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SUMMER 2013

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

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

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Editor's Note

I took on the editorship of The Fellrunner in time for the 2007 spring issue, so this is my 20th issue and I have decided that it is now time to hand over to a new editor. It has been a huge privilege to be involved with this very special publication – I have laughed about and cried over contributor's tales, marvelled and wondered at the feats attempted or achieved, and I have always been inspired by the many beautiful photographs. I have worked with so many generous, talented and wise people, I would not dare to name them in fear of missing one, but most of all, I have made some great friends along the way.



Working on the magazine has opened my eyes to many different aspects of our sport and I have learned to appreciate that, while we all have a love for the fells, FRA members have come to the sport from many different places and for even more different reasons. I hope I have succeeded over the years in highlighting the many different sides of fellrunning and the efforts put in by the many characters who make the sport what it is and without who it could not exist.

I now look forward to the next issue dropping through my letter box and being able to flick through it with curiosity!



With club mates Mark and Andrew on Nab Scar during the Fairfield race

I write this as we're making final preparations for the AGM at the end of July. It's amazing how time has flown: that it is AGM time again. That said, this has not been a full year as we've had to bring the date of the AGM forward so that we can approve the accounts prior to submitting to Companies House. I hope you agree that this seems to have been the only change that has happened as a result of the FRA becoming a FRA Ltd. As ever, there are things in the background that change, but for the majority of active fellrunners you are protected from the behind the scenes activity and free to enjoy running on the fells as you have always done. I am always happy to explain more about those behind the scenes activity. Morgan includes a summary of the issues discussed at Committee as

part of his regular contribution to the Fellrunner. If you would like more information, please ask.

As I said earlier, my intention is to ensure that you are free to enjoy running on the fells. Part of this is to recognise that there are aspects of the sport which are not as safe as watching the TV at home. This was brought home to us following the death of Brian Belfield at the Buttermere Sailbeck race on 29th April 2012. The police have gathered their evidence, including a statement from the FRA, and we have now heard that the inquest will be held at the end of September. There will inevitably be some changes. I hope we can work together to understand what the changes are and what that means for you.

A sub-group of the Executive Committee has been formed to review aspects of safety in FRA fell races. A document is being produced which brings together the various documents on this subject. It also attempts to clarify the requirements, particularly in terms of the runner's responsibilities (as opposed to the race organiser's), and more emphasis on runner safety. There are a few changes in the substance of the requirements, mainly around competition numbers, race monitoring (with more use of FRA radios) and requiring waterproof as core standard rather than windproof. Any views that members have will be taken into account in finalising the document, which we aim to have ready in Autumn this year for inclusion in the 2014 calendar.

Madeleine Watson (FRA Chair)

Fellrunner

SUMMER 2013

The Fellrunner is published three times a year. Please send in any articles, letters or photographs which may be of interest.

Working on recent time-scales the deadline for submission of content for the next issue is approximately September 13, 2013 for editorial news, results and other 'last minute' things. As there will be a new to contact him or her as soon as possible with information on what

you intend to send and try to submit articles as early as possible. Until new contact details are available, please continue to send content & Britta Sendlhofer Email: britta@brittas-designs.co.uk

RESULTS AND RACE REPORTS

Please submit all race reports and results for inclusion in the Fellrunner to Dave Weatherhead 16 Birchlands Grove, Wilsden, West Yorkshire BD15 0HD Email: resultsfra@aol.com

ADVERTISING

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COVER PHOTO: Ian Charters chose to celebrate his 60th birthday by completing a second Joss Naylor Lakeland Challenge on the day of his birthday. Conditions weren't perfect at the start but with ever clearing skies and finishing in glorious evening sunshine on Middle Fell a fantastic day on the fells was had by all. The day was made even better by the fact that Joss accompanied the runners on the final leg to Greendale bridge where a celebratory dram was enjoyed along with a slice of birthday cake. - Photo © Pauline Charters

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Information: www.uka.org.uk/governance/insurance/

Enquiries: John Temperton, UK Athletics.

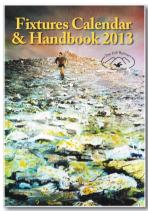
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FOR YOUR MOUNTAIN

FELL RUNNING



Calendar update



The late snowfalls seriously affected the races at the end of March, but fortunately several of the cancelled races have been rearranged, including the Edale Skyline English Championship race. I must admit to being very relieved about the postponement of the Skyline as I was due to marshal on the top of Brown Knoll and I was struggling to even get away from our house. The snow has had a serious effect on the farming community on whom we depend for race access, and several race organisers on the Isle of Man and Derbyshire have donated race proceeds to farming charities that support the farmers who have suffered most.

I've recently had a call from a farmer who was expressing frustration about races taking place without their knowledge. Can I therefore remind organisers of the need to obtain permission from landowners and tenants? There's more on this in the Guidelines

For Race Organisers and Access & Environmental Guidelines for Organisers of Fell Races, both of which can be found in the Organisers section of the FRA website.

Don't forget that the <u>current</u> FRA entry forms are now mandatory for all races taking place under an FRA permit. It is acceptable for organisers to use race specific forms as long as they contain all of the elements of the FRA forms. This requirement applies equally to relays/team events, and I should stress that all the information needs to be collected for each runner. Further details can be found in Section 8 of the FRA Safety Requirements For Fell Races.

At the end of September, I'll be emailing the permit applications for 2014 to people on the race organiser database. I anticipate that the process will be much the same as in recent years, so please keep me informed of any changes of email address or other contact details.

As usual the FRA website, www.fellrunner.org.uk, holds an up to date Calendar. There are also links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Welsh Athletics and the Welsh FRA where information can be found about their races that are not in the FRA Calendar.

Andy Butler

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SAT. JUN 29. SKYE ROTARY TROTTERNISH
CHALLENGE. **New web address:** thetrott.org.uk

SUN. JUN 30. ARNISON DASH (R). AS. 2.00 p.m. 3km/300m. Venue: King George playing fields, Patterdale. GR 391161. £5.00, on day. Includes entry to Ullswater Country Fair. PM. Over 14. Records: P. Davies, 13.38, 2003; f. N. Davies, 17.36, 2003. Girls' record for senior course 17:28 held by A. Mason. Details: Christine Kenyon, Grisedale Lodge B&B, Grisedale Bridge, Glennridding, CA11 0PJ. Tel: 017684 82155. Email: grisedalelodge@btinternet.com.

SUN. JUN 30. GREAT BAKEWELL PUDDING RACE (R). CM. 11.00 a.m. 10.4km/200m. Venue: Recreation Ground, Bakewell, DE45 1EP. £5.00, on day. PM. Over 18. Records: J Taylor, 38.18, 2002; f. C. Howard, 45.05, 2006. Juniors: Fun run (Blue Course), 4.2km for over 12s is relatively level with just one short climb of 25m. Bakewell Pudding for the first 250 finishers in the fell race. Details: John Scott, 6 Yeld Close, Bakewell, DE45 1FX. Tel: 01629 814217. Email: jrsco@btinternet.com. Website: puddingrace.org.uk.

SUN. JUN 30. HAWKSWICK FINGERS (R). AS. 12.00 p.m. 8km/500m. Venue: Outgang Lane, Hawkswick, between Grassington and Arncliffe off B6160. GR 956705. Entry on day. £3 for seniors and £1 for juniors. ER/LK/NS/PM. Over 16. Records: Stephen Brock, 31.05, 2012; f. Helen Berry, 36.22, 2012. All records 2012 U18B Brad Traviss 30:48, U18G Sally Ratcliffe 39:43 U16B James Hall 29:54, U16G Annabel Mason 32:57 U14B Chris Richards 12:20, U14G Elizabeth Greenwood 13:47 U12B Joshua Boyle 11:25, U12G Blythe Fourie 12:48 U10B Callum Durrans 8:35, U10G Emily Elmes 10:15 U8B Max Swarbrick 5:00, U8G Alice Jones 5:06. Juniors: U8(over 6)/ U10/U12/U14/U16/U18 races, £1. Seniors run with U18s. English Junior Championship counter. Details: David Hird, 24 Breakmoor Ave, Silsden, Keighley, BD20 9PW. Tel: 01535 653826. Email: davidjhird@madasafish.com. Website: wharfedaleharriers.org.uk.

TUE. JUL 2. 20 BARRIERS (R). CS. 7.00 p.m. 8km/160m. Venue: Carnforth High School, Kellet Rd, Carnforth, LA5 9LS. GR 503703. £3.00 pre-entry, £4.00 on day. Pre-entry on FRA form, cheques payable to Dallam Running Club, collect number on race night. £1 of each entry to the Multiple Sclerosis Society. PM. Over 16. Records:

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 of 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 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.

There are a lot of late registrations or changes this time. Please note that the updates are listed in the order the races will now take place.

SUN. JUN 23. HELM HILL (BOFRA) (R). AS. 2.00 p.m. 5.3km/274m. Venue: Opposite Station Inn, Oxenholme, Kendal, LA9 7RF. on B254. £3.00, on day. Senior race follows junior races. Over 17. on 1st May 2013. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May 2013. Min age 6 on day of race. BOFRA Championship Counter - see website for details.

Details: Ian (Bolt) Newbold, Post Office, High Street, Ingleton, LA6 3AA. Tel: 01524 241231. Email: bolt@bofra.co.uk. Website: bofra.co.uk.

THU. JUN 27. WITTON PARK SUMMER TRAIL RELAY (R). 7.00 p.m. 3.65km/150m. Venue: Witton Park, Blackburn, BB2 2TP. £10.00 pre-entry, £12.00 on day. Per team of 3. Teams Team awards and fastest leg awards in all categories - senior, vet, junior in male and female. To qualify for team awards all athletes must be from same club. No team prize for mixed teams, but athletes can still count for fastest leg awards. Min age 12 on day of race. Juniors: Junior (12 & over) category in main race. Each leg 3.65km/150m fully marked lap. Details: Richard Taylor, 17 Rannoch Drive, Blackburn, BB2 5BH. Tel: 07739 765727. Email: richardtaylor90@hotmail.com.

SAT. JUN 29. DARREN HOLLOWAY MEMORIAL RACE (BUTTERMERE HORSESHOE) (R). AL. 11.00 a.m. 34km/2800m. Venue: Loweswater Village Hall. GR NY140211. £10.00, pre-entry. Entries are open and should submitted on the standard FRA form. Please include email address. Make cheques payable to "CFR". Entry limit 150. . Teams. ER/LK/NS/PM. Over 18. Details: Paul

E. Simpson, 31.00, 2008; f. S. Tunstall, 35.20, 2011. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, LA6 1DE. Tel: 01524 734035. Email: david.g.shinn@gmail.com.
Website: 20barriersracecarnforth.blogspot.co.uk/.

THU. JUL 4. FLAN FELL (R). BS. 7.30 p.m. 2.9km/100m. Venue: Gill car park, Ulverston, LA12 7BJ. GR 285785. £2.50, on day. Teams. ER/LK/NS/PM. Over 12. Records: C. Doyle, 10.09, 2005; f. M. Shiell, 11.30, 2004. Juniors: Race for U12(over10), 1.6km/80m, 7.15 p.m., £1. Limited car parking at venue, more in Ulverston town. Details: Penny Moreton, 173 Holborn Hill, Millom, LA18 5BN. Tel: 01299 771202. Email: yrushmarathons@btinternet.com. Website: hoadhillharriers.co.uk.

THU. JUL 4. WINSTER (R). BS. 7.30 p.m. 5.1km/177m. Venue: Market House, Winster, DE4 2DS. GR 242606 on White Peak map. £4.00, on day. £2 under 16. LK/PM. Over 14. Records: A. Wilton, 22.30, 1998; f. C. Howard, 26.01, 2001. Juniors: U16 category in main race. Details: Robin Eyre, 6 Woolley's Yard, Winster, Matlock, DE4 2DP. Tel: 01629 650753. Email: robin_eyre@hotmail.com. Website: matlockac.org.uk.

SAT. JUL 6. WHARFEDALE TTT RACE 2 (R). AM. 11.00 a.m. 0km/0m. Venue: Kettlewell PO. GR 971723. £4.00, pre-entry or on day. £10 for series. Grand Prix prizes. ER/NS/PM. Over 18. Second race in 3 race series over Fri to Sun. Course changes annually. First race is a road race on Fri. July 5th. Event field camping (GR971722) available. Toilets and showers. Food. Details: Kerry Gilchrist, 47 Norwood Avenue, Shipley, BD18 2AX. Tel: 07799 235280. Email: kerrygilchrist@yahoo.co.uk. Website: bingleyharriers.org.uk.

SUN. JUL 7. WHARFEDALE TTT RACE 3 (R). AS. 11.00 a.m. 2.4km/152m. Venue: Event field. GR 971722. £4.00, pre-entry or on day. £10 for series. Grand Prix prizes. PM. Over 8. Records: M. Whitfield, 11.53, 1999; f. S. Newman, 14.54, 1999. Juniors: U14s and U16s run in the Senior race. Younger juniors have their own courses. Race 3 in 3 race series over Fri to Sun. Event field camping (GR971722) available (no caravans). Toilets, showers & food. Details: Kerry Gilchrist, 47 Norwood Avenue, Shipley, BD18 2AX. Tel: 07799 235280. Email: kerrygilchrist@yahoo.co.uk Website: bingleyharriers.org.uk.

SAT. JUL 13. DIG DEEP INTRO ULTRA. BL. 10.00 a.m. 50km/1388m. Venue: Whirlow Hall Farm Trust, Whirlow Lane, Sheffield, S11 9QF. £40.00, pre-entry. ER/NS/PM. Over 18. See website for entry details, experience needed, kit requirements etc. Details: lan Loombe, 144 Holme Lane, Hillsborough, Sheffield, S6 4JW. Tel: 0114 2335858. Email: races@eightpointtwo.co.uk.

SAT. JUL 13. ULTRA TOUR OF THE PEAK DISTRICT. BL. 8.00 a.m. 100km/2722m. Venue: Whirlow Hall Farm Trust, Whirlow Lane, Sheffield, S11 9QF. £60.00, pre-entry. ER/NS/PM. Over 18. Records: Marcus Scotney, 09.19.23, 2012; f. Sally Fawcett, 11.36.38, 2012. See website for entry details, experience needed, kit requirements etc. Details:

lan Loombe, 144 Holme Lane, Hillsborough, Sheffield, S6 4JW. Tel: 0114 2335858. Email: races@eightpointtwo.co.uk. Website: digdeepraces.co.uk.

SUN. JUL 14. 12.12. BM. 10.12 a.m. 19.3km/633m. Venue: Whirlow Hall Farm Trust, Whirlow Lane, Sheffield, S11 9QF. £15.00, pre-entry. ER/NS/PM. Over 18. Records: Robert Little, 01.23.31, 2012; f. Sula Gay, 01.38.08, 2012. See website for entry details and further information. Details: lan Loombe, 144 Holme Lane, Hillsborough, Sheffield, S6 4JW. Tel: 0114 2335858. Email: races@eightpointtwo.co.uk. Website: digdeepraces.co.uk.

SUN. JUL 14. COSDON (R). AS. 2.30 p.m. 5.2km/315m. Venue: Belstone Village Green. GR SX 61998 93503. £5.00, on day. First of 4 summer fell runs organised by ORC. Part of the Belstone Village Fair celebrations. PM. Over 16. Records: T. Gill, 30.45, 2011; f. L. Skye, 42.44, 2011. No toilets. Details: Paul Crease, Okehampton Running Club, c/o 2 Kings Way, Lewdown, Okehampton, EX20 4DQ. Tel: 07885 678671. Email: paulcrease@tiscali.co.uk. Website: okehamptonrunningclub.com.

SAT. JUL 20. KERRIDGE CLIMB (R). AS. 3.20 p.m. 1.6km/95m. Venue: Sugar Lane, Rainow, SK10 5UJ. £2.00, on day. 8-11 years entry fee £1. PM. Over 8. Records: Simon Bailey, 08.05, 2009; f. Steph Curtis, 10.49, 2010. Juniors: Juniors participate in the main race. Part of Rainow Village Fete. Details: Barbara Murray, Alba House, Round Meadow, Rainow, Macclesfield, SK10 5UB.

Email: barbaraannemurray@hotmail.com.

Tel: 01625 573729.

SUN. JUL 21. CRACOE (BOFRA) (R). AS. 12.00 p.m. 4.2km/274m. Venue: Park next to Jackson's of Cracoe. On B6265 between Skipton and Grassington. BD23 6LB. £3.00, on day. Senior race follows junior races. Over 17. Age on 1st May 2013. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May 2013. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: Ian

Email: bolt@bofra.co.uk. Website: bofra.co.uk.

LA6 3AA. Tel: 01524 241231.

(Bolt) Newbold, Post Office, High Street, Ingleton,

WED. JUL 31. DARK & WHITE PEAK DISTRICT EVENING MINI-MM1 (R). MM. 6 p.m. to 7 p.m. 0km/0m. Venue: Peak District. - exact venue tbc 1 month before event. £10.00, pre-entry. Enter online at website. ER/NS. Over 18. A score navigation event for solos or pairs with a 2 hour time limit. SPORTident timing used. Details: Adrian Boyes, 10 Buscott Drive, Ashbourne, DE6 1JY. Tel: 01335 348603. Email: info@darkandwhite.co.uk.

SUN. AUG 4. BLAKEY BLITZ (R). AM. 10.30 a.m. 17km/855m. - 10.30 a.m. **Rescheduled from 24th march due to snow**. All other details unchanged.

SUN. AUG 4. FARLTON KNOTT (BOFRA) (R). AS. 12.00 p.m. 7.2km/457m. Venue: On A6070, 1 miles from M6 J36 nr Kendal. LA6 1PB. £3.00, on

day. Senior race follows junior races. Over 17. on 1st May 2013. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May 2013. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: lan (Bolt) Newbold, Post Office, High Street, Ingleton, LA6 3AA. Tel: 01524 241231. Email: bolt@bofra.co.uk. Website: bofra.co.uk.

SUN. AUG 11. RACEKIT DARK & WHITE MINI-MM/TRAIL SERIES 2 (R). MM. 9.00 a.m. to 10.30 a.m. **Rescheduled from 24th march due to snow**. All other details unchanged.

SUN. AUG 11. WORLD MOUNTAIN RUNNING CHAMPIONSHIP TRIAL RACES. 11.30 a.m. First trial starts 11:30. More details to follow. 0km/0m. Venue: Whinlatter Forest Visitor Centre, CA12 5TW. 20 min walk to start. GR NY209245. £8.00, on day. PM. Juniors: More details to follow. Event incorporates the up and down trial races for selection of UK teams to compete in the World Mountain Running Championships and UKA Mountain Running Championship (senior individual). Courses will be marshalled and flagged. See British Athletics website for information about selection criteria etc. 3rd event in the UK Mountain Running Challenge. Free event parking is at the Revelin Moss Car Park (marshalled) a short walk from registration. Parking elsewhere incurs Forestry Commission charges. Details: Mark Johnston, 3 Lovells Glen, Linlithgow Bridge, EH49 7TD. Tel: 07717 623344. Website: britishathletics.org.uk/ competitions/mountain-running-challenge/. Email: Mark_Johnston@tiscali.co.uk.

WED. AUG 14. NO REST FOR THE WICKED - COLDEN KILLER (R). BS. 7.00 p.m. 1km/111m. Venue: Colden Plantation. £6.00, on day. Teams. PM. Over 16. Uphill only event. Part of the No Rest For The Wicked week of events. Details: Mark Murphy, 18 Church Avenue, Onchan, Isle of Man, IM3 4ED. Tel: 07624 470071. Email: murph@manx.net. Website: westernac.org/#/nrw/4527931222.

SAT. AUG 24. ARNISON CRAG HORSESHOE (R). AS. 3.00 p.m. Please note later start time for fell races. 5km/300m. Venue: King George Playing Fields, Patterdale. GR 391161. £5.00, on day. Includes entry to Patterdale Dog Day. PM. Over 14. Records: M. Roberts, 23.26, 2011; f. D. Wright, 31.16, 2011. Details: Christine Kenyon, Grisedale Lodge B&B, Grisedale Bridge, Glennridding, CA11 0PJ. Tel: 017684 82155. Email: grisedalelodge@btinternet.com. Website: patterdaledogday.co.uk.

SUN. AUG 25. DAVID BELL MEMORIAL HOPPITS HILL RACE (R). BS. 10am Juniors, 11am Seniors. 5.6km/250m. Venue: Lower Hopton Cricket Club. GR SE213185. Pre-entry, £4.00 on day. Teams. PM. Over 16. Juniors: 6-8 1km/80m £1, 8-10 1.5km/100m £1, 10-12 2.35km/110m £2, 12-16 3.25km/140m £2. Figure of eight course. Run in conjunction with David Bell Memorial Fundraising Day with all proceeds of races going to Kirklees Hospice. Details: Nicky Spinks, Liley Hall Farm, Liley Lane, Mirfield, WF14 8EG. Tel: 01924 493095. Email: nicky@hoppits.co.uk. Website: www.hoppits.co.uk.

WED. AUG 28. DARK & WHITE PEAK DISTRICT EVENING MINI-MM2 (R). MM. 6 p.m. to 7 p.m. 0km/0m. Venue: Peak District. - exact venue tbc 1 month before event. £10.00, pre-entry. Enter online at website. ER/NS. Over 18. A score navigation event for solos or pairs with a 2 hour time limit. SPORTident timing used. Details: Adrian Boyes, 10 Buscott Drive, Ashbourne, DE6 1JY. Tel: 01335 348603. Email: info@darkandwhite.co.uk.

Email: info@darkandwhite.co.uk Website: darkandwhite.co.uk.

SAT. AUG 31. OKE CROAK (R). BM. 11.00 a.m. 16.7km/628m. Venue: Okehampton Running Club. GR SX 591946. £10.00 pre-entry, £12.00 on day. PM. Over 18. Records: T Lenton, 01.18.40, 2012; f. M. Hoton, 01.27.47, 2011. 3rd of 4 summer fell runs organised by ORC. Details: Paul Crease, Okehampton Running Club, c/o 2 Kings Way, Lewdown, Okehampton, EX20 4DQ. Tel: 07885 678671. Email: paulcrease@tiscali.co.uk. Website: okehamptonrunningclub.com.

FRI. SEP 6. GREAT LONGSTONE CHASE (R). BS. 6.45 p.m. 7.7km/290m. Venue: Recreation Ground, Great Longstone. GR SK201716. £5.00, on day. Over 16. Records: D. Neil, 27.02, 1997; f. M. Wilkinson, 31.21, 2007. Junior (6-11) fun run at 5:30 not under FRA permit. Refreshments and food available. Follow signs to car park. Details: Julia Morgans, The Old Post Office, Main Street, Great Longstone, DE45 1TZ. Tel: 01629 640543. Email: juliamorgans@yahoo.co.uk.

SAT. SEP 14. TURBINE TANGLE (R). O. 10.00 a.m. 22km/535m. Venue: Cowpe Village, Waterfoot. GR 837212. £9.00 pre-entry, entry on day. Entry via Sportident from mid-April. Entry on day only if race not full. ER/LK/NS/PM. Over 18. A race to bag all 26 wind turbines on Scout Moor within 3hr time limit. Details: Richard Stott, Stamford House, Burnley Road East, Water, BB4 9QR. Tel: 07983 150415.

Email: richardstott53@yahoo.com. Website: rossendaleharriers.co.uk.

SAT. SEP 14. WHERNSIDE (R). BM. 12.00 p.m. 19.5km/906m. Venue: Church Bridge, Dent. GR 707871. £5.00, on day. ER/NS/PM. Over 18. Records: M. Speake, 01.26.18, 2008; f. J. Reedy, 01.47.34, 2008. Details: Hodge Grayson, Bank Head, Underbarrow Road, Kendal, LA8 8HA. Tel: 07917 524153.

Email: hodgegrayson@yahoo.co.uk.

SUN. SEP 15. BURNSALL (BOFRA) (R). AS. 12.00 p.m. 2.4km/244m. Venue: Wharfdale, on B6160 between Grassington and Addingham. BD23 6BP. £3.00, on day. Senior race follows junior races. Over 17. Age on 1st May 2013. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May 2013. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: Ian (Bolt) Newbold, Post Office, High Street, Ingleton, LA6 3AA. Tel: 01524 241231. Email: bolt@bofra.co.uk. Website: bofra.co.uk.

SUN. SEP 15. WILD GOOSE CHASE (R). BS. 11.00 a.m. 5.4km/140m. Venue: Turkey Inn, Goose Eye, Keighley, BD22 0PD. GR 029406. £4.00, on day. Over 18. Change of route from 2012. Details: Phil Cooke, 7 Goose Eye, Keighley, BD22 0PD. Tel: 01535 601035.

SUN. SEP 22. EMBSAY (BOFRA) (R). AS. 12.00 p.m. 4.4km/244m. Venue: Main Street, Embsay, BD23 6RE. Off A65. £3.00, on day. Senior race follows junior races. Over 17. Age on 1st May 2013. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May 2013. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: lan (Bolt) Newbold, Post Office, High Street, Ingleton, LA6 3AA. Tel: 01524 241231. Email: bolt@bofra.co.uk. Website: bofra.co.uk.

SAT. SEP 28. ESKDALE SHOW (R). BS. 2.00 p.m. 7.1km/312m. Venue: Eskdale Showfield, next to King George IV (CA19 1TS). GR SD149996. £3.50, on day. Includes all day entry to the Show. U16s free. Free car parking. Teams of 4. NS/PM. Over 16. Records: Darren Block, 41.05, 2012; f. Lindsay Buck, 01.05.52, 2012. Juniors: U8(over 6), 0.8km/15m; U10/U12/U14, 1.6km/60m; U16, 3km/150m. . Details: Steve Ashall, Woolpack Farm Cottage, Boot, Holmrook, CA19 1TH. Tel: 07837 099525.

Email: race@westlakesadventure.co.uk.

SAT. SEP 28. ISLE OF MAN MOUNTAIN RACE (R). AL. 8.00 a.m. 28km/1750m. Venue: Market Square, Ramsay, IOM. GR 454944. £20.00, pre-entry. Online entry at www.manxextreme. com. ER/LK/NS/PM. Over 18. New race covering the first "half" of the Ultra course finishing at St Johns. Details: Mark Murphy, 18 Church Avenue, Onchan, Isle of Man, IM3 4ED.

Tel: 07624 470071. Email: murph@manx.net. Website: isleofmanmountainultra.com.

SAT. SEP 28. ISLE OF MAN MOUNTAIN ULTRA (R). AL. 8.00 a.m. 50km/2500m. Venue: Market Square, Ramsay, IOM. GR 454944. £20.00, pre-entry. Online entry at www.manxextreme. com. ER/LK/NS/PM. Over 18. Records: L. Taggart, 04.22.45, 2007; f. J. Lee, 05.13.03, 2007. Formerly known as the Manx Mountain Marathon. Details: Mark Murphy, 18 Church Avenue, Onchan, Isle of Man, IM3 4ED. Tel: 07624 470071. Email: murph@manx.net.

Website: isleofmanmountainultra.com.

SUN. SEP 29. ARENIG FAWR. **Change of details.** AM. 1.00 p.m. 13km/1000m. Venue: Arenig quarry, nr Bala. GR SH830393. £4.00, on day. Teams One men's, one women's, 3 to count. ER/LK/NS/PM. Over 18. No toilets. Details: Yiannis Tridimas, 15 Eastfield Drive, Liverpool, L17 4LH. Tel: 0151 727 2615. Mob 07795 558451. Email: y.d.tridimas@btinternet.com. Website: yiannistridimas.webs.com.

SUN. SEP 29. DON MORRISON MEMORIAL EDALE SKYLINE (R). AL. 10.30 a.m. 34km/1373m. **Rescheduled from 24th march due to snow.** Pre-entry. Entries will open on 31st July via www. sientries.co.uk. All other details unchanged.

SAT. OCT 19. SCREES (R). AS. 2.30 p.m. 7.9km/475m. Venue: Screes Inn, Nether Wasdale, Cumbria, CA20 1ET. GR NY123040. £7.00, on day. Includes Cumbrian Tatie-Pot - also vegetarian option. Teams of 4. NS/PM. Over 18. Records: R. Lightfoot, 40.08, 2008; f. L. Park, 47.17, 2008. Details: Steve Ashall, Woolpack Farm Cottage, Boot, Holmrook, CA19 1TH. Tel: 07837 099525. Email: race@westlakesadventure.co.uk.

SUN. NOV 3. RAB DARK & WHITE MINI-MM ROUND 1 (R). MM. 9:00 to 10:30 a.m. 0km/0m. Venue: Dark Peak/Peak District - exact venue tbc 1 month before event. Pre-entry. Entry fees tbc. Entry online via website. Teams Solos or pairs. ER/NS. 4 hour time limit. Details: Adrian Boyes, 10 Buscott Drive, Ashbourne, DE6 1JY. Tel: 01335 348603.

Email: info@darkandwhite.co.uk. Website: darkandwhite.co.uk.

SUN. DEC 15. RAB DARK & WHITE MINI-MM ROUND 2 (R). MM. 9:00 to 10:30 a.m. 0km/0m. Venue: Dark Peak/Peak District - exact venue tbc 1 month before event. Pre-entry. Entry fees tbc. Entry online via website. Teams Solos or pairs. ER/NS. 4 hour time limit. Details: Adrian Boyes, 10 Buscott Drive, Ashbourne, DE6 1JY. Tel: 01335 348603.

Email: info@darkandwhite.co.uk. Website: darkandwhite.co.uk.



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Access and Environment SUMMER 2013

The accompanying photograph shows a section of wall below Low Pike near the route of the Fairfield Horseshoe. The gap, in an otherwise sound wall, appeared on the Saturday just after the race and was commented on to the race organiser by a local walker a couple of days later. It is just fifty metres from the stone stile that most people needing to cross the wall at this point use, and although it could be coincidence (because no runner has admitted bringing the wall down) that the wall collapsed on the same day, it is unlikely. The FRA are now going to pay for the rebuild, which will be several hundred pounds out of our funds, so that race organiser John is now in a position to try and regain the trust of the farmer so that next years event can take place. I've seen a preprinted route map where the 'race line' appears to go through the wall, but surely common sense should prevail? I just hope somebody has a prick of conscience and can own up, we really can't afford things like this to happen and worse of all, go unreported.

On the day, 11th May, the forecast was grim, strong wind, heavy rain with wintery showers over the fell tops, safety kit checks were done at registration and it seems a number of people were not allowed to start because they didn't have the kit required. Why on Earth would you pre-enter a severe Lake District fell race and not take even the minimum kit required? Yes, we've all made mistakes (me included!), but to then complain to the checkers and the organiser about being badly organised (nobody told me I had to carry stuff) is not on. There were several incidents, all except one appeared to be minor, but all did make use of the **minimum** safety kit we are required to carry.

And to cap it all, Chris Hodgson, the farmer, was up to his eyes with lambing in foul conditions, but still agreed to leave his work to pull a couple of cars out of the car park field with his tractor, one did say thank you, the other was seemingly just rude, neither offered to pay, I am told. Please do help us work with the farmers on whom we rely for so much in our sport.



The FRA pay United Utilities a single permit fee on an annual basis to cover access for our races on their land. Mostly this arrangement works well, but occasionally local difficulties arise where routes have to be modified, avoiding sensitive areas/restoration work etc. Race organisers still need to check on a local basis if there is anything to change or avoid, and in UU we have had more discussions on the need for rapid communication back to organisers. I am so grateful that we have some very patient organisers, you know who you are!

Lowther Estate has taken back management of land it owns from the National Trust, in the Lake District and have introduced a licence scheme for all events on their land. An upcoming race crosses a small section on open fell ground, the RO advised them out of courtesy and a need to know basis, and was promptly informed to apply for the licence and, if granted, he would only be charged the minimum £100! This has been sorted, Lowther presumed the whole event, with car parking, toilets, rubbish etc. was wholly on their patch, it isn't. The person involved now understands a little bit more about fell running and open access via the CRoW Act.

Other Issues

Free access for our sport is becoming more and more under pressure from various angles one of which is because high profile mass participation events of a commercial nature are becoming more prolific. A high entry fee combined with massive sponsorship enables these events to pay for access, great for the landowner, but not so great for our volunteer RO of the local fell race that follows who would have to more than double his entry fee just to use the local fell. Perhaps more thought to the voluntary scheme in the Peak Park ,that Bob Berzins highlighted in the last issue, should be pushed? I have had no feedback from anyone else on how their event is putting anything back into the land that we love and use, but anything like that will surely help us in the future. In my early days of fell running, we used to see the accounts of various races published in the magazine, perhaps we should do this again to show that our races are not a commercial enterprise?

Fix the Fells

However, on the commercial side, British company Montane who back the Lakeland 50 and 100, took on board criticism of 'big events exacerbating erosion issues' (not that it is a huge event) in a novel way. In a deal with Keswick







retailer George Fisher, £5 was being donated to 'Fix the Fells' for each Montane product sold. Sadly the deal was only for three months, but what a great idea during a tough time for retailers. Lets see if this starts a rash of other deals with a similar beneficial outcome!

There will be more problems of plant disease (eg Ash die back) spread from footfall from area to area in mud attached to footwear, mostly affecting woodlands. If you don't already, take some time to clean your shoes after each race so we have less chance of spreading disease.

Who ever is in this post of Environment and Access, it is impossible to keep in touch with all the issues that arise and I will always appreciate the local work that is just quietly done on our behalf, but if there is something that needs help, please get in touch access@fellrunner.org.uk. Someone that has been helping recently is Catherine Evans (Keswick AC) and now she has put pen to paper!

After the last few months I am considering a new business venture – fell running snow shoes. As I write this snow remains on the fells in May and I have never run so many snow miles in the fells in the UK. In fact the photo (opposite/below) of Wrynose pass

demonstrates that you have needed a heavy duty snow plough to even get anywhere on the road. This May also saw the announcement of the first ever Carbon Dioxide reading of over 400parts per million (ppm). The last time this reading would have been achieved on a regular basis was before humans populated the earth. Carbon Dioxide is seen as the biggest manmade contributor to global temperature warming, mainly down to our insatiable appetite for fossil fuels. So is the peak reading in CO2 and our perpetual extreme weather linked? Experts do believe that our more recent extreme weather events are down to an increasingly variable position of the jet stream that may be influenced by 'global warming' and the levels of CO2 in the atmosphere. This significant development in our fight against global warming is a stark reminder that we all need to be doing our bit to protect our environment.

Green running

We will all be familiar with the usual things that we can all do to help: car share if you must drive, take your own reusable bags to the supermarket and of course recycle as much as

possible. It was the recycling in particular that caught my attention recently. I found myself in that traumatic situation recently that all runners dread - your favourite pair of running shoes have seen their last steep descent and you are positive that they won't get you round another fell race. So what do you do with your beloved shoes? If you are anything like me you would like to keep them all for posterity in a cupboard somewhere so you can attempt to relive the memories of bogs, snow, river crossings and endless races some day in the future. When you eventually run out of room though and you decide that there is no option other than 'shoe heaven' what can you do with your favourite pair of slippers that will also fulfil your environmental responsibilities?

The 'waste hierarchy' has always focussed on reusing your waste items as a priority over recycling them. So can someone else find use in your running shoes even if you think they have had their day? I found a multitude of companies offering to ensure that your running shoes will be put to a good cause and another pair of feet all over the world. The only real criteria for these schemes appear to be that your shoes come in a pair and in some cases are 'gently used'. The very idea that fell shoes after a season on the fells could be gently used actually made me chuckle. Once I had delved further I concluded that most of my shoes would not be suitable for this use as they are literally falling off my feet by the time I am ready to let go of them. However if you do have shoes that could be reused by someone less fortunate than yourself then there are charities online queuing up to take them. With the variety of companies available there is bound to be one out there that strikes a chord with you and allow you to send your shoes to a cause you believe in.

Having decided that my shoes had definitely run their last mile I defaulted to the next level on the waste hierarchy – recycling. Could my grotty old shoes be reincarnated in a second life and worthwhile use? The United States appears to be leading the way in this field – Nike's 'Worn out. Play on.' project claims to 'turn your old sports shoes into places to play' and boasts recycling 28 million pairs of shoes since 1990. Nike's project will turn your outer rubber sole into track surfaces, interlocking gym flooring tiles, playground surfacing and even new running shoes. Your spongy midsole could become an

outdoor basketball or tennis court and your shoes fabric uppers could become an indoor synthetic or wood court. This program also runs in the UK as the 'reuse a shoe' project and allows you to drop off up to 10 pairs of shoes at any of their drop off locations. So far so good, this sounded like the scheme for me until I read the small print - no studded shoes. So this is fine for your trail shoes but not your hard core fell shoes. One interesting point I noted about this scheme is that you can also recycle your Lance Armstrong wristband at these locations – you can at least be environmentally sound whilst responding to his astonishing fall from grace. Up and Running also support recycling of shoes with collection points in their shops run by European Recycling.

Once you start looking there are actually many companies that claim to be able to recycle your shoes and put them to good uses whether it be reuse or recycling. It seems to be that as long as your shoes find their way in pairs to a clothing bank or shoe collection point you can be sure that they are going to a worthwhile cause. So now you, like me, can be reassured that when the time for 'shoe heaven' appears you can be sure that they are going to a better place. Whether it is some shoes that didn't quite work that you donate to be reused by a grateful recipient or some thoroughly loved shoes that are only good for floor tiles you can be green in your shoe grief. Where did mine go? Back in the cupboard of course, inspired by my research and horrified at the thought of them going through a shredder I am not quite ready to let go, I am sure I can reuse them for ghyll scrambling...

Despite the endless winter we seem to be experiencing though it's not all bad. Dr Luke Skinner from Cambridge University actually states that the ever increasing CO2 levels are actually thought to be delaying the next ice age as CO2 levels will have to drop below 240ppm before an ice age can begin. I may be able to delay my new business idea after all.

Where in the fells?

For the eagle eyed amongst you see if you can guess where we were in the photo (above right). If you have been out in the snow recently you will also have seen that cornices form in the most unlikely places – any guesses?

Answer: Next to Scales, below Scales tarn, Blencathra



Committee positions

After a number of years, Britta and Rod have decided to step down from their roles on the committee and we are therefore looking for willing volunteers to take over. If you would like further information on any of the roles, please contact Britta, Rod or myself to find out more. Our contact details are on the committee pages or in the FRA Calendar.

Editor-The Fellrunner

The Fellrunner is recognised rightly as the "jewel in the crown" of the FRA.

Since Britta took over as Editor she has introduced many changes, which members enjoy in every superb edition, and she now wishes to hand over to a successor.

The essence of the job is receiving the written and photographic contributions submitted electronically by members and presenting these in order for setting and printing.

The role does not involve detailed editing of submitted texts and it is NOT necessary to be a professional print designer because this work will be carried out professionally (in consultation with the new Editor).

Every Editor has influenced the journal in their own way, ably supported by the Editorial Team (see page 4 of current issue) which automatically provides regular contributions.

The Editor is, of course, held in high esteem $\,$

throughout the fell running world and performs a vital role: no Editor, no Fellrunner.

As a first step, anyone who might be interested in taking over from Britta (who will of course provide total support in handing over) can speak freely on a no-commitment basis with Britta or Madeleine (contact details in the Calendar).

Welfare Officer

Rod Sutcliffe, who now lives abroad for much of the year, has decided not to see re-election at the 2013 AGM. The role of Welfare Officer is relatively new (Rod's only predecessor was Sue Becconsall) and the responsibilities are outlined in the FRA Welfare Policy (page 127 of the 2013 Calendar & Handbook).

In focusing mainly on matters relating to young people the work of the Welfare Officer is normally confidential and not widely reported but the post-holder is regarded as a full member of the FRA Committee with a special interest in ensuring that all those who participate in fell running may do so safely and protected from any form of abuse.

To fill this important role it is not necessary to be medically or legally qualified and a suggested first step is to contact Rod or Madeleine, by phone or email, for a preliminary discussion.

The Annual General Meeting of the Fell Runners Association Limited

will take place on Saturday 27 July 2013

At the Old Dungeon Ghyll Hotel, after the Blisco Dash Refreshments from 4pm, meeting at 4.30pm

Agenda will be published on the FRA website or can be obtained from the Secretary in due course





Clayton-le-Moors Harriers are proud to host the

FRA Annual Presentation Evening 2013 Saturday 23rd November 2013

Mytton Fold Hotel – Langho

7.00pm for 7.30pm

3 course meal

plus live entertainment by

The Picasso Brothers

Bar open until 1.00am

Tickets are £20 and can be obtained by emailing Marie Greenwood at frado@claytonlemoors.org.uk or by ringing on 01254 237485

Tickets will also be available from Pete Bland at Pete Bland Sports Van at events throughout the season





notice board



FRA Basic Navigation Courses 2013

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.

Indoor theory sessions will cover the basic skills (Friday eve) and other relevant topics.

There will also be low-key navigation events for you to test your improving skills.

Cost: Autumn 2013 - £60 for FRA members, £85 for non-members Spring 2014 - £75 for FRA members, £95 for non-members Instruction and full board all inclusive.

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

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

AUTUMN COURSE 2013

Friday 27th September to Sunday29th Based at Elterwater Youth Hostel, Ambleside

SPRING COURSE 2014

Friday 14th March to Sunday 16th March Based at Kettlewell Youth Hostel in the Yorkshire Dales



Change of address or missing magazines

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



Annual General Meeting of the Fell Runners Association Limited

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At the Old Dungeon Ghyll Hotel, after the Blisco Dash Refreshments from 4pm, meeting at 4.30pm BY DAVID WEATHERHEAD

Race results & reports

In view of the increased cost of postage and bearing in mind that most race organisers are now on e-mail I will, in future, be requesting reports and results from race organisers by email rather than by post.

Blank forms for completion will be attached and these, and/or a separate results sheets, should be returned to me by post or by email to **resultsfra@aol.**Appropriate that it is a separate of the second and the second as soon as possible after the race.

Any race organisers who do not have email, will continue to be contacted by post.

Please remember this note refers only to results for inclusion in 'The Fellrunner'.

Best Regards

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 – Email: britta@brittas-designs.co.uk

Feet in the Clouds - Richard Askwith

(Updated 2013 Edition) Aurum Press £8.99

In Booth Tarkington's Pulitzer Prize winning 1918 novel, The Magnificent Ambersons, there is a prescient exchange about change and decline. A character asserts that automobiles are a useless nuisance. They had no business to be invented. But for his rude outburst he receives the gentle response that his opinion may be right and that automobiles may be a step backward in spiritual civilization. It may be that they will not add to the beauty of the world nor the life of men's souls. But automobiles have come... and almost all outward things are going to be different... and men's minds are going to be changed in subtle ways.

Some of the 7000 members of the FRA still feel the same about Feet in the Clouds-that it had no business to be written because it exposed our minority sport to the wider world. And yet, and yet, 10 years on, although it has sold over 45,000 copies, fell running has survived and members of our eccentric sport are still completing great challenges like Ennerdale and Wasdale in the hundreds; but more importantly, not in the thousands

When the publishers sent my review copy, they suggested that it would be great to highlight the book to a new generation of fell runners and to provide some perspective on how the sport and the landscape have changed in the intervening decade.

But can there be any fell runner unaware of this seminal book?

And as for the changing fell running landscape: has nobody read my Commentaries in The Fellrunner?

The 2013 Feet in the Clouds includes two additions to the 2004 edition: a 6 page Introduction by Robert Macfarlane and an 8 page Epilogue: The View from Here by Askwith.

The latter is an essay of quality.

Broad ranging, reflective and persuasive it considers some of the themes alluded to earlier in this review and discusses them well. There are references to Wordsworth, who in 1844 opposed the Kendal -Windermere railway fearing it would bring the masses to the lakes-which it did; to Douglas Adams on generational prejudices; and Askwith has the confidence in his thesis to quote from and address issues raised elsewhere by this writer. Although knowing that future purchasers of his book are unlikely to be active fell runners he does feel it necessary to explain what a "Garmin" is!

His arguments have eloquence and also dry humour, as where he refers to some of the many manuscripts submitted to him as probably more fun to write than to read. But Askwith is the most skilled writer to have written on fell running and naturally when I was assembling the Fellrunner tribute to Bill Smith in 2012 I felt he was the only person whose words could share the same

hallowed pages as the majestic and immortal Rill

So, ten years on, what do I now think of Feet in the Clouds?

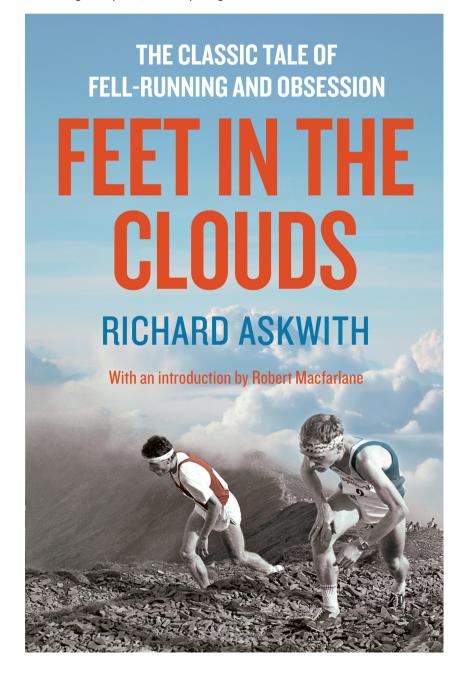
The book has many strands but three main themes: Askwith's Bob Graham Round saga, a calendrical description of some fell races in 2003 but, most valuably, interviews with some of the greats of fell running as part of an excellent history of our sport. Of which, to my mind, his recording of the evil, hypocritical amateur-professional double standards of a shameful previous era is of the greatest importance. Whilst the enthusiasm of the author's writing and his BGR story may have sold copies by the thousand to the general public, it is for capturing

this vital history that every self-respecting fell runner should (already) own a copy of Feet in the Clouds

Feet...has many qualities and, for good or bad, ten years on it is still the second most important (and biggest selling) book on fell running.

It is still a damn good read but also a book of gentle eloquence exemplified by the book's final plea to incomers to the mountains...this is a different world you are entering: precious, unique and vulnerable. Please treat it, and the fells, and the people who run on them, and the people who make it possible for them to do so, with the care and honour they deserve.

Amen to that.



book reviews

BY GARY THORPE

The Jura Fells Race 1973-1975 and 1983-1992 THEY COME...AND THEY GO A HISTORY OF SORTS - by Donald Booth

I confess that I am writing this review just one day after returning from the 2013 Isle of Jura Fell Race. This year's experience adds to a wealth of memories enjoyed by returnees and newcomers alike. If you care to look back through The Fellrunner magazines, numerous articles and references almost burst with enthusiasm for the experiences met on the Jura weekend.

This year saw the original Bens of Jura Fell Race's 40th anniversary. Don Booth took part in the original Fell Race in 1973. His book encapsulates how the race came into existence and why he felt moved to 'resurrect' it. Whilst crediting many others throughout the book, it is clear that Don's passion and energy helped create the impetus that sustains this annual event today.

He details the key players in the race's history and the significant part that they played. He is clear about how in 1982 he was 'stung' into resurrecting an event that "was the best race I had ever run in".

Anecdotes and amusing observations litter this 'history of sorts' and make for an enjoyable read. Whilst many of us may take for granted the recognised institution that is the Isle of Jura Fell Race, the original improbability of such an event, the obstacles encountered and the efforts required to make it all happen, are all detailed

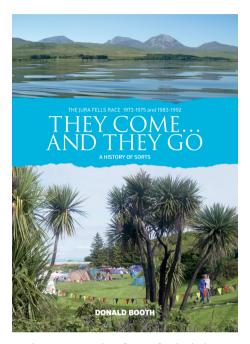
and help us to understand how the foundations for one of the best events in our calendar were

The book is dedicated to, and draws its title from the late Archie Black, a crofter who led the most simple of lives and whose pithy perspective on Life contrasts with the participants' search for what the race means to those taking part. Don has managed, with an intelligent weaving together of relevant, very human stories, to make an efficient account of the early years and make sense of why the event continues to thrive.

I commend this book to all. For those that enjoyed those races in the seventies, it's a wonderful recollection. For those like me, who joined in much later on, it allows for a greater appreciation of the wisdom, enthusiasm and hard work by the founder fathers and organisers. For others, it will whet the appetite for experiences yet to come.

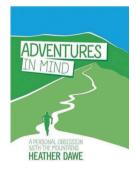
The book reminds us that fellrunning is a relatively new sport and this book details some of the tentative 'baby steps' that have been justified by the confident march to where we are

As fellrunners we should take our hats off to the George Brodericks and Donald Booths who were so bold as to take good ideas and make them happen. Better still, leave your hats on and



reach into your pockets for £10 for this little gem. When costs have been covered, all profits will go to the Jura Progressive Care Centre based on the outskirts of Craighouse, which provides care for Jura's frail and elderly, allowing them to stay on

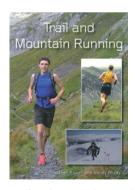
BY BRITTA SENDLHOFER



Adventures in Mind: A Personal Obsession with the Mountains

By Heather Dawe

Heather asks the eternal question "Why do we do it?" and, in search of the answer, takes us along on a very personal journey from her beginnings in sport, through the highs and lows and ultimately to the place where she discovers where her limits might lie. A beautifully written and inspiring book that goes far beyond the physical aspects of endurance sports!



Trail and Mountain Running

By Sarah Rowell and Wendy Dodds

As might be expected considering the calibre of the two authors, this is a no-nonsense, clear and incredibly informative book covering all aspects of training and racing off road. The information is broken down into small managable chapters and the content goes way beyond the basics. It will be of use, not only to those new to the trails, but also to those at the front of the field who want to know how to reach their potential.



Dragon's Back Race™ DVD

By Richard Heap

An award winning feature of the 2012 Dragon's Back Race, that stars many familiar characters as well as some 'guests' and follows the race through Wales. With beautiful footage of the rugged mountains, interviews with the athletes and a look behind the scenes, this film really captures the toughness of the race as well as the 'normality' of the competitors. Beware – you may just feel like signing up for the 2015 event!

Popliteus? – It's not unusual!

When I was training to be a physiotherapist many years ago, my anatomy lectures included the mention of a rather insignificant muscle at the back of the knee called popliteus. It was regarded as so insignificant that some of the anatomy textbooks didn't even include it.

The research literature now documents that injuries to the popliteus muscle and tendon occur most frequently in downhill walkers and runners (Garrett, Mayfield, and Travell and Simmons). Because I see this injury on a very regular basis (I have had 6 individuals with this injury in the last couple of weeks), I usually recognise it and treated it accordingly, but I wasn't aware until recently how it is often misdiagnosed, occasionally resulting in inappropriate surgery. I am not having another attack at the medical world, but as I have found out from my own experience, unusual

conditions are only unusual to someone who doesn't see them on a regular basis. I saw 7 consultants before my condition was recognised by a consultant who had seen and treated it previously. I wouldn't have a left leg at this stage if I hadn't persevered to find a consultant who was familiar with my condition.

Two research papers both highlight the importance of appropriate diagnosis of damage

1/"Recognising and correctly diagnosing popliteus tendonitis is important because this condition can be painful, may significantly limit athletic performance, and can lead to unnecessary surgery if misdiagnosed" (Petsche TS, Selesnick FH)

2/"knowledge of this entity may prevent future misdiagnosis of tear of the lateral meniscus and unnecessary menisectomy"

(Mayfield GW).

I have been asked by a consultant to write about this condition to hopefully help the population most at risk – ie downhill runners and walkers - to recognise the signs and symptoms and avoid surgery where it may not be necessary. He unfortunately had knee surgery for what he was told was a damaged meniscus (cartilage) earlier this year. You could argue that he might have needed surgery at some stage, but the meniscus tear that showed up on his MRI scan certainly wasn't responsible for his symptoms. When he was still experiencing the same pain 6 weeks after his operation, his Orthopaedic Consultant discharged him, dismissing the suggestion that there was possibly a muscle injury at the back of his knee. After 'Googling' popliteus injuries, he found my details via the FRA website and is now on his way to recovery.

The Anatomy Of Popliteus

Popliteus is a relatively small muscle and tendon which runs across the posterior aspect (back) of the knee. It is quite deep and has even been referred to as the 5th major ligament of the knee (LaPrade, 2010). It originates on the outer aspect of the thigh bone (femur) just above the knee, from the top (head) of the outer bone of the shin (fibula), and also has an attachment to the outer cartilage (lateral meniscus) of the knee. As it crosses the back of the knee, it changes from a tendon to a muscle, and inserts on the posterior aspect of the main shin bone (tibia).

To locate its position, I was taught that if you place your right hand on the outside of the lower aspect of your right thigh bone and point your thumb down towards your ankle, as you let your fingers wrap around the back of your knee that gives a rough indication of the direction of the tendon and muscle. (Similarly, place the left hand down the outer aspect of the left knee).

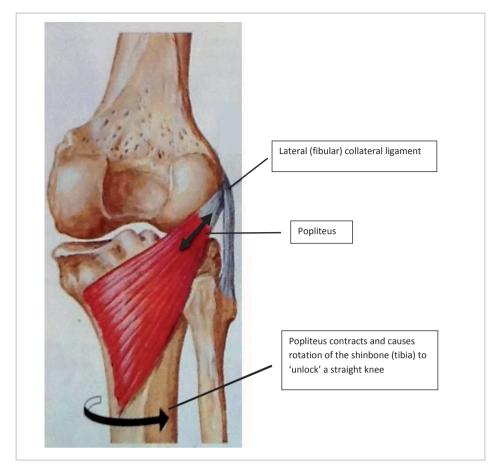
The muscle fibres are divided into 3 bundles those nearest towards the top which remain the same whilst the knee bends, and the two lower bundles which lengthen considerably as the knee bends between 60°-120°.

Function Of Popliteus

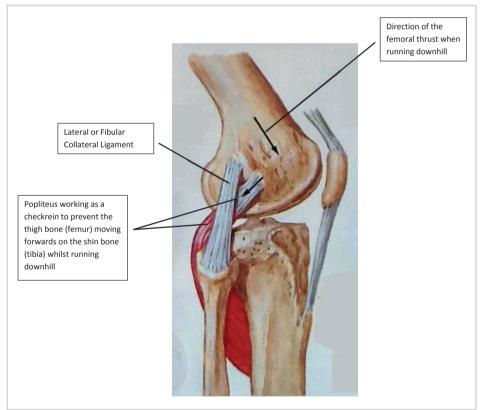
Popliteus has a unique quality in that it can reverse how it works depending whether the foot is in the air or on the ground, meaning that it plays a number of roles in the control and stability of the knee joint. If the lower leg is fixed it can rotate the thigh outwards, whereas when the foot is in the air it can rotate the lower leg inwards. It carries out 4 main functions:

- Initiates bending the knee.
- When the knee is fully straight (extended), popliteus 'unlocks' the knee by slightly rotating the shin bone inwards, so allowing the hamstrings to take over the main action of bending the knee. If popliteus is tight or damaged, it can prevent full straightening





When there is damage to popliteus, pain can be felt either at the back outer aspect of the knee if the tendon is affected, or at the back but more central or towards the inner aspect when the muscle is affected



of the leg which alters the biomechanics of the knee causing further compensatory

It rotates the thigh bone outwards when the lower leg is fixed, controlling the degree of rotation at the knee by stabilising both the shin bone and the femur. This is a crucial function in the stance phase of running as excessive pronation and rolling inwards of

- the thigh bone causes excessive strain to popliteus.
- Whilst running downhill, the popliteus acts as a serious checkrein to prevent the thighbone from sliding forwards on the upper surface of the shin bone on impact, as well as controlling the side-to-side movements at the knee joint. Whether it is long and gradual, or a steep fierce descent, popliteus acts as a

major stabiliser to the knee joint and must be strong enough to cope with this stress to avoid injury. The amount of load that has to be absorbed when running downhill is several times our body weight so this will often reveal any poorly functioning or damaged muscle. It is possible to spend long periods climbing uphill without any apparent popliteus problems, but the symptoms of popliteus damage will be evident when descending. From my experience, I am sure this is when most of the injuries occur to fell runners. Possibilities are that the muscle isn't strong enough to cope with the endurance of a long downhill, or a drop onto the leg in a steep descent means the muscle has to contract strongly to control the femur on top of the tibia and it may not cope with the sudden increase in workload, resulting in tissue trauma.

Finally, popliteus rotates the lower leg inwards when the foot is in the air, preparing for the next foot plant. If popliteus isn't working properly because it is either tight or damaged, it can lead to an incorrect foot strike leading to an increase in pronation, in turn leading to a variety of additional associated problems.

Possible Causes of Injury

- 1. An acute injury such as fall onto a straight leg or a slide forwards whilst descending (and using popliteus to strongly brake at the same
- 2. Muscle weakness the popliteus isn't strong enough to cope with longer or steeper descents resulting in fatigue and strain.
- 3. Poor style / footwear possibly due to excessive pronation or wearing old running shoes for day to day activities - if the muscle is still being strained because you are wearing trainers which aren't supporting your foot position adequately you could be continually adding stress to the muscle.
- 4. A change in training programme a sudden increase in downhill running when the muscle hasn't had time to adapt and become stronger, or a one-off much more serious descent than you have been used to, or an increase in track running which causes the outer leg to pronate more around the bends.
- 5. General tightness in popliteus if the muscle is tight or in spasm it will affect all of the functions of the muscle as described above as it is unable work properly. Some of the reasons which are known to cause tightness in the muscle are:
 - following knee joint surgery when the knee may not be able to fully straighten due to the particular operation.
 - if there is any knee joint swelling it is thought that messages are sent from the joint structures in the presence of swelling which causes popliteus to tighten to prevent full extension to protect the knee
 - poor quadriceps or hamstring function - popliteus has to work much harder to improve the stability of the knee which should be provided by these muscles. In

- addition, if there is pain at the front of the knee
- around the kneecap (patella), this can directly affect the function and firing mechanism of the quadriceps muscles resulting in further weakness.
- chronic overuse repeated minor trauma running downhill resulting in fibrous scar tissue which affects the mobility of the tissues.

Symptoms / Signs

Some or all of these signs/symptoms may be

- A sensation of tightness or a feeling of something 'blocking' at the back of the knee
- Pain at the back of the knee, especially on walking or running downhill or downstairs
- Inability to fully straighten the knee
- Inability to squat down onto heels due to pain at the back of the knee (this is also a test for a tear at the back of one of the cartilages (menisci) in the knee - so if this is painful it can lead to an inaccurate diagnosis).
- Sitting with the foot resting across the opposite knee may be uncomfortable when the tendon is affected.
- Tenderness on palpating the muscle itself this is best done by lying face down with the knee slightly bent and the foot supported on a pillow. This must be done very carefully and preferably by someone with some medical knowledge as there are important nerves and blood vessels in this area which need to be avoided

Treatment for Popliteus injuries

- 1. Direct hands-on treatment has been shown to be the most effective way to treat damage to either the popliteus tendon or muscle. As it has both a tendon attachment and a muscle attachment, it is important to identify which part is damaged and the easiest way to assess this is to palpate (feel) the structure. It is very difficult to 'stretch it out' and responds much better to cross-fibre massage. Popliteus can be very sensitive, so too much pressure should be avoided, especially given deep pressure could cause damage to the blood vessels and nerves in the area.
- 2. Popliteus can be strengthened by sitting on a chair with the feet dangling off the ground, then using elastic tubing anchored at one end and looped around the inner aspect of the foot, rotate the foot and lower leg inwards. It is sensible to do low resistance and lots of repetitions to build up the endurance fibres of the muscle. Low repetitions and high resistance trains the muscle for shorter bursts of exercise but not long descents. It is very important that the hamstring muscles aren't used during this exercise so it is a good idea to pop your hand under your thigh to make sure they aren't tensing.
- Once the injury is settling, more difficult exercises such as single leg squats, lunges, and controlled hopping off a step will all help to strengthen the stability function of the muscle, essential for downhill running

- 4. If there is an underlying reason for the injury make sure you address it accordingly - ie adapt your training regime, check your footwear, strengthen the quadriceps or hamstrings.
- 5. Have regular sports massage to reduce any tightness in the muscle.
- 6. Do some downhill training!!!!! If you aren't proficient at descending, you are more likely to brake and use popliteus more, plus it is probably weaker because you aren't particularly good at coming downhill and so it becomes injured. Train to descend better, let gravity take over and try not to constantly brake.

Case Study

In 2012 Carole had a good run at Lad's Leap with no recollection of any injury, but 1 week later she developed soreness at the back of her left knee. She rested for 2 weeks and things seemed to settle so she resumed running. She was able to run the Man vs Horse race in June, but recalls it being a flatter race with no serious descending. On 4th July she ran Skiddaw, after which the knee became very stiff and sore again which didn't resolve with another period of rest. Carole works as a post lady and her knee gradually became worse. She tried running on a treadmill, but this also aggravated the symptoms when she landed on her left leg.

In August she saw a physiotherapist who clinically diagnosed a popliteus tear. She had some treatment but the symptoms still didn't resolve. She was finally referred for a MRI scan in November when she was advised that she probably had a tear to the meniscus (cartilage) in the knee and was recommended to have

surgery. She then saw a different Orthopaedic Consultant who suggested that instead she now needed a posterior cruciate ligament repair which would mean Carole would be unable to work for 4 months. I managed to see the MRI scan report which said that this ligament was intact - definitely not torn - but that she did have a popliteus muscle tear.

Luckily I saw Carole 10 days before she was due to have her posterior cruciate ligament repair. I suggested that we treated popliteus first and that she postponed her surgery just in case it might not be necessary. After 2 sessions she had been jogging, swimming, cycling and attending the gym, and following her 3rd session earlier this week she has added squats and lunges into her regime to strengthen the muscle which has now been damaged for over a year . The pain and stiffness at the back of the knee has subsided considerably, although she is now aching in a few other places - probably due to all the compensatory muscle action. Hopefully she has avoided major, unnecessary surgery.

Sports massage

In the last Fellrunner magazine, my article 'Can we rub it better?' included an offer of a half hour 'taster' sports massage with Victoria Wilkinson for an amazing £10.00.

Unfortunately, the telephone number published in the magazine was inaccurate and a number have complained as a result.

As a result, Victoria has agreed to continue to make the offer available and anybody still wishing to take advantage of this can do so by ringing my practice in Clitheroe on 01200 423181 and mentioning the 'FRA offer'.



Colin Moses (Wharfedale Harriers) on a more technical descent at Burnsall in 2011, demonstrating the importance of popliteus controlling the knee when landing onto a bent leg



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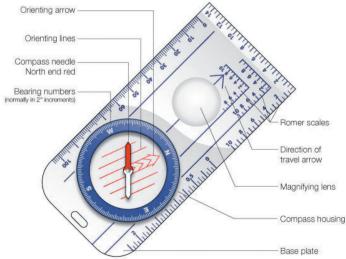


So there you are on the start line of that big AL Lakeland race you always wanted to do. A real classic. The instructions in the book said it was NS (navigation skills required), but that's ok as although your knowledge is a bit sketchy you know where north is and can always follow someone. You've made it through kit check; shown your map and compass, food and

The clag is down to 300m and it's drizzling. Ok, so you're not that hot with a map and compass, you decide to follow some locals. And we're off! You've tagged on to a good group of 5. Just after the second summit cp three of the runners split and head off in different directions. That leaves you chasing the two remaining runners who are pushing quite hard. Then your laces come undone. Quick as a flash, they are retied. You look up to realise that you've lost sight of them.

At that point get the map out....

To me, the art of navigation is a real skill and makes my visits to the hills, whether racing or otherwise, much more interesting. It improves my mountain/fell experience and helps me explore the wilder places away from the paths. In a race, I always prefer a point to point rather than a marked course as it means the fast guys slow down a bit. And it is even



Map scales



OS 1:50,000 Landranger Maps

1cm = 50, 000cm 1cm = 500m 1mm = 50m 2cm = 1km (Grid square)



Harvey 1:40,000 Maps

1cm = 40,000cm 1cm = 400m 1mm = 40m 2.5cm = 1km (Grid square)



OS 1:25,000 Explorer Maps

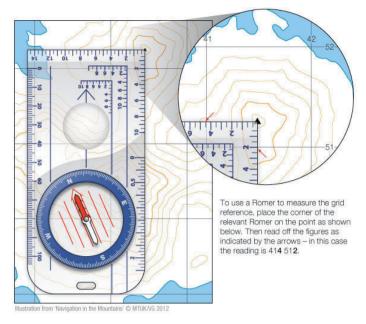
1cm = 25, 000cm 1cm = 250m 1mm = 25m 4cm = 1km (Grid square)



Orienteering Map 1:10,000

1cm = 10,000cm 1cm = 100m 1mm = 10m 10cm = 1km

Small scale maps = smaller amount of detail (cover a large area eg: 1:50,000)
Large scale maps = larger amount of detail (cover a small area eg: 1:10,000)



better if the clag is down. I like to think about it as running chess perfect for the thinking runner.

To others, navigation is a dark art.

Let's be honest here, anyone can navigate. Everyone does it at some point. They follow the same principles and techniques. If you think about when you head out to drive to a place you've never been to; you check which road you will drive along, where the turn off is "..second right after the Huntsman Pub onto Long Road; carry straight on passed two sets of traffic light..." Well, navigating in the hills uses exactly the same principles you just need to concentrate a little more, and get some practice.

