1.56.20

48 finishers

EDDIES REVENGE
Lancashire
AS/3.8m/1060ft 30.06.10

Good weather continued for the fourth running of this tough race on the moors above Shaw near Oldham. The first climb seems to go on forever and the pace increases as you swoop down before the next long climb up to the trig point. This is followed by paths and trails to the steep descent which just leads to the sting in the tail. Back up past the finish and round the top of the quarry before flying down to the waiting drinks and goody bags.

Our sponsors, Up and Running, not only supplied prizes, numbers and goody bags but also the race winner. Ben Fish, manager of the Manchester store who had a good lead on the field but the next six runners all finished within 23 seconds!

The ladies' race was also closely contested with Ginny Willey from the host club, fighting back from injury, just clinching it from Sarah Yeomans and Davina Raidy.

Great support from club members and friends, local scouts and OMRT made the event a success and we made a substantial donation to Deafblind UK.

Our free entry for a homemade cake was better than ever with about ten being used in the cafe and raffle.

Check out the last Wednesday in June next year.

John Cox

1. B. Fish	B'burn	24.28
2. P. Bolton	Ross	26.18
3. E. Gamble O/40	Chesh	26.30
4. R. Lindsay	Middle	26.31
5. S. Willis O/40	Sadd	26.32
6. J. Meyfroidt	HelmH	26.40
7. A. Fleet	CaldV	26.41
8. A. Dalton	Ross	27.06
9. M. Taylor	Unatt	27.45
10. S. Ford	Ast&Tyl	28.00
VETERANS O/50		
1. 12) S. Williams	NVets	28.11
2. (16) J. Cook	Roch	28.49
3. (21) R. Stott	Ross	29.20
VETERANS O/60		
1. (47) N. Shaw	Roch	33.06
2. (49) N. Harris	Ross	33.29
3. (71) J. Cox	Middle	36.59
LADIES		
1. (48) G. Willey	Middle	33.13
2. (53) S. Yeomans	Ross	34.05
3. (55) D. Raidy O/40	Ross	34.15
4. (59) C. Wightman	Saddle	34.50
5. (64) D. Cartwright	Radc	35.14
(72) A. Rampley O/40	Radc	37.03
(90) K. Williams O/55	NVets	41.35
(91) R. Rowson O/50	Middle	41.49
(92) B. Roberts O/60	Saddle	42.37
(93) E. Royle O/60	Radc	42.53

102 finishers

GRAGG VALE FELL RACE
West Yorkhire
BS/4m/800ft 30.06.10

This is a super little evening race, with all the right ingredients: beer, refreshments, enthusiastic locals, adults and junior races in a lovely village setting. Little Valley Brewery donated 2 polypins of beer brewed in Cragg and most of the prizes. Meanwhile 83 year old local, Doris Hirst, organised a team of village elders to provide all the refreshments.

The junior races kicked off first on undulating terrain alongside Cragg Brook and pocket rocket Thomas Nelson of Calder Valley Fell Runners, was picked to start the adults' race, for his outstanding run in the U10 race.

After a tight start, the 4 mile adult course went steeply uphill on to Erringden Moor, along Dick's lane and back down to the finish at Cragg Gatehouse, via a usually boggy Sunderland pasture and Swan Bank. Recent sunshine had really dried out the course so a very fast time of 27.08 was set by winner M40 Karl Gray, just

outside the course record, closely followed by teammate, Gavin Mullholland and M18 Sean Carey.

First lady was local girl V50, Sue Becconsall, with Claire Hanson finishing second and Claire Duffield third. Being a shorter race meant several youngsters were able to run; M16 James Hall, came a cracking 7th!

Male and Female Team prizes went to Calder Valley runners who had the race in their Championship calendar.

The event was conveniently run from the back of Cragg church and it was gratifying to note that both Church wardens, Ed and Geraint, ran the race!

Several locals and Calder Valley members helped out but, yet again, I am indebted to my husband and three teenagers for the bulk of the race organisation.

See you next year.

Jackie Scarf

1. K. Gray O/40	CaldV	27.08
2. G. Mulholland	CaldV	27.24
3. S. Carey Junior	Tod	28.31
4. T. Black	CaldV	28.33
5. J. Dugdale	Clay	28.42
6. N. Barber	Tod	28.45
7. J. Hall Junior	Wharf	29.22
8. S. Oldfield O/50	CaldV	29.35
9. A. Rhodes-Dawson O/40		Tod 30.09
10. C. Loftus	Kghly	30.11
VETERANS O/50		
1. (8) S. Oldfield	CaldV	29.35
2. (15) R. Crossland	CaldV	31.03
3. (32) D. Collins	Tod	32.52
VETERANS O/60		
1. (52) B. Horlsey	CaldV	36.09
2. (83) G. Large	NVets	39.47
3. (89) R. Hall	Wharf	41.42
LADIES		
1. (37) S. Becconsall O/50		Bing 33.50
2. (48) C. Hanson	CaldV	35.05
3. (58) C. Duffield	Tod	36.29
4. (65) C. Kenny	CaldV	37.25
5. (66) B. Lonsdale	CaldV	37.26
(75) B. Thompson O/40	Clay	38.39
(85) C. Preston O/40	Tod	40.10

106 finishers

HOPE WAKES
Derbyshire
AS/5.9m/1480ft 30.06.10

Pippa Wilkie set a new ladies' course record at winning the ladies' race in 51.50 and taking an impressive 1.25 off the existing record. Clubmate, Stuart Bond, won the men's race in 41.42. This is only the second time the race has been run over the new 5.9 mile route, which incorporates a challenging 1483 feet of ascent.

The fine weather (a little too warm for some, perhaps) attracted a field of 222 – a mixture of serious club runners and enthusiastic locals, the latter ranging from some of Hathersage's 'Fat Boys' to a member of the Hope Valley Topiary Society. The first Hope Valley locals to complete the race were both from Bradwell: Richard Patton finished 7th in a time of 45.10 and Donna Claridge was 126th overall in a time of 60.29. Graham Walton was the first Hope local, finishing in 24th place in an impressive 49.40.

In the boys' junior races the 10-11 category winner was Jake Steade, 12-13 winner was Joel Hulbert and 14-15 winner was Ewan Stannard. Maddie Pearce was the first 10-11 category girl, while Daisy Reed won the 12-13 age group and Charna Johnson came first in the 14-15 race.

Like all fell races, the event was made memorable by the stories of individual competitors whose names didn't necessarily appear near the top of the results sheet. In 19th place was elite class marathon runner, Len Passingham, who finished 162nd in this year's London Marathon. Len was staying with friends in Hope Valley and appeared to relish the opportunity to take part in his first ever fell race, praising the organizers for the smooth running of the event.

But perhaps the loudest applause of the evening was reserved for the oldest competitor, 71 year-old Fred Crossley from Gleadless, Sheffield, who completed the race in a very respectable 90.30.

The race organizers would like to thank this year's sponsors for their support, namely WM Eyres, Outside Mountain Shops and Rab Clothing. Thanks are also due to Watsons for use of their fields for the junior race.

David Wing

1. S. Bond	DkPk	41.42
2. M. Tuckett	DkPk	42.59
3. T. Wild	Macc	43.10
4. T. Hartley O/40	Notts	43.12
5. T. Brunt	Holmf	43.36
6. A. Pead O/40	GoytV	44.10
7. R. Patton O/40	DkPk	45.10
8. L. Banton	Clowne	45.51
9. T. Tett O/50	DkPk	45.55
10. M. Nolan O/40	DkPk	46.33
VETERANS O/50		
1. (9) T. Tett	DkPk	45.55
2. (14) M. Richards	GoytV	48.00
3. (30) J. Mooney	Macc	50.51
VETERANS O/60		
1. (42) B. Blyth	Macc	52.07
2. (52) A. Brentnall	Penn	52.42
3. (63) S. Brister	Mat	53.45
VETERANS O/70		
1. (220) F. Crossley	Unatt	90.30
LADIES		
1. (38) P. Wilkie O/40	DkPk	51.50
2. (90) L. Bland O/45	DkPk	57.24
3. (98) J. Crowson O/45	DkPk	58.13
4. (101) P. Gould	Holmf	58.24
5. (112) S. Clapham O/45	Gloss	58.59
(170) L. Howard O/50	Ret	65.04
(185) A. Dinsmor O/60	Penn	66.43
(201) Y. Twelvetree O/55	Totley	69.55

220 finishers

KIRK IRETON JUNIOR
Derbyshire
30.06.10

UNDER 8s	
1. S. Watts	4.47
2. A. Hobbs	5.27
3. A. Crane	5.28
4. N. Foley	5.39
5. L. Smith	5.42
UNDER 10s	
1. S. Edwards	7.49
2. N. Ford	8.02
3. N. Edwards	8.07
4. E. Smith	8.21
5. E. Croft	9.16
UNDER 12s	
1. M. Cammis Lowe	16.48
2. E. Watson	18.47
3. M. Wainwright	19.42
4. C. Martlew	19.51
5. S. Edwards	20.58

WINSTER
Derbyshire
BS/3.95m/695ft 01.07.10

The race was held as part of Winster Wakes week. It was a warm evening with an early light rain shower. There were 105 starters of all ages. Prizes were awarded for all the normal classes, plus a few for local classes. Three competitors missed a bit of the course resulting in 102 finishers.

The evening finished with a barbeque outside the Olde Bowling Green, and a pop music quiz inside the Olde Bowling Green. I hope to tidy up the prize giving for next year

Frank Mason

1. J. Moody	Notts	23.24
2. J. Lings	Sheff	23.56
3. A.Linskill	Totley	24.42
4. K.Webster O/40	Mat	25.15
5. C. Jeffery	StaffsM	25.30
6. M. Stenton O/40	DkPk	25.55
7. R.Bradbury	Mat	26.15
8. M. Jones	Ripley	26.28
9. R. Bradbury	Unatt	26.40
10. C. Howard	Mat	27.12
VETERANS O/50		
1. (15) D. Wilkinson	DkPk	27.42
2. (23) W. Alves	Totley	29.11
3. (27) R. Hutton	DkPk	29.32
VETERANS O/60		
1. (42) C. Russell	Mat	31.11
2. (51) I. Parfitt	Mat	32.28
3. (63) D. Keegan	Shelt	34.33
LADIES		
1. (31) S. Curtis O/40	Penn	30.04
2. (46) J. Marriott O/40	Shelt	31.35
3. (73) T. Harcus O/40	Winster	36.33
4. (80) T. Brooks O/40	Winster	37.49
5. (83) N. Kuszynski O/50	Mat	38.00

102 finishers

FLAN FELL
Cumbria
BS/1.75m/300ft 01.07.10

After a truly scorching May and June, with no rain for over 50 days, Flan Fell race organisers were looking forward to the course record being broken due to the first fast conditions. Mother Nature had other ideas, with a dowsing on Tuesday and on race night where the humid conditions were accompanied with steady persistent drizzle. However, a record number of 31 competitors competed in the main race to the top of Flan Fell and back. Local host club runners were joined with runners from Kendal, Ambleside, Barrow and Seascale. Considering the slippery underfoot conditions, the course record held by Christ Doyle (10.09 2008) was very nearly beaten by Jed Bartlett in 10.45. Hot on his heels was Mark Saunders, third being Tom Doyle.

First woman home was promising Junior Melanie Hyder, who despite not enjoying the damp terrain improved her 2009 running time

by 27 seconds. Her club mate, Kathleen Aubrey came second, and third Nicola Park.

In the junior race, Jacob Aubrey 10.01 gave Luke Turner a clean pair of heels as he stormed to the finish. Curtis Jackson was third, with first girl, Katie Griffiths, finishing hard behind him. All the Head Hill juniors improved on their times of 2009, an excellent result as last year's race was in perfect conditions compared to 2010's rain.

Thanks were extended to all marshals and volunteers who braved the soggy conditions and helped make the event a success.

Penny Moreton

1. J. Bartlett	Barr	10.45
2. M. Saunders	HoadH	11.03
3. T. Doyle Inter	HelmH	11.07
4. J. Helme	Amble	11.13
5. R. Watson	HoadH	11.18
6. S. Young	HoadH	11.25
7. J. Chadwick O/40	HoadH	11.27
8. J. Filmore Inter	Unatt	11.44
9. M. Vogler	Amble	11.54
10. D. Parker O/40	Barrow	11.59
VETERANS O/50		
1. S. Carr	Unatt	12.09
2. M. Knowles	HoadH	13.05
3. G. Pinder	HoadH	13.07
LADIES		
1. M. Hyder Junior	HelmH	12.19
2. K. Aubrey O/40	HelmH	13.54
3. N. Park	HoadH	17.10
4. C. Ennis	Unatt	22.59
31 finishers		
JUNIORS		
1. J. Aubrey	HelmH	10.01
2. L. Turner	HoadH	10.58
3. C. Jackson	HoadH	11.35
4. K. Griffiths Girl	HoadH	12.05

WHARFEDALE TTT
North Yorkshire
2/3/4.07.10

Over the last 10 years only Ian Holmes has (twice) managed to win all three TTT races to take the Grand Prix title with the lowest possible 3pt score. This year's event saw Sam Tosh of Rossendale join Ian with that perfect 3pt score.

Friday night's uphill road race saw Sam finish well ahead of Leeds City's Chris Needham with Sam Watson from Wharfedale taking third. Bingley junior Gordon Weight was a notable 6th with Aly Raw also from Bingley the first lady home.

Saturday's race was blessed with fine weather throughout and a much closer finish with Sam Tosh triumphing again, this time by a single second from Adam Breaks of Calder Valley. Sam Watson was close behind in 3rd again with Aly Raw again 1st lady home.

Sunday's quick blast up and down the hill behind the event field was potentially trickier than normal due to the sheer volume of rabbit holes in the fields at the start. Fortune favoured the brave 32 runners though as all returned safely behind the unbeatable Mr Tosh. Sam Watson took 2nd place this time with Wharfedale junior James Hall an excellent 3rd. Aly Raw made it a treble of 1st lady home to sew up the ladies' title.

Sam Watson from Wharfedale took 2nd place in the GP with strong finishes in all 3 events, with Andy Jebb from Bingley

A big vote of thanks from the organisers to all landowners, marshals, timekeepers, results crew, breakfast chefs and transport providers, without whom it just wouldn't be possible to run this event.

We hope to see as many as possible for TTT 2011 on the first weekend in July (1st, 2nd & 3rd).

Rick Gilchrist

RACE 1

2.5m/950ft 02.07.10

1. S. Tosh	Ross	18.29
2. C. Needham	Leeds	19.21
3. S. Watson	Wharf	19.33
4. S. Webb O/40	Valley	19.41
5. A. Jebb	Bing	20.46
6. G. Weight U/16	Bing	20.50
7. N. Bourke	Pudsey	21.20
8. A. Preedy	Ross	21.40
9. G. Hodgkinson O/40	CaldV	22.04
10. G. Maynard O/40	Camb	22.18
VETERANS O/50		
1. (15) M. Westman	Bing	24.29
2. (20) K. Denver	Bowl	28.42
3. (23) G. Kaye	Bing	29.59
VETERANS O/60		
1. (16) D. Weatherhead	Bing	25.06
2. (18) B. Duncan	Bing	25.54
3. (25) P. Duffy	NVets	36.18
LADIES		
1. (11) A. Raw O/40	Bing	22.33
2. (14) L.Griffiths	Holmf	24.27
3. (19) K. Aldridge	Camb	25.56
4. (21) S. Dyer O/40	VStr	29.22
5. (22) L. Spencer	Bing	29.34
25 finishers		

RACE 2

AM/12.5m/3000ft 03.07.10

1. S. Tosh	Ross	1.28.32
2. A. Breaks	CaldV	1.28.33
3. S. Watson	Wharf	1.30.46
4. N. Charleswood O/40	Wharf	1.30.57
5. S. Webb O/40	VStr	1.32.09
6. A. Jebb	Bing	1.32.34
7. E. Gamble O/40	Chesh	1.33.33
8. A. Preedy	Ross	1.36.11
9. M. Hurst	Bowl	1.36.26
10. J. Whitaker O/40	Ilk	1.37.00
VETERANS O/50		
1. (14) K. Holmes	DkPk	1.38.29
2. (27) M. Smith	DkPk	1.54.32
3. (29) G. Schofield	Chorl	1.57.11
VETERANS O/60		
1. (26) D. Tait	DkPk	1.53.59
2. (34) I. Goodyear	Bing	2.00.43
3. (36) D. Weatherhead	Bing	2.00.55
LADIES		
1. (20) A. Raw O/40	Bing	1.42.12
2. (28) L. Griffiths	Holmf	1.56.39
3. (31) D. Pelly O/40	Amble	1.59.52
4. (45) K. Aldridge	Camb	2.12.52
5. (50) A. Marks O/40	Bing	2.17.12
59 finishers		

RACE 3

AS/1.5m/500ft 04.07.10

1. S. Tosh	Ross	13.21
2. S. Watson	Wharf	13.50
3. J. Hall U/14	Wharf	13.52
4. A. Jebb	Bing	14.53
5. A. Preedy	Ross	14.59
6. G. Weight U/16	Bing	15.06
7. S. Webb O/40	VStr	15.34
8. D. Rogers O/40	Wlands	16.16
9. C. Whitehead O/40	Witney	16.38
10. A. Raw O/40	Bing	16.45
VETERANS O/50		
1. (14) M. Westman	Bing	17.34
2. (20) A. Hall	Camb	18.38
3. (25) K. Denver	Bowl	20.05
VETERANS O/60		
1. (19) D. Weatherhead	Bing	18.29
2. (22) B. Duncan	Bing	19.46
3. (23) I. Marshall	Camb	19.50
LADIES		
1. (10) A. Raw O/40	Bing	16.45
2. (16) L. Griffiths	Holmf	17.54
3. (26) K. Aldridge	Camb	20.40
4. (31) S. Dyer O/40	VStr	22.59
5. (32) L. Spencer	Bing	23.31
32 finishers		
GRAND PRIX		
1. S. Tosh	Ross	3pts
2. S. Watson	Wharf	8pts
3. A. Jebb	Bing	15pts
4. S. Webb O/40	VStr	16pts
5. A. Preedy	Ross	21pts
6. C. Needham	Leeds	36pts
7. G. Hodgkinson O/40	CaldV	41pts
8. M. Westman O/50	Bing	64pts
9. D. Weatherhead O/60	Bing	71pts
10. G. Maynard O/40	Camb	71pts
LADIES		
1. A. Raw O/40	Bing	41pts
2. L. Griffiths	Holmf	58pts
3. K. Aldridge	Camb	90pts
4. L. Spencer	Bing	112pts

CORRIEYAIRACK CHALLENGE
Fort Augustus, Scotland
Duathlon/17m/2300ft + 26m bike ride
03.07.10

This is Scotlands Toughest Mountain Duathlon and covers 17 miles from Fort Augustus to Garva Bridge climbing 2350ft through the Corrieyairack Pass followed by a 26 mile road cycle to Kincraig.

Stormy weather, strong winds and some heavy showers gave challenging conditions and the athletes had little chance to beat personal bests and course records. Our special thanks go to the Mountain Rescue and Raynet who help to ensure that everyone is safe on the hill section. Importantly all competitors returned with no major injury. The only mishap was one broken rib.

The turnout was exceptional with 472 participants, only 9 'no shows' and £67,000 pledged on the day. The challenge is a key annual fundraising event for Speyside Trust and generates essential funding to support its respite care holiday programme for people with disabilities.

As usual, the Challenge had outstanding local support from volunteer helpers from the communities along the route and from many local businesses who provide a hugely generous prize list for the Award Ceremony who also provide hands on assistance to help organise the event.

Andrew MacKenzie, Speyside Trust Director said:

'Having this local goodwill and support makes all the hard work worthwhile. Participants greatly appreciate the generous hospitality. The Corrie recognised as one of the friendliest events in the country and this generates great loyalty and

support from the competitors.

We are very grateful to Fergus Ewing MSP who is Chairman of Speyside Trust's 'Save the Corrie' Campaign and attended to present the Prizes. Fergus' support has been instrumental in securing financial support from Historic Scotland and the other funding partners. We are also grateful for support from 'GF JOB Contractors'. Last year's emergency drainage work and repairs on the S bends have resulted in a huge improvement to the course for mountain bikers and runners.

Our grateful thanks to all competitors and supporters. McIntosh Plant Hire, Historic Scotland, Alcan Highland, Culachy & Glenshero Estates, Scotland Transerve, Northern Constabulary, Highland Council, Cairngorm MRT, Scottish Water, Kincraig Community Hall Committee, Bothy Bikes, Cairngorm Mountain, Stagecoach, Walkers Shortbread, William Wilsons, Heilan Loos, Raynet, Finlay Binnie, Local GPs & Medical teams,

Angela Orriss

INDIVIDUALS

Men's Duathlon

1. S. MacLeod	3.21.38

Ladies' Duathlon

1. K. Weatherhogg	3.47.33

Men's Mountain Bike

1. P.Kelman	2.57.09

Ladies' Mountain Bike

1. K. Boocock	3.58.10

TEAMS

Men's Duathlon

1. Ochil Hill Runners

Ladies' Duathlon

1. Fife Trotters

Mixed Duathlon

1. Your Late

Men's Mountain Bike

1. Team Visual Soft

CHEVY CHASE
Northumberland
BL/20m/4000ft 03.07.10

With plenty of warm, sunny weather leading up to the event this year and unbelievably dry conditions underfoot, we were predicting fast times. As competitors arrived to register, it was already very warm with clear skies. Visibility was good, but there was quite a brisk wind which cooled competitors down, but also hindered progress in the first half of the race. The Cheviots were looking especially fine, with the green hills and purple heather brilliant in the sunshine.

171 runners started the race. Both registration and kit checking went very smoothly with competitors reminded to carry plenty of fluids. Conditions underfoot were excellent. The heat and headwind on the ascent of Cheviot were the toughest challenges on the day. There were many tired finishers more interested in a cold drink than receiving their split times and event T-shirts! Photos taken at the start and various points on the course were shown and up to the minute results were available on screen in the hostel. The warm weather meant that the lawn was a favourite place to stretch out tired legs and talk about the epic run though the Cheviots; whilst drinking gallons of tea and enjoying the buns and cakes. Congratulations to all who completed the course

Matthew Roberts and Phil Sanderson were battling for first place, with Matthew finally passing Phil on the final stretch into Wooler; the winning time was 3:01:21. In third place was experienced Chevy Chaser John Boyle . Keith Mackay V50 had a strong run to win his category and take 10th place. Gordon Reavley was delighted to win the V60 category. First local runner was Bruce Crombie, who was also placed 8th overall.

The team trophy was again hotly contested with a number of teams in the running victory went to the NFR team of Phil Sanderson, John Duff and David Gunning with 31 points.

Eleanor Hurrell led the women home in a time of 3:51:00. Sue Mitchell crossed the line in second place; she was also the first LV40and Emma Curtis-Smith placed third. Debbie Thompson took the LV50 prize. Pam Brown was a popular winner of the first local lady trophy.

The Chevy Chase would not be possible without all the volunteers who help. This year there were over 30 people marshalling or assisting with safety in the hills, another 30 volunteers were busy at the hostel manning registration, the finish and preparing and serving the teas.

Thanks also to the landowners for supporting our event and allowing us access to the Cheviots.

We are very grateful to Dave Perkins and his Northumberland National Parks Search and Rescue Team, who were busy on the day assisting those with injuries, heat stroke or navigational difficulties. Thanks also to Medic One North East for providing Emergency Medical Technician Support during the day.

We were delighted that Salomon, the Mountain Sports Company, generously agreed to sponsor all the winners' prizes again. Spot prizes were kindly donated by Breeze, Gear For Girls, Start Fitness, The Good Life Shop.

A final thanks to all the Chevy Chasers for supporting the event so enthusiastically, we hope to see you next year on 2 July for the 55th Chevy.

Claire Bagness & Mary Logan

1. M. Roberts	Eryri	3.01.21
2. P. Sanderson O/40	NFR	3.03.36
3. J. Boyle O/40	DkPk	3.06.35
4. A. Horsefield	Gosf	3.08.01
5. A. Kitchin O/40	Loth	3.08.28
6. N. Craine O/40	Eryri	3.08.39
7. A. Fletcher O/40	Berw	3.10.04
8. B. Crombie	Unatt	3.11.37
9. S. Johnson	SShields	3.13.53
10. K. MacKay O/50	SShields	3.14.11
VETERANS O/50		
1. (10) K.MacKay	SSheilds	3.14.11
2. (11) G. Dixon	Morp	3.16.10
3. (21) T. McCall	Norham	3.31.27
VETERANS O/60		
1. (81) G Reavley	LDWA	4.19.25
2. (90) R. Clarke	NYM	4.21.04
3. (99) R. Gray	NFR	4.37.43
LADIES		
1. E. Hurrel	Unatt	3.51.00
2. S. Mitchell O/40	NFR	3.55.09
3. E. Curtis-Smith	FlyFer	4.09.02
4. F. Lowrie	Carneth	4.10.40
5. P. Brown	Wooler	4.24.37
D. Thompson O/50	Kesw	4.35.21

165 finishers

CLIFFHANGER URBAN FELL RACE
South Yorkshire
BS/2.5m/345ft 03.07.10

Great weather for a fast, undulating, urban race along a wooded bank in the centre of Sheffield.

Tim Rutter broke the previous record by 1 second in a close run-in with Stuart Walker. Mick Stenton was first vet home in 3rd place.

Zanthe Wray easily broke the female record to finish in 8th place.

Thanks to all the marshals without whom this would have been possible.

Richard Pattan

1. T. Rutter	Hallam	15.15
2. S. Walker	PudP	15.19
3. M. Stenton O/40	DkPk	15.43
4. C. Stead	NFR	15.44
5. D. Headley	Knaves	16.05
6. G. Hawking	Knaves	16.22
7. B. Johnston	DkPk	16.37
8. G. Schofield	DkPk	16.50
9. Z. Wray	Hallam	16.53
10. G. Irvine	Hallam	17.41
VETERANS O/50		
1. (11) W. Alves	Totley	17.49
2. (20) J. Waller	DkPk	21.09
LADIES		
1. (9) Z. Wray	Hallam	16.53
2. (14) S. McKay	DkPk	18.35
3. (22) F. Khan Marshall	Unatt	23.55

22 finishers

OAKWORTH HALL
West Yorks
BS/5m/650ft 03.07.10

43 runners very much the same as previous. The testing route proved even more of a test for the front runners as a local land owner chose to move a waymarker put out that morning. Luckily, the second group or chasing pack corrected the flag. Everyone found their way home eventually.

Local boxing club had four runners only, one of which had run a fell race before. All finished in good times. Fit lads those boxers.

Charlie Marshall

1. R. Shaw	Kghly	42.14
2. R. Tuddenham O/40	Tod	42.55
3. S. Richards	Pendle	43.17
4. C. Holmes	Wharf	43.42
5. S. Conway	Kghly	44.25
6. P. Smithson O/40	Kghly	44.26
7. M. Sennett	Unatt	44.35
8. J. Butler O/50	Kghly	45.01
9. S. Walton	Kghly	45.05
10. S. McVey O/50	Unatt	46.45
(15) H. Atkinson O/50	Bing	47.48
VETERANS O/60		
1. (27) T. Minikin	Kghly	54.22
2. (37) J. Towers	Ilk	70.40
LADIES		
1. (11) K. Ballentine O/40	Kghly	46.46
2. (16) L. Crosland	Kghly	47.56
3. (17) J. Arkwright	Kghly	48.44
4. (21) Z. Knappy	Kghly	49.37
5. (28) S. Morley	Ilk	54.25

41 finishers

LANGDALE GALA
Cumbria
BS/2m/300ft 04.07.10

Gale force winds and driving rain, possibly the worst conditions in the history of the Langdale

Gala, restricted the visitors and activities - firstly, the new Events tent was blown down, followed by mass panic caused by the Beer tent following suit, but many volunteers soon had it anchored down. The Tombola stand was blown on to the top of the main tent which had also started to collapse! As if by magic, the wind and rain subsided and by mid-afternoon Langdale returned to its more tropical weather.

The fell race had almost a record turnout, swelled by the influx of no less than 20 members of the Serpentine (London) R.C who were in Langdale to attend a wedding.

The course was in perfect condition and offered a truly spectacular setting for the crown who had braved the earlier horrid conditions. A near record 42 runners set off on time and they were led home by the local flying machine, Ben Abdelnoor, in 12.42. In 2nd place was Junior Tom Doyle, and in 3rd place was the first of the London infiltrators, Hugh Torry.

The first lady and 1st junior was Melanie Hyder, followed by another junior, Lauren Munro-Bennett, and in 3rd place Martina Payn.

A Special mention should be made of 1st Vet/O50 Steve Carr, who was 4th overall.

All in all a great event, marred only by the lateness of some entrants (Ben and the local Vicar being the chief culprits!!). This resulted in the organizer, Rod Berry Vet/070, not being able to defend his title. From now on all entries will close at 14 30 hrs prompt.

Rod Berry

1. B. Abdelnoor	Amble	12.14
2. T. Doyle	HelmH	12.43
3. H. Torry	Serp	13.05
4. S. Carr O/50	Unatt	13.56
5. B. Clough	Amble	14.14
6. C. Lescott	Serp	14.21
7. S. Somerville O/40	Unatt	14.42
8. R. Aubrey	HelmH	14.54
9. M. Hyder	HelmH	15.03
10. A. Robbins	Serp	15.04
LADIES		
1. M. Hyder	HelmH	15.03
2. L. Munro-Bennett	HelmH	16.13
3. M. Payne	Kend	17.41
D. Riley O/40	Unatt	23.03
Boys u/14		
1. L. Canning	Kend	10.40
2. J. Walker	Unatt	11.50
Girls U/14		
1. L. Nunwick	HelmH	11.58
2. C. Hodgson	Unatt	15.53
Boys U/12		
1. C. Richards	HelmH	6.45
2. J. Aubrey	Unatt	7.02
Boys U/9		
1. L. Bowness	Unatt	8.30
2. A. Brotherton	Unatt	8.49
Girls U/9		
1. H. Adams	Unatt	11.06
2. S. Garner	Unatt	11.12

CALLOW
Shropshire
AS/5m/2500ft 04.07.10

Well done to 16 Teignbridge Trotters who travelled all the way up from Devon to swell the numbers of Shropshire's 9th Callow race. Thankfully, it was much cooler this year than most previous years.