Over the next two issues I'll try and break down some of the key components of navigation and hopefully answer any of your questions along the way.

Let us start with the Basics.

Equipment.

To navigate successfully in all weathers and over all terrain it is important you have both map and compass. In bad weather it is vital to use both together.

Compasses come in all shapes and sizes but to be honest even the most basic does the job. As long as it has a needle pointing north and it has the ability to take a bearing measured in degrees it will work. You can pay a bit more and get one that is dampened so the needle settles guicker or one with roamers and magnifiers. Unless you are a practiced orienteer then I would stay away from the likes of thumb compasses until you have developed your skill.

Maps can be more of a headache. We all have our favourites. Ordnance Survey and Harvey's are the most popular although I tend find people gravitate to the map they started out with.

Map Scale is the other issue.

Larger scale maps have more detail but cover a smaller area and can appear cluttered.

Smaller scale maps have less detail but cover greater area. These can also appear cleaner.

I'm happy with a smaller scale map in a big mountain area where valleys/ crags/streams/hills are more obvious but in the Peak District, where there are less obvious features, I'd prefer a 1:25,000.

Grid references

All the maps we use have a grid system of squares called the National Grid. We can use this to identify any position on a map. Each of these squares is 1 kilometre by 1 kilometre. Using the numbers, 00-99, found across the bottom and up the sides of the map to identify which square we are in gives an accurate location. By dividing the square by 10, we can get an even more accurate position of within 100m.

Remember to always give the numbers across the bottom first, then the numbers going up the side. An easy way to remember this is to go along

the corridor and up the stairs.

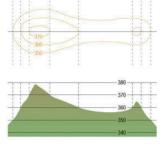
The number we are after is where the gridlines converge in the SW corner of each square. For example, the top of Scafell Pike would be 215 072. It's important to note however that the 100Km grid is repeated around 55 times. This means the grid reference is also repeated 55 times. Each 100km square is therefore given its own letter grid. You can find this in the corner of the map or at the boundary of the 100km square. The grid reference for the top of Scafell Pike now becomes NY 215 072. Remembering to add these letters is vital when giving a grid reference to the emergency services.

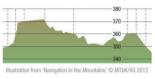
Some compasses come with roamers which will aid you in getting a more exact grid reference.

Contours

Contours are lines on a map that join points of equal height. They are usually 10m apart although they can be 15m or 20m on some maps so make sure you check. Index contours appear with a thicker line every 50m, and again, check your map as some race maps tend to have 15m contours and 75m index.

Contour heights are the ONLY notation that may be written on a map upside down. The reason for this is that the higher ground is always above the written number. Using contours is an art and much can be worked out quickly with a keen eye.





If a rise doesn't cross a contour then it isn't shown. Look at the diagram below the contours are the same for both examples but the actual land is slightly different. On some race maps a significant rise is sometimes shown as a broken contour. More on this later.

Basic Techniques

Setting the map

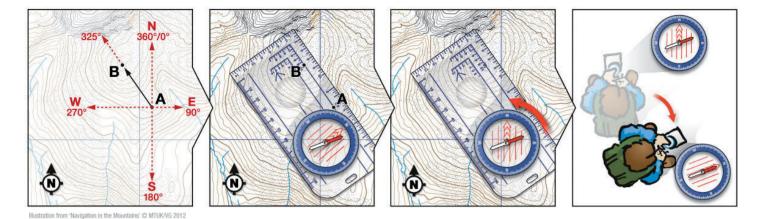
This is the key to simple map reading. Always have the map orientated to the land around you that way the features to your left will appear on the left of your map and those on the right, on your right.

There are two ways to do this.

The first is by matching the features around you to the map. This means positioning the map so that all the features are lined up with your own location as the central point. What is in front of you on the ground will be in front of you on the map, what is to your left on the ground will also be to your left on the map and so on. The writing on the map may be upside down or sideways but that's ok: reading upside down is a small price to may for the benefits of having the map set properly. You can now view the map as a three-dimensional model which you have lined up with the features on the around.

In good visibility you may be able to set the map by eye. If you've just set off from your car you will probably be able to set the map by using the





road and another linear feature, such as a path. These features will form a T-junction which can be used to set the map. A good exercise is to keep the map set and then move yourself physically around the map: so your body moves, not the map. Once on the hill, you will need to identify prominent features, such as hills, ridges, valleys, tracks or even a distant village, and turn the map so that the features on the ground line up with you at the centre.

If identifiable features are not visible such as in hill fog/snow or even during night navigation, you will need to use the second option and get out a compass.

Use the magnetic needle to find north. Line up north on the map with north on the ground. There is no need to make any adjustments or bearings with your compass - you are just using the magnetic needle to find north. The side edges of the map will also be pointing north.

Keep the map set when you change direction. As you turn to face another direction you turn the map to keep it correctly set. If your body turns to the right, your hands must turn the map to the left.

If this all sounds a bit abstract, think about how a satnav displays a route. The arrow (you) always points forward even when you go round a corner. The arrow remains unaltered but the map rotates around it.

Taking a bearing

This will show you which direction you need go to get to your destination. First, align the edge or one of the directional lines on the compass along the direction of the leg A B on the map. It's important that the direction of travel arrow on the compass base plate is pointing the way you want to go. Keeping the base still, rotate the bezel housing (that's the twisty round bit that surrounds the needle) until the lines on the base of the needle (the northing lines) match the grid lines running north to south on the map (conveniently also called northing lines). It's worth checking that the base plate hasn't slipped at this point.

Now, take the compass off the map and hold it level in front of you with the directional arrow on the base plate of the compass pointing away from you. Turn slowly until the red needle lines up with the red northing arrow in the bezel. An easy way to remember this is to 'put the red into the shed', the red arrow looks like a shed. The arrow on the base plate now shows the direction of travel.

Earlier on in the article I mentioned how everyone navigates in the car. Well, using the same principle it is possible to navigate between two points on a map. It doesn't matter where you are, and even if you know exactly where you are going, you should always go through this exercise so eventually it will become second nature.

Every time we navigate from A to B we need to remember the 5 D's

Direction

This could be simply west, south east or a more specific 275°. It sounds obvious but so many people charge off without checking.

Distance

How far are we going to travel? This could be for the whole leg or just between features. Is that 300m, 2k, 5k?

Duration

How long should this leg take? This will help when we get close or can let us know sooner if we have got it wrong.

More on estimating time and distance in the next edition

Description

What are we going to see on route? Now, this is very important and often overlooked. The route we take tells a story. Read that story and you reduce the chance of getting lost. For example along the way you will expect to cross a stream, passed a sheepfold on the right, go over a col, past a crag on the left etc This is also referred to as ticking features. If your route is progressively climbing yet suddenly you are descending alarm bells should ring.

Destination

What are we heading for? It could be something big like a trig point/path junction/road crossing/pub. Or, especially in a mountain marathon or orienteering events, it could be a sheepfold/stream junction/re-entrant.

Also look beyond your destination for a **catching feature**. If you miss your destination this could help. It could be a sudden change in the angle of a slope, a farm house or stream.

We will now start building the basic skills to help whilst navigating

Basic Techniques Hand railing:

As the name suggests, a hand rail is a linear feature you can easily follow. This is the simplest way to navigate and one we use all the time. A path or road are the more obvious features but a river/stream, wall line, ridge, wood boundary will work equally well.

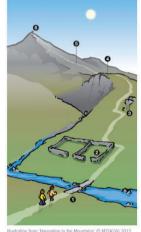
Aiming off

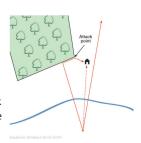
There are times when you may need to walk across an area of featureless terrain. Alternatively you may not be able to see any features due to bad visibility. You take a bearing, say to a stream junction, and follow it. You arrive at the stream and there is no sight of the junction but we have no idea which direction the stream junction is. The answer is to aim off. We deliberately aim to miss the checkpoint so when we hit the stream we now know which side the junction is. We then hand rail the stream to the junction.

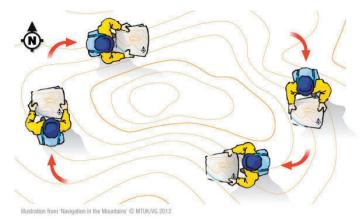
Attack points

An attack point is simply an easily located feature near to the objective. Aiming for this makes route finding easier by shortening the distance travelled on a compass bearing.

Look at the diagram below. Let's assume it's thick of fog and from our location 2 kms away we need to find a sheep fold. Taking a bearing straight there in 20m visibility, we would do well to hit the sheepfold. The plantation is a much bigger target and easier to hit. We could therefore aim off. We can tick off the stream on route to gauge how far we've gone. Once we pick up the plantation we can







handrail the boundary to the corner. This is our **attack point**, a known feature where we can take a bearing to the sheep fold 50m away, this will be a lot more accurate.

I think you now have enough to get out and do some practice. Only by practice will this become second nature. Find a safe area where you can practice with defined boundary. It doesn't need to huge. Find a friend to join you. The next time you go out on a club run get the map out and follow your route even if you know it well. If you stop for a drink on a high point, have good look round at the bigger picture and relate the ground to the map and visa versa.

A final thought. The number one mistake I encounter with beginners is having their head in the map to the detriment of observation. The check point is marked on the map but you won't find it by looking only at the map. Open your eyes and look around you!

In the next instalment we will look at navigation in a greater depth. We will cover some more advanced techniques, tips and advice.

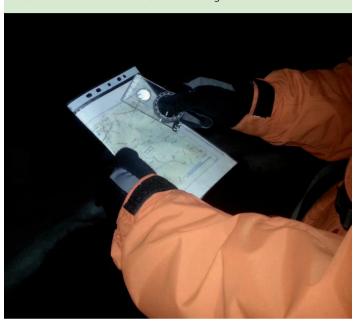
If you any specific questions please get in contact and I'll do my best to respond promptly.

Can I thank MTUK for their kind permission to use the graphics.

Ian Winterburn

Ian Winterburn is an experienced outdoor instructor, professional Mountain Leader and a member of Woodhead Mountain Rescue Team. He runs his own navigation courses, is a National Navigation Award Scheme assessor and has worked on the FRA Navigation course, He runs for Dark Peak Fell Runners.

Email: lan@everythingoutdoors.co.uk Website: www.everythingoutdoors.co.uk Facebook www.facebook.com/OutdoorNavigation





The FRA navigation course

The Fell Runners Association holds two navigation courses every year

The Spring course from Kettlewell YHA in the Yorkshire Dales is sometimes held in warm sunshine... but not this year - winter returned!

The aim of the course is to give runners more skills and confidence to enable them to navigate safely on the fells and to make their own decisions in races rather than simply following the runner in front. It crams lots of information and practical activity into the weekend with participants split into small groups and allocated an instructor (a merry band of hand picked "experts" with vast experience of navigating, fell running and orienteering - or a bunch of old crocks who have all gone the wrong way at some time or other!

Starting with introductions on Friday night then into a basic theory session discussing all things mappy, terms such as contours, handrails, attack points, aiming off and catching features were all added to the participants' vocabularies. Then it was off to the local hostelry for further getting to know each other but with a reminder that people would be "encouraged" to take part in the morning 7 am run!

The early morning run gave a taste of the day's conditions with light snow starting to fall on the trot up to Hag Dyke. Appetites whetted it was back down to the hostel for a hearty breakfast before the day's practical activity.

The main part of the day was taken up by practical navigation on the hill with each participant being tasked to take their group to a specific location, usually an obscure point on the map, and then discussing their route choice and techniques used to get there. It was great to see confidence growing throughout the morning as the runners learnt to accurately estimate the distance they were covering and use the features around them to make the map "come to life"



By mid afternoon it was time to let the students off the leash to take part in a solo, orienteering style activity putting into practice what they had learnt. The hillside was soon dotted with runners counting their paces and following compass bearings looking for shafts, gullies and re-entrants.

After a long day on the hill the group were happy to get back for a shower and hot drink before tucking in to 3 courses of excellent food.

Then it was time for the much anticipated night navigation exercise! A few rather uneasy faces looked up as they were given details of their task; to use the skills they had learnt to locate checkpoints but this time in the dark. At least they were doing this in pairs so they had someone's hand to hold! The instructors headed out to take up strategic locations making sure no one went astray and could soon see a trail of head torches coming up the hillside. This was a real test of navigation but there were plenty of major features to help re-locate if anyone went

An hour later there was a real buzz in the pub as enthusiastic (or should that be relieved) runners exchanged stories of their experiences, the locals must have been wondering where all these gullies, boulders and contours were.

Was it the exertions of the previous day or the "re-hydration strategy" that lead to slightly fewer runners assembling for Sunday's 7am run? Those who got up had the chance to run around the night navigation course and see exactly where they went - or should have gone.

Another good breakfast was had before the FRA's Access & Environment officer Chris Knox gave the group an insight into the role of the FRA. Then time to prepare for the final activity; the individual 10k navigation exercise. This took the form of a fell race with compulsory checkpoints but with the runners choosing their own route between them (although there was no pressure to race if people wanted to focus on the navigation rather than speed).





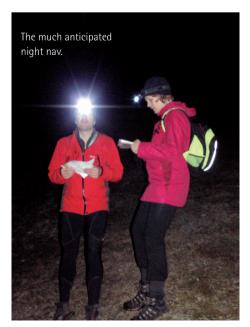


The one thing that hadn't been anticipated was the weather as snow, strong winds and low cloud made for really testing conditions.

The skills learnt allowed all participants to successfully complete the exercise and runners returned to base with a sense of achievement at what they had done. Feedback from the group showed they had all gained confidence and achieved something they didn't feel at all confident with when they arrived.

So a successful course and a happy gang of runners with a new set of skills ready to use in their next race. Thanks must go to the staff at Kettlewell YHA, the instructors who give their time for free, Steve Batley for organising the course (again), Margaret and Jenny for their hard work behind the scenes to ensure the administration runs smoothly and finally the enthusiastic participants who make working on the event so rewarding.

The Autumn course is at Elterwater, September 27 - 29. See you there.









The 60th Lake District Mountain Trial

Sunday 15th September sees the 60th running of the Lake District Mountain Trial. The "Trial" was first run in 1952 from Langdale and was organised by the Lakeland Regional Group of the Youth Hostels Association. In 1965 the Lake District Mountain Trial Association was formed to organise the event. The race quite quickly developed into the unique navigational fell race which it remains today. Sponsors over the years have included the Lancashire Evening Post, Vaux Brewery, Ordnance Survey, the Climbers Shop and (currently) Lyon Equipment under their Petzl brand.

There are now three courses, Classic, Medium and Short all open to both men and women.

We hope that there will be a good attendance at this year's Trial and that those who have enjoyed the Trial in the past will make a special effort to attend. Helene Whitaker is one of those who has already entered this year's Classic Trial. She won the Women's Trial twice and in both 2010 and 2011 was first woman on the Classic Trial. Joss Naylor has already run in 50 Trials and we hope to welcome him again this year.

All competitors will receive a specially engraved tumbler to mark the occasion. There will also be a 60 years supplement to the "50 years running" booklet.

As usual the exact venue will not be released until after the entries close at the end of August but competitors can be confident that it will be

another testing event in classic Lakeland terrain. Sue Parkin is the planner again this year; she won the Women's Trial eight times.

Full details of the Trial can be found at www.ldmta.org.uk. This year, hostel-style accommodation at the venue can be booked along with the entry.

Photos: 1956 The start from Seathwaite, Borrowdale, of the 43 starters 30 finished.

1952 Lining up at the start: Geoff Page, Les Meatcalf, Harry Eccles, Centre with long trousers, ?, Jim Woodhouse, Bob Abbott, Maurice Dean, Eric Arnison (Courtesy Maurice Dean)

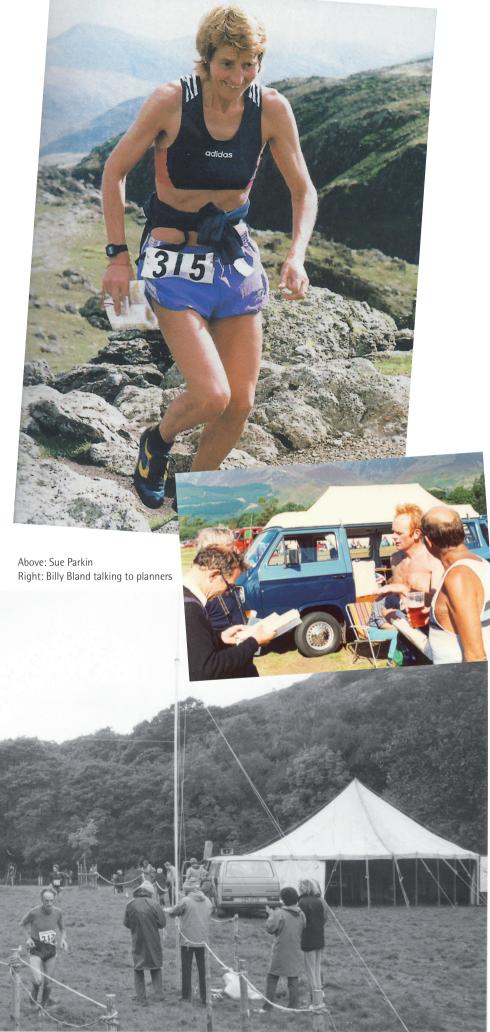




1986, Braithwaite: (above) Joss Naylor MBE – 3rd Supervet. (Below) Men's winner Billy Bland



Joss finishing Eskdale 1985



Windmills Whizz

Fell race for life

SATURDAY 9TH MARCH 2013

We were particularly pleased with the turnout for this year's Windmills Whizz race at Ogden Water. The proceeds will be added to our 2013 Fell Race For Life fund raising efforts for Marie Curie Cancer Care. I have included, with this report, a photograph of myself and my mother handing over a cheque of the proceeds from our 2012 Fell Race For Life series to Lucy Burnett, fund-raiser at the Bradford Marie Curie Hospice. The final 2012 total was a whopping £1870. Thankyou to all who took part.

Adam Osborne came to this event with the clear intention of chalking up another win. The 36 year old City of Leeds runner from Kirkstall set the course record here in 2004. That year, underfoot conditions were comparatively dry. Nine years on, on a quagmire of a course with thick mist, strong winds and driving sleet, Adam won the race again, finishing just eleven seconds outside his benchmark time. What a remarkable effort. Chris Smithard who placed second must take some credit though for helping to keep the pace high. Chris was last to register for the race - he is currently without a club (running as unattached), but I have a feeling that Ilkley Harriers may benefit before long from his considerable talent among their ranks. (Chris's house-mate and travelling companion Jack Wood - 4th in the race - is already a member).

I overheard those first two runners chatting by the refreshments table afterwards and it seems Adam kept the pace high on the steep section of road up to Warley Moor reservoir.

Local Halifax Harrier Joseph Crossfield finished third, while Gareth Hird led Wharfedale Harriers to the team prize honours in fifth spot.

Prolific racer Paul Crabtree (Wharfedale) won the veterans over 40's category with his seventh position, with Rossendale's Thornton Taylor winning the over 50's in thirteenth. His elder brother Ken has always supported my races when possible and here he lifted yet another over 60's award today. The winning Wharfedale Harriers men's team was brought home by Michael Griffin in 16th place.

A fine run by Anna Anderson of Pendle AC saw her finish in eighteenth position overall, winning the women's section by over two minutes. Bingley Harriers veteran Ruth Whitehead took second place, with Leeds-based Rachel Boyd (unattached) in third a further three and a half minutes behind.

Caroline Pollard of Wharfedale Harriers won the over 50's prize while Saddleworth's Sue Heywood won the over 60's. As Ruth had taken the prize for second woman, I awarded the over 40's prize to Rossendale's Natalie Murphy who placed fourth.

The women's team prize was won by Bingley Harriers led by Ruth Whitehead; with support from Mary Louise Webb and Becky Weight.

As I announced after the prize presentation, this was to be the last Windmills Whizz race. After 21 years of organising these fine fell races over stunning countryside with tremendous views (not today!), I would like to spend my free time doing something different. Someone remarked afterwards, "...but you MUST keep it going; it is a

fantastic event!"Yes, I agree, for you, who are out there running - whereas I'm left standing around on the finish line counting you all in! Today we had to stand shivering in the freezing wind and endure the ice forming up the backs of our overtrousers. Thankyou however to all who have made the effort to come over and run. Thankyou for turning out over these past two decades in all weathers and helping me to raise thousands and thousands of pounds for various charities.

This race, along with all the others I've ever organised, could not have taken place without the help of my friends who give up their time selflessly so that you can have a run. This race in particular went like clockwork, thanks to Barbara Carney and David Weatherhead who rushed across to Ogden Water to assist Jackie and myself shortly after returning from holiday. Thanks to my Calder Valley clubmate Andy Clarke who offered to sweep round and gather in the markers and Brian Stevenson and Colin Walker who stood marshalling near the former The Withens Inn in a blizzard.

Thanks to Yorkshire Water who allow us to run over their land for free, Calderdale Countryside Services who manage Ogden Water and the surrounding land, local farmers including Keith Midgeley who was busy rescueing one of his ewes that had been savaged by a walkers' dog as I was setting up the start but still had the good grace to wish me a successful event. Finally to Terry and Christine and staff at The Causeway Foot pub for providing us with shelter for the registration and prizegiving and good beer and food afterwards. Thanks for coming and see you all again soon.



Artists reunited

During The Three Shires fell race in the Lake District, September 2012, artist and fell runner Claire Parker had an idea... there was plenty of time to think about it and plenty of inspiration to draw from.

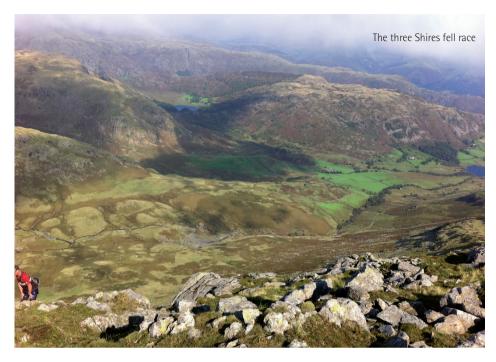
'The Three Shires' race is one of the longer Lake District fell running races at 20km and 1220m ascent. While the ladies record stands at just over two hours, I would be happy just to make it back in one piece across the mountains, bogs and marshes. The scenery was spectacular on this September day – bright and clear but cool and breezy.

The first long, long climb was spent listening to other folk chatting in between the gasps, about time out after injury, desperate to get back racing; poetic descriptions of races just done and reminiscences about memorable ones, favourite ones and painful ones, tales of endurance and moments of enlightenment were common themes. It struck me that this sport evokes a great deal of creativity, heart and soul.

With friends who have captured incredible photographs of fell runners, weather and landscape, and writings in the various club magazines and blogs, I formulated a plan to hold an art exhibition to showcase this incredible sport through the artists eye.

It is useful to distract yourself from the pain of a hard race and the terror of getting lost on the fells - this distraction did the job, but I was also fast running out of star bars and people to follow. On with the plans... I knew two artists local to my patch – Hayfield in the High Peak. That evening while soothing my painful ankles and knees I whizzed an email around the fell running clubs to generate some interest and to see what the response would be. I was thrilled to be contacted by two artists, Mick Wren from Goyt Valley Striders and Geoff Read, a runner familiar with the Lakeland Classics races, who in his own words makes images of fell running to celebrate our unusual connection with the landscape. I contacted Rod Holt from Glossopdale fell runners and and my friend Vincent Booth from Cheshire hill runners (both artists and fell runners). All agreed to take part. I too would show three paintings.

During the planning stages of the exhibition I reflected on the feeling that there is often something missing when viewing art in a gallery. When I view a painting that overwhelms me with dread or joy, beauty or fear I want to know more than its title, I want to know why the artist did it and how. Van Gogh's 'Cornfield' is one of the most powerful paintings I have ever seen in the flesh and when I later researched it I found out why. Here was an opportunity to view a collection of paintings by local artists and understand a little bit about the story behind them. The event was held in Hayfield on a club training night to



capture an audience that was already on the way to appreciating the experience behind the images: paintings of fell runners by fell runners.

This hopes to be the first of a series of exhibitions showcasing artists who through their work express something of themselves and their sport. Revealing how the experience captured in the paintings shape the art work in more ways than just the theme, in the choice of medium, technique and size of paper or canvas used. The artist may have a favourite medium which they have over time come to use as it helps to express their ideas most appropriately and the process of the painting or work may play a big part in bringing the moment alive again. Art is a universal language communicating and interpreting shared experiences and ideas with infinite possibilities.



Geoff Read talking to curator of exhibition Claire Parker in front of his famous portrait of Kenny Stuart a legendary fell runner who still holds records for the up and down Ben Nevis race (1hr.25.34) and records for Snowdon and Skiddaw.





Above: Friends reunited – At the Valentines night art exhibition 14th Feb 2013 from left to right Geoff Read, Katherine Harvey and Rod Holt. Below: Close on the heels - Rod Holt

Friends reunited

A surprise came during Windmills Whizz - Fell Race For Life. On the evening of the said event, Katherine Harvey, a local runner and artist, submitted a painting at the last minute. Katherine Harvey, formally known as Katherine Milne was thrilled to find two of her school friends from the early 70's were also exhibiting. Rod Holt, Geoff Read and Katherine Harvey had all attended Roch Valley High School, Milnrow, Rochdale in the early to mid 70's. All three it seems showed promise as artists and, tutored by Chris Moxley the then Art Teacher, were primed for Rochdale Art College on a pre Diploma course. In 1975 they were all accepted into the College which had built up quite a reputation under the then Principal Leo Solomon, who was a good friend of Lowry's and who at that time used to visit the College regularly.

The three had worked hard on choosing which path to take and Geoff chose a Fine Art Degree

at Newcastle Polytechnic, whilst Rod chose to do a Graphic Design course at the same Polytechnic, 1977-1980. Kath pursued another course in life, involving community arts work and they parted company. After leaving the polytechnic Rod and Geoff stayed in close contact and both raced frequently on the fells in the early 80s. All three have pursued their talents in art and have used fell running to inspire their work, and all three have had substantial success with their art work and fell running alike. Rod was winner of the Derbyshire Open Arts at Buxton Art Gallery in 2007, and has published a book 'Take the Long Way Home'. He exhibits around the country including the Mall Galleries, London. As a fell runner he has competed in the World Masters in Keswick as well as the many fell runs in his busy calendar each weekend. Geoff Read was the England team reserve for the 1986 World Mountain Running Trophy and has completed the Bob Graham round twice. Katherine ran the Everest Marathon in Nepal in 2005 with success





as the second British female.

Raising money for charities that touch our lives

The event, held on Valentines night, was a great success raising money for Women V Cancer, a charity that two local ladies Lisa Bloor and Julie Slack are working hard to support. Jilia and Lisa will be cycling across Kenya this summer to raise further funds (visit JustGiving website to donate and see what they are up to).

The story teller – narrator of paintings

Vincent Alexandra Booth, one of the other artist exhibiting that night, attracted much enthusiasm and interest. His narration and storytelling skills that accompanied his work at the event were a highlight for many. His atmospheric oil paintings of well known races from memory capture a real part of the race experience, each holding a story where the weather and the skies create a theatrical backdrop for the action in the foreground. Mick Wren, a member of Goyt Valley Striders, exhibited publicly for the first time. He had put together three paintings for the show, including a beautiful painting of Stanage edge on one of those beautiful summer days that are too few and far between. Mick runs mountain marathons, fell races and ultra-trail races including the Lakeland 100. His favourite running areas are the Lake District and the Alps.

Four of the artists/ fell runners have websites that are well worth a visit www.geoffread.com, www.rodholt.co.uk, www.vincentbooth.co.uk and www.mickwren.com.

To be involved or for more information regarding future sports/art exhibitions or to join a fellrunning club near you please dont hesitate to contact Claire Parker on 07976093261 or email keelingart@msn.com













Painting Joss

Walking down Main Street in Keswick I stopped to peer into the window of Bookends bookshop.

Pride of place in the middle of the display was the Keith Richardson book 'Joss: The life and times of legendary Lake District fell runner and shepherd Joss Naylor'.

As someone who drags his sorry carcase over the fells in shorts and trainers I was well acquainted with the legend that is Joss Naylor so this immediately grabbed my attention. Unfortunately the shop was closed so I ordered a signed copy online.

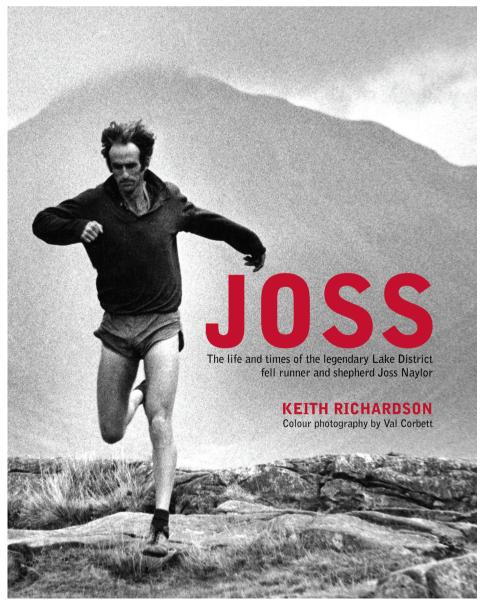
Having then avidly read the amazing life story of this unique athlete my attention turned to the cover photo. I'd recently taken the plunge and had started a year's sabbatical from work to learn how to paint. Some people believe that they have a book in them. I believe that I have a few paintings in me. I also thought there was a gap in the art market for outdoor scenes in which

people are doing outdoor stuff. There are some excellent painters of Lake District scenery but their landscapes are largely void of any activity. This isn't a Lake District familiar to me. So, this marvellous photograph of Joss was exactly what I was looking for.

However, I couldn't just copy it as photographic images are subject to copyright, even if you're painting it. The photograph is by the late Brian Duff, chief photographer for the Daily Express in the 1970s and 80s so I had to obtain permission from his family to be able to paint it, which they very kindly gave.

There were clearly some challenges here. Firstly, it's painting from a photograph and not real life.

Secondly the photo contained more than the usual mix of photographic distortions not least of which is the massive foreshortening which brought the background hills, notably Great





Gable, much closer than they appear in real life. Having seen where the photo was taken I can only think that Mr Duff was raised up, maybe on his car or a stepladder, and used a telephoto lens. Also, how did he get that haze around Joss? This was in the days before digital photo editing. Finally, it's a black and white image so I was going to have to decide on the colour scheme.

I had to plan this one carefully. I started by getting used to the image by making some pencil sketches. The face was a mass of shadows making it difficult to extract any detail but there was just enough to work with. I then did a monochrome value sketch in oils on a 10" x 10" board, as the tones within the picture were vital to making it work. I was particularly keen to get the figure to stand out against the background.

Before doing this I had to choose the composition. I tried various positions with Joss on the left, in the centre and finally chose to have him appearing to run into the picture from the right hand side.

A square shape also seemed to suit the composition within a diagonal running from top right to bottom left.

Next I had to decide on what colour his kit was. I tried various combinations, using a scanned image and Microsoft Paint, before going with a dark blue top and red shorts. I couldn't make out the type or make of shoes he was wearing in the photograph so I changed them to the classic Walshes which he typically wears.

Now I was ready to start. I cut and primed a two foot square piece of board. I then drew the main outlines in pencil, using grid lines in the more detailed areas such as his face. I blocked in the main areas using a dark red wash then proceeded to add the colours.

As I was doing the background it struck me that there was a lot of interesting detail missing on the original photograph. As a fell runner myself I like to be able to make out the paths





and features that are so familiar to me. So I found some reference photos and proceeded to do a reasonably detailed background, knowing full well that I'd have to fade it out by scumbling to the required tone to make it recede. This has worked guite well as the detail is still to be found through the haze. For example the path up the western flank of Great Gable can be seen under Joss's right arm. That brings back memories of battling up there in a monstrous storm in the 2008 OMM (Original Mountain Marathon).

This painting includes my first use of a palette knife. I used it to obtain the markings on the rocks in the foreground. Interestingly, I paint with brushes with my left hand but use the palette knife with my right. Very strange but I do like the effect it gives. Perfect for those rocks. I did two passes over the whole figure, making sure the values worked, until I reached the point where I thought doing anymore would spoil it. I managed to get the figure to project out of the painting to my satisfaction and the colours seem to work very well together. All in all I'm very happy with the way it brings a grainy old black and white photo back to life.

So, I had a finished painting but what to do with it? It struck me that it would be very appropriate, with Joss's track record of charity fund raising, to use the painting to raise some money for charity. A quick search on the internet and I found his address (although I'm sure "Joss, Wasdale" would have done) and sent him a letter, with a printout of the painting, to see if he'd be interested. A couple of days later and the phone rings. I answer and a voice says "Now then, Joss here" or words to that effect. Suddenly I'm talking to the man himself. He liked the

painting but admitted to not being a judge on such matters but he was sure his wife Mary and daughter Gillian, both artists, would have an opinion! We had a good long chat the result of which was that we agreed to do a set of limited edition prints, with the profits going to the Eden House Children's Hospice in Carlisle. This serves the whole of Cumbria in helping care for seriously and terminally ill children. Each print would come with a Certificate of Authenticity which both Joss and I would sign.

Now I had work to do. The painting had to be professionally scanned so that the prints could be made from the scanned image. I had to provide a means for people to be able to actually buy the prints so I quickly obtained a website name for my artwork (www.mickwren. com), built a website and found someone to host it. I created a Certificate of Authenticity and had copies printed. I then bought loads of packaging materials (tubes, bubble wrap, tissue paper, tape, labels.....) and stretcher bars for the canvas prints.

We'd decided to do two sets of 250 prints; one 20 inch square on canvas and one 14 inch square on high quality paper. The prints would be Giclées which use a pigment based ink rather than the usual dye based inks. These last for decades without fading. I chose the reduced sizes (from the original 24 inch square) to help keep down postage and framing costs. The paper prints would typically have a mounting card around them when framed making the frame roughly the same size as for the canvas prints. I kept the prices as low as possible to encourage sales but also to leave a margin to go to the hospice. I also contacted a number of outdoor equipment companies to see if they



would be interested in sponsoring the printing costs but they all claimed poverty in these austere times.

Another phone call later and I arranged to go up to Wasdale and meet Joss, primarily to get the first 50 certificates signed, but also to show him the original and the prints. We settled on a weekend in October just before he and Mary flew off to Spain for the winter. Having so little flesh on his feet Joss suffers badly from the cold so has to escape the harsh Wasdale winters these days. The weekend coincided with the Joss Naylor Lakeland Challenge annual dinner.

After an interesting Saturday drive over Hardknot Pass (so called, I assume, because it's hard not to stall on it) my wife Rosie and I arrived at Low Greendale, nestled at the foot of Buckbarrow. There we found Joss and Mary in the conservatory-cum-art gallery attached to the side of the house. It soon became apparent that they spend most of their time in there, entertaining the seemingly endless stream of visitors. Having seen Joss on numerous videos and in the flesh at the 2011 Lakeland 100 it didn't feel like I was meeting him for the first time. A word of warning is required at this point. If you think you might have broken your finger during a fall in the previous May's Old County Tops fell race then don't shake hands with a man who has been building dry stone walls for 50 years. I think I managed not to show the pain on my face as I shook hands with Joss and realised the real reason he's called the Iron Man.

The Naylors are well versed in making people feel at home and we were soon chatting about running and painting and generally putting the world to rights. Mary's famous tea and cake soon made an appearance. We had our certificate signing session with a little production line going on the dining room table. I'd sign my bit, pass it on to Joss who'd sign his then pass it on to Rosie who put it in a plastic sleeve. Fifty certificates later and we were done, for now. Only 450 to go.

That evening Joss was hosting the Joss Naylor Lakeland Challenge annual dinner at Santon

He took the prints with him and put them on display along with a sheet for interested people to leave their email addresses so that I could inform them when the website was up and



running. They collected some 20 addresses.

When we returned to Greendale the next morning we just caught Joss heading off to lead a walk with many of the previous night's diners. One of the couples there immediately offered to buy the canvas print as a wedding present for their daughter so that was the first sale made.

It was a glorious clear autumn day so Rosie and I took ourselves off for a walk round Wastwater before returning to Greendale in the afternoon. Another tea and cake session later and Joss had bought the original painting, the proceeds from which I put into the pot for the hospice. I did feel a bit guilty as it meant one of Mary's paintings had to be taken down to make room for mine.

It's now nearly six months later. The late snows have only recently melted and Joss and Mary will be returning to Greendale. The sales of the prints are going slowly but surely. By Christmas we'd just about covered the upfront costs so the next few sales would take us into profit. An advert in The Fellrunner helped generate a few more which meant I could send nearly £300 off to the hospice.

With only 5% of the limited edition sold there's still potential to raise £6,000. It's only a matter of time.

Websites:

www.mickwren.com www.brianduff.co.uk www.gofar.eclipse.co.uk/jossnaylorlc.html





Mick Wren Art

"the running painter"

Joss Naylor, Wasdale, 1970's

In association with legendary fell runner Joss Naylor, we are publishing two sets of Limited Edition fine art Giclée prints of Mick's original oil painting of Joss, in aid of Eden House Children's Hospice serving Cumbria.

Canvas print 20" x 20" Limited to 250 copies. Printed on 340gsm canvas.

Paper print 14" x 14" Limited to 250 copies. Printed on 310gsm fine art paper.

Each print comes with a Certificate of Authenticity signed by Joss.



To purchase, or for more details, visit www.mickwren.com and click on the picture of Joss



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Golden Yorkshire

17 gold, 10 silver and 4 bronze medals made the 16th UKA Fell Inter Counties on home ground at Settle Hills a grand golden day out for team Yorkshire. This medal haul included three individual champions in BU18 Max Wharton, GU18 Annabel Mason and in the senior ladies Emma Clayton, these athletes also led these teams to gold medals.

24 year old Emma Clayton now becomes the seventh Yorkshire lady to hold the title following in the footsteps of Mary 'Scary' Wilkinson, Wrekin in 2005, Jo Waites, Settle Hills in 2006, Janet McIvor, Crowden Horseshoe in 2007, Lizzie Adams, Shining Tor in 2012 and Victoria Wilkinson at Belmont and Lletty in North Wales, 2008 and 2009. Emma earlier in May set new pbs for 10k at Bristol with a stunning 33-49 which ranks her 7th on the UK list for this year and only five days previous had improved her track 3k to 9-17-46, on the back of a great XC season of 4th at the Northern and National championships. Emma smashed the Settle Course record by over three and a half minutes along with the first four ladies. The White Rose Tyke vests swept up the individual medals with Pendle, Coniston and Fairfield winnerVictoria Wilkinson collecting the silver and Katie Walshaw the bronze medal to record a ninth team victory. Black Combe, Ovenden, Cribvn and Silent Valley British championships winner Helen Fines finished fifth showing the strength and talent that Yorkshire can call on.

Ilkley Moor winner Tom Adams has improved each year at these championships from 9th at Broughton Hills and 7th at Shining Tor to a superb bronze medal at Settle Hills behind Wegene Tafase running for Scotland West and Nick Swinburn running in the colours of North East Counties. The Yorkshire men with backup from Adam Osborne, 8th, Karl Gray, 14th and Mark Addison, 15th won the team golds for the sixth



time by just one point from North Wales.

Karl Gray was donning the Tyke vest for the fifth time and had a score to 'settle' with this race, back in 2006 in his first ever Inter Counties, Karl ended up in hospital after he collapsed within 300 yards of the finish line due to heat exhaustion.

Blackstone Edge winner Joe Crossfield finished 6th in the MU23 whilst Caroline Lambert having been ill all week finished 8th FU23.

The Tyke juniors dominated the U18 race group with the girls taking all the individual medals with last years FU16 champion Annabel Mason gold, Georgia Malir silver and Zara Knappy bronze, a great improvement from 6th last year. All this meant the girls easily won team gold ahead of Lancashire. In the BU18 Max Wharton, only 6th last year had a fierce sprint on his hands at the finish with BU16 bronze

medallist last year lolo Hughes. Yorkshire grit, determination and talent gave Max the edge to win by 2 seconds with last years BU16 champion James Hall taking the bronze. Sam Haggar ran well to finish 7th, ahead of all the Lancashire athletes. Yorkshire won the team gold again ahead of North Wales and Lancashire.

BU16 Lewis Byram once again had to settle for the silver medal, this time being outsprinted by Jack Willis of the North East Counties with Jack Hindle of Lancashire taking the bronze. Jack Denton finished in 5th, but with Callum Davidson in 4th for Lancashire, this meant the great red rose rivals took team gold on countback. Edan Whitelaw suffered in the race due to illness and finished a very disappointed 14th, don't worry Edan your time will come!

Three new Yorkshire fledglings, Ellie Lambert,





day out



Lucy Williamson and Rebecca Coope wore the famous vest in the FU16 category. Ellie the senior winner of the Mearley Clough race showed her great potential by finishing with a 'very surprised' silver medal behind Lizzie Greenwood of Lancashire, while Bronwen Jenkinson collected the bronze for North Wales. Lucy and Rebecca finished 7th and 8th and thrived on the experience, but with Rhiannon Wickham in 6th Lancashire collected the team golds on offer with Yorkshire the silver and Greater Manchester the bronze.

To end the golden day off Yorkshire teams again celebrated with Karl Gray and Emma Clayton spraying the fizz, grand prix style.





Check out all results here www.race-results. co.uk/results/2013/settle.htm



New Inter County Champion, Emma Clayton gives her race view

'Despite not being born and bred (ssshhhh Yorkshire at heart), pulling on the Yorkshire vest is always a great honour. Competing in the Inter Counties was a late decision and luckily there was still one spot on the team available. In almost ideal conditions, I felt strong on the climbs and managed to build quite a big lead by the top of the first climb. I relaxed on the descents so that I wouldn't kill the legs and worked the next couple of climbs I'm not as strong on the descents as I once was and didn't want to get into a race on the descent. The realisation that I'm more of a European Mountain Runner than a fell runner is quite sad. Vic Wilkinson descended like a demon and clawed back the advantage and shortly before we reached the bottom track she stormed

ahead, I thought for a minute I'd lost it, but steadied myself and luckily I had enough left in the legs to chase her down and win my first Inter Counties title.

To put the cherry on the cake I led a Yorkshire 1,2,3 and team gold which was fantastic although I think my Champagne spraying could certainly do with some work. Hopefully we'll be able to defend the title next year and I'll give the Champagne another go having spent the next 12 month's practicing with lemonade.

It wasn't until we were leaving that we decided to check the course record and always prepared Dave W was on hand with the FRA race calender. Not only had I broken the course record by just short of 4 minutes, but all of the

top four women had gone under the previous record too.'



Inspiring the next generation

Settle Harrier members get qualified to set up their junior section

Settle Harriers Junior Section has a lot to thank the FRA for - not least a new awareness of the power of good arm technique and familiarity with the cry "Toes to shins!"

Three parents (also runners) decided last year that they wanted to recreate their junior section:

It was no longer appropriate to continue as we were - informal and uninsured, no CRBs and to be honest, a little haphazard. For the junior club to transform into a slick, modern, fully documented concern it was going to take commitment and action.

Carol Evans, Jill Eccleston and myself (Julia Murfin) turned to the FRA for advice and before long we were all qualified Leaders in Running Fitness (LiRF) and embarking on our coaching qualification – a new standard developed by UK Athletics, the FRA and in particular Graeme Woodward and Steve Pearson, called the Fell and Mountain Running Coach in Running Fitness

Equivalent to a Level 2 group event coaching award, the Fell CiRF involves a four-day course split over two weekends roughly eight weeks apart followed by an assessment day around

three months later. In the interim, between the course and the practical assessment, we had to complete a training diary and health and safety questionnaire.

We relaunched our new-look junior section after the second weekend, under the watchful eye of our coach mentors Andy Mouncey and Alistair Scholey and set about practising our new-found skills with an invitation-only selection of local children aged six-15.

"Our first few sessions were interesting! It was a steep learning curve and before long, as we put into practise all we had learnt with Graeme and Steve, our junior sessions became established, enjoyable and successful," said Carol.

Meanwhile Jill was tenacious in finding and following up on sources of funding which meant that our club has paid a minimum price for gaining three qualified coaches and seven more LiRF-qualified parents, some of whom we hope will go on to the next coaching course later this year.

Jill explained: "The money is out there. We have put bids in to the FRA, our local council, local athletics network and other sources."

Our coaching course had eight of us from all over the country and a variety of clubs. There were those who, like us, were focussing on juniors, then others from clubs new to fell running, and new to the concept of coaching in

It was hugely enjoyable to be guided through a subject we all loved, to discover ways of improving running technique and how to coach it – plus being shown a definitive model for uphill and downhill running. I wonder if Messrs Jebb, Peace, Holmes and Gray (among others!) are aware of how minutely their excellent running styles are analysed by trainee coaches? We ultimately left Giggleswick School - the venue for the second weekend and the assessment - with skills, knowledge and the confidence to take it back to our clubs.

We would not hesitate to recommend the Fell LiRF and Fell CiRF courses to anyone interested in coaching juniors or seniors. Graeme has the details for forthcoming courses and he can be contacted at graemewoodward@hotmail.com.

BY DUNCAN RICHARDS

The U20s Fairfield recce



Saturday 20th April

This year saw the launch of an FRA U20s Championship, an attempt to provide an easier pathway into senior racing from U18.

As part of the process, the plan is to have a recce of a Championship race to develop a greater understanding of racing higher fells through passing on knowledge & experience.

This year it was Fairfield. So on a gloriously sunny Lakes day, a small team led by Billy Procter and consisting of Mark, Tom & Shaun Addison took some of the U20s for a run round the famous 9 mile, 2999ft horseshoe.

There was an initial, short presentation on kit, but the idea is for it to be question & answer on the hill, to get out there & get a feel for the route in preparation for the race itself.

It was a cracking day. Big thanks to Billy & the Addison clan for sharing their experiences & knowledge and Pete Harrison, Alastair Weymouth, Joe Crossfield & Lauren Munro-Bennett for coming along.

I hope this will become a feature of the U20s Championship & encourage juniors to put it in their diaries early. Its an easy run, all about learning & gaining experience.

Thanks for organising the recce on Saturday it was a great day out! It was fantastic to speak to the Helm Hill lads and pick up some much needed tips, on and off the fell (eg. Bumbag!). It seems you picked a great day for it as I hear a few lads got lost on the Sunday attempting to recce the course in the rain!

I don't think you could have done anymore to advertise the recce as I myself saw statuses on Twitter and Facebook plus on the FRA website concerning the event, so I'm not sure why only four juniors turned up. The only way I can think to possibly boost numbers is to hold recce events on Sundays, as athletes/coaches may prefer to put in a session or a race on the Saturday and use the recce as a long run? I just switched session day to Sunday, but im guessing some people may be a bit more rigid in their training plans.

As for the series I think the choices of races are fantastic, Fairfield being the perfect choice to hold the medium race at, especially if we get weather like we did on Saturday!

Pete Harrison

I really enjoyed Fairfield Recce that was organised for Under 20's.

I thought the day was a great idea for runners, like me, that are moving up into senior races as the races start to become much tougher and longer. Although I may have run for the same amount of distance/time in training, I have not experienced racing in tough races like Fairfield, so a recce was definitely needed to build my confidence that I was capable of managing it.

The recce of Fairfield gave me a chance to familiarise myself with the race route, and learn useful information about how to pace the race, where some shortcuts were, and some handy tips with what we should put into our bumbag and how to keep it as light weight as possible!

The runners that took us round were also really experienced and really helpful as they answered all of our questions concerning what the race is like on race day, and how they found moving up into the seniors.

Overall it was a great day out, and even though I was the only girl I really enjoyed going round Fairfield Horseshoe with the other runners. I am a lot more confident now for race day and looking forward to competing in it! Also the cafe after the recce had really nice food!

Lauren Munro-Bennett

FRA Uphill only Championship at Sedbergh

The third year of the FRA Uphill only Championship at Sedbergh was greeted by blue skies & brilliant sunshine. Instead of the cold or rain of the last two years, it was sunburn & dehydration to be wary of this year.

The start field became a picnic area as the races set off up the long, runnable climbs onto the Howgill fells, the crowd all applauding as the runners set off with energy and enthusiasm.

There were some outstanding performances but perhaps the highlight was the U16 boys race where Warrington's Liam Burthem & English International Jack Willis from Middlesborough had a fantastic race to the top of Arant Haw. They pushed each other hard all the way with Liam just pulling away at the summit to take the title, smashing Max Whartons impressive 2011 record by 27 seconds, winning in 21.54 with Jack also breaking the old record finishing in 22.15.

Liz Greenwood brought home the U16 girls and in doing so became the first 2013 FRA Champion having won all four races in excellent style.

In the U12s race, Joshua Dickinson (City of York) and Keighley's Katie Atkinson mastered the tough course winning running very strongly for their titles

Hyndburn's Joshua Boyle continued his good form winning the U14's with Grace Handley (Blackburn) holding off Scarborough's Emma Clapton.

In the U18s, Moorfoots Lucas Cheskin took the boys title and a welcome return to form for



Shannon Johnson (Bolton Utd Harriers) saw her take the ladies title.

The team competition requires the top three boys & top three girls of a club to score, thus rewarding strength in depth. This year four clubs fielded full teams (although considerably more were represented), an increase each year.

In a very tight results Helm Hill Runners held off Rossendale by one point to retain the title with Wharfedale and Holmfirth claiming 3rd & 4th places.

This is the last year Helm Hill will host the Uphill, so any club wishing to take on a fantastic event and organise for next year, let me know and I'll support in any way I can.

Congratulations to all who ran, lots of smiling faces at the end of the day and as Helm Hill President Billy Procter said when handing out prizes, enjoying running in the hills brings its own rewards, just stay with it & reap those rewards in the future.

Duncan Richards RO





Above: U16 Champion Liam Burthem Left: Team champions Helm Hill

FRA Junior Championship

2013 RESULTS

FRA ENGLISH JUNIOR **CHAMPIONSHIPS**





Sponsored by Norman Walsh Footwear with Pete Bland Sports

The six races are as follows:

U08B

NAME	CLUB	NO RACES
Ted Bolton	Unattached	6
Blake Mills	Keighley & Craven	6
Evan Mills	Keighley & Craven	6
Harvey Wilcock	Bowland FR	6
Lewis Carr	Keighley & Craven	5
James Bowen	Ambleside AC	4
William Durkin	Ambleside AC	4
Ben Jackson	Helm Hill	4
Jose Purcell	Ambleside AC	4
Rio Purcell	Ambleside AC	4
Robyn Anderson	Ilkley Harriers	6

U08G

NAME	CLUB	NO DA CEC
NAME	CLUB	NO RACES
Alayna Irvine	Bingley Harriers	6
Sophie Rylance	Ambleside AC	6
Lauren Wilshaw	Pennine FR	5
Tara Allan	Allithwaite & District AC	3
Lilly Smith	Bingley Harriers	3
Kate Cookson	Blackburn Harriers	2
Jessica Edmondson	Broughton Runners	2
Alicia Kerman	Wharfedale Harriers	2
Megan Rees	Holmfirth Harriers	2

U10B

NAME	CLUB	NO RACES
Will Atkinson	Keighley & Craven	6
Ryan Heneghan	Rossendale HAC	6
Patrick McGuinness	East Cheshire Harriers	6
Alfie Thorpe	Broughton Runners	6
Sam Coupland	Southport Waterloo AC	5
Daniel Sanderson	Ambleside AC	5
Tom Allan	Helm Hill	4
Joseph Carnelley	Bingley Harriers	4
Thomas Massey	Horwich RMI	4
Toby Middleton	Horwich RMI	4

U10G

NAME	CLUB	NO RACES
Poppy Anderson	Ilkley Harriers	6
Lauryn Gregg	Rochdale HAC	6
Chloe Rylance	Ambleside AC	6
Lilli Carr	Keighley & Craven	5
Sophie Morgan	Rossendale HAC	5
Heather Wilshaw	Pennine FR	5
Tessa Knowles	Ambleside AC	4
Helen Lecky-Thompson	Broughton Runners	4
Rachel Nealon	Wreake Runners	4
Shelley Newell	Rossendale HAC	4





U12B

POS	NAME	CLUB	NO RACES	POINTS
1	Joshua Dickinson	City of York AC	5	200
2	Ben Green	Rossendale HAC	6	193
2	Lucas Parker	Pennine FR	6	193
4	Oliver Rees	Holmfirth Harriers	4	185
5	Ciaren Crabtree	Wharfedale Harriers	6	179
6	Matthew Mackay	Rossendale HAC	4	178
7	Callum Durrans	Holmfirth Harriers	5	177
8	Ben Edmondson	Broughton Runners	5	166
9	Logan Hargreaves- Madhas	Wharfedale Harriers	5	162
10	William Thompson	Keighley & Craven	4	145

U12G

POS	NAME	CLUB	NO RACES	POINTS
1	Sunnivah Waterman	Holmfirth Harriers	6	198
2	Katie Atkinson	Keighley & Craven	6	195
3	Bella Reed	Notts AC	5	189
4	Ella Tinman	Rossendale HAC	4	188
5	Mia Walsh	Helm Hill	4	187
6	Florence Reed	Notts AC	5	178
7	Eve Williams	Leigh Harriers	6	175
8	Maisy Vasic	Rossendale HAC	6	172
9	Phoebe Small	Rossendale HAC	5	171
10	Sarah Warhurst	Pennine FR	5	165

U14B

POS	NAME	CLUB	NO RACES	POINTS
1	Joshua Boyle	Hyndburn AC	6	198
1	Alfie Thompson	Leicester Coritanian AC	4	198
3	James Lund	Keighley & Craven	4	182
4	Kearyn Hopley	Mow Cop Runners	5	180
5	Elliot Matier	Carlisle Aspatria AC	4	177
6	Thomas Marchant	Pendle AC	5	175
7	Nicky Farquhar	Holmfirth Harriers	5	173
8	Jacob Aubrey	Helm Hill	6	167
9	Matthew Merrick	Bingley Harriers	6	165
10	Kristian Wade	Leigh Harriers	6	160

U14G

01.0					
POS	NAME	CLUB	NO RACES	POINTS	
1	Grace Handley	Blackburn Harriers	5	194	
2	Lucy Byram	Holmfirth Harriers	4	190	
3	Erica Byram	Holmfirth Harriers	4	187	
4	Lily McGuinness	Stockport Harriers	6	184	
5	Imogen Burrow	Helm Hill	6	181	
6	Katherine Lawson	Helm Hill	5	180	
7	Natalya Irvine	Blackburn Harriers	5	173	
8	Corrina Howorth	Rossendale HAC	5	172	
9	Victoria Merrick	Bingley Harriers	5	171	
10	Shauna Williamson	Rossendale HAC	6	162	
-		3 ,	_		





U16B

POS	NAME	CLUB	NO RACES	POINTS
1	Lewis Byram	Holmfirth Harriers	4	198
2	Chris Richards	Helm Hill	6	192
3	Liam Burthem	Warrington AC	6	190
4	Jack Hindle	Blackburn Harriers	5	185
5	Jack Denton	Calder Valley FR	5	181
6	Tom Peel	Howgill Harriers	6	180
7	Callum Davidson	Rossendale HAC	6	177
7	Oscar Meanwell	Borrowdale FR	5	177
9	Chris Law	Holmfirth Harriers	6	166
10	Ruaridh Mon-Williams	Ilkley Harriers	5	164

U16G

POS	NAME	CLUB	NO RACES	POINTS
1	Elizabeth Greenwood	Blackburn Harriers	6	200
2	Ellie Lambert	Wharfedale Harriers	5	191
3	Kelsey Rutherford	Blackburn Harriers	4	186
4	Lucy Williamson	Ilkley Harriers	6	184
5	Jennifer Willison	Derby AC	5	183
6	Issy Wharton	Calder Valley FR	4	175
7	Hannah Thom	Keighley & Craven	6	168
8	Leah Herrington	Scarborough AC	6	166
8	Madeleine Hole	Sale Harriers	4	166
8	Katie Oakley	Bolton United Harriers	5	166

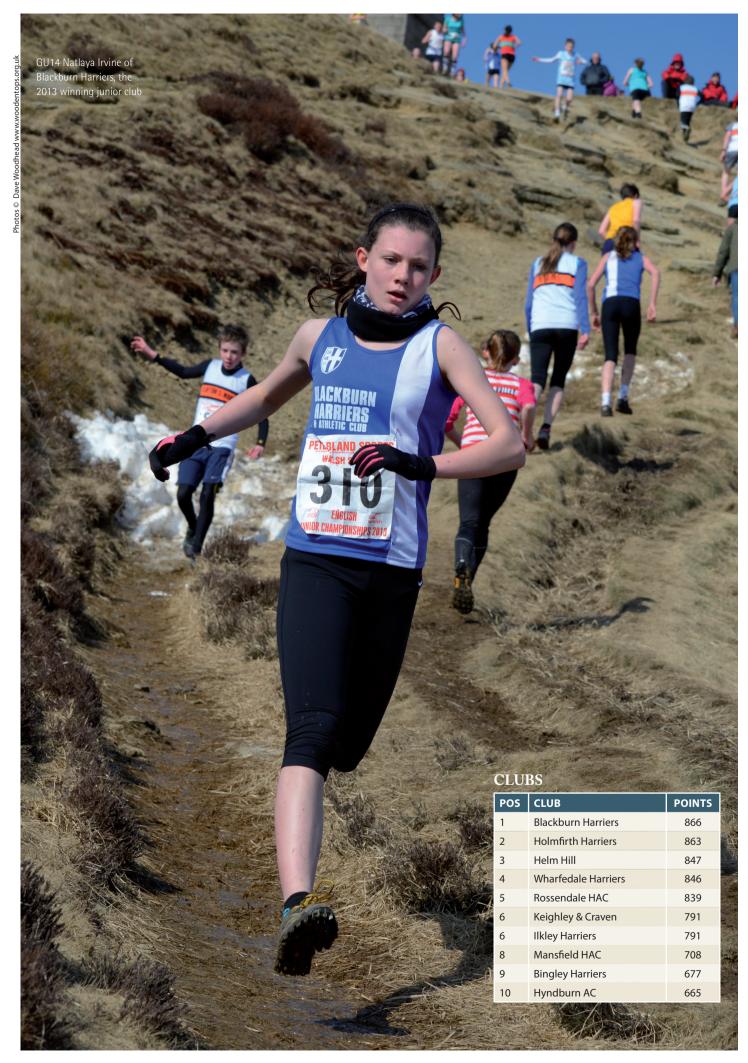
U18B

POS	NAME	CLUB	NO RACES	POINTS
1	James Hall	Wharfedale Harriers	4	194
2	Sam Haggar	Wharfedale Harriers	5	188
3	Jacob Boyle	Hyndburn AC	5	187
4	Danny Walsh	Rossendale HAC	3	139
5	Robert Hinchliffe Smith	Holmfirth Harriers	3	124
6	Max Wharton	Calder Valley FR	2	100
7	Declan Bulmer	Wharfedale Harriers	2	89
8	Gavin Lloyd	Broughton Runners	2	86
9	Steven Eastwood	Holmfirth Harriers	2	85
10	Lucas Cheskin	Moorfoot	1	50
10	Bertie Houghton	Doncaster AC	1	50

U18G

POS	NAME	CLUB	NO RACES	POINTS
1	Lauren Munro Bennett	Helm Hill	5	198
2	Holly Tidd	Warrington AC	4	189
3	Amelia Mitchell	Mansfield HAC	4	185
4	Charlotte Bellingham	Mansfield HAC	4	174
5	Harriet Codd	Mansfield HAC	3	136
6	Annabel Mason	Wakefield HAC	2	100
7	Ruby Sykes	Holmfirth Harriers	2	91
8	Hazel Blount	Mansfield HAC	2	82
9	Shannon Johnson	Bolton United Harriers	1	50
10	Katie Buckley	Bury AC	1	47
10	Hannah Hardy	Mansfield HAC	1	47
10	Leah Williamson	Rossendale HAC	1	47





2013 Open FRA U20 Championships

The new Championships was designed so that many runners would already be runing a couple of races (in either the U18 or the Senior Champsionships), so that they would only have to go out of their way for one, or preferably two, more races to qualify. These extra races would introduce them to harder races than those in the U18 Championships, including an AM if they wanted to run one, and get them used to the way the Senior Championships and race entries work, as well as reccying as preparation. The age limit was set to U20 as on 1st January, which is easy to work out if you are used to the Junior Championships, but has caused a little confusion for those used to age-on-day in senior races!

After four of the six races, the turnout in the men's competition has been impressive, with seven or eight contenders in an incredibly close title battle. Joe Crossfield of Halifax is currently in first place, four points clear of Jack Ross (Staffs Moorlands) and Jack Wright (Ambleside) in silver medal position. Five runners have been to three out of the four races so far, with another two potential champions having scored points in two races, meaning that they need to run both remaining races if they want one of those medals

Over in the women, turnout has not been so great, with only Lauren Munro-Bennet (Helm Hill) making the effort to run those extra races, and making her the runaway winner, although at the time of writing, she still needs one more race to be absolutely safe.

For next year, we will be considering whether to make an AM race compulsory, rather than allowing people to run Penyghent as this year (a race which is very close to the 10km limit). This would mean that athletes would have to be 18 in time for at least one AM race, so we would try to have an option later on, possibly in August or September. Any feedback on the series would be welcomed, either online through the forum or Facebook page, or direct to Lauren.

Rivington Pike

This historic fell race is a short sharp blast, partly on road, and a popular start to the season for many top senior runners, especially those who focus on shorter races and the international scene. Some of us thought a U20 or even an U18 runner could be on for the win, but it was not to be, with Tom Cornthwaite edging out Gary Priestley by a few seconds to win in 18:04. Fourth overall and first U20 was Alastair Weymouth of Border Harriers, impressively close in 18:45. The next four U20/U18s came in close together, led by Max Wharton in 19:34.

Annabel Mason (Wakefield), still only 16 but the best in the world in her age-group, and who can put almost every senior woman to shame in a short race, reached the summit neck and neck with Katie Walshaw, McCain UK Mountain Running Champion from last year. However, Katie left her behind on the descent and took

Short (U18 Champs)	Short (Senior Champs)	Harder
Rivington Pike March 30	Buckden Pike June 15	Fairfield Horseshoe May 11
Hawkswick June 30	Blisco Dash July 27	Penyghent June 1









Four different winners in four races for the men! Clockwise from top left: Alastair Weymouth (winner at Rivington), Joe Crossfield (winner at Fairfield), Jack Ross (winner at Penyghent), Max Wharton (winner at Buckden Pike)

the win in 20:24, with Annabel finishing on 20:52. A bit of payback came on both the following Tuesdays, with Annabel beating Katie at the Bunny Run two weeks in a row! Next U20 was Laura Riches, a minute and a half behind, and then Lauren Munro-Bennet of Helm Hill, and certainly the female runner most excited about

the new Championships.

We took advantage of the high participation in this event to give lots of runners a toe-hold in the new series, and this can be seen in the number of runners scoring points here.

Mansfield were the highest scorers in the team competition, which works by combining points



from two or three runners at an event, which can be any combination of men and women.

Fairfield Recce

For runners more familiar with senior fellrunning, Fairfield was to be the highlight of the series, and to help athletes prepare for this, a recce was arranged a few weeks before the race. A big thank you to Billy Procter, and Tom, Mark & Shaun Addision for taking a small group of four round the Fairfield course, pointing out the best lines and short-cuts, and talking about kit and fellrunning in general. The weather came good for this, and with better promotion in future, this could be a popular annual event, taking U20s and U23s around one of the Senior Championships races, preferably one which feels like 'real mountains' the way this course does.

Fairfield

The weather on race day didn't match up to the recce, although this didn't put many off. They were rewarded with perhaps their first experience of the mayhem at the start of a big Senior Championships race, and how everyone starts too fast! Lauren was the only female U20, and this being close to home, she had been looking forward to it for months. She ran a creditable 1:54:59. The turnout in the men was higher than expected at ten runners, with the first two fighting a very close battle all the way to the finish line. Just behind the first woman, often a good benchmark but tough when it is a top international like Victoria Wilkinson, Joe Crossfield of Halifax took the U20 honours in 1:28:04, with Anthony Dalton just 32 seconds adrift, and Jack Wright edging out Tom Saville for 3rd place.

Penyghent

Penyghent was the slightly easier option for a 'hard' race, and being a short-category race (just!), it opens up the Championships to competent and ambitious U18s. The weather was far better than at Fairfield, although a chill breeze still managed to permeate the air despite the sunny spells. This was the only race that is not also in one of the other championships, so practically all the U20 runners would be there intentionally for the series. Nine men made the trip, one fewer than Fairfield. A couple of the older U20s had skipped Penyghent in favour of the British Championships race at Yetholm, leaving Jack Ross to take a comfortable U20s win. His win was very well deserved, 4th overall in 48:03 behind an in-form Mark Addison on 47:25. Tom Saville was next in, a few minutes behind, and Jack Wright just beat Sam Haggar home for 3rd. The turnout in the women was not so good, with the only runner being local Sally Handford (Keighley), an U18, and only this year old enough to run in the senior race. This was her first result towards the title, and with only her and Lauren Munro-Bennet having run one of the 'hard' races, Lauren is by now firm favourite for the title.

Buckden Pike

With traditional fell-running clubs often encouraging their U18s and U20s to run the shorter Senior Championships races, we perhaps expected more than the eight men and three women that finished at Buckden, but possibly some of the Wharfedale runners were saving themselves for the BOFRA event the day after! Having been the only team to score team points at two races, a strong result here would have put them well on the way to the team title, but instead there were no teams scoring points at

However, the runners that did show up meant business, with U20 Max Wharton's battle with U23 Sam Tosh putting them well up in 10th and 12 places overall, Sam finishing 5 seconds clear in 33:22 to Max's 33:27. The winning time of Simon Bailey (31:07) shows these guys just what they'll be up against in senior competition, and eventually they may find out that most athletes are best suited to one race distance or another, or run better on certain terrain. Apart, that is, from second-overall Morgan Donnelly, who is impressively fast on anything and everything! Joe Crossfield was next U20, a short way ahead of Jack Wright ~ making it three third places in three races for him ~ and then Jack Ross. This puts Joe first place in the series, with the two Jacks currently tied for silver. Max didn't run one of the 'hard' races, but Alastair Weymouth and Anthony Dalton did, so although they are a little behind in the current standings, they have a race

There were some new faces in the women, with Caroline Lambert (Wetherby) first home, followed by the reliable Lauren Munro-Bennet and young ERYRI star Bronwen Jenkinson.

A word of thanks to all the race organisers who have helped get this series off the ground, and hopefully next year things will be better organised, announced well in advance, and attract even more runners.



Standings after Buckden Pike

Best four results to count; at least one from each category

Final results will only show runners with more than one race; runners must run at least three races to be awarded a medal.

Two or more runners from the same club must run in a race to score team points (any combination of male and female). The best two or three scores in that race are counted towards the total. No team scored points at Buckden Pike.

This report printed 16th June. Any queries to Lauren Jeska.

Team Points

Pos	Club	Rivington Junior S	Fairfield Hard	Penyghent Hard	Buckden Senior S	Hawkswick Junior S	Blisco Sen. S	Total
1	Wharfedale	63		53				116
2	Mansfield	70						70
3	Ambleside		51					51
4	Howgill Harriers		47					47
5	Staffs Moorland	45						45
6	Blackburn	41						41
7	Holmfirth	39						39

Men after Buckden

Pos	Name	Club	Rivington Junior S	Fairfield Hard	Penyghent Hard	Buckden Senior S	Hawkswick Junior S	Blisco Sen. S	Total
1	Joseph Crossfield	Halifax Harriers	27	32		29			88
2=	Jack Ross	Staffs Moorlands	25		32	27			84
2=	Jack Wright	Ambleside		28	28	28			84
4	Tom Saville	Dark Peak		27	9	26			82
5	Carl Edmonds	Black Combe		22	25	24			71
6	Max Wharton	Calder Valley	29			32			61
7=	Alastair Weymouth	Border Harriers	32	25					57
7=	Anthony Dalton	Rossendale Harriers	28	29					57
9	Sam Haggar	Wharfedale Harriers	21		27				48
10	Chris Lightburn	Ambleside	23	23					46
11=	James Hall	Wharfedale Harriers	26						26
11=	Patrick Hanna	Howgill Harriers		26					26
11=	Edward Evans	Wharfedale Harriers			26				26
14	Bradley Chapman	Ilkley				25			25
15=	Kristian Edwards	Tamworth AC	24						24
15=	Jack Millar	Sheffield University		24					24
15=	Alex Brown	Darwen Dashers			24				24
18=	Jamie Stephenson	u/a			23				23
18=	Declan Bulmer	Wharfedale Harriers				23			23
20=	Zac Howe	Blackburn Harriers	22						22
20=	Samuel Icing	Gt Bentley RC			22				22
22	Alistair Hanna	Howgill Harriers		21					21
23	Jacob Boyle	Hyndburn AC	20						20
24	Joseph Howe	Blackburn Harriers	19						19
25	Gavin Lloyd	Broughton Runners	18						18
26	Steven Eastwood	Holmfirth Harriers	17						17
27	Jack Holder	Wharfedale Harriers	16						16
28	Robert Hinchliffe Smith	Holmfirth Harriers	15						15
29	Myles Hourigan	u/a	14						14
30	Roger Willison	Sinfin Running Club	13						13
31	Luke Donnelly	Darwen Dashers	12						12

Women after Buckden

Pos	Name	Club	Rivington Junior S	Fairfield Hard	Penyghent Hard	Buckden Senior S	Hawkswick Junior S	Blisco Sen. S	Total
1	Lauren Munro-Bennett	Helm Hill Runners	28	32		29			89
2=	Annabel Mason	Wakefield	32						32
2=	Sally Handford	Keighley & Craven			32				32
2=	Caroline Lambert	Wetherby				32			32
5	Laura Riches	Leigh Harriers	29						29
6	Bronwen Jenkinson	ERYRI				28			28
7	Katie Buckley	Bury AC	27						27
8	Emily Kearney	Wirral AC	26						26
9	Harriet Codd	Mansfield Harriers	25						25
10	Ruby Sykes	Holmfirth Harriers	24						24
11	Amelia Mitchell	Mansfield Harriers	23						23
12	Eleanor Winning	Mansfield Harriers	22						22
13	Ella Crabtree	Chorley Athletic & Tri	21						21
14	Eleanor Wainwright	Staffs Moorland	20						20
15	Charlotte Bellingham	Mansfield Harriers	19						19
16	Hazel Blount	Mansfield Harriers	18						18



2013 Fell Running Championships INTERIM STANDINGS – JULY 2012

ENGLISH CHAMPIONSHIPS Organised by the Fell Runners Association Ltd



Sponsored by Pete Bland Sports and Inov-8

The six races are as follows:

Short:	Buckden Pike (Sat. 15th June) Blisco Dash (Sat. 27th July)
Medium:	Fairfield Horseshoe (Sat. 11th May) Turner Landscape (Sat. 10th Aug.)
Long:	Edale Skyline (Sun. 24th March) Wasdale Horseshoe (Sat. 13th July)



English Fell Running Championship 2013

Men's Open Championship

	1 1					
Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Rob Hope Pudsey & Bramley AC	48	BUCK	52	FAIR	100
2	Morgan Donnelly Borrowdale Fell Runners	49	BUCK	49	FAIR	98
3	Rob Jebb Bingley Harriers & AC	46	BUCK	48	FAIR	94
4=	Lloyd Taggart Dark Peak Fell Runners	47	BUCK	40	FAIR	87
4=	Stuart Bond Dark Peak Fell Runners	42	BUCK	45	FAIR	87
6	Ian Holmes Bingley Harriers & AC	38	BUCK	42	FAIR	80
7	Darren Kay Pudsey & Bramley AC	36	BUCK	43	FAIR	79
8=	Kim Collison Eden Runners	43	BUCK	35	FAIR	78
8=	Shaun Godsman Calder Valley Fell Runners	45	BUCK	33	FAIR	78
10=	Oliver Johnson Dark Peak Fell Runners	40	BUCK	37	FAIR	77
10=	Carl Bell Keswick AC	33	BUCK	44	FAIR	77

Men's Vets O40 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Morgan Donnelly Borrowdale Fell Runners	42	BUCK	42	FAIR	84
2	Lloyd Taggart Dark Peak Fell Runners	39	BUCK	36	FAIR	75
3=	Ian Holmes Bingley Harriers & AC	37	BUCK	37	FAIR	74
3=	Darren Kay Pudsey & Bramley AC	36	BUCK	38	FAIR	74
5	Shaun Godsman Calder Valley Fell Runners	38	BUCK	33	FAIR	71
6	Jim Davies Borrowdale Fell Runners	32	BUCK	35	FAIR	67
7	Ben Bardsley Borrowdale Fell Runners	35	BUCK	31	FAIR	66
8	Tom Brunt Dark Peak Fell Runners	31	BUCK	32	FAIR	63
9	Tom Gibbs Ambleside AC	34	BUCK	28	FAIR	62
10=	Mark Roberts Borrowdale Fell Runners	30	BUCK	29	FAIR	59
10=	James Logue Calder Valley Fell Runners	29	BUCK	30	FAIR	59

Men's Vets O45 Championship

	1 1					
Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Ian Holmes Bingley Harriers & AC	42	BUCK	42	FAIR	84
2	Jim Davies Borrowdale Fell Runners	39	BUCK	39	FAIR	78
3	Mark Roberts Borrowdale Fell Runners	38	BUCK	38	FAIR	76
4	Nicholas Charlesworth Wharfedale Harriers	37	BUCK	36	FAIR	73
5	Stephen Pyke Dark Peak Fell Runners	35	BUCK	34	FAIR	69
6	Dave Milliken Horwich RMI Harriers	32	BUCK	35	FAIR	67
7	Paul Cornforth Borrowdale Fell Runners	34	BUCK	31	FAIR	65
8	Dave Neill Staffs Moorlands AC	33	BUCK	30	FAIR	63
9	John Hunt Dark Peak Fell Runners	29	BUCK	33	FAIR	62
10	Mike Wallis Clayton Le Moors Harriers	31	BUCK	28	FAIR	59

Men's Vets O50 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Mark Roberts Borrowdale Fell Runners	32	BUCK	32	FAIR	64
2	Paul Cornforth Borrowdale Fell Runners	29	BUCK	29	FAIR	58
3	Dave Neill Staffs Moorlands AC	28	BUCK	28	FAIR	56
4	Mike Wallis Clayton Le Moors Harriers	27	BUCK	27	FAIR	54
5	Chris Knowles Ellenborough AC	26	BUCK	24	FAIR	50
6	Mike Egner Penistone Fell Runners & AC	23	BUCK	26	FAIR	49
7	Rick Stuart Helm Hill Runners	25	BUCK	23	FAIR	48
8	William Proctor Helm Hill Runners	20	BUCK	25	FAIR	45
9	Declan O'Duffy Bowland Fell Runners	22	BUCK	17	FAIR	39
10	David Soles Pennine Fell Runners	16	BUCK	21	FAIR	37

Men's Vets O55 Championship

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Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Dave Neill Staffs Moorlands AC	32	BUCK	32	FAIR	64
2	Mike Wallis Clayton Le Moors Harriers	29	BUCK	29	FAIR	58
3	Mike Egner Penistone Fell Runners & AC	28	BUCK	28	FAIR	56
4	William Proctor Helm Hill Runners	26	BUCK	27	FAIR	53
5	Declan O'Duffy Bowland Fell Runners	27	BUCK	24	FAIR	51
6=	Ben Grant Harrogate Harriers & AC	25	BUCK	22	FAIR	47
6=	Jackie Winn Ellenborough AC	24	BUCK	23	FAIR	47
8	Stephen Storey Penistone Fell Runners & AC	23	BUCK	21	FAIR	44
9	Robert Johnson Southport Waterloo AC	19	BUCK	19	FAIR	38
10	Pete Booth Clayton Le Moors Harriers	18	BUCK	18	FAIR	36



Paul Cornforth at Fairfield

Barry Blyth at Fairfield

Men's Vets O60 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1=	Ben Grant Harrogate Harriers & AC	22	BUCK	19	FAIR	41
1=	Jackie Winn Ellenborough AC	19	BUCK	22	FAIR	41
3	Pete Booth Clayton Le Moors Harriers	17	BUCK	18	FAIR	35
4	Barry Blyth Macclesfield Harriers & AC	16	BUCK	15	FAIR	31
5	Kieran Carr Clayton Le Moors Harriers	14	BUCK	13	FAIR	27
6=	Dave Tait Dark Peak Fell Runners	15	BUCK	11	FAIR	26
6=	Jim Wheldon Pudsey Pacers RC	12	BUCK	14	FAIR	26
8=	Norman Bush Ilkley Harriers AC	13	BUCK	5	FAIR	18
8=	Nick Pearce Ilkley Harriers AC	18	BUCK	0		18
10=	Andy Watts Cheshire Hill Racers	8	BUCK	9	FAIR	17
10=	Phil Clark Kendal Amateur Athletic Club	0		17	FAIR	17

Men's Vets O65 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Barry Blyth Macclesfield Harriers & AC	22	BUCK	22	FAIR	44
2	Kieran Carr Clayton Le Moors Harriers	18	BUCK	19	FAIR	37
3	Dave Tait Dark Peak Fell Runners	19	BUCK	17	FAIR	36
4	Adrian Dixon FRA	15	BUCK	18	FAIR	33
5	Michael Crook Horwich RMI Harriers	16	BUCK	16	FAIR	32
6	Norman Bush Ilkley Harriers AC	17	BUCK	13	FAIR	30
7	Jack King Cumberland Fell Runners	13	BUCK	15	FAIR	28
8	Paul Murray Horwich RMI Harriers	12	BUCK	14	FAIR	26
9	Richard Blakeley Todmorden Harriers	11	BUCK	12	FAIR	23
10	John Parker Horwich RMI Harriers	8	BUCK	11	FAIR	19

BY MARK HOBSON



William Neill at Fairfield

Men's Vets O70 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1=	Norman Bush Ilkley Harriers AC	12	BUCK	9	FAIR	21
1=	Paul Murray Horwich RMI Harriers	9	BUCK	12	FAIR	21
3	Richard Blakeley Todmorden Harriers	8	BUCK	8	FAIR	16
4	Roger Ashby Pennine Fell Runners	7	BUCK	6	FAIR	13
5	John Parker Horwich RMI Harriers	5	BUCK	7	FAIR	12
6	Roger Bell Ambleside AC	6	BUCK	0		6
7	Pete Dowker Kendal Amateur Athletic Club	0		5	FAIR	5
8=	Raymond Brown Penistone Fell Runners & AC	4	BUCK	0		4
8=	Barry Johnson Cumberland Fell Runners	0		4	FAIR	4
10=	Dennis Lucas Rochdale Harriers & AC	3	BUCK	0		3
10=	Phil Martin Bowland Fell Runners	0		3	FAIR	3

Men's U23 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	William Neill Mercia Fell Runners	8	BUCK	9	FAIR	17
2	Joseph Crossfield Halifax Harriers & AC	7	BUCK	7	FAIR	14
3=	Sam Tosh Rossendale Harriers & AC	12	BUCK	0		12
3=	Jonathan Crickmore Brighton & Hove AC	0		12	FAIR	12
5	Jack Wright Ambleside AC	6	BUCK	5	FAIR	11
6	Max Wharton Calder Valley Fell Runners	9	BUCK	0		9
7	Jonny Malley Dark Peak Fell Runners	0		8	FAIR	8
8	Anthony Dalton Rossendale Harriers & AC	0		6	FAIR	6
9=	Tom Saville Dark Peak Fell Runners	1	BUCK	4	FAIR	5
9=	Jack Ross Staffs Moorlands AC	5	BUCK	0		5

Men's Open Team Championship

	1 1						
Pos	Name	S.Pts	Race	M.Pts	Race	Total	Aggregate
1	Dark Peak Fell Runners	12	BUCK	12	FAIR	24	126
2	Borrowdale Fell Runner	9	BUCK	9	FAIR	18	162
3	Calder Valley Fell Run	8	BUCK	5	FAIR	13	315
4	Keswick AC	7	BUCK	6	FAIR	13	360
5	Pudsey & Bramley AC	5	BUCK	8	FAIR	13	373
6	Ambleside AC	4	BUCK	7	FAIR	11	390
7	Wharfedale Harriers	6	BUCK	4	FAIR	10	428
8	Helm Hill Runners	3	BUCK	3	FAIR	6	649
9	Pennine Fell Runners	2	BUCK	2	FAIR	4	759
10	Todmorden Harriers	0		1	FAIR	1	410

Men's Vets O40 Team Championship

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Pos	Name	S.Pts	Race	M.Pts	Race	Total	Aggregate				
1	Borrowdale Fell Runner	12	BUCK	12	FAIR	24	51				
2	Dark Peak Fell Runners	9	BUCK	9	FAIR	18	109				
3	Calder Valley Fell Run	8	BUCK	8	FAIR	16	153				
4	Ambleside AC	7	BUCK	7	FAIR	14	217				
5	Clayton Le Moors Harri	4	BUCK	6	FAIR	10	353				
6	Pennine Fell Runners	5	BUCK	4	FAIR	9	346				
7	Wharfedale Harriers	6	BUCK	0		6	133				
8	Todmorden Harriers	0		5	FAIR	5	167				
9	Keswick AC	0		3	FAIR	3	208				
10	Ilkley Harriers AC	3	BUCK	0		3	276				



Jim Davies of Borrowdale Fellrunners

Men's Vets O50 Team Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total	Aggregate
1	Helm Hill Runners	9	BUCK	12	FAIR	21	69
2	Borrowdale Fell Runner	12	BUCK	8	FAIR	20	81
3	Ellenborough AC	8	BUCK	5	FAIR	13	111
4	Penistone Fell Runners	5	BUCK	7	FAIR	12	120
5	Bowland Fell Runners	2	BUCK	9	FAIR	11	196
6	Dark Peak Fell Runners	6	BUCK	4	FAIR	10	145
7	Pennine Fell Runners	4	BUCK	6	FAIR	10	147
8	Clayton Le Moors Harri	7	BUCK	2	FAIR	9	149
9	Cheshire Hill Racers	0		3	FAIR	3	92
10	Macclesfield Harriers	3	BUCK	0		3	124

Women's Open Team Championship

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P	os	Name	S.Pts	Race	M.Pts	Race	Total	Aggregate
1		Ambleside AC	12	BUCK	9	FAIR	21	55
2		Dark Peak Fell Runners	9	BUCK	8	FAIR	17	78
3		Wharfedale Harriers	8	BUCK	7	FAIR	15	116
4		Calder Valley Fell Run	3	BUCK	12	FAIR	15	131
5		Keswick AC	7	BUCK	5	FAIR	12	183
6)	Ilkley Harriers AC	4	BUCK	3	FAIR	7	232
7	•	Pudsey & Bramley AC	0		6	FAIR	6	89
8		Bingley Harriers & AC	6	BUCK	0		6	92
9)	Helm Hill Runners	2	BUCK	4	FAIR	6	230
1	0	Pennine Fell Runners	5	BUCK	0		5	105



Lou Roberts and Astrid Gibb of Ambleside AC at Fairfield

BINGLEY

It's a record! Victoria Wilkinson at Fairfield

Women's V40 Team Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total	Aggregate
1	Dark Peak Fell Runners	12	BUCK	12	FAIR	24	29
2	Ambleside AC	9	BUCK	7	FAIR	16	85
3	Wharfedale Harriers	8	BUCK	8	FAIR	16	86
4	Clayton Le Moors Harri	6	BUCK	6	FAIR	12	122
5	Calder Valley Fell Run	0		9	FAIR	9	20
6	Ilkley Harriers AC	5	BUCK	4	FAIR	9	159
7	Pennine Fell Runners	7	BUCK	0		7	49
8	Keswick AC	0		5	FAIR	5	84
9	Bingley Harriers & AC	4	BUCK	0		4	97
10	Borrowdale Fell Runner	0		3	FAIR	3	96

Women's Open Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Victoria Wilkinson Bingley Harriers & AC	32	BUCK	32	FAIR	64
2	Helen Fines Calder Valley Fell Runners	29	BUCK	29	FAIR	58
3	Judith Jepson Dark Peak Fell Runners	28	BUCK	24	FAIR	52
4	Helen Berry Holmfirth Harriers AC	25	BUCK	26	FAIR	51
5	Jane Reedy Ambleside AC	27	BUCK	23	FAIR	50
6	Laura Gibson Totley AC	24	BUCK	21	FAIR	45
7	Emma Gould West Bromwich Harriers	26	BUCK	17	FAIR	43
8	Astrid Gibbs Ambleside AC	23	BUCK	18	FAIR	41
9	Gill Myers Wharfedale Harriers	21	BUCK	14	FAIR	35
10	Carol Evans Settle Harriers	17	BUCK	16	FAIR	33

BY MARK HOBSON



Annie Baumber ahead of Gill Myers at Fairfield

Women's Vets O40 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Judith Jepson Dark Peak Fell Runners	22	BUCK	19	FAIR	41
2	Gill Myers Wharfedale Harriers	19	BUCK	16	FAIR	35
3	Carol Evans Settle Harriers	15	BUCK	17	FAIR	32
4=	Steph Curtis Pennine Fell Runners	16	BUCK	13	FAIR	29
4=	Helen Elmore Dark Peak Fell Runners	17	BUCK	12	FAIR	29
4=	Nicky Spinks Dark Peak Fell Runners	14	BUCK	15	FAIR	29
7	Lou Roberts Ambleside AC	12	BUCK	14	FAIR	26
8	Pippa Wilkie Dark Peak Fell Runners	13	BUCK	10	FAIR	23
9	Jo Waites Calder Valley Fell Runners	0		22	FAIR	22
10	Jean Brown Clayton Le Moors Harriers	10	BUCK	11	FAIR	21

Women's Vets O45 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Judith Jepson Dark Peak Fell Runners	22	BUCK	22	FAIR	44
2=	Gill Myers Wharfedale Harriers	19	BUCK	17	FAIR	36
2=	Carol Evans Settle Harriers	18	BUCK	18	FAIR	36
4	Nicky Spinks Dark Peak Fell Runners	17	BUCK	16	FAIR	33
5	Pippa Wilkie Dark Peak Fell Runners	16	BUCK	15	FAIR	31
6	Nicola Davies Borrowdale Fell Runners	15	BUCK	14	FAIR	29
7=	Lyn Thompson Keswick AC	14	BUCK	12	FAIR	26
7=	Rowena Browne Bowland Fell Runners	13	BUCK	13	FAIR	26
9	Alison Weston Ilkley Harriers AC	11	BUCK	9	FAIR	20
10	Sally Newman Calder Valley Fell Runners	0		19	FAIR	19

Women's Vets O50 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Gill Myers Wharfedale Harriers	12	BUCK	8	FAIR	20
2	Carol Evans Settle Harriers	9	BUCK	9	FAIR	18
3	Nicola Davies Borrowdale Fell Runners	8	BUCK	7	FAIR	15
4=	Lyn Thompson Keswick AC	7	BUCK	5	FAIR	12
4=	Rowena Browne Bowland Fell Runners	6	BUCK	6	FAIR	12
4=	Sally Newman Calder Valley Fell Runners	0		12	FAIR	12
7	Kate Ayres Ambleside AC	5	BUCK	4	FAIR	9
8	Wendy Dodds Clayton Le Moors Harriers	2	BUCK	3	FAIR	5
9	Karon Forster Spectrum Striders	4	BUCK	0		4
10=	Jane Leonard Todmorden Harriers	1	BUCK	2	FAIR	3
10=	Aly Raw Bingley Harriers & AC	3	BUCK	0		3

Women's Vets O60 Championship

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Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Wendy Dodds Clayton Le Moors Harriers	12	BUCK	12	FAIR	24
2	Lou Lyness Barrow & Furness Striders AC	7	BUCK	9	FAIR	16
3	Linda Lord Clayton Le Moors Harriers	8	BUCK	7	FAIR	15
4	Janet Forrester Matlock Athletic Club	6	BUCK	6	FAIR	12
5	Alison Brentnall Pennine Fell Runners	9	BUCK	0		9
6=	Beryl Buckley Glossopdale Harriers	3	BUCK	5	FAIR	8
6=	Lesley Malarkey Keswick AC	0		8	FAIR	8
8	Barbara Haigh Penistone Fell Runners & Athletic Club	5	BUCK	0		5
9=	Gayle Tombs Calder Valley Fell Runners	4	BUCK	0		4
9=	Sandra Scott Helm Hill Runners	0		4	FAIR	4



Lyn Thompson at Fairfield



Linda Lord at Fairfield

Women's Vets O60 Championship

	1 1					
Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Wendy Dodds Clayton Le Moors Harriers	12	BUCK	12	FAIR	24
2	Lou Lyness Barrow & Furness Striders AC	7	BUCK	9	FAIR	16
3	Linda Lord Clayton Le Moors Harriers	8	BUCK	7	FAIR	15
4	Janet Forrester Matlock Athletic Club	6	BUCK	6	FAIR	12
5	Alison Brentnall Pennine Fell Runners	9	BUCK	0		9
6=	Beryl Buckley Glossopdale Harriers	3	BUCK	5	FAIR	8
6=	Lesley Malarkey Keswick AC	0		8	FAIR	8
8	Barbara Haigh Penistone Fell Runners & AC	5	BUCK	0		5
9=	Gayle Tombs Calder Valley Fell Runners	4	BUCK	0		4
9=	Sandra Scott Helm Hill Runners	0	••••	4	FAIR	4

Women's Vets O65 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Linda Lord Clayton Le Moors Harriers	12	BUCK	12	FAIR	24
2=	Barbara Haigh Penistone Fell Runners & AC	9	BUCK	0		9
2=	Sandra Scott Helm Hill Runners	0		9	FAIR	9

Women's U23 Championship

Pos	Name	S.Pts	Race	M.Pts	Race	Total
1	Emma Gould West Bromwich Harriers	12	BUCK	12	FAIR	24
2	Nichola Jackson Preston Harriers	8	BUCK	9	FAIR	17
3	Lauren Munro-Bennett Helm Hill Runners	7	BUCK	8	FAIR	15
4	Caroline Lambert Wetherby Runners AC	9	BUCK	0		9
5	Kate Donovan Howgill Harriers	0		7	FAIR	7



British Fell Running Championship 2013

BRITISH CHAMPIONSHIPS

Organised by UKA Athletics Mountain Running Advisory Group Championship Subcommittee





Sponsored by Pete Bland Sports and Norman Walsh Footwear

The four races are as follows:

Short: Blisco Dash (Sat. 27th July)

Medium: Silent Valley (Sat. 13th April)
Yetholm (Sun. 2nd June)

Long: Peris Horseshoe (Sat. 14th Sept)



Men's Open Championship

Pos	Name	SV	Yet	Total
1	Morgan DonnellyBorrowdale Fell Runners	45	52	97
2=	Rob JebbBingley Harriers & AC	48	48	96
2=	Finlay Wild Lochaber Athletic Club	49	47	96
4	Lloyd Taggart Dark Peak Fell Runners	46	42	88
5	Jim DaviesBorrowdale Fell Runners	44	43	87
6	Mark RobertsBorrowdale Fell Runners	37	40	77
7	Stewart WhitlieCarnethy Hill Racing Club	34	38	72
8	Andrew FallasCarnethy Hill Racing Club	26	45	71
9	Paul FaulknerCarnethy Hill Racing Club	32	36	68
10	Todd Oates Ambleside AC	33	28	61

Men's Vets O40 Championship

Pos	Name	sv	Yet	Total
1	Morgan DonnellyBorrowdaleFell Runners	37	42	79
2	Lloyd Taggart Dark Peak Fell Runners	38	37	75
3	Jim DaviesBorrowdaleFell Runners	36	38	74
4	Mark RobertsBorrowdaleFell Runners	33	36	69
5	Stewart Whitlie Carnethy Hill Racing Club	31	35	66
6	Paul CornforthBorrowdaleFell Runners	30	30	60
7	Gavin BlandBorrowdaleFell Runners	42	17	59
8=	Adrian DavisCarnethy Hill Racing Club	25	29	54
8=	Martin CliffeEryri Harriers	22	32	54
10=	Karl Gray Calder Valley Fell Runners	39	0	39
10=	Barry WilkinsonBorrowdaleFell Runners	18	21	39
10=	Darren Kay Pudsey &Bramley AC	0	39	39

Men's Vets O50 Championship

Pos	Name	sv	Yet	Total
1	Mark RobertsBorrowdale Fell Runners	32	32	64
2	Stewart WhitlieCarnethy Hill Racing Club	29	29	58
3	Paul CornforthBorrowdale Fell Runners	28	28	56
4	Adrian DavisCarnethy Hill Racing Club	26	27	53
5	Jackie WinnEllenboroughAC	23	20	43
6=	Deon McNeillyNewcastle & District AC	27	0	27
6=	Arwel LewisEryri Harriers	11	16	27
8	Alan Kirk Pennine Fell Runners	0	26	26
9=	Adam HaynesEryri Harriers	25	0	25
9=	Keith G. Holmes Dark Peak Fell Runners	16	9	25
9=	Paul JeggoSpringfield Striders RC	0	25	25

Men's Vets O60 Championship

Pos	Name	SV	Yet	Total
1	Jackie WinnEllenboroughAC	22	19	41
2	Dave TaitDark Peak Fell Runners	17	16	33
3	MichaelMcLoughlinPreston Harriers	16	12	28
4=	Rod Sutcliffe Calder Valley Fell Runners	15	11	26
4=	John Blair-FishCarnethy Hill Racing Club	13	13	26
4=	Adrian Dixon FRA	11	15	26
7	Andy Watts Cheshire Hill Racers	10	14	24
8	Bernard Grant Harrogate Harriers & AC	0	22	22
9	Robert Taylor Pennine Fell Runners	19	0	19
10=	Stewart CunninghamMourneRunners	18	0	18
10=	Nick PearcellkleyHarriers AC	0	18	18

Men's Open Team Championship

Pos	Name	SV	Yet	Total	Aggregate
1	Borrowdale Fell Runner	12	12	24	99
2	Carnethy Hill Racing C	7	8	15	198
3	Ambleside AC	8	5	13	414
4	Dark Peak Fell Runners	5	7	12	419
5	Pudsey &Bramley AC	0	9	9	60
6	Calder Valley Fell Run	9	0	9	73
7	Mercia Fell Runners	4	4	8	675
8	Eryri Harriers	6	0	6	149
9	Hunters Bog Trotters	0	6	6	280
10	MourneRunners	3	0	3	348

Men's Vets O40 Team Championship

Pos	Name	SV	Yet	Total	Aggregate
1	Borrowdale Fell Runner	12	12	24	35
2	Carnethy Hill Racing C	6	9	15	197
3	Dark Peak Fell Runners	7	8	15	199
4	Mercia Fell Runners	3	7	10	270
5	Calder Valley Fell Run	9	0	9	48
6	Eryri Harriers	8	0	8	109
7	Pennine Fell Runners	0	6	6	197
8	Newcastle & District A	5	0	5	155
9	NorhamRunning Club	0	5	5	266
10	Cheshire Hill Racers	4	0	4	158

Men's U23 Championship

Pos	Name	SV	Yet	Total
1	JosephCrossfieldHalifax Harriers & AC	12	0	12
2	Huw Davies Mercia Fell Runners	9	0	9

Women's Open Championship

Pos	Name	sv	Yet	Total
1	Helen Fines Calder Valley Fell Runners	32	29	61
2=	Jasmin ParisCarnethyHill Racing Club	29	22	51
2=	Charlotte MorganCarnethyHill Racing Club	28	23	51
2=	Judith Jepson Dark Peak Fell Runners	23	28	51
5	Lauren Jeska Tod morden Harriers	25	24	49
6	Helen Berry Holmfirth Harriers AC	22	26	48
7	Mel Price Mercia Fell Runners	21	25	46
8	Astrid Gibbs Ambleside AC	19	21	40
9=	Sarah MayTodmordenHarriers	16	16	32
9=	Lou Roberts Ambleside AC	14	18	32
9=	Victoria Wilkinson Bingley Harriers & AC	0	32	32

Women's Vets O40 Championship

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Pos	Name	SV	Yet	Total
1	Judith Jepson Dark Peak Fell Runners	18	22	40
2	Mel Price Mercia Fell Runners	17	19	36
3=	Lou Roberts Ambleside AC	14	17	31
3=	Gill MyersWharfedaleHarriers	13	18	31
5	Jean Brown Clayton Le Moors Harriers	16	11	27
6	Rachel HillWharfedaleHarriers	10	15	25
7	ShonaRobertson Shettleston Harriers	22	0	22
8	Nicola DaviesBorrowdaleFell Runners	9	12	21
9	Jo WaitesCalder Valley Fell Runners	19	0	19
10	Hazel Robinson Ambleside AC	0	16	16

Women's Vets O50 Championship

Pos	Name	SV	Yet	Total
1	Gill MyersWharfedaleHarriers	12	12	24
2	Nicola DaviesBorrowdaleFell Runners	9	8	17
3	Kate Ayres Ambleside AC	7	6	13
4	Jane LeonardTodmordenHarriers	8	4	12
5=	KathleenBrierleyTodmordenHarriers	6	3	9
5=	Aly Raw Bingley Harriers & AC	0	9	9
7=	WendyDoddsClayton Le Moors Harriers	5	2	7
7=	Lyn Thompson Keswick AC	0	7	7
9	KaronForster Spectrum Striders	0	5	5
10	Susan Howarth Mercia Fell Runners	4	0	4

Women's Open Team Championship

Pos	Name	SV	Yet	Total	Aggregate
1	CarnethyHill Racing C	12	7	19	55
2	Ambleside AC	6	12	18	94
3	TodmordenHarriers	9	8	17	82
4	WharfedaleHarriers	5	9	14	108
5	Mercia Fell Runners	8	0	8	45
6	Clayton Le Moors Harri	4	4	8	200
7	Calder Valley Fell Run	7	0	7	48
8	Hunters Bog Trotters	0	6	6	90
9	Pudsey &Bramley AC	0	5	5	110
10	Carnegie Harriers	0	3	3	135

Women's V40 Team Championship

Pos	Name	SV	Yet	Total	Aggregate
1	WharfedaleHarriers	9	9	18	74
2	Clayton Le MoorsHarri	8	8	16	98
3	Ambleside AC	0	12	12	21
4	Mercia Fell Runners	12	0	12	29



European Trial & Senior Home International Mountain Race

Keswick 25 May 2013

Emma Clayton and Steve Vernon led England to victory in the Home International Mountain Running Championships and earned their places in the GB team for the European Championships in Bulgaria on 6

Clayton was an emphatic winner of the 8.8km uphill race which finished on top of Skiddaw.

Behind her Olivia Walwyn, Rebecca Robinson and Sarah Tunstall filled the next three places booking their places for the European Championships.

Vernon was pushed hard by his England team mate Orlando Edwards who finished second, with Scot Robbie Simpson in third and England's Chris Smith fourth.

These four have been selected to represent GB in Bulgaria.

Last year's European Junior Champion Annabel Mason (Wakefield) won the Junior Women's race with Nathan Jones (Colwyn Bay) taking the Junior Men's event.

International Teams (Women)

1	England A	15
2	Scotland	35
3	Wales	40
4	Northern Ireland	71

SENIOR WOMEN 8.7KM, 940M CLIMB, 80M DESCENT

Pos	SHI	Name	Country	Club	Cat	Time
1	1	Emma Clayton	England A	Bingley Harriers	L	50.41
2	2	Olivia Walwyn	England A	Altrincham	L	52.18
3	3	Rebecca Robinson	England A	Kendal	L	52.45
4		Sarah Tunstall	-	Keswick A.C.	L	52.56
5		Tessa Hill	-	Hunters Bog Trotters	L	53.15
6	4	Katie Walshaw	England B	Holmfirth	L	53.35
7	5	Sula Gay	Scotland	Hunters Bog Trotters	L	55.14
8	6	Claire Gordon	Scotland	Hunters Bog Trotters	L	56.47
9	7	Siobhan Evans	Wales	Eryri Harriers	L	57.18
10	8	Anna Bartlett	Wales	Mercia Fell Runners	L40	57.59
11	9	Laura Riches	England A	Leigh Harriers	LU23	58.10
12	10	Scout Adkin	Scotland	Moorfoot	LU23	58.46
13	11	Caroline Lambert	England A	Wetherby Runners	LU23	60.11
14	12	Sharon Leech	Wales	Carmarthen	L40	60.30
15	13	Jackie Lee	Wales	Eryri Harriers	L	60.36
16	14	Charlotte Morgan	Scotland	Carnethy	L	61.36
17	15	Shillean O'Kane	Northern Ireland	Lagan Valley	L40	61.45
18	16	Lucy Crookes	England B	Leeds University	LU23	61.53
19	17	Gillian Wasson	Northern Ireland	Springwell	L	62.11
20	18	Diane Wilson	Northern Ireland	Dromore	L40	62.43
21	19	Kate Goodhead	England A	Bristol and West	L	62.51
22		Morag McCracken	-	Hunters Bog Trotters	L	63.59
23		Anne Buckley	-	Bingley Harriers	L40	64.08
24	20	Clara Evans	England B	Hereford	LU23	65.23
25	21	Anne Sandford	Northern Ireland	Lagan Valley	L40	68.48
26		Kirsty Hall	-	Wharfedale Harriers	L	73.15









Winning England team (I-r): Laura Riches, Rebecca Robinson, Olivia Walwyn, Emma Clayton

SENIOR MEN 11.3KM, 1080M CLIMB, 230M DESCENT

Pos	SHI	Name	Country	Club	Cat	Time
1	1	Steve Vernon	England A	Stockport	М	54.18
2	2	Orlando Edwards	England B	Shaftesbury Barnet	M	54.24
3	3	Robbie Simpson	Scotland	Deeside	MU23	55.50
4	4	Chris Smith	England A	Thames Valley Harriers	М	55.57
5	5	Brian MacMahon	Ireland	Clonliffe Harriers	М	56.26
6		Billy Burns	-	Salford	M40	56.51
7	6	Morgan Donnelly	England A	Borrowdale Fell Runners	M40	57.29
8		Adam Osborne	-	Leeds City	М	57.47
9	7	Rob Samuel	Wales	Eryri	М	58.01
10	8	Joe Symonds	Scotland	Hunters Bog Trotters	М	58.19
11	9	Joe Morwood	England A	AFD	MU23	58.50
12		Gary Priestly	-	Salford	М	59.03
13	10	Andy Davies	Wales	Mercia Fell Runners	M	59.14
14	11	Richard Phillips	Wales	Serpentine	M	59.42
15	12	Lachlan Oates	Scotland	Shettleston	MU23	59.58
16	13	Tom Adams	England B	Ilkley Harriers	M	60.26
17	14	James McMullan	England A	Thames Hare & Hounds	M	60.38
18	15	Sam Hesling	Scotland	Carnethy	M	61.45
19	16	Will Neill	England A	Mercia Fell Runners	MU23	62.01
20		Lloyd Taggart	-	Dark Peak	M40	62.09
21		Alex O'Gorman	-	Stockport	M	62.31
22		Martin Mikkelsen-Barron	-	Borrowdale Fell Runners	M	62.43
23	17	Mark Nixon	Scotland	Pudsey & Bramley	M	63.21
24	18	Kenny Richmond	Scotland	Shettleston	M40	64.16
25	19	Jack Simpson	England B	Leeds City	M	64.30
26	20	lain Whiteside	Northern Ireland	Carnethy	M	65.11
27	21	Glyn Griffin	Wales	Meirionydd Running Club	M	65.21
28	22	Lewis Timmins	England B	Morpeth Harriers	M	65.58
29		Nick Thomas	-	Telford	M40	68.35
30		Jacob Hayes	-	Bitton RR	M40	68.49
31	23	Chris Stirling	Northern Ireland	Ambleside	M	69.01
32	24	Dale Mathers	Northern Ireland	Newry City	M40	70.59
33		Graham Rush	-	U/A	M	72.02
34	25	Joe Crossfield	England B	Halifax	MU23	72.14
35		Ifan Richards	-	Meirionnydd R.C.	M	72.21
36		Peter Chapman	-	Ripon Runners	M50	73.08
37		Ben Iveson	-	Ripon Runners	M	79.01
38	26	Emmet McAllister	Northern Ireland	Balymena Runners	M	79.45
39		Philip Graves	-	U/A	M	82.56
40		Ben Thompson	-	U/A	M	84.46

International Teams (Men)

1	England A	19
2	Scotland	38
3	Wales	49
4	Northern Ireland	93
(non placed)	England B	56

JUNIOR WOMEN 3.7KM, 510M CLIMB, 0M DESCENT

Pos	Name	Club	Time
1	Annabel Mason	Wakefield Harriers	26.00
2	Catriona Graves	Garscube	26.44
3	Georgia Malir	Ilkley Harriers	27.48
4	Lydia Sharpe	Gateshead Harriers	28.27
5	Georgia Garner	Colwyn Bay	29.15
6	Shannon Johnson	Bolton United Harriers	32.05
7	Sarah Hodgson	Lancaster	33.21

JUNIOR MEN 8.7KM, 940M CLIMB, 80M DESCENT

Pos	Name	Club	Time
1	Nathan Jones	Colwyn bay	48.34
2	Brad Traviss	Calder Valley	48.54
3	Max Wharton	Calder Valley	50.38
4	Andrew Lawler	Law & Dist.	51.07
5	Bertie Houghton	Doncaster	52.00
6	Iolo Llyr Hughes	Menai Track & Field	53.01
7	Jamie Crowe	Dundee	54.44
8	Kristian Edwards	Leicester A.C.	56.08
9	Tom Saville	Dark Peak	57.34
10	Jacob Griffith	Colwyn Bay	61.26
Ret.	Anthony Dalton	Rossendale Harriers	
Ret.	Alistair Weymouth	Border Harriers	

Settle Hills Fell race

including Inter-Counties Championships and first race in British Athletics Mountain Running Challenge





19 May, Settle, North Yorkshire.

Senior Races 7 miles and 530m of ascent, Junior races 4 miles

Emma Clayton and Nick Swinburn went into the lead in the British Athletics Mountain Running Challenge after Race 1.

Clayton had a close race with her Bingley Harriers and Yorkshire team mate Victoria Wilkinson, finally getting the better of her on the last flat section. Third was Katie Walshaw, also of Yorkshire, giving the county a clear victory in the Inter-Counties team race.

The first four women went under the previous record with Clayton reducing it by nearly four minutes.

The men's Inter-Counties title was won by Wegene Tafase of Scotland West from Nick Swinburn (North East) with Swinburn taking maximum points in the Mountain Running Challenge as it is only open to British Athletes. Third placed Tom Adams led Yorkshire to the team title.

In the junior races both U16 titles went to Lancashire and both U18 titles to Yorkshire, with European Mountain Running Champion Annabel Mason and Max Wharton leading the Yorkshire teams to victory.

The U16 races were won by Elizabeth Greenwood (Lancashire) and Jack Willis (North East). A record number of 23 counties took part with 11 different counties winning medals.

Results: www.race-results.co.uk/results/2013/fra.pdf







The Easter England and Wales Mountain Running Training Camp

Easter 2013

The bi-annual Wales and England Junior Mountain Running Development Camp was recently held over the Easter holiday with Wales playing host and Llanberis in North Wales once again the venue. The attending athletes and coaches opted for the three days "cold weather" training instead of following many of their fellow-athletes out in Spain, Portugal and beyond "warm weather" training.

It was great to see a large and enthusiastic group - with many athletes currently revising for upcoming summer exams. Thankfully, other than temperature, the weather was fairly kind to us and stayed dry for the duration.

After the arrival of all the athletes in the early afternoon, the chatting and catching up and the introduction of a few new faces, the group all went out for a steady run through the woods and around the scenic Llyn Padarn Lake.

Once refuelled and refreshed we had a "mental resilience" workshop from Hollie Brown , a Chester University student who did this talk as a follow up to the talk she did at the Summer camp last August. Everyone got stuck in deciding what attributes a 'World Class' athlete has, which of these are most important and how each athlete rated themselves for each attribute. Reflecting on our most recent race was also a very good learning tool and taught us why we should sit down, think about, talk about and write about every race.

After a fantastic curry dinner, (with let's just say, many extra helpings) it was back to the classroom for a discussion on utilising lactate via the 'theory of new interval training', presented by Bashir Hussain. Unlike the usual interval session with high intensity repetitions and low



intensity rest periods in between, this theory uses "roll-ons" between efforts as the rest. These are just below threshold pace and therefore a higher intensity than traditional rest periods. So, although the effort intensity may not be 100% the overall intensity of the session is higher than usual. This method enables you to build up lactic acid in the effort and then teach your body how to utilise that lactic acid during the roll-on before beginning another effort.

Before too many minds drifted off to sleep, we all sat down for an inspirational film entitled "Wide Boyz". It documents the story of two young climbers as they set out on a seemingly impossible goal in the climbing world. But for

the two years leading up to their challenge they trained their bodies and their minds to the limit. Ultimately, they both achieved their goal and the moral of the story for us as athletes, was to aim high, prepare meticulously and focus on the process-not the outcome.

The following morning began with an easy run around the same route as the day before. It was a bit chilly, but the views more than made up for it! After (a rather large) breakfast it was into the classroom for a talk on economical running style from Neil Miller. Slow motion videos showed us the common inefficiencies that distance runners display in their technique. For example-hip drop, shoulder drop and lean,







heel striking and knocking knees. To follow on from this talk, Neil kindly agreed to video every athlete for biomechanical analysis. But due to the large numbers, we split into two groups. So with half staying in the fields in Llanberis to be filmed, the other half were driven out to a Wood just outside Deiniolen for a 'new interval' training session.

With the need to strip down for the camera, (so it was clearer to see how the body was working) and only doing a few short runs up and down, the biting wind made the filming pretty unglamorous and cold. But, whether the group in the wood were getting a better deal was a good question.

Although out of the wind, the remote position of the wood meant driving out on the roads through eight foot drifts of snow and then on foot negotiating treacherous ice and lying snow. Actually, Jackie Newton had done very well deciding the route for the session, because those paths were unaffected. She chose a loop of around of around eight hundred metres for an uphill and flat effort and the downhill as the roll-on back to start. The session was new, but everyone appeared to enjoy it and took away ideas for new types of sessions. After a short trip on the minibus it was time for the groups to swap over, although the coaches stayed where they were, so it was round two for them.

After both parties arrived back at base, pretty tired, cold and hungry, it was definitely time for a late lunch and a cup of tea! Before the next activity was a short break for revision for some and just relaxation for others!

Following on from our morning of running economically and efficiently, we were asked to identify what we thought were our weaknesses and split into our respective groups. We then had to devise drills and core exercises to address these biomechanical weaknesses and present them to the other groups and coaches. A large number of exercises were devised and although some overlapped into different groups, they were all demonstrated very well and taught to every athlete and coach. So we have no excuse for our running technique not to be perfect now!

A well earned lasagne dinner was on the menu tonight and the chocolate cake dessert went down a storm after a pretty busy day!

The evening was time for preparation for this year's upcoming Championships. With different age ranges in the group, we had some eligible for the World Youth Cup, where England and Wales will be taking to teams to Gap in France. We had athletes eligible for the IAAF Uphill Only European Championships where Great Britain will be sending teams to Bulgaria and for the IAAF World Championships where Great Britain teams will be competing in Poland. We also had juniors eligible for the British and Irish Junior Championships which will be held in Scotland in September whereas the Senior Home International will be held at the European Trials





in England in May. Trial races were discussed for each, with the dates, locations, courses and selection criteria.

With four athletes in the room having already gained a Great Britain vest at previous Mountain Running Championships, we also got some great first-hand insight into competing at the highest level. Some of these athletes found the climate and altitude tough to cope with, but others struggled with very early race start times and with the food abroad. They gave us some great advice on how to prepare for the conditions and how to put plans in place to avoid problems; such as taking your own breakfast for race day.

With lots a tired bodies in the room, we then had an hour or two to relax and chat before going to bed for some much needed sleep!

As a hills session was planned for late morning, we had a little more time to lie-in in the morning with no need for a morning run. After fuelling up at breakfast the activity was goal setting. We planned for the short and long term and for our personal biggest race of the summer, we filled out a meticulous plan for the 24 hours leading up to the race and what we will do when. It was a good exercise to learn what we need to plan to avoid issues and also whether we do have a routine that we stick to.

Before heading out to the location for the hill session we had the usual scramble for packed lunches! Everybody wanting the best sandwich fillings and a slice of yummy banana cake!

The hill session was held at the far end of Llyn Peris Lake on the slate roads through the old quarry. So we had a good two mile jog out to warm up and with a biting wind and snowflakes falling, there weren't many items of clothing stripped off to begin with! We began with some downhill efforts concentrating on good technique. After a few runs, the coaches decided who were best to show us all how it's done well and then we all had a few more goes. Next up was a gruelling eight minute uphill tempo run and as if we weren't already tired, we then had some short, fast uphill efforts, weaving our way back up the hill.

It's fair to say that the clothes went back on pretty quickly and after a few pictures of the group with the fantastic views, everybody set off back to base for a shower and the well soughtafter lunch.

To close we had a final hours talk to discuss



the morning's session and to wrap up the camp. The coaches were also able to get some great positive feedback and some thoughts on how to improve future camps. So watch this space everyone, because it's England to host this summer's camp. See you there!

Many thanks go to The Fell Runners Association, Welsh Athletics and The John Taylor Foundation who funded the camp and without whom it would not have been possible.

ATTENDING COACHES: Bashir Hussain, Jackie Newton, Steve Livett, Neil Miller, Delyth Brown, Dic Evans, Paul Jenkinson



Welsh Fell Runners Association

WFRA Open / Welsh Championships and Series 2013

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

Inov-8/WFRA Open Welsh Championships 2013

After 2 races the category leaders are as follows:

MU40 - Tim Davies (Mercia), MU23 - Liam Burthem (Warrington), MO40 - Martin Cliffe (Eryri), MO50 - Glyn Fletcher (Maldwyn), MO60 - Martin Cortvriend (Denbigh), MO70 - Rob West (MDC), FU40 – Louise Barker (Aberystwyth), FU23 – Eleanor Jones (Denbigh), FO40 – Sandra Rowlands (Clwydian), FO50 – Susan Haworth (Mercia), FO60 – Maggie Oliver (Eryri) .

WFRA North Wales Series 2013 (sponsored by Cotswold Outdoor)

After 2 races the category leaders are as follows:

MU40 - Karl Steinegger (Ambleside), MU23 - Huw Davies (Mercia), MO40 - Martin Cliffe (Eryri), MO50 - Ian Lancaster (Tattenhall), MO60 - Mario Foschi (Helsby), MO70 - Philip Jones (Prestatyn), FU40 Lauren Jeska (Aberystwyth), FU23 - Eleanor Jones (Denbigh), FO40 - Joanne Moore (Eryri), FO50 - Juliet Edwards (Meirionnydd), FO60 - Maggie Oliver (Eryri).

WFRA South Wales Series 2013

After 4 races the category leaders are as follows:

MU40 – Hugh Aggleton (MDC), MO40 – Richard Johnson (Mynydd Du), MO50 – John Aggleton (MDC), MO60 – Gary Gunner (Croft Ambrey), MO70 – Rob West (MDC), FU40 – Louise Barker (Aberystwyth), FO40 – Niki Morgan (Chepstow), FO50 – Sharon Woods (Mynydd Du), FO60 – Maggie Oliver (Eryri).

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

Navigation Courses

Navigation Courses are held periodically in North and South Wales. Dates will be arranged when we have sufficient numbers. Please contact the Secretary (Andrew Blackmore) if you are interested. Email: Andrew@wfra.org.uk or tel 01633 882558.

2013 WFRA Wales and Borders Race Calendar

This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders that were available at the time of publication. It includes some races not in the FRA Calendar. The Calendar is free to paid-up members. Non members can obtain a copy for £5.00p 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 organisation providing the following services for fell runners in Wales –

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

Membership costs £10 per year.

Membership forms are available on the WFRA website – www.wfra.org.uk.

Alternatively, contact the Membership Secretary – Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL. Tel: 01492 582631.

Email: geoff@wfra.org.uk



High Peak Marathon 2013



It was over two years ago since my last encounter with the High Peak Marathon. On that occasion, probably due to the lack of training, after we got a last minute entry as a reserve team, I had struggled over the last section of the route from Snake Top. So with a guaranteed entry this year, surely I would arrive at the startline race fit?

Whilst I hadn't been able to do any regular long distance training, due to work commitments and a busy schedule with my son's swimming training, I had got some decent runs in with fellow club mates. Andy Gartside and I had completed a night-time round of the Saddleworth 5 Trigs and Howard Chambers joined us for a night round of the new 5 Trigs a couple of weeks later. In addition, fellow HPM team member Gaynor Keane and I had a good run around the 26 mile Anglezark Amble at the beginning of February. With three weeks to go to the HPM I had planned a couple of other long runs on the hills that would stand me in good stead. Like all best laid plans it wasn't to be. Work etc. got in the way and I had to fly out to the Middle East where I wouldn't run another step until returning home. Spending all my time cooped on board aircraft, sat in vehicles and hanging around in hotels I could feel my legs wasting away.

Returning home to the UK I went out for a six mile run on the Tuesday previous to the HPM. Whilst the run went well I woke the following morning with my legs aching. With only 3 days to go it wasn't a positive sign. With the exception of breaking a leg, or something similar, I knew I would complete the route but I didn't want a repeat of the last outing.

The High Peak Marathon has a reputation as a tuff and daunting challenge that traverses some of the most severe upland terrain in the Peak District. Combined with the distance and severe weather conditions that can be encountered. along with the fact that the majority of the route will be completed in darkness, it is not for the faint-hearted. Lack of sleep is another contributing factor to the events toughness. With most competitors arriving at the start-line after

finishing a full day at work they will be setting out into the night for what, for most, will be over 12 hours of arduous, sleep deprived, running.

Race day arrived and I spent all day at work looking forward to getting down to Edale and getting the challenge underway. My kit was sat at home packed and ready to go and I was eager for the off. After finishing work there would be no time for going home and putting my feet up for a rest. As always I was busy running about doing



one thing another. With the team meeting at my house for 8.30pm I called at the chippy for a late tea. Chips, Pie and Peas. The food of Athlete's!

Chris Webb and Roy Gardner arrived at my house bang on time. We loaded the kit and collected Gaynor Keane on route to Edale, Chris. Roy and myself know each other well and the drive down was full of chatter and banter. Chris, in his usual joyful manner was going on about us setting, and maintaining, a 7 minute mile pace across Bleaklow and on into Edale. I glanced across to see the look on Gaynors face, who was doing the HPM for the first time, which read, "What the hell have I let myself in for here".

I ran the HPM with Chris on my last outing. Chris was unsuccessful at getting his team into this year's event but joined our team after Colin Bishop had to pull out due to work commitments. Chris is a very experienced ultra-distance runner. Extremely fit and highly motivated, with an infectious enthusiasm, he completed the 145 mile Grand Union Canal race a couple of years ago in a very credible time. There are a handful of people who are a pleasure to run with on long-distance outings and Chris is definitely one of them. Whilst he is capable of quick times over long distances he is a great team player and never looks down on people just because they don't move at the same pace as himself.

Arriving at the event centre in Edale we conducted the mandatory kit inspection and then set about devouring the mountains of pre-race food and drinks that are laid on for the competitors. The atmosphere in the village hall is always buzzing and it's an opportunity to catch up with people you haven't seen for a while. This event attracts some of the biggest names in ultra-distance fell running but there is no sense of elitism from anyone. The whole room is filled with a vibrant, friendly atmosphere and the students of Sheffield University, who organise the event, can't do enough for you.

Our start time of 11:29pm soon arrived and we were off out of the door to a round of applause and shouts of 'good luck' from organisors and competitors alike. The route to the first check point is straight forward enough and involves a direct ascent up to Hollins Cross. Full of enthusiasm, and with spring in their steps, many teams set out too fast, in these early stages, only to burn out later on. With it always taking me a good hour to warm up and settle down, on any run, I took the ascent nice and steady. With a couple of teams passing by and the rest of Team SRC waiting at the check point my legs felt good.

The route to second check point, on Lose Hill, is only a couple of kilometres away but teams chose a variety of lines. The decent towards hope is good going underfoot and on normal occasions is a down-hillers paradise. However, tonight, in a bid to save leg strength, the descent is conducted in a controlled manner.

Passing the Cheshire Cheese public house Roy had the sudden urge to need to find a secluded spot in the woods. Earlier in the evening at his daughter's birthday party, she had given him a bottle of Coconut Water. Telling him it was the latest energy giving drink, he had consumed the

whole bottle just before we crossed the startline. Obviously she was getting her revenge on her father who had had to leave her party early to go off and do some mad-capped run. When she gave him the witches brew she could not have envisaged just how many times her Dad would pay for his crimes, throughout the night.

Roy was a last minute addition to the team after Howard Chambers had been forced to pull out due to injury. Standing at over 6 feet tall he is a strong talented runner and a great team asset. With his relaxed, friendly attitude and supportive nature he is the ideal person to be out on the hills with for any extended period of time.

With Chris setting a quick pace we soon reached Win Hill and made our decent to Yorkshire Bridge. Chris continued the quick walk/jog pace up the long road section that is New Road. Deciding that this was too guick a pace, at this still early stage, I deliberately dropped off the back a little and chatted with an all-female team who were moving at my preferred pace. Always with a spring in her step, and still experiencing the early stage highs of the event, Gaynor was happy to go at Chris's pace. However, we still had many more miles to go and we still hadn't stepped foot on any real rough ground yet. Being her first event I wanted to ensure that we moved at the right pace to ensure success and save energy for later on. Besides, I didn't want to burn myself out either.

It was whilst on this road section that I began to feel a sharp pulling under the arch of my left foot. Whilst not causing any real pain, the nagging worry that it may develop into something worse would plague me for some time to come.

Catching the others up at the track, which leads up to Stanege Edge, I joked with them about the merits of adopting the 'Maylor Shuffle' and jogged by on route to High Nebb. With another check point down we moved at a good pace over

Moscar Moor to the food station on the A57. As with all the check points we were greeted by a group of joyous students in fancy dress.

Grabbing a cup of tea and a sandwich we headed off down the A57 to the checkpoint at Cutthroat Bridge, before striking out across the moor to Derwent Edge. The edge is runnable virtually the whole way and we made good progress to Lost Lad where Roy, yet again, had to pay the price for crimes against his daughter.

Dropping down to Sheepfold Clough we climbed up onto Howden Edge and made way to the Trig Point at Outer Edge via Cut Gate. From here on the ground is extremely rough and notoriously boggy. However, with temperatures down to around -6 degrees and, in parts, covered in snow we were able to make good progress. The firm snow was a delight to run on and, using it to our advantage, we passed teams who were travelling on rough frozen ground and had not yet recognised the advantages of our new found friend.

With a cold wind now blowing head-on the temperature dropped yet again and rucksacks and cags became encrusted in a layer of frost. My water bottle had frozen and I couldn't open the valve to access the solidified solution within. The traverse across Harden Moss to Swains Head passed by with relative ease, although both Roy and I did break through a frozen bog together and ended up knee deep in its freezing cold

The next section onto Bleaklow is one of the most difficult sections, as far as navigation is concerned. Whilst visibility was perfect we wanted a good line across this rough ground which is bisected with countless deep peat groughs. This is where Chris's intimate route knowledge is an advantage. We decided to continue to use the snow to our benefit and, whilst many other teams seemed to be going across country on a direct bearing, we followed



BY CHRIS MAYLOR

the meandering, snow filled, peat groughs. It was definitely a good choice as we made good progress, whilst saving valuable energy, and emerged just a couple of hundred metres short of the checkpoint at Bleaklow Stones.

Whilst grabbing a quick bite to eat we enjoyed watching a much awaited sun rise over to the East. It was a beautiful sight and one that we would have missed had we opted to stay at home tucked up in warm beds.

Once again using the tried and tested method of following the meandering, snow filled, groughs we headed for Bleaklow Wainstones. With a warming sun now emerging on our backs we could, at last, turn off the head torches as we picked up the Pennine Way and made our way to the second feed station at Snake Road Top.

After a quick cup of tea we crossed the Snake Road and followed the paved, runnable, path up onto Mill Hill. The temperature was warming up now and Roy and I opted to take off our cags. I only wish that I had had my shorts with me because I was desperate to lose my longs too and get some air to my legs.

After Mill Hill we made the short but steep climb onto Kinder Scout and followed the edges past Kinder Downfall over towards Kinder Low. Normally, when running along this edge you would be skipping and flitting from rock to rock with the grace of a ballet dancer. However, with tiring legs and aching joints every rock and boulder now becomes an annoying and unwanted obstacle in the way of forward progress. Many people mistakenly think that if you can make it to the Snake Road Top you are almost home. In fact, this last section, back to Edale, is much further than appreciated and it is now that the dividends of adopting a sensible pace throughout will pay off. Unlike my last HPM I was feeling good. Whilst not running fast I was feeling comfortable and enjoying the whole experience.

Dropping down off the Kinder Plateau Gaynor was starting to suffer badly from a pain in her knee. She had had a great run, so far, but was now beginning to feel the effects of moving into untested distance. Gaynor has a natural running talent. Full of energy and light on her feet, she is fast over the shorter distances and has proven that she also has a talent for long distances too. She is a great person to run with and an ideal team member for an event like this. Knowing how Gaynor likes a challenge she will definitely be looking to enter the HPM again. Now that she has experienced it, and with the right training and the right team she will probably look to go for a faster time in future.

Reaching the checkpoint East of Edale Cross, and whilst waiting for Gaynor, the marshal's produced a packet of chocolate chip cookies from within the depths of their tent. Offering some to us they tasted fantastic. The taste gave us an instant lift and we set off with new found energy and enthusiasm. Passing Brown knoll we enjoyed running on the last of the snow, and like my water bottle, it was now beginning to thaw. My foot broke through a small snow bridge, over a stream, causing a tumble.

Although Gaynor was now clearly suffering

from the pain in her knee, and lagging behind, she maintained the effort and we soon reached Rushop Edge before skirting around the bottom of Mam Tor for the final traverse of high ground.

With the last checkpoint in the bag, at Hollins Cross, all that was left was the final decent into the valley below, from whence we came many hours before. The last time I completed the HPM, it took me as long to make this descent has it had done to climb it on the way out. This time I flitted down with relative ease to the road at the bottom.

Joined by the rest of the team we made the short return trip along the road to the event centre and, applauded by organisors and competitors, we clocked in with a credible time of 11 hours 39 minutes.

We had had a fantastic event and thoroughly enjoyed the whole experience together. The make-up of the characters within the team was ideal and we all worked well together, throughout. I am already looking forward to next year's event and would gladly run it again with Roy, Chris and Gaynor. Thanks to you all for your wonderful company.

The final words have to go to all of the High Peak Marathon organisers. Without the relentless energy and enthusiasm that these students show this successful event would not be what it is. The organisation is second to none and faultless. In addition to all of the pre-event organisation. they arrive at the event centre at 07.30 on the Friday morning to get everything prepared. They make all sandwiches, cakes, pre and post-race meals themselves and transport food out to the two feed stations. Marshalls go out to the remote checkpoints as early as 6:00pm and are there to greet you, in the dead of night, with big smiles and boundless energy and support. Then when it's all over, and the competitors are heading home, to have hot baths and put their feet up, these enthusiastic students still have to pack up and come in off the hills.

Long after the race was done, and just as I was going to bed at gone 11pm, I was reflecting on how I'd been awake since 6am on





Friday morning. Forty one hours in total. As I contemplated enjoying a nice Sunday morning lie-in I thought about a conversation I'd had with one of the students after the race. She had told me that she had been at the event centre since 7.30am on Friday morning. Saying to her that she must be looking forward to putting her feet up on Sunday, she told me that she was studying Neurology and that she had a dissertation to get done. Whilst I was thinking that she probably had a few weeks to get it completed she duly informed me that it had to be written and handed in by Monday morning!

Hats off and a big THANK YOU to them all!!!





Photo: Just yards to go until Steve Angus completes his Bob Graham Round. Faithful training partner Scamp is along for the finish. Steve completed on Saturday, June 1, 2013 in 19:43. (L-r) Mark Ryan (Border Harriers), Steve Angus, Mike Pluckrose (CarlisleTri Club), Richard Ellwood and Nick Ray (Ellenborough). In the background are Pauline Charters and Carolyn Millican (Border Harriers).





It is 8:30 on a Sunday morning and I have been in the Moroccan Sahara Desert for two days. The thermometer reads 33 deg's C and I am staring at a mass of runners (1029 starters), a few inflatable teapots and a French man, on the roof of a Landrover, is making announcements. Moments later, the AC/DC song "Highway to Hell" starts blaring out and Patrick Bauer starts the countdown. This is it: the 28th Marathon des Sables (MdS) and my 41st running race.

We spill out from the starting gate, spreading out to a 100 meter wide column and run into

immediately follows and flies so low from behind that you feel like ducking. It then spins around and flys sideways along the length of the surging runners and my heart is racing. We immediately run across hard packed stony ground with my 7 kilo rucksack (excluding water) containing everything from food to sleeping kit, in order to be self-sufficient for 6 days.

The opening stage is a 23.2 mile run which begins with a hard packed terrain of sand and stone. I find this to be unforgiving on the feet. However, I stick to my pace and stick to it although many had raced off. After several miles, I'm over the first, of many to come, small Jebels (mountain), through an Oued (dry river/gully) and over small dune fields to the first check point (CP). I collect my 3.0 litres ration of water, get my water ration card punched and continue on (The plan is to keep moving as much as possible, thus gaining easy places at CP's.). The temperature continues to rise into the mid 40's with hardly any humidity. The race settles down and after going through more dune fields, I reach CP2, collect the 1.5 litres of water ration and off again. The race proceeds over a sandy trod and climbs over another Jebel. At the summit, I see in the distance the camp about four kilometers away. Descending the Jebel and crossing the several kilometres of dunnettes (small sand dunes) and camel grass, I reach the finish line in 5h18m19s and in 302nd place. Seven competitors failed to

Physically undamaged, I collect another 4.5 litres of water and retreat to my tent. I have now taken my full 12.5 litres of water for the day: 8 litres were drunk on route and I realized I had not relieved myself once. Sweat out here just evaporates instantly and leaves a salt trace on your clothes and skin.