Russell Mapp

1. R. Roberts	Eryri	55.38
2. I. Grindley O/40	Bilst	61.35
3. M. Marston	Mercia	61.48
4. I. Ridgway	Eryri	61.58
5. R. Stafford	Mercia	62.20
6. E. Davies O/50	Mercia	62.28
7. M. Johnson O/50	Kenilw	62.45
8. C. Penny O/50	Mercia	62.56
9. M. Clewes O/50	Mercia	63.27
10. T. Wilson	Unatt	64.09
VETERANS O/60		
1. (45) G. Gunner??	CroftA	81.20
VETERANS O/70		
1. (73) R. Webster	Helsby	112.01
LADIES		
1. (13) A. Bartlett O/40	Shrews	65.41
2. (15) M. Price	Mercia	68.08
3. (18) V. Swingler O/40	Shrews	68.24
4. (22) P. Gibb O/40	Mercia	71.51
5. (38) C. Mills O/40	CaldV	78.49

1ST GUISECLIFF GALLOP FELL RACES
North Yorkshire
BS/5m/750ft 04.07.10

The 1st Guisecliff Gallop Fell Races took place with the following race categories catered for: - under 9, under 12, under 14, under 17 and seniors. The races were a joint venture with the very successful Nidderdale Horse Show taking place in the Pateley Bridge Bewerley Showground and organised by the Nidderdale High School PTA to raise funds for the school.

The races were organised by Nidderdale High School teacher, Mick Hawkins, a former international runner himself, to try and encourage as many local children as possible to give fell racing a go with the hope that some may continue in the sport.

Although the fields were relatively small, all the competitors thoroughly enjoyed the courses which were very scenic and quite challenging in places. The events culminated in a 3 mile senior race run to two Stoops and back. There was a field of 34 runners for this race which was amazingly won by 14 year old, Will Smith who, one hour previous had won his own race category and wanted to challenge the adults. The talented Giggleswick student clearly looks to have a bright future ahead of him. In 3rd place Allen Bush from Glasshouses, making a comeback to racing, won the challenge of the locals holding off the improving, Jack Simpson.

As with most new races the Guisecliff Gallop has made a good start and, hopefully, over the coming years can become an event you must not miss.

There were over £350 in prizes and trophies so those that did enter did very well for themselves. A big thank you must go to the event sponsors who were: Stud Fold- Explore, Discover and Learn trail Lofthouse, Pateley Bridge – Under 9 and 12; Red Sky Corporate Finance – Under 14 and 17 and Stump Cross Caverns and Richmond Brewing Company sponsored The Seniors race, with Up and Running (Leeds Central) sponsoring the whole event

Finally, a special mention must go to all the marshals and helpers who made the Guisecliff Gallop such a well-organised event.

Mick Hawkins

1. W. Smith	Wharf	23.19
2. D. Birtwistle	Hgate	23.54
3. A. Bush	Unatt	24.33
4. I. RowbothamO/50	Ilk	24.51
5. P. Carmen	Kelb	24.55
6. J. Simpson	Unatt	25.09
7. N. Clough O/40	Thirsk	28.18
8. J. Stockdale O/40	Unatt	25.52
9. P. Wilkin O/50	Unatt	26.41
10. D. Audsley	Unatt	27.51
(11) N. Bush O/50	Unatt	28.11
LADIES		
1. (20) J. Powell	Unatt	32.33
2. (25) R. McLean	Hgate	35.24
3. (26) T. Wardell	Unatt	35.27
JUNIORS		
0.5m under 9		
Boys		
1. J. Gill		1.50
2. T. Dover		2.19
Girls		
1. E. Dover		2.20
2. A. Bavington		2.38
0.75m under 12		
Boys		
1. L. Remington		6.38
2. A. Ashby		6.42
Girls		
1. E. Gibson		6.32
2. S. Hastings		7.20
1.25m under 14		
Boys		
1. W. Smith		8.18
2. A. Sleight		9.33
Girls		
1. J. Challis		12.31
2. L. Staveley		12.57
2.25 under 17		
Boys		
1. S. Stockdale		18.44
2. J. Beecroft		27.20
Girls		
1. C. Tiller		28.51

SKIDDAW
Cumbria
AM/9m/2700ft 04.07.10

Only fell runners could have thanked me afterwards for an enjoyable event, in extremely testing conditions, which resembled a bad winter's day, rather than high summer.

I must first pay tribute to the marshals, in particular Keith Loan and Geoff Somers on the summit, who took the initiative to turn the runners at the gate before the summit plateau, judging correctly that the conditions were too hazardous to continue.

Congratulations to everyone who started out in very poor conditions, and particularly to everyone who finished.

This race was dominated by the promising crop of young runners now coming through at Keswick AC. Steve Hebblethwaite and Matthew Fraser were in second and third place, with Pippa Maddams putting in a characteristically strong performance as first lady and 18th overall. This shouldn't detract from the achievements of Salopian Steven Cale, winner despite being a relative fell running novice.

Thanks to: everyone who ran, and their (very soggy!) supporters; members of Keswick AC and Cumberland Fell runners for their help; Carolyn

Charlton; Pat Richards and friends for the usual high standard of refreshments; Keswick Football Club for the use of their excellent facilities, and our sponsors, Pete Bland Sports.

Allan Buckley

1. S. Cale	Shrews	59.58
2. S. Hebblethwaite	Kesw	1.00.04
3. M. Fraser	Kesw	1.00.07
4. C. Gilhooley	DkPk	1.00.23
5. C. Bell	Howg	1.02.27
6. M. John	Abbey	1.04.07
7. S. Wurr	Thames	1.04.19
8. S. Birkinshaw O/40	Borr	1.04.31
9. C. Newman	Wharf	1.04.59
10. H. O'Donnell	Amble	1.06.24
VETERANS O/50		
1. (36) B. Walton	Horw	1.13.25
2. (44) L. Warburton	Bowl	1.15.38
3. (53) D. Loan	Kesw	1.17.00
VETERANS O/60		
1. (70) J. Downie	Kesw	1.21.17
2. (93) T. Varley	Horw	1.26.39
3. (105) R. Whitaker	CFR	1.29.53
VETERANS O/70		
1. (135) K. Heywood	Kend	1.47.45
LADIES		
1. (18) P. Maddams	Kesw	1.08.20
2. (60) K. Cooper	CFR	1.19.32
3. (62) D. Campbell	Skelmer	1.19.59
4. (71) J. Gillyon	Kesw	1.21.22
5. (77) K. Aubrey O/40	HelmH	1.22.48
(99) B. Thompson O/40	Clay	1.27.42
(120) K. Clark O/50	Kesw	1.34.42
(136) J. Mottram O/50	CFR	1.50.35

137 finishers

SALTWELL HARRIERS
Durham
BS/5.5m/1000ft 06.07.10

Supported by 'Up & Running', generously donating a variety of prizes, a record turnout of 132 runners and finishers gathered for the 15th Saltwell Harriers Fell Race. The standard this year was very good, particularly among the under 40s. Only one V40, Spencer Newport finished in the first ten. Pippa Archer ran an excellent race winning her first Saltwell title, equalling the course record. The ever present Karen Robertson, who consistently turns out good performances year in year out, pushed Pippa all the way home. Finishing 3rd lady was Ali Raw, a great run by Ali and a delight to see her running strongly and showing those younger runners, both male and female, a clean pair of heels.

This year's overall winner was Nick Swinburn. As he eventually opened up his lead to 87 seconds leaving the improving Will Horsley, Spencer Newport, Duncan Archer and Lee Grant in his wake, he showed who was master.

There were some good performances lower down the field too from some of the super vets. Two to note are David Wright and Derek Crosedale. David is still competing at 77 years young. To a worried marshal who was concerned about David getting lost, he responded, 'don't worry about me pet, I know this course like the back of my hand'. Fifteen years David's younger, Derek too has the route etched on the back of his hand. He is the only fell runner to complete every Saltwell Fell Race and continues to bring his good humour to this summer race in the beautiful North Pennines.

The presentation in the Moorcock Pub saw just about everyone who stayed receive a prize. Thanks go to Helen and Anth at the pub for the post race buffet and to 'Up & Running' for the excellent support. And finally to the lady who had just completed her first Saltwell Fell Race who took me to one side at the end of the presentation. She whispered to me " 'I can't believe what I got for £4. a great race, food afterwards and I even won a prize. I can't wait for next year, but Keith, just try and improve your patter for the presentation". I couldn't agree more!

Keith Wood

1. N. Swinburn	NFR	40.10
2. W. Horsley	NFR	41.37
3. S. Newport O/40	Bl&Brom	42.33
4. D. Archer	Unatt	43.24
5. L. Grant	NFR	43.42
6. S. Onley	DkPk	44.02
7. C. Stanley	Clwyd	44.25
8. P. Vincent	Tyne	44.41
9. J. Mann	DkPk	44.45
10. S. Gibson	NFR	45.02
VETERANS O/50		
1. (11) K. Maynard	DkPk	42.12
LADIES		
1. P. Archer	DkPk	47.43
2. K. Robertson O/40	NFR	48.59
3. A. Raw O/40	Bing	50.16
4. H. Munro	DkPk	50.40
5. S. Lister	DkPk	53.09
(12) S. David O/50	NFR	63.51

132 finishers

STOODLEY PIKE
West Yorks
BS/3.25m/700ft 06.07.10

179 runners turned up for this year's race preferring to run rather than watch the world cup semi-final. It turned out to be an eventful evening, as the ladies' record for this race was smashed by Lauren Jenska by over a minute!

For those who haven't run this race, it starts with a steep climb on the causeway stones from Lumbutts, then travels along the rocky ridge path towards the Stoodley Pike monument. A steep descent then takes you to London Road before an eyeballs out sprint to the finish.

Alex Whittem won the race for the 2nd year running, 40 seconds in front of the next runner, James Logue. Andrew Wrench and Sean Carey battled with each other for 3rd place but Andrew piped Sean to the post by five seconds.

The men's team prize went to Calder Valley (Alex Whittem, James Logue, Tim Black and Steve Smithies) and the ladies' team prize went to Tod Harriers (Lauren Jenska, Sarah May and Jane Leonard).

All profits raised for the race this year will be given to a local cancer charity, Living Well.

Rachel Skinner

1. A. Whittem	CaldV	19.05
2. J. Logue O/40	CaldV	19.45
3. A. Wrench O/40	Tod	19.58
4. S. Carey U/18	Tod	20.03
5. T. Black	aldV	20.21
6. N. Crampton	Unatt	20.39
7. J. Thompson U/21	Clay	20.45
8. N. Charlesworth O/40	Whar	20.46
9. S. Smithies O/40	CaldV	20.50
10. S. Oldfield O/50	CaldV	20.54
VETERANS O/50		
1. (10) S. Oldfield	CaldV	20.54
2. (12) G. Schofield	Horw	21.10
3. (22) D. Naughton	Clay	21.56
VETERANS O/60		
1. (85) B. Horsley	CaldV	25.49
2. (114) B. Kennedy	Newb	27.36
3. (153) J. Atkins	Chorl	32.11
VETERANS O/70		
1. (165) G. Arnold	Prest	34.14
2. (179) B. Hughs	LivPemb	42.00
LADIES		
1. (16) L. Jenska	Tod	21.24
2. (46) S. May	Tod	23.26
3. (50) E. Spencer U/18	Wharf	23.33
4. (63) G.Myers O/50	Wharf	24.25
5. (68) T. Hird	Wharf	24.43
(99) J. Scarf O/40	CaldV	26.42
(102) J. Leonard O/50	Tod	26.52

179 finishers

CARNFORTH 20 BARRIERS
Cumbria
CS/5m/500ft 06.07.10

Congratulations to overall winner,Paul Mulle, who last won the race in 2004, and to first lady home, Debbie Copley.

Thanks to everyone who turned out to run and to all the race helpers.

The 2011 race will be on Tuesday 5 July.

Dave Shires?

1. P. Muller O/50	Horw	34.18
2. A. Rowe O/50	Wesh	34.35
3. K. Hargate O/40	Dallam	34.55
4. R. Parrington	Unatt	35.09
5. S. Shuttleworth O/40	Amble	35.45
6. J. Modley	Lons	36.38
7. C. Menzies	Garst	37.02
8. T. Bradshaw	Unatt	37.06
9. P. Whiting O/50	Unatt	37.34
10. P. Cruse O/40	Lytham	37.44
VETERANS O/60		
1. (31) A. Bradshaw	RedR	40.56
2. (38) D. Waywell	Wesh	42.15
3. (58) J. Woolridge	Border	46.10
VETERANS O/70		
1. (72) P. Taylor	CaldV	49.54
2. (83) B. Nicholson	Kend	52.29
3. (102) R. Berry	GtLang	66.23
LADIES		
1. (32) D. Copley O/40	Dallam	41.23
2. (35) S. Sherratt	Wesh	41.43
3. (44) K. Gay	Lons	42.48
4. (48) M. Dempsey O/40	Wesh	43.15
5. (59) K. Hoyer O/50	Wesh	46.15
(64) E. Rocke O/50	Corby	47.57

102 finishers

RESTON SCAR SCAMPER
Cumbria
AS/3.75m/985ft 07.07.10

1. T. Addison	HelmH	27.27
2. C. Bell	Howgill	28.33
3. J. Deegan O/40	Amble	28.44
4. R. Stones	HelmH	29.21
5. R. Stuart O/40	HelmH	29.31
6. J. Addison	HelmH	29.32
7. S. Sillitoe	HelmH	29.34
8. R. Addison	HelmH	29.40
9. J. Hooson O/40	Amble	30.16
10. A.Till	HelmH	30.33
VETERANS O/50		

1. (16) C. Speight	HelmH	33.14
2. (17) S. Addison	HelmH	33.24
3. (20) A. Miller	Kend	33.54
VETERANS O/60		
1. (15) M. Walsh	Kend	33.02
2. (56) N. Dyson	Oakhill	43.03
3. (65) P. Williamson	Kend	52.31
LADIES		
1. (18) M. Hyder	HelmH	33.28
2. (42) K. Aubrey O/40	HelmH	37.47
3. (43) A. Forrest O/40	Amble	38.07
4. (47) M. Pyne	Kend	38.29
5. (48) L. O'Donnell	Amble	38.34

69 finishers

RADCLIFFE 3 DAY CHALLENGE BULL HILL FELL RACE (RACE 1)
Lancashire
BS/5.5m/1100ft 08.07.10

1. D. Kay	P&B	35.49
2. A. Buttery O/40	Ross	38.27
3. P. Bolton	Ross	38.44
4. R. Lindsay	Middle	39.32
5. R. Jackson O/40	Horw	39.58
6. G. Schofield O/50	Horw	40.19
7. P. Dalton O/45	EChesh	40.25
8. K. Horrigan O/50	Unatt	40.26
9. D. Brocklehurst	Traff	40.41
10. S. Nolan O/50	Horw	40.42
VETERANS O/60		
1. (29) K. Taylor	Ross	44.31
2. (53) N. Shaw	Roch	48.12
3. (54) N. Eames	Unatt	48.35
VETERANS O/70		
1. (139) R. Lee	Middle	63.10
LADIES		
1. (37) D. Campbell	Skelm	46.14
2. (55) D. Gowans O/45	Accring	48.39
3. (63) N. Wood	Accring	49.59
4. (64) C. Kenny O/50	CaldV	50.03
5. (70) G. Willey	Middle	50.36
(77) D. Raidy O/40	Ross	51.10
(87) J. Bellis O/50	Unatt	52.26
(142) B. Roberts O/60	Saddle	63.44
(151) B. Robinson O/65	Roch	80.04

152 finishers

RADCLIFFE 5 MILES SUMMER X-COUNTRY (RACE 2)
09.07.10

1. D. Brocklehurst	Traff	34.32
2. R. Jackson O/40	Horw	34.46
3. P. Dalton O/45	EChesh	34.55
4. T. Kennedy	Sale	35.30
5. G. Morris O/45	Accring	37.00
LADIES		
1. (22) G. Willey	Middle	44.36
2. (24) L. Marsden	Swint	45.14
3. (32) L. McAuley	Accring	47.12

43 finishers

RADCLIFFE 5 MILE TRAIL RACE (RACE 3)
10.07.10

1, R. Jackson O/40	Horw	30.14
2. P. Dalton O/45	EChesh	30.26
3. G. Mathews O/50	EChesh	30.46
4. D. Brocklehurst	Traff	30.50
5. G. Chesters O/50	Middle	31.46
LADIES		
1. (13) S. Becconsall O/50	Bing	34.02
2. (29) G. Willey	Middle	37.24
3. (34) J. Khoueiry	Holmf	38.49

55 finishers

CHATSWORTH & CHISWORTH CHALLENGE
Cheshire
BS/3m/500ft 10.07.10

A muggy day greeted the almost one hundred starters in the senior race but, thankfully, the tropical weather had relented somewhat and temperatures were simply warm rather than scorchio. Despite the oppressive humidity Stuart Bond "scorched" around the course in the extraordinary time of 20:15 (still not quite matching Andy Trigg's long-standing record of 19:49, but the nearest we've had in years). Tom Wild came in second over a minute later, with Adam Perry (no slouch) another minute back. John Doyle was first MV40; Mike Prady first MV50; Rory Halley-Hogg first under 18; David Smith first MV60 and Gerry Bamford first MV70 (still impressively well ahead of the rear of the field).

Edie Hemstock won the ladies' race, followed by Nicola Berry (first under 18) and Susan Clapham (first LV40). Julie Gardner was first LV50 and Beryl Buckley was first LV60.

The under 14 fell race had a tremendous entry of near 60 and is now firmly established as a fixture in the village calendar and amongst the junior sections of local clubs. Quality matched quantity, as for the second year running five of the six course records were broken, with Morganne Alford and Patrick Davies (6 to 8 years), Shaun Alford and Niamh Simpson (9 to 10 years) and Patrick Magner (11 to 13 years) all posting new fastest times. Patrick's effort was particularly impressive as he has only just moved up to this age category. Ruth Sinclair was fastest girl 11 to 13.

A big thank you also to everyone who helped out – Registration & Marshalling: Jim, Jenny and Bill; the recording team: Barbara, Cath and Marilyn; and the computer wizards (witches?) Helen and Clare, who had the results posted for the first 80 places before number 90 had finished!

Thanks to everyone who took part and made it such a great day. Book the date in your diaries for next year – 9 July 2011.

Dominic Oughton

1. S. Bond	DkPk	20.15
2. T. Wild	Macc	21.27
3. A. Perry	Penn	22.38
4. T. Beach	DurhamUni	22.53
5. N. Gould	EChesh	23.20
6. J. Doyle O/40	Penn	23.34
7. J. Minshull	Gloss	24.06
8. S.Knowles	Penn	24.09
9. D. Kilpin	Pstone	24.22
10. J. Barber	Gloss	24.27
VETERANS O/50		
1. (11) M. Prady	Unatt	24.47
2. (12) R. Rees	Penn	25.10
3. (14) M. Smith	Penn	25.17
VETERANS O/60		
1. (30) D. Smith	Stockp	28.09
2. (45) G. Scott	Penn	30.27
3. (65) C. Buckley	Gloss	33.01
VETERANS O/70		
1. (84) G. Bamford	Unatt	42.09
LADIES		
1. (33) E. Hemstock	Penn	28.21
2. (38) N. Berry U/18	Stockp	29.05
3. (41) S. Clapham O/40	Gloss	29.35
4. (44) J. Grint	EChesh	30.07
5. (46) J. Stanstead O/40	Gloss	30.27
(50) J. Gardner O/50	DkPk	30.55
(57) J. Soboljeaw	Unatt	32.02
(75) B. Buckley O/60	Gloss	36.58
(85) L.Anderson O/60	Unatt	42.34

92 finishers

JUNIORS

Boys 6 to 8

1.P. Davies	Simmond	2.28
2. J. Wood-Doyle	Broadbottom	2.36

Girls 6 to 9

1. M. Alford	StJames	2.14
2. P. Brown	Charles	2.27

Boys 9 to 10

1. S. Alford	Echesh	5.20
2. S. Coombes	StJames	5.35

Boys 11 to 13

1. P. Magner	Stockp	9.32
2. A. Minshull	Stockp	9.34

Girls 11 to 13

1. R. Sinclair	BlueCoat	12.10
2. J. Brown	Charles	16.20

WASDALE HORSESHOE
Cumbria
AL/21m/9000ft 10.07.10

Race day was forecast bad, but exceeded expectations, high winds on the summits (up to 60mph), copious rain playing havoc with registration paperwork, delaying the start just over 20min. Clag was down to the floor all the way round and turned the area behind Seatallan – Pots of Ashness - into an 'interesting area' for navigators (those without GPSs!). This and several other grey areas resulted in the slowest finish time I have on record beating 1991's bad conditions.

Ben Abdelnoor won in 4.33.05 having been 10 minutes ahead at Seatallan then exchanged places with runner up John Hunt at Great Gable, joined John & Paul Thompson at Esk Hause & the Pike but pulled away to win by 27seconds. Paul was just over one minute behind John.

The ladies' winner was Jane Reedy, 19th out of 121 finishers in an excellent 5.11.56, 19 minutes in front of Kate Cooper (35th) with Catherine Evans 3rd (52nd).

Again we ran a dibber system & tallies in those appalling conditions.

The points from the Wasdale contribute towards the trophy awarded by Graham Breeze & Brian Martin (www.lakelandclassicstrophy.com) many thanks to them for their encouragement..

1st Gents team was Dark Peak with only 23 points, 2nd Clayton (69) with Ambleside 3rd (85). There was no ladies' team (of 3) this year.

Thanks to helpers: Jim Davis, Lindsay Buck, & Roger Jackson & his wife (dibbers) registration & especially John Rea for the car parking, Sam Kirkpatrick time keeping, Greendale etc., Peter o'Neil radio control, Ian Simpson & Rob Stephen on Whin Rigg, John Hill & Jenny Bailie on Seatallan, Richard Green with his wife Diana & sons Nathaniel & Michael – Pillar, Helen Nowak & Andy on Great Gable, Dave Powell-Thompson & Terry Kirton on Esk Hause, Bob Smith &

Pete Apps on Scafell Pike, Ian & Brian Finlay on Lingmell Nose. Hannah & Jim Morris with Hannah's daughter Ellie & my step-daughter Hannah for food (& merciful hot drinks!). Joss for the prizes for flagging the valley/Greendale drinks with Mary. Also to the National Trust for the use of the campsite & many thanks to Dave Elthorpe for paramedic cover.

Thanks again for coming & making it a great day for ~~clag~~ fell running.

Richard J Eastman

1. B. Abdelnoor	Amble	4.33.05
2. J. Hunt O/40	DkPk	4.33.32
3. P. Thompson	Clay	4.34.39
4. A. Brown	Clay	4.37.31
5. I. Barnes	Amble	4.42.20
6. M. Hulley	DkPk	4.42.44
7. M. Robinson O/40	DkPk	4.44.04
8. R. Findlay-Robinson	DkPk	4.47.13
9. K. Collison	Eden	4.47.52
10. C. Reade	Bowl	4.49.39
VETERANS O/50		
1. (29) L.Warburton	Bowl	5.18.30
2. (30) P. Pearson	Salt	5.20.42
3. (36) A. Kay	DkPk	5.31.57
VETERANS O/60		
1. (80) A. Brentnall	Penn	6.13.29
2. (89) J. Taylor	Bowl	6.29.52
LADIES		
1. (19) J. Reedy	Amble	5.11.56
2. (35) K. Cooper	CaldV	5.31.30
3. (52) C. Evans	Kesw	5.57.47
4. (68) W. Dodds O/55	Clay	6.03.46
5. (73) R. Vincent	Tyne	6.06.08
(83) N. Spinks O/40	DkPk	6.16.40
(77) J. Leonard O/50	Tod	6.09.48

121 finishers

TALY FAN
Conwy, Wales
AM/8m/2400ft 10.07.10

The forecast was for intermittent showers, fairing up later, which was fairly accurate, with some light showers and a reasonable breeze as the runners registered, it immediately improved to sunshine after whistles were simultaneously blown by the organisers' two small boys. Although hard under foot around the whole course, due to the lack of rain in recent weeks, the humidity resulted in a slower race than has been seen in the last couple of years.

James McQueen and Hugh O'Donnell, closely tracked by Arwel Lewis and Tristan Gwilym led the field of 47 around the 8 mile course from the Rowen Carnival field, up over Tal y Fan (610m), towards Penmaenmawr and back again.

James (V40) led the way home, finishing in 1.12.07, nearly 2.5 minutes ahead of Hugh (U40) and 3.5 minutes ahead of Arwel (V50).

Andrea Rowlands won the ladies' race for the third consecutive year in 1:23:51, and the V60 category was won by Don Williams.

A big thank you to all of our marshals, especially Sharon on the registration/start & finish.

Helen and Doug Blair

1. J. McQueen O/40	Eryri	1.12.07
2. H. O'Donnell	Amble	1.14.33
3. A. Lewis O/50	Eryri	1.15.22
4. T. Gwilym	Rygbi	1.17.32
5. K. Hagley O/40	SWRR	1.17.40
6. G. Fleet O/40	Saddle	1.18.51
7. P. Jones	Eryri	1.21.11
8. N. Elias O/40	Eryri	1.21.50
9. A. Williams	Eryri	1.22.34
10. P. Harlowe O/50	Wharf	1.22.50
(13) B. Davey O/50	Sthport	1.25.04
VETERANS O/60		
1. (20) D. Williams	Eryri	1.27.56
2. (27) M. Blake	Eryri	1.33.51
3. (42) P. Jones	Prestat	1.45.19
LADIES		
1. (11) A. Rowlands	Eryri	1.23.51
2. (34) L. Emery	Eryri	1.40.16
3. (35) C. Dallimore	Unatt	1.40.23

47 finishers

BAMPTON
Cumbria
BS/5.5m/800ft 11.07.10

The weather gods – despite heavy rain overnight raising the river levels by 1 meter - finally smiled on us again and good weather prevailed!
A good turnout with 43 in the senior race and 16 in the junior race as well as a bumper turnout for all the toddlers' races!

With perfect running conditions and despite the slightly deeper than usual river, Jim Davies set a new course record in 36.33 and Clare McKeowon broke Melanie Hyder's record, finishing in 43.22. All starters completed the course.

The junior race was slightly altered due to the river being too deep, so competitors were allowed to use the swing bridge, and with out best junior turnout so far, Jack Walton won in 19.40, with Christopher Richards second in 19.58 and Jacob Aubrey, third in 20.43. Beth Dutson, fourth overall led the ladies home in 21.30, with Rebecca Buchanan second in 24.41, and Rosie Dutson 3rd in 27.16

Keith Hill

1. J. Davies O/40	Borr	36.37
2. C. Bell	Howg	38.16
3. A. Weymouth	Eden	41.08
4. G. Johnson	Eden	42.08
5. S. Moffat O/50	Howg	42.13
6. B. Reid	Unatt	43.00
7. M. Walsh O/60	Kend	43.07
8. S. Addison O/50	HelmH	43.16
9. C. McKeowon	Border	43.22
10. B. Thompson O/40	Unatt	43.38
(11) G. Moffat O/50	Howg	44.00
(39) N. Dyson O/60	Ochil	57.55
LADIES		
1. (9) C. McKeowon	Border	43.22
2. (29) H. Horne O/40	Kesw	51.57
3. (31) J. Mattinson	Howg	52.15
4. (35) D. Tunstall O/40	Unatt	54.19
5. (37) M. Sutton	Unatt	55.17
(40) M. Lewis O/50	Howg	59.30
(42) A. Shuttleworth O/50	Howg	60.06

43 finishers

PEAK FOREST
Derbyshire
CM/6m/650ft 11.07.10

The Peak Forest Fell Race is run in the limestone area of the glorious Peak District countryside. The weather was ideal on the day as the temperatures had cooled down from the previous hot weather and the conditions were cool and dry. There were 69 runners, all of whom

Peak Forest Fell Race – July 2010

Photos © Chris Hopley

completed the course.

It is always difficult to report on a race when you are a not a fell runner. However, here a few comments from some of the runners in this year's race which I hope will tempt you to try the race in 2011.

'Thanks for another great race last Sunday.'

'I really enjoyed the race, a great thank you to all of the organisers.'

'Excellent race. Wish I'd done it in previous years.'

'Thanks for organising another very enjoyable Peak Forest Fell Race.'

On arrival – 'Where are the cakes?'

The first runner home was Pete Hodges in a time of 40:06. The first lady home was Christine Howard in 45:31 (Christine was also the first lady home in 2009).

The runners and those who helped on the day all appreciated the drinks and homemade cakes provided by Peak Forest Primary School.

We would like to thank everyone who took part in the race and hope to see you again next year. We would also like to thank the marshals, the catering team and all the volunteers, who helped to make the race a success.

The money raised on the day is again for the benefit of a local charity.

Chris Hopley

1. P. Hodges	DkPk	40.06
2. J. Stockdale	Altrinch	40.42
3. M. Stenton O/45	DkPk	42.47
4. G. Briggs	StaffsM	43.12
5. A. Malcolm	Unatt	44.25
6. P. Newham O/40	Congle	44.49
7. C. Howard	Mat	45.31
8. D. Hazelton O/40	Clowne	46.15
9. A. Moore O/50	DkPk	46.26.
10. C. Jackson	Gloss	46.35
VETERANS O/50		
1. (9) A. Moore	DkPk	46.26
2. (12) S. Harden	Buxt	47.05
3. (13) J. Pattersen	Holmf	47.25
VETERANS O/60		
1. (17) M. Noble	Penn	48.38
2. (37) C. Davies	Altrin	55.57
3. (44) A. Ashforth	HandswR	58.17
LADIES		
1. (7) C .Howard	Mat	45.31
2. (15) T. Greenway O/45	Ilk	47.51
3. (22) J. Crowson	DkPk	52.01
4. (31) E. Rose O/45	Penn	54.46
5. (33) J. Milton O/50	Totley	54.54
(39) L. Howard O/50	Retf	56.36
(46) A. Dinsmor O/60	Penn	58.23

69 finishers

BOLLINGTON NOSTALGIA
Cheshire
BM/7.1m/1200ft 11.07.10

The weather was perfect for the 6th Bollington Nostalgia Hill Race and support from many local runners, clubs and athletes from far afield increases year by year.

139 wonderfully enthusiastic runners set off on this challenging 7.1 mile multi-terrain route following the 5th Nostalgia Trail, 'Drifting through the Past', which weaves around Bollington and the surrounding countryside.

The race was sponsored yet again by Bollington Insurance and the course was marshaled by over 40 keen volunteers, looking radiant in their Dayglo jackets! Members of Wilmslow Running Club performed a valiant job for the second year running, by expertly recording the times. It was wonderful to have so many runners and the numbers of people helping, watching and visiting the Centre ensured that it was a real village event.

The race record was smashed by the overall winner Mike Salt. He took 10 seconds off Damian Nicholls' record last year, to streak home in a staggering 42.14. This year the winner was presented with a cup donated by the family, in memory of Kath Chappell. She had been a dedicated marshal and it was a very special occasion, as Mike is Kath's nephew.

Andy Pead and Malcolm Fowler reached the finish line in second and third place, with respective times of 42.54 and 43.30. Both Andy and Malcolm are 40+ Vets. Tom McGaff, the first 50+Vet and Andy Watts, the first 60+Vet, both Wilmslow RC, completed the course in stunning times of 45.39 and 50.05 respectively.

The first lady across the finishing line was Louise Rudd, who completed the race in 54.54, with her team-mate Sally Gilliver, first female over 40 to finish, being second. Third place went to Maria Conaghan.The first Lady Vet 50+ was Julie Gardner and Eleanor Robinson was first Lady Vet 60+. Unsurprisingly, the team winners were Wilmslow!

The prizes were presented by Mayor of Bollington, Councillor Angela Williams, amidst loud applause. Many of the runners were very complimentary about the route, race organisation and enthusiasm of volunteers, with one runner stating it was the 'Highlight of the Year!'

The general consensus was that this year's event was the best ever, with over £900 being raised for the Bridgend Centre. The race is always held on the 2nd Sunday in July, so please put it in your diaries for next year!

Ann Mayer

1. M. Salt	Camb&C	42.14
2. A. Pead O/40	GoytV	42.54
3. M. Fowler O/40	Wilms	43.30
4. J. Pendrill	Wilms	44.18
5. S. Parrott O/40	Wilms	44.29
6. J. Ross	Staffs	45.13
7. N. Walker	Altrinch	45.16
8. T. McGaff O/50	Wilms	45.39
9. J. Noakes O/40	Macc	45.52
10. G. McNeil O/40	Wilms	46.17
VETERANS O/50		
1. (8) T. McGaff	Wilms	45.39
2. (13) D. Gartley	FRA	47.46
3. (27) C. Harding	GoytV	51.18
VETERANS O/60		
1. (23) A.Watts	Wilms	50.05
2. (31) T. Hulme	Wilms	51.53
3. (52) G. Mendham	Wilms	55.18
LADIES		
1. (47) L. Rudd	Wilms	54.54
2. (53) S. Gilliver O/40	Wilms	55.58
3. (56) M. Conaghan	PennyL	56.30
4. (64) J. Gardner O/50	DkPk	57.52
5. (65) C. Griffin	GoytV	58.18
(66) N. Mowatt O/50	Wilms	58.28
(73) G. Darby O/40	PennyL	59.27
(126) E. Robinson O/60	Ripley	68.10

137 finishers

BROOMHEAD CHASE
South Yorkshire
BS/3.5m/800ft 11.07.10

The hot dry summer made the course very dry and dusty, except for the two very soft sections on the decent from the trig point.

Apologies to the few that went slightly wrong, thanks to some mindless person that removed the course markers at a particularly important point, somewhere between 10:30 a.m. and the race going through.

Mick Stenton, 6th, managed to race Thurlstone , starting at 3:00 p.m. Saturday, Peak Forest Sunday morning and Broomhead Sunday afternoon finishing before 3:00 p.m, therefore completing 3 races within a 24 hour period!

Big thanks to all that helped to make the race a success again particularly to Michelle Millward for the registration and results.

Andy Plummer

1. D. Birkinshaw	Kimber	28.33
2. S. Storey O/50	DkPk	28.44
3. M. Egner O/50	DkPk	28.56
4. P. Hinchcliffe	Pstone	29.08
5. J. Wilson	FatB	29.12
6. M. Stenton O/40	DkPk	29.15
7. K. Doyle	Kimber	29.22
8. J. Webb	Unatt	29.32
9. N. Kirk O/40	DkPk	29.49
10. G. Williams O/40	DkPk	30.04
(15) K. Holmes O/50	DkPk	31.00
VETERANS O/60		
1. (64) B. Needle	DkPk	41.25
2. (73) K. Chapman	Kimbwe	45.32
LADIES		
1. (57) J. Moxon O/40	Pstone	38.37
2. (59) B. Haigh O/60	Pstone	39.30
3. (60) T. Kemp	Pstone	39.42
4. (62) S. Halstead O/40	Pstone	40.34
5. (65) B. Nixon O/50	Pstone	41.43
(75) M. Chapman O/50	Kimber	71.15

76 finishers

ROCHDALE 3 DAY EVENT
Norden, Lancs
11–13 June 2010

Day 1 Race 1 - 6 mile road race

1. R. Jackson O/40	Horw	35.46
2. D. Brocklehurst	Traff	36.51
3. P. Taylor O/50	Ross	37.00
4. I. Ahmed	Birst	37.01
5. I. Stainthorpe O/45	Roch	38.55
LADIES		
1. (19) J. Ransome O/45	RRC	42.46
2. (35) K. Taylor O/50	Ross	46.38
3. (37) l. Evans	Roch	47.11

89 finishers

Day 2 Race 2 -6 mile Naden Valley Multi Terrain race

1. A. Buttery O/40	Ross	38.14
2. P. Williams	Roch	39.16
3. D. Brocklehurst	Traff	39.54
4. R. Jackson O/40	Horw	40.32
5. P. Taylor O/50	Ross	40.38
LADIES		
1. (18) J. Ransome O/45	RRC	45.41
2. (27) S. Yeomans	Ross	48.41
3. (38) J. Needham O/55	Roch	51.14

75 finishers

Day 3 Race 3 – Knowle Hill Fell Race

BM/6m/1300ft

1. P. Bolton	Ross	46.47
2. G.Schofield O/50	Horw	46.53
3. J. Titmuss	P&B	47.03
4. S. Edmondson	Horw	47.11
5. M. Flatley O/40	Middle	47.16
6. A. Thorpe O/40	H'fax	47.25
7. R. Jackson O/40	Horw	47.31
8. C. Stansfield O/40	Ross	47.39
9. P. Taylor O/50	Ross	47.46
10. J. Dugdale	Clay	48.08
(13) T. Taylor O/50	Ross	49.20

VETERANS O/60

1. (52) N. Shaw	Roch	57.55
2. (58) B. Rawlinson	Ross	58.48
3. (59) G. Large	NVets	58.50

VETERANS O/70

1. (122) R. Lee	Middle	76.53

LADIES

1. (51) J. Ransome O/45	RRC	57.52
2. (62) G.Willey	Middle	59.00
3. (68) J. Shaw O/40	Darwin	60.15
4. (69) K. Taylor O/50	Ross	60.49
5. (80) J. Needham O/55	Roch	62.44
(132) E. Royle O/60	Rad	82.23

144 finishers

OVERALL

1. R. Jackson O/40	Horw	2.03.49
2. P. Taylor O/50	Ross	2.05.24
3. I. Ahmed	Birst	2.10.39
4. R. Stott O/50	Ross	2.12.12
5. I. Stainthorpe O/45	Roch	2.12.38
6. D. Wormald O/45	Roch	2.15.24
7. N. Walsh O/40	Roch	2.20.18
8. K. Fox O/50	Roch	2.21.00
9. A. Lee	Ross	2.22.02
10. P. Collinge O/55	Middle	2.22.31

LADIES

1. (13) J. Ransome O/45	RRC	2.26.19
2. (23) K. Taylor O/50	Ross	2.38.57
3. (29) R. Ellison	Rad	2.48.01
4. (32) A. Bloomfield O/45		Roch 2.51.50
5. (33) D. Winterburn O/40		Roch 2.52.22

WAUGH'S WELL
Lancashire
AS/4m/1000ft 13.07.10

It was the worst weather ever experienced in the 18 year history of the Waugh's Well race; cold, heavy driving rain with strong winds – and this is July! Nevertheless, 149 hardy souls chose to battle against the elements. First home was Darren Kay who had hoped to attack the long standing record set by Andrew Wrench in 1998, but it wasn't to be, as the weather conditions put paid to any such attempt. Alex Whittam came in second, some 42 seconds adrift and course record holder and first vet, Andrew Wrench, was third.

Joe Johnston, a junior England international of host club Rossendale, had an excellent run finishing in fourth position overall, first junior, and knocking a good half a minute off his PB for this testing course.

Rossendale took the men's team honours with Joe leading home fellow harriers, Phil Bolton, Anthony Dalton and Rick Solman.

The women's race saw junior Nichola Jackson impress with an excellent 25th overall position, and set a new female junior record. Gill Myers, second female, first vet was 44th overall and Sarah Yeomans third, some 22 places further back, emulated her male club mates by leading Davina Raidy and Laura Johnston to the women's team prize.

Apologies for the delay in announcing the results and presenting the prizes but with slower times due to the weather, we had to make sure everyone was accounted for – thankfully they were. I do hope that all the clubs who included Waugh's Well as part of their inter-club grand prize series and made the journey to wet and windy Rossendale, 'enjoyed' the experience, thanks for coming!

Finally, as always, a very big thank you to my team of helpers, who braved the elements and got thoroughly soaked and chilled to the bone for their efforts, as I've said before, no helpers/marshals - no race. Thanks also to Rossendale and Pendle Mountain Rescue who were in attendance, but thankfully not needed, the ladies of Bleakholt Animal Sanctuary for providing refreshments and last but not least, Norman Ward of Bury Motor Bodies who again generously supported and sponsored the race. Let's hope for better weather next year!

Cath Hignett

1. D. Kay	P&B	31.36
2. A. Whittam	CaldV	32.18
3. A. Wrench O/45	Tod	33.48
4. J. Johnston	Ross	34.44
5. A. Fleet	CaldV	34.47
6. J. Sutton	B'burn	34.57
7. A. Fowler	Prest	35.24
8. P. Bolton	Ross	35.29
9. A. Dalton	Ross	35.36
10. R. Solman	Ross	35.44

VETERANS O/50

1. (11) G. Schofield	Horw	36.11
2. (18) R. Stott	Ross	37.40
3. (20) B. Horrocks	Clay	37.52

VETERANS O/60

1. (33) P. Booth	Clay	40.44
2. (59) N. Harris	Ross	43.42
3. (95) D. Lucas	Roch	47.16

VETERANS O/70

1. (135) B. Pycroft	FRA	62.27

LADIES

1. (25) N. Jackson	Prest	39.05
2. (44) G. Myers O/50	Wharf	41.56
3. (66) S. Yeomans	Ross	44.39
4. (69) C. Bradley	Wharf	44.57
5. (76) G. Willey	Middle	45.58
(81) D. Raidy O/40	Ross	46.35
(100) B. Thompson O/45	Clay	47.33
(105) C. Kenny O/50	CaldV	49.01
(126) J. Atkins O/60	Chorl	53.16
(131) K. Goss O/60	Clay	56.56

145 finishers

BAMFORD CARNIVAL
Derbyshire
BS/4.5m/1000ft 14.07.10

During the afternoon heavy rain, low cloud and the threat of thunderstorms raised a few concerns over the turnout and indeed whether the race would be able to go ahead. As race time arrived the weather had lightened, leaving just a cap of cloud over the top few hundred feet.

Conditions must have been good for running as Stuart Bond broke his course record of last year taking off another 4 seconds to achieve 28.07.

Well done to all t he trophy winners above and thanks to everyone who made the race a success with 218 runners taking part.

Tim Gould

1. S. Bond	DkPk	28.07
2. A. Thate	DkPk	29.10
3. S. Coldrick	Penn	29.53
4. A. Pead O/40	GoytV	30.04
5. M. Tuckett	DkPk	30.12
6. T. Wild	Macc	30.21
7. A. Bogle	ACanaria	30.31
8. N. Northrop	DkPk	30.41
9. J. Boyle O/40	DkPk	30.53
10. S. Roebuck	Pstone	32.00

VETERANS O/50

1. (25) S. Storey	DkPk	34.02
2. (36) K. Holmes	DkPk	35.05
3. (41) S. Reed	Notts	35.58

VETERANS O/60

1. (26) A. Brentnall	Penn	37.16
2. (81) M. Noble	Penn	39.08
3. (104) M. Nunn	HimStr	40.38

LADIES

1. (37) Z. Wray	DkPk	35.13
2. (38) L. Gibson	Totley	35.25
3. (46) P. Wilkie O/40	DkPk	36.26
4. (76) H. Marshall	Angels	38.44
5. (88) A. Higgins O/40	FatB	39.21
(107) P. Weir O/50	Totley	40.47
(159) L. Howard O/50	Retf	44.00
(186) A. Dinsmore O/60	Penn	47.59

200 finishers

WIDDOP
West Yorks
BM/7m/1200ft 14.07.10

Another excellent race and evening on the Widdop Fells. A good turnout of 88 for the senior race, considering there was some mixed weather about. In the end the thunder and lightning just about allowed us to get finished up before descending with a vengeance.

A great race out front for the trophy, with Sam Watson just holding off the improving Tim Black in a respectable time. A notable run also from the past winner, Mike Wallis, in third.

Thanks to everyone who helped out- we had several positive comments about the marshalling. See you next year.

Andy Clarke

1. S. Watson	Wharf	50.45
2. T. Black	CaldV	50.46
3. M. Wallis O/50	Clay	51.06
4. N. Charlesworth O/40	Wharf	51.21
5. J. Stevens O/40	CaldV	51.56
6. P. Crabtree O/40	Wharf	52.12
7. M. Morton	Penn	53.00
8. A. Preedy	Ross	53.23
9. S. Clawson O/40	Ross	53.46
10. R. Akers	Wharf	54.16

VETERANS O/50

1. (3) M. Wallis	Clay	51.06
2. (15) T. Taylor	Ross	53.39
3. (22) O. Kershaw	Tod	58.45

VETERANS O/60

1. (57) B. Kennedy	Newb	67.22
2. (62) M. Harris	Ross	69.51

VETERANS O/70

1. (86) G. Arnold	Prest	84.24

LADIES

1. (38) L. Griffiths	Holmf	62.00

Photo © Pete Hartley

Widdop Fell Race start

2. (49) C. Duffield	Tod	65.35
3. (53) C. Hanson	CaldV	66.28
4. (55) J. Scarf O/40	CaldV	66.29
5. (64) C. Wightman	Sadd	70.54
(71) J. Hodgson O/40	Sadd	73.84
(75) A. Baldwin O/50	Stain	75.54

87 finishers

BLACK ROCKS
Derbyshire
BS/5.5m/850ft 14.07.10

The showers were on the blink at the Matlock Rugby Club, the race HQ but, never mind, the rain was bouncing off the canal towpath as the later finishers reached the end.

A great run from Graham Moffatt put him clear of any challenge from behind which, most notably, came from Kristian Edwards, who was celebrating his 15th birthday that day.

Christine Howard managed to reduce the women's course record, set by herself last year, by six seconds.

Karl Webster

1. G. Moffatt O/40	HolmeP	39.17
2. K. Edwards U/18	Tamw	40.20
3. K. Lewis	HolmeP	40.26
4. C. Perry	Unatt	41.10
5. M. Jones	Ripley	41.51
6. I. Hunter	Unatt	42.22
7. C. Howard	Mat	42.32
8. K. Perry O/40	Unatt	42.35
9. A. Hunter	Beaston	42.53
10. K. Hope	Notts	43.16
VETERANS O/50		
1. (11) M. Salkild	DkPk	43.20
2. (12) J. Birch	Mat	43.26
VETERANS O/60		
1. (29) S. Brister	Mat	46.05
LADIES		
1. (7) C. Howard	Mat	42.32
2. (23) P. Veazey-French	Totley	45.18
3. (47) J. Marriott O/40	Shelt	49.36

101 finishers

STIPERSTONES
Shropshire
AS/3.2m/800ft 14.07.10

A lovely summers evening greeted the runners for the fifth race in the Shropshire Hills Summer Series. English Heritage have been doing some work on the Stiperstones this year and steps have been put into the top half of the ascent in Mytton Dingle this caused the organisers to decide to reverse the race route. The route worked very well and will be used in the future. Some 90 runners took off at the start of the race, nobody got confused which is always a blessing!

Richard Roberts and Jon Bowie fought it out, but Richard Roberts finished in front of Jon Bowie after Jon did a little detour with Paul Jones chasing in third place, and in the ladies race Anna Bartlett finished 30 seconds in front of the 2nd lady Helen Skelton.

Many thanks to all the marshals, timekeepers and helpers, with special thanks the Stiperstones Inn for their hospitality.

Pauline and Keith Richards

1. R. Roberts	Eryri	27.36
2. J. Bowie	Trism	28.56
3. P. Jones O/40	Oswest	29.02
4. M. Marston	Mercia	29.37
5. S. Pyke O/40	StaffsM	30.07
6. J. Castillo	Shrews	30.18
7. I. Grindley O/40	WolvB	31.01
8. E. Davies O/50	Mercia	31.07
9. N. Share O/40	WolvB	31.29
10. G. Jones O/50	Shrews	31.31
(11) C. Penny O/50	Mercia	31.56
VETERANS O/60		
1. (38) G. Gunner	CroftA	36.48
2. (64) C.Williamson	Shrop	40.11
3. (67) R. Jones	Newp	41.43
LADIES		
1. (27) A. Bartlett O/40	Shrews	34.09
2. (30) H.Skelton	Newp	34.44
3. (49) S. Turvey	CroftA	37.50
4. (54) R. Stafford	Mercia	38.52
5. (59) N. Turvey O/50	CroftA	39.40
(78) S. Dainty O/40	Newp	49.26
(85) P. Newton O/50	Newp	52.57
JUNIORS		
1. (16) J. Donnelly	Mercia	32.46
2. (57) T. Davies	Unatt	39.28
3. (58) J. Davies	Unatt	39.28

518 finishers

BEACON HILL
Northumberland
AS/6m/1500ft 15.07.10

Good conditions welcomed the 36 runners, being dry, clear and a nice breeze on the tops. Sue Mitchell was the only competitor for the ladies' categories. Drew Graham, in his first ever fell race, managed to hold off the experienced Charlie Stead and Phil Vincent for a fine win. First V40 was local lad Brian Robson, first vet 50 was a bloodied Les Turnbull and first vet 60 Peter Graham

P. Appleby

1. D. Graham	Gosf	55.05
2. C. Stead	NFR	55.20
3. P. Vincent	Tyne	55.35
4. J. Mann	DkPk	56.17
5. S. Gibson	NFR	56.52
6. M. Clarkson	Unatt	57.17
7. C. Sanderson	NFR	57.48
8. L. Turnbull O/50	Norham	58.23
9. T. McCall O/45	Unatt	58.32
10. W. Horsley	NFR	61.13
VETERANS O/50		
1. (8) L. Turnbull	Norham	58.23
2. (19) S. Ferguson	DkPk	65.45
3. (26) T. Mullen	Unatt	68.15
VETERANS O/60		
1. (24) P. Graham	Tyne	67.32
2. (31) T. Hart	NFR	78.15
LADIES		
1. (25) S. Mitchell O/40	NFR	68.03

35 finishers

INGLEBOROUGH FELL RACE
N Yorkshire
AM/7m/2000ft 17.07.10

1. C. Steele	Borr	47.43
2. H. Coates	Skipt	49.08
3. J. Tighe	Bburn	49.16
4. P. Matthews	Bburn	49.44
5. M. Tuckett	DkPk	49.45
6. S. Wurr	ThamesH	50.42
7. R. Shaw	Kghly	51.46
8. B. Stevens	Ilk	51.48
9. M. Bryant	Leeds	52.16
10. S. Brock	Kghly	52.25
VETERANS O/40		
1. (12) M. Chippendale	Bowl	53.05
2. (17) A. Wainwright	Unatt	54.18
3. (23) M. Crosby	Altrin	55.25
VETERANS O/50		
1. (15) M. Aspinall	Clay	54.08
2. (24) N. Holding	WPenn	55.29
3. (57) D. Griffin	Dallam	60.22
VETERANS O/60		
1. (114) K. Watson	Horsf	66.45
2. (130) D. Bridge	Borr	68.20
3. (162) D. Seaman	NiddV	72.45
VETERANS O/70		
1. (201) S. Davies	Accring	78.59
LADIES		
1. (16) V. Wilkinson	Bing	54.16
2. (39) H. Glover	Kghly	57.05
3. (53) S. Morley	Ilk	59.15
4. (62) F. Blackett	Unatt	61.21
5. (81) S. McDonald	Settle	63.41
(84) S. Becconsall O/45	Bing	63.54
222 finishers		
JUNIORS		
BOYS UNDER 18		
1. A. Dalton	Ross	27.05
2. A. Brown	HelmH	28.09
3. J. Eyre	Altrinch	32.15
GIRLS UNDER 18		
1. E. Carpenter	Unatt	45.16
BOYS UNDER 14		
1. W. Smith	Wharfe	25.43
2. B. Johnstone	Wharfe	26.41
3. C. Richards	HelmH	28.27
GIRLS UNDER 14		
1. E. Lambert	Wharfe	31.30
2. J. Eyre	Altrinch	34.35
3. K. Horn	Wharfe	37.29

MOEL SIABOD
Conwy
AS/5.8m/2300ft 17.07.10

Race numbers were 50% higher than normal this year as the race was a counter in the inov-8 / WFRA OpenWelsh Championships and North Wales Series.

There was a new start and finish as the Carnival had moved to a different field. This meant that there was no run through the river approaching the finish. After a wet morning the weather for the race was dry with sunny intervals and the summit was clear.

The race was won by Tim Davies in a time of 46.47. Tim has now won 3 out of the 4 races held so far in the WFRA Open / Welsh Championships. The junior race was a counter in the WFRA Snowdonia Junior Series.

Ross Powell

1. T. Davies	Mercia	46.47
2. S. Cale	Shrews	47.10
3. H. Aggleton	MDC	50.00
4. J. Bowie	Trism	51.04
5. C. Newman	Wharf	51.44
6. P. Jones O/40	Oswest	52.26
7. R. Stafford	Mercia	52.39
8. E. Tresidder	DkPk	53.57
9. J. Bacon	Unatt	54.01
10. M. Fortes	Eryri	54.04
VETERANS O/50		
1. (14) P. Gardner	WFRA	56.33
2. (15) E. Davies	Mercia	56.37
3. (26) P. Harlowe	Wharf	59.37
VETERANS O/60		
1. (46) Y. Tridimas	Bowl	64.59
2. (49) D. Williams	Eryri	65.14
3. (56) M. Blake	Eryri	66.09
VETERANS O/70		
1. (119) P. Norman	Wrex	91.35
2. (120) W. Murphy	Ford	92.34
3. (122) R. Hird	Eryri	94.45
LADIES		
1. (22) J. Heming	Eryri	58.57
2. (37) A. Rowlands	Eryri	61.56
3. (52) S. Jones	Unatt	65.34
4. (55) R. Metcalfe	Eryri	65.49
5. (61) C. Dallimore U/23	WFRA	66.56
(70) A. Thomas O/40	Eryri	68.41
(71) A. Williams O/50	Eryri	68.49
(79) S. Barnwell O/40	Eryri	70.33
(121) S. Ridings O/50	Clwyd	93.51
123 finishers		
JUNIORS		
1. M.Evans U/16	Menai	11.52
2. M. Ludden U/16	Dees	12.45
3. G. Roberts U/14	Unatt	13.09

HOLME MOSS FELL RACE
West Yorks
AL/17m/4000ft 18.07.10

The Holme Moss Fell Race, this year part of both the FRA English Championships and the Yorkshire Championships, not surprisingly attracted an all-time record field of 310 athletes. The weather, for the most part wet and windy, brightened towards the end of the day allowing stunning views over the Holme Valley from the Cartworth Moor Cricket Club finish – the second highest cricket ground in the UK.

Lloyd Taggart, followed by Danny Hope, set the early pace arriving first and second at the first Holme Moss check point. Pete Vale was third at that point but then overhauled the pair to arrive in pole position at Laddow Rocks – a position he held onto through Black Hill and back again to Holme Moss. The eventual winner, Karl Gray, had however been slowly but steadily overhauling the leading runners and eventually took the lead to win in a new course record time of 2.24.18.

Julian Rank at 29th (2.46.47) was the first runner home from the host club, Holmfirth Harriers and Helen Berry in 87th (3.08.17) led the Holmfirth ladies.

A strong grouping from Pudsey and Bramley easily took the men's team prize and Todmorden ladies narrowly beat off Dark Peak to take first team place for the ladies.

Russell Bangham, the race organiser, thanked the marshals, catering team and other helpers who provided support for the runners during the race and served free refreshments to each athlete at the finish.

Russell also would also like to ask all fell runners to ensure that, in future, their race numbers are fastened with four pins and clearly displayed on the front of their vests. Conditions were very windy at the remote checkpoints and it is very difficult, particularly with a large mass of runners, for the marshals to monitor the progress of each runner (and thus ensure their safety) if race numbers are folded, inadequately pinned or displayed on and around different parts of the runner's body.

The event was sponsored by Brooklands Nurseries, Pete Bland Sports, Inov8 and Science in Sport. Access was kindly given by Yorkshire Water, United Utilities and Natural England. Cartworth Moor Cricket Club generously allowed use of their ground and pavilion facilities. Eric Grange, the local farmer, was kind enough to allow access to one of his fields for car parking. The safety of the competitors was ensured by the presence of the Holme Valley and Oldham Mountain Rescue teams.

Chris Humphries

1. K. Gray O/40	CaldV	2.24.18
2. D. Kay	P&B	2.25.01
3. R. Hope	P&B	2.25.29
4. B. Abdelnoor	Amble	2.25.45
5. P. Vale	Mercia	2.26.04
6. G. Pearce	P&B	2.26.37
7. L. Taggart O/40	DkPk	2.27.32
8. M. Palmer O/45	MDC	2.31.59
9. D. Hope	P&B	2.32.07
10. M. Roberts O/45	Borr	2.32.14
VETERANS O/50		
1. (31) S. Oldfield	CaldV	2.48.09
2. (35) D. Naughton	Clay	2.50.09
3. (36) M. Johnson	Bowl	2.50.34
VETERANS O/60		
1. (67) K. Taylor	Ross	3.03.17
2. (86) M. Walsh	Kend	3.08.10
3. (103) R. Taylor	Penn	3.13.33
LADIES		
1. (33) L. Jeska	Tod	2.49.31
2. (38) J. Lee	Eryri	2.51.05
3. (48) H. Fines	CaldV	2.53.32
4. (59) O. Walwyn	Altrinch	2.58.21
5. (73) A. Raw O/45	Bing	3.06.15
(93) P. Wilkie O/40	DkPk	3.09.52
(135) G. Myers O/50	Wharf	3.24.38
(147) W. Dodds O/55	Clay	3.29.15
(278) A. Dinsmor	Penn	4.29.11
293 finishers		

OLDFIELD FELL RACE
West Yorks
CS/5.5m/550ft 18.07.10

The race venue was the Grouse Inn, Harehills Lane, Oldfield, near Keighley, West Yorkshire. Both the senior race and the junior race were on the same courses as last year. The morning of the race was very windy with some heavy showers as we were setting things up for the event. One strong gust of wind managed to lift up the gazebo that we were to use as the registration and smash it to the ground breaking many of the plastic connectors. Fortunately the pub allowed us to use the tap room for registration which was a tremendous help for the event. Despite the heavy showers before the race start time the course was the driest it has been for many years.

In the senior race the winner of the race and also the first male veteran was Paul Stevenson,

in a time of 33.56. Paul finished in second place last year and managed to trim 37 seconds off his time from last year. The first lady and also the first lady veteran was Jayne Har, in a time of 56.13. Unfortunately, there were no more lady runners in this year's event.

The first under 18 was Sean Carey, also finishing in third place overall. The first male veteran over 50 was Thorton Taylor, finishing in fifth place overall. The first male veteran over 60 was Graham Breeze, finishing in fifteenth place overall.

The turn out for the junior races was even worse than last year with only three who were all in the under 12 race. The first boy was Reuben Mantle, in a time of 12.36. The first girl was Chloe Collinson, unattached, in a time of 16.07.