Camp life is simple and the procedure is always the same: Get to the tent, have a recovery drink, sort the tent out, shoes off and clean feet. After that is done, I change into night clothes (a pair of skins shorts, long socks and t-shirt), and put some water on to boil. As I eat my Mountain House, I watch out for my











other tent mates arriving.

As I lie on the desert floor looking at the starfilled sky, I reflect on my day: it was tough!, Sharp stones, rocks and bushes with inch long thorns have caused my feet to ache like never before, not to mention the blistering temperatures. The terrain is tough, a mixture of trail running on hard packed sand and stone, soft sand so fine it's like a fluid, rocky sections and plenty of ascents and descents.

The morning routine is: up at 6:00ish and 8:30 start, temperature mid to high 30's at the start and getting hotter by the minute, highway to hell kicks in. We are off again on day 2, a 19.1 mile route, taking us over rough terrain for about 5 miles, then through a field of dunnettes to the first set of Jebels. I climb the 1200 feet of rocky and steep sandy gradient slope, then along a dramatic ridge with views of the huge expanse of the Sahara. Eventually descend down the other side via a chute like path to CP1 and a dried out salt lake and a trot across for 3 miles to CP2 with the second 1400 foot Jebel looming. The temperatures are now hitting mid 40's and as I pass through there, many runners are finding shade in the tents. I am immediately faced with an incredible 800 foot loose steep gradient sand slope (1 step forward, 2 back it seems) to a rocky scramble. The final 600 feet climb to the ridge varies between a rocky scramble and short sections of fine loose sand, then back to more rocky scrambling. The final 30 feet of ascent has a fixed rope attached from the top so you can haul yourself up the ridge. Finally, walk and trot along the ridge down another rocky chute and see

the base camp in the distance. I decide to start running the descent as one would in a Lakeland fell race and pick up many places on the. I reach the final set of sand dunes and get into camp in 5h13m19s and in 281st position for the day.

As my tent companions return they all tell tales of seeing three competitors at different stages on the second Jebel on IV drips, 15 failed to complete today, including one from our tent. This is getting to be a really tough year for MdS competitors, a lot of climbing involved, more than usual and for non fell runners it becomes an interesting experience.

Stage 3 is a 23.6 mile section and I am really getting into the swing of things, my body is recovering well during the night, my water management is perfect, and with no blisters and no blood coloured urine, my confidence is growing. This section is a run through a gorge, when I suddenly start getting a sharp twinge in the right knee. CP1 is a hundred yards away so I walk in, collect water and start running, which lasts for a couple of yards. I stop and apply biofreeze and realising running is now out for the





day, I start to speed walk so not to aggravate it. As I cross the salt flats temperatures are getting close to 50C. Maintaining a fairly good walking pace through CP 2, over a set of Jebels and descend dramatically down a sand slide to the valley with views giving you the impression you are running on another planet. I pass through a never ending sandy flat land where every foot sinks six inches into the sand for six miles or so, through CP3 and with a couple of miles to base camp. I reach the finish line in 5h59m02s and in 419thposition for the day.

The long day, Stage 4 is a 47.1 mile section and I decide to team up with a tent mate Aaron, who is running strong and only about a hundred places behind me. Having about 70 miles in the legs over the last three days we start off on the adventure again. We trot the first seven miles to CP1 then ascend up over the pass between two Jebels giving a dramatic panoramic view of the valley below and descend to a dune field leading to a track onto CP2. The midday sun is beating down and now breaking the 50C point. My X-Bionic running clothes are caked in four days of sweaty dried out salt, sand and other unpleasant dried fluids. Through an Oued the first elite runner passes, (Elite runners set off three hours after the main group) Mohamad Ahansal (the eventual winner) running at a steady 8 mile/hr, skirting over the sand without a sound. We cross the Oued on hard packed sand ground, with many dried out river beds, and zigzag through thick camel grass, shrubs and trees to CP3. Over more dunes we arrive at the next Jebel. Up and over the Jebel via a stony rocky path with a little scrambling and down the other side to the flats and run to CP4, 28 miles in the bag and we are now under the mid afternoon sun and the temperature is ridiculous now hitting 53C - and my exposed skin feels like it is inside an oven! That dry heat that just burns.

Moving out from CP4 Meghan Hicks (USA) passes (the eventual winner of the women's race and 17th overall) as we enter the 5.2 mile stretch of enormous sand dunes. More elite runners are passing now, including British runners Danny Kendall, Jo Meek and Zoe Salt. The dunes are four meters or more, then dropping at the same steep angle. You have to almost surf down them. At CP5 we are issued with glow sticks for the rucksacks and putting on the head torches we

push on down a track as darkness descends and the Sahara night sky lights up to an amazing tapestry of stars. It is difficult to make out Orion, as he disappears into a cluster of stars around him. Eventually about eight miles on we pass through CP6 and after a further six miles of fast walking, trotting through brush and camel grass we arrive at the finish line in 14h 48m 47s and in 404th place at about 11:45pm on the day. Now I am feeling happy and injury free!

During the following day, I walk around the camp and watch competitors filter through the finish line; some had decided to have meals or even sleep under the desert sky, the last one comes in 32h54m08s after the start. The medical tent queue is a horrendous sight, like a scene from a war movie, people hobbling in and out feet all bandaged. One poor lady was reported to have spent three hours under the scalpel of a doctor repairing her feet. So far I'm blister free, the virtues of fell running is paying off nicely with tough feet.

The final day, finishing the MdS is no longer a choice, willing to crawl over broken glass to get the medal we have the marathon day. Racing the 26.2 mile, over a stony plateau and Oued's, across a dried up lake I pass through CP1 and the first 6.9 miles are in the bag. Moving faster than at any other time, I am well in the top third of the field. I was running with people who I didn't recognize, and who I'm sure didn't recognise me. Pushing on hard I cross the stony

plateaus and chest high camel grass, through gorges into CP2 with a further 7.8 miles in the bag. I briefly notice one runner on the floor looking in a bad way and a photographer snapping away whilst he was suffering. Only ever thinking about the next CP, I push hard. Going across a plateau of dunnettes and then some seriously large dunes, I needed to dig deep and not lose any positions through an Oued into CP3 and another 6.2 miles bagged. Now I was thinking to myself only about 5 miles more, maybe 90 mins and it's over, it's finished. Suddenly feeling a little emotional about it on leaving CP3, 16 months of planning now coming down to maybe 90 minutes of running. Treating myself to my last peparami and buzz bar I am now out of food with just a litre of water. Summiting a small hill, for the first time in the distance is the finish line. Through a deserted mud/stone village, running on will power and still picking off places, I'm on the stony flats. The last couple of miles across a moon landscape stony plain, running faster than I ever have done in the ultra, I selected the point where I sprint to the finish. Battling it out with a Frenchman to the line and pipping him to the post I finish the day in 199th position in 5h36m22s. The overall placing for five stages is 318th from 970 finishers. Not bad for a novice and certainly an experience of a life time in a fantastic country and a chance to meet some great people.



When it all went wrong

What an inglorious struggle! Beneath the clouded fell. grev-covered with swirling cape. We lunged along the swollen river bank, a place to ford was all we asked; then with desperate and false nonchalance we plunged the dark brown waters, fast numbed by gripping cold.

Then up the hidden fell we ran, the narrow trods ruvulets among the coarse and tortuous heather. Slip and curse fall and blasphemous reposte to counter such unbearable ignomony. Follow the yellow vest, follow any colour as we are swallowed into Stygian gloom.

Now the contest's really on! He who knows the vagaries of this bleak and lofty fell will certainly succeed, but he who hopes for friendlier terms has already lost the game. Splintered scree, a wetness to ignore, but then such rock is unavoidable; who said these studs are just what you need! Rock and crag, crag and rock. The whole world is made of the stuff!

Mourne Mountain Marathon

21/22 SEPTEMBER 2013

This year will mark the 34th event, and is sponsored by Lowe Alpine and Jackson Sports of Belfast who have provided significant prizes for all classes and categories.

Classes are provided with a varying range of navigational complexity, distance, height and terrain, and include:

Elite - 53 km over 2 days B Class - 44 km over 2 days C Class - 35 km over 2 days D Class - 35 km over 2 days

CATEGORIES INCLUDE:

Open: Teams of any age or sex

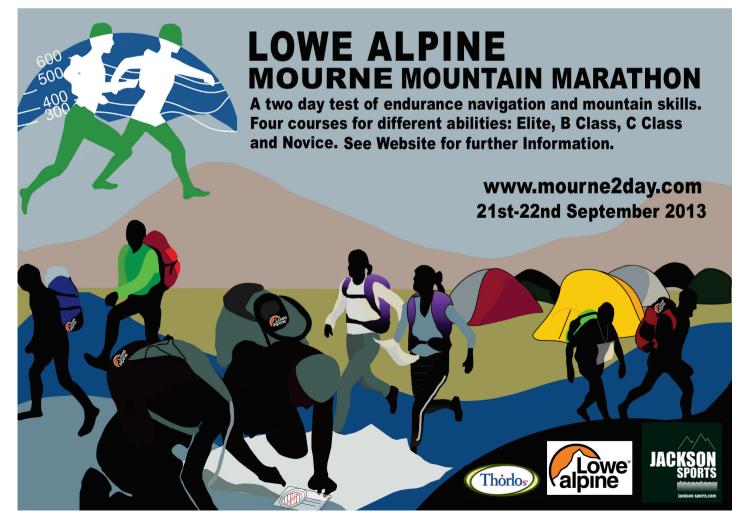
Ladies: Both team members must be women! Mixed: Team composed of one male and one female

Veteran: Combined team age of 90 or over

Ladies Vet: Both women with combined age of 90 or over Mixed Vet: One man, one woman, combined age of 90 or over Family: 16/17 year old junior running with parent or guardian (C &

D classes only)

Entries cost £80 per team for early entries, or £90 for late entry. Please visit our website, www.mourne2day.com for details



Suunto Ambit Review

We all love our toys, and, as fell runners, it is super handy as a training tool to know how far you have run and how much up and down (though I suspect the toy factor is predominant for most of us). There are a plethora of devices that can tell us this information from relatively inexpensive Garmin wrist computers, to more expensive smartphones or to state of the art watches such as the Suunto Ambit, which I have been using for most of the winter, to record most of my training and racing, albeit on skis.

Now here is a disclaimer – I am definitely not very good with gadgets, so I suspect I have barely scratched the surface with what this thing is capable of. But, as a relative technophobe, I think that puts me in a good position to review it. It is a given that your average teenager or entry-level geek could magically know how to explore every possible nuance of an electronic gadget. But could an impatient non-geeky adult get to grips with it?

First impressions: expensive, looks good. The large screen is sensibly recessed behind a metal rim, so I haven't managed to scratch it yet. Is it the Stella Artois effect - reassuringly expensive? It is reasonably large for a watch but not excessively so and I happily wear (and use) it every day without it looking ludicrous. I wouldn't put a lot of the Garmin products in that category – I have had a 205 and a 305 and both I put in the wrist computer rather than the watch department.

Unlike similar products most of the programming for the watch is done online, whilst on Suuntos Movescount website. You can program it to display/record pretty much every parameter you could imagine. You do this by plugging it into your computer with the amusingly-named data snake. This also charges the device and uploads any "moves". You can also look at moves that any other users upload, as long as they make them public. Should you so desire it is simple, even for me, to share your moves to Facebook/Twitter etc.

A big plus for me is that the quality of where you can view the moves is excellent – Movescount uploads to Google Earth and you can easily zoom in/out etc. To my eyes it compares favourably to the Garmin Connect format. It is fairly idiot-proof to look at your weekly or monthly totals of mileage and individual moves can be edited. I was, however, unable to easily modify the GPS track (ie amputate the 20 mile drive home when you forgot to turn your watch off).

Battery life: more than adequate. If you are out for a monster outing you can select (online only, as for most tweaks) 10 second sampling, as opposed to 1 second. I recorded a continuous Chamonix Zermatt outing on skis in April and stopped the watch after 31 hours - good going for any GPS, wrist or otherwise (especially as it was Baltic overnight). So it is perfect for Bob Grahams etc. My only observation was that it appeared to achieve this by sampling less and less frequently overall. So the actual



track was less precise than had I been out for a few hours. But that must be an improvement on only getting two thirds of your BG. A recent software update may have addressed this problem.

Heart rate strap: much better than others I have previously used. Only a small central solid plastic centre and so less uncomfortable and less sweaty. It synchs v quickly. Why do heart straps never come with small removable shoulder straps? For those of us who sweat it often ends up round your waist (surely this isn't only me?). Shoulder straps would sort this but nobody who makes heart rate monitors appears to have addressed this. Sure I can tighten it till it won't fall down but I am fairly convinced to be tight enough to achieve this I am losing alveolar expansion and it feels restrictive.

I am told that you can use it as a navigational tool, as per most GPS. I must confess I haven't tried this yet so can't comment. I can comment on Suunto aftersales service though, as after three months the unit mysteriously died. A blank screen unresponsive to charging, but the buttons still made noises when you pressed them. A guick call to Suunto and they arranged courier collection to Finland and replaced the brain, no charge, within 10 days. Disappointing to have a major malfunction but impressively guick to fix.

So in summary a great piece of kit, albeit expensive, you will get a lot of fun out of and very functional. Suunto aftersales is great and the software interface is the best I have seen. Maybe it is the Stella Artois of wrist computers; er sorry – GPS watches?



Jon Morgan and Ben Bardsley from the high point of Chamonix Zermatt, the Plateau de Couloir, 3650m



John, Ben B, Ben Tibbetts and Misha Gopaul outside Zermatt church. 31 hours single push from Chamonix church on skis, no road transport and no ski lifts.



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A mountain Marathon? 26 miles round La Paz

March 10,2013

2012 wasn't such a bad year! I managed to get the First I'd been wanting in my languages degree at Durham, and my stress relieving late night gym sessions seemed to get me into good running/biking shape for the summer. So, after winning the U24 World Duathlon and the U23 English fell running titles, second in the seniors, running up Snowdon and going out to Slovenia with the England team, the day after The Relays down in Shropshire, I hopped on a plane to Rio de Janeiro to start a new adventure!

Me and boyfriend Romain (whose introduction to fellrunning had been a rather "throw you in at the deep end" completion of the Great Lakes in those apocalyptic conditions last June, three days after his arrival from France!) travelled down Brazil, into Argentina where we hitched-hiked the length of the country (trying my best to dispel the myth that ALL British people are island stealing pirates and Thatcher worshippers) down to Ushuaia, the world's most southerly city. We then made our way north hitch-hiking all the way up Chile to the Bolivian border, meeting and staying with so many wonderfully hospitable people and seeing a myriad of unique landscapes, camping next to busy roads, on beautiful beaches, in the ash of recently erupted volcanoes, under the bright lights of petrol stations and in darkened public parks...

After about four weeks in Bolivia, whilst en route to watch a football match in the city of Cochabamba, I spied a poster advertising



the La Paz marathon which was taking place the following weekend. I'd missed the entry date but immediately contacted the organisers, trying to persuade them that as an "international athlete" perhaps I could have an entry... I didn't hear anything back, so a few days later when we arrived in Bolivia's impressive capital I went to the marathon office (where one woman seemed to be singlehandedly organising the entire event!) and there was no problem getting an entry. Phew. Or maybe not - it was now March and I hadn't run since October and I had had the ridiculous idea of running the world's highest marathon... Well, I was there when it was on, so I couldn't say no could I? Always up for a challenge! My

marathon preparations consisted of a 20min jog up and down a road three days before, just to check that I could actually run at such altitude. For those of you who don't know, La Paz sits at 3600m, so oxygen is somewhat lacking!

The big day arrived, and with the marathon starting at 7am it was an early wake-up. I must have slept for no more than an hour the night before. La Paz's cheapest hostel where we stayed seemed to attract the nocturnal "travellers". getting their fill of cheap cocaine and alcohol, causing a riot in the hostel, invariably vomiting and on this occasion breaking furniture outside our room. I can see why real athletes stay in posh hotels! I heated up some porridge on our camping stove in the room but only managed a few spoonfuls as waves of nausea rushed over me. Forget the bananas I'd bought, I just couldn't keep anything down. What a time to be ill. Talking of illness I had spent the last four weeks since arriving in Bolivia with severe stomach upset, although I didn't think anything of it.

Anyway back to the marathon. It was absolutely pouring with rain at 5:45 and with no public transport running, we got our first taxi of the trip to the start. We sheltered from the downpour in an ATM and watched on somewhat bemused as the organisers struggled to inflate the starting tunnel. Many of the competitors were decked out in cheap gymshoes, thick trousers and hoodies, not at all like most city marathons where the thousands of charity runners have the latest gear; many of the Bolivians didn't even have trainers. Mind you, my own trainers had worn so thin that they were in no state to be running a marathon, but women's shoes in South America don't stretch to a size 8! Many of the competitors were running with drawstring bags, carrying their clothes, as there was no transport for pre-race clothes from start to finish. I didn't opt for the drawstring bag option but carried round my various bits and



bobs in one of those secret money belts! Roms (who had perhaps sensibly decided not to enter) was mistaken for a Spanish international by one of the contenders. To be fair, we don't look very latino and everyone was staring at us, assuming we were some kind of elite athletes, come over to steal the prize money which was up for grabs: \$2500 is about two years' wage for the average Bolivian so I can understand why they looked put out. They needn't have worried, their fears were unfounded

I ventured out into the rain to find toilets. There was one (liquids only) portaloo. For 2,500 competitors. So I was still queuing for the loo when the crowd of competitors began singing the national anthem and as I opened the toilet door they'd already set off! I worked my way through the masses and got into the same rhythm that I was going to keep for the hours to come. I was greeted with 14km of uphill, rising to 4,100m, and it wasn't long before my stomach began to churn and I went off to the side of the road to deal with my unhappy tummy; an episode which unfortunately repeated itself innumerable times, meaning I spent most of the race looking for places to hide. No chance to make the most of the amazing views over the city from the race's highest point, El Alto, having climbed 500m, I just felt horrendous. I soon switched off race mode and concentrated solely on myself, Holly vs La Paz. I was beyond caring when I was overtaken by a somewhat overweight woman in Converse, a velour tracksuit and a sunhat! The stomach situation became pretty ridiculous and the kilometres were passing ever more slowly. Most people seemed to have the tactic of running quickly and then walking. But I'd told myself I had to run every step of the way. I didn't appreciate somebody saying I was "nearly there" when there were still 12km to go, nor did I appreciate Roms who I met with 8km to go pointing out the man in the bear costume in front of me. He did run to



the finish with me though, probably feeling sorry for this dehydrated limping wreck of a girlfriend grunting at him.

With 6km to go we began ridiculous undulating zig-zagging which was fairly disheartening but a few shouts of "Anima gringuita" spurred me on. More mental games and calculating kilometre times in my head kept my mind busy and not thinking about my aching knees (and stomach!). The last km was uphill so I shuffled along and was pretty emotional crossing the finish line when I was given my finishers medal. It was possibly one of the hardest things I've ever done. I think in the state I was in it may have been wise to have dropped out early on, but I can be very stubborn when I get a challenge into my head!

Marathon recovery involved being squashed onto a bus for 26 hours down churned up roads to the Amazon the next day, good for the leas! The adventure continued.... until mid-April, when after uncontrollable shaking and fever I found myself attached to various drips in a hospital in Arequipa for four days (not to be recommended!). It emerged that I had entamoeba histolytica, very dangerous parasites who decided to take up residence in

my intestine back in February (so that explained my marathon woes!). Unfortunately not getting any better I had to resign myself to flying home to be treated here. So I've replaced volcanoes with the Pennine hills, the desert sands with bogs and llamas with sheep... a slow return to fellrunning it is!

The La Paz marathon was certainly not your conventional city road race. Perhaps its selling point was the 13 free toilets en route. Yes free. This was amazing for Bolivians, as in such a poverty stricken country nothing is free! It's not in many marathons that the people of the city come out onto the streets, not to support the runners, but to set up little stalls selling sweets and drinks to competitors! It was the first time the event had taken place and the organisers have a lot to learn (there are still no published results!), but the race brought out the best in the Bolivian spirit. The number of people who completed it with no need for the latest cushioned trainers adapted to their running gait, no training programmes on smartphones, no energy drinks and gels, no sponsorship for their achievements, running it purely for the challenge, was astounding. Each and every one of them has my utmost respect.



Martin Stone's Long Distance News Summary JULY 2013

Not all the attempts at long distance challenges reported here are successful. I think it is worth giving a mention to those who are ambitious enough to attempt to break the most challenging records, even if they don't succeed. This keeps aspiring long distance runners aware of these tough challenges and will hopefully whet the appetite for more attempts in future. Please keep the news of your own Summer (and Winter) adventures coming in.

JON GAY – RAMSAY'S ROUND WINTER ROUND RECORD – SOLO

In the Spring issue we featured Tom Phillips Winter Ramsay Round record. Tom reduced Shane Ohly's record by a very significant margin of more than 3 hours to 26hrs 57 mins. I said that it was going to take an extraordinary performance to shave off another 3 hours and beat the 24 hour barrier.

Just when we thought that Tom Phillips had set a tough benchmark, Jon Gay produced a most extraordinary performance on 23rd/24th February. Not only did he reduce Tom's time by a further 3hrs 39 mins to become the first person to go under 24 hours in Winter, but this was a solo run with one point of support at Loch Treig Dam. His time was 23hrs 18 and Jon will tell you with undue modesty that he was blessed with wonderful and perfect conditions. Be under no allusions that this top performance required a number of mountain skills and was born out of experience gained in previous attempts and other winter mountain runs. His list of gear and his notes about how he used the equipment make fascinating reading and give an insight into travelling fast and light, as safely as is possible on the Scottish Mountains in Winter. You can read more about Jon's run in this magazine.

NICKY SPINKS – PADDY BUCKLEY ROUND LADIES RECORD

Anne Johnson (nee Stentiford) set the ladies' Paddy Buckley record of 19hrs 19mins on 24th August 1991. Less than a month later on 21st September, she set the ladies' Bob Graham record of 18hrs 49mins.

Anne held these records for 21 years until July 2012 when Nicky reduced Anne's Bob Graham record to 18hrs 12mins. On 19th May this year, Nicky set yet another ladies' record by shaving 10 minutes off Anne's Paddy Buckley ladies record in a time of 19hrs 2mins. To put Nicky's fantastic run and her longevity in perspective, of 108 completions to date only Tim Higginbottom, Chris Near and Mark Hartell and have completed the PB faster than Nicky.

During the weekend the attempt was postponed on Saturday to allow the weather to improve. By early Sunday morning conditions were nearly ideal and Nicky set off up Moel Siabod in good spirits. Apart from being sick early in the 3rd stage from Pont Caer Gors, the run went like clockwork and the large team of pacers and friends were able to assist Nicky in completing a very successful and satisfying round. You can read more about Nicky's run in this magazine.

STEVE FREEMAN-THE FREEMAN ROUND

You can read a piece elsewhere in this magazine about Steve's new round which starts and finishes at the Golden Rule, Ambleside. This is a great Lakeland journey of 50 miles, 28 peaks and 15,000ft ascent. It is intended to be a challenge that can be completed in Summer daylight, more similar in scale to a Jos Naylor Traverse than a Bob Graham. The round took Steve 12hrs 36mins and he feels that 12 hours is a good target time for the round.

ROGER BAUMEISTER - 6 COUNTYTOPS ROUND

The evergreen Roger Baumeister writes elsewhere in the magazine about

his return to fellrunning at the age of 70 and his 40 hour 95 mile journey round the 6 county tops – S Yorkshire, W Yorkshire, Greater Manchester, Derbyshire, Cheshire and Staffordshire. Those of you who have been around long enough will remember that in July 1979, Roger jogged up Keswick's main street to became the first and only person to ever complete a Double Bob Graham within 48 hours. His incredible time of 46hrs 34 mins has never been bettered and I have just come across a an online version of the story written by his very small team of pacers - Jos Naylor, Martin Stone, Martin Hudson, Chris Dodd and Frank Thomas.

See http://steviebstuff.blogspot.co.uk/2007/08/double-bob-graham.html

SCOTTISH MUNROS 24 HOUR RECORD SURVIVES 25 YEARS

Great records take some breaking. Jon Broxap's 1988 record of 28 Munros in the Cluanie area has certainly stood the test of time. After I "pipped Jon to the post" in 1987 and added two Munros to Ramsay's Round to make it 26, Jon decided to forsake Lochaber, Grey Corries, Ben Alder and the Mamores. He devised an audacious plan to visit a brand new area, Cluanie, where he felt that 28 or even 30 Munros could be climbed in 24 hours. This was Jon's last hurrah and within a few hours of setting the new record of 28 Munros, Jon had departed these shores to spend a few years living in Australia. It was all very melodramatic. In the days before the Internet and Social Media there was relatively little recognition and celebrity associated with great endurance running feats. It was mainly ones' peers who got to know about these things. In any other year Jon should have won the FRA's Long Distance Award, but 1988 was a rich year of achievement and the award was won by Mark McDermott who broke Jos Naylor's 13 year Lakeland Peaks record with an incredible 76 peaks. Despite a number of competitive attempts in the Lochaber area by Adrian Belton in the late 80's, Jon's record remained intact.

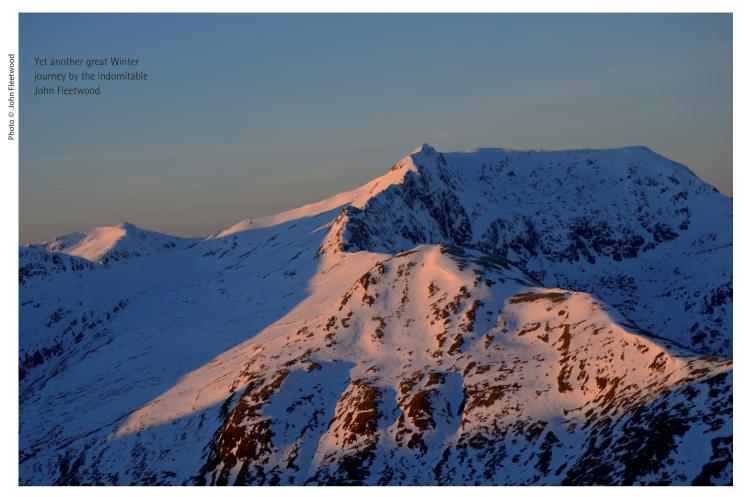
Steve Pyke certainly likes climbing Scottish Mountains. In 2007, Steve broke my Scottish 4000s record for the 83mile/17,000ft run from Glen Nevis to Glenmore, completing it in a time of 20hrs 23. In 2010 he blazed a trail round all the Scottish Munros as a continuous human powered journey in 39 days nine hours and six minutes. In June 2012, Steve reduced Mark McDermott's solo/unsupported record for Tranter's Round, set in 1990, by a substantial margin of 33 minutes to 12hrs 17. So Steve is no slouch!

But despite making (at least) 3 attempts on Jon's record in the Cluanie area since 2008, the Scottish Munros 24 Hour Record has so far eluded Steve. His most recent attempt took place in late May. He set off from Cluanie Inn at midnight but only made it as far as The Saddle at the end of the South Cluanie ridge before realising he wasn't feeling right and his legs weren't working. So after struggling on another few hours and steadily falling behind schedule, he called it off at the end of the North Kintail ridge.

This means that Jon Broxap's Scottish Munros 24 Hour Record has survived for more than 25 years, many years longer than the Lakeland 24 Hour Record. Well done Jon. Surely there must be a young pretender out there who can break this record?

JOHN FLEETWOOD – THE BROXAP ROUND IN WINTER

This is yet another great Winter journey by the indomitable John Fleetwood. It may only have been a walk according to John but there is no doubt that he climbed the most Munros in classic winter conditions in a continuous journey. It is also the first time in 25 years that Jon Broxap's Round has been repeated in a oner. Hats off to John and you can read more about his exploits in the full article.



PETER SIMPSON – 65 LAKELAND PEAKS AT 65 ATTEMPT

In 2008 and Paul Murray completed a continuous traverse of the 65 highest Lakeland summits. The journey was a celebration of Paul's 65th birthday but deferred for a year because of poor weather, by which time he was 66 years old. The challenge took place on 17/18th May and Paul covered 93 miles and 36,000ft of ascent/descent in 46 hours 17 minutes. Paul began his traverse on the Duddon side of the Walna Scar Road and as you can see from the article, his huge journey took him to all corners of the Lakes – Wrynose, Esk Hause, Buttermere, Braithwaite, Threlkeld, Kirkstone and finally to Hartsop.

Pete has been completing long distance challenges since the 1980's and but for an altercation with a forest as he descended off the Mamores in the dark, I believe he would have been the first person to repeat Ramsay's Round within 24 hours. Now at the age of 65, Pete set himself the target of improving on Paul's Lakeland record. He made his attempt in June and reports that he had 2 fabulous days in the Lakes in perfect weather conditions, but ultimately was not up to the challenge set by Paul Murray 5 years ago! He decided to finish after Dollywagon having completed 52 peaks in 46 hours. Pete knew when he first read of Paul's journey that it was a terrific achievement but now that having experienced the challenge first hand he is even more in awe as despite feeling fit and having no more than minor problems, he could only achieve a bit over 80% of what Paul did!

JONATHANTOMBS – WAINWRIGHT MEMORIAL WALK

Jon completed a 'new' long distance route in the Lakes on 22nd/23rd June. It's called the Wainwright Memorial Walk and is a 107 mile route first walked by Wainwright and friends in 1931 (taking 6 days although they omitted Blencathra and Grasmoor because of time constraints). Notes detailing the route were discovered after his death and published as an 11 day stage walk in 1998, hence the Memorial title. Jon first walked this route in 1998 in the 11 days described in the book - it was his first walking in the Lakes and now 15 years on he lives, works and runs in the Lake District.

Coinciding with 15 years of running the London marathon and 15 years of fundraising for Macmillan Cancer Support, he decided to celebrate this 15 year love affair with the Lake District mountains by making a continuous running attempt on The Wainwright Memorial Walk to

raise more money for Macmillan (he sought sponsorship for each peak - current total raised just over £3500). He did his BG last summer and fancied another long run in the Lakes.

Basic statistics are - 107 miles, 54 Wainwrights + Helvellyn Lower Man (and I added in two more summits - Thunacar Knott and Loughrigg making 57 in total), 36,000 feet.

His aim was completion although he did keep a record of timings at each peak. He started at 4.01am on the Saturday and spent most of the next two days in appalling weather - wind, rain, mist, hail. The worst conditions coincided with the night section on Saturday night over some of the rockiest mountains in the Lakes between Buttermere and Wasdale Head (essentially was like doing the Ennerdale Horseshoe in the dark with strong winds and driving rain with zero visibility on slippery rock). In total it took him 45hrs 18mins. Because completion was the aim he took longer at road crossings to ensure he was properly fed and more crucially was able to change into dry kit. This made it more 'comfortable' than his BG last year when time was of the essence, but then it also made it harder as without a time limit, there was no excuse of falling behind a schedule as a reason for stopping.

He was supported by one or two runners on each stage - with 5 runners completing the last stage from Langdale to Grasmere and finishing over Loughrigg to Ambleside at 1.19am Sunday morning. As far as he is aware no one else has made a continuous attempt on this route. For those wanting a time limit Jon reckons 36 hours would present a challenge depending on weather conditions.

MARK TOWNSEND & JULIE GARDENER – 630 MILE SOUTH WEST COAST PATH

England's longest national trail tested the strength of runners, Mark Townsend and Julie Gardener, as they made a record breaking attempt at running 630 miles for charity. With dramatic sky, looming clouds and the sound of crashing waves, there couldn't have been a more fitting end as runners, Mark Townsend and Julie Gardener tapped the marker at South Haven Point, the end of the South West Coast Path on 11th May 2013.

As the Managing Director of Contours Walking Holidays, it is usually a slower pace with which Mark sees walkers complete the coastal path, but as a keen endurance runner, the opportunity to complete the trail at a quicker pace was too good to miss. Joined by fellow runner, Julie Gardener and a dedicated support crew from Contours Walking Holidays,

BY MARTIN STONE

the runners set out to smash the record of 16 days, 9 hours and 57 minutes which was set by New Zealand Ultrarunner, Malcolm Law in 2012. It was this goal and a determination to raise money for vital conservation projects along the trail that spurred the team on as they departed from Minehead on 27th April 2013.

630 miles later, after 115,000ft of ascent, 300 bridges, 26 diversions. 50 baked potatoes, 5 pairs of running shoes, 60 litres of water, 150 cups of tea and coffee and one lost rucksack, Mark and Julie had run the equivalent of 24 consecutive marathons or climbing Mount Everest four times. They touched the marker after exactly 14 days, 14 hours and 45 minutes, smashing both their own expectations and Malcolm Law's outstanding record!

ROGER COLE - 40 LDWA 100s WITHOUT MISSING A YEAR

We don't usually report on achievements at Long Distance Walkers Association events but Roger, now aged 74, has a unique record - he is the only person to have started and completed every LDWA Hundred held, from the 1973 Downsman to the 2013 Camel-Teign. This totals 40 Hundreds (there was not one in 2001 due to foot and mouth restrictions). In addition, he also did the 'additional' Hundred, the 1990 Marchesman, but only one Hundred per calendar year counts in the tally on the LDWA's Hundred Database. On the 1982 Pilgrims' Hundred, which was a linear route from Guildford to Canterbury, a 140-mile option (Winchester to Canterbury) was offered. Roger took up this option and still finished well within the 48-hours limit.

Roger's quickest time was 22:26 on the 1986 Downsman Hundred (Winchester to Eastbourne, predominantly along the South Downs Way). His least quick time was 40:09 on this year's Camel-Teign Ivor's Dream Hundred (Wadebridge to Teignmouth, via Bodmin Moor and Dartmoor). Since the birth of the LDWA Hundred in 1973, no one has completed more Hundreds than Roger. He has always been (and remains so today) at the head of the list of all-time Hundred completions and, upon completing this year's Camel-Teign Hundred, was presented with a newly-introduced 40 x

Hundreds badge. This is in addition to his previously-awarded badges for 10, 20 and 30 Hundreds. A very select band of just 9 people have done 30 or more and in second place on the 'most completions' list is Martyn Greaves with 37. Roger has an amazing record - long may he continue!

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 email address below so that others can be inspired to repeat or improve on your achievement.

The award year ends on 30th September and in the first part of October, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award is chosen.

Please send a schedule and either a summary of your achievement or an article you may have written for a blog or the Fellrunner magazine to: Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, EMAIL: martin.stone@sportident.co.uk

SOLO RUNNING ACHIEVEMENTS

If we are to consider solo running achievements, they need to be independently verifiable and a good way to do this is to wear or carry a GPS watch. As soon as possible after the run, the track should be emailed to an appropriate person. This could be the current/previous record holder, a person who maintains a list of records or someone who is closely involved with the history of the route or the particular type of running, who could confirm the validity of the claim.

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.

27th Lowther Lakeland Trail Run

SUNDAY 11th AUGUST 2013

ENTER ONLINE AT www.sientries.co.uk

The 27th Lowther Run takes place as part of the Lowther Show on a **Sunday** this year and starts at **12.00 noon** from the field **beside Lowther Castle.** Lowther is located 3 miles to the south of Penrith, just to the west of the A6. GR522 240, CA10 2HG.

A picturesque route takes the runner across Askham Fell and the Lowther Valley. It is a marked 13 mile route with about 1400ft of ascent - still about half marathon distance, with more time spent on the low fells and tracks and less road than on previous events. Although there are a few short but flattish sections on rough ground, we think that trail shoes will be more suitable than fell shoes and the fastest runners could even consider wearing trainers. You **must** come to the event equipped with a lightweight raintop which we will ask you to carry if the weather is very bad. There will be at least two checkpoints with drinks.

The route climbs through Askham village onto the fell to Heughscar Hill. It turns south and descends to the Cockpit and onwards across the valley of Heltondale to Butterwick. You will get your feet wet when you ford the River Lowther! A stiff climb follows onto Knipe Scar before the route turns north across the grassland of Lowther Park to Whale. A track above the river Lowther leads you to the finish at Lowther Castle.

The event will use SPORTident Timing and each competitor will carry an SI-Card. These can be hired for £1.50 and will be issued at registration, or you can use your own and avoid a hire charge.

Entry Fee: £10.00 online until Thursday 8th August or £12.00 on the day (includes a ticket to the show)

Friend/Family Show Ticket: £10 adult / £3 child under 16 online or £12/£4 on the day

Under FRA Rules: Minimum Age 18

Records: 1:10:53 Les McVittie 1993, f. 1:26:55 Ali Raw 1999

Enquiries to Event Organiser: Martin Stone martin.stone@sportident.co.uk - 01931 714106



Winter Conditions Paradox

Ramsay's Round Winter Record



I was extremely fortunate to complete a clockwise Ramsay's Round, solo, with one point of support at Treig Dam, in stunning weather and snow conditions on 23rd/24th February. I finished in a time of 23 hours, 18 minutes. I have decided to write it up briefly as I have enjoyed reading reports by others.

Having the advantage that Ramsay's Round is within running distance of my house it is possible to pick my weather (assume drizzle in Fort William). This time there was superb winter conditions, very benign. Paradoxically I believe that the snow surface made significant parts of the run easier than summer. Please see attached my split times.

I like spend most of my spare time in these hills and admit to failing many a winter Tranter or Ramsay attempt over the years. My Brother Dan (summer Ramsay's completion), and I became experienced at running the Corrour to Tulloch railway after abortive attempts, great for the neck muscles and general awareness. Last February we did manage to get well over half way anti clockwise before retiring with cold feet. At the time Andy Kitchin was going the other way and also stopped due to the cold after a similar distance (we saw his head torch at Loch Treig). We realised that if you aggregated the times it proved that the winter round could be done in under 24 hours, assuming perfect conditions.

I was pleased to complete a Ramsay's in summer 2010 along with Pete Duggan. I am an average runner especially on the flat, but ok at ascending or general hill bashing. Completion for me in winter seemed a long shot.

Friend Bruce Poll who is a Ramsay- ist and

Aspirant Alpine Guide had blogged about the improving climbing and snow conditions during the last week of very settled high pressure. I asked him if it was runnable up top, he said yes-solid, remember your axe! Arguably a wind chill of minus 20, frozen to sea level and snow line at 600 metres would comprise 'full winter conditions', continental ones possibly. Axe and crampons were extensively needed. From studying the weather it was obvious that there was zero cause for concern here. As implied above I am not up to attempting in harsh weather at the winter solstice, but this would be a much more admirable ethic for completion!

This time I decided to go clockwise, not start in the middle of the night, nor walk to the start, nor go unsupported with a huge sack. This strategy had resulted in my latest retreat in January (drizzle). Sense prevailed and I asked my friend and fellow Lochaber Athletic member Tark Gunn, at short notice, to provide food (and motivational) support at Loch Treig Dam. I recommend Tark's hill walking courses, his advice and help kept me safe and made it all possible.

Ascending the Ben the cloud was down and

there was fine snow falling. Here we go again I thought, whilst struggling with my crampons/ reviving my fingers. But emerging down Carn Mor Dearg Arete (runnable due to snow cover) I entered an Alpine wonderland with rime on the rocks and full 'styrofoam' neve (hard snow) underfoot. Extensive snow cover was visible throughout the route. CMD was way quicker than summer, most of the rubble was banked out. Descent was a full but careful run. Even a man in heavy plastic boots was fairly shifting, initially I thought he might be doing a Ramsay!

The ascent of the West face of Aonach Mor was a little hairy in places (in Kahtoola flexible 10 point walking crampons) with pockets of water ice and very hard neve, I went too far left where it steepens. On top some ski mountaineers asked me if I was ok and had I lost something? Why would anyone be running about up there? Fortunately the descent of the narrow Coire Bhuic, possibly the technical 'crux' of the route went well. I had tried digging an improvised snow inspection pit but could hardly penetrate the snow with the axe, it looked very safe. I carefully climbed along the back of the broken cornice and front pointed down the steep to a more comfortable angle.

I have traversed the Grey Corries many times but never has the 'running track' been this amenable, the hard snow covered nearly all the rubble. I had to phone Tark to say I was early. Just before meeting my upstairs neighbour I was able to sprint down to Stob Ban, although I nearly emasculated myself with my crampons in an unfortunate slide, didn't know my knee bent that far. The following describe the next few hills and are trends throughout the route-firm snow down to near valley level (if you followed the 'leads'). Not once did my foot go through crust, the surface was reliable. There was no ploughing through heavy snow. In some popular areas preserved footprints enabled crampons to be avoided (saving time). There was water Ice in the valley (nice dry feet). Much of the heather was covered. My split of about 9 hours at Chno Dearg (say half way) illustrates the strength of the conditions. I witnessed stunning orange Alpenglow as the sun set when I was descending this hill (at twice the speed of heather bashing).







An Alpine day.

Along the track after Corrour, innate mediocrity kicked in and I slowed. I met a guy called Viv who was completing a fast Loch Treig round (I realised that we had seen him at the Dam). I had thought his footprints may have been from a Ramsayist. Again this shows how good the mountain running was that day.

At Loch Eilde ruin I saw head torches, amazingly they proved to be supporters for Jason Hubert's anti clockwise Ramsay's attempt. A big coincidence but shows consensus on the quality of the conditions. I was grateful for the coffee and malt loaf they gave me and I had a short rest. Kinlochleven was rather tempting at the time. I met Jason and friend on Sgurr Eilde Mor, this was very uplifting. It looked like he was going well. He warned me that the Mamores were Icy. I confirmed that the Grey Corries were a dream.

Shortly after I started feeling sick, weak and dizzy- it was completely debilitating. I gave in a number of times and had to lie briefly in the snow, before becoming cold. It was a thorough effort of will to move. If there had been any weather threat or higher wind chill I would have force marched myself immediately down. I guess to the bothy. But it appeared to be temporary low blood sugar or the body generally protesting as it does on these long routes. Glucose gradually brought me back to life. Binnein Beag was a grim experience. I felt bad again on Na Gruigaichean where in my tired state the lights of Kinlochleven were tantalising.

The Mamores were indeed icy and I believe retain less snow level than the Grey Corries side. Therefore the rocks protrude through which slow things down relative to my earlier mountain 'pavement' experience. The out and back legs are a slog (spiced up with their isolated exposed moves). I have done the Mamores too many times and I can be forgiven for not feeling an appropriate sense of adventure at points, the sickness making a minor reappearance. Sgurr a Mhaim's ascent was soul destroying, especially against the clock. I had haemorrhaged 2 hours in the Mamores, no doubt from my earlier over exuberance.

Seeing Mullach nan Coirean under the moonlight raised my spirits exponentially and reminded me of our winter 19 hour winter Tranter's round when we were nearly dead on our feet (harsh conditions). If I could do it then I could do it now, especially without ice block feet. I think this is crucial, this time two pairs of wool lined waterproof socks did the trick. The descent from Mullach wasn't the dream I had been expecting and I fell several times on water ice, too tired to care or to put my crampons on again. Despite having been living for the moment I could stop running (let's call it jogging by that point) it was almost disappointing to do so, such was my exhilaration at the end.

Conclusion

Besides the mountains being so 'runnable' and the weather perfect, the near full moon topped everything. The solid snow may have made it faster or marginally less exhausting than summer. I have been extremely lucky. I am obviously delighted to complete but feel humbled to have got a decent time in winter when many runners could have gone faster in such wonderful conditions.

The Ramsay's Round is a 24 hour hill circuit of 60 miles taking in 24 summits including Ben Nevis, the Aonachs, Grey Corries, the Loch Treig group and the Mamores with a total climb of around 28,500 feet. It was originated by Charlie Ramsay in 1978. www.ramsaysround.com

Split times

Sput times	
Start Glen Nevis YHA	08:10 (am)
Ben Nevis	09:37
Carn Mor Dearg	10:13
Aonach Mor	10:57
Aonach Beag	11:12
Sgurr Chonnich Mor	12:09 (I think it says)
Stob Coire Laoigh	12:36
Stob Coire Claurigh	13:06
Stob Ban	13:33
Stob Coire Easain	14:46
Stob a Choire Mheadhoin	15:03
Loch Trieg Dam Arrive	15:47 (food support)
Loch Trieg Dam Depart	16:10 approx
Stob Choire Sgriodain	17:08
Chno Dearg	17:39
Beinn na Lap	18:46
Railway Bridge near Corrour	19:24
Ruin at Loch Eilde	22:00 or just before (spent about 5 to 10 minutes). Coffee with another runner's support.
Sgurr Eilde Mor	22:43
Binnein Beag	23:50
Binnein Mor	00:56
Na Gruagaichean	01:23
An Gearanach	02:37
Stob Coirea Chairn	03:08
Am Bodach	03:37
Sgurr an Iubhair	04:07 (I think it says).
Sgurr a Mhaim	04:38
Stob Ban	05:39
Mullach nan Coirean	06:21
Finish Glen Nevis YHA	07:28:06

Total time: 23 hours: 18 minutes.

Gear List

In response to interest from other long distance enthusiasts.

EQUIPMENT USED

Very thin silk balaclava.

Thin Lowe Alpine Balaclava.

Less likely to get lost than a hat.

Led Lenser H7 headtorch.

Light weight, very bright with a penetrating/focussing beam, helped navigation. AAA batteries faded after about 8 hours on full beam. Took 2 spare sets of 3. The only brighter and reasonably cheap ones I could find were made by Princeton Tec and Fenix.

Smartwool tee shirt.

Warm when damp from sweat.

Omm 'Smitten' long sleeve top.

Thumb loops to help keep hands warm.

Montane 'Event' jacket.

In damp conditions I also wear a home made fake Goretex smock under. With a tee shirt. Or if it's really bad a third Goretex. It's like armour. Apparently Scott wore wool layers and got wet and cold, whilst Amundsen wore one impermeable sealed outer layer with little underneath, creating a dry micro climate, like the Eskimos?

Lowe Alpine wicking pants.

Not that anyone is interested.

Tescos bag to keep 'downstairs' warm.

Essential and better than using a hat. Try 2.

Lidl motorcycling tights.

Very stretchy.

Thin running tights.

Both have been too cold previously.

Cheap fingerless gloves

Great for messing with crampons.

Mountain Range shell/ fleece mittens.

With wrist loops to stop them blowing away and store them on wrists when not in use

2 pairs wool lined Sealskins 'waterproof' socks.

More success then wool or neoprene. Have tried home made over gaiters, bits of Karrimat/neoprene on shoes and over shoes made from welly boots. Would need them if feet wet on snow. Maybe cycling over boots glued to shoes? Manufacturers should get their act together.

Inov 8 Roc lite 318 fell shoes.

A size and a half too big to fit socks. They have a rand at the front which seems to help keep toes warm- ish.

Karrimor 'Xlite' 15 litre running sac.

£15 incredibly light, sculpted and comfortable.

Bin liner to keep stuff dry.

Home made light bum bag.

Worn at front- for crampons, saved time.

Camp XL20 200 gram ski tour axe.

Carried between back and rucsac strap for immediate access, string leash clipped to chest strap. A 'toffee hammer'. Generally in hand on snow. Better than a self arrest stick made from a television aerial.

Kahtoola 10 point flexible walking crampons.

Great on fell shoes. When you need them you really need them? Wore them on Ben, Aonachs, Easains and most of night in Mamores. Partners have gone well on Kahtoola micro spikes- up to a certain angle and then you start wasting time. Avoid Kahtoola micro spike copies from ebay or you will be tying them together on the move. Postman's rubber crampons – never again. Instep crampons made from the back of a climbing crampon – painful.

Very cheap watch altimeter.

Pretty accurate.

The new Harvey's Ramsay map.

Includes East Loch Treig area.

Cut down Silva compass tied to sac belt.

Ortleib map case tied to compass.

Stored under sac belt.

Schedule and pencil.

Bag tied to rucsac.

Idiot card with pacing/timing etc.

Brain cells die.

Phone in Ortleib waterproof bag.

Tied to jacket.

Cycling bottle.

Carried down shirt for convenience but would also stop it freezing. Normally this is tied to something as well.

EQUIPMENT CARRIED, NOT USED

Spare Smartwool shirt.

1970's style Hollofill belay jacket

800 grams but warm. No hood as I often take 2 Goretex tops. Not sure if it would save your live if static in a blizzard?

Old GPS

Heavy. Would take a small route tracking one next time. If there is one.

Petzl E Lite emergency head torch.

Belt and braces.

Pertex Aquablock cycling over trousers.

Knees can bend.

Silver 'survival' sheet.

Taken to keep my conscience clean. Not sure it would keep you alive. I often take a cut down 'Blizzard Pack' double silver bag. This inspires more confidence since I have often slept in one.

Duct tape round pencil.

Some zip ties.

On my first completion the sole of my new shoe fell off.

Spare bits and pieces at Loch Treig Dam.

Map/ compass, head torch. Gloves, socks, tops etc. A Yac-Trac crampon. Shoes. Wallking boots- these might have saved a previous attempt where we stopped with cold feet.

FOOD

Sustained carbohydrate binging for 2 days before.

No fat, bland foods.

As much pasta as I could physically eat for breakfast.

Colin Donnelly's advice.

Wholemeal honey sandwiches.

Cheap Tescos energy bars.

Palatable but should have got nicer ones.

Coffee powder.

For making 'crapachino'.

Glucose tablets.

For near end but palatable when feeling sick.

Chocolate for dire emergency.

Made the mistake of having some at Loch Treig,

Yet more pasta.

At Loch Treig.

Asprin.

WEIGHT

No more than 6 kilos total I think.

Carried 1.4 kilos of food.

It's an eating contest. My brother is the champion.

The Broxap Round

A winter traverse of the 24 hour munro record route

The Broxap Round was first set by Jon Broxap of Kendal back in 1990. Its still stands as the record for the number of Munros climbed in 24 hours despite two noble attempts by Steve Pyke. Its a mammoth undertaking, weighing in at around 75 miles and 35,000 feet of ascent, and including some very large ascents amongst the 29 Munros traversed. I first considered trying a winter round several years ago, but twice gave up in deep snow. With the promise of fair weather and hard snow conditions I was once again tempted, this time with the plan of walking round with full camera kit, the goal being completion and a photo journey rather than anything approaching a run. I therefore set out with a 48 hour target in mind.

The moon shone irritatingly through the car windows as I tried to grab a few hours sleep, curled up in the back of the Honda. I didn't feel rested. It had seemed a long drive up that afternoon and I was tired after organising a talk the previous evening. Still, the late afternoon light had been spectacular on the drive past Loch Lomond and I was replete, having feasted on stodge at the chip shop in Fort William. The short, shuffling night came to an end as the alarm sounded at 3am and the slow process of breakfasting in the frigid mountain air began. At 4:16, I set forth, jogging steadily down the 6km of tarmac in the light of a full moon and with only the occasional vehicle whizzing past. For the most part, the night was perfectly still, the silvery beams of the moon accentuating the silence of a calm, frosty night.

Half an hour later I left the road, not to re-cross



it for almost 39 hours. The effort soon produced a sweat, counterbalanced by the stinging cold, but I made good progress buoyed by the moon overhead and a myriad of stars in the heavens. I reflected on passing this way as an 11 year old and how little I would have guessed that I'd be embarking on a rather larger venture almost 37 years on. Above 700m, the frozen bog and heather gave way to crisp snow and I could dispense with the torch. Nothing but the sound of my breath, the crunch of boots on snow and a big, big shadowy landscape. The snow had just enough traction to make crampons unnecessary and made for a swift ascent to the first Munro, Carn Ghlusaid. The moon slipped

behind the hill and a light breeze moved me on and up. Conbhairean's summit was icy enough to warrant crampons which stayed on for the majority of the time thereafter, the Northern slopes being distinctly more slippy than the Southern side. A little way after the summit I abandonned the rucksack for the out and back to Sail Chaorainn, a deliciously free romp without the weight of the sack, the lightness being matched by the coming sunrise. Except that the sun struggled to emerge from underneath a belt of cloud to the East, and it became clear that the day would be pleasant but unspectacular, notwithstanding the proud buttresses of Sgurr Conbhairean that invited exploration some day.

The sack felt unwelcome on being reacquainted, a slow but steady drain on energy that would soon sap any early zest from my being. That was all ahead - at this early stage I could still saunter down the easy slopes of the Western top before unexpectedly encountering a steep little slope leading to the crest of the A Chralaig Ridge. Suddenly it felt tenuous as I approached the small cornice, the short and steeply angled front points failing to bite in the ice. I balanced with one arm and thwacked the pick of the axe hard, teetering up on a few mm of metal. I carefully pulled through the sugary cornice and it was over almost as soon as it had begun but it was notice of things to come. Regret at not taking my Grivel crampons was sharp. From there on, any steepish downward slope was treated with great caution as the crampons skittered over the surface.

For the most part, the snow was a delight

– rock hard snow-ice forming a regal highway
along the huge ridges. The view to the West





from A Chalaig was magnificent, both in its extent and quality, peak upon peak rising and falling from Torridon in the North to Ben Nevis in the South. But the real delight of these hills, at least in the winter, is the serrated edge leading up to Mullach Fraoch Coire. In Summer, the pinnacles seem fairly inconsequential, but in the full garb of winter, they take on a more malevolent air and can be quite awkward. The traverse beneath one of the towers was frozen hard with little trace of passage. I front pointed round, crab-like, aware of the drop beneath, until I emerged from the shady slope in to the sunshine above the pinnacles. The top was close by and the end of the beginning was at hand, for the real challenge lay ahead in the remote country at the head of Glen Affric. First, a steepish slope demanded downclimbing, then on down, down, down to the youth hostel beside the river.

In the sunshine, I had munched sandwiches and absorbed the warming rays, the river burbling beside and the wind turbine stock still. I had a peek into the hostel to see what winter comfort it might provide: a stone shell to escape the elements. I had no need of it today and escaped into the warmth of the midday sun. Regretfully I shouldered the bag and set forth for the most comitting part of the round, the elephantine hills of Affric. These begin in a low key way with a steady climb through heather and grass to An Socach, a gentle hill from this

aspect, but sporting crags on the far side. The steep drop off the subsidiary top proved easy in softer snow, before the vast bulk of Mam Sodhail loomed ahead. The sunshine had faded and mist obscurred the foretop. This was to last until Beinn Fhada many hours distant. The day had taken on a different feel as I followed the compass needle over the undulating ground to Mam Sodhail's massive summit cairn. It was chill, drab and uninspiring. If I needed something to energise me, I found it on the steep North ridge. Once again, I found it difficult to trust my crampons on the ice. It was too steep to flat foot downwards and there wasn't enough bite to traverse sidewards. I used the rocks as much as I could and frontpointed the rest, but even this was sketchy. I cursed my poor judgement in leaving the Grivels behind and inched downwards until the slope eased. Carn Eighe came and went but time was moving on. I had estimated an arrival time of between 11pm and midnight at Cam Ban Bothy but that was looking unlikely unless I could reverse my slowing pace, and the later it got, the longer it would take overall. A brief reprieve whilst I went out and back to Beinn Fhionnlaidh without sack was all too short and the ensuing descent of the steep heathery slopes to the river was proof of my tired legs. From there on, at least one walking pole was used to prop me up to the end.

The wide river was thankfully easy to cross without getting my feet too wet, but the ensuing



- Padded 30l rucksack
- Camp 250g ice axe
- Kahtoola Steel Crampons
- Fabric walking boots
- Walking poles
- Black Diamond Icon torch
- Handheld Fenix P7 torch
- Gore Tex Cagoule
- Rab salopettes
- Icebreaker shirt
- Alpaca jumper
- Polartec 200 fleece
- 2 x balaclava
- Fleece gloves from the market
- Overmitts
- Dachstein mitts
- Buff
- Phone
- Spare laces
- Smart wool socks
- Stay-dry socks
- Wool socks
- Compass
- Computer generated maps x2
- Nikon D7000 camera body
- Tokina 12-24mm lens
- Nikon 55-200mm lens
- 1 litre billy can
- Pocket rocket stove
- 250ml gas canister half empty
- Soup x 2
- Noodles
- Dried pasta sauce
- Cheese blocks
- 2 packets oatcakes
- 8 rounds sandwiches
- Christmas cake
- Ma Baker flapjack x 5
- Dried fruit
- Doves apple bars x 4
- Hemp bars x 4
- Lucozade x 2
- High energy powder drink
- Fruit tea

night be beginnir doubly company to be should be should

slope was only overcome by perseverance. I was already tired, the effects of a rather sleepless night before and the insistant ache of the sack beginning to take their toll. Slopes like this are doubly cruel. Just when you want the monotony to be shortened by cruising up the slope, it is drawn out and redoubled by a stuttering pace. I took solace in a semi-frozen waterfall where I stopped awhile to capture a few images. I was determined to enjoy these moments and to rush by as is often the case in the pursuit of speed. This was to be a different kind of journey, one in which I could absorb the mountains a little more fully. Still, I was aware of impending nightfall and resumed the plod upwards. I elected to enter the coire and chose a moderately steep slope to the left and then the expansive ridge to the summit of one of Britain's most remote tops - Mullach na Dheirghean. On this isolated mountain I was rewarded by one of the most spectacular sights I have ever witnessed. As the clouds gathered, the setting sun lit them up in a truly awesome show of fire. Beyond the snow bedecked ridge, the swirling clouds were

transformed into pillars of fire reaching in to the sky in deep reds, yellows and orange. Beyond lay the spiky profile of the Skye Cuillin and beyond that the flaming ocean. I didn't really notice the top. I was transfixed by the ever-changing vista to the West, as the flaming clouds wove in and out, until finally the sun sunk beyond the horizon and the light was flat and dull once more.

Buoyed by this light show extraordinaire, I made the steep ascent of Sgurr nan Ceathreamhnan just before darkness. By using a pole for balance and an axe in the other hand I front-pointed efficiently up the final cone to the summit cairn of this fine peak. Even in the swirling mist, it was just about possible to pick out the character of the narrow ridge leading to the subsidiary top, from whence I descended easy slopes to the South to avoid the steep nose. A long and tedious trog through a boggy coire followed, before the final descent to the wide valley bottom. Once again, I emerged from the river crossing with wet, but not saturated feet and had a quick snooze before contemplating the rather dreary ascent of A Ghlas Bheinn. Although I had descended out of the cloud, the moon was hidden behind a bank of cloud above, teasing but never quite delivering the promised light. By now I'd had enough and Cam Ban had taken on the status of a sanctuary, but I knew that the sanctuary was still far off and in between I had two gnarly hills. The initial slopes of A Ghlas Bheinn succumbed to sustained plodding, but the top is somewhat complex - a steeper headwall of ribs and little gullies. I was caught not really knowing which line to take but elected to keep off the steep snow as much as possible given the proven inadequacy of the crampons in these extremely icy conditions. I took a rocky rib to the left and to start with, this went easily enough, until the headwall proved to be rather steeper and more difficult than I'd anticipated. In the dark, angles and distances can be hard to judge, and the rocks rose to 50 degrees with steeper steps. With my pole dangling from my wrist I was keenly aware of the seriousness of the situation and took plenty of time to ensure secure, if slow progress to the summit plateau. Finally I reached the summit somewhat later than anticipated, then set off following the tracks toward Bealach an Sgairne. This is a popular normal route up the mountain, but it weaves in, out, up and down undulating ground before dropping to the pass. I knew that this would be difficult to follow in the dark, snow and mist and after managing to keep to the path, I lost it and ended up having to traverse back right on a steep hillside. It was slow, the weather was dispiriting, I was tired and the sanctuary was still a mountain away.

In the dark, I followed the path down below the pass before heading up once again, adding to the climb but making it far easier. By now, it was late and I was sliding into the haze of a fatigued nightime plod. More encouragingly, the clouds had started to part and the moon made a re-appearance, lighting up the broad slopes of Beinn Fhada. This is a massive mountain where the slopes seem to recede into the distance, never getting closer, never

succumbing without effort, but slowly, oh so slowly I did climb towards the moon and that elusive summit. I was in another world: a world of shadows, half-light and a fuzzy consciousness. I lav down on the snow and stared at the moon. the stars and the snowy peaks all around. I tried taking some pictures of this ethereal scene then slowly moved on. The moon was in the ascendency now, shining bright over the huge whaleback ridge, sparkling in its light. My mind was dull but responsive to the harsh beauty of the landscape, a place so far removed from normal life as to be in another reality. Yet the urge to move on, to rest, to re-enter the normal world was strong. I walked on through the night, the goal now in my mind's eye, and finally, at 3am, I entered the haven of Cam Ban.

There have surely been better havens than Cam Ban. Without a fire, it is a cold, friendless place, yet it was a haven nevertheless: a place to stop, recuperate and switch off from the journey. But not until I had donned all my spare clothing, changed socks, fetched water and got the stove going. A pocket rocket it was not. In the cold, the gas sputtered weakly, barely warming the water. I switched it off and thrust the cylinder under my armpit, before lying on the hard boards pretending to rest. There have been better beds but I was not in a position to choose a better one. I lay on my back, torch off and tried to drift off. It wasn't working, so I groggily fired up the stove again. This time it was more like its usual self and I soon had a warming soup and then a panful of noodles and sauce. Not condon bleu but filling and more to the point, warm. The meal was completed with a mug of tea and a bar, and it was only then that I could rest somewhat more comfortably. The cold wouldn't allow me to rest long, however, and after washing up by the burn, I contemplated leaving. Despite the absence of sleep 3 hours had passed and daylight would not be far away. I was not sad to leave the bothy but it had served its purpose.

The stream crossing was easy but the ascent of the steep slope beyond was not. The flanks of Ciste Dubh are unmercifully steep and I laboured slowly upwards into a glorious dawn. The pink Alpen glow lit up the North Glen Shiel Ridge as I gained height and by the summit the day had truly dawned. The night was past and I could look forward to a wonderful winter's day. Fog lay over Loch Cluanie but the sun beat ever more strongly in the deep blue sky. Even in my weakened state, I could sense a fine day in prospect, taking full advantage of the opportunities to stop and stare and to try to capture something of the scene with my camera. It was too good a day for rushing and in any case I couldn't. It was a day to savour the peace, stillness and aesthetic curves of the snow, so I did just that. By the second Munro of the day I spied the first person of the journey, and by the third I'd caught up with him. The steep snow was much easier here as steps had been made in the snow when soft, so there was little to trouble me on an idyllic morning traversing the fine ridge that forms the North side of Glen Shiel. I played in a snowy bowl that had formed in the lee of the ridge, then said my goodbyes



to my newly found friend as he descended to Glenshiel and I continued over the Four Sisters of Kintail (the fifth one not not being on my route). I was alone once more. The ridge was mine for this sunny day. I can't remember much, save a feeling of deep contentment and slow but rhythmic movement over the hard snow and exposed rocks. I left my sack and crampons for the up and down to Sgurr Fhuaran, then contemplated the awkward descent to the start of the Saddle path.

From previous experience I knew this to be awkward in the winter as it traverses some steep and craggy ground to a ramp leading down from Sgurr na Carnach. Water ice festooned the slopes so I rather tentatively traversed beneath Sgurr na Carnach, crossing a couple of ribs in the process. The snow was too hard and steep for anything other than crab like front pointing and it felt very precarious. I decided to back off and go back up the way I had come, then to pick my way through the water ice to the bottom of a slope leading up to the top of the ramp. This proved to be a slow but sure route and once on the ramp it was plain sailing down to the road. Or so I thought. The indecisive tooing and froing before had cost me half an hour and by the gorge it was almost dark. In an upwards direction, the way was obvious, but now I wasn't so sure. I just followed the heather down, but before long I was stranded above a crag. I couldn't really see. It was time to put my torch on, not that this revealed much more than a 10 foot drop and some greasy looking slabs. The road seemed tantalisingly close, but I daren't risk it. I turned tail and hauled myself up the knee high heather back to where I'd come from. Time to get the map out. Oh dear. When printing the map, I'd omitted theis last ½ mile of the descent and done the same on my spare. My memory had already failed me, so following my nose was the only option remaining. I decided to cross the stream, following a trod round to what looked like the start of an easier slope to the left. On arrival at this point, this did not look at all clear so I just headed downward back toward the gorger. Once again I was stopped by a little crag and could'nt take the risk. More heather pulling on a 45 degree slope and shuffling across slabs. The road seemed to be getting no nearer and with it the much dreamed of food stash. By now I was hot, sweaty and distinctly unpeaceful. I'd had enough and just headed down the best way I could identify, not that I could identify much in the dark. Trees, crags, slippery compressed bracken and waist high heather were a frustrating combination that seemed to be conspiring to keep me on this God forsaken hillside, but even this unholy morass eventually succumbed to a traversing slither downwards. By the bottom I felt bruised in spirits if not body.

By the river crossing I was too fed up to bother looking for the best place to cross. It all looked deep and slippery anyway. I just waded in up to my knees and sloshed through the undergrowth on the other side to recover my food bag in the gorse bushes. It was 7:30 pm.

A car park on the main road as a freezing night falls is not a comforting place. I had nothing with which to dry my feet, so ended up using a spare leg warmer to do the best I could then padded around in my spare socks, leaving the saturated, dripping boots until the last possible moment. I slugged heavily on the lucozade which was a welcome relief from semi-frozen water. What I really wanted was something hot, but the stove was pitiful. It blew out twice and this time my best efforts only produced a very lukewarm mug of soup and tea. I put everything on again and sat eating my cold sandwiches as underdraughts from passing lorries intermittently buffetted me. The tarmac made a worse bed than the bothy. I made a call home, but beyond saying where I was had little energy for chit-chat. I signed off and put my cold, squelching boots back on. It was 9pm. I was not rested, but the hills awaited.