I am very sad to say that because of the falling turn out of juniors year on year there will be no junior races next year.

With lower numbers all round this year we only managed to make £95 for local charities.

A number of runners provided good positive feed back on the event, with a few suggestions for the future. It is very helpful to receive such information, many thanks to all concerned.

A big thanks goes out to all the runners, the marshals, all other helpers, and the Grouse for the venue.

John Collinson

1. P. Stevenson O/40	P&B	33.56
2. S. Clawson O/40	Ross	35.02
3. S. Carey U/18	Tod	35.47
4. K. Edwards U/18	Unatt	35.49
5. T. Taylor O/50	Ross	36.28
6. G. Bird O/40	Wharf	38.11
7. J. Verity O/50	StBedes	39.01
8. T. Clegg O/50	Kghly	39.48
9. P. Hindle O/40	Kghly	39.51
10. J. Butler O/50	Kghly	39.51
VETERANS O/60		
1. (15) G. Breeze	Ilk	44.50
2. (17) B. Dunan	Bing	45.25
3. (18) D.Armstrong	StBedes	45.40
LADIES		
1. (27) J. Hart O/50	StBedes	56.13
30 finishers		
JUNIORS		
1. R. Mantle	Bing	12.36
2. C. Collinson	Unatt	16.07
3. T. Collinson	Unatt	16.51

CONISTON COUNTRY FAIR
Cumbria
AM/6m/2400ft 18.07.10

It is a classic up and down fell race from the show field, in a glorious setting(when its not raining !) at Coniston Hall, on the shores of Coniston Lake, not far from Donald Campbell's fateful crash site.

Even with non-stop,miserable/persistent rain the crowd got the adrenalin of the runners going, with the start taking place in the main arena and the runners exiting via a race funnel through the crowds of onlookers, then away onto the fell crossing the Walna Scar track and then on to the top of Coniston Old Man and back.

The weather was wet, windy and warm, with the emphasis on navigational skills as much as running ability, with several runners taking longer routes than necessary to the top of the Old Man and some missing check points etc.

Mike Robinson won in a time of 62.22 (some10 minutes outside the record) with Steve Carr second in 62.50 and Ben Proctor third.

First lady home in 15th place overall was Anna Rybe in a very creditable time of 71.00, with the second lady/first lady Vet 50, Lynda Howard.

Helm Hill again won the team prize.

MV40 prize winner was Colin Valentine, MV50 was Paul Whiting and MV60 was P Hall.

Celebrity runners included our local MP, Tim Farron who,along with two fellow runners, probably took a longer route than needed and perhaps needs to brush up on his navigational skills.

First local home was Sam Clarke of Coniston.

Coniston Country Fair provides an excellent setting for the fell race and a very enjoyable family day out with plenty to do and see, including Herd wick sheep show, Cumberland and Westmorland wrestling, craft marquee, children's sports, ferret racing, terrier racing, demonstration of local crafts, stick show, hound and terrier show, pet show, over 70 trade stands, side shows and refreshments.

We are indebted to our sponsors, Norman Garside(for the magnificent stone trophies), and the 3 Shires Inn – Little Langdale, for their support and also the marshals/helpers on the day including, in particular, Coniston Mountain Rescue who marshalled the top of the Old Man in very wet windy conditions and our local Community Support Police officers and the friends who manned the entry desk/marshalled and helped with the day. etc.

David Robinson

1. M. Robinson O/40	DkPk	62.22
2. S. Carr O/50	Unatt	62.50
3. B. Procter	HelmH	63.08
4. P. Whiting O/50	Unatt	63.12
5. N. Pike	Unatt	63.18
6. G. Thomas	Kend	66.12
7. C. Valentine O/40	Kesw	66.35
8. H. Keith	Unatt	66.36
9. J. Bartlett	Barr	67.10
10. W. Spain	DkPk	67.36
(11) N. Holding O/50	WPenn	68.03
VETERANS O/60		
1. (20) P. Hall	Barr	79.57
2. (33) R. Migocz	Unatt	92.00
LADIES		
1. (12) A. Rybea	MLRRC	71.00
2. (34) L. Howard O/50	Retf	92.34
38 finishers		

SHINING TOR
Derbyshire
AS/5.9m/1600ft 21.07.10

Variable weather this year, with blue skies and not a cloud in sight an hour before the race, then from nowhere rain before the start. The midges loved it and outnumbered the 172 runners ten to one.

It also made for soft conditions underfoot, with more fallers than usual, including Rob Little who had been having a great race until then and was pressuring Stuart Bond hard for the lead.

Having broken the Goyts Moss record in May, Stuart tried hard for LLoyd's record here too but finished about 15 seconds adrift in much tougher conditions than the record was set in. Rob followed him home with Simon Coldrick in third and Andy Pead not far behind in fourth overall and 1st Vet 40.

The ladies' race was won by Steph Curtis, who seemed to make relatively light work of the 'sting in the tale' ascent to the Sailing Club and she was followed in by Lucy Harris and Sandra Lewis.

My thanks to the various Goyt Valley Striders and Buxton runners who gave up the chance to enjoy this scenic and demanding course, instead marshaling and helping ensure the smooth running of the event.

I'm not sure what next year will bring as Natural England and the Forestry Commission are keen for us to rest the 'special permission' ascent path from Errwood Ruins. Having had a few settled years route wise it might be time to mix things up again, but there is plenty of interesting route choice around the area so I'm sure people won't be disappointed.

Alistair Fitzgerald

1. S. Bond	DkPk	41.48
2. R. Little	DkPk	43.40
3. S. Coldrick	Penn	43.45
4. A. Pead O/40	GoytV	44.17
5. A. Lamont	Macc	44.57
6. J. Stockdale	Altrinch	45.21
7. M. Johnson	Stockp	45.26
8. J. Scott-Buccleuch	Stockp	45.51
9. N. Crampton	Unatt	45.59
10. S. Harding	Macc	46.16
(23) P. Light O/50	StaffsM	50.33
(56) B. Blythe O/60	Macc	53.46
LADIES		
1. (60) S. Curtis O/40	Penn	54.38
2. (67) L. Harris	Penn	55.22
3. (70) S. Lewis	Altrinch	55.58
(94) M. Edgerton O/50	Penn	59.32
(96) M. Howie O/40	M/cTri	59.47
172 finishers		

BLISCO DASH
Cumbria
AS/5m/2000ft 21.07.10

Interesting to read in my last "Fellrunner" that the entry fee for Blisco in 1983 was £2.00. Now it's £1.00, fully meriting its tag as "the world's cheapest fell race!"

The race has a huge history; sitting as it used to in November, as the final race in the "All the As" Fellrunner of the Year Championship. In 1976, when I first ran it as my first ever fell race, Martin Weeks beat Mike Short here, and so took the title from him. I spent the evening enjoying a few pints with Mike, who I'd never met before, and who seemed remarkably relaxed about the day's events. Of course, I was completely hooked - what other sport sees its superstars sitting in the pub alongside an also-ran like me? Thirty five years later, it's a great privilege for me to be able to prolong the life of the Blisco Dash - even if it is just a bit of fun on a Wednesday night these days.

Rhys Findlay-Robertson was quite chuffed to win; and so he should be - not many get past Ricky Lightfoot on a descent!

Jane Reedy won the ladies' race in one of her final outings before she and Matt trip off to New Zealand. Jane's time of 48.28 was the fastest since 2004 when Lou Roberts put up 47.25 in winning the Inter-Counties Championship here (another page of Blisco history). Lou finished runner up this year, taking home a small ration of mediocre French lager for her trouble.

The prize giving didn't seem to upset anyone, although the standard of the fat-boy competitors didn't really warrant any beer. I'm hoping for bigger things next year, and another page in Blisco's long and glorious history.

Who knows - British Championship in 2012, eh Scoffer?

Selwyn Wright

1. R. Findlay-Robertson	DkPk	41.12
2. R. Lightfoot	Ellenb	41.49
3. C. Bell	Howg	42.15
4. C. Newman	Wharf	42.27
5. M. Robinson O/40	DkPk	42.29
6. R. Stuart O/40	HelmH	43.24
7. T. Doyle U/18	HelmH	45.01
8. J. Dugdale	Clay	45.13
9. M. Holroyd O/40	Borr	46.31
10. P. Whiting O/50	Unatt	47.01
VETERANS O/50		
1. (10) P. Whiting	Unatt	47.01
2. (18) A. Miller	Kend	51.08
3. (24) L. Warburton	Bowl	52.08
VETERANS O/60		
1. (55) P. Bettney	Unatt	61.59
VETERANS O/70		
1. (63) R. Smith	Amble	72.13
LADIES		
1. (15) J. Reedy	Amble	48.28
2. (34) L. Roberts	Kend	53.44
3. (41) S. Wood O/40	Amble	55.34
4. (44) J. Gillyon	Kesw	56.36
5. (48) B. James	Unatt	59.21
(61) J. Hornsby O/40	BCombe	69.29

SHELDON
Derbyshire
BS/4m/530ft 22.07.10

Spar through AF Blakemore & Sons were our main sponsors, a record turnout of 146 runners, with all runners completing the course. The weather was kind this year and the ground perfect, although a little slippery in the wooded section. It was good to see such a large turnout, and so many new runners to this fell race, all saying how much they had enjoyed it, calling it the Upside Down Fell Rae because you start with approximately 500 feet descent. Compliments were given to the marking out and the marshals. A good evening was had by all, and I hope to see everyone next year.

Philip Gregory

1. S. Bond	DkPk	23.41
2. S. Pyke O/40	StaffsM	25.06
3. T. Wild	Macc	25.38
4. D. Taylor O/40	Unatt	26.21
5. J. Wilson	FBoys	26.31
6. D. Holloway	Penn	26.35
7. M. Stenton O/40	Unatt	26.41
8. A. Holgate	Clay	27.38
9. P. Davis	Unatt	27.56
10. M. Horsley-Frost O/40		Unatt 28.10
VETERANS O/50		
1. (15) M. Salkild	DkPk	28.32
2. (17) R. Gibson	DkPk	28.42
3. (19) S. Reed	Notts	29.06
VETERANS O/60		
1. (73) C. Russell	Mat	34.27
2. (112) A. Ashforth	Hands	37.34
3. (122) B. Allsop	Buxt	39.12
VETERANS O/70		
1. (141) B. Howitt	Mat	45.49
LADIES		
1. (18) K. Davidson	DkPk	28.57
2. (33) J. Jepson O/50	FBoys	30.26
3. (47) E. Batt O/40	DkPk	31.35
4. (50) A. Higgins O/40	FBoys	31.52
5. (53) L. Holmes	Ripley	32.14
(67) J. Gardner O/50	DkPk	33.53

146 finishers

SNOWDON
Llanberis
AM/10m/3300ft 24.07.10

The 2010 International Snowdon Race/Ras-yr-Wyddfa lived up to all expectations as two young Scottish athletes swept all before them. Robbie Simpson and Catriona Buchanan, both just 18, won the men's and women's crowns respectively, and made light work of some of the worst conditions that the event has had to endure in recent years.

The athletes were greeted with mist and light rain as they took to the start line at 2 00 p.m, however these conditions were nothing compared to what awaited them on the upper slopes of Snowdon, with strong winds and driving rain awaiting them at the summit, some 5 miles away and at an elevation of over 3500 feet.

Parc Padarn, the location for the race start, was described as one of the most colourful and best presented in years and despite the weather conditions, a huge crowd of spectators gathered to watch the race start. In 2009 tragedy struck on the mountain as local man Mark Lear lost his life during the race. The anniversary of this sad event was marked by a minute's silence at five minutes to two, and was immaculately respected by the runners and crowd.

The event was one of great anticipation with the occasion of Kenny Stuart's 1985 course record being marked with the man himself acting as race starter and guest of honour at the evening presentation, and once respects had been paid it was time to turn attentions to racing. Also present was Ireland's Robbie Bryson, the summit record holder of an amazing 39.47 and Robbie was also running the race. Add into the fold the first African competitor in the shape of Wilson Chemweno, and a little bit of Welsh rain, and this one was always going to be special.

Kenny got the runners underway at bang on two o'clock and we were soon reminded of why this race is known as the International Snowdon race with the first 40 - 50 runners a sea of English, Scottish, Welsh, Irish, Danish and Italian vests. But it was Kenyan Chemweno who grasped the nettle as the 483 starters made their way onto the mountain and he established a sizeable lead by halfway. Behind, Italian Rolando Piana was chasing hard, and as they approached Allt Goch, some three quarters into the ascent, the strongman from Italy passed Chemweno as the weather conditions began to take their toll on the African athlete.

Tucked in behind was 18 year-old Scotsman Robbie Simpson, and as events unfolded he was about to take his chance for glory as they turned for the return trip to Llanberis. As Piana summited in first place, he inextricably took the wrong path to Rhyd Ddu, a mistake that was to lose him the race, Wilson was second at the top with Simpson third. Times on top of the mountain were understandably not close to Bryson's mark, however after the Italian's mishap Wilson gallantly led the high-quality field as they headed for home. Unfortunately, it was the tricky rocks of this famous mountain, made lethally wet by the driving rain, which were to be the African's undoing as the British and Italian mountain men took their dive for the descent – and the young Scot would now revel in the conditions.

He quickly caught Chemweno and over the ensuing 5 miles, Simpson opened up a sizeable gap on the older and hugely more experienced chasers. Amongst them, three-time winner Ian Holmes, but he and the rest of the Italian and English internationals were unable to catch the Deeside youngster.

"I actually knew that I had won as I rounded the finish straight and saw the ribbon across the line", he said, "I knew that they (Chemweno and Piana) were ahead at the top, but after I passed Wilson, I was then expecting Piana to come into sight. When I hadn't caught him by half-way bridge I was thinking how fast is he going, as I thought that I was going really well! The support was amazing, it was such a great race for me. It feels great to win this race, especially at my first attempt too."

The truth was to all unfold as the tales were told back at the finish area and it was fellow Italian, Alex Baldaccini, who was to fly the Italian flag on the podium, outsprinting Ian Holmes for second by the slenderest of margins. It was to be a tough baptism on Snowdon for Kenyan Chemweno, who eventually finished in seventh place, however this man will never be forgotten as a possible trail-blazer for the African nation in British mountain racing, though when asked if he himself would be back again to race he simply said, "I don't think so, I hated coming down!"

Simpson's time of 1:07:58 will not trouble the record books, however it will go down of the one of the greatest wins on this mountain.

First Welsman home was Andy Davies in 9th position, England easily took the team prize as Holmes was backed up by Richard Baker in 5th and Danny Hope in 6th . Shrewsbury's Steven Cale won the Open prize for non-international competitors in 10th place and Eryri Harriers' Iain Ridgway, Matt Fortes and Hugh Connell secured a highly popular team win for the local club.

It was to be double delight for the Scottish team as Catriona Buchanan won the ladies' event, and at just 18 years old, the GB junior international also became the youngest female to win this prestigious mountain race. Runner-up, Pippa Maddams, is the reigning British fell running champion, but was unable to match the young Scot as Buchanan summitted in 52:23, some 50 seconds up on Maddams, and carried on to more or less hold the gap all way back to the finish at Parc Padarn.

Speaking later Catriona said, "I'm so pleased. It was a very hard race out there, but I really enjoyed it and I am particularly happy to beat some very good English girls too."

With Lauren Jeska in third place, the English girls also won the team prize with back-up from Emma Clayton, who unfortunately took a heavy tumble on her way down. Nant Peris runner, Sarah Ridgway, won the female Open prize and also led the Eryri ladies team to the win, with

back-up from Tammy Lewis-Jones and Katrina Spinney.

Matt Ward

1. R. Simpson	Scotland	1.07.59
2. A. Baldaccini	Italy	1.09.11
3. I. Holmes	England	1.09.11
LADIES		
1. C. Buchanan	Scotland	1.21.19
2. P. Maddams	England	1.21.56
3. L. Jeska	England	1.24.33

LINGMELL DASH
Cumbria
AS/4.5m/2500ft 24.07.10

A small but select band of runners assembled on Saturday for this year's 4.5 mile 2500ft Lingmell Dash Fell Race.

Howard Christie of the Great Gable Brewing Company, race sponsor and long time supporter of the Wasdale Mountain Rescue Team, set the field of 35 on their way to summit marshal and race organiser Tim Brooks. However, by race time at 1400 the weather had closed in and visibility on the fell was down to virtually zero.

Strange things do happen in Wasdale and passers by stared in wonder as a kilted 'Toots McGee' of the Fairies Club haired off to the base of the fell resplendent in tiara and wand. Toots for the observant was, in fact, Jethro Lennox , former Scottish Hill Running Champion of the Shettlestone club, on his stag weekend.
First back was Joe Symonds, also a member of the stag party in 50.32, followed closely by Martin Nicholson-Barron, and first V45 Joe Blacket in third. Toots finishing in a creditable fourth place ahead of last year's winner, Matt Huley. The Dark Peak men took the overall team prize ahead of Long Eaton.

For the ladies, Lucy Harris held off all other challengers to finish 9th overall in 61.17 ahead of Kate Cooper, Kathleen Aubrey LV45 and Lindsay Buck.

Local runners featured strongly with Dave Atkinson, 3rd 45 ducking under the hour in 59.59, Chris Cripps (66.39), Julian Carriadice 2nd V50 (69.20) and Stephen Walter (74.14) of the rescue team all finishing strongly with Larry Abel V45 (77.14).

All funds raised from this race go directly to the Wasdale Mountain Rescue Team and at the prize giving ceremony thanks went to all the runners, specifically members of Dark Peak and Long Eaton for their continued support, time keeping Mike Kenwright and Mel Abel and local businesses such as Lingmell House B&B, the Great Gable Brewing company for providing a bottle of the prize winning 'Yewbarrow Strong Ale' for all runners and the 'Barndoor Shop' for supporting the race.

Tim Brooks

1. J. Symonds	HBT	50.32
2. M. Nickleson-Barron	Borr	52.12
3. J. Blackett O/40	DkPk	53.24
4. J. Lennox	Shettle	53.35
5. M. Huley	DkPk	54.18
6. K. Hagley O/40	SWRR	59.34
7. H. Keith	Unatt	59.44
8. D. Atkinson O/40	CFR	59.59
9. L. Hares	Penn	61.17
10. D. Wilkinson O/50	DkPk	62.18
VETERANS O/50		
1. (10) D. Wilkinson	DkPk	62.18
2. (17) J. Carradice	WMRT	69.20
3. (25) R. Fox	LongE	80.36
VETERANS O/60		
1. (31) C. Lennox	EskV	91.53
2. (34) T. Lowdon	CFR	122.35
LADIES		
1. (9) L. Harris	Penn	61.17
2. (12) K. Cooper	CFR	66.03
3. (24) K. Aubrey O/45	HelmH	80.16
4. (29) L. Buck O/45	CFR	87.58

35 finishers

GREAT HUCKLOW
Derbyshire
BM/6m/1000ft 25.07.10

A record turnout on a fine day to enjoy Great Hucklow's traditional offering - a varied course over mixed terrain, cheerful marshals, fine flapjacks and a newly changed course.
Stuart Bond took first male place and set the record for this year's course with a time of 42.59. Christine Howard took first female place in 51.25. Dark Peak took both male and female team victories.

The event raised over £700 which has been split between five good causes, including Sheffield Children's Hospital Scanner Appeal and Ashgate Hospice. Our gratitude goes of course to the many landowners whose land we run over. That gratitude extends this year to those withdrawing permission as it pushed us on to some much appreciated new lines. Thanks too to the Foundry Adventure Centre which provides an excellent event base; to Derbyshire Cave Rescue for once again cheerfully providing emergency cover; to Tracklogs and to the Old Barn, Castleton for generous prizes; and to Accelerate for supporting the event as part of the Gritstone Series (www.gritstoneseries.co.uk).

Most thanks go to the local volunteers who turn out year after year knowing just what to do and getting the event its reputation as one of the best marshalled fell races around. The record turnout did stretch parking and exhaust our flapjack supplies, but it was great to see so many enjoying what seemed reckoned to be a fine course. We will be sure to be ready for more popularity next year.

Matt Watson

1. S. Bond	DkPk	42.59
2. O. Johnson	DkPk	43.38
3. R. Little	DkPk	44.31
A. Pead O/40	GoytV	45.44
D. Neill O/50	StaffsM	45.57
A. Brentall O/60	Penn	55.01
F. Makin O/70	Clowne	75.40
LADIES		
1. C. Howard	Mat	51.25
2. K. Davison	DkPk	51.35
3. Z. Wray	DkPk	55.41
Y. Hill O/40	Oswest	60.18
P. Goodall O/50	Totley	63.19
A. Brentall O/60	Penn	68.57

GRITSTONE TRYAL
Cheshire
BL/15m/2000ft 25.07.10

This 'moveable' fixture was once again held at Teggs Nose Country Park near Macclesfield, Cheshire. The early morning views from around the visitor centre, perched on its ridge, were somewhat atmospheric with the cloud base licking the surrounding tops and the tree fringes of Macclesfield Forest. But, at least the rain had stopped.

Now in its sixth year the event has gained a number of old faithful fell runners who enjoy the added dimensions of route choice and navigation skills. These were joined by a number of new competitors who had travelled from neighbouring counties and beyond and who came quickly to realize that not all of Cheshire is flat.

9.30 a.m. and the forty four competitors were off along the ridge and through the Teggs Nose quarries. The first control was within a mile of the start but required some fine navigation and attention to map detail. Unfortunately, some of the front runners, in their over-enthusiastic racing start, overshot a crucial turn taking many of the following pack with them. Some eventually retraced their steps but others, in their frustration, tried to short cut direct to the control but quickly found that traversing across bramble-covered quarry waste was by no means the fastest nor the most comfortable option. As a result, some of the self-confessed slower runners were quite surprised to find themselves in the leading pack at the second control (the tortoise and the hare comes to mind).

By Control No 3 the race had settled down with Simon Harding having picked up a 7 minute lead on Malcolm Fowler. Despite some interesting variants on route choice this position carried through to the finish with Joe Nuttall finishing in third place, 10 minutes behind Malcolm.

All competitors managed to beat the cut-off time at the half-way control and return safely, if not by the quickest route!, to the finish. As a result of the very high humidity, sweat was dripping by the bucketful at the finish but smiles soon broke through once tired legs had recovered from the final climb back up Teggs Nose. There was an atmosphere of bonhomie at the finish as competitors relaxed on the grass to discuss the pros and cons of route choice.

Many thanks to all the marshalls who trekked out on to the hills and to the registration team for their patience.

Ian Ankers

1. S. Harding	Macc	2.00.30
2. M. Fowler O/40	Chesh	2.08.30
3. J. Nuttall	Penn	2.18.51
4. D. Colclough O/50	Mercia	2.34.06
5. G. Briggs	StaffsM	2.34.27
6. N. Sturger O/40	Sparkh	2.36.12
7. J. Whilock O/40	Staffs	2.37.32
8. C. Ardron O/60	Macc	2.39.44
9. C. Davenport	Unatt	2.41.57
10. S. McLachlan O/40	Unatt	2.42.47
10. K. Burge	Staff	2.42.47
VETERANS O/50		
1. (4) D. Colclough	Mercia	2.34.06
2. (8) C. Ardron	Macc	2.39.44
3. (13) J. Barry	Congle	2.46.47
VETERANS O/60		
1. (8) C. Ardron	Macc	2.39.44
2. (28) R. Ashby	Penn	3.26.05
3. (31) R. Campbell	StaffsM	3.35.10

4. (31) K. Uzzell	Stone	3.35.10
LADIES		
1. (10) K. Burge	Staff	2.42.47
2. (17) K. Nash O/40	Prest	2.51.50
3. (26) D. Pelly O/50	Amble	3.15.19
4. (35) J. Laverock O/40	Salf	3.36.50
5. (36) E. Key	Stone	3.43.22

44 finishers

KENTMERE HORSESHOE
Cumbria
AM/11.9m/3300ft 25.07.10

1. M. Roberts	Borr	1.32.56
2. C. Bell	Howgill	1.32.59
3. T. Brunt	Holmf	1.37.06
4. S. Tosh U/23	Ross	1.38.25
5. A. Brown	Clay	1.38.49
6. S. Swarbrick	Bowland	1.39.14
7. C. Newman	Wharfe	1.39.27
8. M. Robinson O/40	DkPk	1.39.41
9. R. Stones	HelmH	1.40.39
10. A. Jebb	Bing	1.41.07
VETERANS O/40		
1. (8) M. Robinson	DkPk	1.39.41
2. (11) M. Russell	BoltTri	1.42.03
3. (13) C. Reade	Bowland	1.43.13
VETERANS O/50		
1. (36) a. kAY	hbt	1.53.27
2. (41) A. Sunter	Horw	1.55.18
3. (44) R. Laycock	Settle	1.56.12
VETERANS O/60		
1. (129) D. Bridge	Borr	2.14.16
LADIES		
1. (42) A. Raw O/40	Bing	1.55.24
2. (79) L. Harris	Penn	2.03.54
3. (86) S. Budgett O/40	Horw	2.05.27
4. (87) H. Robinson	Amble	2.05.39
5. (103) A. Forrest O/40	Amble	2.08.50

129 finishers

HARROCK HILL - RACE 3
Lancashire
BS/5.2m/900ft 28.07.10

1. R. Burney	LpoolH	31.15
2. J. Morrisey	Wigan	32.15
3. M. Bell O/40	Horw	32.23
4. A. Buttery O/40	Ross	33.31
5. C. Rigby O/40	Horw	33.55
6. J. Sutton	Bburn	34.00
7. P. Muller O/50	Horw	34.34
8. R. Ashworth O/45	Sthport	35.22
9. B. Bolland O/40	Horw	35.49
10. T. Belcher U/18	Chorl	35.56
VETERANS O/50		
1. (7) P. Muller	Horw	34.34
2. (14) S. Morran	NVets	36.35
3. (24) R. Davies	Wesh	37.46
VETERANS O/60		
1. (23) R. Taylor	Penn	37.41
2. (63) T. Hesketh	Horw	41.54
LADIES		
1. (22) A. Crook	Sthport	37.30
2. (47) D. Atkins	Chorl	40.08
3. (61) S. Budgett O/45	Horw	41.43
4. (66) C. Sullivan O/40	Wesh	42.08
5. (70) K. Forster O/45	Spect	43.03

70 finishers

Heart of the Lakes - Rydal Round

Photo © David Woodhead www.woodentops.org.uk

HEART OF THE LAKES – RYDAL ROUND
Cumbria
AM/9m/3000ft 29.07.10

1. A. Dunn	HelmH	1.21.40
2. C. Bell	Howgill	1.23.08
3. R. Findley-Robinson	DkPk	1.23.15
4. B. Abdelnoor	Amble	1.25.01
5. T. Brunt	Holmf	1.25.10
6. D. Raby	Chorley	1.25.44
7. J. Smith	Wharfe	1.25.55
8. M. Reedy	Amble	1.27.28
9. T. Mason	Wharfe	1.27.38
10. J. Blackett O/40	DkPk	1.28.30
VETERANS O/40		
1. (10) J. Blackett	DkPk	1.28.30
2. (12) J. Hooson	Amble	1.30.32
3. (15) S. Angus	Unatt	1.32.21
VETERANS O/50		
1. (20) N. Holding	WPenn	1.35.13
2. (26) B. Walton	Horw	1.38.48
3. (28) A. Sunter	Horw	1.40.29
LADIES		
1. (22) J. Reedy	Amble	1.35.41
2. (59) A. Joyce	Crusad	1.51.02
3. (71) E. Greenfield	Nuneat	1.56.18
4. (84) S. Wood O/40	Amble	2.01.44
(107) J. Laycock O/50	Amble	2.16.20

122 finishers

STONEY MIDDLETON
Derbyshire
BS/5.2m/650ft 29.07.10

This year the weather was kind and many competitors commented that the excellent conditions should be ideal for some good times. This proved to be the case with Stuart Bond breaking the record he set up last year with a winning time of 30.44. The ladies record was also broken by Karen Davison, with a time of 36.55. Andy Pead won the vets' trophy. The local winner was Phil Baker with a time of 39.04. Bryan Rogers was our most senior competitor at 77 years of age.

The barbeque at the Moon Inn, to coincide with the presentation of trophies, was as popular as ever with a good mix of competitors and locals.

As part of the village well dressing the fell race always manages to be a good night.

Thanks to all competitors, marshals, timekeepers and residents of the village for their support and assistance. A complete results sheet can be viewed on our website, stoneymiddletonparishcouncil.org.uk

Dave Thorpe

1. S. Bond	DkPk	30.44
2. T. Wild	Macc	32.28

3. A. Pead O/40	GoytV	33.15
4. P. Butcher O/40	Sthwell	34.17
5. J. Wilson	FBoys	34.50
6. C. Edgell	DkPk	34.58
7. D. Holloway	Penn	35.15
8. M. Horsley Frost O/40	Unatt	36.01
9. C. Bannister O/40	Sheff	36.16
10. P. Davies	Unatt	36.17
VETERANS O/50		
1. (12) D. Ansell	DkPk	36.33
2. (17) A. Hartley	FBoys	37.07
3. (18) D. Wilkinson	DkPk	37.08
VETERANS O/60		
1. (50) N. Boler	WFRA	40.26
2. (90) J. Leary	Unatt	44.59
3. (96) P. Hethershaw	SteelCity	45.19
VETERANS O/70		
1. (140) B. Rogers	NVets	51.30
LADIES		
1. (16) K. Davison	DkPk	36.55
2. (44) P. Wilkie O/40	DkPk	40.10
3. (75) A. Ford	Unatt	42.58
4. (78) J. Gardner O/50	DkPk	43.24
5. (90) C. Rowe O/50	LongE	44.59
(92) E. Rose O/40	Penn	45.06

150 finishers

BEN RINNES FIVE TOPS
Grampian
AL/14m/4900ft 31.07.10

Despite a British and Scottish Championship race taking place further south, a hearty turnout of 65 athletes toed the start line, although the ladies were a little thin on the ground. Conditions were cool and fresh, unusual for July, and should have been conducive for fast times. This proved to be the case only for the leading male and female however.

Joe Symonds, running in a brown Hunters Bog Trotters vest these days, simply romped off from the gun (which never worked), had over a 5 minute lead at the summit turn on Ben Rinnes, and by the time he galloped back to the Highland Games arena his wining margin was almost 9 minutes, more than a mile in distance. He may have been spurred on to this astounding piece of running by the fact that his brother Andy set the course record of 1.56.55 only the previous year. Joe promptly demolished this mark by two and three quarter minutes.

Another HBT runner, Clare Gordon also had the 1996 record of 2.21.21 in her sights for much of the race but eventually tailed off a little, although she still managed the second quickest time in the 17 year history of the race. Her guest wasn't helped by becoming entangled in the pipes and drums of a marching band when entering the arena. This strange beast, the Scottish pipe band, seems to devour at least a couple of runners every year. Be warned future entrants! Unfortunately the afternoon ended on a very soggy note, with a rushed prize giving falling victim to some very heavy rain.

Graeme Bartlett

1. J. Symonds	HBT	1.54.13
2. H. Haines	Edinb	2.03.02
3. S. Whitlie O/40	Carneth	2.04.49
4. T. Brunt	Holmf	2.06.28
5. M. Harris O/40	Fife	2.08.16
6. T. Griffin O/40	Cosmic	2.14.26
7. G. Bee	Fife	2.15.51
8. R. Van Gompel O/40	Dund	2.19.09
9. D. Gallie O/40	Invern	2.21.12
10. J. Williamson O/40	Cosmic	2.21.27
VETERANS O/50		
1. (12) C. Stewart	Unatt	2.26.51
2. (15) J. Kay	Fife	2.29.42
3. (24) I. Cassidy	Nairn	2.42.59
VETERANS O/60		
1. (38) R. Murdoch	Lochab	2.57.48
LADIES		
1. (11) C. Gordon	HBT	2.25.01
2. (22) J. Higginbottom O/40	Carneth	2.38.48
3. (54) G. Clunas O/50	Cosmic	3.15.04
4. (60) M. Angus O/40	FBoys	3.27.13
5. (61) J. Henderson	Nairn	3.27.18
(62) P. Cowan	W'lands	3.30.31

64 finishers

DOLLAR
Clackmannanshire
AM/9.4m/3150ft 31.07.10

The weather this year was a bit mixed at Dollar – for the first time in a few years the tops were covered in clouds for at least some of the race. With quite a few runners being unfamiliar with the course as it was a British Championship event no one lost their way with all 252 runners finishing well within 3 hours. With that many runners there was a bit of a queue going up Dollar Glen and onto Saddle Hill but it soon opened out for the run around the tops.

The race was won by Rob Hope in a time of 1:12:48 within a minute of the course record, followed 10 seconds later by Prasad Prasad . Lloyd Taggart was next home and first Vet. First Vet 50 was Steve Oldfield in 1:22:12 with Jack Holt the first Vet 60.

As for the ladies', the race was won by Pippa Maddams in 1:24:01 – 9 seconds inside the previous course record held by Angela Mudge. Second was Catriona Buchanan. First Lady vet was Judith Jepson in 1:33:12. First Vet 50 was Gill Myers and first and only Vet 60 was Phyllis Lemoncello.

Thanks to Dollar Academy for supplying with great facilities, and thank to the Marshals for ensuring everything ran smoothly.

Alex King

1. R. Hope	P&B	1.12.48
2. P. Pra	Clydes	1.12.58
3. L. Taggart O/40	DkPk	1.13.08
4. T. Davies	Mercia	1.13.36
5. C. Steel	Borr	1.13.42
6. D. Kay	P&B	1.15.04
7. G. P	P&B	1.16.00
8. D. Hope	P&B	1.16.15
9. I. Nixon	P&B	1.16.30
10. S. Heb	Kesw	1.16.50
VETERANS O/50		
1. (26) S. Oldfield	CaldV	1.22.52
2. (33) R. Gal	Carn	1.24.26
3. (35) M. John	Bowl	1.24.49
VETERANS O/60		
1. (76) J. Holt	Clay	1.31.51
2. (85) M. Wals	Kend	1.32.32
3. (88) K. T	Ross	1.32.48
LADIES		
1. (29) P. Mad	Kesw	1.24.01
2. (39) C. B	Ochil	1.26.12
3. (48) C. Whit	Cosmic	1.27.11
4. (52) K. Alex	Sperrin	1.28.06
5. (59) J. Lee	Eryri	1.28.51
(90) J. Jeps O/40	DkPk	1.33.12
(96) A. Raw O/40	Bing	1.34.01
(118) G. Myers O/50	Wharf	1.37.37
(152) A. Ham O/50	Cosmic	1.44.04
(252) P. Len O/60	Fife	2.43.27

252 finishers

BEETHAM SPORTS
Lancashire
BS/5.75m/927ft 31.07.10

Good conditions with no rain!

Record previously set in 2007 by Lee Siemasko of 35.36 was broken by Craig Roberts in time of 35.17

Good turnout of 87 with only 2 retired.

Chris Merckel

1. C. Roberts	Kend	35.17
2. T. Addison	HelmH	35.42
3. C. Livesey	Prest	36.29
4. M. Addison	Helm	36.40
5. C. Pass	Wesh	38.12
6. K. Horrigan O/50	Unatt	39.11
7. E. Nash	Unatt	39.42
8. M. Chippendale O/40	Bowl	40.13
9. B. Bolland O/40	Horw	41.43
10. N. Craine O/40	Eryri	42.11
VETERANS O/50		
1. (6) K. Horrigan	Unatt	39.11
2. (12) S. Addison	HelmH	42.52
3. (19) G. Johnston	B'pool	43.50
VETERANS O/60		
1. (23) P. Hall	Barr	45.22
2. (51) P. Sewell	Dallam	51.07
3. (62) J. Hodgson	Dallam	53.25
LADIES		
1. (18) M. Hyder	HelmH	43.45
2. (25) L. Roberts	Kend	45.41
3. (33) H. Heap O/40	Dallam	46.35
4. (36) S. McDonald O/40	Settle	46.53
5. (47) J. Goodfellow O/40	Dallam	49.53
(63) D. Priestley O/50	Kend	54.03
(80) A. Shuttleworth O/50	Howgill	59.07

85 finishers

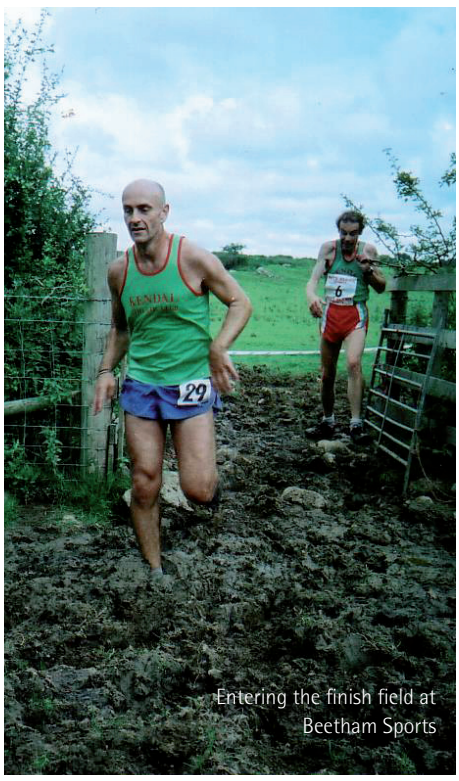


Photo courtesy of Bill Smith

Entering the finish field at Beetham Sports

PARWICH PANORAMIC FIVE
Derbyshire
CS/5.3m/650ft 03.08.10

"The second running of the PP5 was greeted with diametrically opposed conditions to those experienced 12 months previously. Instead of a muddy quagmire following nearly 4 weeks of consistent rain, this year the field of 107 was greeted with a rock hard course with the potential to turn the most experienced of FRA ankles. Thankfully all survived and the fast conditions led to predictably record shattering (rather than ankle shattering) times.

Local in-form athlete, Paul Mannion beat the previous record by over 2 clear minutes with a winning time of 33.44. Emily Sanders completed a clean sweep for Ashbourne by taking the women's title in 43.38.

Whilst the seniors amassed to battle with the rolling Derbyshire Dales, a series of Junior races run by David Denton attracted large fields of under 8, 10 and 12 runners. All the junior races were hotly contested, the children showing a complete disregard for race pacing, with many sprinting the under 12s' 1.7 mile course with 500ft of climb! Lots to look forward to there for the future.

A pleasant summer evening ensured the evening concluded in a more leisurely fashion across the road from the finish at The Sycamore Inn, where recounted times got faster and the hills got steeper as the evening as the pints were consumed."

Graham Johnson

1. P. Mannion	Ashb	33.44
2. G. Briggs	StaffsM	35.58
3. S. Margiotta O/40	Ashb	36.11
4. M. Salkild O.40	DkPk	37.00
5. R. Mitton	Asb	37.35
6. M. Gray	DkPk	37.40
7. D. Wilkinson O/40	DkPk	37.44
8. M. Brennan	Erew	38.06
9. C. Clayton	Ashb	38.07
10. S. Fowler O/40	Unatt	38.39
LADIES		
1. (41) E. Sanders	Ashb	43.38
2. (48) S. Purvis	Ashb	44.48
3. (56) A. Wainwright O/40	Unatt	46.06
4. (62) M. Mills O/40	HolmeP	46.50
5. (65) H. Spiris O/40	HolmP	47.26

107 finishers

CRACKEN EDGE
Derbyshire
BM/7m/1450ft 04.08.10

On the evening of the race, 212 athletes stood on the start-line at Ridge Top Lane in Hayfield for the annual Cracken Edge Fell Race. This popular event is seen by Peak District runners as one of the hardest mid-week races in the Fell Runner's calendar, taking in a very rough seven miles around the Ollersett Moors and over Cracken Edge itself, and, in doing so, climbing over 1400ft of ascent. The race has been going now since 1995, when it was devised as a fund-raiser for the local Kinder Mountain Rescue Team, and its tough reputation has increased its popularity year on year. It is also one of the six races which make up the prestigious Hayfield Championship series.

This year's race day dawned wet and cloudy, but by the start time the rain had stopped, leaving some quite soft conditions underfoot and a cool westerly breeze. The record for the race stands at an amazing 40.14, set by international runner Steve Vernon in 2008 - would this year's race see a new record?

First home by an impressive margin was Stuart Bond in 40.53. Bond has been having a huge success in the Peaks' race calendar this year, winning many races, and smashing several records but, unfortunately, his fast time at Cracken Edge was not fast enough to worry Vernon's record.

Taking second place, and achieving a personal best for this race (42.29), was Simon Coldrick, last year's race winner. Coldrick was followed by Andy Pead, setting a high standard time of 43.28 as the first veteran 40 in the race.

Although the overall race record was safe, other records were broken with Alan Kirk knocking 24 seconds off the men's V50 record, and Rob Taylor knocking 62 seconds off the men's V60 record.

The team prize went to Pennine Fell Runners with Coldrick, Kirk and Curtis scoring the best club points.

The ladies' race was won by Helen Berry in 53.04, with Tracey Greenway and Lucy Harrris taking second and third places, respectively. The ladies' team prize was won by Holmfirth Harriers with Berry, Gould and Hinchcliffe taking the honours.

The special prize for runners from rescue teams was won by Glossop Mountain Rescue Team (Minshull, Cowell and Henkel).

Kinder Mountain Rescue Team would like to thank all the runners and helpers for their support.

Alan Brentnall

1. S. Bond	DkPk	40.53
2. S. Coldrick	Penn	42.29
3. A. Pead O/40	GoytV	43.28
4. T. Wild	Macc	44.31
5. J. Stockdale	Altrinch	45.20
6. D. Matkin	Stockp	45.47
7. T. Webb	DkPk	46.11
8. A. Kirk O/50	Penn	46.32
9. J. Wilson	FBoys	46.57
10. C. Leigh	Traff	47.37
LADIES		
1. (46) H. Berry	Holmf	53.04
2. (56) T. Greenway O/40	Ilk	54.18
3. (62) L. Harris	Penn	55.14
4. (78) S. Lewis	Altrinch	57.04
5. (96) M. Whittall	Unatt	59.00
(109) P. Weir O/50	Totley	59.22
(110) M. Edgerton O/50	Penn	59.40

CHEVIN HILL
Derbyshire
BS/4.5m/797ft 05.08.10

Conditions were ideal on a course that was waterlogged a year go. Ian Hunter was convincing with his first ever fell race win.

David Denton

Race 1

1. I. Hunter	Kimber	29.45
2. K. Hope	Notts	30.54
3. C. Howley	Unatt	31.04
4. K. Perry O/40	Unatt	31.34
5. A. Parkin	Belper	31.39
6. M. Stock O/40	DkPk	31.45
7. D. Wilkinson O/50	DkPk	31.50
8. S. Shanks	HolmeP	32.27
9. L. Beresford	Unatt	32.40
10. J. Birch O/50	LongE	32.45
(14) B. Stone O/50	LittleE	33.22
VETERANS O/60		
1. (46) P. Shaw	Ripley	40.23
2. (47) D. Keegan	Shelt	40.28
3. (51) G. Young	Sinfin	41.21
LADIES		
1. (18) L. Holmes	Ripley	34.02
2. (32) G. Hobbs	Charn	37.12
3. (34) L. Crane	Unatt	37.23
4. (53) L. Butterfield O/40		HolmeP 41.26
5. (57) C. Cresswell	Ripley	44.06
(62) C. Birch O/40	Wirks	45.59
(65) L. Varney O/50	FormOne	46.29
(67) D. Harvey O/50	LittleEat	47.35

72 finishers

Race 2: 2.2m

1. D. Narborough	AmberV	15.15
2. A. Fenwick	AmberV	15.15
3. A. Swift	Unatt	15.47
4. S. Peat	Unatt	17.08

BORROWDALE
Cumbria
AL/17m/5400ft 07.08.10

387 runners started the Borrowdale Fell Race 2010. It had been raining during the night and the rain continued on and off during the morning before the cloud lifted off the tops in the early afternoon – too late for many of the runners for whom the poor visibility presented problems with navigation. The rain during the previous week produced heavy going underfoot for the runners who also had to contend with particularly greasy rocks on Broad Crag.

Those conditions suited Simon Booth, who won the race for the twelfth time, and by a staggering margin of 11Similarly dominant in the women's race was Pippa Maddams, who finished 18th overall. Maddam's time was just 5 minutes and 5 seconds outside the course record set in 1997, before the route up to Bessyboot was altered, thereby arguably lengthening the course.

Even with his extensive knowledge of the race route, Booth made a minor navigational error as he left the summit of Bessyboot. That enabled Ben Bardsley to establish a lead which was pulled back by Booth by Esk Hause, with Chris Steele also catching Bardsley.

Bardsley was dropped on the rocks to Scafell Pike and on the descent to Styhead Booth opened up a lead of 75 yards on Steele. Booth said afterwards that he was feeling good and ran up Great Gable, thereby increasing the gap back to Steele. Steel went astray after Green Gable and retired from the race at Honister. As Booth steadily increased his lead, Bardsley pressed on and secured second place.

Len l'Anson

1. S. Booth O/40	Borr	2.52.42
2. B. Bardsley	Borr	3.03.47
3. I. Holmes O/40	Bing	3.06.48
4. S. Hebblethwaite	Kesw	3.08.54
5. B. Abdelnoor	Amble	3.09.17
6. S. Collet	Unatt	3.11.29
7. P. Vale	Mercia	3.13.20
8. R. Pattinson O/40	P&B	3.14.16
9. P. Thompson	Clay	3.14.35

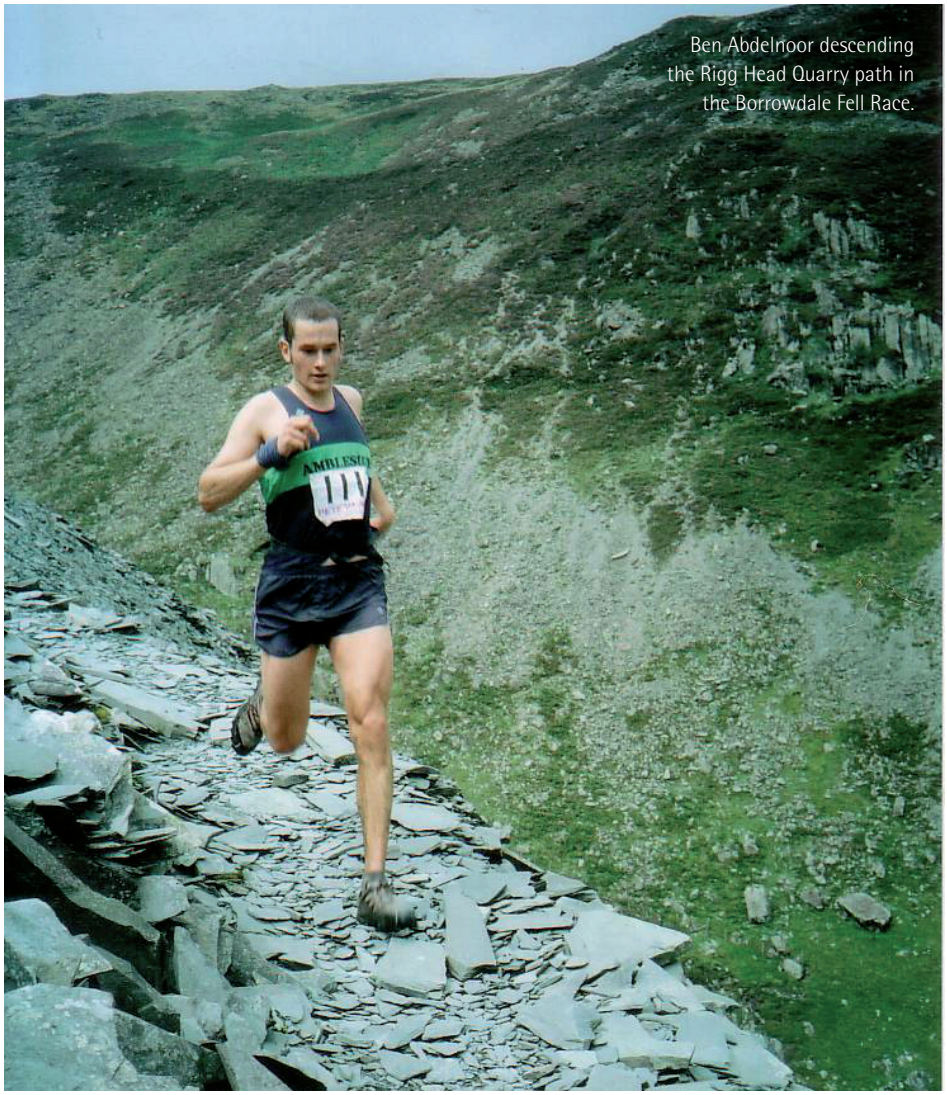


Photo courtesy of Bill Smith

Ben Abdelnoor descending the Rigg Head Quarry path in the Borrowdale Fell Race.

10. P. Cornforth O/40	Borr	3.15.16
VETERANS O/50		
1. (58) P. Pearson	Saltwell	3.49.50
2. (61) A. Kay	DkPk	3.50.37
3. (69) J. Winn	Ellenb	3.55.48
VETERANS O/60		
1. (195) A. Brentnall	Penn	4.38.45
2. (201) A. Dixon	Unatt	4.40.22
3. (215) G. Somers	Kesw	4.45.16
LADIES		
1. (18) P. Maddams	Kesw	3.19.42
2. (52) K. Davison	DkPk	3.45.37
3. (60) C. Howard	Mat	3.50.28
4. (91) N. Spinks O/40	DkPk	4.02.00
5. (112) H. Robinson	Amble	4.13.36
(129) J. Brown O/40	Clay	4.20.01
(172) J. Leonard O/50	Tod	4.31.53
(173) C. Pollard O/50	NYM	4.31.56

346 finishers

HELLIFIELD GALA RACES
North Yorks
BS/3.5m/800ft 07.08.10

1. B. Pinder U/18	Skipt	24.09
2. M. Scott U/18	RichZ	25.16
3. S. Carey	Tod	25.39
4. S. Oldfield O/50	CaldV	25.48
5. M. Athersmith	Wharf	26.05
6. J. Craig U/23	Skipt	26.19
7. J. Mason O/40	Wfield	26.49
8. P. Figg O/40	NYM	27.41
9. J. Sykes O/40	Holmf	28.17
10. R. Swift U/18	Skipt	28.50
VETERANS O/50		
1. (4) S. Oldfield	CaldV	25.48
2. (20) M. Roberts	Tod	31.08
3. (21) K. Thompson	Clay	31.31
VETERANS O/60		
1. (22) B. Horsley	CaldV	31.33
2. (38) J. Towers	Ilk	34.54
3. (43) R. Hall	Wharf	37.32
LADIES		
1. (18) N. Jackson	Prest	30.40
2. (25) C. Pearson	Skipt	31.49
3. (32) C. Lambert U/18	Wetherb	33.02
4. (35) D. Haggar O/40	Ilk	34.20
5. (40) L. Whittaker O/40	Wharf	35.36
(45) S. Morley O/50	Ilk	37.37
(48) J. Hindle O/50	Clay	39.00

60 finishers

Under 10 race		
1. G. Baker	Pendle	4.38
2. R. Johnstone	Wharf	4.46
3. L. Hargreaves Madhas	Wharf	4.51
Under 12 race		
1. S. Waterman	Holmf	8.04
2. C. Lowrie	Wharf	8.32
3. L. Davies	Wharf	8.42
Under 14 race		
1. M. Wharton	CaldV	9.40
2. J. Hall	Wharf	9.43
3. W. Smith	Wharf	10.14
Under 16 race		
1. B. Traviss	Unatt	17.24
2. J. Pendle	Skipt	18.04
3. D. Bulmer	Wharf	18.46

OSMOTHERLEY SHOW
North Yorkshire
BS/5.5m/1050ft 07.08.10

A smaller field than last year nevertheless saw a great tussle between Joe Blackett and Dale Foster, Joe just pipping Dale despite being closed down by Dale om the final descent into the showfield finish.

An even tighter finale saw Barbara Wenman come home a clean winner of the ladies' race, but only a second behind her husband, who used the final descent to catch his wife!

Many thanks to all the marshals and a particular mention to the Osmotherley Walking Shop, who generously sponsored the race.

Finally, everyone really enjoyed the race and it would be great to see a few more people next year. The race provides not only a good run but a great day out for the family.

Adam J Haynes

1. J. Blackdett O/40	42.17
2. D. Foster	42.21
3. W. Haynes	45.31
4. A. Etchells	49.23
5. M. Wenman O/50	49.43
6. B. Wenman Lady O/50	49.44
7. G. Harrison	51.37
8. M. Watson	52.52
9. P Barraball	52.57
10. D. Tait O/60	53.01
11. C. Davison Lady O/40	53.03

18 finishers

FOREST BURN FELL RACE
Northumberland
BS/3.5m/500ft 08.08.10

The Chairman's cup has a new name on it and that name is Lee Grant, who has picked up his first win since he began fell running at the start of the year. It was a good performance too, finishing in under 22 minutes with no one near him to push the pace. Karen Robertson was equally quick in the ladies' race in an impressive sub-25 and 6th place overall despite a nice little 25 mile cycle ride for warm-up.

There was enough beer for everyone to go home with a bottle, and www.trailguides.co.uk provided a free running guide for each of our winners. Money was raised for the local charities supported by the Simonside Show. Many thanks to my helpers, especially Steve, Lanty & Casper.

Will Horsley

1. L. Grant	NFR	21.44
2. P. Gaines	Border	23.10
3. J. Baty O/40	NShields	23.20
4. B. Crombie	Unatt	23.33
5. T. McCall O/40	Norham	23.59
6. K. Robertson O/40	NFR	24.29
7. L. Turnbull O/50	Norham	24.38
8. D. Wiseman O/40	NFR	25.27
9. B. Robson O/40	Unatt	25.48
10. C. Watson O/40	LowFell	25.53
VETERANS O/50		
1. (7) L. Turnbull	Norham	24.38
2. (22) W. Hutchinson	FRA	28.47
3. (27) R. Campbell	Tyne	36.49
VETERANS O/60		
1. (21) G. Fraser	AllenV	28.39
2. (23) T. Hart	NFR	31.08
VETERANS O/70		
1. (26) J. Garbarino	NFR	34.04

LADIES

1. (6) K. Robertson O/40	NFR	24.29
2. (19) S. Mitchell O/40	NFR	28.02
3. (28) R. Edgar	Unatt	48.49

28 finishers

BOULSWORTH FELL RACE
Lancashire
7.5m/1400ft 08.08.10

The inaugural Boulsworth Fell Race took place as part of Trawden Agricultural Show and as the penultimate race in the Burnley and Pendle Grand Prix series of races.

On a good day you can practically follow the race route up Boulsworth from the showground and that looked to be the case however as the race started a good East Lancashire "clag" set in and made visibility on the top almost non existent.

A total of ninety seven runners took part with Gary Shaw leading the field home in a time of 53.05 finishing a full minute ahead of Jason Stevens. Ian Hunter finished third.

Gary has finished first in five of this years Grand Prix races and with this victory secured the title for a second year.

Molly Ralphson, from host club Trawden, was the first lady home holding off Sue Beaconsall by 18 seconds with new mum Jo Buckley getting back into her stride with a gallant third place.

Like Gary, this result means Molly has secured this years ladies' Grand Prix title.

This was a new race in the calendar and feedback is such that all being well it will be run again next year. Lots of thanks to those that made it happen including sponsors, PH Electrical and Complete Runner, but also local landowners and Natural England who were tremendous in the help and support they provided to ensure the race went ahead.

Dave Croll

1. G. Shaw	Clay	53.05
2. J. Stevens	CaldV	54.07
3. I. Hunter	Kimb	56.07
4. G. Hill O/40	CaldV	56.29
5. N. Trietl	Wharfe	56.34
6. R. Stott O/50	Ross	56.42

LADIES

1. M. Ralphson	Trawden	62.19
2. S. Becconsall O/50	Bing	62.37
3. J. Buckley	CaldV	63.51
4. D. Gowans O/45	Accring	64.12
5. N. Wood	Accring	66.02
6. V. Mousley	Accring	67.53

97 finishers

WREXHAM HILLY OFF ROAD RACE
Clwyd
4m 11.08.10

1. J. Ellis Jun	Warring	26.29
2. M. Marston	Shrews	26.40
3. N. Parry	Clwyd	27.03
4. E. Gamble O/40	CheshHR	27.25
5. J. Brown	Buckley	27.29
6. A. Smith O/40	Amble	27.36
7. S. Charles	Clwyd	27.56
8. P. Taylor	Tatten	28.04
9. N. Ashcroft O/40	Amble	28.15
10. S. White	Unatt	28.28

VETERANS O/50

1. (15)G. Earlam	EllesP	29.38
2. (28) N. Holmes	Tatten	32.08
3. (30) D. Jones	Denbigh	32.10

VETERANS O/60

1. (47) P. Roberts	Buckley	34.18
2. (49) Y. Tridimas	Bowland	34.40
3. (70) A. Robertson	Helsby	36.35

VETERANS O/70

1. (100) M. Parry	Unatt	40.57
2. (109) P. Chittenden	ToneZ	45.07
3. (111) R. Webster	Helsby	45.21

LADIES

1. (27) R. Jefferson Jun	Warring	31.59
2. (39) S. Hammond O/45		Tatten 32.58
3. (46) H. Davies O/40	WrexTri	33.46
4. (50) E. Collins O/45	Denbigh	34.46
5. (54) J. Ashbrook	Helsby	35.23
(98) G. Waring O/50	Prestat	40.41

118 finishers

STEEL FELL RACE
Cumbria
AS/3m/1115ft 11.08.10

In 2007 Phil Davies won the Steel Fell Race in a time of 21.30. Since then he has effectively given up running for cycling because of a serious back problem. It was therefore something of a surprise to see him hold off the rest of the field in 2010 after reaching the summit first.

Melanie Hyder won the women's race for the second successive year in a time rather slower than last year's.

Although the Steel Fell Race takes a steep route up and down, it is a grassy course. Marshals at the finish of the race were therefore taken aback to be told by a runner that, although she had taken a number, she had not started the race because she was "scared of heights!".

Len l'Anson

1. P. Davies O/40	Borr	22.31
2. M. Mikkelsen-Barron	Borr	22.42
3. C. Bell	Howg	22.44
4. R. Stones	HelmH	22.58
5. P. Harrison	Border	23.12
6. J. Wright O/40	Tod	23.19
7. J. Addison	HelmH	23.27
8. P. Winskill	Kesw	24.07
9. J. Malley	Ebor	24.22
10. H. O'Donnell	Amble	24.28

VETERANS O/50

1. (25) D. O'Duffy	Bowl	27.56
2. (30) R. Davies	Bowl	29.16
3. (32) D. Owens	Kesw	29.26

VETERANS O/60

1. (23) M. Walsh	Kend	27.29
2. (36) J. Downie	Kesw	30.14
3. (54) H. Forrest	NFR	40.26

VETERANS O/70

1. (52) S. Cromar	Dund	35.34

56 finishers

PILGRIMS CROSS
Lancashire
BS/6m/1100ft 11.08.10

After a last minute change of race headquarters, everything seemed to have run smoothly for the third race in the Rossendale Midweek Series. Numbers were down on last year's race but still 151 people turned up on a wet Wednesday evening.