Unsurprisingly I was not sprightly and the stalkers track was festooned with ice requiring regular detours from the path. A large full moon shone overhead, but it couldn't stir me. Waves of fatigue swept over me, so I just lay down where I was and entered the land of nod. I don't know how long I was out for, but I woke in confusion, not knowing where I was. The reality of a bed of snow and ice soon kicked in and I blearily stared at the moon. During the remainder of the night I must have succumbed to a nap half a dozen times, each time curling up on the snow, using my rucksack for a pillow and immediately falling asleep. One time on a hard, icy slope, I whacked the axe in to avoid slipping down the

slope whilst sleeping. There was no denying the overwhelming desire to sleep, so I found a way of managing it. In the cold I couldn't sleep for long, so regular naps were the order of the night. As soon as the tiredness became overwhelming, I'd just lie down and give in, escaping to a soft and comforting dreamworld, before coming to as the cold ate into my body. In between the sleeps, I'd drift onwards under the glare of a dominant full moon. The Saddle stood resplendent, its ridges standing proud like Alpine giants, sparkling silver above the deep shadows.

What a night! Once above the snow line I was transported to a Narnian world, with only me moving through it. In my Zombie-like state, it was if I were in a dreamworld, but the harsh reality of stinging feet, aching shoulders and a general weariness acted as a constant reminder that this was not a dream. Having to move slowly is a humbling experience and one with which I was familiar. I therefore took each step at a time and enjoyed the moment. The final face of the Saddle reared up, shining brightly under the moon. I elected to take the leftmost route so that I could tackle the steepest bit on grass and rocks rather than icy snow and that worked well. At some time after 1am I emerged at the summit trig point, having collapsed in a heap twice on the way up. Dignified it was not, but I was enjoying the otherworldly experience nevertheless. I tried taking pictures on the summit, but they fail to capture the serene but harsh beauty. I will just have to hold them in my mind's eye.

The rest of the night is a bit of a jumbled memory, but I recall the apprehensiveness before tackling the steep slopes of Sgurr na Sgine and Sgurr a Bhac Chaolais. In the event all went well, and I descended the Southern ridge of Sgurr na Sgine to avoid the steep face. The ascent of Sgurr a Bhac Chaolais required concentration,

being an indeterminate broken wall of rock and grass, in these conditions smeared in hard snow and ice. In between the snoozes I focussed on picking the best line through through the crags, which in the shadow of the moon wasn't terribly obvious. From there on there were no technical difficulties beyond a small icy step leading up to the first of the South Glen Shiel Ridge Munros. Most remarkable was the setting of the moon.. As it sunk behind a hill to the South West, it glowed a deep orange flecked with horizontal bands as if it were a fiery planet. And as the sun broke over the horizon some time later, the sky filled with a deep rose, smearing the horizon with colour. The night was over, a glorious new day had dawned and I was still moving.

With the break of day, the desire to sleep abated somewhat and the never-ending slopes of the night were replaced by the more amenable snowy ridges. Curvacious cornices overhung the cliffs to the North, accentuating the beauty of the landscape. The clarity of the air, its freshness and the expansive panorama were quite special. I might have been slow, dazed and sluggish, but I could still absorb all that was good in such a morning in such a place. The ridge was mine for the day, save for one lone person spied far off; or rather I belonged to the ridge, becoming part of the scenery. Summit followed summit, until I could only go down. Except that I couldn't. The normal descent to the North was looking too steep, icy and untravelled to risk it in the Kahtoolas. Instead I lolloped down the easy sunny slopes to the South West, cutting off the final corner by following a snowy ribbon almost all the way to the moor and the track. All that was left was to trog along the broad track and road, 4 miles back to Cluanie. As the sun set, the hills were bathed in colour one more time, a fitting end to one of the finest of iournevs.



IT'S MY ROUND!

A report on the first completion of the Freeman Round

On Tuesday 25th June, to mark my fiftieth year, I completed a new round of the Lakeland fells, devised by myself - the 'Freeman Round': 50 miles, 28 peaks and nearly 15,000' of ascent. Starting and finishing in Ambleside (Golden Rule pub), the route is as follows (summits in caps):

Ambleside (Golden Rule), LOUGHRIGG, SILVER HOW, BLEA RIGG, SERGEANT MAN, HIGH RAISE, ROSSETT PIKE, Stv Head, GREAT GABLE, GREEN GABLE, BRANDRETH, GREY KNOTTS, Honister, HIGH SPY, CAT BELLS, Hawse End, Keswick, LATRIGG, Newsham (Threlkeld), CLOUGH HEAD, GREAT DODD, WATSON'S DODD, STYBARROW DODD, RAISE, WHITESIDE, HELVELLYN LOWER MAN, HELVELLYN, NETHERMOST PIKE, DOLLYWAGGON PIKE, Grisedale Tarn, FAIRFIELD, HART CRAG, DOVE CRAG, HIGH PIKE, LOW PIKE, Ambleside (GR).

For me this is a natural and meaningful route, incorporating as it does sections of a number of classic races (Loughrigg-Silver How, Borrowdale, Anniversary Waltz, Helvellyn, Fairfield) and also most of one section of the BGR. It is quite a 'runnable' round, the only really rough bit being Gable. The middle section between Hawse End and Newsham is mostly 'trail' rather than fell (although I actually found this the hardest section on the day - mostly because of the hardness of the paths after the softness of the fell).

When I devised the round I wanted it to be do-able in daylight hours, and finishing in a reasonable time to go to the pub for a couple of pints and then have a meal at The Old Smithy chippy! I decided it should start and finish at The Golden Rule because it is my favourite pub and is well placed as a start and finish point.

I had been planning to do the round on Sunday 23rd June, but decided to postpone it because of the bad weather forecast of heavy rain, low cloud and strong winds. I would have had running support all the way if I'd gone ahead and done it on that day, but it wouldn't have been as enjoyable, and I may have struggled to get round in a reasonable time. The weather forecast was good for Tuesday 25th and so I decided to do it in this good 'weather window', even though that meant running solo for the first two thirds - but with invaluable roadside support at Honister, Hawse End and Newsham from Ben Evans and Christeen Taylor. Jim Tyson ran with me for the third section from Newsham to Ambleside, and it was good to have his company. The weather conditions were perfect, with some warm sunshine tempered by high white cloud, a gentle breeze on the tops and excellent visibility.

Setting off from Ambleside at 6.15am I was working to a schedule of 13 hrs, 20 mins, but on the day I felt good for most of the way and from Gable onwards I steadily gained slightly on my estimated times between each summit and finished the round at 6.51pm in 12 hrs, 36 minutes.

When I first designed the round I was only vaguely aware of the Joss Naylor Challenge, but then later discovered that it has similar statistics, and my round could be considered an alternative to the JNC - though with the advantage of it being a round rather than a point-to-point challenge, as well as it being informal. Also you don't have to be over fifty to do it. It could also be of interest to those who feel the Bob Graham Round is too much, and who want to run a round that is do-able all in daylight hours.

Getting under 12 hours for the Freeman Round should certainly be possible, especially with running support all the way. My timekeeping method (for noting times at summits and other points) was not the most efficient and probably slowed me down by up to a minute at each point, adding maybe half an hour to my total time.



Above: Iim Ben and Steve at the end of the round outside the Rule, before getting changed and going inside for pints of Dizzy Blonde Below: Steve and Jim Tyson 'on the home straight' between Low Pike and Ambleside

If anyone fancies having a go at the Freeman Round I can provide more detailed route information etc. Email: freemansteve@hotmail.co.uk



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A SOLO UNSUPPORTED RUN-June 9/10th 2013

A baking hot Sunday afternoon in June and I was sat at the bus station in Barmouth, surrounded by the worst excesses of a Welsh seaside town, a screeching funfair, the pervasive smell of fried chips, a procession of wobbling pink bellies and a mixture of regional English accents. Strangely, I knew I would be very happy to return back here the following day.

I jumped on the bus and handed the driver my bus pass, "A single to Llangollen please, I'll be running back" I told him; he gave me the kind of look reserved for the slightly dotty elderly, so I sat back in the packed bus and enjoyed the two hour ride, looking out on many of the hill ranges I would soon be crossing. I alighted at the bottom end of Llangollen, checked my watch and set off at 6.25pm on a fine and hot summer evening. I had been waiting for the opportunity for this run and with the weather due to break in 48 hours I decided to go for it now. Because I suffer badly in the heat I thought an evening start would give me the best of the cooler weather, my only concern was the new moon which promised a very dark night for navigation, my concerns were justified.

I started with a pack weighing 12.5lbs which included 1.75l of water, I reckoned I wouldn't find a water supply over the Berwyns, but hoped to pick some up very soon after (I was wrong). So with a loaded pack on my back I was soon sweating up the first hill in the evening heat and drinking my precious water. Once past Finger Farm it was a gorgeous summer evening on top, dry underfoot, great views and feeling fresher as the sun set, I set into a comfortable rhythm careful not to push the pace, regularly sipping water and stopping to eat on every hour, I felt great. By Cadair Berwyn the light was fading but I thought I could reach the road without my torch so I pushed on harder, inevitably somewhere between Moel Sych and the next cairn I followed the wrong trod and drifted off down the slope too early, out with the map and torch and retrace my steps, I was relieved to find the duckboards and made Milltir Gerrig in 5hr 5mins.

It is only 200m to the fence line opposite, so I crossed the road and went straight up the incline, another mistake, by not taking a bearing for those 200m I drifted southwards in the blackness, wondering where the fence had gone, pause, another sort out and re-orientation back on the correct line. The ground underfoot up the fence line was horrible in the dark, I fell down sink holes which were now dry, and so I wasn't alerted to them by the usual sound of underground running water, I was very lucky to avoid serious injury and proceeded even slower and with more care.

I floundered up through the long heather and grass in the dark and was mighty relieved to eventually find Cwm-Sian Llwyd trig in my head torch beam, but already well off my planned pace. From here I walked on compass bearings South Westwards keeping to the higher ground till I met the long track and began running again at last. My big concern now was water, I was dry, thirsty and unable to eat without water, I knew if I didn't find some in this section I may have to abandon the run as I would not recover from the dehydration if I carried on much longer. I reckoned my best chance would be as I lost height towards the minor road and as I jogged down the track I started to see some dampness in the peat banks and drainage gullies, fingers crossed for something drinkable. I reached the minor road crossing in 3hr 10m, oh so slow, slow, slow, but still in one piece with no accidents.

A drain pipe ran under the road with a trickle of water into a small pool, I peered into the pool and my torch beam illuminated its occupants, tadpoles paddled around in the weed, assorted water beetles beetled about and a solitary newt lay on the mud and glared back up at me malevolently. Springwatch from a Welsh puddle. I drank deeply, avoided the bugs and filled my bottles - my first water supply in over 8 hours - I

I had never been over the next section so I took a bearing up Foel Y Geifr and bee lined it, battling through the thick heather was hard work and I wished for some light to pick out a trod perhaps. More plodding over the rough moorland on assorted compass bearings followed; as the pitch black night started to break, grouse alarm calls followed my path through the seemingly endless peat hags and heather. I longed for some proper daylight and visibility to show me some features to orientate by and give me the confidence to push on. But when daylight arrived it was accompanied by a thick mist and I could see little more than when it was pitch dark, humbug, there was no alternative to a slow and steady plod. During this grinding slog I had some strong mental battles over quitting. I was frustrated by my lack of progress, I had nobody to blame for any navigation errors, I had nobody to have a 'sense of humour losses' with, I was fed up with falling over, I simply wanted to sit down have a little cry and go home. But if I did that, I would have to come back and try again, returning here a second time appealed even less than continuing forward, so I had a little talk to myself and forward I continued. Eventually I bumped into a fence line and rattled down to the road. Botheration, wrong road, another 1/2mile back up to Bwylch y Groes - when will I eventually learn to put my glasses on and check the map every time? A 2hrs 30m

section completed.

Bwlch Y Groes, I was now on ground I knew well and the long climbs start, but my legs felt shattered from the heather bashing and the sack weight was taking its toll (though I am steadily eating my way through the contents), I knew I must take it steady, be disciplined and look after myself with regular stops. I decided to fill both my water bottles at every opportunity despite the added weight, from here on I knew only three definite water stops to the end, so I filled up in the next valley and climbed up Foel Hafod-fynydd. From this top I could see nothing, there should be inspiring views of the Aran ridge and the lake below the cliffs, but the mist was so thick I never even glimpsed the water despite passing virtually alongside Creiglyn Dyfi on my way up the grassy slope onto the Aran ridge.

As I neared the top of Aran Fawddwy I broke through the cloud in the final 50ft, to the north, Snowdonia was bathed in sunlight, but the ridges I would traverse held back a solid bank of cloud from the south, which not another single peak showed through. So I stopped and sat in the morning sun for a few minutes enjoying its warmth and admired the views northwards, before plunging back down into the murk; it was decidedly cold and yucky on the run across and up to Glasgwm. I am fond of Glasgwm, I have spent a few nights up there wild camping, pitching my tent open to the east to catch the first rays of morning sunlight, happy memories but no place to linger in the cold this morning. I walked down to Llyn y Fifn and filled my bottles again; here I once observed a springtime frog orgy of such obscene proportions it would have shamed the Romans; but no more frogs, just tadpoles in my water today. So onwards to the Bwlch Oerddrws crossing which I reached in 4hrs

I climbed up through Craig y Bwlch onto the ridge and along to the Waun-Oer trig where the cloud had now burnt off and the sun was warming the day - it promised another hot one. Then some easy jogging through Mynydd Ceiswyn and down the footpath route, where I filled my bottles for the final time then crossed the A487 and started the steep climb opposite. A 1hr 50min section.

Being a clear day the usual keen photographers were out on the slope up to Gau Graig. If you have ever wondered what sort of interesting birds they expect capture on film, it is of course some rather large ones – this being part of the famous "Mach Loop" (www.pbase. com/derekslater/loop&page=all). I left them to their fun and ground my way to the top of Mynydd Moel at a speed Tonkins would have been ashamed by (Tonkins is our 100+ year old

pet tortoise), wispy cloud still skittered over the ridge as I jogged towards the Penygadair trig in the happy knowledge that all serious climbing was now behind me. The descent of the rock strewn Pony path was painful on the soles of my feet, which were now very sore and I felt a blister 'pop', ouch, there was also considerable heat in the sun and my water was low again, the hard work was done and I wanted the finish. Back on softer grass I followed the final ridge run over Craig Las and onto Craig y Llyn, from this point I had mentally positioned the last trig, Pen y Garn, as 'just round the corner' (I have no idea why, wishful thinking?), so as I topped Craig y Llyn and saw it two and a half running miles away, my little heart sank again. I slogged my way over there, touched the final trig and set off on the pleasant downhill jog to the bridge. As I crossed what felt like that "never ending" bridge run, I looked down on an angler on the sands beneath me, who had just landed a nice Bass of over 4lbs, for a second I kind of wished I had gone fishing instead, but the thought passed.

The final jog through town to the station and that was it. I went into the co-op, bought a celebratory ice cream and bottle of Lucozade and sat on a bench in the still blazing sun; a pair of middle aged women puffed on their ciggies, ate their chips and scrutinised my sweaty,

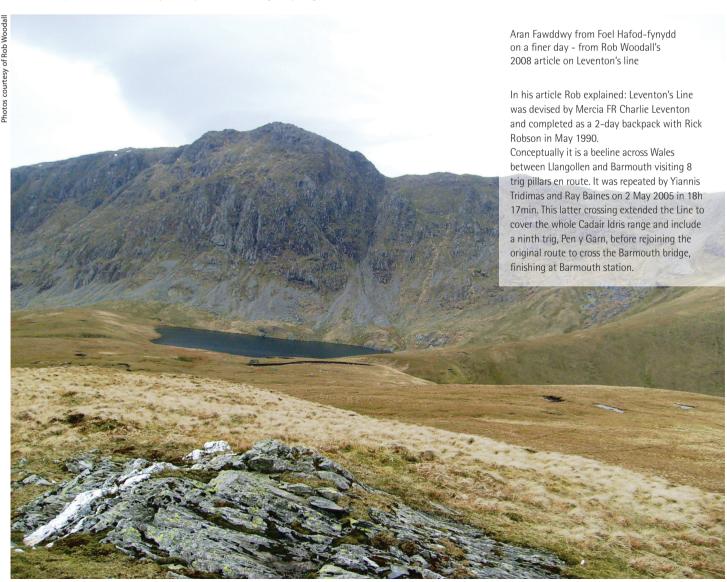
smelly and knackered body whilst muttering disapprovingly. I knew I would be happy being back in Barmouth!

This last section was 5hrs 5m and I stopped the watch at 21hrs 50mins. I had followed Yiannis's 2005 route variation with the logical conclusion at the final trig, but there are options to lengthen or shorten this, depending on one's requirements or how knackered you feel on the day. A more leisurely expedition with an overnight wild camp offers many more opportunities for fun on the hills.

In conclusion, I think the route lends itself nicely to the unsupported runner and it's achievable by those of average ability who want to test themselves on a long trip out in wild country, but are not out to break any records. This was my first ever attempt at something solo like this and if I can do it, so can you. Sections 2 & 3 are pretty hard graft mentally and physically, they do need a patient approach and acceptance that you may go slowly, and don't attempt them at night, work their schedule around daylight. There are regular buses from Barmouth (it's the Wrexham bus), you can find unrestricted parking in or very close to town for your car, so everything is in place to do this trip solo or with a mate at short notice. Good forecast, pack a bag, off you go.

I carried in my KIMM sack:

- 3/4l Fairy Liquid bottle for drinking water + 11 spare bladder to top-up.
- 1 x 500gr cooked pizza (with extra toppings, yummy).
- 6 x bread rolls 580 gr (peanut butter & jam, marmite).
- Golden syrup cake 210gr (the one thing I couldn't finish eating)
- Salted peanuts 115 grams, I can always eat these and good for taking in salt.
- Chocolate/caramel bars 155gr. I saved these for the very last section, no problems eating them then.
- Ix sachet of lime 'Vitafresh' (from New Zealand) just a powdered juice additive, nothing fancy.
- Survival bag, first aid, spare thermal tights, PHD Minimus down jacket (for emergencies), old Gore-Tex top as a windproof, Myo XP head torch + spare batteries, maps & compass, Mountain King Trail Blaze poles, assorted personal 'bits & pieces'. I ran all the way in short sleeved T shirt (+ the windproof top at night), shorts and La Sportiva Crosslites - which are now slightly trashed.



Ladies Paddy Buckley Record





19th May 2013

I first learnt of the formidable Paddy Buckley record held by Anne Johnson in 2005 when I started training for my original attempt. The record stood at 19 hours and 19 minutes and was actually the overall record until Mark Hartell bettered it by doing 18.10 hours. I attempted the Paddy in May 2006 and got round in 25.45 hours but was then diagnosed with breast cancer a month later. Throughout my treatment when life was uncertain I used to go to Wales. I continued my training and attempted again in 2007 getting round in 23.55 hours. Since then the Paddy Buckley Round has always been a very special round to me.

The record was a huge pipe dream that I never thought I would be able to achieve however my 2012/13 racing times especially on the longer races such as the High Peak Marathon and Fellsman gave me confidence that, given the right conditions, I might be able to shave a few minutes off the current Paddy record. I had a visit to Wales in April where even ploughing through the snow it felt good to be back and I decided that yes it was time to return to the Paddy. My supporters all took it very well; initially I was planning to go for a reduction of the BG record but the "visit to Wales" triggered a few suspicions! I think they were also as scared as me! I made a 19.10hrs schedule up using times of legends such as Anne Johnson, Helen Whittaker, Martin Stone and Mark Hartell. I realised that I had to go as fast as I did on my first leg in 2006/7 all the way round!

The weekend of 18th/19th May approached and the weather decided to play it's part by putting a washing machine on the rinse plus cycle over the UK. I postponed from the Saturday to the Sunday in the hope it might improve and rejiggled supporters. I had offers from people I didn't even know which I'm very grateful for and thanks to Yiannis for the recommendations.

On Sunday morning at 3am the wind had dropped, the clouds had parted and stars could be seen. Setting off up Moel Siabod I needed to get the pace and my stomach sorted. We dropped a minute on the first hill and I questioned the wisdom of even setting off but these self-doubts are normal and as usual I just carried on. This first section got progressively better and better; my stomach settled down and I was eating well. My support were great company and found me all the food I asked for. Willy Kitchen once told me that all my reports are obsessed with eating which is actually true but if I'm eating well then everything else goes well. We arrived at the quarries 10 minutes up on the schedule and met Wayne Percival who had laid out a fair feast. I had two cups of soup and set off keen to get a bit more done as I was worried about the schedule later on. The Moelwyns seemed easy and I even enjoyed Cnict. The descent to Aberglasyn is long but chatting to my support I was relaxed and the road passed quickly. Arriving at the road stop I was impressed at Charmian's organisation and had some pasta before taking off my 3/4's and long sleeved top as it was warming up.

Leg 2 support were new to me; I soon learnt up Bryn Banog that they were all excellent supporters who knew the route well so I could relax and concentrate on even more eating and drinking! This leg passed very quickly and enjoyably. I was beginning to hope that the day might go to plan and I might be in with a chance. I just had to concentrate on eating, drinking and staying on schedule for another 10 hours.

At Pont Caer Gors I had more pasta and tea before setting off up Snowdon. I have never liked Snowdon – the ridge goes on and on before reaching the mayhem that is the top. But it has to be done. It was a warm climb, too warm at times which I don't like, I had also drunk some energy drink that wasn't pleasant so I wasn't feeling my best. I asked for some pasta and easily got a few spoons down but it reacted violently with the drink and I'm glad no-one was stood in front of me as I was immediately sick projectile style. I ate some more and that came up as well. Mark Harvey, true to form, barked at me "come on, at least walk". I glared at him but walked as I knew, unfortunately, that he was

BY NICKY SPINKS

right. I then tried water, a little tiny mouthful of pasta, sip of water, tiny spoon of pasta. I was getting more confident as the food stayed down. Then I ate some crisps and a rice pudding. Once the pudding was down I was happy again and nearly at the top of Snowdon! Snowdon was very busy as a train had just arrived. Mary Gillie ran ahead calling out "Make way please. This lady is trying to break a record". The crowds parted and everyone clapped and cheered me on with cries of "Nearly there, well done!" which was slightly embarrassing and not quite true! It was nice to get down the path and back to spacious mountain running across to Llanberis. I looked across to Elidir Fach and thought "I can do this; I'm ready for you". It was hard to believe that the day was going so well.

Another quick road stop and off up Elidir Fach I went. We lost a minute, then gained a minute, then lost another one and so I wasn't happy. Clag appeared from nowhere and we all needed to concentrate on getting the navigation correct. I ate a rice pudding and tried to up the pace to the Glyders. That worked; we stayed on schedule so pushing hard I tailed Willy Kitchen up Tryfan determined I wasn't going to lose the record now. Dropping to Glandana I was more relaxed again with only the Carnedds to go.

The last road stop! I ate some more fruit salad and walked along the road wanting to finish my cup of tea. Again we lost a few minutes to the top and more clag rolled in so making it difficult to run at full speed across the ridges. I focussed on running though and didn't notice that the clag had suddenly inverted revealing mountain tops all around us. Brent said "Nicky look back" and I did. The view was breath taking and for a moment I forgot why I was there and just took it all in. There are so many times I'm on mountains in the wind/clag /rain that I felt



privileged to be there with such stunning views. Only a moment though before I looked across to Pen Yr Helgi Du and Pen Llithrig y Wrach and thought "Chuffing hell I've still got miles to go". Digging in once more I upped the pace keen to get down to Capel Curig and finish. The last two tops came quickly and then I was off on the long descent. The legs were working perfectly, much to my surprise. I was leaping on and off bridges and over bogs just waiting for the legs to cease up sending me head first into the sludge. With the light fading we hit the road and were joined by more supporters. "Keep pushing" I thought.



I rounded the corner and aimed for the same Pinnacle café post that I had left earlier that morning. Touching it I realised I had done it!! I had broken the Ladies Paddy Buckley Record by 17 minutes finishing in 19 hours and 2 minutes.

I am still astounded by how well the whole day went. Perfect rounds don't usually happen to me and I am savouring the experience as much as I can!!

Many thanks to my hill support: Karl Steinegger and Wayne Percival, Rob Woodall, Chris Baynham-Hughes, Anthony Bethel, Jonathon Whilock, Simon Reed, Glen Borrell, Tom Westgate, Mark Harvey, Simon Rippon, Mary Gillie, Tim Rippon, Rob Cole, Willy Kitchen, Keith Holmes, Nick Cable, Brent Lindsey and Martyn Goodwin. To my excellent road support: Charmian Heaton and also to Amanda Heading at www.RaceKit.co.uk for her continued support and advice.

People ask "What's next?" Well for me it's a return to Wales on the 2nd July, to raise money for the cancer charity Odyssey, running the Dragon's Belly down the length of Wales. To sponsor me please visit www.DragonsBelly.co.uk



Model Student			SCHEDULE		ACTUAL		SUPPORTER
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13 Moelwyn Bach 7.06 0.24 6.51 0.24	11	Foel Ddu		0:12			
14 Crigly Signfn 7.17	12	Moel Yr Hydd	6:42	0:10	6:27	0:09	
15 Mocleym Mawr 7.27 0.10 7.12 0.10 0.10	13	Moelwyn Bach	7:06	0:24	6:51	0:24	
Aberglastyn - arrive	14	Craig Ysgafn		0:11			
Aberglastyn - arrive	15	Moelwyn Mawr		0:10			
Aberglaslyn - depart 9:00	16		8:11	0:44	7:55	0:43	
Aberglasiyn - depart 900 0.04 8.46 0.03 Anthony Bethal		Aberglaslyn - arrive	8:56	0:45	8:43	0:48	
17 Byn Banog				2:38		2:38	
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Moel Lefn	18	Moel Hebog	10:10	0:30	9:52	0:28	Glen Borril
21	19	Moel yr Ogof	10:26	0:16	10:08	0:16	Simon Reed
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Resurrection of the Gerry Charnley Way to celebrate SROC's 50th birthday

South Ribble Orienteering Club (SROC) was born in December 1964 and is the oldest orienteering club in England. In March 1962 a tragedy on Saddle Fell led to the establishment of South Ribble Fell Search and Rescue Team with HQ in Penwortham. The men involved in this went on to become founder members of SROC. One of those was Gerry Charnley. In 1964 he became secretary of the newly formed Lake District Mountain Trial Association, which had only a few years earlier stopped publicising the route in advance. Gerry discovered orienteering when he went to the 1951 Helsinki Olympics. He realised that it was starting to be introduced in Scotland and wanted to do the same in England. In 1963 he bought a map, marked on some control sites and with friends went out to navigate using direct bearings. In 1963 they organised the first orienteering event in England near Whitewell in Lancashire. Gerry, with Mike Parsons, went on to conceive of the KIMM/OMM to test orienteering skills in extreme conditions in 1968. Sadly Gerry died on Helvellyn in December 1982. SROC held a memorial service and placed a plaque on a cairn. They then set up the Gerry Charnley Way in his memory and a special Harvey map was produced. In 1985 a relay event was held for teams of six pairs. Each team ran half of one of the three loops. Each loop visited the memorial

cairn on a small crag below Esk Pike and one of the three youth hostels in the valleys. The cairn site was chosen for the KIMM event he organised

As part of our birthday celebrations Harveys will produce a new version of the map, probably in early spring 2014. The club is also setting up an anytime challenge. This will only have

3 teams of pairs to avoid waiting for a change over at the cairn. With some car sharing each team should be able to start at one of the Youth Hostels. Details may go in the FRA fixtures but will also be on www.sroc.org and from secretary@sroc.org There is of course nothing to stop individuals running this in its entirety as we did in September 2012. It makes a great day out.



On the Gerry Charnley Way

September 2012 Karen Nash

Discussions of the SROC's 50th pushed this towards the top of my 'to do' list and a friend from the club was keen. Despite some dreadful weather mid-week the forecast was good and the challenge was on.

Stepping out of the car at Elterwater to minus one degrees and half-light made us question the idea, but as we headed off up Lingmoor the views of temperature inversions over Windermere brought back our enthusiasm. After a brief debate about the descent to Blea Tarn and best way up Pike O'Blisco we were soon making steady progress.

The hillsides were super-saturated with icy water and by now we had totally given up the idea of keeping our feet dry. The views from Crinkle Crags were amazing in all directions and we were soon off to Three Tarns and a decision to leave the GC Cairn until the next leg.

The descent to Lingcove Bridge looks so easy on the map – all downhill and a choice of two paths. Huh! We both disappeared in deep bog holes and what wasn't wet or muddy earlier was by the bottom.

There then followed fairly easy running in the sunshine down to Eskdale. A brief sandwich break, a novelty for me, was swiftly followed by the long steady pull up to Slight Side and Scafell. This was the hottest part of the day and I was glad of the breeze as we regained

height. The views continued to raise our spirits and the thought that we were almost half way was reassuring. Tony claimed to be tiring but more food and the summit revived him and we were off to the dubious delights of Foxes Tarn and what was to be the start of ever-increasing numbers of people.

Scafell Pike was as busy as a city centre high street - we did not linger. I checked my watch, knowing that this was probably half way in terms of distance, time and ascent according to Ben Abdelnoor. We could make it before dark and possibly in not much more than 13 hours.

Soon we were rock hopping to Esk Hause and towards Esk Pike and solitude again. Having correctly guessed - sorry, carefully navigated as orienteers do - which lump was the GC Cairn it was time for a photo stop and a breather. The pull up towards Allen Crags was not too bad but I missed the short cut and Tony was tired and even mentioned retiring. No way, not having come this far. Time for more food and my plan; that once over Glaramara and descending into Borrowdale it would be too late to change our minds. Plus I pointed out that if we gave up we would have to come back and do it again!

It did seem to take an age but you could see forever - not only all the lakes but over the Solway and into Scotland. We thought about blagging a cup of tea from Rhys at the YHA



but knew we had to push on. The campsite at Stonethwaite cruelly tantalised us with smells of BBQs but we pushed on up the valley reminiscing of SLMM controls in the area as we went. By now everyone we met was on their way home and seemed surprised to find we were heading upwards.

The decision of which way to escape Pavey Ark was made by tired legs and after a chat to a family wild camping we were off to our last 'control' of Blea Rigg. It was now close to dark and we needed to descend to safety. I was glad we had put in head torches. I could now 'smell the finish' and gained renewed energy. I had spent the day experimenting with extra and different food - marmite and peanuts won, plus fingers of fudge. Tony was trashed, so it was a compromise of run a bit and let's get there. We reached the car after 13 hours 42, satisfied that we had met our challenge. First out onto the fells and last to leave. Thanks for letting me join you Tony, and for driving – a great day out.

I have since done most of the route anticlockwise and on balance think clockwise is hetter



6 County Tops round

It was a bitter disappointment in 2012 that my return to fell racing for the over 70 championships was an unmitigated disaster. Having been such a good climber right up to retirement from racing, even though other bits kept falling off, I aborted the 2012 plan up at the Weasedale race which I failed to start after twisting my back up at Ravenstonedale the day before the race.

I have come to realise that the crack to be out shuffling about on the hills with my old cronies is the best thing there is; but if I want to achieve anything now, I have to be on my own. The heart problems I have had will mean that I will never be able to do a long sustained climb without plenty of real rests.

So it is with a great sense of achievement that I report the completion of The 6 County Tops round of High Stones [South Yorkshire], Black Hill [West Yorkshire, Black Chew Head [Greater Manchester], Kinder Top [Derbyshire], Shining Tor[Cheshire] and Cheeks Hill [Staffordshire]. A total mileage of 95.

When I first heard of this extension to the well established and very popular 4 county tops route, that starts and finishes in Hayfield, the group that forged the first round started at Fairholmes by the Derwent dams, and finished at Axe Edge. My original plan was to start from my house in Sheffield and go via High Bradfield and Dukes Drive and then at the end walk into Buxton where I would catch the first bus to Sheffield at 9am.

As I got more confident and more importantly when Richard Hakes offered to drive me to the fell gate for a start that would save me more than two hours I got to thinking that maybe I could make it a round back to the fell gate.

I had had an aborted attempt with high winds

and poor forecast a few weeks earlier, but all was set fair for Monday 10th June. My schedule was set at a straight 5km per hour, without any concessions, so inevitably time would be lost by rough ground and big climbs. An occasional jog was intended along the way. A rule of thumb was an objective of 24 hours from start to the last top. As it turned out I got to the top of Cheeks Hill in 25.06. Two major cock-ups were factors in my longer time.

I had arranged with Richard that I woud expect to be crossing the Woodhead for a second time around lunchtime, and this would be where his support would end if I was carrying on. As it turned out at that stage I was very unsure of my chances because my feet were already pretty sore and my knees were stiff and sore. I had already not jogged for over an hour.

As I went up Torside, I resolved to go for the cut across past the old hut and found that all the little bridges and fripperies of the like delightful. I got over Bleaklow and on to Mill Hill and up the little climb up to Kinder a relief. To go for Kinder top and on to Kinder Low a doddle with good visibilities after struggling in the dark the other way on a 4 tops previous failure.

It's a good evenings sport on past South Head and down to Chapel en le Frith for rest and replenishment of fluids. The first booboo occurred as I reached a lane after rising up above Chapel station. A mental failure saw me turn left instead of right and so I was cooking my evening meal on Dove Holes station platform instead of being near Coombs. It was dark by now and I resolved to take a lane that was parallel to the fell option to take me to the Whitehall outdoor centre. Down to the Goyt valley and on to the climb up Shining Tor. Here comes the classic of all balls ups. I kept having to rest on the climb

and paused at a signpost for Shooters Clough. looking on the map I decided that it would save me 200ft of climb. For the 400m to the actual clough, the path was gentle down and easy, however immediately the climb up was horrendous, I should have bit the bullet and turned round, but no I stuck at it, and for reward the last climb after the clough to the very top was still pretty rough going. The bitter pill was that as I left Shining Tor on the reverse of what I would have done, it was clear that there was a good and easy path back to the route. A fine sky at dawn led to number six and a bit of a scare as I had put my compass in my back pocket and sat on it, also the battery on my gps was flat and I was completely disorientated in clag. Fortuitously I heard and caught a glimpse of a juggernaut which put me right.

My route through Buxton panned out pretty good and I was on my way home on a route that I had blazed some weeks earlier in training on a day out to Buxton and back to the pub for a pint with the lads after another 4.00 am start. My only variation was to veer left for Shatton off Abney moor and on to Bamford. My route choice through Bamford was a delightful trip through Bamford Mill and across the little bridges to lead onto the old railway line to the Ladybower dam.

As I was rising on to Derwent Edge and looked at the time I felt that I could dip under 40hrs. However as I dropped off Back Tor I realised that I would have to run to make it. The next 90min were very determined as I got home with two minutes to spare.

My legacy is a pair of feet so badly blistered and abused that its going to be a challenge to me to get them right for the Saunders in nearly four weeks to compete with my daughter against my son and grandson. Bring it on.

BY IAN CHARTERS

THE JOSS NAYLOR CHALLENGE 2013

The prolonged winter did little to help anyone planning a "Joss" this summer and although it was great fun running in the snow it didn't make learning the route easy.

Recces postponed, cancelled or wasted seems to be the theme of the early part of 2013 and one confirmed attempt for April had to be postponed until the end of June.

The first attempts of 2013 took place on June 1. Sandra Scott (W65) finished inside her allowed 24 hours while on the same day Phil Hodgeson (M55 Repeat) and Mandy Goth (W50) completed together in 14 hours.

This was a repeat for Phil, a first for Mandy and, I believe, the first married couple to complete

the crossing together.

Congratulations to all three. Rainer Burchett & Monica have been out meeting contenders and thanks are due to them both

Colin Dulson & Rob Blyth have an attempt planned for 15th June, my own repeat attempt is planned for the 16th June and Albert Sunter's postponed April attempt is now planned for 22nd June.

Thereafter Mick Wren, Dave Stephenson and Aly Raw have attempts planned for 6th of July and there are others waiting to see how their fitness, the weather and everything else looks before finalising plans and committing themselves.

Quite a contrast with 2012 when 4 crossings had been completed by the end of May with a further 6 in June.

I write this on a warm sunny day so perhaps Summer has arrived after all. I hope so and I hope I might meet some of you on the fells soon whether attempting the Crossing, recce'ing it or just enjoying the hills.

For Information and validation details lan Charters ian.charters@justusuk.com 24 Mill Lane, Aspull Wigan WN2 1QY (Please enclose a SAE)

Results

JANUARY 1 – JUNE 12, 2013



SPRING 2013 THE FELLRUNNER 101

Wilmslow's Nick Bishop

ST JOHNS 2013 Isle of Man AS/5km/275m 01.01.13

A new record number of 176 competitors tackled the St John's fell race, an increase of about 30 to the previous best. There were some great fancy dress outfits out there with a few making the muddy 3.0 mile course a lot more challenging. Lloyd Taggart took the win from Andy Cannell and Simon Skillicorn, with Jackie Lee taking the ladies' win from Rebecca Wallace and Rosy Craine.

Richard Sille		
1. L. Taggart O/40	MFR	23.24
2. A. Cannell	NAC	25.59
3. S. Skillicorn	MFR	26.08
4. B. Corkill	Unatt	26.26
5. N. Armstrong O/40	MH	27.02
6. T. Cringle	MFR	27.41
7. S. Quirk	Unatt	28.13
8. I. Gale O/40	MFR	28.15
9. P. Bradley	MFR	28.33
10. D. Gelling	MFR	29.05
VETERANS O/50		
1. (21) J. Norrey	MFR	31.28
2. (32) S. Hubbard	Unatt	32.38
3. (40) P. Cain	MH	33.47
VETERANS O/60		
1. (51) P. Cooper	IOMV	35.32
2. (67) K. Watterson	MFR	36.48
3. (78) D. Corrin	IOMV	37.53
LADIES		
1. (13) J. Lee	MFR	29.37
2. (24) R. Wallace	MFR	31.38
3. (29) R. Craine O/40	NAC	32.03
4. (33) J. Quane O/40	NAC	33.03
5. (47) M. Turner O/40	NAC	34.24

CLAY BANK EAST North Yorkshire BS/9.1km/307m 06.01.13

176 finishers

Another fantastic turnout for The Cbeast on a very mild day with temperatures between 3 and 8 degC. As the field left the start there was a wide range of choice exhibited in the ascent which eventually funnelled into two main streams. As they hit the first ridge things soon started to sort themselves out particularly after the small ravine crossing. Jason Cavill, Ian Nixon, Cameron Taylor, Paul Butler and Ian McGrath & Andy Blackett were in and out of the leading group. On the next climb up to the highest point on The NorthYork Moors the race developed into a long line of competitors. As they got towards home Jason, Ian N and Cameron were still involved at the front with Paul just off waiting to make a move if the leaders faltered. It was still an open contest right up to the last 200 metres, where Jason knocked in a sustained burst to surge ahead of the others. Ian N. hung on to second with Cameron JT. in third.

In the women's event Nicola Kent turned on the style gradually wearing down the chasers in Lisa Bennett, Rhona Haslam and Kim England. Nicola went on to win in comfortable style demonstrating a very strong performance. Lisa, in second, did extremely well for her first appearance establishing a good margin between herself and the third and fourth finishers. Third place saw the closest contest with Rhona just outrunning Kim in the final section. Kim however led her team Pickering AC to victory, whilst Cameron led Esk Valley to a convincing win. Dave Parry 1. J. Cavill Picker 37.00 2. I. Nixon P&R 37.09 3. C. Taylor EskV 37 12 4. P. Butler O/40 LoftWt 37.38 DFR 5. I. McGrath 38.01 6. A. Blackett DFR 39.34 7. R. Bewell O/50 Wether 39.45 8. D. Smith O/40 FskV 40.31 9. R. McIntosh FskV 41 00 10. J. Mann DFR 41.39 **VETERANS O/50** 1. (7) R. Bewell Wether 39.45 2. (13) G. Brown Saltb 42.28 3. (21) L. Johnson NFR 43.18 **VETERANS O/60** Scarb 44.44 1. (36) N. Scruton 2. (75) M. Hetherton Picker 49.51 3. (113) M. Pennock Ripon 54.18 **VETERANS O/70** NMske 1. (123) R. Sherwood 56.02 2. (171) I. Codling ThSow 76.35 LADIES LoftW 1. (39) N. Kent O/40 45 14 2. (65) L. Bennett O/40 NMske 48.40 3. (68) R. Haslam Scarb 49.10 4. (69) K. England Picker 49.20 5. (76) S. Haines O/50 50 15 Ilk (77) S. Haslam O/50 Scarb 50.17 (138) J. Young O/60 Elvet 59.34

BROUGHTON WOODS WOBBLE North Yorkshire

ThSow

60.23

(143) P. Kirby O/60

171 finishers

North Yorkshire AS/7.3km/372m 03.02.13

It was a day that appeared very wintery with snow, ice and cold winds but most runners came in at the finish claiming to be warm and some overheated!

The men's race was a straight battle in the early stages between Ewan Brown, Jason Cavill, Will Horsley and Paul Butler with Ian McGrath and Chris Roberts not too far adrift. As the race turned from the moor above Beak Hills there were two main contenders Ewan and Jason with a small gap to the chasers. It was not until the latter stages that Ewan made a clean break to win. Ewan also led Knavesmire to a very convincing win in the team competition.

In the women's event it was the New Marske trio of Kay Neesam, Shelli Gordon and Kath Aspin who led the way. There was no great surprise here when Kay established a good lead by the moorland section. She went on to win from Shelli by a clear margin. The main battle was for third where Kath got away from the chasing group of Kim England, Chris Raw and Julia Jackson in the latter stages to give New Marske a 1,2,3 for a very comfortable team victory.

The best veteran performances came from Norman Bush and Sue Haslam showing their younger counterparts how it is done.

Dave Parry		
1. E. Brown	YorkK	42.14
2. J. Cavill	Picker	42.43
3. W. Horsley	NFR	43.11
4. P. Butler O/40	LoftW	43.37
5. I. McGrath	DFR	44.16
6. C. Roberts	YorkK	44.40
7. C. Stead O/40	NFR	45.20
8. R. Bewell O/50	Wether	47.12
9. S. Collins	YorkK	47.24
10. B. Forster	SShield	47.35
VETERANS O/50		
1. (8) R. Bewell	Wether	47.12
2. (13) B. Atkinson	YorkK	48.30
3. (34) P. Kelly	DFR	51.01
VETERANS O/60		
1. (66) N. Bower	Ripon	59.27
2. (69) B. Warrington	FRA	60.27
3. (75) G. Smith	ThSow	61.55
VETERANS O/70		
1. (58) N. Bush	llk	58.00
2. (83) R. Sherwood	NMske	62.42
3. (103) P. Miles	NMske	65.57
LADIES		
1. (26) K. Neesam O/40	NMske	50.18
2. (38) S. Gordon	NMske	52.30
3. (46) K. Aspin O/40	NMske	54.48
4. (49) K. England	Picker	55.28
5. (50) C. Raw O/40	Th/Sow	55.32
(57) S. Haslam O/50	Scarb	57.20
(70) M. Drozdowicz O/50	ONFR	60.30
(99) J. Young O/60	Elvet	65.40
(115) P. Kirby O/60	ThSow	72.36
128 finishers		

MICKLEDEN STRADDLE Derbyshire BL/23km/741m 03.02.13

After the disappointment of last year's eve of race cancellation due to severe weather, it was no small relief to watch the record field start from Langsett Barn on a cold and very blustery morning. The temporary lull in anxiety levels followed a minor baptism of fire for a first-time race organiser and team who'd earlier been inundated when twice the usual number lined up to enter on the day. Happily, the resulting 10 minute delay at the start didn't seem to dampen the enthusiasm of the good spirited crowd setting off on the tough 14 mile route over the moors to Howden Reservoir and back

A quality field was further bolstered by an invasion of Calder Valley and Todmorden vests and it was two from the former, Tim Ellis and Ben Mounsey, who along with Dark Peak's previous winner Tom Brunt, soon began to dominate proceedings. Having stretched clear of the chasing group by the top of Cut Gate, the trio extended their lead on the return, with Tim eventually pulling away to win in a time of 1:39:27, followed by Ben just under two minutes later, with a similar gap between himself and 3rd placed Tom. However, with Todmorden's John Lloyd finishing 4th, Dark Peak did manage to snatch the Men's team prize after Thomas Webb

and Dave Taylor (1st MV40) finished 5th and 6th.

Performance of the day was surely the astounding run by ladies' winner Helen Fines (14th overall in 1:54:24) who slashed seven minutes off the previous record in conditions where snow and rain of previous days had made it hard work underfoot for runners already battling gusting winds on Mickleden Edge. Her good day was rounded off with support from Jackie Scarf (1st LV50) and Helen Buchan winning the ladies' team prize for Calder Valley. Judith Jepson ran strongly to finish 2nd lady and 1st LV40, with Jo Bolton in 3rd Place.

A huge thanks to Woodhead Mountain Rescue Team who, as well as ensuring the safety of the 248 finishers and 3 retirements, provided enthusiastic support to all runners. Thanks also to all helpers on the day, including our everpresent marshals, timekeepers and in particular Anne and Peter Middleton, who worked into Sunday night to get the results up on the web the next day. And last but most definitely not least, to Jan and Bronwyn whose post race refreshments have become the stuff of legend. Richard Howard

1 TEU:	C 1 N/	20.27
1. T Ellis	CaldV	.39.27
2. B. Mounsey	CaldV	1.41.10
3. T. Brunt	DkPk	1.42.52
4. J. Lloyd	Tod	1.50.07
5. T. Webb	DkPk	1.50.21
6. D. Taylor O/40	DkPk	1.50.28
7. A Rees O/40	Holmf	1.50.44
8. S Willis O/40	Sadd	1.50.53
9. A. Moss	Totley	1.51.00
10. D. Hardy	Totley	1.51.21
VETERANS O/50		
1. (24) J. Minshall	Gloss	1.57.22
2. (34) J. Hewitt	Gloss	2.04.05
3. (39) T. Taylor	Ross	2.06.40
VETERANS O/60		
1. (68) B. Taylor	Penn	2.14.54
2. (96) B. Horsley	CaldV	2.20.28
3. (108) M. Cochrane	DkPk	2.22.03
VETERANS O/70		
1. (193) M. Coles	VallStr	2.45.09
LADIES		
1. (14) H. Fines	CaldV	1.54.24
2. (35) J. Jepson O/40	DkPk	2.04.56
3. (91) J. Bolton O/40	Kimber	2.18.56
4. (99) C. Faux	Belgrave	2.21.11
5. (100) R. Saxton	Otley	2.21.16
(130) J. Scarf O/50	CaldV	2.27.26
248 finishers		

WITTON PARK TRAIL RELAYS Lancashire 03.02.13

I was thoroughly looking forward to hosting this new event at Witton Park. We'd already established that Witton was a surprisingly testing venue when we hosted the World Mountain Running Trials back in 2011 and the facilities, layout and terrain provide a great setting for both Seniors and Juniors to have a great days running and the feedback seems to back that up.

We started the day with the junior race which attracted 22 teams of 3 athletes in the 4 categories and made for some exciting racing. Rossendale U14 Boys lead the way and were chased home by the other category winners Stockport U12 Boys, Three Shades of Awesome

- an interesting name for the Blackburn Harriers U14 Girls and then in 13th place the U12 Girls went to the Leigh Harriers 4

It was great to see 4 different clubs taking the team awards.

Fastest Leg runners were Grace Handley, Ben Green in the U14s and Keely Hodgkinson and Lucas Parker in the U12s.

In the senior event we had a little mix up on leg 1 with a couple of breakaway groups having taken wrong turns in the woods at the top of the course, but we couldn't work out exactly who, so we just left the result to stand on the day.

Horwich Senior D were 1st team with "He Scores when he Waannts" taking the Mens Vet team for Blackburn Harriers. Chorley won the ladies team and Accrington Road Runners the ladies VETs team.

We also had a 14-17 junior category and both were won by the hosts juniors with "Those pesky varmints" first boys and "It's a mystery" first girls.

I'd like to thank everyone for the positive feedback we received. I'm conscious that we can make improvements to the event and plans are already in place to make next year's event another cracker.

Let's not forget that we also raised £300 which went to Rossendale and Pendle Mountain rescue. Richard Taylor

SENIOR EVENT

Open Men

Horwich Senior D 1.06.01 Veteran Men He Scores When he Waannts!

1.09.03

Open Ladies

Chorley Athletic & Tri 1.20.41 **Veteran Ladies**

Accrington E 1.28.53 **Junior Boys**

Those Psky Varmints 1.12.36 **Junior Girls**

It's a Mystery! 1.17.44

JUNIOR EVENT **Under 12 Bovs**

Stockport Harriers 38.57 **Under 12 Girls** 45.41

Leigh Harriers **Under 14 Boys**

Rossendale Boys **Under 14 Girls**

Three Shades of Awesome

39.17

38.10

NORMAN MATTHEWS WINTER HILL Lancashire BM/17.7km/838m 10.02.13

Very poor weather - snow, windy and just generally miserable.

The race was well supported by all accounts and thoroughly enjoyed by nearly everyone.

A big thank you to all who helped to make this event on the day - marshals, Mountain Rescue, Walsh Sports etc.

Colin Jones

1. R. Lightfoot	Ellenb	1.40.08
2. T. Ellis	CaldV	1.40.11
3. R. Hope	P&B	1.40.16
4. T. Brunt	DkPk	1.40.49
5. D. Kay O/40	P&B	1.42.25

Horw	1.42.49
CaldV	1.55.04
Bowl	1.55.14
Chorl	1.55.24
Unatt	1.55.30
Burnd	1.55.43
Penn	1.56.48
Chorl	2.01.49
Horw	2.18.23
Penn	2.22.21
Bowl	2.22.45
CaldV	2.02.20
Horw	2.04.50
Chest	2.09.38
Accrin	2.12.36
Penn	2.19.48
Burnd	2.31.44
Burnd	2.36.43
	CaldV Bowl Chorl Unatt Burnd Penn Chorl Horw Penn Bowl CaldV Horw Chest Accrin Penn Burnd

OVENDEN FELL RACE West Yorks BM/13km/366m 16.02.13

Moving the date of the Ovenden fell race to fit in and around mine and Jackie's social life; (we were away on holiday at the time of the usual January fixture) resulted in a bumper turnout of 183 runners.

This was one of the biggest fields ever assembled for this event, and was no doubt due to it being a 'quiet' weekend on the running calendar and the fact that everyone I spoke to had been fed up with the bad weather and was itching to get out and run a race in decent

I booked an afternoon off work on Friday and together with my good mate Andy Clarke, set out to mark the eight mile course. We were blessed with a superb sunny day with little wind so the windmills of Ovenden wind farm had stopped turning. These turbines were put in place just after I organised my first ever fell race, The Ogden Moors race in 1992. I understand that they have now reached the end of their useful life and will soon be gone – to be replaced with nine new machines around half as tall again. Marking the route took us around two and a half hours. The snow and ice had all but gone from the moors but had some of left the paths and bridleways extremely wet and muddy making progress slow and hard work in places.

There is ongoing maintenance work in progress at Ogden reservoir. One side of the dam wall has been condoned off along its length. This wouldn't hinder us as organisers, except that I wouldn't be able to drive a vehicle across in order to ferry refreshments to the finish.

On Saturday morning, I decided that I would simply have to walk across and carry my full water barrels.

Local runner Andy Green and his daughter Amy came along as I was doing so and kindly agreed to take the tables across for me. Thanks

Although the engineers were not working on a Saturday, their vehicles and equipment were stationed on the turning circle at the Western end of the dam where we normally have the

finish. No problem - I would just have to move the finish line back a few yards up the lane.

Trying to tie my 'Finish' banner - normally hung on the gate - to a few twigs and a thin cane was a trial but it looked alright in the end. Don't ever let anyone fool you into thinking it's a piece of cake organising a race!

Soon, everything had been set up and thankfully due to the dry previous week, most car drivers were able to park on the field behind the pub. We had a couple of late entries right at the last minute - (including Allan Corron all the way from the Isle of Man!) and we had everyone assembled for the final briefing on the start line. Away they went, and in less than an hour, the first man to emerge was Carl Bell in a time of 56.33. Carl seemed to have light work of the very heavy conditions. Second man was Ben Mounsey in 58-04, while Todmorden policeman, Jon Wright, won the over 40s' prize in third place (59-01).

Paul Stevenson won the over 50s in 64-06 and Ken Taylor took yet another over 60s' prize (75-33). Malcolm Coles won the over 70s' section in 90-31

First among the women was Helen Fines in 17th position overall. Helen's time was 64-39. Second place went to Amy Green, with former World Masters' champion, Sally Newman, making a welcome return after a lay off to take the prize for third place. As Sally was awarded the third place prize, Aileen Baldwin won the over 50s, with Fiona McArthur taking the over 60s.

Many thanks to my superb team of helpers; Andy Clarke (flagging the route) Helen Buchan and her friend Nicky Bolton for sweeping and gathering in the markers saving me hours, Peter Jebb on registration with Jackie, and finish line recording along with David Weatherhead. Thanks to Caroline Harding who stepped in to assist me compiling results. Finally to Calderdale Countryside Services, Ogden reservoir staff, and Terry and Christine and their staff at The Causeway Foot pub.

Thanks for coming and see you all again soon. Allan Greenwood.

man dicenwood.		
1. C. Bell	Kesw	56.33
2. B. Mounsey	CaldV	58.04
3. J. Wright O/40	Tod	59.01
4. I. Nixon	P&B	59.23
5. N. Charlesworth O/40	Wharf	59.35
6. C. Miller	Hgate	59.50
7. J. Callan	Bing	61.19
8. J. Crossfield	Hfax	62.39
9. M. Archer	Ilk	62.58
10. K. Steinegger	Amble	63.04
VETERANS O/50		
1. (15) P. Stevenson	P&B	64.06
2. (35) S. Booth	Unatt	68.36
3. (42) J. Rainford	Prest	70.43
VETERANS O/60		
1. (66) K. Taylor	Ross	75.33
2. (89) V. Proctor	Kghly	79.54
3. (101) A. Green	Kghly	83.05
VETERANS O/70		
1. (132) M. Coles	VStr	90.31
2. (171) T. Cock	Holmf	104.37
LADIES		
1. (17) H. Fines	CaldV	64.39
2. (45) A. Green	Kghly	71.04
3. (52) S. Newman O/50	CaldV	73.04
4. (103) K. Mansell O/40	CaldV	83.25

5. (106) M. B	lackhurst		
	O/40	Tod	83.52
(120) A. Balo	lwin O/60	Stain	86.49
(137) J. Leon	ard O/50	Tod	92.48
181 finisher	's		

COMMONDALE CLART BS/8.3km/220m 17.02.13

An interesting race with fantastic weather for this time of year. Despite two other local events nearly 130 runners turned up to contest the 'Clart.' The course had dried out a lot in the last few days to regain its clart status, otherwise it would have been wading in your wellies!

A front group of about 15 athletes were clear by the first short sharp climb up the 'curly wurly bank.'This was cut to ten by the time they turned towards the Monk's Trod. The leading group was led by Phil Sanderson, Chris Roberts, Ian McGrath and Annabel Mason well in contention. As this group approached The Rabbit Hills there was a shout of which way, having passed the turn some few yards to the South. There was a definite shout of straight on and the front ten shot off! towards the woods. Joe Blackett, leading the following group of five which included Paul Darroch, Simon Greenwell, Stefan McLoughlin and Ian Chapman, turned South West towards the ancient remains. Kay Neesam at the back of this group also seized her chance to grab the women's lead. Annabel was one of the first to turn back with three others but she was now five minutes adrift as she rejoined the route as it headed back west. Joe stated local knowledge at last wins! as he held off the others. Paul was quite amazed he had finished second. Annabel did well to eventually finish second behind Kay And Kay's club colleague Lisa Bennett finished third.

In the team events both were tight affaire with Pickering winning the men's and New Marske the womens

Dave Parry 1. J. Blackett O/40

Daverally		
1. J. Blackett O/40	DkPk	40.00
2. P. Darroch	Redcar	40.30
3. S. Greenwell	EskV	40.35
4. S. McLoughlin	NYM	40.40
5. I. Chapman	Ripon	40.43
6. S. Watson O/40	Picker	40.45
7. R. Bewell O/50	Wether	40.54
8. B. Whiting	Wether	40.57
9. C. Sanderson O/40	NFR	41.32
10. G. Hawking	YorkK	41.34
VETERANS O/50		
1. (7) R. Bewell	Wether	40.54
2. (11) G. Brown	Saltb	41.36
3. (12) G. Burns	Durham	41.38
VETERANS O/60		
1. (35) N. Scruton	Scarb	45.30
2. (57) N. Bower	Ripon	50.12
3. (64) E. Meehan	NYM	51.49
VETERANS O/70		
1. (89) R. Sherwood	NMske	53.51
2. (98) P. Miles	MMske	56.33
3. (111) J. Garbarino	NFR	62.20
LADIES		
1. (14) K. Neesam O/40	NMske	41.43
2. (31) A. Mason	Wfield	45.20
3. (44) L. Bennett O/40	NMske	47.50
4. (45) C. Raw O/40	ThSow	48.05
5. (47) D. Tunstall O/40	Durham	48.15

(59) C. Pollard O/50	Wharf	50.30
(84) N. Booth O/50	ThSow	53.30
(103) J. Young O/60	Elvet	57.11
128 finishers		

RAS MOEL YCI North Wales BS/8km/290m 23.02.13

The cold snap and hard, frosted ground didn't deter 145 runners from visiting the Moelyci Environmental Centre this year. All 11 juniors finished their race, and all but 3 seniors finished the main race. Run in cold but ideal conditions, the win went once again to Martin Cliffe – his 3rd win so far this year. Cliffetop ran home in 38.53 - it looks like his climb won the race as 2nd finisher, the ever-improving, Dylan Wynn Jones was only 36 seconds behind. If it wasn't for Daniel Kashi running well to finish in 3rd in 40.01, the vet 40s would have taken the first three positions as John Parkinson came home 4th in 40.05. Aled Edwards, Jim Bacon and Adrian Williams ensured the first seven finishers were all Eryri runners! Dragons Back conqueror Steve P Jones reigned supreme in the vet 50s to win in 43.23 – no mean feat considering Michael Belshaw, Iwan Edgar and Arwel Lewis were also running. Such was the quality of the race that the first 34 runners were separated by only five minutes – a cracking advertisement for North Walian fell running! Local legend Phil Tân Jones stormed to victory in the male 60s finishing in 49.35 with Peter Roberts of Buckleywinning the male vet 70s. Heddwyn Bye was first junior male home in 49.07.

In the ladies, Lisa Grantham had a speedy descent to win in 49.00, a mere 13 seconds ahead of Beckie Taylor. 3rd lady home, and 1st FV50 in 49.38, was a true legend - Angela Brand-Barker, one of the most prolific female fell runners in history. Sandra Rowlands won the ladies' 40s in 51.32 with Ellie Salisbury taking 2nd in the FV50s in 55.02. Maggie Oliver strode to victory in the FV60s in 64.14.

The junior race winner was Julius Muyombya of St David's College in 10.06 with Eleanor Jones first girl at 2nd in 10.16. Eleven juniors ran.

Many thanks go to the Centre staff, marshals, 'Team Dolly' radio network, the registration and finish team, friends and families. Projects at the Moelyci Environmental Centre focus on sustainability, local produce, local employment and crafts (www moelyci org)

and crafts (<u>www.moei</u>)	<u>/ci.org</u>).	
Jeremy Williams		
1. M. Cliffe O/40	Eryri	38.53
2. D. Jones O/40	Eryri	39.29
3. D. Kashi	Eryri	40.01
4. J. Parkinson O/40	Eryri	40.05
5. A. Edwards	Eryri	40.07
6. J. Bacon	Eryri	40.14
7. A. Williams O/40	Eryri	40.19
8. D. Gregory	Unatt	41.15
9. H. Davies	Mercia	41.46
10. C. Muskett	Unatt	42.09
VETERANS O/50		
1. (18) S. Jones	Eryri	43.23
2. (23) M. Belshaw	Eryri	44.04
3. (29) A. Lewis	Eryri	44.14
VETERANS O/60		
1. (61) P. Jones	Eryri	49.35

Buck

51.23

2. (72) P. Roberts

3. (85) G. Davies	Unatt	53.54
LADIES		
1. (51) L. Grantham	Chest	49.00
2. (56) B. Taylor	BangU	49.13
3. (62) A. Brand-Barker		
O/50	Unatt	49.38
4. (73) S. Rowlands O/40	Clwyd	51.32
5. (74) R. Newstead	Unatt	51.41
(88) E. Salisbury O/50	Eryri	55.02
(92) V. Whitehead O/40	Denb	55.50
(124) M. Oliver O/60	Eryri	64.14
135 finishers		

FLOWER SCAR Lancashire AM/10.4km/700m 23.02.13

Firstly, thanks to all Todmorden Harriers for their valued help in organizing this race; your assistance is very much appreciated cheers.

Todmorden cricket club was our new venue this year and I also brought forward the race to the sadly missed Noon Stone date in February.

As always there is great anticipation when you make a change to the start venue and route, my hand was forced by the antics of the licensee at the previous venue where he would often double book the public house with funeral wakes and quiz nights etc.

The race I believe, was a great success, with many positive remarks afterwards from runners, supporters and marshals. The weeks leading up to the race; sorry, the 12 months leading up to the race, have been extremely wet and running conditions around the course was like anywhere else in the country, a bloody quagmire!

However the week leading up to the race date was dry, with the addition of hard frost all around the route which provided great conditions for a fast time. In fact, one club member who shall remain nameless suggested throwing grit down on some of the route!!..he had a great run and finished 36th.

I was overwhelmed by the 242 entrants on the day, it certainly cooled my initial worries of moving the race date.

Onto the race. The runners set off from

Todmorden's Centre Vale Park, it was a great battle at the head of the field with Karl, Tim and Alex initially climbing up through the park woods and onto Flower Scar summit more or less together. Our own club star, Lauren Jeska, also putting in a strong performance and well up in the field right from the gun. Karl and Tim pushed on from the summit and ran into the finish almost head to head. Karl looking fresher of the two eventually taking the honours. A new fast time of 45.59 was posted, which I believe will take some beating over the coming years, much like the old course record of Shaun Livesey's set in the hot summer of 1995 (your eyes don't lie, I did type hot), only the prolific race winner Andrew Wrench of that era came anywhere near by a handful of seconds.

Navigation on the moor was fairly simple, no cloud but still a considerable amount of runners including locals managed to go wrong. According to Darren Fishwick, one of the culprits was No.36 again!!

Lauren finished strong and in the top 10 of the field which was outstanding, well ahead of the next lady by four minutes.

Great competition within all the Vet categories- Karl trouncing everyone in the V40 by eight minutes!.. Paul Stevenson V50, Pete Booth V60, and Malcolm Coles V70, all winning their respective categories and then there is the remarkable sole V80 entrant, Mr Roy Lee of Middleton, an inspiration to all, in fact he was 81 years old on the date of the race.

On reflection, it was a great day, a great turnout from local clubs and an improved course. The venue was ideal, providing better parking, shelter, warmth, food, hot drinks and alcohol depending on your cravings. There will be minor adjustments to the route next year to prevent bottlenecks earlier on in the race, but other than that, it will remain the same.

Thanks to my wife Bev, to John and Linda Bostock (RUNDIRECT) and their mobile sports shop AND to you lot for turning out, see you all next year.

Thanks

Jon Wright

	<u> </u>
Photos © James-Smith	Lauren Jeska on her way to another win at Flower Scar

CaldV	45.59
CaldV	46.00
CaldV	49.31
Clay	53.41
Barlick	53.46
Bing	53.51
Wharf	53.54
Unatt	54.17
Horw	54.18
Tod	54.25
P&B	55.35
Unatt	57.02
Clay	57.05
Clay	61.13
Ross	61.56
CaldV	63.57
VStr	73.25
Roch	74.40
Midton	96.15
Tod	54.25
DUAXC	58.49
Horw	59.31
CaldV	60.12
CaldV	67.05
	CaldV CaldV Clay Barlick Bing Wharf Unatt Horw Tod P&B Unatt Clay Clay Ross CaldV VStr Roch Midton Tod DUAXC Horw CaldV

HIGH PEAK MARATHON Derbyshire BL/67km/1645m 01-02.03.13

This year's HPM will live long in the memory for the perfect conditions enjoyed by all and record breaking times set by the winners in every category. The combination of frozen ground, a calm, moonlit night and the added bonus of compacted snow filling the deepest groughs, was most appreciated by entrants more used to slogging through peat and water of varying consistency.

For the last eight years the quickest 'bog-sloggers' have been teams led by two Steve's-Watts and Pyke. This year, their persistence was rewarded with conditions that let them show us what they could really do - a sub-8 hour time. This not only beat their previous best time on the current race route by over 30 minutes but also the 'old course' record by 15 minutes. This time was set by a team led by Martin Stone way back in 1988!