Thank you to Sunnybank Social Club for hosting the registration after the original venue closed.

It was a successful night for juniors as both the first two finishers were under 18. Also, well done the to the men's and ladies' teams from Rossendale Harriers. Thank you to Cronkshaw Fold Farm for allowing us the use of their land for the junior races.

Helen Yeomans

1. S. Carey U/18	Tod	39.16
2. J. Johnson U/18	Ross	39.52
3. P. Bolton	Ross	39.56
4. J. Titmus	P&B	40.23
5. J. Harbour O/40	Clay	40.41
6. N. Charlesworth O/40	Wharf	41.09
7. R. Solman	Ross	42.27
8. S. Smithies O/40	CaldV	42.35
9. P. Crabtree O/40	Wharf	42.51
10. A. Orr O/40	Clay	43.03

VETERANS O/50

1. (12) T. Taylor	Ross	43.18
2. (15) G. Gough	Clay	43.34
3. (16) C. Speight	Helm	43.53

VETERANS O/60

1. (31) P. Booth	Clay	46.29
2. (35) K. Taylor	Ross	47.01
3. (72) A. Corbishley	Ross	51.53

LADIES

1. (34) E. Flanagan	Ross	47.00
2. (49) G. Myers O/50	Wharf	49.09
3. (64) S.Yeomans	Ross	51.20
4. (74) L. Slater O/40	Clay	51.57
5. (78) G. Willey	Middle	52.44
(92) C. Kenny O/50	CaldV	54.10
(105) D. Raidy O/40	Ross	55.39

150 finishers

JUNIORS U/8

1. C. Crabtree	Wharf	11.53
2. M. Jones	Ross	12.37
3. A. Chicken	Ross	14.34

JUNIORS U/10

1. G. Baker	Pendle	10.21
2. J. Lonsdale	Pendle	10.49
3. R. Kershaw	Ross	10.59

JUNIORS U/12

1. T. Marchant	Pendle	14.25
2. M. Preedy	Ross	14.48
3. J. Crummett	Tod	16.09

JUNIORS U/14

1. J. Marchant	Pendle	24.43
2. B. Heywood	Bury	25.50
3. M. Davies	Ross	25.59

JUNIORS U/16

1. C. Garvey	Ross	31.36
2. N. Milligan	Bury	33.49
3. J. Brown	Bury	33.50

PONDEROSA
Clwyd
BS/4m/950ft 11.08.10

For the first fifteen years of this race's history, an average of 40 runners competed, but over the last five years the numbers of runners has increased each year, with a record of 118 finishers this year (120 started). I wonder why mid-week races have become so popular of late? With the Ponderosa Café being at 1500ft, the weather is not always at it's best but for this race a fine evening welcomed the runners.

Two junior runners travelled from Warrington to run, and what good runners they were too. James Ellis was first overall in 26.29, whilst his female club companion, Rachel Johnson, was first female, and 27th overall, in a time of 31.59

P D Norman

1. J. Ellis	Warring	26.29
2. M. Marston	Shrews	26.40
3. N. Parry	Clwyd	27.03
4. E. Gamble O/40	Chesh	27.25
5. J. Brown	Buckley	27.29
6. A. Smith O/40	Amble	27.36
7. S. Charles	Clwyd	27.56
8. P. Taylor	Tatten	28.04
9. N. Ashcroft O/40	Amble	28.15
10. S. White	Unatt	28.24
VETERANS O/50		
1. (15) G. Earlam	Ellerm	28.32
2. (28) N. Holmes	Tatten	32.08
3. (30) D. Jones	Denb	32.10
VETERANS O/60		
1. (47) P. Roberts	Buckley	34.18
2. (49) Y. Tridimas	Bowl	34.40
3. (70) A. Robertson	Helsby	36.35
VETERANS O/70		
1. (100) M. Parry	Unatt	40.57
2. (109) P. Chiltenden	ToneZ	45.07
3. (111) R. Webster	Helsby	45.21
LADIES		
1. (27) R. Jefferson	Warring	31.59
2. (39) S. Hammond O/40		Tatten 32.58
3. (46) H. Davies O/40	Wrex	33.46
4. (50) E. Collins O/40	Denb	34.46
5. (54) J. Ashbrook	Helsby	35.23
(98) G. Waring O/50	Prestat	
JUNIORS		
1. (1) J. Ellis	Warring	26.29
2. (38) C. Williams	Buckley	32.55
3. (40) S. Bailey	Unatt	33.07

118 finishers

Y GARN
Gwynedd
AS/3m/1500ft 14.08.10

Weather conditions were cool, mostly dry and overcast. Numbers were low this year, probably due to holidays. Four runners went astray on the descent and missed out checkpoint 2. Martin Cortvriend opted to return to CP2 to complete the course and consequently finished last in a time of 59.40!

The Junior race was the final counter in the Welsh Fell Runners Association Snowdonia Series.

Thanks to Team Dolly, everyone who helped on the day and the farmer Mr Hughes.

Ross Powell

1. S. Smith	Eryri	29.21
2. C. Edis	Kesw	29.31
3. M. Cliffe	Eryri	32.04
4. J. McQueen O/40	Eryri	32.23
5. P. Jenkinson O/40	Eryri	32.40
6. C. Stansfield O/40	Ross	32.58
7. M. Fortes	Eryri	33.30
8. R. Chadwick	Unatt	34.28
9. R. O'Donnell	Eryri	34.48
10. T. Evans U/18	Eryri	35.06
VETERANS O/50		
1. (11) A. Lewis	Eryri	35.18
2. (28) M. Cortvriend	Clwyd	59.40
VETERANS O/60		
1. (16) D. Thomas	Eryri	37.01
2. (17) D. Williams	Eryri	37.10
3. (18) M. Blake	Eryri	38.11
LADIES		
1. (13) A. Rowlands	Eryri	35.47
2. (22) M. Hughes	Unatt	44.43
3. (23) J. Williamson	Eryri	45.42
4. (24) M. Oliver O/60	Eryri	49.30

28 finishers

JUNIOR RACE

1. M. Evans Boy U/16	Menai	09.34
2. G. Roberts Boy U/14	Unatt	10.22
3. N. Berry Girl U/16	Stockp	10.23
4. M. Evans Boy U/12	Unatt	11.00

8 finishers

Phil Bishop with legend Tommy Sedgwick at Arncliffe

Photo © David Woodhead www.woodentops.org.uk

ARNCLIFFE GALA
North Yorkshire
AS/1.8m/443ft 14.08.10

In a field of 68, Ted Mason overhauled Mike Fanning and Mark McGoldrick on the descent from the Cairn to come home with a 20 second margin and take the title for an unprecedented fifth year in a row. Also among the senior runners were three running legends who were all past BOFRA champions, Steve Carr who came in 13th, Tommy Sedgwick (both past winners at Arncliffe) and Richard Clives.

The junior races were all well attended and a notable run by Tiernan Crorken who just piped Joshua Newbold produced a new record time. Quite a lot of runners "doubled up" and loosened up with a 4 mile road race which started at 1.30, an hour and a half before the senior fell race. The road race attracted 108 runners.

J. Michael McKenzie

1. T. Mason	11.29
2. M. Fanning O/40	11.49
3. M. McGoldrick	12.00
4. A. Anthony	12.04
5. J. Blackett O/40	12.09
6. T. Edward O/40	12.19
7. M. Gostling	12.21
8. N. Charlesworth O/40	12.22
9. G. Wilkinson O/40	12.34
10. S. Richards	12.35
LADIES	
1. M. Hyder	14.09
2. J. Howells O/40	15.05
3. K. Ballantine O/40	15.45
4. J. Buchley	16.48
5. L. Crosland	17.04
UNDER 12s	
1. T. Crorken	7.21
2. J. Newbold	7.23
3. R. Lambert	7.51
UNDER 14s	
1. B. Johnson	9.08
2. L. Davies	9.50
3. O. Keating	10.38
UNDER 17s	
1. E. Wyllie	12.55
2. D. Bulmer	13.37
3. A. Brown	14.01

SUGAR LOAF
Gwynedd
BM/7m/1725ft 14.08.10

A field of 84 runners turned up at Abergavenny Leisure Centre after a few years' break from the Sugar Loaf fell race. A cloudy start to the day soon turned into patches of blue sky as the runners headed across the sports field and up the road on to the Deri.

The start of their climb saw a few of the leaders head the wrong way in the ferns, making Martin Shaw work harder for his race win. With a nice ridge run after the Deri then the sharp climb

on the final ascent, Tom Gibbs arrived at the trig first in 36.00. He was shortly followed by Martin Shaw, then Hugh Aggleton. Martin now had a race on his hands due to his navigational error at the start of the run. He ran an excellent descent to re-claim his first place in a time of 53.03. Second place went to Tom in 53.57 and third to Hugh in 54.11. Neil Lewis who has also been achieving some good results recently, finished in 4th place overall, first V40 in 56.23.

The ladies' race was also exciting, with the first 2 beating the previous course record. Helen Marshal had a strong run to the top and arrived at the trig in 15th place, 41.00. She was closely followed to the summit by Jenny Hemming 42.00. Jenny however had the edge on the descent and won with an impressive new course record of 60.10. Helen was 2nd with a time of 60.37. Joanne Thatcher was first V40 in a time of 64.06 and third overall lady.

Thanks to all the marshals and helpers, see you all next year.

Emma Bayliss

1. M. Shaw	MDC	53.03
2. T. Gibbs	MDC	53.57
3. H. Aggleton	MDC	54.11
4. N. Lewis O/40	MDC	56.23
5. B. Gibbison	DkPk	57.12
6. D. Buchanon	SanD	57.12
7. P. Gardner O/50	WFRA	57.13
8. N. Jones	Abergav	57.16
9. J. Jones	Aberyst	57.43
10. B. Moon	MDC	57.47
VETERANS O/50		
1. (7) P. Gardner	WFRA	57.13
2. (23) A. Creber	Chep	63.28
3. (26) Wheeze	Brychen	64.04
VETERANS O/60		
1. (36) S.Herington	Heref	66.55
2. (50) L. Williams	Rhedwyr	71.14
3. (51) J. Hussey	Unatt	71.19
LADIES		
1. (17) J. Heming	Eryri	60.10
2. (20) H. Marshal	Aberyst	60.37
3. (27) J. Thatcher O/40	Aberyst	64.06
4. (41) N. Morgan O/40	Cheps	67.45
5. (59) L. Summers O/40	Cheps	69.19
(68) C. Dallimore O/50	MDC	75.12
(78) K. Hovers O/50	Brecon	80.46

83 finishers

STICKLEPATH HORSESHOE
Devon
BM/9.6m/1700ft 14.08.10

2010 proved to be another record year for entrants. In total 73 runners headed up the zig zags for the open moor – to be greeted with a heavy squally shower. Visibility remained poor throughout and heavy showers peppered the event.

Despite all of that, all the runners came back wet, muddy and happy. There is something very good about fell runners and their ability to delight in the sort of conditions that would have normal people heading for an armchair by the fire!

We were joined by Andrew Hall celebrating his Stag Weekend.I have to admit to initial reservations about Andrew and his friends joining the run, anticipating a group of young men out cavorting on the moor after a heavy session supporting the drinks industry. But with Paul Halford as one of the Werrington Joggers party coming in 5th then clearly these Boys were runners. They all ran in fetching pink or blue "babygro romper" style costumes – oh, the chaffing does not bear thinking about.

With Andrew coming from Peterborough we were joined by contingents from St Austell, Wells City Harriers, Ashburton H3 and Leeds. The largest group came from Okehampton Running Club where 11 runners took part. The overall winner was Andy Vallance who came in with an amazing time of 1.15.15 – a PB for him. Gavin Punchard from ORC came in 3rd, again with a PB of 1.17.43. Roger Voaden and Paul Crease, also ORC came in 4th and 6th.

We were joined by the race founder, Phil Haygarth who, after years of organising the race, was at last able to take part. Phil had just come back from a holiday in France where the sun shone and the wine flowed to be jolted into the fell race on a wet and windy Dartmoor. It was great to have him there with his family also supporting as marshals and helping with the time keeping.

Thanks go to Mrs Clark for allowing us to use her field and to Dave and Gavin, my fellow organisers. A big thank you to all the marshals for keeping track of everyone in less than ideal conditions and to those helping at base camp. Their disposition is very much like that of the runners where the war stories about the rain and mist abounded in the Taw River Inn afterwards.

We look forward to welcoming everyone again for the 2011 Race.

Wendy Manfield

1. A. Vallance	ORC	1.15.15
2. J. Jackson	Unatt	1.17.28
3. G. Punchard O/40	ORC	1.17.43
4. R. Voaden O/40	ORC	1.17.54
5. P. Halford O/40	Werring	1.19.20
6. P. Crease	ORC	1.19.21
7. M. Ridley	Unatt	1.23.45
8. A. Carter	Unatt	1.23.51
9. P. Devine-Wright	Unatt	1.23.59
10. D. Rowe	Unatt	1.24.10
VETERANS O/50		
1. S. Oliver	NDevon	1.34.06
2. M. Rice	Unatt	1.34.09
3. S. Bundi	Ashburt	1.55.52
VETERANS O/60		
1. S. Sharp	Ashburt	1.52.10
2. S. W. Sharp	Ashburt	2.28.50
LADIES		
1. S. Daw O/40	Unatt	1.31.17
2. L. Lusty	StAust	1.40.22
3. S. Jones O/40	Unatt	1.47.07
4. M Cooper O/50	ORC	1.57.44
5. J. Watson o/50	Falm	1.57.55

73 finishers

LAKELAND COUNTRY FAIR
Cumbria
AM/6.5m/2350ft 15.08.10

A really successful day with excellent visibility and good conditions, if a bit warm, saw a record entry of 98 runners (97 finishers).

All the runners looked tired when they finished but said they'd enjoyed it!

There was a big entry from Northumberland Fell Runners (NFR), who threatened to take the team prize, but Ambleside eventually ended up the victors.

As always, thanks must go to Sam Clarke and his team of helpers for their organisation - spot on as ever!

Alison M Bolt

1. C. Bell	Howg	56.04
2. B. Abdelnoor	Amble	57.31
3. P. Sanderson O/40	NFR	58.15
4. R. Stones	HelmH	66.56
5. H. O'Donnell	Amble	61.21
6. W. Horsley	NFR	61.54
7. S. Tosh	Ross	63.24
8. B. Proctor	HelmH	64.40
9. J. Dugdale	Clay	65.00
10. G. Thorpe O/40	Amble	65.11
VETERANS O/50		
1. (15) A. Kay	DkPk	66.20
2. (28) T. Aitken	Amble	71.57
3. (29) L. Warburton	Bowl	72.28
VETERANS O/60		
1. (34) P. Hall	Barr	74.32
2. (38) D. Milligan	Solway	76.08
3. (61) D. Fell	CaldV	84.25
VETERANS O/70		
1. (92) R. Smith	Amble	105.48
2. (97) B. Pycroft	Unatt	118.59
LADIES		
1. (25) K. Robertson O/40		NFR
70.20		
2. (36) R. R. Wilson	Mine	74.58
3. (49) S. Yeomans	Ross	80.42
4. (53) I. Hughes O/40	Burnd	81.58
5. (55) R. Hurford	Unatt	82.09
(62) K. Ayres O/50	Amble	84.27
(70) A. Bramall O/50	Amble	89.16

97 finishers

LOMONDS OF FIFE
Fife
AM/11m/3135 ft 15.08.10

By the time of the race the early haze had burnt off and it was wall to wall sunshine - our two Italian visitors must have felt at home! Robbie Simpson had a good lead by the first visit to West Lomond and by the finish this was stretched to an impressive seven minutes over second placed Andrew Fallas. Mark Harris came in overall third to take the vets prize with Peter Simpson finishing an impressive fourth as first supervet.

As always the descent gully provided good entertainment for spectators (see youtube for an older clip) and we always hold our breath until all are down safely. Bumsliding is definitely faster but the state of your backside may take a bit of explaining! An indication of the stifling heat was the unusual total of ten retirals.

Sarah O'Neill was first lady home with Ellie Homewood only a minute behind and Julia Connor taking third place. Hilary Ritchie took the ladies' vet prize with Tilly Smith first supervet.

The Carnethy men and the Fife ladies took the team prizes.

Special mention should be made of Bobby Shields (Ben Nevis winner and West Highland way pioneer) who completed the race to celebrate his 65th birthday - well done Bobby!

Thanks once again to all the marshals and helpers who give their time up to make it possible for the rest of us to run.

Alan Graham

1. R. Rimpson Jun	Deeside	1.30.17
2. A. Falls	Carn	1.37.31
3. M. Harris O/40	Fife	1.39.05

4. P. Simpson O/50	Carneg	1.40.45
5. B. Marshall O/40	HELP	1.43.18
6. R. Brookes	Cosmics	1.43.42
7. C. Glencorse	Strathearn	1.44.12
8. M. Nuttall O/40	Bburn	1.44.59
9. C. Watson	Unatt	1.45.07
10. B. Smith O/40	Carn	1.45.45
VETERANS O/50		
1. (4) P. Simpson	Carneg	1.40.45
2. (12 A. Smith	Deeside	1.47.03
3. (16) K. Harding	Tring	1.51.13
VETERANS O/60		
1. (59) H. McLean	Lothian	2.18.10
2. (65) T. Bowie	Carneg	2.20.44
3. (77) C. Love	DundHH	2.27.37
LADIES		
1. (36) S. O'Neill	HBT	2.05.19
2. (39) E. Homewood	Wlands	2.06.18
3. (48) J. Conner	Moorf	2.12.46
4. (56) P. Noel	Dund	2.17.44
5. (57) H. Ritchie O/40	Fife	2.17.50
(82) T. Smith O/50	Dees	2.30.42

111 finishers

WORSTHORNE MOOR
Lancashire
BM/6.8m/900ft 15.08.10

This year's race was held in near perfect conditions, bit of sunshine, warm and dry! Conditions underfoot not too bad. However, not dry enough to challenge the record.

The race was held with a field of 151 runners, 125 men and 26 ladies. Thanks to Clayton for using this race as one of their club championship races. This was the last race in the Pendle & Burnley Grand Prix race series.

Gary Shaw (2009 winner) came home first. He strolled over the finish line with nearly a minute gap over 2008 winner and first vet, Andy Buttery, followed third by second vet, Jason Harbour, nine seconds splitting them.

The ladies' race was convincingly won by Molly Ralphson, leading home Victoria Mousley with Deborah Gowans in third.

Excellent runs from Kieran Horrigan (4th overall) winning the vet 50 category, Ken Taylor winning the vet 60 category, with Ted Orrell winning the vet 70 category. The ever youthful Jean Rawlinson won the LV50 category, and Linda Lord the LV60 category

Thanks go to all that entered, supporting the race. We managed to raise approximately £1000 for Pendleside Hospice Care, Burnley.

Many thanks go to all the marshals, time keepers, farmer Arthur Witt, UU, and Bay Horse Pub, Worsthorne.

Peter Thompson

1. G. Shaw	Clay	42.02
2. A. Buttery O/40	Ross	42.53
3. J. Harbour O/40	Clay	43.02
4. K. Horrigan O/50	Unatt	43.14
5. S. Edmondson	Horw	43.23
6. K. Holmes	Wharf	44.59
7. A. Orr O/40	Clay	45.03
8. A. Preedy	Ross	45.07
9. C. Steele	Clay	45.39
10. I. Greenwood O/40	Clay	45.52
VETERANS O/50		
1. (4) K. Horrigan	Unatt	43.14
2. (12) B. Goodison	Abbey	46.05
3. (24) M. Wightman	Clay	48.09
VETERANS O/60		
1. (25) K. Taylor	Ross	48.26
2. (57) B. Mitchell	Clay	52.03
3. (65) D. Tate	Otley	54.17
VETERANS O/70		
1. (100) T. Orrell	Clay	61.20
2. (109) R. Lawson	Clay	67.22
3. (116) G. Arnold	Prest	70.05
LADIES		
1. (44) M. Ralphson	Trawd	50.13
2. (57) V. Mousley	Accring	51.58
3. (59) D. Gowans O/40	Accring	52.18
4. (62) C. Sullivan O/40	Wesh	53.19
5. (63) N. Wood	Accring	53.22

150 finishers

BELPER RUGBY ROVER
Derbyshire
CL/18.6m/1872ft 15.08.10

400+ entrants either pre-entered or entered on the day with expectations of another wet Sunday. Well the weather was grand, the first dry day in August or so it felt, as the sign erectors will remind everyone who wishes to hear that it "Banged it down, Cats and Dogs and we were constantly wet through"

The entrants registered were bawled at by some 'Sergeant Major' type from the club house balcony, informing them of the rules, signage and route, stating "if you miss the signs, see you at Specsavers"!

Off they went escorted to the start area, ably marshalled by the race referee, Steve Winfield, from our partner organisers Belper Harriers, and the local, constabulary to ensure that all remained on the pavement in the face of Sunday traffic.

Ushered behind the start line, reminded of the dos and donts, then they were off, 800+ pairs of trainers pounding the short downhill stretch to the mini-roundabout, back up the hill and over the bridge into the countryside. Here we meet the first of several obstacles, a kissing gate but, after this, they are away like lurchers on a fell side sports day, through the fields, up more hills, along ancient Roman roads, passing the first world war shooting range, mesmerising the Sunday Golfers at The Chevin Golf Club with their pace and determined looks. Affter 7km they are all going at their own pace with the gaps between entrants getting larger, and approaching the first water marshal point, calling their numbers to the register, taking on board water and jelly babies.

Back into the countryside, narrow lanes, fords uphill on the other side of the valley, again a Roman road onto water point 2 at 11km, more water and jelly babies, then the long stretch over the fields, overlooking 4 counties, and on a day like the Sunday the welsh boarders, through stiles, passed farms with livestock looking and wondering – if livestock wonder –what's this lot doing in my field, onto the highest point Alport Heights, the aerials can be seen from all around, and offer magnificent views.

Back onto country lanes past some magnificent farmhouses onto water point 3 at 15km, 'The Olde Bear Inn', halfway and downhill from here, through the rural idyll, countryside, views, passed deer parks and war memorials with hard agricultural land and no livestock for the run home to start and increase the pace, into the Shining Cliff Woods, uneven, wet ground along the 'Becky/Kenny' Trail towards the 2nd shooting range, downhill through the magnificent pines along wide firm forestry tracks, pass the old factory and back uphill to the pond, this part of the route is used by several running clubs, down the track, and onwards to water point 3 at 22Km as the runners exit the woodland, a short dash on the country lane and back into the fields, eventually reaching the 3rd shooting range, back through the fields over the bridge less than 500 meters to go to a warm welcome into the finish area.

Relax and start to enjoy BRUFC hospitality-; Oranges, Real Ale, BBQ, showers and the clean T-shirt to remember the day, resting of weary limbs applauding all the rest of the field as they make it safely back to Belper Rugby Club.

The majority of the field are back and refreshed enjoying the sunshine, the refreshments and the awards ceremony, with prizes donated by Racekit.

Thanks to the event sponsors Racekit and Four Seasons Outdoors for the magnificent prizes ALL volunteers, Steve Winfield of Belper Harriers, David Denton, timekeeper and statistian, Derby Mountain Rescue Unit for mobile and medical services.

Chris Anderson

1. R. Pattison	P&B	2.05.05
2. I. Nixon	P&B	2.05.31
3. M. Clapp	Redhill	2.09.59
VETERANS O/40		
1. B. Bennett	Redhill	2.10.46
VETERANS O/50		
1. D. Wilkinson	DkPk	2.21.36
VETERANS O/60		
1. P. Sarson	Stafford	2.43.34
LADIES		
1. S. Sharman	NDerby	2.27.19
2. A. Salt	Trentham	2.29.15
3. M. Jesson	Nthmpton	2.30.22

GOLF BALL
Lancashire
BS/5.5m/800fr 18.08.10

In the final race of the "Rossendale Harriers mid week series", we had a record turnout of 182 runners, and with a perfect late summer evening, everything was set for a good race.

There were a lot of positions being contested for the overall category winners in each section.

The winner on the evening was Nick Leigh, but his club mate Darren Kay was only 4 seconds behind with a sprint to the finish.

First female home was home-grown talent, Emma Flanagan, with second pace female Lynne Clough LV40, less than a minute behind.

Overall the whole series has been a great success for the club, and it seems we got bigger turnouts each year.

May I say on behalf of myself and the club, a big thank you to: Cath Hignett, Nick and Clare (Whittle Pike), Helen Yeomans (Pilgrims) and to all the marshals and helpers who turned out for us because without these people, races would not go ahead. We hope to see you all next year. Thanks.

Jan Kempson

1. N. Leigh	P&B	37.23
2. D. Kay	P&B	37.27
3. B. Mounsley	CaldV	37.29
4. P. Bolton	Ross	37.30

Photo © Adrian Nicholls

Nichola Jackson (U18) at the Golf Ball Fell Race

5. J. Johnson U/18	Ross	38.11
6. S. Carey U/18	Tod	38.44
7. M. Wallis O/50	Clay	39.21
8. E. Gamble O/40	Chesh	39.23
9. S. Thompson O/40	Clay	39.25
10. S. Smithies O/40	CaldV	39.48
VETERANS O/50		
1. (7) M. Wallis	Clay	39.21
2. (15) R. Stott	Ross	41.25
3. (16) T. Taylor	Ross	41.39
VETERANS O/60		
1. (37) P. Booth	Clay	45.27
2. (42) K. Taylor	Ross	45.55
3. (76) G. Wright	Ross	49.49
VETERANS O/70		
1. (146) S. Davies	Acc	57.44
LADIES		
1. (33) E. Flanagan	Ross	44.24
2. (40) L. Clough O/40	Chorl	45.41
3. (50) N. Jackson U/18	Prest	47.01
4. (57) G. Myers O/50	Wharf	47.46
5. (64) D. Campbell	Skelmer	48.23
(74) K. Wallis O/50	Clay	49.38
(83) L. Slater O/40	Clay	50.30

182 finishers

RUSLAND FIVE
Cumbria
BS/5m/850ft 21.08.10

We were really lucky again and had a dry, sunny day with a cooling breeze. The fell was still wet underfoot, however and so there were no records broken. Paul Dugdale (V40) took an early lead and reached the top ahead of Sean Edmundsen and held a comfortable lead all the way down to the finish, over one and a half minutes ahead. Sean likewise kept a similar distance ahead of third placed Brendan Bolland(V40), who can now regard it as his home ground. Melanie Hyder had another good run and was clearly the first lady coming in at 11th place, while there was a close competition for the next three ladies, Helen Woodley sportingly waiting for Kath Woodley (or the other way round) to cross the line together.

Nearly 70% were V40 or older and it was notable that the first three V50s came in at 5th (S.Carr), 7th and 8th places overall.

Paul Dugdale did the double again, winning the shorter senior fell race ahead of Paul Neild and Sean Bolland, a previous winner. Melanie Hyder also did the double, being first lady in the short senior race with Lauren Munro-Bennett stepping up to the seniors in second place whilst also being the first lady in the U17 race.

In the junior fell races, the runners managed to drag themselves away from the circus skills and bouncy castles to provide a good field. Lorna Nunwick broke the girls' record in the U14 by one second.

1. P Dugdale O/40	Kend	32.28
2. S. Edmondson	Horw	34.06
3. B. Bolland O/40	Horw	35.35
4. N. Pike	Unatt	36.08
5. S. Carr O/50	Unatt	36.28
6. R. Dobson	CaldV	37.01
7. R. Woodland O/50	Unatt	37.23
8. D. Gartley O/50	FRA	37.46
9. S. Stanway O/40	BarrF	37.52
10. T. Doyle	HelmH	38.24
VETERANS O/60		
1. (13) S. Brister	Matlocvk	40.36
2. (23) P. Thomas O/60	GlaxoHH	44.49
3. (26) J. Hodgson	Dallam	45.44
VETERANS O/70		
1. (41) L. Woodley	Allith	56.31
LADIES		
1. (11) M. Hyder	HelmH	38.37
2. (17) H. Woodley	Unatt	42.57
3. (18) K. Woodley	Unatt	42.57
4. (19) R. Beadle O/40	Unatt	43.07
5. (20) W. Dodds O/50	Clay	43.33

42 finishers

SHORT RACE

1.75m/430ft

1. P. Dugdale O/40	Kend	13.43
2. P. Neild	Bowland	14.08
3. S. Bolland	Bowland	14.25
4. B. Thompson O/40	CFR	15.15
5. R. Wells O/40	Allith	15.20
(9) M. Hyder Lady	HeldH	15.59
(10) R. Woodland O/50	Unatt	16.24
(12) L. Munro-Bennett U/17		HelmH
17.16		

19 finishers

BRECON BEACONS
S Wales
AL/19m/4500ft 21.08.10

Amazingly, 45 runners braved the British summer and got some lovely views of the inside of clouds and a free shower courtesy of lots of rain. Despite this there were some good times and only 1.15 separating the top 3, with Mark Palmer winning again, closely followed by Hugh Aggleton and Steven Cale, who stayed together for a lot of the race.

Some good battles down the field, including a sprint finish for the coveted "nearest 4 hours" prize, with Ben Moon edging out John Bigg.

Helen Marshall was first lady back in a solid 3:47.00.

The Marshalls were superb, putting up with some horrible conditions – good on them! Perhaps we will have some summer next year?

Tom Gibbs

1. M. Palmer O/40	MynyddDu	2.47.30
2. H. Aggleton	MDC	2.47.50
3. S. Cale	Shrews	2.49.05
4. C. Flower O/40	MynyddDu	3.07.01
5. R. Stafford	Mercia	3.08.30
6. S. Bellamy	Mercia	3.19.10
7. J. Carter O/40	MDC	3.25.53
8. G. Craft	Unatt	3.26.05
9. J. Jones	Aberyst	3.32.40
10. D. Powell O/50	Aberyst	3.33.04
VETERANS O/50		
1. (10) D. Powell	Aberyst	3.33.04
2. (11) S. Davies	Griffiths	3.34.00
3. (14) J. Aggleton	MDC	3.43.35
VETERANS O/60		
1. (27) G. Gunner	CroftA	4.28.17
2. (28) L. Williams	Eryri	4.31.58
3. (42) D. Finch	MDC	5.20.36
LADIES		
1. (15) H. Marshall	Aberyst	3.47.52
2. (22) P. Webster	Aberyst	4.02.29
3. (37) C. Dallimore O/50	MDC	5.05.58
4. (39) J. Hall O/40	MDC	5.07.30

44 finishers

FALSTONE FALCON
Northumberland
CS/5m/700ft 21.08.10

A gentle run out along the old railway line gives no indication of the rough terrain ahead. A tough climb up the fell is followed by a run on forest tracks and the awkward crossing of two burns. A pleasant run through sheep pasture back to the shoefield, compeltes the race.

Lee Grant, closely followed by Joe Blackett, overcame all obstacles to win well in 38.57.

Sue Mitchell was first lady.

M L Sanderson

1. L. Grant	NFR	38.57
2. J. Blackett O/40	Durham	39.01
3. B. Crombie	Unatt	41.15
4. C. Sanderson	NFR	43.01
5. N. Hitchcock	Unatt	43.45
6. C. Winter	NFR	43.45
7. L. Johnson O/40	LowF	43.50
8. N. Cassidy O/50	Tyne	44.23
9. J. Shields Jun	Unatt	44.30
10. S. Dunlop O/40	LowF	44.56
VETERANS O/50		
1. (8) N. Cassidy	Tyne	44.23
2. (15) B. Kiulehan	NFR	47.39
3. (20) R. Hopper	Bl'hill	52.07
VETERANS O/60		
1. (28) T. Hart	NFR	57.14
2. (30) P. Graham	Tyne	61.45
VETERANS O/70		

1. (34) D. Wright	Tyne	78.20
LADIES		
1. (16) S. Mitchell O/40	NFR	48.17
2. (22) M. Joyce	Unatt	54.21

34 finishers

WEASDALE HORSESHIE
Cumbria
AM/8m/2000ft 21.08.10

Calder Valley used the race as a club championship counter and returned down the M6 with the spoils.

A fine day but wet conditions underfoot made for times that would not challenge the records and take the £50 that the builders' merchants, Atkinson's, had put up for either record being broken.

The breakaway group of five soon established themselves by the first climb onto Hookley with team mates Stevens and Mullholland kicking to forge a lead by Creen Bell summit.

In the ladies' race, Karen Gay was trailed by Kathleen Aubrey in a close finsh to take 40th and 41st places respectively.

Durham ladies took the team prize with no surpise that Calder Valley easily gained the men's team.

Many thanks got to Howgill Harriers' members who manned all the checkpoints and gates. They were mostly injured runners so goodness knows what we'll do next year if they're all fit!! Also, thanks to Kirby Stephen Rescue Team for their attendance - just in case!!

Fraser Livesey

1. J. Stevens O/40	CaldV	1.02.53
2. G. Mullholland	CaldV	1.02.56
3. E. Gamble O/40	CheshHR	1.03.02
4. M. Forrest O/40	Lunden	1.03.10
5. M. Chippendale O/40	Bowland	1.04.06
6. C. Robinson	Kesw	1.07.19
7. J. Livesey	Howgill	1.08.18
8. C. Speight O/50	HelmH	1.08.59
9. G. Burns O/40	Durham	1.09.07
10. S. Moffatt O/50	Howgill	1.09.20
VETERANS O/60		
1. P. Booth	Clay	
2. M McKenna	Dallam	
LADIES		
1. (40) K. Gay	Lonsd	1.22.41
2. (43) J. Rigby	HelmH	1.23.35
3. (47) D. Metcalfe	Durham	1.26.10
4. (49) J. Porter	CaldV	1.26.25
5. (50) B. Thomspon O/40		Clay
1.26.39		

66 finishers

ROUND LATRIGG
Cumbria
BS/5.5m/800ft 25.08.10

Warm and pleasant conditions prevailed for the evening Round Latrigg race organised by Keswick AC. The fair weather enticed a record number of 141 runners to tackle the 5.5 mile loop of Latrigg which includes 800 feet of ascent. Ricky Lighfoot, who had won the race at Ennerdale show earlier in the day, led the field out of Fitz Park and up Spooney Green with Chris Steele in close attendance. These two were head-to-head for much of the race and little could separate them as they re-entered the park. It was Chris (30:04) in a tight finish who secured victory with Ricky a mere two seconds adrift.

Local runner, Pippa Maddams, added another win to a long list of victories in 2010. Pippa finished in 35:59 with second lady, Club colleague, Julie Carter clocking 39:35. With a good turnout from the locals, it was Keswick AC who came away with both team prizes.

Lyn Thompson

1. C. Steele	Borr	30.04
2. R. Lightfoot	Ellenb	30.06
3. M. Fraser	Kesw	32.04
4. C. Bell	Howgill	33.00
5. N. Hindle	Border	33.32
6. R. Tuddenham O/40	Tod	33.54
7. G. Ayers O/40	CFR	33.57
8. H. O'Donnell	Amble	34.06
9. M. Crawley	Unatt	34.09
10. P. Wathan	Eryri	34.31
VETERANS O/50		
1. (25) P. Pearson	Saltwell	37.31
2. (34) A. Marshall	Eden	38.46
3. (45) J. Myatt	Bahrain	39.55
VETERANS O/60		
1. (50) D. Findlay	Unatt	40.43
2. (63) J. Downie	Kesw	42.22
3. (93) D. Harrison	Kesw	45.23
VETERANS O/70		
1. (141) I. Addison	Kesw	62.17
LADIES		
1. (20) P. Maddams	Kesw	35.59
2. (41) J. Carter O/45	Kesw	39.35
3. (46) A. Armstrong	CarlisleTri	39.57
4. (48) S. Ayers	CFR	40.21
5. (57) A. Chittenden	Borr	42.06
(78) H. Horne O/40	Kesw	44.04
(88) E. Milnes O/50	Tod	45.00
(126) M. Bridge O/60	Kesw	51.55

141 finishers

HARROCK HILL - RACE 4
Lancashire
BS/5.2m/900ft 25.08.10

1.D. Kay	P&B	31.38
2. N. Leigh	P&B	32.47
3. A. Buttery O/40	Ross	33.01
4. J. Sutton	Bburn	34.07
5. P. Muller O/50	Horw	34.08
6. B. Bolland O/40	Horw	35.50
7. M. Pollitt O/40	Skelmers	36.03
8. S. Bolland	Bowland	36.06
9. R. Ashworth O/40	SouthpW	36.07
10. A. Sciacca U/18	Chorley	36.15
VETERANS O/50		
1. (5) P. Muller	Horw	34.08
2. (20) K. Thomas	Burnden	37.18
3. (22) S. Morran	NthnV	37.26
VETERANS O/60		
1. (57) T. Hesketh	Horw	41.09
2. (95) P. Bland	Horw	44.41
3. (102) J. Dobie	LivpPem	45.58
VETERANS O/70		
1. (151) J. Thomas	Unatt	55.10
2. (167) T. Bolland	SouthpW	68.22
3. (168) B. Hughes	LivpPem	43.00
LADIES		
1. (27) L. Whitfield	SpectStri	37.52
2. (28) C. Stansfield	Stockp	37.55
3. (62) Y. Wyke	Parbold	41.28
4. (66) D. Atkins	Chorley	41.46
5. (69) E. Perrin	Horw	41.50
(131) G. Cullen O/50	Warring	50.48
(143) J. Atkins O/60	Chorley	52.40

169 finishers

HARROCK HILL SERIES (4 RACES) OVERALL RESULTS

1. A. Buttery O/40	Ross	
2. J. Sutton	Bburn	
3. P. Muller O/50	Horw	
4. R. Ashworth O/40	SouthpW	
5. P. Boardman O/40	Horw	
6. R. Bowker O/40	SouthpW	
7. S. McLean O/40	SouthpW	
8. P. Jackson O/40	Chorley	
9. J-P. Hopkinson	Kghly	
10. R. Davies O/50	Wesham	
(24) D. Atkins Lady	Chorley	
(27) T. Hesketh O/60	Horw	
(36) T. Peters Lady	SouthpW	
(43) C. Sullivan Lady O/40		Wesham
(58) C. Cutner Lady O/50	SouthpW	

71 series finishers

CHUNAL FELL RACE
Derbyshire
BS/4m/950ft 25.08.10

A big thanks to all the marshals on the course, especially Vaughn McKay for helping the ram stuck in the gate!! Thanks to land owner Dave Naylor for running over land not usually accessed by anyone! Finally thanks to Tony at O SOLE MIO RESTAURANT for allowing us to use his facilities following the close of the Drovers.

Des Gibbons

1. S. Bond	DkPk	26.11
2. T. Wild	Macc	27.25
3. J. Morgan O/40	DkPk	27.32
4. W. Harding	Macc	27.34
5. J. Ross	StaffsM	27.49
6. J. Dunkerley O/40	EChesh	27.52
7. T. Brunt	Holmf	28.30
8. A. Kirk O/50	Penn	29.24
9. C. Leigh	Traff	29.37
10. D. Oldham	Gloss	30.36
VETERANS O/50		
1. (8) A. Kirk	Penn	29.24
2. (24) S. Bennett	NDerby	32.29
3. (25) J. Mooney	Macc	32.33
VETERANS O/60		
1. (18) R. Taylor	Penn	31.56
2. (23) M. Noble	Penn	32.38
3. (37) Y. Tridimas	Bowl	35.18
LADIES		
1. (44) M. Edgerton O/50	Penn	35.54
1. (46) S. Warburton	Tod	36.02
2. (48) K. Brierley O/40	Tod	36.15
3. (51) K. Harvey O/50	Penn	36.47
4. (53) M.Whittal	Unatt	37.43
5. (57) J. Mellor O/40	Penn	38.12

79 finishers

DUFTON SHOW FELL RACE
Cumbria
AS/5m/1500ft 28.08.10

A good turnout of 42 runners on what is a busy weekend in the area saw perfect ground conditions for th race which had dried out after the earlier downpour. Now the parents could run.

Local legent, Jim Davies, led the race and finished in a respectable time (considering their second child is only five weeks old!).

Interestingly, last year's winner has subsequently moved to the village - he was so inspired by the scenery - although not able to race this year due to injury, the temptation to

Dufton Show - start

Photos © Jon Brooke/www.rightplacerighttime.co.uk

run too much when you live in Dufton is strong!

Finally, the previous race organiser and local, Jim Slinn, was able to race and did considerably well considering he'd had a heart attack whilst running sometime last year. We also noticed our first 5-finger runner (?), who apparently normally runds barefoot but was concerned about possible thistles!!

Morgan Donnelly

1. J. Davies O/40	Borr	30.19
2. T. Brunt	Holmf	32.04
3. N. Hindle	Border	33.12
4. D. Birch	Kesw	33.50
5. B. Grant O/60	Hgate	36.14
6. A. Welsh O/40	Bowland	36.56
7. J. Scannell O/40	Eryri	37.05
8. C. McKeown Lady	Border	37.21
9. P. Kelly O/50	Durham	37.23
10. G. Johnson	Eden	37.29
(13) A. Raw Lady O/40	Bing	38.11
(14) K. Bailey Lady	Unatt	39.30
(17) D. Milligan O/60	Solway	39.53

42 finishers

DUFTON SHOW JUNIOR FELL RACES
Cumbria
28.08.10

Despite the lengthy walk from the show to the start, the children still had plenty of energy for racing. Just as well because there was a heavy downpour whilst the marshals got into position which made the course a bit slippy for those not wearing fell shoes!

Morgan Donnelly

Junior Girls (2km)		
1. S. Atkinson	HelmH	12.40
Junior Boys (2km)		
1. C. Richards	HelmH	10.46
Girls 8-9 years		
1. M. Hale		04.40
2. A. Richards	HelmH	05.05
Girls 6-7 years		
1. M. Ellis		04.30
2. S. Hale		04.41
3. A. Brooke		10.10
Boys 6-7 years		
1. L. Johnson		03.28
2. W. Hurst		04.16
3. B. Forshaw		04.17
4. H. Donnelly		05.00
Under 6s - Mixed Fun Run		
1. A. Brooke		05.07
2. H. Johnson		06.28
3. L. Forshaw		06.58
4. M. Donnelly		09.58
5. C. Donnelly		09.59

Dufton Show

Photos © Jon Brooke/www.rightplacerighttime.co.uk

BELLINGHAM SHOW
Northumberland
BS/4m/600ft 28.08.10

Another great turnout of 412 runners (and 4 juniors) contributed to this sporting day in the North Tyne valley. A sprinkling of novices from the southern counties showed that the appeal of fell running is spreading further afield.

The highlight was another excellent win by reigning champ, Phil Sanderson, who strode in nearly two minutes ahead of second placed, Andy Green and former winner, Phil Addyman in third. Andy Staveley crossed the Pennines to make his first Bellingham appearance with a very respectable fourth place, and Charlie Mackintosh completed the top five.

Other notable performances included Karen Robertson retaining the ladies' title, and Veteran 50s, John Stephens and Neil Cassidy, coming comfortably in the top ten. Veteran 60, Graham Frazer, beat last year's time with 40.51 and there was a welcome return for Veteran 70, Joe Garbarino, with a very creditable 49.00.

Finlay Robertson again won the junior race and Katie Walker came second. Katie's dad, Gavin, gave everyone a fright by collapsing on the finish line in the senior race. We are pleased to report that after a recovery trip to hospital, Gavin returned to Bellingham that evening.

Good luck to everyone for the forthcoming year's races and we'll see you at Bellingham in 2011.

N Shields

1. P. Sanderson O/40	NFR	29.23
2. A. Green O/40	NFR	31.13
3. P. Addyman O/40	NFR	31.37
4. A. Staveley O/40	Burnden	32.17
5. C. Mackintosh O/40	Bramley	32.58
6. J. Stephens O/50	LowFell	33.29
7. P. Gains	BorderL	33.45
8. N. Cassidy O./50	Tyne	34.33
9. L. Johnstone O/40	LowFell	34.44

10. C. Winter	NFR	35.09
VETERANS O/60		
1. (19) G Frazer	AllenV	40.51
2. (34) A. Clarke	LowFell	48.48
VETERANS O/70		
1. (35) J. Garbarino	NFR	49.00
2. (41) D. Wright	NFR	64.10
LADIES		
1. K. Robertson O/40	NFR	35.32
2. (26) S. Staveley O/40	Burnden	43.33
3. (28) F. Lander	Unatt	45.53
4. (40) L. Johnstone O/40		LowFell 64.00

41 finishers

ARNISON CRAG HORSESHOE
Cumbria
AS/3m/1000ft 28.08.10

August bank holiday Saturday was a mixture of showers, heavy showers and the occasional sun beam. 24 runners lined up for the start of the 2010 Arnison Crag Horseshoe just as the sun came out – and it stayed out for most of the race.It didn't mean conditions were any drier underfoot but it was good to have the sun on your back.

The Arnison Crag Horseshoe is held as part of Patterdale Dog Day and takes place in between the sheep dog trials and the hound trailing. Fortunately, dogs and runners knew their place! Thank you to all the runners who took part in the race. We hope that you enjoyed your run. The route is only 3 miles but it manages to combine grassy uphill running and muddy squelchy uphill running, with a bit of flatish track and a lovely undulating run from Trough Head to Arnison Crag. The descent from Arnison Crag is steep, grassy, slippy and stoney in places – fabulous if you love downhill running.

Congratulations to Neil Armitage for leading everyone home in a time of 26.06 and for also being first 0/40. First 0/50 was Pete Thompson in a time of 29.26 and 7th overall – and a new record for chaps over 50.

There was also a good turnout of ladies this year. First lady home was Deborah Wright in a time of 31.16 and 9th position overall. This is a new ladies' record. First lady over 40 was Bev Thompson in 36.01 and Lyn Thompson was first lady over 50 in 33.30.

Finally, thank you to Catstycam Outdoor Shop in Glenridding and Pooley Bridge who sponsored the prizes and to Peter Bradfield and his team and Phil Brown for volunteering again to do the registration, results and marshalling. Hope to see you all in 2011.

Chrsitine Kenyon

1. N. Armitage O/40	P&B	26.06
2. B. Taylor O/40	Ellenb	26.49
3. G. Pattison	Ellenb	26.55
4. S. Ware	Eden	27.14
5. T. Cushion	Kesw	28.09
(7) P. Thompson O/50	Clay	29.56
(9) D. Wright Lady	WiganP	31.16
(15) L. Thompson O/50	Kesw	33.30
(19) B. Thompson O/40	Clay	36.01

24 finishers

OKE CROAK
Devon
BM/10.5m/2050ft 28.08.10

After a break of five years, 41 runners coming from all over the South West lined up in a sunny park in Okehampton (yes sunny) to tackle 10.5m of some of Dartmoor's finest including the ascent of Yes Tor, southern England's highest point.

As the field of runners left the park, it was clear that the winner was going to come from a group of three runners. As the trio reached check point 2 at the summit of Oke Tor, it was James Jackson who was left to finish third as local runner, Andrew Vallance, battled it out with Adam Stobbs. The two were inseparable as they climbed to the large grey summit of Yes Tor, but it was Andrew using his local knowledge that made the winning move on the technical decent. Adam had no answer for this move and finished in a fine second place, two minutes behind Andrew's incredible time of 1.18:51.

The ladies' race was a little more clear cut with Sharon Daw leading from start to finish with Sarah Andrews second and Robin Carter third.

Okehampton Running Club would like to thank all the marshals who made this event possible and a special thank you to Waitrose Okehampton for donating each finisher with a well deserved goody bag.

Paul Crease

1. A. Vallance	Okehamp	1.18.51
2. A. Stobbs	ExeterH	1.21.00
3. J. Jackson	Dartmoor	1.23.39
4. A. Alsop	StAust	1.25.37
5. P. Devine-Wright O/40	Unatt	1.25.41
6. R. Hicks	TACH	1.26.48
7. D. Rowe O/40	StAust	1.26.51
8. C. Lloyd O/40	Tavist	1.28.10
9. I. Andrews O/40	SWRR	1.29.59
10. B. Friend	Okehamp	1.33.54
VETERANS O/50		
1. (18) J. Sharp	Truro	1.40.08
2. (19) S. Statham	TVH3	1.40.13
3. (20) M. Rice	Okehamp	1.40.38
VETERANS O/60		
1. (17) D. Alsop	StAust	1.37.43
2. (25) R. Windemer	Dartmoor	1.44.02
LADIES		
1. (15) S. Daw O/40	ECornw	1.36.56
2. (31) S. Andrews O/40	Unatt	1.49.56
3. (36) R. Carter O/50	Dartmoor	2.04.35
4. (38) T. Butchers O/50	Unatt	2.13.16
5. (39) T. Windemer O/40	Dartmoor	2.27.59

41 finishers

BRADBOURNE
Derbyshire
BS/5.4m/851ft 29.08.10

The race was held in really poor, wet conditions - the main sufferers were the Under 8s, who had to contend with possibly the heaviest rain of the year.

David Denton

1. C. Nicoll O/40	DerbyTri	34.00
2. J. Ross	StaffsM	34.28
3. A. Taylor	Sadd	34.42
4. I. Hunter	Kimb	34.49
5. D. Holloway	Ilkes	35.09
6. T. Swift	DerbyTri	36.20
7. M. Brennan	Erew	36.24
8. G. Smith	HattonD	36.35
9. D. Kilpin	P'stone	36.57
10. R. Hall	Utoox	37.35
VETERANS O/40		
1. (1) C. Nicoll	DerbyTri	34.00
2. (11) J. Turner	Sheff	38.07
3. (15) D. Harrison	DkPk	38.49
VETERANS O/50		
1. (20) J. Birch	LongE	40.20
2. (22) M. Moorhouse	Matlock	40.37
3. (36) R. Britton	StaffsM	43.13
VETERANS O/60		
1. (37) T. Press	HattonD	43.17
2. (49) K. Allen	Notts	45.12
3. (62) R. Campbell	Cheadle	47.05
LADIES		
1. (12) C. Howard	Matlock	38.08
2. (31) D. Lee	Matlock	42.11
3. (45) H. Kirk	DkPk	44.56
4. (46) S. Purvis O/50	Ashbou	44.57
5. (55) S. Kenny	Cheadle	45.59
(73) H. Soiris O/40`	HolmeP	48.18
(106) C. Middleton O/60	WestE	62.55

108 finishers

RACE 2 - 2.76m

1. C. Matchett Lady	HattonD	21.24
2. M. Griffiths	DkPk	27.44
3. A. Abbott Boy/15	LongE	30.22

4 finishers

JUNIORS

Under 8s

1. A. Hall	06.51
2. E. Webster Girl	06.53
3. S. Watts	07.11

13 finishers

Under 10s

1. G. Buckley	11.10
2. C. Nealon	11.27
3. F. Moffatt	11.35

6 finishers

Under 12s

1. O. Sadler	17.14
2. J. Webster	18.26
3. O. Crowson	22.18

5 finishers

CNICHT
Gwynedd
AS/4.5m/1850ft 29.08.10

A very good turnout - best for many years. I have bene the organiser for the last tne years and the previou best was 63.

The conditions were ideal, i.e. not raining, not sunny and some clouds on top!!

It was the most competitive race for a long time with the first three battling it out right to the end.

Everyone finished safely and enjoyed a free pint in the pub afterwards.

Dei Jones

1. A. Davies	Mercia	36.48
2. S. Smith	Eryri	37.05
3. I. Richards	Meirionn	37.15
4. J. Bacon	Unatt	40.05
5. M. Cliffe O/40	Eryri	40.43
6. J. Hunt O/40	DkPk	41.07
7. D. Jones	Eryri	41.13
8. R. O'Donnell	Eryri	41.41
9. A. Jones U/23	Unatt	42.01
10. M. Fortes	Eryri	42.15
VETERANS O/50		
1. (23) P. Browning	Clay	47.24
2. (24) I. Edgar	Eryri	47.24
3. (26) C. Wilcox	Clwyd	48.06
VETERANS O/60		
1. (29) M. Blake	Eryri	49.14
2. (38) D. Thomas	Eryri	50.45

3. (53) D. Williams	Eryri	53.27
VETERANS O/70		
1. R. Hird	Eryri	87.48
LADIES		
1. (18) J. Heming	Eryri	46.04
2. (25) A. Rowlands	Eryri	48.00
3. (28) K. Spinney	Eryri	49.07
(49) S. Barnwell O/40	Unatt	52.17
(69) M. Goth O/50	Tod	68.04

75 finishers

CILCAIN CAPER SHOW RACE
Flintshire
30.08.10

We had our best ever turn out, with 38 runners. The beautiful weather helped encourage youngsters to enter. It was also pleasing to see a good spread of ages, boys and girls so everyone had plenty of competition. The routes took in much of the new senior route and so the children had a taste of what the adults had to contend with. The Emily and Iwuan Kearney and the Davis girls gave some great performances showing talent can run in families, each taking first prize in their categories.

As ever, many thanks to all the marshals.

Ben Amesbury

JUNIORS	
14- 15 years 3.3km	
1. M. Blackwell	13.31
2. R. Hosking	14.56
3. R. Owen	15.08
(6) E. Kearney Girl	16.58
12-13 years 2.75km	
1. G. Leach	14.02
2. L. Davis Girl	14.15
3. A. Kearney Girl	15.02
10-11 years 2.2km	
1. I. Kearney	10.49
2. E. Greenland	11.30
3. T. Holmes	11.31
4. N. Foster Girl	11.33
8-9 years 1.35km	
1. A. Kearney	07.39
2. C Horrigan	08.12
3. K. Thomas	09.17
4. M. James Girl	09.22
6-7 years 0.73km	
1. T. Williams	04.28
2. F. Davis Girl	04.37
3. I. Bailey	04.41

MOEL FAMMAU
Flintshire
AS/5m/1250ft 30.08.10

A record number of runners from all parts of England and Wales gathered in the sunshine in Cilcain, a little village nestling at the foot of Moel Fammau in North East Wales to try out the new circular route planned at the request of last yea'rs runners. Ascending and descending by the same route had become problematic as the race had gained in popularity. This year the runners ascended as previously but then turned right to run briefly across the ridge before descending by a new route with the permission of the local landowner.

As a result the race was extended by approximately half a mile, passing twice through two of the early checkpoints, manned by an enthusiastic group of race marshals. The number of marshals had been doubled to ensure no-one strayed from the new route and the race was supported, as usual by NEWSAR, the North East Wales Search and Rescue team who were prepared for any emergency that thankfully did not occur.

The first to the top of Moel Fammau was local runner Neil Parry, who was then overtaken as he began the descent by the eventual winner, Matthew Gilbert in a time of 33.15. Neil Parry finished second in a time of 34.09. In third place was Jon-Philip Seymour in a time of 34.39 winning the prize for the under 18 year olds.

The winner in the over forties' category was Simon G. Roberts in 36.24. The first lady home was Laura Beston in 39.55.

Prior to the senior race, Mary Gillie of Clwydian Rangers had organised a very successful mini-mountain race for junior runners with categories in every age group between 6and 15 years of age with a different distance to suit each group. This was well supported by 38 runners and several who were disappointed when they arrived too late for the start. Next year junior runners should arrive by 11.30 a.m. to participate in this race as the start is a short walk from the senior race. The fastest boy was Matthew Blackwell and great performances were given by Emily and Iwuan Kearney and the Davis girls, both families showing a talent for running.

Mary went on to run in the main race coming eighth in the ladies' section with a time of 47.05.

Jane Scholes

1. M. Gilbert	WrexTri	33.15
2. N. Parry	Clwyd	34.09
3. J. Seymour U/18	Wirral	34.39
4. A. Perry	Penn	34.44
5. M. Muir	Penn	35.23
6. T. Hiles	Unatt	35.37
7. E. Lofill	Clwyd	35.56
8. D. Chan	Helsby	36.09
9. G. Briggs	StaffsM	36.13
10. S. Roberts O/40	Buckley	36.24
VETERANS O/40		
1. (10) S. Roberts	Buckley	36.24
2. (11) M. Pollitt	Burnden	36.29
3. (13) I. Houston	WrexTri	36.53
VETERANS O/50		
1. (14) I. Lancaster	Tatten	36.57
2. (21) A. Duncan	Bowland	38.10
3. (38) V. Belshaw	Clwyd	40.28
VETERANS O/60		
1. (47) T. Hulme	Wilmslow	41.10
2. (64) Y. Tridimas	Bowland	42.36
3. (83) M. Potter	Clwyd	45.13
VETERANS O/70		
1. (117) R. Tunstall	Unatt	48.29
2. (134) P. Nolman	Wrex	52.32
3. (147) R. Harrison-Jones	Prestat	55.46
LADIES		
1. (34) L. Beston	WChesh	39.55
2. (60) C. James O/40	Unatt	42.14
3. (61) I. Hughes O/40	Burnden	42.20
4. (69) L. Emery	Eryri	43.12
(144) M. Goth O/50	Tod	55.22

173 finishers

THE BARRELL FELL RACE
Derbyshire
BM/6.5m/1500ft 31.08.10

After our wet race experience last year we arranged to have a gazebo to shelter our results computer so that it could be placed as near as possible to the finish. As it turned out, this was unnecessary as we enjoyed a gorgeous sunny evening.

As always, local helpers performed brilliantly, welcoming the 147 runners who came to enjoy the beautiful landscape. Even though we have entered a tough financial period of time, local businesses provided generous spot prizes, and our sponsor, The Barrel Inn, provided drinks (of water) during the race, prize vouchers for best performers and hospitality for all those visiting afterwards.

The winner this year was a runner from nearby, Jonny Wilson in 42.32. The three runners coming in second, third and fourth were unattached runners, Andrew Wainwright, Kevin Mahon and Mark Horsley-Frost, with Mick Stenton fifth.

Karen Davison ran an excellent race to be first woman back in 26th position in 47:36. Helen Gilbert progressed to second woman this year, with two unattached runners next – Molly Whitall and Ayshea Furlong. Fifth woman home was Helen Howard.

Local prizes were won by Steven Plant for the third year running and Rachel Wright.

Thanks to everyone who made the evening so enjoyable.

Archie Hartwright

1. J. Wilson	FatB	42.32
2. A. Wainwright O/40	Unatt	43.45
3. K. Mahon	Unatt	43.50
4. M. Horsley-Frost O/40	Unatt	44.29
5. M. Stenton O/40	DkPk	44.37
6. K. Hope	Notts	45.05
7. C. Ledger O/40	DkPk	45.22
8. S. Hargreaves	SteelCity	45.43
9. D. Ansell O/50	DkPk	46.02
10. S. Bennett O/40	SteelCity	46.14
VETERANS O/50		
1. (9) D. Ansell	DkPk	46.02
2. (15) J. Turner	SheffRC	46.35
3. (19) S. Bennett	NDerby	46.51
VETERANS O/60		
1. (89) R. Micocz	Unatt	57.52
2. (92) R. Campbell	StaffsM	58.29
3. (112) A. Ashforth	Handsw	60.35
LADIES		
1. (26) K. Davison	DkPk	47.36
2. (48) H. Gilbert	Totley	52.10
3. (71) M. Whittall	Unatt	55.40
4. (78) A. Furlong	Unatt	56.44
5. (82) C. Rowe O/50	LongE	56.56
6. (88) H. Howard	Retford	57.43
(93) L. Bland O/40	DkPk	58.47
(118) Y. Twelvetree	Totley	62.26

146 finishers

GRISEDALE HORSESHOE
Cumbria
AM/10m/5000ft 04.09.10

After the weather being wet and windy for the last two years, we had a fine sunny day for this years race. It was necessary to alter the race route, and this had the effect of making for a slightly longer race.