Compared to the men, the quickest ladies on the night were relatively new to the nocturnal delights of the Derwent Watershed. But the Carnethy team have plenty of experience at going quickly over the fells. Almost too quickly as they missed the turn where the course diverts from the true watershed at Back Tor and they lost quite some time. Nevertheless, they set a new ladies' record by over an hour. So even in clear conditions navigation is always helped by local knowledge, as proven by two the Dark Peak teams competing for the mixed team trophy. 'Tigger's Brown Vests Last Stand' (unfortunately without Tigger himself -lan Winterburn) just pipped 'Three Blind Mice and Farmer's Wife' (aka Nicky Spinks) by under a minute, but Nicky and the mice did claim the Veteran's Handicap trophy.

The conditions allowed everyone to post quicker times than usual and 41 of the 44 teams finished. The weather come the morning was so good that for the first we held prize giving outside! There are many photos and personal reports on-line including a fantastic time lapse of the sunrise from Snake top checkpoint which are well worth an internet search for.

Richard Bradbury

1. Flipper's Gang	7.51.58
2. Mountain Hardware	8.13.47
3. Tigger's Brown Vests Last Stand (Mixed)	9.03.30
4. 3 Blind Mice and a Farmer's Wife (Vetera	ns) 9.04.23
(8) Carnethy (Ladies)	9 41 00

41 finishing teams

PIPE DREAM Conwy AS/8.2km/518m 02.03.13

Still and sunny conditions greeted the fifty-nine competitors as they lined up for the 9th running of the Pipe Dream Race with plenty of new faces on the start line, with lots of unattached runners.

Amongst the line up was a newcomer to North Wales representing Kent AC, in the form of Russell Bentley, who led from the start. He was so fast over the course (which he had never visited before) that the timekeepers questioned whether he had actually completed the proper route! He finished in 35.07, a mere four seconds off the record! One to watch.

Second place and first V40 in 37.10 John Parkinson confirmed that he had stayed with Russell as long as he could towards the summit but lost sight of him soon after. Aled Edwards followed up in third.

Adam Haynes finished 5th overall and 1st V50, in a fantastic time of 37.46, only 10 seconds off his own V50 record.

Becky Tayler (U23) finished on top in 44.49. Rebakah Newstead second, and Jenny Williamson in third.

Lesley Goodsun won the V40, whilst the ladies' V50 was hotly contested, with Ellie Salisbury pipping Brenda Tiedtke by five seconds in a gripping battle to the bitter end.

Craig Jones

1. R. Bentley	Kent	35.07
2. J. Parkinson O/40	Eryri	37.10
3. A. Edwards	Untt	37.20
4. M. Davies	NWRRC	37.39
5. A. Haynes	Eryri	37.46
6. M. Fortes	Eryri	37.51
7. F. Maier	BangU	38.20
8. J. Phillips	Unatt	38.39
9. A. Hatton U/23	BangU	38.48
10. C. Jones O/40	Eryri	39.30
VETERANS O/50		
1. (5) A. Haynes	Eryri	37.46
2. (22) G. Griffiths	Unatt	44.38
3. (23) N. Hindle	FRA	44.42
VETERANS O/60		
1. (14) A. Duncan	Bowl	42.16
2. (55) D. Owen	Prestat	58.46
LADIES		
1. (25) B. Taylor U/23	BangU	44.59
2. (32) R. Newstead	Unatt	47.10
3. (34) J. Williamson	Eryri	47.33
4. (41) E. Salisbury	Eryri	48.52
5. (42) B. Tiedtke	Prestat	48.57
57 finishers		

BISHOP HILL Scotland AS/4km/300m 03.03.13

1. M. Harris O/40	Fife	18.40
2. J. Crowe U/20	Dund	18.50
3. L. Rees U/17	Fife	18.51
4. B. Wiseman	Ochil	19.00
5. A. Gilmore	Carneth	19.05
6. A. Smith O/50	Dees	19.54
7. I. Gilmore U/20	Carneth	19.58
8. S. Rawlinson	Lochtay	20.01
9. J. Knox O/40	Anster	20.16
10. G. Fraser O/40	Ochil	20.36
VETERANS O/50		
1. (15) J. Stevenson	Ochil	20.53
2. (16) D. Crowe	Dund	20.58
3. (20) P. Simpson	Carneg	21.15
VETERANS O/60		
1. (52) P. Fitzpatrick	Ochil	25.52
2. (55) B. Duff	Carneg	26.12
3. (65) M. Evans	Wester	27.34
VETERANS O/70		
1. (79) B. Beveridge	Lomond	29.46
2. (87) B. Fairley	Carneg	32.39
3. (95) I. McManus	Irvine	36.36
LADIES		
1. (22) C. Morgan	Carneth	21.26
2. (41) J. Higginbottom		
O/40	Carneth	23.34
3. (54) S. Adam	Wester	25.54
4. (58) J. Wilson O/50	Carneth	26.31
5. (60) S. Kinsell	Kinross	26.58
(68) M. Nicoll O/40	Lomond	28.02
(82) T. Smith O/50	Dees	30.22
JUNIORS		
1. J. Hurrel	Unatt	12.30
2. L. Nicoll	Tay	14.20
3. J. Higginbottom	Dees	14.40
4. J. Kenneth	Dees	15.14
5. A. Bennet	Kinross	16.22
96 finishers		

GLAISDALE RIGG North Yorkshire BM/13.7km/562m 03.03.13

An overcast day but warm with temperatures at the start around 7 degC. Perfect for running and with a superb course with a bit of snow still in shaded areas, it gave a very pleasant atmosphere.

As usual on this event, a whole pack of runners charged off with too many at the front for the first two miles. At this point in both the men's and women's events the field started to spread, within the first five miles the men's race was down to three competitors led by Jason Cavill but still in touch were Paul Butler and Charlie Stead. It was after this that Jason established a clear lead. Although Paul made every effort as series leader to get back in touch, Jason showed the form of the last few months to move further away. It was good to see Charlie making recovery from his recent illness to come in a very competitive third. Knavesmire men however packed well behind the lead trio to take the team race from Pickering and Esk Valley.

In the women's event the front three were again as in the men's clear of the chasers led by Kimberley England, at the five mile mark. The three leaders being Carol Morgan, Shelli

Gordon and Ruth Whitehead. Carol was always in the lead but being shadowed by Shelli some 30 seconds behind and Ruth slightly further back. As they came into the last section, Carol conserved her lead to win by just over a minute with Ruth a further minute adrift but having the consolation of being the leading veteran. The women's team was won by Thirsk & Sowerby through good team packing.

A record entry! well done to all participants and supporters.

Dave Parry		
1. J. Cavill	Picker	58.28
2. P. Butler O/40	LoftW	59.16
3. C. Stead O/40	NFR	60.35
4. S. Collins	YorkK	64.05
5. R. Thackray O/40	Bing	64.28
6. D. Braun	EskV	65.01
7. I. McGrath	DFR	65.10
8. T. Harvey	NiddV	65.16
9. G. Hawking	YorkK	65.18
10. B. Atkinson O/50	YorkK	65.20
VETERANS O/50		
1. (10) B. Atkinson	YorkK	65.20
2. (14) D. Armstrong	NFR	66.31
3. (29) G. Brown	Saltb	69.54
VETERANS O/60		
1. (45) N. Scruton	Scarb	74.23
2. (61) N. Bower	Ripon	80.00
3. (71) M. Hetherton	Picker	81.32
VETERANS O/70		
1. (96) R. Sherwood	NMske	89.29
2. (102) P. Miles	NMske	92.45
LADIES		
1. (39) C. Morgan	NiddV	73.06
2. (44) S. Gordon	NMske	74.10
3. (50) R. Whitehead		
O/40	Bing	75.30
4. (57) K. England	Picker	78.27
5. (65) D. Tunstall O/40	DFR	80.35
(70) S. Haslam O/50	Scarb	81.22
(84) C. Pollard O/50	Wharf	86.14
(126) J. Young	Elvet	106.04
132 finishers		

SLIEVE GULLION MOUNTAIN RACE Northern Ireland AS/7km/460m 09.03.13

The entry of 71 was the second highest in recent years despite the extremely bad weather conditions, with almost nil visibility and atrocious conditions underfoot.

Brian Vallely

briari vallely		
1. S. Cunningham	Mourne	37.23
2. S. Lynch	N'castle	38.26
3. P. McAnespie O/40	Armagh	39.05
4. De. McNeilly O/50	Ncastle	39.06
5. N. Carty O/40	NBelf	39.09
6. Da. McNeilly	Ncastle	39.25
7. C. Baillie O/40	Mourne	41.31
8. E. McAllister	Ballym	41.53
9. C. Campbell	Ncastle	41.55
10. A. Brennan	Ballym	41.57
VETERANS O/50		
1. (4) De. McNeilly	Ncastle	39.06
2. (13) D. McGreevy	Ncastle	43.07
3. (17) J. Browne	BARF	44.15
VETERANS O/60		
1. (23) J. Patterson	Ncaste	44.51
2. (47) W. Browne	Mourne	56.20

3. (52) H. Taggerty	Mourne	58.17
LADIES		
1. (24) S. O'Kane O/40	LaganV	44.56
2. (25) D. Wilson O/40	Drom	45.05
3. (43) V. Linton O/40	LaganV	52.10
4. (45) D. Mathers O/40	Newry	52.45
5. (48) M. Macken O/50	Drom	56.37
64 finishers		

BROUGH LAW FELL RACE Northumberland AS/8km/400m 10.03.13

Freezing conditions made for firm ground and a rather icy decent into Corbie Cleugh. The course was sparsely but adequately and clearly marked following last year's exploits and it appeared to have done the trick. No one missed the summit of Cochrane Pike with its cross of St George flag flying proud although some did forget to turn right and ran straight over the top of the hill. Registration went smoothly with many bringing their own entry forms and this greatly speeded things up – this will be a common feature now.

The field quickly spread out on the first climb, the longest and hardest of the race, and just 34 minutes later two figures could be seen carving round the edge of the Brough Law hillfort. Just metres apart, we guessed who they were but we didn't know who would prevail. In the end, Gavin Bland must have descended a bit quicker because the gap had grown a little bit at the finish line – well, at least that made the journey worthwhile. Phil Sanderson, four-time North East champion and course record holder, wasn't too far behind. Both finished in blisteringly quick times but the record was safe for another year. Times were generally pretty quick throughout the field, helped no doubt by the firm ground, perfect visibility, and the incentive to keep moving in that cold, cold wind.

First lady was Lorna Young from Heaton Harriers, only 24 years old and a fell running debutant, although after taking the final bit of the steep descent on her derriere, she also swore it would be her last – I hope not.

Plenty of close finishes ensued throughout the field with runners having their own duels and battles with friend and foe alike. Also making fell running debuts were NFR youngsters Rachel Appleby and James Green.

Many thanks to all my runners and to Jack McWilliams who swept and took down the course after finishing the night shift at Berwick Fire Station. Money raised was donated to Jack's Mont Blanc climb in aid of the Fire Service Benevolent Fund and Northumbria National Parks Rescue Team, and the Great North Air Ambulance.

On the way out of the Ingram Valley, the weather finally penetrated and a fierce blizzard enveloped – lucky I went for that early start, runners! See you all next year.

Will Horsley		
1. G. Bland O/40	Borr	36.44
2. P. Sanderson O/40	Elsw	37.06
3. B. Crombie O/40	Alnw	38.23
4. J. Butters	NFR	38.47
5. D. Beech	TyneB	39.10
6. A. Fletcher O/40	Tweed	40.15
7. S. Minnikin	NFR	42.28
8. B. Forster	SShield	42.45

9. D. Lowe O/40	NFR	43.00
10. D. Steel O/40	NFR	44.11
VETERANS O/50		
1. (12) G. Arthur	SShield	44.20
2. (16) L. Turnbull	Norham	44.52
3. (29) R. Stankiewicz	Norham	50.50
VETERANS O/60		
1. (27) D. Tait	DkPk	49.13
2. (32) P. Reed	NFR	51.15
3. (41) I. Holland	NShield	54.37
VETERANS O/70		
1. (54) J. Garbarino	NFR	63.15
LADIES		
1. (25) L. Young	Heat	49.00
2. (36) R. Vincent	Tyned	52.11
3. (37) D. Tunstall O/40	DFR	52.12
4. (42) S. Mitchell O/40	NFR	54.44
5. (47) M. Drozdowicz		
O/50	NFR	57.06
(50) B. Peberdy O/50	Alnw	59.27
62 finishers		

LLANTISILIO Denbighshire AS/9.9km/640m 16.03.13

The Llantysilio Race maintained its form with the weather, allowing 86 runners to complete the run in a rare period of sunshine, with a dusting of snow over the tops.

The first two finishers Richard Roberts and Brendon Taylor, while swapping positions around the final Moel y Gamelin ascent, were comfortably ahead of the rest of the field, with Jez Brown third. Helsby gained success with Jayne Joy winning the ladies' race, ahead of Mary Gilllie and Lisa Morley.

The V70 was taken by Philip Jones. This is normally reserved for Pete Norman, who finished 84th, but was spotted by the RO competing at the Bolesworth Mountain Duathlon the following day!

Many thanks to everyone for coping with the limited car parking, next year we should have a surplus of facilities with access again to the community centre plus the Sun Inn is reopening very soon. And thanks to all Tattenhall Runners marshalling on the day.

Nicholas Holmes

1. R. Roberts	Eryri	52.01
2. B. Taylor	Unatt	52.19
3. J. Brown O/40	Buck	55.55
4. K. Steinegger	Amble	56.31
5. D. Gregory	Unatt	57.11
6. J. Green O/50	Prest	57.13
7. M. Johnson	Kenil	57.40
8. D. Fishwick O/40	Chorl	58.09
9. J. Phillips	Unatt	59.23
10. P. Jenkinson O/40	Eryri	59.48
VETERANS O/50		
1. (7) M. Johnson	Kenil	57.40
2. (15) J. Rainford	Prest	62.04
3. (23) C. Wilcox	Clwyd	65.35
VETERANS O/60		
1. (17) A. Duncan	Bowl	63.18
2. (33) M. Cortvriend	Denb	68.30
3. (34) A. French	Wrex	68.35
VETERANS O/70		
1. (1. (75) P. Jones	Prestat	86.53
2. (84) P. Norman	Wrex	105.08
LADIES		
1. (25) J. Joy	Helsby	66.07

2. (28) M. Gillie	Clwyd	67.27
3. (65) N. Watson	Mercia	78.45
4. (66) L. Berends	Prest	79.00
5. (78) K. Hutchinson	Manch	91.40
(43) L. Morley O/40	Wrex	72.16
(48) C. Mills O/40	Mercia	73.27
(76) L. Edmondson O/50	0 Wrekin	87.41
86 finishers		

CREG NY BAA Isle of Man AM/16km/830m 16.03.13

After a difficult start for the organisers with snow falling on the hills, it was another good win by Lloyd Taggart from Tom Cringle and Simon Skillicorn.

The ladies' win went to Jackie Lee, with an excellent fourth place overall, with Judith Quane second and Rosie Craine third.

John Norrey took the Vet 50 win with an excellent run for Robb Webb who, back from injury, took top Vet 60, together with the course record in the process.

Mark Murphy

61 finishers		
(38) R. Hooton O/50	MFR	2.00.26
5. (35) M. Watkins O/40	IOMV	1.59.09
4. (34) C. Caren	MFR	1.59.06
3. (20) R. Craine O/40	NAC	1.45.59
2. (9) J. Quane O/40	NAC	1.35.49
1. (4) J. Lee	MFR	1.28.30
LADIES		
3. (54) G. Hull	Unatt	2.18.54
2. (33) P. Cooper	IOMV	1.59.04
1. (17) R. Webb	IOMV	1.43.29
VETERANS O/60		
3. (27) A. Corran	IOMV	1.52.52
2. (24) S. Hubbard	MFR	1.50.55
1. (14) J. Norrey	MFR	1.39.55
VETERANS O/50		
10. M. Murphy	MFR	1.38.04
9. J. Quane O/40	NAC	1.35.49
8. T. Williams	MFR	1.32.14
7. S. Partington O/40	MH	1.32.01
6. I. Gale O/40	MFR	1.30.35
5. P. Bradley	MFR	1.30.11
4. J. Lee	MFR	1.28.30
3. S. Skillicorn	MFR	1.24.11
2. T. Cringle	MFR	1.18.29
1. L. Taggart O/40	MFR	1.12.29
Mark Murphy		

WOLF'S PIT FELL RACE Derbyshire AS/9km/450m 17.03.13

Despite inauspicious weather forecasts, we were blessed with a mild, precipitation free morning. A record field of 290 starters tested our logistic and administration. Numbers were boosted by a contingent of thirteen runners from Saddleworth Runners (club championship race) and forty-six entrants to the Nottinghamshire fell running championships. Despite cold fingers, Liz and Mike managed to get all the entrant details on the computer before the runners returned. However, a problem with the timing threw us for a while, however, we managed sort it out so that John could present the prizes and we were able to display the results. We apologise to anyone inconvenienced by this.

After all the rain and snow the course was very

heavy so it was no surprise that John Crickmore's very creditable winning time of 39:16 was a minute slower than Simon Bailey's record. Helen Elmore was first lady and first lady veteran. Despite Dark Peak being on home ground, Pennine Fell Runners [Adam Perry (3), Nicholas Barber (6), Noel Curtis (25)] won the team prize.

It was interesting to note that one hundred and eighty (2/3rds) of the entrants were over forty. This included three Vet 70s, one of whom was 80. It was pleasing to note that there were six under 18s (4 male and 2 female) and eighteen, including the winner John Crickmore, under twenty-one.

The junior races, organised by Mark Bartlett and Rachel Horn of Hope Valley Hurricanes are proving to be a great success with 46 Junior and 42 Fun Run entrants. The junior races are for U16, U14 & U12 and the Fun Run is for U10s.

We'd like to take this opportunity to once again thank our sponsors & supporters; Accelerate (who host the excellent Gritstone series), High Peak Garden Centre, RAB/Lowe Alpine, CScapes and, most importantly Malcolm Sowerby and the other farmers & landowners.

Graham Revell

Granannicven		
1. J. Crickmore	SheffU	39.16
2. H. Wiber	WoodGr	41.02
3. A. Perry	Penn	41.32
4. A. Swift	Pstone	42.02
5. R. Robinson	SutAshf	42.47
6. N. Barber	Penn	43.01
VETERANS O/40		
1. (13) D. King	Clowne	44.30
2. (15) S. Bell	Unatt	45.18
VETERANS O/50		
1. (10) M. Stenton	DkPk	43.39
2. (33) G. Williams	DkPk	48.11
3. (35) A. Barnett	DkPk	48.21
VETERANS O/60		
1. (72) B. Blyth	Macc	52.02
2. (152) N. Eames	Roch	58.46
3. (155) J. Hlgnett	Ross	58.54
VETERANS O/70		
1. (214) D. Lucas	Roch	64.24
2. (256) B. Allsop	Buxt	70.40
3. (278) R. Lee	Midton	78.36
LADIES		
1. (49) H. Elmore O/40	DkPk	50.07
2. (57) Z. Procter	Bowl	50.54
3. (62) S. Curtis O/40	Penn	51.14
4. (70) S. Fawcett	Hallam	51.50
5. (83) C. Aspinall	Penn	52.58
(177) P. Goodall O/50	Tot	60.52
(191) K. Harvey	Penn	61.59
(199) D. Kesterton	Smiley	62.47
(216) J. Davies	Saddle	64.44

RAS BWICH MAESGWYM Gwynned, N. Wales BS/10km/467m 17.03.13

A total of 54 runners started and all returned safely, and glad to see runenrs from chester Manchester, wrexham and a lady from Llanbder, Carmarthen, amazing through the snow, fair play so we gave her the Penceunant Award, for commitment.

Overall, all good comments, everybody like dthe new race and especiall the all terrin course, and will be held again next year and keeping it at a 100 max, try and keep it small race but keeping

the tradition

The latter we did, within the prizes and hospitality in the café (headquarters), home made hot choc, and lemonade for the runenrs, and jelly babbies, prizes supllied thankfully by Joe Brown shops, Snowdon Café, local farmer for the leg of lambs, HE Hughes Coal Merchant, for the sack of coal, in which Russelld wife was very grateful.

Big thanks as well for the Snowdon race committee, volunteers, Sports pictures cymru, fell running pictures, and also Llanberis mountain rescue.

Stephen Edwards

Report on Russell Bentley's (race winner) blog:

"After the mess of last week, I was taking no chances with this race. My parents were up to visit and I thought, what a great opportunity to kill two birds, I can take them for nice hill walk and simultaneously recce the race course.

We stayed in the warm cafe till the last minute, the race organiser explained the course with the reassuring statement 'if you get lost, there's something wrong with you'! A request was made for a minute's silence for the English rugby team, denied, countdown from 5.....and we were off.

We started up very steep tarmac road for about 1 kilometre, this is actually the steepest part of the whole course. I have often run up to Snowdon this way and found it the hardest part of the mountain, so I thought if I could create a gap here it would be hard to bridge when we took to rough ground. This worked quite well and by the time I reached the train station I was in a race with myself. The path turned into an icy cold stream and my feet went numb. When we reached the Bwlch (mountain pass) the snow got thicker as we got higher".

Russell Bentley

1. R. Bentley	Kent	39.49
2. A. Nash	BangU	44.33
3. J. Brown O/40	Buck	45.05
4. J. Bacon	Eryri	45.24
5. S. Smith	Eryri	46.34
6. C. Evans	Eryri	48.04
7. l. Jones	Unatt	48.28
8. B. Williams	Eryri	49.01
9. I. Rowlands O/40	Cybi	49.08
10. L. Foulkes	Eryri	49.26
VETERANS O/50		
1. G. Jones	Unatt	51.59
2. D. Broatch	Unatt	57.38
3. I. Blakemore	Unatt	61.09
VETERANS O/60		
1. P. Jones	Eryri	54.22
LADIES		
1. T. Llewellyn	Cybi	57.15
2. K. Broatch O/40	Unatt	57.41
3. K. Worthington	Eryri	58.17
4. N. Othen	Unatt	59.19
5. J. Williamson	Eryri	60.04
E. Salisbury O/50	Eryri	61.12
S. Jones O/50	Cybui	72.22
54 finishers		

HIGHLAND BOUNDARY RACES RACE 1 - TAY DASH RACE

Scotland 29.03.13

1. W. Hensman	Central	17.58
2. A. Smith O/50	Dees	18.34
3. A. Greaves O/40	Strath	18.51

4. B. Cooper	PerthR	19.17
5. J. Mill O/40	Dund	20.01
6. M. Calothis O/40	Kinross	20.10
7. S. Adam	Wester	22.17
8. D. Duncan O/50	Ochil	22.32
9. D. Oliver O/50	Dees	26.58
10. J. OliverO/50	Dees	28.34
LADIES		
1. (7) S. Adam	Wester	22.17
2. (10) J. Oliver O/50	Dees	28.34
3. (11) D. Hay O/40	Anster	29.06
4. (13) S. King O/50	Gala	30.01
13 finishers		

HIGHLAND BOUNDARY RACES RACE 2 – BIRNAM HILL RACE Scotland

AS/6.5km/535m 30.03.13

120,00012220	00111 0010	
1. P. Prasad	SquadP	30.08
2. A. Fallas	Carneth	30.15
3. A. Gilmore	Carneth	33.28
4. A. Smith O/50	Dees	33.59
5. I. Gilmore	Carneth	34.09
6. A. Davis O/50	Carneth	34.15
7. W. Hensman	Central	35.01
8. C. Love O/40	Dund	35.12
9. S. Matthews O/40	Dund	35.52
10. B. Gibson	Dund	36.10
(20) N. Gilmore O/50	Carneth	38.50
VETERANS O/60		
1. (41) J. Jumelle	Carneth	45.22
2. (51) R. Gatehouse	Lomond	49.55
LADIES		
1. (15) H. Bonsor	Carneth	37.49
2. (25) L. Gamble	HBT	41.14
3. (28) J. Connor	Tinto	42.21
4. (29) E. Greaves	Strath	43.59
5. (30) R. Evans	Strath	43.59
(33) K. Kealey O/40	Ochil	44.11
(34) J. Wilson O/50	Carneth	44.23
(45) M. Nicoll O/40	Lomond	46.42
(58) J. Oliver O/50	Dees	54.00
63 finishers		

CAUSEY PIKE "OUTERSIDE CHASE" Cumbria AS/7.2km/543m 30.03.13

After a week of continued snow and icy weather, the race route was deemed to be too dangerous and had to be changed. For the second year only of organizing this event, John Nicoll and Dan Barton had only a few days to come up with a new course with a similar level of difficulty or cancelling the race altogether. Luckily, nestling in the Newlands Valley, finding new mountains to run upon was not going to be too hard and an alternative route option soon became quite clear. So for one day only Causey Pike became "The Outerside Chase" and at 4.5 miles and 1,507 feet, it was clear from the start that this was not a race to be taken lightly. Starting and finishing in the same place, runners made their way up Stonycroft track. Upon reaching the first cairn runners proceeded up a steep path to Stilend. From then on, it was a quick chase along the paths before reaching the last push up onto Outerside. After reaching the final summit, runners took an immediate drop off the top and headed straight down some very rough and

stony ground in true Causey style! Reaching the Stonycroft track, it was "hell for leather" all the wav down.

On the day there were 163 entrants. This year only two minor injuries were treated by trained first aider - Isabelle Nicoll - back at the hall. One runner misplaced her step on some crag and fell upon her knee. Both were advised to seek further medical assistance.

It was in-form local Carl Bell who stole the limelight coming first in at 32.36, a healthy 28 seconds in front of former British fell running champion, Morgan Donnelly, although Morgan did claim the first to the summit prize and first V40. The quick descent from Carl saw him overhaul not only Morgan but multiple Causey winner and 3rd placed Rob Jebb.

First Lady and 39th overall was Claire Green, followed by Rachel Chambers, and in 3rd place was Catherine Spurden.

The first placed men's team was M.Donnelly, G.Bland and S.Booth of Borrowdale and second team went to C.Bell, J.Nicoll, and L.Newton of Keswick AC. An excellent performance from the Keswick AC ladies, C.Spurden, L.Thompson and V.Haworth, saw them clinch the first ladies' team prize, 21 seconds ahead of local rivals, CFR with N.Walkingshaw, K.Apps and J.Lee.

It was fantastic to have EDZ, the Keswick based outdoor retail company, again sponsoring the race and the performance layering clothing provided went down very well with all the prize winners. A big thanks must go to Chris & Kim Clarke and Libbie Graham for patiently sitting behind a computer screen almost all day entering registrants and processing results. Again thanks to all the marshals and helpers on the day.

The teas and refreshments were in abundance and enjoyed in a light hearted atmosphere. The prominent rocky peak of Causey Pike that looks upon the town of Keswick, will be back again one day next year to test and challenge the hardy fell runners.

John Nicoll

John Mcon		
1. C. Bell	Kesw	32.36
2. M. Donnelly O/40	Borr	33.04
3. R. Jebb	Bing	33.45
4. R. Findlay-Robinson	DkPk	35.05
5. G. Raven	Sale	35.09
6. G. Bland O/40	Borr	35.14
7. S. Booth O/40	Borr	35.18
8. C. Leigh O/40	Penn	36.52
9. D. Block	CFR	37.31
10. M. Fanning O/40	Borr	37.52
VETERANS O/50		
1. (30) D. Armstrong	NFR	40.29
2. (43) H. Price	Bowl	42.27
3. (53) C. Valentine	Kesw	44.01
VETERANS O/60		
1. (112) P. Reed	NFR	52.09
2. (120) J. King	CFR	52.30
3. (122) D. Beautyman	SheffU	52.33
VETERANS O/70		
1. (156) P. Dowker	Kend	63.32
LADIES		
1. (39) C. Green	P&B	42.02
2. (58) R. Chambers	Sale	44.30
3. (61) C. Spurden	Kesw	44.43
4. (68) K. Hall	Wharf	45.35
5. (78) N. Walkingshaw	CFR	47.04
(87) W. Dodds O/60	Clay	47.44

(90) N. Davies O/50	Borr	48.06
(92) L. Thompson O/50	Kesw	48.32
(121) J. Mellor O/40	Penn	52.32
(125) J. Nicholls O/40	Sale	52.47
(148) S. Ashley O/60	Kesw	60.31
163 finishers		

HIGHLAND BOUNDARY RACES RACE 3 – DEUCHARY HILL **CANTER**

Scotland BM/18km/800m 31.03.13

1. A. Fallas	Carneth	1.18.37
2. A. Gilmore	Carneth	1.21.14
3. I. Stewart	Wester	1.23.59
4. J. Ascroft	Carneth	1.25.29
5. A. Davis O/50	Carneth	1.25.34
6. l. Gilmore	Carneth	1.26.54
7. A. Smith O/50	Dees	1.27.13
8. G. Glendinning O/40	Bella	1.27.22
9. A. Cox	Moorf	1.27.44
10. P. Mackie	Shettle	1.27.55
(18) N. Gilmore O/50	Carneth	1.34.12
VETERANS O/60		
1. (54) S. Davidson	Fife	2.16.15
VETERANS O/70		
1. (56) C. Love	Dund	2.18.39
LADIES		
1. (14) H. Bonsor	Carneth	1.32.18
2. (27) S. Blackwood		
O/40	Unatt	1.44.02
3. (28) R. Evans	Strath	1.44.18
4. (34) H. Ponjee	Unatt	1.46.01
5. (35) L. Gamble	HBT	1.46.11
(47) J. Kerridge O/50	Dees	1.56.35
(49) M. Nicol O/40	Lomond	2.03.14
(50) J. Oliver O/50	Dees	2.10.58
60 finishers		

HIGHLAND BOUNDARY RACES **OVERALL RESULTS 2013**

1. A. Smith O/50	Dees	2.19.46
2. B. Cooper	Perth	2.29.30
3. M. Calothis O/40	Kinross	2.42.29
4. J. Mill O/40	Dund	2.58.20
5. D. Duncan O/50	Ochil	2.03.03
6. D. Oliver O/50	Dees	3.31.46
LADIES		
1. J. Oliver O/50	Dees	3.33.32
2. D. Hay O/40	Anster	4.08.19

BUNNY RUN ONE West Yorkshire CS/3m/300ft 02.04.13

Considering the freaky weather of late - snow drifts everywhere and races being cancelled the Bunnies survived and the 271 competitors enjoyed the few snow drifts that were left on Penistone Hill. In fact the weather was near perfect, cold and crisp just right for getting the blood coursing, blue skies and a spectacular sunset over Haworth moor towards Top Withins.

Tom Adams didn't have it all his own way at first with 19 year old Ben Small giving him a shock at the start, but Tom soon took command and hared to his 8th Egg Stage victory and won comfortably for the 4th time. Tom is away next week celebrating his wedding anniversary in

Barcelona so the race should be wide open. Bunny legend, Ian Holmes, proved there's life in the old buck yet by chasing down an in-form Tim Ellis to take second and first V40, maybe Bunny Run 2 will be win 33 for lan?

Young guns Lewis Byram and Edan Whitelaw finished 4th and 5th, while Jack Denton in 7th completed the Calder Valley team scorers, Tim 3rd and Edan 5th, Paul Mitchell won the V50. Andrew Robinson V60 and evergreen Malcolm Coles the V70s.

European junior mountain running champion, Annabel Mason, won her first Bunny, knocking 9 times winner Katie Walshaw off her Bunny pedestal and claiming the cuddly bunny perpetual trophy for her bedroom. This was sweet revenge on Katie, since three days previous at the classic Rivington Pike race, Katie had taken the honours. Katie did however win the ladies' Egg Stage for the 9th time. Previous Bunny winner Helen Glover finished 3rd with 2012 FU14 English champion Elizabeth Greenwood, now a FU16, in 4th whilst in the FU14 Lucy Byram took the honours. Just ahead of Lucy was FV50 winner Gill Myers while Aileen Baldwin took the FV60 in 144th overall.

Keighley & Craven ladies won the team with Helen 3rd, Zara Knappy 5th and Rosie Hellawell 12th just two points ahead of Holmfirth.

Entering into the spirit of the Bunnies by donning a full bunny costume, Sarah Wilson managed to get round the snowy course in 32.07 with not a mucky mark on her white bobtail. To round the evening off Katie Walshaw and Tom Adams helped Dave and Eileen with the legendary chocolate throw out..

The Woodentops

llk	15.45
Bing	16.18
CaldV	16.23
Holmf	16.45
CaldV	17.22
Queensb	17.28
CaldV	17.33
Wharf	17.42
P&B	17.44
Wfield	17.47
Bing	19.15
Unatt	19.57
Wharf	20.46
Clay	22.00
Bing	23.32
Bing	23.51
	24.26
Skipt	32.44
	17.47
	18.12
Kghly	19.14
	19.20
J ,	19.33
	20.54
	20.57
	21.00
****	22.06
Stain	23.52
Craven	24.46
	Bing CaldV Holmf CaldV Queensb CaldV Wharf P&B Wfield Bing Unatt Wharf Clay Bing Bing VStri Skipt Wfield Holmf Kghly Bburn Kghly Wharf Holmf Holmf Ilk Stain

PENDLE Lancashire AS/7.3km/457m 06.04.13

What a perfect day for a fell race after so much snow and cold weather. Another massive field of top class runners with Rob Hope just keeping ahead of Ian Holmes with Darren Kay third.

Victoria Wilkinson again was first lady with Annabel Mason F18 having a great run in second place.

In the Lancashire Championship, Rob again defended his title. Senior ladies' champion and also V40 champion was Deborah Gowans. Shaun Godsman was vet 40 male champion. In the vet 50 category Graham Schofield and Lesley Fisher were champions. In the vet 60 category it was a Clayton double with Jack Holt and Linda Lord. Grant Cunliffe (Rossendale) was the U23 male champion with Nicola Jackson taking the ladies' prize.

Due to a new fence being erected with a locked gate just below Buttock there was a slight course alteration through a small stile, and this caused a bit of queuing, my apologies and this will be rectified next year with a better route or we will obtain the farmers permission to open the gate.

Thanks to all the marshals and helpers and to Mrs Weatherill and her staff in the village Hall. Hope to see you again next year.

D0 D

22 12

David Bailey

P&B	32.13
Bing	32.21
P&B	32.36
Ross	32.46
Leeds	33.15
CaldV	33.24
Ross	33.32
Unatt	33.47
Wharf	33.53
CaldV	34.29
P&B	36.21
Horw	37.49
Burnd	39.42
Clay	41.17
Kend	41.25
Clay	41.49
Horw	51.57
	56.04
Tod	56.48
Bing	35.19
	36.11
,	39.03
	40.26
	41.28
	41.51
Acc	41.52
CaldV	46.27
	Bing P&B Ross Leeds CaldV Ross Unatt Wharf CaldV P&B Horw Burnd Clay Kend Clay Horw Horw Tod Bing W'field Kghly Peterb Wharf Settle

PENDLE JUNIOR RACES Lancashire 06.04.13

After all the cold weather and snow with local roads blocked it was a perfect day warm with sun and no wind.

Sheep droppings in the start and finished field

necessitated a change in the U8s course and the start position for all races. This gave families and spectators a better view of the junior runners as they set off and returned.

215 runners in all completed the usual out and back routes with the U14s and U16s climbing part way up Pendle Hill.

This year again the races for the U12s and above where also Lancashire Championship races. Dylan Ross (Hynburn) and Ella Tinman (Rossendale) were Champions in the U12s category. U14s, Joshua Boyle (Hynburn) and Grace Handley (Blackburn), and in the U16s Jack Hindle (Blackburn) and Rhiannon Wickham (Blackburn) were Champions.

Many thanks to all the Clayton members and friends, Dave and Eileen who helped the races run so smoothly, and also to the Mrs Weatherill and her staff for the many refreshments.

Hope to see you again next year.

BOYS UNDER 8

BO13 UNDER 8		
1. A. Duffield	Tod	1.82
2. S. Benson	Kghly	1.54
3. C. Whitehead	Kghly	1.56
GIRLS UNDER 8		
1. (8) A. Irvine	Bburn	2.12
2. (9) G. Root	Clay	2.13
3. (10) R. Anderson	llk	2.14
BOYS UNDER 10		
1. A. Thompson	Kghly	4.49
2. W. Atkinson	Kghly	4.51
3. J. Carnelley	Bing	4.54
GIRLS UNDER 10		
1. (11) C. Barrett	Wharf	5.25
2. (12) L. Fryers	Kghly	5.27
3. (14) L. Gregg	Roch	5.34
BOYS UNDER 12		
1. L. Fox Parker	Penn	13.18
2. O. Ross	Holmf	13.29
3. B. Forrest	Bury	13.56
GIRLS UNDER 12		
1. (17) F. Reed	Notts	15.37
2. (18) A. Stiles	Manch	15.42
3. (21) B. Reed	Unatt	15.56
BOYS UNDER 14		
1. J. Boyle	Hynb	16.12
2. J. Lund	Kghly	17.21
3. T. Nelson	Wharf	17.41
GIRLS UNDER 14		
1. (8) G. Handley	Bburn	18.19
2. (11) N. Irvine	Bburn	19.37
3. (13) V. Merrick	Bing	20.17
BOYS UNDER 16		
1. J. HIndle	Bburn	21.28
2. J. Marchant	Pendle	22.18
3. C. Davidson	Ross	22.47
GIRLS UNDER 16		
1. (9) R. Wickham	Bburn	26.39
2. (10) L. Williamson	Ilk	26.51
3. (11) E. Robinson	Kghly	26.54
215 finishers		

LLANBEDR TO BLAENAFON Gwynedd AL/26km/1372m 06.04.13

The weeks leading up to 6 April were the coldest of the year, and for the first time in years, all three peaks in this race were covered in snow and ice. Thankfully, the day before saw a little thaw and the thermometer climbed just a degree or two higher and melted the solid ice, so that it was

safe to go ahead. On the day, conditions were superb. The sun shone all day and, mercifully for the marshals, the biting wind appeared to have blown itself out completely.

71 athletes started from the village of Llanbedr to tackle their first peak -Crug Mawr - the smallest one at 550 metres, and probably the most scenic with great views over the black mountains and towards the Sugar Loaf.

From here the runners descend down to the farm at the back of the Sugar Loaf, where we lost our first runner - who felt it best to retire before starting off on the journey up to climb the 596 meters to the top of the Sugar Loaf.

Due to the glorious sunshine, the runners were greeted and cheered on by many walkers and spectators as they struggled to stay upright on the rocky, icy summit pathway. The descent into Abergavenny is fairly gentle and the runners could relax and enjoy the feeling of the afternoon sun on their faces - whilst they no doubt prepared themselves mentally for the final, toughest challenge.

Race leaders were event veterans, Hugh Aggleton and Mark Palmer – who have battled for position in this event many years running. In 2009 and 2010 Mark took the lead, but this year, as last year, Hugh kept his first position.

Finally the runners reach the north face of the Blorenge, a steep, sheer climb of 561 meters. By now, two more participants had retired - but the remaining 68 bravely sped on - until shortly after, seeing what awaited, yet another runner decided it best not to proceed.

Snow, ice, and lots of cheering spectators greeted our runners as they reached the summit, most using hands to help claw their way over the top ridge. Hugh maintained his lead comfortably, winning in 2:15:18. The times for this year's event are evidence of how hard it was in the snowy conditions – down by between 10 and 15 minutes from 2012 and 2011.

Mark Palmer cruised home in 2nd place, 2:20:45, closely followed by a newcomer to this event, Simon Barnby from Hereford. 2:21:19.

Christine Vorres 1. H. Aggleton MDC 2.15.18 2. M. Palmer O/40 MynDu 2.20.45 3. S. Barnby Unatt 2.21.19 4. M. Stott MDC 2.31.38 5. B. Gibbison 2.32.26 MvnDu 2.34.28 6. S. Taylor MvnDu 7. M. Humphrey Stroud 2.34.51 8. R. Johnson O/40 MynDu 2.37.41 9. B. Moon MDC 2.40.51 10. M. Scriven O/40 Mercia 2.40.58 **VETERANS O/50** 1. (11) A. Woods MvnDu 2.43.35 2. (13) C. Lancaster Mercia 2.45.18 MDC 3. (16) J. Aggleton 2.51.31 **VETERANS O/60** 1. (48) G. Gunner CroftA 3.26.09 2. (58) S. Herington Heref 3.36.00 3. (66) T. Davies CroftA 4.09.49 **LADIES** CLC 2.52.01 1. (18) L. Barry Aberyst 2. (20) L. Barker 2.53.49 3. (21) K. Roby MDC 2.54.37

Chep

MynDu

MynDu

2.58.56

3.05.50

3.16.59

4. (26) L. Summers O/40

5. (33) E. Bayliss

67 finishers

(43) S. Woods O/50

340 finishers

COLEDALE HORSESHOE Cumbria AM/13.7km/915m 06.04.13

The route for the 2013 race had to be revised the week before the event due to the unprecedented amount of snow on some parts of the route that presented a real safety risk. The revised route took a bypass around Eel crag and Sail top which was some 1.3km shorter but had some 100 metre extra climbing to take into account!. This is treated as an emergency route and records will remain for the original Coledale route.

The weather was cold but clear and sunny, with little wind, and the 13.00 start saw 203 runners set off in warm conditions, that certainly didn't reflect fell top temperatures!.

Carl Bell took an early lead out of the village and through to the start of the first major climb of Grisdale Pike, with Rob Jebb close behind. On the climb up to Grisdale summit saw Rob pull away from Carl and Rhys Findley Robinson by some 60 seconds. However, this changed through Coledale Hause and at Force Crag mine check with Rob's lead reduced to some 20 seconds up on Carl with Rhys holding a comfortable 3rd position, this remained the same at the Stoneycroft Gill track check point before Carl closed the gap and passed Rob by Barrow Top to take the win in 1.04.58, with Rob second and Rhys third.

Many thanks to all the marshals out on the course, and to Stan and Gill for the use of the land and barn, and to all those from Ellenborough and friends who marshalled and supported with the post race food, also to Jane, Ellie, Jon, Gwyn, Jim and Lindsey at the start and finish, without all that support the day could not have run so well.

Chris Knowles

1. C. Bell	Kesw	1.04.58
2. R. Jebb	Bing	1.05.21
3. R. Findley-Robinson	DkPk	1.08.26
4. P. Ryder	Brych	1.10.32
5. D. Hope	P&B	1.10.35
6. S. Booth O/40	Borr	1.12.25
7. M. McGoldrick	Wharf	1.13.03
8. G. Greenhow	Amble	1.13.32
9. D. Milliken	Horw	1.13.42
10. D. Rab O/40	Chorl	1.15.41
VETERANS O/50		
1. (29) D. O'Duffy	Bowl	1.20.49
2. (43) A. Kay	DkPk	1.25.09
3. (46) A. Miller	Kend	1.25.57
VETERANS O/60		
1. (129) J. King	CFR	1.41.45
2. (133) A. Dixon	FRA	1.42.18
3. (146) A. Charles	DFR	1.44.56
VETERANS O/70		
1. (197) P. Dowker	Kend	2.07.37
2. (200) B. Allsop	Buxt	2.10.34
LADIES		
1. (40) S. Adkin	Moorf	1.24.19
2. (52) C. Spurden	Kesw	1.27.14
3. (72) G. Ford	Tod	1.31.02
4. (79) A. Ingram	TriL	1.32.16
5. (80) N. Davies O/50	Borr	1.32.27
(97) L. Thompson O/50	Kesw	1.35.28
(118) J. Carter O/40	Kesw	1.38.42
(123) F. Kelsall O/40	Ochill	1.40.36
(171) A. Brentnall O/60	Penn	1.53.08
(188) S. Ashley O/60	Kesw	1.57.55
201 finishers		

BLUBBERHOUSES MOOR 25 North Yorkshire CL/39km/885m 07.04.13

The 212 starters on Nidderdale LDWA's 2013 Blubberhouses Moor 25 Challenge enjoyed sunshine for much of the event but there was still snow on some sections of the route and where the snow had thawed, it had left the moors, woodland and fields very boggy.

The leading men pulled away as a tight group going up the Washburn Valley, over Rocking Hall moor and along the Wharfe to the halfway point at Deerstones. The more challenging conditions up the climb to Beamsley Beacon and across rough moorland over Round Hill to Timble saw William Foreman open up a 5 minute lead that he held to the finish.

Jacqueline Redmayne took an early lead among the ladies but Karen Nash was never far behind and took the lead across the Round Hill section then opened up the gap over the last four miles. All but two of the runners and walkers completed the route.

As usual on Nidderdale LDWA events, there were plentiful supplies of food and drink around the route and a hot meal at the finish. The route uses permissive paths on Yorkshire Water land and across two areas of access land. We are grateful to the land owners for their consent.

Thank you to all the helpers and to Richmond Raynet. We hope to see you again in April 2014.

1. W. Foreman	3.14
2. P. Stobbs	3.19
3. M. Terry	3.23
4. L. Rawson	3.25
5. M. Ellithorn	3.25
6. M. Loftus	3.30
7. A. Holloway	3.31
8. S. Ewen	3.36
9. D. McGuire	3.36
10. D. Fishwick	3.39
LADIES	
1. (20) K. Nash	3.53
2. (26) J. Redmayne	4.00
3. (28) H. Dawe	4.02
4. (31) A. Bulcock	4.05
5. (40) L. Heap	4.09
210 finishers	

EXE TO AXE Devon BL/32.4km/1219m 07.04.13

The course this year had to take a diversion away from the coast because of a cliff fall between Beer and Seaton but this is now likely to be a regular feature because of the severity of the fall. It did not, however, spoil the enjoyment of the race even if it added about an extra mile to its length. Fortunately, the ground underfoot had dried out after a long wet spell but for a change the runners faced a strong headwind for the whole race which slowed times a bit.

Local club, Axe Valley Runners, had a successful day with Tim Lenton winning the race in an excellent time of 2.46.58 whilst his club mate Matthew Clist took 3rd place in 2.52.21. Sandwiched between them was Michael Robinson of Tamar Trotters who had a comfortable lead all the way to Branscombe but lost the lead to Tim whilst exploring a lower path

below the cliffs and then having to climb the notorious 'Stairway to Heaven.'

The first lady was ultra distance runner Angie Sadler, who clocked up an impressive 3.33.43 despite still recovering from a broken arm two months before. Kerry Wray and another Axe Valley Runner, Eleanor Wood, were 2nd and 3rd respectively whilst a three man team from Exmouth Harriers (Ben and Jet White plus Richard Middleton) won the Relay Prize.

A record turnout for the race and it appears that all went home satisfied, if a little weary. John Perratt

1. T. Lenton	AxeV	2.46.58
2. M. Robinson	Tamar	2.51.46
3. M. Clist	AxeV	2.52.21
4. A. Schwendel	Exeter	2.53.26
5. C. Southern	Salisb	2.54.48
6. J. Oakes	CamCol	3.01.25
7. O. Byrne	Bearb	3.03.30
8. P. Gaskins	Teign	3.09.48
9. K. Gillick	Unatt	3.10.30
10. C. Gicc	Tivert	3.10.37
LADIES		
1. (20) A. Sadler	Tewk	3.33.43
2. (26) K. Wray	Sthville	3.37.32
3. (29) E. Wood	Axe	3.38.19
4. (30) C. Holloway	Chilt	3.38.55
185 finishers		

PINCHINTHORPE PLOD North Yorkshire BS/10km/275m 07.04.13

It was an excellent day for running. The ground was very fast going as it has dried out a lot in the past week. With 11 juniors in the lower age group races there was plenty of competition to be had. In the senior men's Jason Cavill soon demonstrated his current level of fitness and really had to run on his own for most of the race as those behind could not keep up the pressure.

As this is a new route adapted from the previous one it is therefore a new record. Jason was the only one to break 40 minutes. In the women's race there was much more of a contest with Kay Neesam and Shelli Gordon heading the field. Unfortunately a recurrence of a calf injury slowed her up and Shelli was able to take advantage to win in a new record of 48.37. With Lisa Bennett in third it was a clean sweep for New Marske in the team competition. In the men's team Esk Valley were comfortable winners from Pickering with the 'B' team finishing in fourth. In the juniors Sam Clapton won the Under 12 Boys, Matthew Clarke the Under 10 Boys, Carrie Chapman the U12 Girls, Emma Clapton the U14 girls, Oscar Anglim the U14 Boys, whilst Sam Garratt won the U16 boys.

Dave Parry		
1. J. Cavill	Picker	39.56
2. D. Beech	TyneB	41.20
3. C. Roberts	YorkK	41.39
4. I. McGrath	DFR	43.30
5. D. Braun	EskV	43.45
6. S. Watson O/40	Picker	43.50
7. R. Bewell O/50	Wether	43.55
8. M. Smith O/40	NMske	44.02
9. B. Anglim O/40	NYM	44.30
10. G. Hawking	YorkK	44.39
VETERANS O/50		
1. (7) R. Bewell	Wether	43.55

2. (12) G. Brown	Sltb	45.42
3. (17) J. Barwick	NYM	47.15
VETERANS O/60		
1. (24) N. Scruton	Scarb	49.05
2. (35) S. Smith	Ripon	51.25
3. (42) R. Howard	LoftW	52.59
LADIES		
1. (21) S. Gordon	NMske	48.37
2. (22) K. Neesam O/40	NMske	48.45
3. (32) L. Bennett O/40	NMske	50.52
4. (34) H. Cox O/40	Th/Sow	51.14
5. (36) L. Laycock	Picker	51.30
(61) C. Pollard O/50	Wharf	56.16
(62) P. Costello O/50	Redc	56.44
93 finishers		

5 TORS RACE Cornwall CM/12.6km 7.04.13

East Cornwall Harriers staged the annual 5 Tors Race on 7 April. The race is held on the eastern side of Bodmin Moor and takes a clockwise circular route from the village of Minions.

Although the race is new to the FRA calendar, it has taken place for some 26 or so years. It was originally started to raise funds for Commonmoor Village. The race has been organised by East Cornwall Harriers running club for the last five years. The course was shortened re-designed to make it more of the style of a true fell race – the only one in Cornwall.

On setting up the course the day before with orange marker stakes, the weather was warm and sunny. Race day however, although continuing to be dry, had a very cold, strong south-easterly wind, the chill factor being significant for many competitors.

As the name suggests the race takes in five of the tors of Bodmin Moor. The route is typical upland terrain with many rocky areas to negotiate. Although not of the scale of the mountainous areas it is nonetheless tough and uneven enough to put off many of the local road-runners.

As this was a new course no previous results applied. It was interesting therefore to see the finish times. There were 248 finishers – the leading man, Tony Brewer, completing in 56.05. The first woman home was Lucy Mancer in 1.09.22.

There were two team prizes, men and women, both of which were won by the strong local club from St. Austell.

Registering the race with the FRA meant that there were runners from farther afield, including Yorkshire (which is in England apparently – Cornish joke!)

Thanks to all for taking part and to the organisers.

0.9456.5.			
lan Ringer			
1. T. Brewer		MileH	56.05
2. D. Alsop		StAust	57.19
3. N. Holmes O/	40	ErmeV	57.41
4. S. Ohly		C'wall	58.12
5. R. Burnham C)/40	Newq	58.50
6. P. Winskill		Kesw	59.13
7. J. Mancer O/4	10	StAust	59.55
8. J. Amdueza		Unatt	59.56
9. P. Montgome	ry-Smith		
	0/40	StAust	60.02
10. R. Pascoe		MileH	61.18

VETERANS O/50		
1. (27) G. Pascoe	Truro	66.42
2. (29) B. Charters	Exet	66.53
3. (37) D. Philp	ECorn	68.42
VETERANS O/60		
1. (93) N. Pettit	Tamar	77.29
2. (96) D. Morgan	TriLog	77.29
3. (98) P. Lockett	Newq	77.47
VETERANS O/70		
1. (203) H. Haynes	Hayle	95.26
2. (208) N. Jeans	Truro	85.58
LADIES		
1. (42) L. Mancer	StAust	69.22
2. (45) D. Starkey	StAust	69.49
3. (63) J. Nash O/50	ECorn	72.22
4. (80) E. Cook	Falm	74.59
5. (82) S. Kenworthy	Hayle	75.35
(90) J. Bremner O/50	Tamar	76.11
(97) E. Young O/40	ECorn	77.44
(127) A. White O/40	Tamar	80.42
248 finishers		

BUNNY RUNTWO West Yorkshire CS/3m/300ft 09.04.13

New Bunny girl, 16 year old Annabel Mason, rewrote the record books taking out 'Scary' Mary Wilkinson's 2007 record of 17.20 reducing it by 15 seconds and winning her second Bunny Run despite a bitterly cold evening. This also means the perpetual cuddly bunny trophy she won last week is now renamed, Annabel and not Mary, as tradition dictates the rabbit is named after the course record holder. Katie Walshaw finished 2nd again, but did take the Egg Stage for a record 10th time and led Holmfirth to the ladies' team chocolate with twin sisters FU14 winner Erica Byram, 4th, and 2nd FU14 Lucy Byram, 8th.

FV50 winner Gill Myers won again but was devastated to miss out by four seconds on rewriting her own FV50 record, 'I'll just have to try harder next week' was her comment, whilst Aileen Baldwin won the FV60.

17 year old James Hall, fresh from an England training camp in Wales, showed his immense potential by winning his first Bunny, having previously won the U14 and U16 categories, and he still holds the U16 record from last year at 15.45. James kept a cool head and tactically ran a perfect race by not chasing Max Wharton's early fast pace and, by the lakeside, took control overtaking Max and going on to win in 15.52. Max stormed to his 2nd Egg Stage victory in 3.36 and finished 2nd only, eleven seconds behind James, but ahead of 32-times Bunny winner, lan Holmes, the V40 winner.

Another youngster, 15 year old Lewis Byram, fresh from winning the U16 British Duathlon Championships at the weekend, finished 4th just like last week, but did run 19 seconds faster. The U14 winner was Matthew Barnes from Pendle AC, whilst Peter Hughes won the V50, Andrew Robinson the V60 and evergreen, 71 year old Tim Cock the V70 category.

More fancy dress turned out with bobtailed bunnies, Lucinda Peacock and Hannah Dixon, Matthew Lucas as a Tellytubby and Thomas Nelson as a Hula girl, all won chocolate eggs. To round the evening off James Hall and FU14 winner Erica Byram did the legendary chocolate throw out. *The Woodentop*

1. J. Hall	Wharf	15.52
2. M. Wharton	CaldV	16.03
3. I. Holmes O/40	Bing	16.17
4. L. Byram U/16	Holmf	16.26
5. S. Watson	Wharf	16.40
6. C. Williams	Queens	16.44
7. C. Holmes	Wharf	16.47
8. C. Shearer	Kghly	16.47
9. E. Whitelaw U/16	CaldV	16.54
10. A. Brown O/40	Bing	16.59
VETERANS O/50		
1. (71) P. Hughes	Queens	19.43
1. (73) A. Wright	Unatt	19.45
2. (91) J. Wootton	Wharf	20.37
VETERANS O/60		
1. (116) A. Robinson	Clay	21.33
2. (140) P. Jagan	Bing	22.38
3. (155) B. Duncan	Bing	23.14
VETERANS O/70		
1. (229) T. Cock	Holmf	27.14
LADIES		
1. (12) A. Mason	Wfield	17.05
2. (18) K. Walshaw	Holmf	17.38
3. (53) Z. Knappy	Kghly	19.08
4. (68) E. Byram U/14	Holmf	19.34
5. (78) H. Leigh	Bburn	20.01
(85) G. Myers O/50	Wharf	20.20
(113) D. Haggar O/50	llk	21.26
(156) A. Baldwin O/60	Stain	23.22
(166) T. Treasure Jones		
O/40	Bing	23.47
(171) N. Robinson O/40	Unatt	23.55
(177) M. Jagan O/60	Craven	24.13
296 finishers		

TODD CRAG JUNIORS Cumbria 10.04.13

It was a perfect evening in Ambleside for the Todd Crag races. 50 youngsters signed up and enjoyed the testing courses, starting from Rothay Park straight up the steep killer road past Brow Head Farm, and they were watched by the seniors who were arriving and warming up for the Loughrigg Fell Race the same evening.

The U8 runners, with Ambleside AC juniors dominating this category, set off with gusto. They turned at the first fell gate and raced back down to the park with a close finish between the first three runners home. The U12 course saw the runners climbing steeply over rocky tracks on the fell above Brow Head, turning at the high outcrop overlooking Ambleside but with little time to enjoy the view before the fast descent. This course has a bit of everything - road, track, rocks, grass, bracken, bog and steps. What it doesn't have, aside from the start and finish in the park, is level ground and the entire course is steep.

Local runner Alfie Thorpe from Broughton Runners, led the field, followed by visiting runners Liam Garrett from London Heathside and Bella Reed and Florence Reed from Notts AC (what a great way to spend an Easter holiday!). Carlos Purcell of Ambleside and Mia Walsh of Helm Hill completed the Easter Egg-winning places. U14 runners ran an extended route, continuing from the summit of the U12 course to cross the high wall and lap Lily Tarn before returning the same way. A convincing win by Jacob Aubrey of Helm Hill runners saw him romp

home 3 minutes clear of second placed runner (and winning girl) Imogen Burrow, also from Helm Hill.

The Todd Crag races are now an established fixture in the calendar and we look forward to next year's event.

Eleanor Knowles

Boys under 8		
1. D. Cater	HelmH	8.05
2. J. Hudson	Unatt	8.09
3. J. Kelly	Amble	8.10
4. J. Purcell	Amble	8.16
5. C. Coates	Amble	8.20
Girls under 8		
1. S. Rylance	Amble	9.06
2. E. Wilson	Amble	9.25
3. C. Samson	HelmH	9.40
Boys under 12		
1. A. Thorpe	Brough	10.50
2. L. Garrett	LondH	10.59
3. C. Purcell	Amble	11.02
4. D. Sanderson	Amble	11.04
5. T. Allan	HelmH	11.40
Girls under 12		
1. B. Reed	Notts	11.01
2. F. Reed	Notts	11.03
3. M. Walsh	HelmH	11.25
4. C. Rylance	Amble	12.10
5. A. Alan	HelmH	12.13
Boys under 14		
1. J. Aubrey	HelmH	15.32
2. H. Hyslop	Unatt	20.48
Girls under 14		
1. I. Burrow	HelmH	18.22
2. M. Senior	HelmH	19.14
3. E. Miller	Brough	21.05
4. H. Durkin	Amble	25.29

LOUGHRIGG Cumbria AS/6.4km/330m 10.04.13

Carl Bell returned to the Loughrigg Fell Race to defend his title and took home a course record, along with a resounding victory. In the ladies' race, record holder Lizzie Adams also returned, and successfully defended her title.

A perfect evening's weather and good underfoot conditions set the stage for a fast race on this 4 mile out-and-back route up the 1000 ft Loughrigg fell.

The Helm Hill duo of Tom and Mark Addison gave Bell a good fight, but it was not enough. Bell finished in 26.49, with Tom Addison finishing 14 seconds ahead of his cousin Mark in a time of 27.34.

Two runners from host club Ambleside AC took the final spots; Gary Greenhow just two seconds behind Mark Addison (27.50) and John Brown first yet 40 and fifth overall in 29.18.

Annie Conway AC, leading Adams until the remaining mile of bridleway, challenged for the win but was unable to hang on to the lead on the final descent. Adams took the victory in 33.37 with Conway coming home in 34.19. In third place was Lauren Munro-Bennett in a time of 36.03

A great turnout at the event saw 176 runners competing, including ten under 18 competitors and an impressive 31 Helm Hill runners.

My apologies at prize-giving for omitting to announce and reward a team prize. Alas, that meant that both Helm Hill's men (Tom Addison, Mark Addison, Andy Beanland) and women (Lauren Munro-Bennett, Cath Aubrey and Ali Richards) went without recognition. Sorry!

However, thanks to everyone who stayed around for the prize-giving; I don't think *anyone* went home empty-handed!

Ben Abdelnoor

1. C. Bell	Kesw	26.49
2. T. Addison	HelmH	27.34
3. M. Addison	HelmH	27.48
4. G. Greenhow	Amble	27.50
5. J. Brown O/40	Amble	29.18
6. P. Winskill	Kesw	29.25
7. S. Swarbrick O/40	Bowl	29.28
8. P. Tierney	Amble	29.40
9. A. Beanland	HelmH	29.46
10. K. Steinegger	Amble	29.47
VETERANS O/50		
1. (44) B. Proctor	HelmH	32.50
2. (49) K. Horrigan	Unatt	33.11
3. (55) P. Pearson	Salt	33.44
VETERANS O/60		
1. (137) G. Meneaud	Unatt	43.13
2. (152) A. Sly	Amble	45.22
VETERANS O/70		
1. (155) R. Bell	Amble	46.03
2. (164) G. Arnold	Prest	52.29
LADIES		
1. (53) L. Adams	BICmb	33.37



2. (61) A. Conway	Amble	34.19
3. (79) L. Munro-Bennett	: HelmH	36.03
4. (80) C. Aubrey O/40	HelmH	36.13
5. (81) J. Matthison	Kesw	36.28
(90) J. Brown O/40	Clay	37.21
(117) W. Dodds O/60	Clay	40.05
(161) L. Parry O/50	Cleeth	48.53
176 finishers		

SUGAR LOAF South Wales BM/11.2km/526m 13.04.13

Drizzle, poor visibility and a snow-melt surface, made this year's Sugarloaf a more 'interesting' contest. Keeping your feet was a major challenge in places, as was staying on route for more than a few.

Young Tom Burden and the more experienced Martin Shaw took up the early running, with Martin edging away along the Deri ridge run hoping to build a big enough lead to keep off the expected threat from last year's winner Mark Palmer.

Martin reported "I reached the summit about 15 seconds clear but knew what was going to happen soon after! Mark came flying past on the treacherous early part of the descent with a 'Hiya Martin, long-time-no-see, are you keeping well?'"

Martin put Mark under pressure on the lower slopes and the run-in through the Abergavenny lanes but Mark had paced it well enough to keep a six second cushion at the finish. Rich Johnson had a solid run to take third, while Tom Burden went a bit off-course among the criss-cross paths on the grassy part of the descent.

The women's race was also a cracker with the first three well up in the finishing order. Liza Barry finally got back ahead of Helen Marshall and Sharon Leech with less than a minute between them.

Helen described her descending experience "Once up on the top it was a hop, skip and a slip down the hillside. The snow had all gone leaving a very muddy path. I went with my guts and kept running following the path I was on, roughly heading in the same direction from the summit. Upon entering the woods it became apparent that I was being chased down by a runner. Liza Barry came charging past having got lost on the descent from the summit."

Naomi Law, Caroline Dallimore, Jonathon Gledson, Steve Davies and Steve Littlewood took the age category honours.

The race incorporated the East Wales Championships, whose gold medallists were Martin Shaw, Rich Johnson, Steve Davies, Dai Smout, Samantha Toop and Naomi Law.

Thanks to Emma Bayliss and team for a fine race and to the sponsors, Abergavenny's Tudor Brewery, for the bottle of ale handed to each runner as they crossed the finish line!

Dick Finch

1. M. Palmer O/40	MynDu	53.41
2. M. Shaw O/40	MynDu	53.47
3. R. Johnson O/40	MynDu	56.26
4. T. Burden	Unatt	61.02
5. J. Gledson O/40	TownC	61.07
6. C. Flower O/40	MynDu	61.27
7. J. Jones	Swans	61.39
8. S. Davies O/50	Pontyp	63.15

9. K. Hagley O/50	SWRR	63.54
10. L. Barry	CLC	64.04
(76) S. Harrhy O/50	Llis	66.14
VETERANS O/60		
1. (23) S. Littlewood	Heref	67.09
2. (29) D. Powell	BasHant	68.50
3. (31) S. Herington	Heref	69.02
LADIES		
1. (10) L. Barry	CLC	64.04
2. (11) H .Marshall	Swans	64.41
3. (13) S. Leech O/40	Carm	65.03
4. (15) S. Griffiths	Strath	66.01
5. (27) C. Evans	Pontyp	67.42
(47) N. Law O/40	MynDu	74.02
(55) C. Dallimore O/50	MDC	76.44
(67) M. Wilson	Unatt	84.09
76 finishers		

SCREEL HILL Dumfries & Galloway AS/6.4km/396m 13.04.13

For this year's Screel Hill race, again the weather was excellent for racing - sunny with a cooling breeze after the heavy snow which was slow to go away. The course was dry and fast, as the runners headed off up the forest road.

Young David Parrish and Alan Smith pulled out a steady lead at the halfway cairn. Alan was still right behind David and on the descent home, David pulled out a minute's lead holding it to the finish, in doing so breaking the course record for the second year in succession. Alan took second place and the V50 prize. Right behind Alan and taking the V40 prize was James Haworth. One of the most inspired runs was 4th placed Elliot Sedman in his first hill race running in only a pair of road trainers.

Two local runners, Craig Malcomson and Norman Neilson, put in a spirited performance finishing in 10th and 12th place. First Solway club member was Andy Webster finding good form early in the season.

First lady was Shirley Singh, who just managed to hold off second lady, Kate Apps.

First junior and in 38th place was Jonathon Mortlock putting in a good run for such a tough course.