The race was dominated by Chris Steele, who led from start to finish, and was never seriously threatened eventually finishing nearly 5 minutes in front of second finisher, Rhys Findly-Robinson in 1.5.643, an excellent time considering the longer course.

Photos © David Rosen

Sarah O'Neill first woman by some way on Swirral Edge. She was eventually overtaken in a sprint finish by Pippa Archer.

Photos © David Rosen

Eventual winner Chris Steele (Borrowdale Fell Runners) already with a good lead at the foot of Catstycam

The ladies' race was far more closely contested with Pipa Archer eventually prevailing over Sarah O'Neil by just under 30 seconds in a time of 2.36.55. A superb run by Jack Holt V60 saw him finish in 14th place in a time of 2.22.25.

Next year we should be back to the original course.

Alan Kenny

1. C. Steele	Borr	1.56.43
2. R. Findlay-Robinson	DkPk	2.01.42
3. P. Cornforth O/40	Borr	2.05.29
4. M. Mikkelson-Barrow	Borr	2.07.13
5. P. Thompson	Clay	2.11.17
6. T. Edward O/40	Clay	2.14.39
7. D. Raby	Chorl	2.16.09
8. W. Horsley	NFR	2.17.38
9. J. Luxmoore	Kesw	2.18.25
10. M. Bereslord O/40	Kend	2.20.58
VETERANS O/50		
1. (21) L. Warburton	Bowland	2.26.00
2. (22) D. O'Dully	Bowland	2.28.07
3. (25) I. Ellmore	Scarb	2.28.56
VETERANS O/60		
1. (14) J. Holt	Clay	2.22.25
2. (59) A. Dixon	Unatt	2.52.37
3. (70 J. Taylor	Bowland	2.57.27
LADIES		
1. (36) P. Archer	Durham	2.36.55
2. (38) S. O'Neil	Unatt	2.37.23
3. (51) J. Howells O/40	Wharfe	2.49.15
4. (58) K, Gray	Londs	2.52.35
(88) G. Walkington O/50	Horw	3.04.13

123 finishers

BEN NEVIS
Fort William, Scotland
AM/10m/4406ft

Fourth in 2007, fifth in 2008, Dr Finlay Wild, won the 2010 Ben Nevis Race. On a very hot afternoon he overtook Robbie Simpson on the ascent. First to the top and about a minute clear, Wild led for the rest of the way. Ian Holmes did reduce the gap on the descent of the grassy bank but Wild then pulled away again on the climb up to the path. Wild called the last section on the road hard but he held off fast-finishing Simpson to claim the race. The winner commented that his winning time was the slowest for a decade. It was still good enough to defeat all the others! He got a rapturous welcome at the finish as the first Scottish and local winner since 2001. Robbie Simpson, second in his first Ben race, is still only eighteen. His time will surely come.

Cecilia Mora of Italy was first woman home in 1-56-01, comfortably ahead of Sarah Ridgway in 2-02-13. Lochaber AC won both the men's and women's team prizes. Apart from the youthful winner and runner-up, the top ten contained four runners over forty as well as an over fifty man, Alan Smith in a creditable 1-48-04. Kieran Carr deserves a special mention. He won the Over 60 trophy, whose existence is due to his suggestion to the Ben Race Committee, in an excellent 2-04-23.

Leen Volwerk

1. F Wild	Lochab	1.35.39
2. R. Simpson	Deeside	1.36.09
3. I. Holmes O/40	Bing	1.37.47
4. J. Wright O/40	Tod	1.43.29
5. R. Pattinson O/40	P&B	1.45.08
6. M. Sullivan	Shettle	1.45.26
7. P. Brittleton O/40	HelmH	1.45.56
8. J. Steede	Ballym	1.46.15
9. I. Ridgeway	Eryri	1.47.57
10. A. Smith O/50	Deeside	1.48.04
VETERANS O/50		
1. (10) A. Smith	Deeside	1.48.04
2. (50) M. Laing	Fife	1.57.23
3. (85) D. Scott	Ochil	2.02.58
VETERANS O/60		
1. (90) K. Carr	Clay	2.04.23
2. (172) T. Scott	Fife	2.14.12
3. (192) N. Boler	FRA	2.17.17
LADIES		
1. ((78) S. Ridgeway	Eryri	2.02.13
2. (103 A. Shannon	Mourne	2.06.36
3. (131) S. Byrne	Lochab	2.10.32
4. (138) L. Clough	Chorl	2.11.07
5. (141) E. Holmewood	Wlands	2.11.12
6. (149) R. Mackenzie	Deeside	2.12.03
7. (159) E. Wardlaw	HBT	2.12.54
8. (162) D. Scott	Lochab	2.13.12

481 finishers

LONGSHAW SHEEPDOG TRIALS
Derbyshire
CS/6m/1180ft 04.09.10

After really bad weather in 2009, Longshaw

Pastures were blessed with glorious sunshine for the 8th Longshaw fell race this year.
The 12 bore starting pistol sent 91 runners from the field onto the heather clad route, most of which can be seen from the Finish. There were some good times recorded, but the course record remains unbeaten by ~7 minutes. Runners using GPS pointed out that our advertised 5.5m/650' is in fact 6 miles/1180 feet of climb, which will be corrected for next year's calendar.
Most runners enjoyed the race; families and friends enjoyed the Sheepdog Trials, the food and the other attractions. Sheffield's premier electrician sponsored the event as part of their 80th year in business so T-shirts went to all runners and marshals. Prizes were bought on site from the WI stall comprising chutneys, jams, and fruit cakes.
I can't mention all of the volunteers who helped on the day, but special thanks are due to Hilary for organising me and to Graham Revell for the computerised results. As the last runner finished, Graham pressed the button and a colour coded results sheet appeared so prize giving could take place immediately allowing the rest of the afternoon to be spent outside the beer tent watching one man and his dog!
It's always a popular event, just a shame it is during a busy weekend, but the first Longshaw was in 1898 so they won't be in a hurry to change their date from the first weekend in September to fit in with the FRA calendar.
Jim Fulton

1. G. Moffatt O/40	DkPk	45.12.
2. D. Kilpin	Barns	46.07
3. M. Jones	Ripley	47.25
4. M. Nolan O/40	DkPk	47.50
5. P. Hague	SYPolice	47.53
6. S. Bennett O/40	SteelC	48.14
7. K. Davidson Lady	DkPk	48.21
8. N. Chapman	Lincoln	48.25
9. A. Critchlow O/40	Unatt	49.27
10. J. Slate	Hallam	49.32
VETERANS O/50		
1. (12) J. Turner	Sheff	50.06
2. (13) K. Holmes	DkPK	51.05
3. (15) L. Best	Penn	51.34
VETERANS O/60		
1. (62) J. Hart	Loughton	68.30
2. (71) J. Dalton	DkPk	67.51
VETERANS O/70		
1. (74) F. Makin	HolmeP	68.09
LADIES		
1. (7) K. Davidson	DkPk	48.21
2. (11) H. Elmore	DkPk	49.45
3. (23) S. Curtis O/40	FatB	55.25
4. (31) K. Harvey O/50	Penn	58.01
(80) M Small O/60	Unatt	76.19

87 finishers

BLACKSHAW HEAD
West Yorkshire
BS/5.5m/900ft 04.09.10

Wow what a day! No sheep flying past at a hundred miles per hour, no stumbling around looking for the trig point in the mist and no need to wear flippers or a snorkel! Yes it was sunny for the first time in years! The BSH fell race after years of dodgy weather was finally able to show its stunning views. This lovely race is 5.5 miles long and ascends a total of 900 feet. Unusually for races in this area, the first leg is a gentle ascent; however, be warned the last bit of the race has a real sting in its tail!
Thanks to the near perfect conditions this year's race was very fast, the whole event was over in one hour ten minutes. The sweepers had a hard time keeping up with the competitors! However they were able to keep up with a few in the beer and produce tents afterwards which help make the event a thoroughly rewarding day out.
The first two runners' to finish were Ben Crowther and Brendon Taylor. These two entertained the marshals and onlookers with their sheer competitive determination, so much so that they both broke the existing record to win.
1st lady was Nicola Jackson (U18). 2nd and 3rd ladies were Sarah Sharratt and Carol Fryer. MV40 was Steve Fraser, MV50 Richard Crossland and MV60 Jeff Hignett.
LV40 was Dawn Richards. Unusually we had no LV50/60 enter this year. First local man was Paul Biddulph and first local woman was Ali Richards.
So, another great fete fell race was had and went without a hitch thanks you to all the, marshals, runners and supporters, we would like to thank them all for making the day thoroughly enjoyable. Thanks also to Todmorden Harriers for the loan of race kit and their continuing support. All monies raised went towards the playground project for local children.
Patsy Reilly

1. B. Crowther	Hfx	36.26
2. B. Taylor	Ross	36.27
3. S. Frazer O/40	Unatt	38.01
4. C. Holmes	Wharfe	38.21
5. P. Crabtree O/40	Wharfe	39.30
6. D. Chan	Helsby	39.44
7. R. Dobson	CaldV	40.27
8. B. Traviss	Hfx	40.32
9. R. Hampson	CaldV	40.37
10. S. Bourne O/40	CaldV	41.53
VETERANS O/50		
1. (11) R. Crossland	CaldV	42.32
2. (21) D. Kershaw	Chorley	44.30
3. (23) M. Roberts	Tod	45.16
VETERANS O/60		
1. (42) J. Hignett	Ross	50.26
2. (51) P. Horne	Unatt	52.41
3. (52) S. Batley	Skyrac	52.52
LADIES		
1. (27) N. Jackson U/18	Prest	46.39
2. (35) S. Sharratt	Wesham	48.55
3. (40) C. Fryer O/40	Hfx	50.06
4. (49) A. Richards	Tod	52.08

70 finishers

SHELF MOOR
Derbyshire
AS/ 5.9 miles/1,500ft 05.09.10

Report 1
A record entry of 339, was received for the 26th Shelf Moor Fell race. Organised by Glossopdale Harriers, it was the final counter in the English Championship. The total of 263 finishers for both the races was a record.

The women were first away and right from the gun Lauren Jeska set a fast pace. She had her work cut out, even though Olivia Walwyn was absent on international duty. Lauren, pushed all the way by Helen Fines, returned to Shepley Street in 48.49, a minute and a half short of the course record. She had three seconds to spare over Helen Fines. Third in the race was Jackie Lee, 33, who knocked four minutes off her 2009 time due in part due to the intense competition and the reasonably dry ground. Eighty-one women started and many battles were fought. One competitor did not finish due to a tumble that required her to be hospitalised. She was helped off the moor by the Mountain Rescue.

The men's race was another close affair with Rob Hope, a 36-year-old Preston-based scientist, pressed hard by Lloyd Taggart , now a veteran of 41. Simon Bailey, who is last year's English Champion, although not a Championship contender, ensured the race would be hotly fought. He pushed the two protagonists to their limit and Hope stopped the clock at 40.40, 55 seconds away from Colin Donnelly's 21-year old course record. He had four seconds cushion over Taggart. Bailey took 40:56. Hope's time matches that of Gavin Bland (Borrowdale), the 1999 English and British Champion, achieved in 1997 when it was a Championship counter.

The high standard saw the first ten break 43 minutes, and a record number of 56 men broke 50 minutes, another record, with 141 under the hour. With a record 33 women also under the hour this was the classiest Shelf Moor race ever.

Lauren Jeska, 36, is the new English Champion. She said, "Holme Moss was my best race of the Championship this year. Shelf Moor was hard. With Olivia absent, I imagined I'd win today easily. I had a tough race with Helen Fines. Helen and I did very well. I am pleased to win the race and the Championship; otherwise Olivia would have been Champion. I moved to Todmorden two years ago and started fell running. I had a break in 2009 and so did not do all the Championship races. This year was a breakthrough year and I'm still getting better."

It was pleasing to see Ken Taylor return to competition this year after an enforced year out.

Race organiser, Gordon Cooper, considered that it was the best Shelf Moor to date and thanked the marshals, the competitors, St John Ambulance and the sponsors, Pete Bland Sports and Simon Dunn, the Glossop-based Master Chocolatier. The winners of all the categories sampled Simon's creations.

A 1½-mile junior race for Under 16s went up Lightside. It was won by Jack Crabtree from Alex Minshull, son of Julien who missed the 50 minute barrier by three seconds. The boys and girls who placed in the first three in the junior races each won chocolates and vouchers for JD Sports.

Minshull senior was the first home of six Glossopdale Harriers who enjoyed good runs. John Hewitt was 77th; 86th Dan Oldham; 90th Chris Jackson; 114th Andrew Anastasi and 115th Dave Hogg.

Jan Atkins (Chorley Harriers), a past English veterans' medallist, said, "It was the best marked fell race course I have ever done."
Neil Shuttleworth

Report 2
Following a week of dry weather the conditions under foot on the day were near perfect. In both races the results were poised to decide the fate of both the Men's and Ladies championships for 2010. Given the class of athletes taking part and what was at stake with the Championships

both Colin Donnelly and Carol Greenwoods' course records were under threat. In the end both records lived to fight another year.

On the day we saw a record number of 264 runners descend on Old Glossop to take part in the races. There were 162 starters in the men's race and 82 in the ladies race.

In the ladies' race Lauren Jeska set off quickly and led the field following the climb to Higher Shelf Stones. However it was Helen Fines who reached the bottom of Lightside first with a ten second gap over Lauren. In the final stretch along the Mossy Lea track, Lauren managed to overhaul this gap and won the race by three seconds in 48:49. This was the closest finish we have had for the ladies. Jackie Lee finished third in a time of 50:56. Lauren's victory allowed her to pip Olivia Walwyn to the ladies' championship.

In the men's race the quartet of Lloyd Taggart, Rob Hope, Simon Bailey and Rob Jebb had pulled away from the rest of the field coming to the Higher Shelf Stones Trig Point. At the bottom of Lightside, Lloyd had opened up a gap over Rob Hope, but as in the ladies' race, the run-in along the Mossy Lea track proved decisive and Rob managed to overtake Lloyd to win by four seconds in a time of 40:40, the closest finish since 2001. Simon Bailey finished in third place in a time of 40:56. The result meant Rob Hope sealed the Men's Championship.

The excellent support from the members of the Glossopdale Harriers meant everything ran smoothly on the day. The St John's Ambulance mobile unit had a busy time dealing with minor injuries at the finish. I'd like to acknowledge Pete Bland Sports and Inov-8 for donating the prizes for the senior races. JD sports kindly donated prizes for the Junior Race. Once again the Glossop Chocolatier Simon Dunn excelled in the designing the main prizes. Ian Winterburn supplied the Rescue Ale distributed to the top finishers in the Mens and Ladies races.

Finally, I would like to extend our thanks to Andy Wilkins, Des Gibbons and Alexis Dinsmoor who with the members of the Glossop and Woodhead branches of the Mountain Rescue helped attend to and then transfer an injured runner off the hills.

Gordon Cooper

1. R. Hope	P&B	40.40	
2. L. Taggart	O/40	DkPk	40.44
3. S. Bailey	Mercia	40.56	
4. R. Jebb	Bing	41.58	
5. D. Hope	P&B	42.10	
6. K. Gray	O/40	CaldV	42.16
7. S. Bond	DkPk	42.23	
8. S. Hebblethwaite		Kesw	42.30
9. D. Kay	P&B	42.37	
10. I. Nixon	P&B	42.46	

VETERANS O/50

1. (28) S. Oldfield	CaldV	45.56
2. (32) M. Johnson	Bowland	46.31
3. (41) A. Kirk	Penn	47.36

VETERANS O/60

1. (60) B, Grant	Hgte	50.12
2. (70) M. Walsh	Kend	50.50
3. (82) R. Taylor	Penn	51,51

VETERANS O/70

1. (165) F. Gibbs	Bing	65.36
2.)171) R. Bell	Amble	68.31
3. (178) S. Davis	Accr	73.32

181 finishers

LADIES

1. L. Jeska	Tod	48.49	
2. H. Fines	CaldV	48.52	
3. J. Lee	Eryri	50.56	
4. J. Jepson	O/40	DkPk	52.44
5. H. Berry	Holmf	53.08	
6. A. Raw	O/40	Bing	53.15
7. S. May	Tod	53.56	
8. D. Wright	WiganP	54.34	
(14) G. Myers	O/50	Wharfe	55.27
(46) A. Brentnall	O/50	Penn	61.36

74 finishers

BRADLEY FELL RACE
West Yorkshire
BS/3.5m/750ft 05.09.10

The sun shone down for a record breaking fell race at the Bradley Family day. For the first time in 3 years, it was possible to hold the show on the playing fields and the many visitors were given a great spectacle with record numbers competing in the senior fell race. Indeed, conditions were so good that the race winner, Tom Adams, was within 3 seconds of breaking the course record set by Alfie Atkinson in 1996. Second place went to Billy Pinder, who was competing in the race for the first time as a senior, having set the under 17s' record the previous year. Lee Athersmith was third, with Richard Barrett in fourth place and first veteran. First Bradley local was Tim Done.

The ladies' race was won by Skipton athlete Clare Pearson, who took advantage of the fast course to make her transition from road to fell. Diane Haggar was second lady and first lady veteran, ahead of Catherine White who, having recently got married, was competing in her first race in her new name. First Local Lady was Val Done.

Wharfedale Harriers have an outstanding team of junior runners who have been prominent in all of the shows this summer and Bradley was no exception. First place in every race went to the club with new records in the under 9 and under 12 races.

Logan-Hargreaves Madhas; fresh from a number of recent victories including Malham Show and Grasmere Sports, set the scene, winning the under 9s' race with a new record ahead of club mate, Jack Muir. Jack Walton was third. Richard Done was 5th place and first local boy, finishing just behind first girl, Alex Baker, who set the girls' record in the process. Emily Carpenter was 2nd ahead of Keighley runner Katie Cox in third. First local girl was Bradley Brownie; Kitty Blake.

The under 12s' race was set for a real showdown, with last year's winner and record holder Alistair Harvey taking on Charlie Lowrie and Josh Newbold. Following recent victories including Kilnsey Show and Grasmere sports, Charlie was in outstanding form and claimed his victory, knocking 21 seconds off the record in the process. In fact, all three beat the existing record, with Josh Newbold easing into second place ahead of Alistair. In 7th place was Josh Swift to claim the first local trophy. First girl was Sarah Pickering, who was convincing winner in the girls' race, beating the existing record by 16 seconds and finishing in 5th place in a field of 31 runners. Second place went to Cononley girl Hannah Thom ahead of Abigail White.
In a frantic battle for the line, local girl Lucy Hutchinson narrowly beat fellow Brownie Kiera Zeibol to claim the first local girl prize.

The under 14s' race saw Phil Done stride home on the back of victories at Malham, Kilnsey and Grasmere to add his home race to his recent wins. Second place was Oliver Keating with Harry Muir from Silsden in third. Keighley Girl, Ellie Child has had some great performances this year and she gained a well deserved win in the girls' race, with Sally Handford in second, ahead of Katie Boden in third.

The under 17s' race promised an interesting challenge as James Hall and Ben Johnstone went head to head once again. This pair have been outstanding all summer, winning all of the local shows between them. Setting out with the seniors, the two ran in formation for the whole race finishing almost side by side in a show of mutual respect. On this occasion James claimed victory and the under 17 trophy to add to his English championship Silver medal. Third place went to Alex Brown who, despite this stiff competition, has been up competing for the medals all summer. First local was George

Photos © Gordon Cooper

The prizes at Shelf Moor

Herbert, flying the flag for Keighley & Craven, whilst club mate; Pippa Barrett was first girl. Second girl was Holly Crabtree, competing in her first race for her new club; Wharfedale Harriers.

As the races drew to a close there was just enough time for runners to enjoy the sunshine for the remainder of this ever popular village show. Thanks to everyone who gave up their time to make it all a success.

Tim Done

1. T. Adams	Ilk	23.32	
2. B. Pinder	Skip	25.00	
3. L. Athersmith		Bing	25.12
4. R. Barrett O/40		Skip	26.02
5. J. Craig	Skip	26.06	
6. J. Senior	Bing	26.15	
7. S. Clawson O/40		Ross	26.39
8. C. Holmes	Wharfe	26.51	
9. D. Kirkham	Wharfe	27.06	
10. P. Crabtree O/40		Wharfe	27.19
VETERANS O/50			
1. (17) M. Pickering		Ilk	28.52
2. (24) K. Thompson		Clay	31.18
3. (27) M. Jeffrey		Otley	31.41
VETERANS O/60			
1. (41) J. Towers		Ilk	33.58
2. (53) R. Hall	Wharfe	36.04	
3. (64) N, Dyson		Ochil	38.09
LADIES			
1. (22) C. Pearson		Skip	31.06
2. (37) D. Haggar O/40		Ilk	33.19
3. (44) C. White		Wharfe	34.14
4. (47) L. Whittaker O/40		Wharfe	34.43
(59) J. Hindle O/50		Clay	37.09
74 finishers			
JUNIORS			
Under 17s			
1. J. Hall	Wharfe	23.47	
2. B. Johnstone		Wharfe	23.47
3. A. Brown	HelmH	24.23	
(8) P. Barrett Girl		Kghly	30.42
(9) H. Crabtree Girl		Wharfe	33.00
10 finishers			
Under 14s			
1. 1. P. Done	Wharfe	11.02	
2. O. Keating	Kghly	12.00	
3. H. Muir	Wharfe	12.01	
(7) E. Child Girl		Unatt	13.12
(9) S. Handford Girl		Kghly	13.59
(10) K. Boden Girl		Bing	14.11
15 finishers			
Under 12s			
1. 1. C. Lowrie		Wharfe	06.28
2. J. Newbold		Wharfe	06.41
3. A. Harvey	Unatt	06.47	
(5) S. Pickering Girl		Ilk	07.04
(15) H. Thorn Girl		Kghly	08.34
(17) A. White Girl		Bing	08.41
31 finishers			
Under 8s			
1. L. Hargreaves-Madhas		Wharfe	03.08
2. J. Muir	Wharfe	03.11	
3. J. Walton	Kghly	03.22	
4. A. Baker Girl		Pendle	03.24
(17) E. Carpenter Girl		Settle	03.56
(18) K. Cox	Kghly	03.59	
31 finishers			

121st KRUNCE
3.5m/500ft 07.09.10

After his win at Tap O' North, Tim showed that old dogs can remember new tricks.

With thanks to Janet Rennie for officiating and to Forest Enterprise for access.

Rain in the afternoon made it muddy underfoot and very gloomy in the woods, whch might account for the generally slower times.

Ewen Rennie

1. T. Griffin O/40	24.19
2. J. Williamson O/40	24.56
3. P. Cowie O/40	26.08
4. N. Easton	26.31
5. D. Grassie	26.36
VETERANS O/50	
1. (11) D. Duncan	28.18
2. (16) M. Bryce	29.51
3. (18) I. Hamilton	30.53
LADIES	
1. (9) V. Oldham O/40	27.27
2. (20 A. Hamilton O/50	32.09
3. (22) P. Larmour O/40	32.53
26 finishers	
OVERALL SERIES RESULTS	
1. M Bryce O/50	30 pts
2. R. Ingram	29 pts
3. A. Smith Lady O/40	29 pts
4. R. Williams O/40	27 pts
5. N. Easton	21 pts
6. P. Larmour Lady O/40	20 pts
7. E. Stewart Lady O/50	19 pts
8. R. Irvine O/40	17 pts
9. F. Mackay Lady O/40	17 pts
10. M. Winn	16 pts
11. D. Duncan O/50	16 pts
12. C. Reid O/40	**16 pts**

ILKLEY INCLINE FELL RACE
West Yorkshire
08.09.10

Fortunately the weather was good for this year's race even though the lack of a breeze meant that the midges were out in force. Many competitors from previous years turned out keeping the field within ten of last year's record entry of 74 including a runner who came all the way from St Neots in Cambridgeshire (and then went back again on the 7.40 train). Who knows? One year we might even go international.

This year Tom Adams and Alison Bennett were a clear winners with Ilkley winning both men's and ladies' team prizes. The Incline was again very generously sponsored by The Bicycle Shop, Skipton, The Complete Runner and by Bernie Connor (providing the event's trade mark prize marrows) and thanks to them there were a third as many prizes as there were runners. As this was the last year of the Complete Runner's sponsorship, on behalf of the Club, I would like to express our appreciation to Terry Lonergan for his support over several years.

A massive thanks is as usual also due to the dozen cub members who volunteered in advance to perform roles essential for holding the event and to those several who turned up on the day to offer support.

Geoff Howard

1. T Adams	Ilk	07.12	
2. G. Pearce	P&B	07.34	
3. M. Cox	Ilk	07.43	
4. D. Westhead O/40		Ilk	07.52
5. G. Hird	Wharfe	08.00	
6. S. Brook	Kghly	08.03	
7. B. Imeson	Ripon	08.24	
8. D. Kirkham	Wharfe	08.25	
9. R. Ashton O/40		Otley	08.38
10. H. Illingworth		Otley	08.56
VETERANS O/50			
1. (16) R. Reeve		Ilk	09.21
VETERANS O/60			
1. (39) D. Tait	DkPk	11.03	
LADIES			
1. (28) A. Bennett		Ilk	09.59
2. (33) T. Hird	Wharfe	10.36	
3. (34) L. Griffiths		Holm	10.39
(37) S. Haines O/50		Ilk	10.56
(58) L. Boothman O/60		Baild	14.10
63 finishers			

HADES HILL
Lancashire
BS/5m/1200ft 09.09.10

1. S. Carey U/18		Tod	34.18
2. S. Smithies O/40		CaldV	34.56
3. J. Sutton	B'burn	35.26	
4. S. McCarron		Sale	35.38
5. R. Solman	Ross	35.41	
6. P. Taylor O/50		Ross	35.47
7. D. Kilpin	P'stone	36.05	
8. T. Taylor O/50		Ross	36.09
9. R. Pilling	Unatt	36.17	
10. N. Barnes O/40		Darwen	37.01
VETERANS O/60			
1. (21) K. Taylor		Ross	39.46
2. (36) N. Shaw		Roch	43.04
3. (45) B. Kenndedy		Newb	44.45
VETERANS O/70			
1. (75) G. Arnold		Prest	56.22
LADIES			
1. (60) A. Blomfield O/40		Roch	47.37
2. (65) E. Blades Jordan		Middle	48.27
3. (74) N. Horsfall O/50		Clay	53.17
4. (76) M. Goth O/50		Tod	58.29
78 finishers			

CHEVIN
Derbyshire
BS/2.9m/600ft 13.09.10

This popular event, held on the 70th birthday of the organiser, raised sufficient funds to sponsor three families in the southern India state of Kerala and to contribute to the oganisational costs of a multi-terrain race.

Dave Denton

1. K. Edwards	Tamw	18.56	
2. G. Irvine	Belper	19.08	
3. R. Carter	Unatt	19.57	
4. D. Holloway		Penn	20.04
5. T. Swift	DerbyTri	20.18	
6. A. Billington		Belper	20.24
7. R. Donald	ShelStr	20.29	
8. G. Smith	HattonD	20.44	
9. E. James	Belper	21.05	
10. A. Thompson Jun		BeaconH	21.22
VETERANS O/40			
1. (14) C. Thompson		Unatt	22.00
2. (16) K. Gunn		Unatt	22.07
3. (17) N. Weightman		Erewa	22.09
VETERANS O/50			
1. (19) J. Birch	LongE	22.37	
2. (30) M, Harvey		LittleEH	23.37
3. (35) R. Fletcher		NDerby	24.17
VETERANS O/60			
1. (39) K. Allen		Notts	24.50
2. ((61) D. Poole		HolmeP	27.23
3. (65) G. Young		Sinfin	28.00
LADIES			
1. (31) L. Holmes		Ripley	23.53
2. (40) T. Hempsall O/40		Belper	24.50
3. (41) L. Day	LongE	24.50	
4. (42) G. Redfern		Belper	24.51
(73) C. Sharratt O/50		HattonD	28.33
(87) S. Butcher		SheltStr	30.33
103 finishers			
SHORT RACE - 1.5m			
1. C. Parker	Burton	10.31	
2. A. Swift	Unatt	11.10	
3. J. Webster	Matlock	11.23	
4. J. Lathwood		Matlock	12.05
5. T. Phillips	Unatt	12.17	
(15) E, Webster Female		MAtlock	15.07
(16) E. Croft Female		Unatt	15.11
(17) C. Lessiter Female		Matlock	15.34
29 finishers			

PHOTOS BY **PETE HARTLEY**

Aonach Moor (Home International)

September 18, 2010:

Above: Women's start. Below (l-r) Tracey Brindley (Scotland) finished 2nd. Clare Whitehead (Scotland) 3rd. Winner Orlando Edwards (England).Bottom: Ricky Challinor (Wales). Top left: Vic Wilkinson (England) womens winner. Bottom left: Emma Clayton (England) 1st U23.

Clockwise, starting from top left: Welsh womens team. Dewi Griffith (Wales) 8th & 2nd U23. Robbie Simpson (Scotland) 6th overall & 1st U23. Scotland's gold medal winning womens team. Englands men took the first 4 places in the men's race. Englands team in Glen Nevis. Lochaber runners high on Aonach Mor in the open race.

Photo © David Woodhead www.woodentops.org.uk

Pete Vale at Holme Moss

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