Thanks must go to the marshals and ladies for timekeeping at the finishing line. Proceeds from the race went to the local scouts for renovation of their hall.

Dougie Milligan

Dougle Willigan		
1. D. Parrish	Dumf	28.45
2. A. Smith O/50	Dees	29.41
3. J. Haworth O/40	Gall	30.08
4. E. Sedman	HardH	31.51
5. T. McCluskey	Dumf	32.25
6. N. Mardal O/40	Dees	32.55
7. A. Anderson O/40	Carneth	33.24
8. D. Armstrong O/50	NFR	33.40
9. O. Bass O/50	Dees	33.56
10. C. Malcolmson O/40	Dumf	33.59
VETERANS O/60		
1. (25) D. Milligan	Solway	37.14
2. (48) P. Horsell	Gall	42.30
3. (55) K. Patterson	Unatt	49.24
LADIES		
1. (30) S. Singh O/40	HardH	38.17
2. (31) K. Apps	CFR	38.40
3. (40) K. Martin	Unatt	40.36
4. (41) J. Connor	Tinto	40.44

5. (50) C. Vincent O/40	Gall	46.09
(54) K. Taylor O/50	Stocks	48.56
(57) R. Leach O/50	Gall	51.08
61 finishers		

WARDLE SKYLINE Lancashire BM/11.3km/381m 13.04.13

This race always has a good atmosphere created by the homeliness of the venue, the refreshments available and the variety of the race route. proceeds go to the Scouts, whose hut we use, and Rossendale MRT, who always provide excellent safety cover.

This year was 30 years since the first race but only the 28th event.

The race founder, Allan Buckley, travelled from Cumbria to race with us and presented the prizes afterwards. Once again, with the help given willingly by the marshals and the admin team, made the day go smoothly. Without them, there would be no race.

See you all again next year on the second Saturday in April.

John Armstrong

1. B. Taylor	Unatt	46.52
2. K. Steinegger	Amble	48.03
3. J. Hunt O/40	DkPk	48.07
4. P. Stevenson O/50	P&B	48.14
5. G. Hird	Wharf	48.43
6. S. Clawson O/40	Ross	48.45
7. J. Raho	Holc	49.17
8. A. Sciacca U/23	Chorl	49.26
9. J. Green	Perst	49.40
10. M. Nuttall O/40	Bburn	50.05
VETERANS O/50		
1. P. Stevenson	P&B	48.14
VETERANS O/60		
1. J. Monks	Unatt	59.27
VETERANS O/70		
1. G. Arnold	Prest	80.23
LADIES		
1. C. Pearson	Unatt	55.10
2. D. Gowans	Accrin	55.31
3. S. Newman	CaldV	55.34
4. G. Keane	Saddle	60.02
5. E. Maddocks	Lons	60.28
J. Redmayne O/40	Chorl	64.23
S. Newman O/50	CaldV	55.34
J. Needham O/60	Roch	61.18
213 finishers		

KINDER DOWNFALL Derbyshire BM/15.4km/600m 14.04.13

One lesson learned from this year's race was "do not go on holiday during the week before the entry deadline"! The mass of entries waiting on the mat took us dangerously close to our entry limit. The eventual turnout was 288.

This year's event was run in what can only be described as classic downfall conditions. Strong winds meant that full body cover was needed just to survive the 'power shower experience' when crossing Kinder River. Everyone seemed to enjoy the conditions; there were no major mishaps and only 3 retired runners.

In the men's race Tom Brunt retained his title, while Adam Perry and Chris Leigh gave him a good run. First lady was Emma Gould, followed by Caitlin Rice then Molly Whithall. Pennine won both team prizes.

Many thanks to all marshals, land owners, the National Trust, KMRT, Pete Bland Sports, Hayfield Brownies and all runners.

See you next year		
Dave Soles		
1. T. Brunt	DkPk	1.13.12
2. A. Perry	Penn	1.13.34
3. C. Leigh O/40	Penn	1.14.08
4. R. Houghton O/40	Macc	1.16.14
VETERANS O/50		
1. (18) J. Minshull	Gloss	1.21.27
2. (40) J Hewitt	Gloss	1.25.15
3. (48) A. Barrett	DkPk	1.26.39
VETERANS O/60		
1. (100) B. Blyth	Macc	1.36.00
2. (108) F. Fielding	Penn	1.37.04
3. (142) T. Longman	Macc	1.41.15
VETERANS O/70		
1. (265) R. Brown	Pstone	2.04.32
2. (266) A. Lock	Silson	2.04.53
3. (276) T. Faulkner	Wilm	2.12.27
LADIES		
1. (44) E Gould	WBrom	1.26.11
2. (63) C. Rice	Gloss	1.29.52
3. (86) M. Whithall	Macc	1.34.14
285 finishers		

BUNNY RUNTHREE CS/3m/300ft 16.04.13

Gill Myers, 53, did what she said she was going to do last week, 'I'll just have to try harder next week,' it paid off handsomely rewriting her own FV50 record by 13 seconds and being ecstatic at the finish. Gill was literally jumping for joy and her Wharfedale team mates and friends were celebrating her success too. This was all the more unexpected since Gill had competed in the tough Silent Valley championship race in Ireland over the weekend, where she had won the FV50 category.

Katie Walshaw won her tenth BR and the Egg Stage for the eleventh time and with this, won the overall series for the fourth time running. Chasing Katie home was Claire Green with Caroline Lambert third and FU16 winner, Elizabeth Greenwood, fourth. In the FU14 Lucy Byram just won from Erica with only five seconds separating them. Holmfirth ladies won the team chocolate with Katie, FV40 winner Kath Farquhar 6th, and Lucy Byram 8th.

Tom Adams, fresh from his wedding anniversary weekend in Barcelona, returned to dominate the race again winning the Egg Stage for the ninth time and recording his fifth win. Max Wharton finished second just ahead of V40 Ian Holmes, who won the overall series for the seventh time whilst, in fourth, Lewis Byram won the U16 category. In the U14, Matt Barnes of Pendle AC won again, Paul Mtchell the V50, Malcolm Pickering V60 and Peter Covey, the V70 record holder, returned to win.

Bingley Harriers with Ian 3rd, Andy Brown 9th and Robin Lawrence 10th took the team chocolate.

Once again fancy dress was in evidence with Maria Parkin and Olivia Loftus running as giraffes, Danny Smith as a dragon and Lewis Metcalfe in his jockey silks.

After the BR3 prize giving, it then went on

to the Overall Series prizes and Bunny Beer, a long night with chocolate going on forever, but this didn't stop the crowded Old Sun Hotel from Bunny mayhem erupting when Elizabeth Greenwood and Daisy Mae Smith helped Dave and Eileen do the customary chocolate throw out. *The Woodentops*

1. T. Adams	llk	15.38
2. M. Wharton	CaldV	15.53
3. I. Holmes O/40	Bing	16.11
4. L. Byram U/16	Holmf	16.19
5. D. Boardman U/16	Pendle	16.26
6. S. Watson	Wharf	16.38
7. J. Crossfield	Hfax	16.46
8. C. Williams	Queens	16.52
9. A. Brown O/40	Bing	16.54
10. R. Lawrence O/40	Bing	16.56
VETERANS O/50		
1. (53) P. Mitchell	Bing	18.51
2. (73) A. Wright	Unatt	19.20
3. (75) P. Hughes	Queens	19.22
VETERANS O/60		
1. (142) M. Pickering	Ilk	21.31
2. (148) A. Robinson	Clay	21.43
3. (163) P. Jagan	Bing	22.25
VETERANS O/70		
1. (181) P. Covey	Bing	23.07
LADIES		
1. (20) K. Walshaw	Holmf	17.37
2. (52) C. Green	P&B	18.49
3. (58) C. Lambert	Wether	18.59
4. (69) E. Greenwood		
U/16	Bburn	19.13
5. (74) Z. Nappy	Kghly	19.20
(81) K. Farquhar O/40	Holmf	19.36
(92) G. Myers O/50	Wharf	20.03
(125) R. Whitehead O/4	0 Bing	21.08
(166) M. Green O/50	Bing	22.33
(182) A. Baldwin O/60	Stain	23.07
(222) M. Jagan O/60	Craven	24.07
315 finishers		

GRISEDALE GRIND Cumbria AS/4km/480m 17.04.13

The weather forecast of gale force winds and heavy rain over the Lakeland western fells unfortunately proved to be accurate and the decision was taken not to allow runners and marshals up onto a high ridge that was exposed to storm force gusts. The bad weather route turned out to be the correct decision as the "summit" marshals described being blown over approximately halfway up the ridge. Whinlatter has a few rough forest tracks available so the course was extended with a loop before and after a shortened ridge "grind". There were a few anxious phone calls that afternoon asking "will the race be cancelled?" I think the runners who braved the wild conditions were pleased to get out and race and found the extra climb after the steep descent quite a challenge. The ridge marshals managed to stay upright at their position and everyone was counted through and

Ricky Lightfoot and Carl Bell had a close race with Ricky just managing to get his nose in front and finish one second ahead in 23.20.

The ladies' race was also closely fought with four finishing within 14 seconds of each other. Catherine Spurden held off a fast finishing

clubmate, Jenn Mattinson, to cross the line in 30.30.

An interesting statistic from the results was that veteran runners only made up one third of the field. This contrasts greatly to the race statistics of a few years ago whereby the majority of runners were over 40. It was, however pointed out that perhaps those veteran runners who didn't turn up were "wiser" to the weather conditions......!! This is the first occasion that this race has not been run over the full course.

A very big thank you to the marshals who made it possible for the race to go ahead.

Angela Brand-Barker

Angela brana-barker		
1. R. Lightfoot	Ellen	23.20
2. C. Bell	Kesw	23.21
3. J. Addison	HelmH	26.00
4. C. Edis	Kesw	26.15
5. C. Newman	Wharf	26.21
6. P. Winskill	Kesw	26.28
7. J. Battrick	Unatt	26.39
8. S. Birkinshaw O/40	Borr	26.43
9. S. Johnstone	Ellen	26.49
10. P. Hanna	Howg	26.53
VETERANS O/50		
1. (27) K. Loan	Kesw	32.11
VETERANS O/60		
1. (26) M. Walsh	Kend	31.47
LADIES		
1. (18) C. Spurden	Kesw	30.30
2. (19) J. Mattinson	Kesw	30.41
3. (20) A. Ingram	TriLake	30.42
4. (21) H. Gertig	Unatt	30.44
5. (36) S. Bennett O/40	Kesw	38.53
(37) S. Ashley O/50	Kesw	38.59
(39) K. Clark O/50	Kesw	40.23
46 finishers		

HARTCLIFFE HILL South Yorkshire BS/4km/150m 18.04.13

1. J. Crickmore	SHUOC	15.38
2. A. Swift	P'stone	16.18
3. A. Douglas	BikeT	16.20
4. J. Malley	DkPk	16.45
5. A. Fleet	CaldV	16.53
6. l. Nixon	P&B	17.24
7. J. Wright	Amble	17.26
8. R. Gardner	CaldV	17.29
9. J. Millar	SHUOC	17.31
10. M. Egner O/50	P'stone	17.37
(16) A. Frost O/40	DkPk	18.53
LADIES		
1. (26) C. Rice	Gloss	20.11
66 finishers		

Y MOELWYN North Wales AM/16.9km/105m 20.04.13

1. R. Bedley	Kent	1.19.14
2. T. Davies	Mercia	1.23.23
3. M. Cliffe O/40	Eryri	1.26.08
VETERANS O/50		
1. A. Hayes	Eryri	1.33.18
VETERANS O/60		
1. M. Cortvriend	Denbigh	1.58.32
VETERANS O/70		
1. E. Davies	Eryri	2.14.35
LADIES		
1. K. Spinney	Eryri	1.43.30

2. A. Williams	AS	1.50.50
3. J. Moore O/40	Eryri	1.57.40
E. Salisbury O/50	Eryri	2.11.18
M-A. Oliver O/60	Eryri	2.28.34
JUNIORS		
Under 18		
1. R. James	MenaiT&F	39.14
Under 16		
1. B. Starling		23.06
2. M. Roberts	ColwynB	23.35
3. J. Starling	Mercia	24.00
Under 12		
1. I. Evans		18.43
2. D. Davies	Unatt	19.00
3. G. Davies		19.50

GISBOROUGH MOORS BL/20km/850m 21.04.13

Well.... back for the 35th Moors and still two men who have done them all - Chris Wright & Peter Whewell. (and one who has helped organise all of them- me!!)

It was another good running day with a wide ranging field in terms of clubs and abilities. Andy Blackett was the leader in the early stages with Lee Bennett, Charlie Stead, Paul Butler and Will Horsley all being within about 45 seconds of each other at Captain Cook's Monument.

In the women's race Kay Neesam had established a good lead recovering from recent injuries at CCM. Shelli Gordon was chasing with Ella Towers after Shelli then Kim England and Janet Raper running together at this point.

Dramatic changes in the men's happened on the return to Little Roseberry with Andy making a navigational error. This let Lee through who even when he had crossed the line did not realise that he had won believing he had lost sight of Andy ahead. Paul Butler came through to take second place. Jason Cavill and Dan Middlemas came through to take 3rd and 5th, with Will hanging on to 4th.

In the women's Kay and Shelli were comfortably first and second, Kim held on to finish third ahead of Ella. In the teams, Esk Valley were clear winners of the men's led by Ian Smallwood with Durham FR hanging on to second just ahead of Pickering. In the women there was a draw between New Marske and Pickering 'A' the latter were winners on countback rules.

Countback rules.		
Dave Parry		
1. L. Bennett O/40	Elsw	87.32
2. P. Butler O/40	LoftW	87.53
3. J. Cavill	Picker	89.40
4. W. Horsley	NFR	89.59
5. D. Middlemas O/40	DkPk	90.31
6. C. Stead O/40	NFR	90.39
7. D. Fielden O/40	Ayclif	93.15
8. C. Williams	Queens	94.36
9. N. Smallwood	EskV	94.44
10. R. Bewell O/50	Wether	95.13
VETERANS O/50		
1. (10) R. Bewell	Wether	95.13
2. (20) G. Brown	Saltb	99.34
3. (24) P. Hughes	Queens	100.15
VETERANS O/60		
1. (38) N. Scruton	Scarb	106.15
2. (59) A. Dixon	FRA	113.21
3. (64) R. Howard	LoftW	114.49
VETERANS O/70		





1. (100) R. Sherwood	NMske	126.11
2. (128) P. Miles	NMske	134.43
LADIES		
1. (35) K. Neesam	NMske	104.30
2. (48) S. Gordon	NMske	109.31
3. (61) K. England	Picker	114.06
4. (66) E. Towers O/40	Unatt	115.21
5. (71) J. Raper O/50	Sedge	117.26
(72) S. Haslam O/50	Scarb	118.05
(73) D. Jobson O/40	NYM	118.06
148 finishers		

BUNNY RUN RELAY 3x1.5m/200ft 23.04.13

 Calder Valley & The Outsider 	28.15
2. KGB	28.33
3. Don't Know	28.55
4. What Dogs Hot Dogs	29.54
5. Old Giffers B O/40	30.37
6. Got The Runs	30.43
7. Declan's Mental Block	31.10
8. Team Bean Boys U/16	31.25
9. Biting The Egg For Suarez Mixed	31.30
10. Rapid Rascals Boys U/16	32.26
(13) Bunny Rebels oys U/14	32.54
(18) Splash Brothers Family	33.31
(23) P&B Bunnies Ladies	34.35
(24) Triple Trouble Girls U/16	34.46
(57) Pendle Wizards O/50	40.07
(58) Lucy and Jemima Girls U/14	40.13
97 finishing teams	

WREKIN STREAK Shropshire BS/4.5km/2.8m/247m/810ft 24.04.13

As usual, the Wrekin Streak kicked off the summer series with a good turnout on a rather grey evening. The weather didn't dampen the spirits of the runners with a friendly, if competitive, atmosphere.

The race has developed a good crop of juniors and it was encouraging to see so many taking part.

The race raised over £200 for the local special school and was well supported by their students and staff.

Dan Brazier headed a strong men's field with young GB runner, Kristain Edwards, finding the going tough in third.

Mel Price continues her good form winning the ladies' race, with team mate, Ruth Stafford, in second.

It was good to see so many V60s running, with the first three finishing within 11 seconds of each other.

	_
Simon	Daws

1. D. Brazier	Mercia	18.28
2. S. Cale	Mercia	18.42
3. K. Edwards U/18	Tamw	19.15
4. R. Dunn	Unatt	19.34
5. A. Davies O/40	Mercia	19.44
6. C. Rowley	Unatt	20.14
7. D. Jones	Shrop	20.15
8. P. Shackleton O/40	Clay	20.18
9. E. Newey O/40	Mercia	20.23
10. J. Craig	Unatt	20.46
VETERANS O/50		
1. (32) T. Jones	Shrop	23.50
2. (33) C. Myles	Shrop	23.50
3. (38) J. Holland	Unatt	24.08

VETERANS O/60

1. (39) P. Johnson	Mercia	24.12
2. (40) G. Gunner	CroftA	24.18
3. (41) A. Davies	Telf	24.23
LADIES		
1. (17) M. Price O/40	Mercia	21.40
2. (44) R. Stafford	Mercia	24.39
3. (50) A. Tickner O/40	Oswest	25.20
4. (62) E. Ashton O/40	Oswest	27.55
5. (64) J. Grainger	Unatt	28.01
(74) K. Bennett O/50	Wrekin	29.04

THREE PEAKS RACE North Yorkshire AL/37.4km/1608m 27.04.13

Joe Symonds, who has been concentrating on marathons to secure a place in the Scottish team for the 2014 Commonwealth Games in Glasgow, won Yorkshire's Three Peaks Race last April.

Joe 29, who runs for Salomon, the international sportswear company which is the main sponsor of the event, won convincingly to claim his second Three Peaks victory in succession.

The win increased the pressure on him to beat the achievement of his father, Hugh Symonds, of Kendal Athletic Club, who won in 1984, 1985 and 1987.

Joe's time was just over a minute quicker than last year but well outside the race record of 2.46.03 and 05.05 ahead of second placed Carl Bell, 30, who was only six seconds in front of the third placed runner, Karl Gray, 43. Karl won the O/40 veterans category in a new record time of 2.59.50.

Carl finished second in 2012 – his first attempt at the race. Fourth this year was Rob Jebb, who won the race in 2005, 2006, 2007 and 2009. A total of 745 runners started the 59th Three Peaks Race

Now living in Inverness, but brought up at Sedbergh in the Yorkshire Dales, Joe now hopes to beat his father by winning three races in succession. He said: "I would love to. It is an addictive race. There is something about it."

Last year Joe's father was in New Zealand using the Internet to following his progress round the 23-mile course which has 5,279ft of ascent over Penyghent, Whernside and Ingleborough. This year Joe's father and mother, who set off in September to cycle to China, were on a boat crossing the Caspian Sea.

Asked whether he would return to Horton-in-Ribblesdale for the 2014 Three Peaks Race, Joe said: "Absolutely. I will be back with a clear intent. I love this race. It is very close to what was my home and these are iconic mountains. I was brought up in Sedbergh, which is just round the corner, so I know these mountains, especially Whernside. You can run up Whernside from home, through Dent. It is kind of on the edge of the land of my up-bringing, so I will definitely be back."

In trying to qualify for the Scottish team for the Commonwealth Games he had to run sub-2.19.00 and did 2.20.00 at the Rotterdam Marathon, two weeks prior to the Three Peaks Race.

Commenting on his Three Peaks race, Joe said: "We were quick from the start. I knew we would be because Carl Bell was there and that's his approach to racing. No matter how long the

race may be, he will go off hard, so I knew I had to be setting off quickly. We shared the lead until about halfway up Penyghent and then Carl and the Spaniard, Tofol Castanyer, dropped back a bit and I found myself on my own. It was a long, lonely run from there on."

The Three Peaks was the first major event to use a revised route over Whitber created by the Yorkshire Dales National Park Authority to avoid a boggy section through Black Dubb Moss. Joe said: "It was a joy to run. It is a really fast track. I know it is probably a little bit longer, but I am sure it is quicker and it is a lot easier underfoot."

The ladies' winner was Three Peaks first timer, Jasmin Paris, who was 42nd overall. She caught and passed her rival Oihana Kortazar Aranzeta, 28, a Spanish member of the Salomon International Team, on the descent from Swine Tail off Ingleborough summit.

Oihana led the women over Penyghent and Whernside and stayed ahead up the steep face of the last of the Three Peaks. Jasmin said: "When I descended from Whernside to the Hill Inn checkpoint that was when I first saw her. From there, as we ascended Ingleborough, I was maybe 30 metres behind her. Everybody kept shouting she is just in front of you, you can catch her, but I said I can't. I have been trying all the way up Ingleborough."

Oihana finished second in the ladies' category, but was later taken to Airedale General Hospital in Keighley, West Yorkshire, with a suspected broken arm after taking a tumble during the race. Third lady was Helen Bonsor. Helen Elmore finished first in the ladies over 40 category.

In their respective over 50 categories, Dave Prosser, was first man and Suzanne Budgett first lady, and in their respective over 60 categories Jackie Wynn, was first man and Wendy Dodds again the first lady.

After two days of hail and heavy rain, which left the start area deep in mud, the mountain tops had a thin covering of fresh snow early on race day. But by the 10 00 a.m. start the snow was gone. Race Director Paul Dennison said: "It was soft underfoot and there was a cool wind, but conditions were near perfect."

Brian Dooks & Dave Weatherhead

1. J. Symonds	Salomon	2.54.39
2. C. Bell	Kesw	2.59.44
3. K. Gray O/40	CaldV	2.59.50
4. R. Jebb	Bing	3.01.46
5. A. Fallas	Carneth	3.03.15
6. O. Johnson	DkPk	3.06.40
7. A. Osborne	Leeds	3.07.51
8. P. Vale O/40	Mercia	3.08.30
9. T. Castanver O/40	Salomon	3.10.35
10. T. Brunt O/40	DkPk	3.13.04
11. I. Holmes O/40	Bing	3.13.50
12. K. Richmond O/40	Shettle	3.14.13
13. S. Harding	Macc	3.16.14
14. R. Pattinson O/40	P&B	3.18.39
15. S. Riley	Wharf	3.18.47
16. Nicholas ? O/40	Wharf	3.19.14
17. J. Hunt O/40	DkPk	3.19.33
18.C. Birchall	Leeds	3.21.18
19. W. Boothman	DkPk	3.23.57
20. R. Mellon O/40	Bowl	3.24.13
VETERANS O/50		
1. (58) D. Prosser	Kesw	3.40.07
2. (61) M. Wallis	Clay	3.40.38

3. (75) D. Naughton	Clay	3.45.22
4. (88) P. Mitchell	Bing	3.47.35
5. (97) A. Whittaker	Mat	3.50.04
VETERANS O/60		
1. (84) J. Winn	Ellenb	3.46.29
2. (186) P. Booth	Clay	4.04.23
3. (475) G. Schofield	Chorl	4.48.14
4. (520) D. Jones	Unatt	4.53.12
5. (563) D. Scott	Clay	5.01.09
LADIES		
1. (42) J. Paris	Carneth	3.33.04
2. (49) O. Kortazar	Salomon	3.36.29
3. (57) H. Bonsor	Carneth	3.39.07
4. (82) J. Mykura	Carneth	3.46.20
5. (110) H. Elmore O/40	DkPk	3.51.30
6. (116) D. Gowans O/40	Accrin	3.52.00
7. (117) C. Gordon	HBT	3.52.03
8. (122) H. Rhodes U/25	Unatt	3.53.09
9. (125) H. Berry	Holmf	3.53.41
10. (134) J. Brown O/40	Clay	3.55.04
(144) R. Hill O/40	Wharf	3.56.30
(156) C. Evans O/50	Settle	3.58.04
(169) C. Mckeown O/40	Border	4.01.04
(370) S. Budgett O/50	Horw	4.32.38
(385) W. Dodds O/60	Clay	4.34.42
(463) J. O'Dowd O/50	FRA	4.46.26
(526) L. Isherwood O/50	Unatt	4.54.31
(536) A. Baldwin O/60	Stain	4.56.36
(544) M. Edgerton O/50	Penn	4.57.35
672 finishers		

SNAEFELL Isle of Man AS/8km/550m 27.04.13

It was another comprehensive win for Lloyd Taggart at a fantastic spring Snaefell fell race held in clear conditions with blue skies all round. Lloyd took the win by some 4 minutes eventually from second place runner, Tom Cringle, who had been pushed all race by up and coming Ben Corkill. Ian Goatman followed up his London Marathon effort with a solid 9th place.

For the ladies Jackie Lee took another impressive win, even carrying an ankle injury finishing in 7th place overall.

inisining in 7 th place overall.			
Mark Murphy			
1. L. Taggart O/40	MFR	40.14	
2. T. Cringle	MFR	44.00	
3. B. Corkill	MFR	44.11	
4. N. Armstrong O/40	MH	45.29	
5. P. Bradley	MFR	47.43	
6. I. Gale O/40	MFR	48.17	
7. J. Lee	MFR	49.52	
8. T. Williams	MFR	51.28	
9. I. Goatman	MFR	52.12	
10. M. Murphy	MFR	52.37	
VETERANS O/50			
1. (12) J. Norrey	MFR	53.29	
2. (15) S. Hubbard	MFR	54.28	
3. (31) K. Groom	MFR	63.35	
VETERANS O/60			
1. (33) P. Cooper	IOMV	64.16	
2. (43) G. Hull	Unatt	71.35	
3. (45) R. Moughtin	WAC	73.23	
LADIES			
1. (7) J. Lee	MFR	49.52	
2. (23) R. Craine O/40	NAC	57.54	
3. (36) R. Hooton O/50	MFR	65.40	
4. (40) M. Watkins O/40	IOMV	68.35	
5. (41) S. Wild O/40	MH	68.37	
58 finishers			

CRIBYN South Wales AS/8.9km/946m 27.04.13

A fresh clear day on the Brecon Beacons, a bottle of Cribyn beer for every runner courtesy of the Breconshire Brewery, and two course records added up to a successful event. Organiser Helen Fines, who found time to compete and break her own record from four years back, regretted afterwards that she would have to hand over ownership of this rugged 5.5 miles/3,100 feet race due to the difficulties of managing it at long range from her Yorkshire home.

The men's race developed into a two-hander with Simon Barnby finally getting away from Matt Stott on the tricky descent from Pen y Fan, with young Jon Barnes a couple of minutes behind. Simon said later that it was his first attempt at the event and wasn't aware that he'd edged inside Colin Donnelly's time set in 1999.

Fourth-placer Martin Shaw was the M40 winner, while Kevin Hagley, Steve Littlewood and Rob West took the other age group prizes.

An impressive sixth overall, Organiser Helen was followed in the women's race by Niki Morgan and Vanessa Lawson, with Sharon Woods again claiming the F50 bottle of wine.

Thanks to Kay and Martin Lucas for marshalling the peaks of Cribyn and Pen y Fan, to Gill Stott and Andy Creber for guiding on the lower slopes, and to John Chidlow and Sue Ashton on start and finish duties.

Dick Finch

ricicii i iiics		
1. S. Barnby	Unatt	52.59
2. M. Stott	MDC	53.41
3. J. Barnes U/23	MynDu	55.56
4. M. Shaw O/40	MynDu	58.22
5. H. Matthews	MynDu	59.24
6. H. Fines	Vegan	61.46
7. J. Firth	Sthvil	61.53
8. P. Woodisse O/40	MDC	63.44
9. A. Davidson O/40	Unatt	64.02
10. O. Rees	Unatt	64.40
VETERANS O/50		
1. (15) K. Hagley	SWRR	67.22
2. (31) P. Williams	MDC	74.03
3. (32) A. Robinson	Mercia	74.09
VETERANS O/60		

1. (34) S. Littlewood	Heref	75.11
2. (37) G. Gunner	CroftA	76.07
3. (47) N. Grant	Chep	78.52
VETERANS O/70		
1. (77) R. West	MDC	100.06
LADIES		
1. (6) H. Fines	Vegan	61.46
2. (30) N. Morgan O/40	Chep	73.50
3. (35) V. Lawson O/40	Chep	75.16
4. (38) K. Wray	Sthvil	76.10
5. (45) S. Woods O/50	MynDu	78.45
81 finishers		

PRESELI BEAST Pembrokeshire BL/36.2km/1442m 27.04.13

It was a bright but breezy day that greeted the 47 runners who faced the wrath of the inaugural 23 mile Preseli Beast, who were challenged to 'Tame the Beast'. Whilst 58 runners thought they'd take on the 'easier' 10 mile option of the Beast Bach, only to find it not so easy! The Preselis themselves aren't mountainous by any standards, but the runners were amazed at just how challenging both routes were, with many commenting that it was the hardest thing they'd ever done!! Maybe I should have classed the race as an AL after all, except that most of those comments came from those doing the Beast Bach!

Conditions were ideal for runners new to this area and it gave them a chance to enjoy their new surroundings. I've been itching to organise a different kind of race on the Preselis for a while, as one of this distance hasn't been done here before. And although this was my first attempt at organising any race, it seemed to go down a storm and I was happy with how things turned out. Many thought I was mad organising two races on the same day, but I don't do things by half as most of them know! I couldn't have done it though without the support from everybody else and a massive thank you goes to those helpers.

The first half of the Preseli Beast race saw the lead change several times with Sam Hawking leading the charge downhill, only to relinquish his lead on the ups to Mike Evans who'd run in London the week before in 2.39.00. Sam's lack of long distance training gave way to a strong



Photo © JStephen

finishing Stewart Bellamy who, if the race had gone a little further, might have claimed the overall 'stained glass panel' trophy over Mike!

The ladies' race saw Katie Beecher from Cardiff take the other stained glass panel by a comfortable margin over her nearest rival, Sarah Tagg, who was new to this sort of thing but was enjoying herself immensely on this tough course. The tough course meant that the wiser heads faired better as they'd paced themselves wisely with many of the earlier 'keen youngsters' dropping back down through field rapidly as the race went on. Guess we all learn this at some point or another!

The Beast Bach race was won by Robert Dyde. Whilst the ladies' category was won comfortably by Shan Roberts, who was 5th overall and was running in her 'backyard'.

All the runners commented on the many cheerful marshals who'd come out in their droves with hooters, whistles, vuvuzelas and even a cow bell sounding out over some of the hills! "Never seen the like of it before at a fell race" was one comment from a seasoned fell runner. Other comments were, "Good fun yesterday doing the Preseli Beast. Toughest race I have done, the support from the marshals was brilliant, done many crazy races over the years and this has got to be the best". Andrew, Llanelli. Preseli Beast. "I may have come 40th in the time league, but in the enjoyment standings I was definitely top ten, if not top five." Neil, Frome. Preseli Beast.

All the runners received a welcoming bowl of Cawl (welsh broth), cheese and a roll, T-shirt, slate coaster, goody bag, tea/coffee and many variations of homemade cake which took a lot of deciding over for some!!!

Next year's race will hopefully not clash with so many other races but it's already agreed that it will go ahead as.....'Return of the Beast'! The day finished with an aftermath party with hot food and live music, with many of the runners struggling to do much dancing!!

Massive thank you to Valero, Cotswolds Outdoors, Carmarthen; Princes Gate water, on-line results; Fossa sports; Stephen Roberts photography; and to all the runners, marshals, villagers, and the northern crew who travelled down, to make this first event such a success.

Diolch. Caz the hat.

Carwyn Phillips		
1. M. Evans	Trots	3.27.04
2. S. Bellamy O/40	Mercia	3.27.24
3. S. Hawking	Unatt	3.39.52
4. G. Fletcher O/50	Mald	3.40.00
5. G. Davis O/50	Mercia	3.43.50
6. H. Zietsman O/40	Serp	3.43.58
7. R. Wilson O/50	PenDin	3.47.16
8. D. Cummins O/40	Unatt	3.49.09
9. P. Beeson O/40	Mald	3.53.31
10. R. Thomson	Unatt	3.53.52
VETERANS O/60		
1. (21) M. Hand	Brych	4.17.21
2. (26) D. Evans	Card	4.36.09
LADIES		
1. (12) K. Beecher	LesCroup	3.54.21
2. (29) S. Tagg	TaggF	4.40.31
3. (31) D. Nix	Dyfedpol	4.50.40
4. (34) R. Melbourne	Unatt	5.04.19
5. (36) T. James	Unatt	5.06.38
(37) L. Morgan O/50	Emlyn	5.06.57
(39) J. Betts O/40	Frome	5.15.08

BEAST BACH

BM/16.2km/539m 27.04.13

1. R. Dyde	Pembs	1.25.27	
2. D. Bradshaw	Unatt	1.26.09	
3. P. Davies	EmlynR	1.27.47	
4. E. Evans	EmlynSw	1.27.47	
VETERANS O/40			
1. (9) C.Welton	Unatt	1.36.12	
2. (13) G. Thomas	Emlyn	1.38.08	
VETERANS O/50			
1. (8) D. Langford	Pembs	1.32.04	
2. (36) G. Orme	Cardig	1.56.48	
LADIES			
1.(5) S. Roberts O/40	Trots	1.28.16	
2. (12) S. Noott	Unatt	1.38.08	
3. (14) L. Elcomb	Presel	1.39.25	
4. (16) M. Bowen-Rees			
O/40	Trots	1.41.34	
5. (20) B. Williams	Unatt	1.42.30	
104 finishers overall in both races			

RACEKIT/DARK & WHITE MINI-MOUNTAIN MARATHON Peak District MM 28.04.13

Three hours of fell/trail running in the Dark Peak in very dry conditions but with a very strong westerly wind to assist (or hinder!). 22 controls on offer with a maximum possible score of 345 points, 233 runners in total.

200---

Adrian Boyes

1. S. Lang O/40	300pts
2. R. Snowden O/40	290pts
3. A. Hickman	286pts
4. D. Alexander	281pts
5. L. Rawson O/40	278pts
6. S. Enderby	278pts
7. A. Bell O/50	272pts
8. M. Brennan	272pts
9. R. Hopkins	270pts
10. M. Pursell	270pts
VETERANS O/6O	
1. P. Gorvett	249pts
2. M. Sleath	240pts
3. R. Hopkinson	220pts
LADIES	
1. Z. Procter/M. Gillie	259pts
2. N. Barron O/40	245pts
3. S. Coe	240pts
4. P. Collier O/40	240pts
5. K. McDonald O/40	218pts
D. Pelly O/50	215pts
L. Hayles O/50	197pts

PENTYRCH HILL RACE South Wales BM/11km/488m 30.04.13

Thanks to all the athletes who competed at this 27th staging of the Pentyrch Hill Race, and to everyone who helped with the organisation, especially organiser John Gough.

Apologies if any of the names of athletes are not quite right. Some of the handwriting was very difficult to read. Please let me know if any names need to be changed – or, indeed, if there are any errors in the results.

The previous highest number of entries for this event was the 141 in 2010. After the horrible weather last year, it was a real boost to have almost ideal conditions this time. Whether it was those conditions or a legacy of the 2012 Olympics or something else, John Gough was totally shocked by the number of athletes who turned up to run. He had set things up something of the order of 180 – roughly 40 more than in 2010 – but was amazed that over 200 arrived. The final total of 203 included many familiar names as well as a number of 'first-timers'. It was particularly pleasing to see so many women competing.

With last year's winner Hugh Aggleton not competing, the mantle of pre-race favourite was taken by 'local lad' Peter Ryder, winner on three consecutive occasions from 2009 to 2011. The Cardiff AAC athlete ran well, finishing in 45:28, but on this occasion he had to settle for second as the much improved Daniel Bodman (45:14) produced his best ever run on the Garth course to add the senior victory to his two top junior placings in 2010 and 2011. Matt Stott, only eighth last year in 50:54, hacked over four minutes off that time to claim third place (46:22).

Pentyrch resident Nick Comerford M45 (48:00), a past Welsh senior cross-country champion, was the first master athlete to finish, with Andrew Hodgson M40(48:06) and the evergreen Peter Coles M50 (48:18), close behind to head their respective sections. This is the tenth successive year that Peter has been the first finisher in his age group.

Last year there were 27 women competing. This time, the number had increased to 48 but the first athlete to finish was again Niki Morgan. The Chepstow Harrier (W45) knocked over two minutes off her 2012 performance (57:35), finishing in overall 42nd place with a time of 55:14 while the second and third placed finishers - Katie Robie, overall 55th (57:08), and Lou Summers (W45), overall 63rd (57:48), both improved on 2012 by over three minutes.

It was good to see the support from local clubs – Les Croupiers, Pontypridd Roadents and San Domenico – as, for the fifth consecutive year, the event included the South Wales Regional Hill Running championships, with individual and team medals on offer. Individual awards were presented by Regional Chairman, Dai Williams (Aberdare) on the night,

John Gough

1. D. Bodman	AberdV	45.14
2. P. Ryder	Card	45.28
3. M. Stott	MynCym	46.22
4. T. Burden	Unatt	46.35
5. G. Ayres	PortT	46.41
6. K. Chrostek	Ajax	47.19
7. D. Barnby	Fairw	47.44
8. N. Comerford O/40	Unatt	48.00
9. S. Taylor	Fair	48.03
10. O. Williams	LesCroup	48.04
VETERANS O/50		
1. (12) P. Coles	Pontyp	48.18
2. (31) G. Sansom	SanDom	54.04
3. (32) J. Aggleton	MynCym	54.13
VETERANS O/60		
1. (62) H. Kent	LesCroup	57.47
2. (122) A. Perkins	PortT	64.21
3. (167) P. Thomas	Unatt	72.21
LADIES		
1. (42) N. Morgan O/40	Chep	55.14
2. (55) K. Roby	MynCym	57.08
3. (63) L. Summers O/40	Chep	57.48

202 finishers		
(132) C. Dallimore O/50	LesCroup	65.52
(124) J. Scholey O/50	LesCroup	64.31
5. (76) C. Biddlecombe	SanDom	58.58
4. (65) H. Williams	Pontyp	57.56

DOCKRAY HARTSIDE Cumbria AM/10km/800m 01.05.13

Many thanks to all who took part for a great race and to Andy Thompson, Penny Clay, Stu Smith and Jane Newport for help with the start, finish and results. The next Dockray race, Dockray-Great Dodd, to be held in June is held over much the same route but includes Great Dodd and Stybarrow as extra controls.

Dockray Hartside, Dockray-Great Dodd, Blencathra and Askham form the North East Cumbria Fell series and prizes are awarded after the Askham race for performance in all four races.

Joe Faulkner		
1. C. Bell	Kesw	47.58
2. G. Greenhow	Amble	50.12
3. S. Hebblethwaite	Kesw	50.23
4. B. Stewart O/40	Borr	50.26
5. S. Ware	Eden	51.21
6. C. Edis	Kesw	51.39
7. A. Beanland	Helm	53.15
8. T. Oates	Amble	53.36
9. C. Robinson	Amble	53.40
10. S. Birkinshaw	Borr	54.10
VETERANS O/50		
1. (18) C. Knowles	Ellenb	55.27
2. (28) D. Prosser	Kesw	58.54
3. (33) R. Stuart	Helm	59.40
VETERANS O/60		
1. (44) M. Walsh	Kend	64.57
2. (71) N. Hambrey	Kend	76.37
VETERANS O/70		
1. (81) R. Bell	Amble	92.41

LADIES

1. (27) H. Fines	CaldV	58.51
2. (32) J. Reedy	Amble	59.31
3. (40) J. Mattinson	Kesw	63.19
4. (43) C. Spurden	Kesw	64.41
5. (52) L. Thompson O/50		Kesw
66.46		
(60) J. Meeks O/50	Borr	69.53
(73) S. Bennett O/40	Kesw	77.00
(76) J. Wilcox O/40	Helm	77.25
81 finishers		

CONISTON Cumbria AM/14km/1065m 04.05.13

120.27 2 20	00111 0 110	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
1. D. Kay O/40	P&B	1.11.32
2. R. Hope	P&B	1.11.39
3. L. Taggart O/40	DkPk	1.11.56
4. N. Charlesworth O/40	Wharf	1.20.31
5. R. Mellon O/40	Bowl	1.20.35
6. S. Birkinshaw	Borr	1.20.48
7. C. Robinson	Amble	1.21.04
8. P. Aitken	HelmH	1.21.06
9. V. Wilkinson Lady	Bing	1.21.07
10. J. Deegan O/40	Amble	1.21.17
VETERANS O/50		
1. (36) S. Shuttleworth	Amble	1.28.42
2. (38) J. Hewitt	Gloss	1.28.58
3. (42) J. Rainford	Prest	1.29.49
VETERANS O/60		
1. (76) P. Clark	Kend	1.35.59
2. (116) I. Robinson	Clay	1.46.28
3. (122) I. Cookson	Bowl	1.46.57
VETERANS O/70		
1. (237) P. Dowker	Kend	2.20.14
LADIES		
1. (9) V. Wilkinson	Bing	1.21.07
2. (43) J. Lee	Eryri	1.29.52
3. (52) J. Jepson O/40	DkPk	1.30.43
4. (65) A. Conway	Amble	1.33.27
5. (73) L. Roberts O/40	Amble	1.35.41

 (108) N. Davies O/50
 Borr
 1.44.12

 (129) W. Dodds O/60
 Clay
 1.48.05

 (140) J. Leonard O/50
 Tod
 1.49.10

 246 finishers

ANNALONG HORSESHOE Co.Down Northern Ireland AL/21km/1550m 04.05.13

57 runners took to the start line for the 32nd running of the annual Annalong Horseshoe fell race, this year featuring as a long race in the NIMRA championship. The weather was bright and clear, with cool temperatures and strong winds expected on the summits. Three previous winners of this race lined up on the starting line, any one of them favourite for this year's honours. Last year's winner, Deon McNeilly, recently becoming a V50, was aiming to become the first person to record a win in this race in the Open category, as a V40 and as a V50.

McNeilly started off very strongly, leading the pack in the climb to the first checkpoint on Chimney Rock, with past winner Stephen Cunningham close behind. Cunningham had pulled out a lead on the runnable section on the way to the next checkpoint on the summit of Commedagh, with McNeilly second and Neil Carty tucked into third place. Diane Wilson was the leading lady, ahead of current NIMRA ladies champion Sileen O'Kane...

With good visibility over all the summits, Cunningham was determined not to make any navigational mistakes that might cost him victory and over the next three checkpoints, Cove, Lamigan and Binnian, he gradually eased further ahead of McNeilly. Behind him, the race became quite processional, with positions rarely changing.

Past winner Clive Bailey, undertook a spirited chase of Carty on the climb up to the last



checkpoint on Binnian, actually overtaking the North Belfast Harrier on the rough descent to temporarily take third place. Carty was not to be denied on the final road section though, using his well rehearsed road speed to overtake Bailey on the way to the finish.

Stephen Cunningham crossed the finish line first in a time of 2:04.00, eight minutes outside Robbie Bryson's course record that he came so close to claiming a few years ago. McNeilly was second (and first V50), Carty third and Bailey (V40) having to settle for fourth place. Diane Wilson was a worthy winner of the ladies' class, recording a time of 2:31.00, third fastest ladies' time ever on this course, O'Kane and Anne Sandford completing the ladies' top three places. Male V60 winner, Stewart Cunningham recorded a sub-three hour run, always a good benchmark for this course.

Only one non-finisher, a runner who retired at the marshaling checkpoint at the base of the last climb and who gratefully accepted a lift from the marshals back to the finishing line. Plenty of grazes and bruises as tired legs were found wanting on he final descent off Binnian on rough ground. One runner with a day job as an equine vet, was kept busy after the race and went home a few bandages lighter.

This race was the tenth anniversary of the BARF club taking over the organising duties from Denis Rankin, who organised this race for a great many years previously. It was therefore fitting that at the prize giving ceremony, BARF member, lan Taylor, was presented with a special award by the club in recognition of having successfully completed his 30th Annalong Horse fell race.

A special thank you to Podium 4 Sport, Belfast, who supplied sports vouchers as prizes for the leading male and female positions. Also thanks to Northern Ireland Water, without whose permission to use their lands for parking and access would make organising the race more onerous. Thanks to LVO for hiring us their S.l. timing kit. And as always, many thanks to the marshals and volunteers who helped out on the day, either on the hill or in providing the post-race refreshments and technical support, without whom the race would not take place. *Trevor Wilson*

1. S. Cunninham	Mourne	2.04.14
2. D. McNeilly O/50	Ncastle	2.12.16
3. N. Carty O/40	NBelf	2.12.37
4. C. Bailey O/40	Mourne	2.13.07
5. E. McAlister	Ballym	2.14.40
6. S. Herron	Mourne	2.19.13
7. W. Marks	Mourne	2.23.06
8. A. Brennan O/40	Ballym	2.23.44
9. P. Hode	Murl	2.25.53
10. S. Reeve	NBelf	2.29.40
VETERANS O/50		
1. (2) D. McNeilly	Ncastle	2.12.16
2. (20) K. Grogan	Unatt	2.38.29
3. (26) S. Wallace	Unatt	2.45.49
VETERANS O/60		
1. (41) S. Cunningham	Mourne	2.59.25
2. (44) H. Teggarty	Mourne	3.04.53
3. (48) W. Brown	Mourne	3.18.48
LADIES		
1. (12) D. Wilson O/40	Drom	2.31.41
2. (22) S. O'Kane O/40	LaganV	2.39.20
3. (35) A. Sanford O/40	LaganV	2.52.34
4. (39) V. Linton	LVO	2.57.38

56 finishers		
(52) S. Carson O/50	FellP	3.33.23
(47) M. Mackin O/50	Drom	3.14.02
5. (42) H. McLaughlin	LaganV	2.59.32

THE CAKE RACE

Left alone with 60 Cakes

There was a record turnout of 213 keen runners lured in by the promise of free cake and a fantastic moorland run. The athletes set off just after 11 00a.m. leaving me and a gallant team of helpers to do the tricky task of judging the best cake. We diligently tasted each cake leaving a little for the returning runners.

Lancashire

BM/16km/518m 04.05.13

Meanwhile there was the little matter of a fell race.

The course takes in open moorland scenery, industrial heritage, and Pennine farmland all in a hour or so. It is mainly on flagged paths, tracks and trails with the challenge of going over the Pennines and back. It is ideal race at the start of the season for runners who are not used to the fells, in many ways a stepping stone between road and fell races.

The weather was great for running, the April shower being 15 minutes before the start, and not whilst the runners were exposed up on the fells. Indeed, the course was quite dry so good times were anticipated.

The first mile or so is up hill onto the moors, which is very runnable. Once up on the Peak District Moors they took the Pennine Way and open paths which eventually took them to Wessenden Head. They then opened their legs and ran fast down towards Marsden. The hardest part was yet to come as runners met a long flight of stone steps that sweeps them down the side of the dam only to return them up a similar flight on the other side! The climb onto the moors was made harder by moderately strong winds but runners were rewarded with stunning views across Marsden Moor.

The track brings runners back to the top of Boat lane and a good long run into the finish where cakes and tea await all finishers.

Paul Green won the race in a creditable 1:03:40 with Sale snatching the men's team prize ahead of Calder Valley, Colin Bishop was the first local runner with team Saddleworth coming third. We again welcomed 30 runners from West End Runners in Leicester.

The ladies' event was won by Jo Waites with Nidd Valley winning the ladies' team event just ahead of Saddleworth Runners.

Saddleworth Runners' Cake Race is the only Race where the cake is more important than the run.

James Sheard		
1. P. Green O/40	Sale	1.03.40
2. J. Williams	CaldV	1.05.54
3. A. Fleet	CaldV	1.07.12
4. C. Bishop O/40	Saddle	1.07.38
5. A. Murray	Horw	1.08.00
6. C. Donnelly	Sale	1.08.40
7 S. McArren	Sale	1.10.20
8. P. Crawford	Sale	1.10.27
9. J. Raho	Holcom	1.12.03
10. R. Edwards	Sale	1.12.12
VETERANS O/50		

1. (21) J. Tinman	Ross	1.15.14
2. (24) G. Fleet	Penn	1.15.40
3. (29) S. Booth	Unatt	1.17.29
VETERANS O/60		
1. N. Eames	Roch	1.28.42
2. J. Hignett	Ross	1.32.16
3. R. McArthur	Melth	1.38.09
VETERANS O/70		
1. J. Parker	Horw	1.42.37
2. T. Greene	Saddle	1.51.30
3. A. Peers	Spect	2.12.14
LADIES		
1. J. Waites O/40	CaldV	1.14.37
2. C. Aspinall	Penn	1.20.37
3. C. Morgan	NiddV	1.21.15
4. V. Sinck	Manch	1.22.11
5. P. Linton O/40	Unatt	1.26.38
L. Isherwood O/50	Unatt	1.36.55
J. Davies O/60	Saddle	1.40.46
J. Howorth O/50	Ross	1.42.55
F. McArthur O/60	Melth	1.58.10
212 finishers		

LLANGYNHAFAL LOOP Denbighshire AS/7.6km/533m 04.05.13

38 runners contested the first Llangynhafal Loop organised by Brian Evans in January 2000; among them were Graham Spencer, Mike Blake, Danny Jenkins, Ross Powell, Peter Norman and Tim Cahill, all of whom turned up to compete in the fourteenth Loop. Brian organised the race for seven years and I have been doing it for another seven so it's time to hand over to someone else! I came over from Macclesfield in 2001 to run the second loop and spotted a cottage just past the finishing line which we subsequently moved into and I suppose it wasn't surprising that I ended up with custody of the race. There's been lots of fun but plenty of challenges, we have hosted a British championships over the course and the Loop also figured as the first leg of the British relays in 2007. However we are moving on leaving behind great memories - please come and support the new organiser next year, hope he's got some good prizes for you!

This time round there were 140 starters led by Tim Davies, hotly pursued by Shaun Godsman over from Lancashire for the weekend. The lead changed hands but Tim's speed eventually brought him in over half a minute ahead - the odd 5K road race here and there must be doing the trick! the fact that this year the race was a championship counter (Welsh Athletics as well as the WFRA!) brought runners from all over Wales including third placed Pete Ryder. ladies' winner (and new record holder) Lauren Jeska plus 15 competitors from local club Denbigh Harriers.

Many thanks for everybody who assisted me with entries, timekeeping, results, marshalling and sweeping – over the years I've always been relieved and pleasantly amazed at how people are prepared to help out, often at the drop of a hat and without being asked. I couldn't have managed all these years without you!

Martin Cortvriend

1. T. Davies	Mercia	37.32
2. S. Godsman O/40	CaldV	38.10
3. P. Ryder	Brych	40.07
4. P. Jones O/40	Mercia	40.41

5. J. Hunt O/40	DkPk	41.09
6. M. Cliffe O/40	Eryri	41.10
7. J. Brown O/40	Buckley	41.44
8. K. Steinegger	Amble	42.33
9. L. Burthem	Warr	42.50
10. M. Atherton O/40	Meiryon	43.28
VETERANS O/50		
1. (15) P. Jeggo	Springf	44.27
2. (22) E. Davies	Mercia	45.32
3. (25) I. Lancaster	Tatten	46.04
VETERANS O/60		
1. (32) A. Duncan	Bowl	47.54
2. (54) M. Foschi	Helsby	50.51
3. (56) M. Cortvriend	Denb	50.59
VETERANS O/70		
1. (132) M. Edwards	Wrex	71.03
2. (138) P. Norman	Wrex	79.21
3. (139) J. Thomas	Buckley	79.59
LADIES		
1. (18) L. Jeska	Aberyst	45.00
2. (24) M. Price O/40	Mercia	45.59
3. (35) L. Barry	CLC	48.15
4. (45) M. Gillie	Clwyd	49.16
5. (51) L. Barker	Aberyst	50.38
(70) J. Moore O/40	Eryri	53.57
(82) S. Haworth O/50	Mercia	55.16
(86) J. Edwards O/50	Meirion	56.05
(124) M. Oliver O/60	Eryri	65.44
139 finishers		

GREAT HAMELDON Lancashire BS/9.6km/338m 05.05.13

The start line saw 175 senior runners set off with two retiring before the finish – slightly down on last year. The race has always attracted a good number of locals running unattached – this year representing around twenty-five percent of the field. A similar proportion of the field applied to the organising club, Clayton-le-Moors Harriers, although Rossendale Harriers took the honours for the men's team.

The race was won by Brendan Taylor as unattached having won it last year as a member of Rossendale, although on this occasion he was 28 seconds slower despite very dry condions, and overall two and a half minutes outside the record set by Rob Hope in 2004.

In the ladies' category, there were thirty finishers and Trawden AC took the team prize. Amy Green, was first home in 44.25, 11 seconds slower than last year and 44 seconds outside her record set in 2007.

In the Under 20s, in fifteenth place was Jacob Boyle of Hyndburn AC aged 16 years, finishing in 43.48; in 65th place was Calum Grant of Trawden AC, who had turned 16 years the day before (the minimum age) and achieved 51.02, followed by Harry Kaye, also of Trawden AC, in 103rd in a time of 54.26. Ellen Sagar-Hesketh of Hyndburn AC finished in 58.31, 130th overall and in 145th was Adam Haslam, unattached, finishing in 62.36.

In the junior races there were 30 runners covering age groups from 6 years to fifteen years, of which 19 were Clayton members.

Paul Healey		
1. B. Taylor	Unatt	38.42
2. J. Craig	Wharf	39.32
3. M. Smith	Unatt	40.48
4. G. Jackson	Ross	41.01
5. B. Holdsworth	Clay	41.13
6. C. McIntosh O/40	P&B	41.29
7. D. Motley	Clay	41.49
8. S. Hitchen	Ross	41.52
9. M. Keedy O/40	Skipt	42.15
10. M. Toms O/40	Ross	42.41
VETERANS O/50		
1. (11) G. Schofield	Horw	42.44
2. (12) K. Horrigan	Unatt	42.50
3. (13) D. Naughton	Clay	42.57
VETERANS O/60		
1. (57) A. Corbishley	Ross	50.08
2. (59) A. Green	Kghly	50.23
3. (79) D. McCallum	Clay	52.36



VETERANS O/70		
1. (89) D. Scott	Clay	53.18
2. (135) P. Jepson	Ross	59.38
3. (100) J. Devlin	Unatt	65.04
LADIES		
1. (21) A. Green	Kghly	44.25
2. (27) S. Tipler	Wharf	45.34
3. (38) S. Toms	Ross	47.45
4. (48) F. Hall	Trawd	49.07
5. (62) J. Butterworth		
O/40	Skipt	50.47
(83) A. Dugdale O/40	Clay	52.48
(98) I. Roche O/50	Clay	53.51
(124) L. Lord O/60	Clay	57.17
173 finishers		

JAMES'S THORN Derbyshire AS/8km/491m 06.05.13

1. R. Little	DkPk	32.39
2. A. Swift	P'stone	33.14
3. A. Taylor	DkPk	34.34
4. N. Curtis	Penn	35.43
5. A. Mason U/18	Wfld	36.09
6. S. Bramwell O/40	Penn	36.54
7. A. Kirk O/50	Penn	37.07
8. J. Mason O/40	Wfld	37.16
9. J. Doyle O/40	Penn	37.19
10. B. Lomas O/40	Congle	37.22
VETERANS O/50		
1. (7) A. Kirk	Penn	37.07
2. (16) K. Holmes	DkPk	41.29
3. (24) J. Adair	Holmf	43.35
VETERANS O/60		
1. (31) M. Noble	Penn	45.56
2. (47) R. Campbell	StaffsM	51.38
3. (55) A. Dinsmor	Penn	48.42
LADIES		
1. (5) A. Mason U/18	W'fld	36.09
2. (29) A. Wainwright		
O/40	StaffsM	44.19
3. (36) R. Siggers	Unatt	46.44
4. (43) L. Palmer O/40	Gloss	49.42
5. (45) J. Newham O/40	Congle	51.28
(54) J. Gorzeman O/50	Holland	54.36
(55) A. Dinsmor O/60	Penn	58.42
(56) L. Howard O/50	Retford	59.35
58 finishers		

CARADOC CLASSIC Shropshire BS/5.6km/268m 08.05.13

Clear and very blustery weather but very good underfoot made for some good times in this year's race. This was particularly true of the women's race where Emma Gould took Mel Price's old record by over 20 seconds. Still under 23, Emma was just outside the top ten and looks to have a promising future and is a big boost to Mercia's ladies' team. Val Swingler was an excellent third and is in great form having completed the London marathon in under 3 hours.

Tim Werrett dominated the men's race along with Paul Jones who was second, really proving that life really does begin at 40!

An Under 18 in Ben Ashcroft and an under 16 in Matthew Yapp, both in the top five, added a youthful balance to the results.

Congratulations to our M70 John Sproson, finishing yet another race in a long career!

Simon Daws		
1. T. Werrett O/40	Mercia	24.01
2. P. Jones O/40	Mercia	24.26
3. D. Brazier	Mercia	24.31
4. B. Ashcroft U/18	Shrews	24.35
5. M. Yapp U/16	Ludlow	25.47
6. T. Roo	Mercia	26.02
7. D. Jones	Shrop	26.10
8. E. Newey O/40	Mercia	26.43
9. T. Garbett U/18	Oswest	26.50
10. A. Davies O/40	Mercia	26.54
VETERANS O/50		
1. (22) A. Pickles	Mercia	28.50
2. (26) H. Jones	Shrews	29.43
3. (30) S. Bajic	Mercia	30.18
VETERANS O/60		
1. (40) P. Johnson	Mercia	31.32
2. (45) A. Davies	Telf	32.04
3. (47) G. Gunner	CroftA	32.19
VETERANS O/70		
1. (91) J. Sproson	Mercia	56.46
LADIES		
1. (11) E. Gould	Mercia	27.07
2. (15) M. Price	Mercia	28.04
3. (29) V. Swingler	Shrop	30.09
4. (56) A. Tickner	Oswest	33.14
5. (59) B. Haydock	Newp	33.53

LORDS SEAT Cumbria AS/8km/430m 08.05.13

Lord Lightfoot and Lady Ingram rule the Whinlatter forest in 2013!

This was the second and final race of the "Lord of the Forest" series and race times for this race were added to those recorded during the Grisedale Grind race held in April to work out who had earned the Lord and Lady of the forest titles.

The gales had abated but there was still a strong wind on the summits of Barf and Lords Seat making it difficult to hear clear voices on the race radios. Ricky Lightfoot set out his intent early on in the race and led the field by 50 metres before the turn off the forest track onto the smaller path. He continued to extend this lead and set a new record time. This was 11 seconds faster than the record set in 2011 and he was nearly three and a half minutes ahead of second placed Phil Winskill. Two wins out of two races saw him awarded the "Lord of the Forest" trophy.

A winning return was made by Pippa Maddams after her recent foray into motherhood. Not a record time this year but don't bet against her next year! Just over a minute behind was Amanda Ingram who had to wait and see if she was more than 12 seconds ahead of Catherine Spurden (winner at Grisedale). Fifty three seconds later, Catherine arrived so "Lady Amanda" it is for 2013!

In contrast to Grisedale, just over 50% of the runners tonight were over 40. This possibly reflects the nature of this course which is a more "friendly" fell race without epic rocky or steep sections.

Once again, Keswick AC members willingly volunteered with race marshalling duties without the lure of being able to sunbathe at their posts – you are the real heroes of the night – it's a lot easier (and warmer) to compete than stand in one position and record numbers. The

satisfaction of knowing that you have been a			
part of ensuring everyone's safety does give you			
a warm glow inside tho	,	oes give you	
Angela Brand-Barker	agı		
1. R. Lightfoot	Ellenb	31.41	
2. P. Winskill	Kesw	35.04	
3. B. Abdelnoor	Amble	35.06	
4. S. Ware	Eden	36.05	
5. J. Addison	HelmH	36.18	
6. B. Taylor O/40	Ellenb	36.30	
7. S. Birkinshaw O/40	Borr	37.16	
8. H. Seal O/40	CFR	37.32	
9. S. Johnstone	Ellenb	37.44	
10. L. Taylor	Stockpt	37.48	
VETERANS O/50			
1. (26) N. Sidaway	CFR	41.37	
2. (32) B. Hodgson	Ellenb	42.01	
3. (36) T. Davis	Derw	42.09	
VETERANS O/60			
1. (68) J. Downie	Kesw	46.48	
2. (86) P. Hawly	CFR	58.04	
3. (87) C. Clark	Kesw	58.15	
LADIES			
1. (21) P. Maddams	Kesw	40.46	
2. (30) A. Ingram	CFR	41.54	
3. (42) C. Spurden	Kesw	42.47	
4. (57) J. Lee	CFR	45.26	
5. (65) T. Park O/40	CFR	46.27	
(75) J. Fanning O/40	Unatt	49.20	
(83) K. Clark O/50	Kesw	52.23	
(84) S.Ashley O/60	Kesw	53.15	
(85) E. Milnes O/50	Tod	53.39	
90 finishers			

CRESSBROOK CRAWL Derbyshire BM/10.5km/350m 11.05.13

The day dawned cool and windy, more like the end of March than mid-May. At least the rain held off until the runners were at least half-way round the course, which was a good thing because in these conditions getting wet would quickly lower your body temperature. As it was, the conditions were quite good for running (though maybe not for fast times) but not so nice for the marshals who had to stand around in the cold.

A total of 102 runners competed in the Senior race, which was won by Gareth Briggs in 46:49, a very respectable time in the conditions. Second was Craig Jeffrey in 47:28, and third was Jon Hargreaves in 48:00.

With Kerry Marchant coming in as first lady in a time of 52:12, Staffs Moorlans AC comfortably wrapped up the team prize.

The small cups for first local runners home were won by Sue Jeff and Richard Thorowgood, and a special mention should perhaps be made for Frank Makin and Tony Barry, our two V70 finishers. This was great to see!

Many thanks to everyone who came and took part and to all the people who helped - marshals, timekeepers and caterers. Special thanks also to our sponsors, Peak Ales, who provided bottles of beer for the winners and free beer for all competitors.

Paul Radcliffe

StaffsM	46.49
StaffsM	47.28
Unatt	48.00
Unatt	48.40
	StaffsM Unatt

Horsf	49.05
CGCC	49.10
HolmeP	49.26
Belper	50.32
Linc	50.42
DkPk	51.52
DkPk	51.52
Linc	52.48
DVO	55.08
NDerby	56.24
Mat	57.54
Ripley	60.15
HolmeP	80.32
HolmeP	80.33
StaffsM	52.12
DkPk	53.25
Penn	58.44
Unatt	58.56
Wirks	60.35
Unatt	62.07
	CGCC HolmeP Belper Linc DkPk DkPk Linc DVO NDerby Mat Ripley HolmeP HolmeP StaffsM DkPk Penn Unatt Wirks

STEAM BUNNY STOMP Gwent BM/11.3km/447m 11.05.13

Conditions for this year's Steam Bunny Stomp were challenging to say the least for the 46 hardy souls who entered. Gale force winds, driving rain and hail stones added to the challenge of the steep ascents and descents that this race is renowned for.

15 different clubs were represented, with Chepstow Harriers fielding a really strong team of 14 runners, including 5 female competitors.

Matt Stott led virtually from the word go and smashed Sean Taylor's winning time of 59.59 last year by 3 minutes, crossing the finish in 57.01. It will be interesting to see what time Matt can do when not battling against the gales on top of Mynydd Maen. Second home was Richard Johnson in a time of 61.45. earning himself first V40 in his first race in this category. First V50 was Adrian Woods who was 4th overall and finished a few minutes later in 64.06. Stephen Littlewood, finishing in 72.05, was first V60 and Rob West won V70 in a very creditable time of 103.41.

In the ladies' race, Niki Morgan won in a superb time of 71.24, quickly followed a few seconds later by Katie Beecher. Niki was the first of the Chepstow ladies home – Lou Summers was next home to pick up first FV prize. First FSV was awarded to Sharon Woods, who put in a solid performance to finish in 79.24.

Dimitri Vorres, from Potypoo & District Runners, reinstated this event last year, after running it himself many times in the early 1990s. This year he was thrilled to have the original organizer Simon Blease come along to take part. Simon injected some humour into this tough little race by running with a bob tail pinned to his shorts. Simon finished in 13th position – and stated that he totally approves of the slight changes Dimitri has made to the start of the race. Christine Vorres

1. M. Stott	MDC	57.01
2. R. Johnson O/40	MynDu	61.45
3. C. Krzysztof	CardA	63.30

4. A. Woods O/50	MynDu	64.06
5. A. Lewis	Neath	66.26
6. I. Travis O/40	Unatt	67.52
7. J. Aggleton O/50	MDC	67.54
8. J. Boon O/40	FoDean	70.33
9. P. Osborne O/50	Llanel	71.13
10. P. Williams O/50	MDC	71.18
VETERANS O/60		
1. (14) S. Littlewood	Heref	72.05
2. (19) G. Gunner	CroftA	76.04
3. (21) N. Grant	Chep	77.36
VETERANS O/70		
1. (39) R. West	MDC	103.41
LADIES		
1. (11) N. Morgan O/40	Chep	71.24
2. (12) K. Beecher	LesCroup	71.38
3. (18) L. Summers O/40	Chep	74.28
4. (24) S. Woods O/50	MynDu	79.24
5. (33) C. Gourmelon	Unatt	88.49
(41) D. Evans O/50	Chep	109.53
(43) J. Bayliss O/60	Chep	109.53
45 finishers		

BELMONT WINTER HILL Lancashire BS/7.2km/305m 11.05.13

Superb turnout (168 seniors, 18 juniors) in spite of the wet and cold weather. Sincere thanks to all who helped make the race happen (too many to mention) A donation will be sent to Bolton Mountain Rescue. It is unlikely that we will be given permission to run the route next year due new land management strategies being introduced on the West Pennine Moors. We will be meeting with United Utilities to find out if an alternative route is possible. Whatever the outcome, thanks to all who have supported the race in whatever way over the last 36 years.

Dave Bateson		
1. J. Mercer	SELancs	34.34
2. C. Farrell	Horw	35.13
3. J. Titmuss	P&B	36.15
4. P. Stevenson O/50	P&B	36.44
5. J. Goudge O/40	Chorl	36.52
6. J. Bruton	Darwen	37.06
7. M. Chalfont O/40	Chorl	37.33
8. A. Ashton O/40	Lpool	37.46
9. J. Sutton	Bburn	37.53
10. T. Livesey	Prest	38.00
VETERANS O/50		
1. (4) P. Stevenson	P&B	36.44
2. (14) M. Liptrot	Lost	39.36
3. (19) A. Sunter	Horw	40.21
VETERANS O/60		
1. (67) R. Maciejkovicz	Horw	45.49
2. (71) T. Hesketh	Horw	46.15
3. (78) D. McCallum	Clay	47.02
LADIES		
1. (19) L. Clough O/40	Chorl	41.53
2. (69) S. Budgett O/50	Horw	45.59
3. (83) S. Sherratt O/40	Bowl	47.41
4. (93) C. Constable O/4	0Sthport	48.57
5. (96) A. Ferguson O/50) Burnd	49.52
166 finishers		

GLAS TULAICHEAN UPHILL Perth & Kinross AS/7km/670m 11.05.13

After the atrocious weather at the Stuc a Chroin race on 5 May, there was an obvious nervousness

about weather conditions for this race, which finishes at the summit of Glas Tulaichean. Even the marshals were evacuated last week. With that in mind, extra precautionary measures were put in place and thankfully everything went well despite the freezing conditions at the top.

As this was the Scottish trial race for the UK home internationals, several top quality athletes showed up for a face to the summit.

Robbie Simpson off from the start and kept his lead all the way finishing in 36:17 (still some 2.5 minutes off Bobby Quinn's 1997 record of 33:50) Bobby Quinn was there himself this year and still ran sub 40 minutes at the age of 47 now.

Helen Still took the women's prize. Carnethy took the team prize (Sam Hesling, Andrew Fallas and Paul Faulkner. First Junior was Jamie Crowe of Dundee.

The race is unique in that there are three fast flowing streams to cross on the way up and with all the recent bad weather they were very full and not to everyone's taste in an otherwise well-defined runnable path to the top. As it is one of only two remaining uphill only races in Scotland, it well never again be one of the most popular, but everyone who takes part agrees that is a great test of fitness and endurance

Dave Hanlon

1. R. Simpson	Dees	36.17
2. H. Haines	HBT	37.58
3. S. Hesling	Carn	38.03
4. A. Fallas	Carn	38.07

5. M. Nixon	P&B	38.17
6. T. Martyn	EUHH	38.20
7. I. MacCorquindale	Cambus	38.38
8. P. Faulkner	Carn	39.16
9. R. Quinn O/40	Kilbar	39.54
10. J. Crowe	Dund	41.33
VETERANS O/50		
1. (30) D. Mitchell	Dund	50.31
2. (31) O. Bass	Dees	51.16
3. (37) G. Taylor	Hland	55.04
VETERANS O/60		
1. H. McLean	Lochtay	59.49
VETERANS O/70		
1. C. Love	Dund	71.04
LADIES		
1. (14) T. Hill	HBT	43.12
2. (20) S. Adkin	Moorf	45.12
3. (24) C. Morgan	Carn	46.35
4. (27) H. Bonsor	Carn	48.10
5. (36) M. McDougal	Hland	53.18
(41) L. MacLennon O/40	Hland	57.42
(46) S. Ross O/40	Lochab	62.55
(49) J. Oliver O/50	Dees	68.24

THE LAST DROP LOOP Lancashire BS/8.5km/225m 11.05.13

The first ever The Last Drop Loop fell race took place with 34 runners taking to the moorland above The Bromley Cross Fayre. The race was organised by Andrew Doyle of Bolton Harriers



Photos © Andre

as a tribute to fellow runner Brian Mawdsley, who sadly passed away in 2011. A cup in Brian's honour was presented to the first Bolton Harrier home on the day.

The race drew runners from far afield and it was Simon O'Meara, a runner from Manchester University Athletic Club, who was first across the finish line, setting a brand new course record of 37:54. Second was a Bolton Harrier, Karl Darcy, in 40:36 and third Ben Hobson, also a Manchester University runner, in 41:03.

Kirsty Normanton of Burnden Road Runners set the ladies' course record of 47:52 followed in by Lesley Fisher, also from Burnden Road Runners, in 48:25. Third lady was Bolton Harrier, Catherine Jones, in 57:24.

Pasties were donated by Greenhalgh's Bakery and were enjoyed by the runners and marshals after race. This helped keep the atmosphere going and re-fuelled the finishers as they cheered in every runner home, making this a tough race a very enjoyable and social affair.

Bolton United Harriers would like to thank all of those involved on the day including the runners, marshals, organisers of the Bromley Cross Summer Fayre, Councillors and the Friends of Bromley Cross Forum for donating the finishers' medals.

The success of this race and glowing feedback from participants has ensured that The Last Drop Loop will be held again next year at the Bromley Cross Summer Fayre (10 May 2014) and we are sure that there will be many more runners testing themselves over this demanding course. *Andrew Doyle*

1. S. O'Meara	ManUni	37.54
2. K. Darcy	BoltU	40.36
3. B. Hobson	ManUni	41.03
4. P. Targett	FellP	41.44
5. P. Kearney	BoltU	41.56
6. G. Chadderton	Horw	42.29
7. S. Dally	BoltU	42.45
8. C. Povey	BoltU	43.28
9. S. Taylor	BoltU	43.31
10. M. Taylor	Burnd	44.09
LADIES		
1. (18) K. Normanton	Burnd	47.52
2. (21) L. Fisher	Burnd	48.25
3. (30) C. Jones	BoltU	57.24
4. (31) J. Lomax	BoltU	57.50
5. (33) L. Corrigan	Burnd	62.52
34 finishers		



Shaun Lomax rolls into the finish of the inaugural Last Drop Loop

JACK BLOOR RACE West Yorkshire BS/8.4km/350m 14.05.13

A cool but dry window in the wet weather saw nearly 200 senior runners compete in the 28th annual Jack Bloor fell race on Ilkley Moor.

Last year's winner, Tom Adams, led the 8.4 kilometre race to the halfway point hotly pursued by 24 year-old Chris Smithard. With each taking a different path over the high ground, Chris overhauled Tom to win the 2013 race in 38.40. Chris said, 'I had heard a lot about the Jack Bloor even before I moved to Leeds so couldn't resist the opportunity to finally run it'. Despite the new sections of flag-stoned path Greg Hull's 2007 course record of 38:04 still stands.

Third place went to Matthew John. In 4th position and winning the veteran over-40 class was Tom Brunt. Local lad, James Mountain, was an impressive 6th overall and first under-23 winning the Arthur Dolphin Trophy. Steve Webb retained his over-50 veteran title whilst Ben Grant was the first veteran in the over-60 class.

Jo Waites impressively won both the overall women's race and the first lady veteran over-40 title in 46.40. Julia Leventon was 2nd and 3rd place went to Gill Myers, along with the over-50 title. Lucy Crookes retained her under-23 title and the Pat Bloor Trophy.

With three runners to count, Ilkley Harriers won the men's team competition followed by Otley AC then Pudsey & Bramley. Ilkley Harriers took both 1st and 3rd places in the women's team competition with Wharfedale Harriers taking 2nd place.

Throughout the rest of the field, individual runners battled with personal rivals or simply enjoyed the challenge and atmosphere of the race. All were rewarded with a bottle of fine Dinner Ale thanks to the generous support of our senior race sponsor, the Ilkley Brewery Company.

Terry Lonergan of Complete Runner, a loyal sponsor and supporter of both the Jack Bloor Memorial Fund and Races, presented the coveted senior race trophies. These races commemorate Jack Bloor, an accomplished outdoor sportsman, who did so much to encourage young people to engage in sport.

All monies raised through race entries, the cake stall and individual donations help support young people under-26 to develop physical and technical skills in any recognised outdoor sport. Applications are welcome at any time and further details can be found at www.jackbloor.co.uk

Despite the cool evening the ever-popular junior races saw 118 children tackle courses of half a mile, one mile or 1.5 miles in one of five age-based classes (U8, U10, U12, U14, U16). Some were simply there to enjoy the occasion with several trying their first fell race. Others were out to beat rivals or improve on a previous time.

Ben Kett won the U8 race in just 04.34, whilst Sarah Bradley took the girls' U8 title just 11 seconds later. First girl in the U10 race was Ilkley Harriers' Poppy Anderson whilst Freddie Ziegler was the overall winner.

Competition amidst the 34 runners in the U12 race saw some very close finish times. Wharfedale Harriers' Jack Muir took first place

and Beth Morley of Ilkley Harriers won the girls' U12 race. Thomas Nelson of Wharfedale Harriers took the boys' U14 title in 8 minutes exactly whilst Ilkley Harriers' Lucy Jacques was first home in the girls' U14 race.

Climbing to the cairn above Rocky Valley, the U16 course provides a springboard for future entry to the senior race. Winning the U16 race in 12:19 was Harry Muir of Wharfedale Harriers. Spectators were treated to fantastic sport as second place Mark Mahoney of Settle Harriers was chased to the finish line by Ilkley Harriers' Lucy Haines, who won the girls' U16 title.

Sponsored by Smoooth, the Café and Deli on Ilkley's Wells Road, every junior runner received a voucher for a free smoothie as a reward for their efforts. The top three boys and girls in each category were presented with certificates together with handcrafted brownies and cookies from Smoooth.

As ever, thanks to our sponsors and members of the Gritstone Club, Airienteers, Ilkley Harriers and all our other supporters who make this event possible.

Rob King

1. C. Smithard	Dees	38.40
2. T. Adams	llk	38.53
3. M. John	Otley	40.38
4. T. Brunt O/40	DkPk	41.45
5. P. Branney	Leeds	42.21
6. J. Mountain U/23	llk	42.29
7. B. Addey	Otley	42.34
8. M. Archer	llk	43.02
9. M. Cox	llk	43.07
10. J. Bradshaw U/23	Unatt	43.19
VETERANS O/50		
1. (30) S. Webb	VStr	47.01
2. (41) B. Whalley	P&B	48.46
3. (50) J. Sinclair	llk	49.25
VETERANS O/60		
1. (36) B. Grant	Hgate	48.18
1. (36) B. Grant 2. (47) N. Pearce	Hgate Ilk	48.18 49.20
` '	-	
2. (47) N. Pearce	Ilk	49.20
2. (47) N. Pearce 3. (58) A. Wood	Ilk	49.20
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70	IIk IIk	49.20 52.28
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles	IIk IIk	49.20 52.28
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles LADIES	IIk IIk VStr	49.20 52.28 61.36
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles LADIES 1. (27) J. Waites O/40	IIk IIk VStr CaldV	49.20 52.28 61.36 46.40
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles LADIES 1. (27) J. Waites O/40 2. (46) J. Leventon	IIk IIk VStr CaldV VStr	49.20 52.28 61.36 46.40 49.16
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles LADIES 1. (27) J. Waites O/40 2. (46) J. Leventon 3. (48) G. Myers O/50	IIIk IIIk VStr CaldV VStr Wharf	49.20 52.28 61.36 46.40 49.16 49.24
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles LADIES 1. (27) J. Waites O/40 2. (46) J. Leventon 3. (48) G. Myers O/50 4. (53) S. Richards	IIIk IIIk VStr CaldV VStr Wharf Leeds	49.20 52.28 61.36 46.40 49.16 49.24 50.32
2. (47) N. Pearce 3. (58) A. Wood VETERANS O/70 1. (128) M. Coles LADIES 1. (27) J. Waites O/40 2. (46) J. Leventon 3. (48) G. Myers O/50 4. (53) S. Richards 5. (58) L. Crookes U/23	Ilk Ilk VStr CaldV VStr Wharf Leeds Leeds	49.20 52.28 61.36 46.40 49.16 49.24 50.32 51.33

190 senior finishers & 118 junior finishers

CARRAGHAN FELL Isle of Man AS/4km/300m 14.05.13

Once again Carraghan fell race was held in perfect conditions. The revised route was slightly shorter than in previous years but in contrast saw a steeper climb on the outward leg of this out and back race.

Once again Lloyd Taggart took the win, however this time he was followed home by Ben Corkill in second place and Nigel Armstrong in third. John Norrey took the V50 win again, with Jackie Lee taking the ladies' honours from Judith Quane and Rosie Craine.

Mark Murphy

1. L. Taggart O/40 MFR 20.54

ИFR	22.46
ИΗ	23.02
ИFR	24.07
ИFR	24.41
ИFR	24.22
Jnatt	24.31
ИFR	25.36
ИFR	26.32
ИFR	26.18
ИFR	27.26
ИFR	27.12
ИΗ	30.44
OMV	29.10
VAC	36.56
ИFR	24.41
NAC	28.02
NAC	28.55
ИFR	33.09
ИFR	33.12
ׅ֡֡֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜֜	MFR

LATRIGG FELL RACE 2013 Cumbria AS/4.8km/290m 15.05.13

There was an excellent turnout for the annual Latrigg Fell Race which is organised by Keswick AC and, once again, formed part of the Keswick Mountain Festival. Of the 95 starters, many were experienced fell runners but there were also a number of new initiates keen to sample this unique sport.

But those with expectations of Latrigg being an easy introduction to the sport would be in for shock. Despite its diminutive size, when compared to the surrounding hills of Skiddaw and Blencathra, Latrigg is a formidable challenge and the race course includes a lung busting climb up the flank of the hill. Upon reaching the summit there is an equally daunting descent through the woods and back to Spooney Green lane. The competitors must then summon up a final effort with a sprint finish through Fitz Park to the Cricket Pavilion.

The weather had proved variable all day and there were concerns that the evening could be a bit of a wet affair. But as things transpired, the conditions were excellent for fell running. The air temperature was cool and there were only the briefest of showers during the duration of the race, despite the grey skies prevailing over Keswick.

The race is three miles in distance and includes 950 feet of ascent. These distances need to be taken into account when you consider the course records for the race. In 2005 Victoria Wilkinson of Bingley completed the race in a remarkable 20.00 to set the existing female record. But it is the men's record, set by Keswick's Kenny Stuart, which is truly eye-catching. Many of Kenny's race wins are now ingrained in fell running lore, with the records he set at Ben Nevis, Snowdon and Skiddaw (to name but a few) still standing today. In 1984, at the height of his fell running career, Kenny went onto run the Latrigg race in a staggering time of 16.37.

There was some keen racing at the head of the field with the winners of the 2011 and 2012 races going head-to-head this year. Ricky Lightfoot and Carl Bell were a class apart as they battled it out at the front of the race and it was the West Cumbria runner, Ricky, who took the win in a time of 18:29 to cross the line six seconds ahead

of Carl who finished a highly credible second place. Finishing first Keswick runner saw Carl be the recipient of the lan Charlton Memorial Trophy, presented on this occasion by lan's mother and sister.

What followed was a procession of Keswick AC runners as Peter Harrison, making his debut for the club, finished third in 19:31; a highly promising first appearance for the talented youngster. Finishing close together were Chris Edis (4th, 20.06), Phil Winskill, sporting some unusual running attire (5th, 20.18) and Mark Lamb (6th, 20.34). Due to these efforts Keswick were comfortable winners of the men's team prize.



Latrigg: Ricky Lightfoot prevents a Keswick AC cleans sweep of the podium places by winning ahead of Carl Bell and Peter Harrison and Chris Edis. (Right) Phil Winskill, sports some unusual running attire (5th, 20.18)

And there was also considerable success for the host club in the female race. Pippa Maddams, in only her second race of the season, continued her winning comeback to the sport with a strong run to finish 20th overall in a time of 22.39. Pippa's margin of victory was considerable with the second lady, Ali Richards, finishing in 25.29.

Lyn Thompson finished in 25.46 to secure a podium finish in third place and Lyn was also first female veteran. Pippa and Lyn were joined by Julie Carter (4th, 26.12) to ensure that Keswick completed a clean sweep of the team prizes. Completing a comprehensive prize haul for the local club was Lesley Malarkey, who was the first veteran over 60, crossing the line in a

Kenny Stuart was in attendance to kindly present the winners with their prizes, the majority of which were provided by Icebreaker. Prize giving took place in the Cricket Pavilion with many of the runners taking advantage of the refreshments on offer and soaking in the good natured atmosphere that almost always follows a fell race.

Pete	Ricl	hard	ς

Ellenb	18.29
Kesw	18.35
Kesw	19.31
Kesw	20.06
Kesw	20.18
Kesw	20.34
Ellenb	20.50
CFR	20.54
Borr	20.56
Kesw	21.03
HelmH	22.06
Amble	23.01
Hgate	24.24
Kend	24.38
Kesw	26.23
NFR	29.02
Kesw	22.39
HelmH	25.29
0	Kesws
Kesw	26.12
HelmH	28.47
HelmH	29.07
Kesw	29.32
Kesw	30.06
CFR	30.58
	Kesw Kesw Kesw Kesw Kesw Ellenb CFR Borr Kesw HelmH Amble Hgate Kend Kesw NFR Kesw HelmH O Kesw HelmH HelmH Kesw Kesw

DURRIS MAST Aberdeenshire BS/8.8km/305m 16.05.13

Sixty runners lined up for this year's Durris Mast Race on a warm and dry night.

The course was considerably less wet than last year, although new records were not forthcoming. Alexander Cheplin was first home in 39:45 with a comfortable lead over Tim Gomersall. This was Alexander's first chance to take on the seniors after setting the junior race record last year. Dave Marshall also had a good run to finish in 3rd place. Jason Williamson was first M40 in 8th place and David Hirst was the first M50 in 13th place.

First lady was Moira Davie from holding off Veronique Oldham (also first F40) by just over a minute and 3rd Lady was Sarah Mackenzie. Gillian Clunas was first F50.

We also had a record number turn up for the junior race – eight in total. First home was Joseph Wright (Maroc) followed by Sasha Coutes (Unattached) and in 3rd place and first lady was Lucy Macleod (AAAC).

Thanks go to Fountain Forestry, Jolyon Amos at Brook Forestry Ltd, Aquiva for permission to hold the race on their land, Run4lt for their sponsorship and all the marshals and sweepers who helped on the night.

Dennis McDonald

1. A. Chepelin	Cosmic	39.45
2. T. Gomersall	Gramp	42.35
3. D. Marshall	Cosmic	43.09
4. P. Henry	Dees	43.09
5. N. Easton	StoneRC	43.17
6. E. McMillan	BanchS	44.26
7. S. Terwey	StoneRC	44.35
8. J. Williamson O/40	Cosmic	44.57
9. D. Kerridge O/40	Dees	45.20
10. W. Nicolson	Cosmic	45.51
VETERANS O/50		
1. (13) D. Hirst	Dees	47.01
2. (20) D. Hall	StoneRC	50.12
3. (21) S. Gomersall	Gramp	50.13
LADIES		
1. (11) M. Davie	Forres	46.15
2. (14) V. Oldham O/50	Cosmic	47.19
3. (22) S. MacKenzie	Cosmic	50.34
4. (24) S. Prise	AAAC	51.25
5. (43) M .Entwistle O/40	Dees	57.00
(52) G. Clunas O/50	Cosmic	62.14
(13) D. Wright O/40	Maroc	68.36
60 finishers		

OLD COUNTY TOPS Cumbria AL/59km/3050m 18.05.13

After a week of weather forecast watching and getting more and more depressed as time progressed it was no surprise when the rain arrived on race day morning. With such soggy conditions it was a miracle that kit check and registration ran more smoothly than last year, particularly given that a very wet entrance to the field meant that all cars had to be directed to the nearby National Trust car park.

Despite improving conditions through the day, the rain no doubt made things difficult for some, and eighteen of the ninety six pairs who started failed to complete the course. The race was led from the start by Ambleside pair Ben Abdelnoor and Paul Tierney, who didn't quite manage to break the magical 7 hour barrier, but did finish in a very respectable time of 7.10.00. Having done a quick check of previous results it would appear as though the 7 hour mark has only been beaten five times in the 25 years that the event has been run (unless it happened in 1995 and/or 1999 - does anyone have the results from those years sitting in a drawer somewhere?).

The mixed category was won by Vet 90 pair Jean Brown and Martin Terry of Clayton Le Moors, and Jo Gillyon and Catherine Evans from Keswick AC managed to retain the ladies' trophy. Other notable performances are listed below.

Not surprisingly, none of the significant race records were broken this year, although one record which deserves mention was the remarkable time of 3.12.00 that it took Achille Ratti pair Tony Shanley and Jon Broome to get from Cockley Beck to the summit of Coniston Old Man. I do think this is the slowest ever and if it hadn't been for a lot of effort in the run-in. a team from the organising club would have finished last for the second year running. Anyone looking for route choice advice for that section would be advised to stay clear of Tony and Jon!

I must finish off by offering thanks to the Achille Ratti members and friends who helped on the day; once again there was unanimous agreement that they did a fantastic job. I would also like to offer special thanks to Hangar 18 for supporting the event this year (and next). It was great to have Stu Ferguson present on race day selling some of the fantastic gear that this company has to offer. Thanks also to Raynet for providing communications and to the New Dungeon Ghyll Hotel for use of the bar for registration and the field. Finally, thanks to all the runners who braved the rain and hope to see you on a drier 17 May 2014.

Chris I lovd

1. B. Abdelnoor/P TierneyAmble/Amble

7.10.14

2. J. Luxmore/G. Thorpe Amble/Amble

7.29.25

3. T. Cushion/C. Hope Kesw/Borr

7 49 07

4. J. Ashcroft/T. Heron O/80 Carn/DkPk

7.51.48

5. J. Minshull/M. Ollernshaw Gloss/Gloss 8.04.07

VETERANS 80

1.4. J. Ashcroft/T. Heron O/80 Carn/DkPk 7.51.48

2. P. Biddulph/J. Moore CaldV/Eryri 9.02.35

VETERANS 90

1. A. Slattery/C. Smith Kes/Kesw 8.19.05 2. A. Horrobin/J. Coleman Unatt/Lons

8.52.12

3. D. Makin/A. Pooler AchR/AchR 8.54.34

VETERANS 100

1. A. Miller/L. Warburton Kend/Bowl 8.53.59

2. N. Ray/J. Winn Ellenb/Ellenb

9.16.35

LADIES

1.J. Gillyon/C. Evans Kesw/Kesw 9.44.19 2. H. Dawe/A. Priestley Unatt/Ochill10.06.07

3. N. Walkingshaw/R. Slattery

CFR/HelmH 11.16.18

MIXED

1.J. Brown/M. Terry Clay/Clay 8.48.26 2. J. Mann/H. Skelton Durhm/Mercia

9.40.51

3. J. Reedy/M. Reedy

Amble/Amble

9.54.23

MIXED 100

Bowl/CaldV 1. Y.Tridimas/L. Murgatroyd 10.26.19

BOLLINGTON FESTIVAL 3 PEAKS Cheshire BS/9km/370m 18.05.13

Another great Bollington Festival 3 Peaks fell race was held. Now its fifth year, there was a record

number of 187 entries, of whom 184 completed the 9 kilometre course in damp and misty conditions. The route took in Kerridge Hill, White Nancy and the Nab to a tricky new finish through steep and slippery woodland to the Rec. Despite extra marshals and better signage than ever, several runners still managed to get lost in the mist, something that should by now be accepted as par for this course.

There were no new course records this year, but a Macclesfield Harrier won the event for the first time. Simon Harding fought it out throughout the race to a tight sprint finish with twice previous winner, Michael Salt in 38.51. Judith Jepson took the ladies' title in 45.21, and Macclesfield took the team prize.

It was good to see a number of V70 competitors (although sadly no ladies over 60 entered), and runners from as far away as Essex, Edinburgh and even Canada said that they really enjoyed the day.

This is a race which attracts plenty of people who are new to fell running, with almost half of the entries being unattached, and over £400 was raised for next year's Bollington festival.

Thanks to all of the Harriers, and others who ran, marshalled and supported the race, and to the Bollington Brewing Company for their excellent facilities and sponsorship.

Andy Skelhorn

1. S. Harding	Macc	38.51
2. M. Salt O/40	CambCol	38.52
3. T. Bush	Altrinch	42.22
4. M. Walker	Macc	42.24
5. J. Burgess	StaffsM	42.33
6. L. Taylor	Stockp	42.34
7. D. Croft O/40	Macc	43.01
8. P. Jeggo O/50	Springf	43.26
9. A. Thornton	MDOC	43.58
10. J. Bowden	HBT	44.00
VETERANS O/50		
1. (8) P. Jeggo	SpringS	43.26
2. (22) N. Clarke	Macc	46.12
3. (30) J. Mooney	Macc	47.42
VETERANS O/60		
1. (87) T. Hulme	Wilms	54.09
2. (89) J. Williams	SpringS	54.29
VETERANS O/70		
1. (58) P. Roberts	Buckley	49.44
2. (137) A. Lock	Gilson	62.04
3. (145) J. Mitchinson	Unatt	64.35
LADIES		
1. (17) J. Jepson O/40	FatB	45.21
2. (33) C. Aspinall	Penn	48.03
3. (66) A. Frost O/40	Macc	51.12
4. (82) A. Wainwright O/40		StaffsM
52.54		
5. (102) V. Thornton O/5	50	MDOC
55.54		

184 finishers

SETTLE HILLS INTERCOUNTIES CHAMPIONSHIP North Yorkshire BM/11.3km/400m 19.05.13

2013 was an extra special year for Settle Harriers' organised Settle Hills race, as this year it had been chosen as the FRA Inter-counties Fell Running Championships and was also the first

race in the 2013 British Athletics Mountain Running Challenge. As a result, the event attracted some of the top fell runners from across the country and the ensuing battles were something to savour.

First off were the junior events, with the U16s and U18s battling it out over challenging courses to claim the coveted title of UK Inter-counties champion. Pulling on a county vest and racing for your team as well as individually brings out the best in many runners and this was evident with some closely fought battles for victory. In the U16 men's event the North East's Jack Willis held off Yorkshire's Lewis Byram by just 3 seconds and in similar fashion in the U18s' race, Yorkshire's Max Wharton had just 2 seconds to spare over North Wales' lolo Hughes.

The junior ladies races were won in slightly more dominant fashion by Elizabeth Greenwood representing Lancashire in the U16s' race winning by almost 3 minutes. Yorkshire's Junior European Mountain Running Champion, Annabel Mason, was also a convincing winner leading home a Yorkshire 1, 2, 3 in the U18s' race.

Local county rivals Lancashire and Yorkshire had two victories each in the team events with Lancashire proving superior in the younger age groups whilst Yorkshire lead the way in the older age group. This left it for the seniors to determine which county would emerge victorious overall.

With close to 200 runners toeing the start line in the town's market place, the big race of the day, the senior inter-counties race, attracted teams from as far afield as Essex, Scotland and Wales. Ahead of them lay a challenging 11.3 kilometre course, including approximately 400 metres of ascent and descent. The runners were faced immediately with a tough climb to the limestone country above Settle and setting a fast pace from the off were GB international mountain runner, Nick Swinburn representing the North East Counties, and Scotland West's Ethiopian born, Wegene Tafase. The pair soon pulled away from a large chasing pack and it became a two man race to the finish. Entering the final mile the two were still shoulder to shoulder but Tafase proved too strong for Swinburn as he finally managed to pull away for a 17 second victory. Tom Adams had the satisfaction of leading the Yorkshire team to victory with a fine third place finish, although their victory was by just a single point ahead of a strong North Wales team.

The team race in the women's event was far clearer with Yorkshire providing a clean sweep of the medallists through Emma Clayton, Victoria Wilkinson and Katie Walshaw. The individual title however was a much closer result. With Clayton and Wilkinson having both demonstrated good form over the last few weeks, spectators were anticipating a battle royal and they weren't disappointed. Emma took the race out hard building a significant lead over the first half of the course but as the race progressed and the terrain became slightly more technical it was clear that Victoria was closing and by the time the race reached its climax the pair were neck and neck. Entering the finishing field it was Emma's track speed that proved the deciding factor as she just edged away to the win.

The atmosphere at the finish was fantastic

with many locals coming out to show their support for the runners and the sunny weather certainly helped to make the day an all round success.

Mary Wilkinson & Joanne	Wulf	
1. W. Tafase U/20	ScotW	46.06
2. N. Swinburn	NECount	46.23
3. T. Adams	Yorks	48.22
4. R. Hope	Lancs	48.54
5. T. Davies	NWales	48.59
6. J. Simpson	Leeds	49.02
7. R. Burney	Mersey	49.03
8. A. Osborne	Yorks	49.25
9. G. Priestley	Lancs	49.41
10. M. Roberts	NWales	49.59
VETERANS O/40		
1. D. Kay	GManch	50.11
2. G. Mullholland	NIreland	50.35
3. K. Gray	Yorks	50.49
VETERÁNS O/50		
1. Q. Harding	Bowl	56.39
2. P. Chapman	Ripley	61.03
3. A. Lewis	Eryri	62.43
VETERANS O/60	,	021.15
1. M. Walsh	Kend	64.44
2. A. Watts	Chesh	67.45
3. G. Schofield	Chorl	73.10
VETERANS O/70	CHOH	, 3.10
1. N. Bush	Ilk	73.26
LADIES		
1. E. Clayton	Yorks	54.33
2. V. Wilkinson	Yorks	54.43
3. K. Walshaw	Yorks	56.24
4. A. Lupton	Cumbria	57.19
5. H. Fines	Yorks	58.24
C. McKeown O/40	Border	61.50
R. Hill O/40	Wharf	66.46
L. Higgs O/50	Essex	72.10
K. Taylor O/50	Ross	75.18
J. Rawlinson O/60	Clay	84.36
A. Smith O/60	LOC	96.55
214 finishers	200	70.55
JUNIORS		
Under 16 Men		
1. J. Willis	NEast	27.08
2. L. Byram	Yorks	27.11
3. J. Hindle	Lancs	28.32
Under 16 Ladies		
1. E. Greenwood	Lancs	30.50
2. E. Lambert	Yorks	33.42
3. B. Jenkinson	NWales	35.19
Under 18 Men	TTTT	33.17
1. M. Wharton	Yorks	26.17
2. I. Hughes	NWales	26.17
3. J. Hall	Yorks	27.29
Under 18 Ladies	. 5110	_,,_,
1. A. Mason	Yorks	29.43
2. G. Malir	Yorks	30.37
3. Z. Knappy	Yorks	32.39
J (. 51115	32.37

GLARAMARA Cumbria AS/8km/700m 19.05.13

27 runners set off into the mists of Glaramara! The marshals t the top said runners arrived there from every direction and angle, appearing from nowhere!

Three Borrowdale boys got to the top first - Martin Mikkelson-Baron, Jim Davies and Steve Birkinshaw.

Then the tricky descent when normally clear,



proved even more problematic with the mist sending runners in all directions. Jim and Martin had a race to the finish, with Jim beating Martin by just one second. The next runner to finish, Chris Harling, was 10 minutes behind the first two.

Catherine Spurden in seventh position, was the first lady, whose used local knowledge and experience to guide her to the finish line.

Times were slow due to the conditions. *Sharon Schofield*

1. J. Davies O/40	Borr	51.20
2. M. Mikkelson-Barron	Borr	51.21
3. C. Harling	Unatt	61.21
4. S. Birkinshaw O/40	Borr	62.08
5. S. Turner	TintoHR	69.53
6. S. Atkinson	Unatt	71.10
7. C. Spurden Lady	Kesw	71.27
8. P. Winskill	Kesw	73.16
9. S. Moon	HelmH	73.19
10. C. Lister	Unatt	73.22
VETERANS O/50		
1. (14) K. Walker	Unatt	77.01
2. (15) T. Symonds	Unatt	83.48
VETERANS O/60		
1. (25) R. Whitaker	CFR	98.49
LADIES		
1. (7) C. Spurden	Kesw	71.27
2. (12) J. Leonard O/50	Tod	74.32
27 finishers		

MASSON HILL Derbyshire BS/7.5km/360m 21.05.13

Another successful evening for the second Masson Hill Race. We knew the numbers would be down this year due to the clash with the Totley race. However, we had a good turnout of 69 runners.

The course was changed from last year giving more climbing (86m/km in first 3.5k) with an extra kilometre in length. This made the route more demanding, although the FRA reduced the race category to BS when last year it was AS.

We tried to encourage 16-17 year olds with a free entry. Race classes also went up to V70. Joe and Danielle Booth (both juniors of Derby AC) did particularly well. Dean Taylor won the race with a time of 38.09 and Steph Curtis was first lady home in 42.03. Sam Tosh was first to Masson summit in 18.02, and first lady was Steph Curtis in 19.02.

To finish, I quote from Alan Billington's blog "great route-straight up (really steep start). Lovely running in light drizzle with views over to Birchover from the summit and beautiful running through the woods with bluebells and wild garlic. Really enjoyed the race - such a hard beautiful White Peak route."

John Middleton

1. D. Taylor	Ripley	38.09
2. A. Pickering O/40	Mat	38.43
3. E. James	Belp	38.55
4. P. Sorrell	NDerby	38.57
5. D. Narborough	Amber	38.59
6. M. Richmond	Belp	39.16
7. A. Billington O/40	Belp	39.18
8. R. Bradbury O/40	Mat	39.24
9. S. Tosh	Ross	39.27
10. B. Cartwright	Mat	39.28
VETERANS O/50		
1. (13) A. Barnett	DkPk	40.34
2. (18) M. Salkild	DkPk	42.00
3. (22) C. Booth	Derby	42.27
VETERANS O/60		

1. (29) S. Brister	Mat	43.58
2. (30) M. Moorhouse	Mat	43.59
3. (34) M. Harvey	Hean	44.52
LADIES		
1. (19) S. Curtis O/40	Penn	42.03
2. (35) A. Wainwright O/40		StaffsM
45.08		
3. (49) J. Hawkins	Wirks	49.33
4. (51) J. Forrester O/60	Mat	50.06
5. (55) A. Booth O/40	Derby	51.09
(60) A. Bent O/60	Buxt	55.11
69 finishers		

CAW Cumbria AS/9.3km/550m 22.05.13

On a nice but windy evening, 42 runners ran the Caw race from the Blacksmiths Arms in Broughton Mills to the top of Caw and back.

Despite the clear weather the race produced the usual mix of navigational routes with the leaders running various lines up the mountain. Tom Gibbs was in control all pretty much the way and ran out a clear winner in 49:38, with Mark Roberts in second place. Lou Roberts had a closer race in the ladies' event, finishing narrowly ahead of Sharon Dixon.

Ambleside comfortably won the team race ahead (with 3 of the first 4 finishers) of Black Combe Runners.

Pete Taylor		
1. T. Gibbs O/40	Amble	49.38
2. M. Roberts O/50	Borr	50.36
3. T. Oates	Amble	51.37
4. J. Brown O/40	Amble	53.27
5. R. Stones	HelmH	54.17
6. P. Knowles O/40		55.18

7. R. Moffat	Howgill	55.19
8. L. Proctor	HelmH	55.51
9. M. McIver	BICombe	56.37
10. P. Reilly	Conist	57.01
VETERANS O/50		
1. (2) M. Roberts	Borr	50.36
2. (14) S. Freeman	Amble	61.49
3. (16) D. Griffin	Dallam	63.16
VETERANS O/60		
1. (35) A. Sly	Amble	76.14
LADIES		
1. (19) L. Roberts O/40	Amble	63.55
2. (21) S. Dixon O/40	GlaxoH	64.08
3. (27) K. Ayres O/50	Amble	70.14
4. (31) L. Lyness O/60	Barrow	74.13
5. (34) J. Wood	Howgill	76.05
42 finishers		

HARROCK HILL RACE Lancashire BS/8.4km/275m 22.05.13

1. C. Farrell	Horw	31.37
2. D. Kay O/40	P&B	31.40
3. M. Pontifex U/23	Warr	32.53
4. K. Steinegger	Spect	32.01
5. M. Hulse U/23	Warr	32.11
6. J. Hilton	WiganP	32.12
7. M. O'Neill	WiganP	32.39
8. C. Cant U/23	Chorl	32.51
9. A. Lloyd O/40	Horw	34.21
10. P. Muller O/50	Horw	34.48
VETERANS O/50		
1. (10) P. Muller	Horw	34.48
2. (22) D. Collins	Wigan	36.44
3. (26) R. Bowker	Sthprt	′37.03
VETERANS O/60		
1. (84) M. Crook	Horw	42.50
2. (107) H. Minorczyk	Chorl	44.33
3. (123) J. Doble	LpoolP&S	46.48
VETERANS O/70		
1. (174) A. Peers	Spect	53.44
2. (179) J. Minton	Chorl	56.12
3. (193) M. Towler	NVets	64.00
LADIES		
1. (58) R. Jefferson U/23	Warr	39.54
2. (68) J. Taylor O/50	Wigan	40.50
3. (75) I. Kneale O/40	Burnd	41.40
4. (83) J. Wilson O/40	Sthprt	42.29
5. (88) L. Whitfield	Spect	43.04
(89) K. Forster O/50	Spect	43.07
(153) J. Mitchell O/60	Skelm	50.31
(191) A. Hewitt O/60	Spect	63.34
196 finishers		

VANESSA CHAPPELL Cheshire BS/9km/401m 22.05.13

StaffsM	40.46
Macc	40.51
Unatt	41.08
ManchU	43.27
StaffsM	43.56
Altrin	44.18
StaffsM	44.52
Unatt	45.23
Stockp	45.28
Macc	45.56
Macc	49.39
Macc	52.04
	Macc Unatt ManchU StaffsM Altrin StaffsM Unatt Stockp Macc

3. (51) A. Moore	DkPk	52.15
VETERANS O/60		
1. (37) R. Taylor	Penn	50.09
2. (60) B. Blythe	Macc	53.13
3. (79) J. Norman	Altrinch	55.57
VETERANS O/70		
1. (150) B. Allsop	Buxt	68.55
2. (163) T. Faulkner	Wilms	75.05
LADIES		
1. (28) C. Rice	Gloss	48.57
2. (41) C. Aspinall	Penn	51.02
3. (69) A. Frost O/40	Macc	54.45
4. (81) B. Ganose O/40	Altrin	56.03
5. (93) J. Havenhand O/	40	Unatt
57.52		
(115) A. Jones O/50	Altrin	61.36
(120) J. Miles O/50	Macc	62.31
(162) M. Chippendale C)/60	Penn
74.25		

167 finishers

HUTTON ROOF CRAGS Cumbria BM/11.3km/397m 25.05.13

Seniors: With the first real summer day of the year, we had a fantastic turnout, 261 runners setting out in glorious sunshine. Local heroes were out in force and set a blistering pace across the limestone outcrops of Hutton Roof crag. Paul Dugdale surged into the lead as they descended Farleton Knott and offered to show Rob Jebb 'how its done!' He knew his moment of glory would only be short lived, however, and had to settle for 3rd place as they stormed back to the finish. The runners were of a high standard this year with almost 200 finishing within 30 minutes of the winning time. Rob Jebb stayed for the prize giving before cycling back to Staveley!

Rob Jebb won in 49.12, 11 seconds faster than last year's winner, followed by Mark Addison in 49:25. Paul Dugdale, also first V45, came in 3rd with 50:55. First V40 was Paul Crabtree, second Brian Taylor and third, Andy Thorpe. Fastest V50 was Chris Davis, V60 Jackie Winn and V70 Peter Hall. Helm Hill won the men's team race again: Mark Addison, Robin Stones and Craig Burrow, second was Wharefedale - confusingly consisting of two Paul Crabtrees and Paul Lambert!

The ladies' race was won by Mary Wilkinson in 54.19, over 3 minutes faster than last year's winner, Clare Pearson in second (62:06) and 3rd Lynn Clough running 62:53. The ladies' team prize was won by Wharfedale (Clare Pearson, Rachel Hill and Christine Whitaker). Ladies' V40 was Rachel Hill, while V50 and V60 were a repeat of last year: Rowena Brown and Wendy Dodds.

70 clubs were represented on the day, many with a single member, but Helm Hill, Clayton Le Moors Harriers, Wharfedale Harriers and Bowland Fell Runners all sent 15 or more runners! 99% of the cakes and 100% of the ice cream was devoured!

Juniors:

A fantastic turn out, 88 youngsters all competed brilliantly over four superb courses, coming from 22 different clubs and schools, with Ambleside AC sending 8 runners and Settle Harriers 9. First home was James Bowden in 3:55 winning the U10s (1/2 mile course), then it was fast and furious for nearly half an hour. The Hutton Roof Cup was

awarded to Hannah Will	ison for first	local junior.
Eve Simpson		
1. R. Jebb	Bing	49.12
2. M. Addison	HelmH	49.25
3. P. Dugdale O/40	Kend	50.55
4. P. Webb	Unatt	51.11
5. G. Greenhow	Amble	51.41
6. C. Miller	Hgate	52.30
7. P. Crabtree O/40	Wharf	53.33
8. B. Taylor O/40	Ellenb	54.00
9. M. Wilkinson Lady	Bing	54.19
10. A. Thorpe O/40	CaldV	54.52
VETERANS O/50		
1. (18) C. Davies	Saddle	57.40
2. (21) B. Proctor	HelmH	57.55
3. (32) S. Addison	HelmH	59.42
VETERANS O/60		
1. (29) J. Winn	Ellenb	59.29
2. (69) M. Walsh	Kend	64.37
3. (140) S. Moss	Spenb	72.30
VETERANS O/70		
1. (92) P. Hall	BarrFur	67.12
2. (210) G. Jameson	LancsM	81.58
3. (229) R. Bell	Amble	86.43
LADIES		
1. (9) M. Wilkinson	Bing	54.19
2. (47) C. Pearson	Wharf	62.06
3. (50) L. Clough O/40	Chorl	62.53
4. (59) H. Page	CaldV	63.44
5. (61) R. Hill O/40	Wharf	63.50
(81) R. Brown O/50	Bowl	65.43
(116) D. Pelly O/50	Amble	69.50
(132) W. Dodds O/60	Clay	71.18
255 finishers		

JURA Isle of Jura AL/28km/2370m 25.05.13

Everything came together on the day for this 40-30 anniversary race. The sun shone all day, with a cool S breeze, no midges, and soft to dry going. There were a record 225 starters, the finest and longest-playing piper anyone had ever heard, who piped all finishers – and every one of the special 'old-timers' on the wish-list turned out and contributed to a brilliant occasion. They included the original and resurrection race founders, the first three finishers from 1973, all previous race organisers, and guest of honour Joss Naylor. Many memories were shared.

Hector Haines, HBT, extended a family tradition, and - free from orienteering commitments - won the race on sight. His father introduced me to fell-running (1985) when they moved to Ilkley, and his mother was one of only five ladies to have sub-4-houred (1988) before

Raynet had a live display of the first five numbers, and first lady, at each checkpoint, and produced a log of all radio traffic. The leaders, Haines and Jasmin Paris, never changed, but the order of the leading group tells a story. First, from the start list and the radio log, here are some runners' numbers and their positions at each checkpoint:

160 Hector Haines

147 Andy Fallas

182 Jan Holmes

131 Joe Mercer 36 Tom Brunt

85 Neil Northrop

97 Alasdair Anthony	
CP1	160 – 147 – 182 – 131 – 36
CP2, CP3	No change
CP4	160 - 147 - 182 - 131 - 85
CP5	160 – 147 – 182 – 85 – 97
CP6 to end No change	

However, to date, Haines, Mercer and Anthony have contributed interesting accounts of how their own race panned out. Haines found the pace a bit slow on the Pips, so decided to pull away on the first steep ascent up to CP4, the first Pap, to get a gap in front of Fallas, and then concentrated on taking it easy on the descents and pushing the climbs – map in hand. Mercer had a 'race of two halves' - in a group with Holmes, Mercer and Northrop, they survived together until the Pap 2 - Pap 3 saddle, then Holmes drew ahead, and others passed, eventually pushing him back to 12th. Anthony was in a chasing group including Stewart Whitlie and Mark Harris. He got fairly close to Northrop and Holmes on the ascent of Pap 3 before the gap stretched out again. Hoping for more feedback, especially from Jasmin and Helen, who both finished under 4 hours.

Jasmin achieved personal satisfaction by beating Angela Mudge's 2012 time, and less than 15 minutes off the ladies' record. Stewart Whitlie smashed his own V50 record, and had the pleasure of talking to previous holder, Joss, about it. Roger Ashby became the first V70 to complete the race. So, two records this year. Joss intends to be the first V80.

The race was a success due to the tremendous efforts made by so many people and organisations – all of whom will eventually be thanked – phew!

Graham Arthur

Report from a competitor

Conditions on the day were as close to perfect as you could hope, and made for a great race. After negiotating the ever present man-eating bog at the start, with greater or lesser success in some parts, the dry conditions gave fast paced running over the ridge line of first 3 hills. For me, this bit was all about 'hanging on' and the race really began from the base of the climb up the first pap. Jasmin was always a couple of minutes ahead, always in sight, although I could never quite close it! It gave a good chase over the paps however, and coming off the third pap I was feeling strong. I didn't look at my watch until hitting the road at the 3 arch bridge, and got a shock to see 3:34.00. Jasmin was out of sight by this point after the last descent, but I realised a sub-4 might be possible for both of us if I got a move on! Passing the one mile mark into Craighouse, I knew I had time to do it, although I didn't dare believe it, and I still couldn't quite believe it even when I crossed the finish line, where Jasmin was waiting having finished a few minutes ahead.

A great race in a fantastic place; hill running at it's very best.

Once again, many many thanks Graham for taking on the organisation of this race - it is a unique event, and which many runners hold in a special place. It wouldn't be possible without you,

Helen Bonsor

1. H. Haines	HBT	3.18.29
2. A. Fallas	Carn	3.24.43

3. I. Holmes O/40	Bing	3.28.32
4. N. Northrop	DkPk	3.31.24
5. A. Anthony	Ochil	3.32.20
6. T. Brunt O/40	DkPk	3.34.35
7. M. Harris O/40	Fife	3.35.20
8. S. Whitlie O/50	Carn	3.36.03
9. R. Mellon O/40	Bowland	3.36.17
10. A. Smith O/50	Dees	3.45.42
VETERANS O/50		
1. (8) S. Whitlie	Carn	3.36.03
2. (10) A. Smith	Dees	3.45.42
3. (11) A. Davis	Carn	3.51.41
VETERANS O/60		
1. (60) R. Taylor	Penn	4.32.21
2. (70) J. Holt	Clay	4.37.18
3. (105) E. Paterson	Moray	4.58.14
VETERANS O/70		
1. (213) R. Ashby	Penn	6.51.30
LADIES		
1. (20) J. Paris	Carn	3.54.51
2. (22) H. Bonsor	Carn	3.59.12
3. (63) H-C. Marshall	DkPk	4.34.58
4. (99) J. Caddick O/40	DkPk	4.54.48
5. (100) K. Bryan-Jones		
O/40	DkPk	4.54.49
6. (113) M. Cameron	Amble	5.03.11
(156) J. Wilson O/50	Carn	5.32.29
217 finishers		

HELVELLYN AND THE DODDS Cumbria

AL/24km/1337m 26.05.13

The higher entry for the third running of this event no doubt resulted from the fact that, after two years of high winds and rain, we enjoyed perfect running conditions.

We were also rewarded with bravura displays, which resulted in two new course records. Carl Bell delighted locals by taking nearly ten minutes off the mens' record. After being in close contention with another local, Alan Bowness, on the ascent to Clough Head, Bell pulled away and led the field for the rest of the race.

Bowness ended the third of a trio of Vet 40s, including Bill Stewart and Dave Milliken, who ended in second, third and fourth places. No mean achievement on this demanding course.

For the ladies, Carol Morgan, in 37th place, took the record below the three hour mark. She was fresh enough after finishing to use her nursing skills to assist an injured fellow runner.

We had a number of incidents and I would like to record my thanks to everyone concerned, competitors and race helpers alike, for your assistance in ensuring that assistance and information were available at all times.

Thanks to: Everyone who ran and their supporters, Threlkeld Cricket Club, everyone who helped and Pete Bland Sports.

Allan Buckle

1. C. Bell	Kesw	2.09.07
2. B. Stewart O/40	Borr	2.22.21
3. D. Milliken O/40	Horw	2.22.42
4. A. Bowness O/40	Ellenb	2.25.55
5. T. Ellis	CaldV	2.26.07
6. J. Blackett O/40	DkPk	2.26.18
7. S. Ware	Eden	2.27.10
8. C. Edis	Kesw	2.31.55
9. C. Robinson	Amble	2.33.01
10. J. Haworth O/40	Galloway	2.36.19

VETERANS O/50		
1. (12) D. Prosser	Kesw	2.38.19
2. (18) S. Freeman	Amble	2.45.28
3. (19) S. Storey	PstoneFP	2.45.54
VETERANS O/60		
1. (55) D. Tait	DkPk	3.10.49
2. (83) P. Reed	NFR	3.29.58
3. (86) N. Hambrey	Unatt	3.29.19
LADIES		
1. (37) C. Morgan	NiddV	2.59.43
2. (49) N. Fellowes O/40	Chorley	3.07.10
3. (51) J. Mattinson	Kesw	3.07.22
4. (58) N. Walkingshaw	CFR	3.11.22
5. (60) J. Greenalgh O/40	Horw	3.12.31
(87) S. Mason O/50	CFR	3.35.57
(91) M. Bradley O/50	CFR	3.38.44
113 finishers		

SHUTLINGSLOE Cheshire AS/3km/270m 27.05.13

There were many types of runners at the 2013 Shutlingsloe fell race. At the "sharp end", course record holders Simon Bailey and Jackie Lee won the men's and ladies' races – beating Lloyd Taggart and Steph Curtis into second place – but couldn't improve on their best times. This was despite the offer of a cash prize for anyone beating the existing course records. Next year will be the tenth anniversary of Simon setting the male course record, and he's been trying to beat it ever since. The cash prize will roll over and increase each year. One year, I might actually tell someone how much it is!

There were also some great performances from the juniors. Because the race is only 3km, runners as young as 12 are permitted to enter the main fell race, and can experience all that is packed into this challenging little course. It includes a river crossing, the steep and tricky bluebell woods, and a section on the increasingly steep open fell. It is here where route choice to and from the summit can help to gain or lose vital places.

16-year-old Alistair Thornton was the first junior, in a very impressive 4th position. 12-year-old Harry Shelbourne also did remarkably well, finishing 12th overall. And with 6 juniors in the first 12 finishers, the future of local fell running seems to be in good hands

As with all fell races, our thanks go to all the marshals and local landowners. The landowner for this race and the fete, The Earl of Derby, is a regular runner in the race, and beat his time from last year despite now being a vet50. He also narrowly beat local MP, David Rutley, who was doing the race for the first time. We hope to see you all next year, when it will be the 40th anniversary of the reintroduction of this historic fell race in 1974.

Noel Curtis

1. S. Bailey	Mercia	15.23
2. L. Taggart O/40	DkPk	16.14
3. N. Curtis	Penn	17.42
4. A. Thornton Junior	MDOC	18.11
5. G. Briggs O/40	StaffsM	18.44
6. J. Roberts Junior	Unatt	18.51
7. D. Gilfillen Junior	Macc	19.17
8. R. Stevens	Amble	19.19
9. C. Jeffrey	StaffsM	19.37
10. K. Hopley Junior	MowCop	19.41



VETERANS O/40		
1. (2) L. Taggart	DkPk	16.14
2. (5) G. Briggs	StaffsM	18.44
3. (14) B. Johnson	CaldV	20.34
VETERANS O/50		
1. (25) D. Gartley	Unatt	21.48
2. (30) A. Renfree	Unatt	22.11
3. (32) J. Mooney	Macc	22.17
VETERANS O/60		
1. (47) M. Moorhouse	Mat	24.16
2. (53) D. Walker	Macc	25.10
3. (67) R. Campbell	StaffsM	27.38
LADIES		
1. (13) J. Lee	Eryri	20.29
2. (21) S. Curtis O/40	Penn	21.16
3. (37) T. Dean O/40	StaffsM	22.56
4. (59) K. Davies	Unatt	26.26
5. (60) C. Holdcroft O/40	MowCop	26.31
6. (64) L. Buck O/50	CFR	26.59
7. J. Holmes O/50	MowCop	27.34
84 finishers		

MYNYDD MYFYR TREFONEN HILL RUN Shropshire 27.05.13

1. J. Bowie	TriSmart	21.28
2. J. Brown	Buckley	22.19
3. A. Campbell	WrexTri	23.28
LADIES		
1. J. Joy	Helsby	25.41
2. L. Morley	Wrex	27.53
3. A. Tickner	OswestO	28.12
JUNIORS		
1. M. McDonald Male	Unatt	28.37
2. A. Sampson Lady	AberystUni	30.52
84 finishers		

ILKLEYTRAIL West Yorkshire CM/11km,220m 27.05.13

The 6th running of the race took place in good sunshine with a sneaky wind blowing on the moor top. A good turnout of local runners were not enough to stop Tom Adams running away to a fifth consecutive win in the race. Despite running for England in the home international two days earlier, Tom was fresh enough to finish 10 seconds outside his own race record – 39.41. Second and third place prizes were fought out by Scott Harrington and Will Kerr with Scott leading his nearest rival by 10 seconds.

Good performances in the veteran categories from Neil Armitage V40, Ian Rowbotham V45, John Sinclair V50, Steve Brown V55, Nick Pearce V60, Frank Reilly V65. Alex Sinclair was first under 23 to give the family two category wins with his dad winning the V50 prize. Men's team winners were Ilkley Harriers, four runners to count race winner Tom Adams, Alex Sinclair, Ben Shephard and Rob Cunningham.

The ladies' race was a closer affair with Louisa Pickles winning the race, pipping the 2012 winner, Lucy Thompson, into 2nd place. Ilkley's Emma Barclay was 3rd. The U23 winner was Rachel Ullah.

Veteran category wins by Sally Malir V40, Amanda Fox V45, Val Kerr V50, Debbie Bland V55, Aileen Baldwin V60, Shirley Walker V65, Hilary Wharam V70.

Ladies' team winners were home club Ilkley with 3 finishers to count Emma Barclay, Sally Malir and Beth Massey.

Thanks to all who helped marshal the race, looking forward to next year.

Lawrence Basham

I. I. Audilis	IIK	39.41
2. S. Harrington	Otley	43.48
3. W. Kerr	Salt	43.58
4. N. Armitage O/40	P&B	44.08
5. M. Guervo O/40	Kghly	44.37
6. P. Crabtree O/40	Wharf	44.41
7. D. Smithers O/40	Unatt	44.44
8. P. Kaiser	VStr	44.48
9. F. Pardini	VStr	45.05
10. S. Brown O/50	Swale	45.53
VETERANS O/50		
1. (10) S. Brown	Swale	45.53
2. (26) I. Rowbotham	HFH	49.21
3. (27) J. Sinclair	Ilk	49.23
VETERANS O/60		
1. (32) N. Pearce	Ilk	50.00
2. (52) F. Reilly	Stockp	52.33
3. (66) S. Carter	Kghly	53.35
VETERANS O/70	3 ,	
1. (237) D. Mitchell	Eccle	83.21
LADIES		
1. (30) L. Pickles O/40	Wharf	49.45
2. (37) L. Thompson	Stain	50.46
3. (39) E. Barclay O/40	Ilk	51.08
4. (45) S. Malir O/40	Ilk	51.57
5. (47) R. Pilling	P&B	52.16
(94) A. Baldwin O/60	Stain	56.34
(133) V. Kerr O/50	Ilk	60.15
(144) D. Bland O/50	Baild	61.15
(182) H. Coulsey O/60	Ilk	65.43
(243) H. Wharam O/70	Horsf	94.37
243 finishers		
JUNIORS		
Under 8		
1. J. Eaton	Unatt	1.49
2. H. Cesardesa	Skyrac	1.51
3. T. Braham-Butts	Ilk	1.54
4. L. Smith	Bing	1.55
5. G. Fryers	Kghley	1.55
6. D. Carr	Unatt	1.57
8 to 13	o.i.acc	
1. J. Lund	Kghly	8.53
2. E. Brennan	llk	9.01
3. A. Stewart	Bing	9.29
4. J. Treasure-Jones	Bing	9.39
5. M. Merrick	Bing	10.00
6. J. Carnelly	Bing	10.00
14 to 18	ыну	10.00
1. J. Hellewell	Ilk	15.48
2. R. Coones	Unatt	15.56
2. n. cooncs	Juitt	13.30

Ilk

39 41

1. T. Adams

KETTLESHULME Derbyshire BS/9.6km/336m 29.05.13

DS/ 7.0KIII/ 3.	JUIII 47.	.03.13
1. D. Kay O/40	P&B	43.01
2. S. Harding	Macc	43.42
3. C. Leigh O/40	Penn	43.52
4. G. Briggs O/40	StaffsM	45.40
5. D. Croft O/40	UNatt	47.04
6. C. Jackson	Gloss	48.01
7. A. Linskill	Totley	48.08
8. J. Phillips	Unatt	48.16
9. R. White	Bux	48.17
10. P. Burns	Stock	48.53
VETERANS O/50		
1. (21) N. Clarke	Macc	51.09
2. (22) S. Shaughnessy	Stock	51.17
3. (29) A. Moore	DkPk	54.08
VETERANS O/60		
1. (38) B. Blyth	Macc	54.30
2. (58) T. Longman	Macc	57.57





3. (80) G. Gilbert	Wilms	61.32
VETERANS O/70		
1. (115) R. Ashby	Penn	76.09
2. (120) T. Faulkner	Wilms	79.15
LADIES		
1. (57) A. Frost O/40	Macc	57.55
2. (60) J. Mellor O/40	Penn	58.21
3. (62) B. Hammond	Sale	58.40
4. (75) I. Storm	Chorl	60.55
5. (79) A. Yeadon	Penn	61.30
(95) J. Forrester O/60	Mat	64.13
(97) J. Edwards O/50	ValeR	64.28
127 finishers		

WINCLE TROUT RUN Cheshire BS8.5km/280m 01.06.13

It was a close run thing as to whether the Wincle Trout Runners would be dashing through the Dane this year. Continuous rain earlier in the week meant the river was a raging torrent just two days before the race. Contingency routes were rapidly finalised but the race wouldn't be the same without the river crossing and the runners would be disappointed too, strange beings that they are. Fortunately, the sun came out and the river level dropped so the crossing was back on. That didn't mean the rest of the course was dry though - the bog just past the Trout Farm was particularly challenging with several runners losing shoes or falling in the mud (or worse). One chap completed the-rather stony - course in bare feet (we hope he found his footwear later!) and others were spied washing themselves clean in the river at the crossing and back at Wincle Fete.

First home of the 300 plus runners was local farmer and former fell running champion, Simon Bailey, winning the race for the fourth time, just one second outside his previous record for this course (no doubt he blames the bog). In an extremely tight fight for second place, Julian Goodwin just crossed the line ahead of Stephen Walley and claimed the male Vet 40 trophy.

First lady was Kerry Marchant, smashing the previous course record by 66 seconds.

Bolton United Harriers took home the Team Trophy – the first non-local club to do so.

In the 3km junior race Keayrn Hopley was first boy and first girl was Juliet Downs, whose sister was overall junior winner last year. Alan Weeks

1. S. Bailey	Mercia	32.49
2. J. Goodwin O/40	Boalloy	35.37
3. S. Walley	Trenth	35.37
4. J. Brown O/40	Buckley	36.41
5. R. Downs O/40	Wilms	37.40
6. S. Marwood	Altrinch	37.54
7. R. Hope O/40	SMAC	38.18
8. R. Hughes O/40	Unatt	39.22
9. D. Wilson O/40	Unatt	39.46
10. D. Betteley O/40	SChesh	40.14
VETERANS O/50		
1. (23) J. Mooney	Macc	41.45
2. (25) N. Clarke	Macc	42.02
3. (35) A. Hartley	FatB	43.40
VETERANS O/60		
1. (55) M Moorhouse	Mat	45.28
2. (62) T. Longman	Macc	45.58
3. (64) P. Roberts	Buckley	46.00
LADIES		

1. (22) K. Marchant	SMAC	41.39
2. (41) S. Johnson	BoltU	44.20
3. (53) H, Evans	Macc	45.16
4. (63) C. Goring	Unatt	45.59
5. (76) J. Ridgard O/40	EChesh	47.07
(148) D. Hill O/50	Congle	52.10
304 finishers		
JUNIORS - 3km		
1. K. Hopley Boy	MowCop	13.23
2. J. Smith Boy	Staff	14.21
3. E. Meylan Boy	Bux	14.24
4. J. Downs Girl	Stock	14.26
5. G. Greensmith Boy	TythHS	15.33
6. L. Roll Girl	Unatt	15.37
(10) A. Newbould Girl	Bux	17.07
26 finishers		

WHARFEDALE OFF ROAD MARATHON North Yorkshire CL/40km/750m 01.06.13

Once again there were record entries for the Wharfedale Off Road Marathon and Half Marathon with over 400 entries for the runs and 45 in the walk.

The marathon was chosen as the trial race for the World Long Distance Mountain Running Championships in Szklarska Poreba, Poland. All eyes were on this event with the likes of pre-race favourite Huw Lobb, Ricky Lightfoot, Carl Bell and Karl Grey on the entry list for the men's race.

As the course had to replicate the World Champs, the organisers had to flag the whole course at 100 metre intervals and also ensure there were marshals at every checkpoint. Overall we were very successful with our marking although you cannot legislate for a few flags being moved and cars parking in front of markers! It must be said that on a day like this a huge thankyou must be given to the many route markers and volunteer marshals who gave of their time throughout the weekend.

Ricky Lightfoot clearly set off with the intention of making the team starting the race as if it was a 10 kilometre run and opening up a one minute lead by the first checkpoint, followed by Bell, Grey and Lobb. By the time the runners had reached Arncliffe, which is about halfway, Ricky had a two minute lead over the ever-improving Carl Bell and the consistent Karl Grey. Pre-race favourite Huw Lobb was now struggling and had been overtaken by Andrew Siggers from Kenilworth Runners.

Ricky continued to pile on the pressure on the five mile climb to Mastiles Lane and by the finish had smashed the record with the amazing time of 2.33.07, beating last year's record of 2.48 by Richard Pattinson by a massive 15 minutes. Almost 30 minutes has been taken off the record in 2 years!! Carl Bell and Karl Grey both ran exceptionally well posting very fast times with Andrew Siggers also beating the old record.

In the ladies' race Jo Buckley also smashed the old record leading from gun to tape and gaining 10th place overall in a wonderful time of 3.04.31 which was 8 minutes inside the record. Scottish runner, Shona Robertson, closely followed in 3.05.15 to hopefully claim her place on the Scotland team.

The half marathon was the sideshow this year and was won for the 3rd year running by

Quentin Lewis in 1.30.08, which was 4 minutes outside of the record he set last year. Quentin was followed home by Gareth Briggs who had travelled up from Staff Moorlands, with local runner Julian Hood having an excellent run in third place in a time of 1.33.17.

Louisa Pickles was 9th overall in a very good time of 1.42.24 but was some 4 minutes outside of last year's record.

We hope to see you all again next year and if you have still not taken part in this event add it to your diary. Stunning scenery, great facilities and a friendly welcome awaits in this 'Must do' event. Mick Hawkins

1. R. Lightfoot	2.33.07
2. C. Bell	2.37.53
3. K. Gray O/40	2.42.00
S Wilkinson O/40	3.07.45
M. Terry O/50	3.14.36
A Gauton O/50	4.03.26
LADIES	
1. J. Buckley	3.04.31
2. S. Robertson O/40	3.05.15
3. E. Alton	3.18.26
E. Collins O/50	353.45

WHARFEDALE OFF ROAD HALF MARATHON North Yorkshire BL/21km/590m 01.06.13

1. Q. Lewis	1.30.08
2. G. Briggs O/40	1.32.23
3. J. Hood	1.33.17
M. Williams O/40	1.39.54
J. Sinclair O/50	1.49.56
J. Pickup O/60	1.54.53
M. Adkins O/70	2.44.42
LADIES	
1. L. Pickles	1.42.24
	1.42.24 1.49.42
1. L. Pickles	
1. L. Pickles 2. M. Ralphson	1.49.42
1. L. Pickles 2. M. Ralphson 3. N. Sweeney	1.49.42 1.51.14
1. L. Pickles 2. M. Ralphson 3. N. Sweeney E. Taylor O/40	1.49.42 1.51.14 2.01.28

EDENFIELD Lancashire BM/10.3km/477m 02.06.13

Great weather - sunny, warm, a light breeze (by Lancashire standards) and good conditions underfoot – a complete contrast to last year's awful conditions – resulted in 9 records being broken.

A field of 104 was lead home by Joe Mercer, who returned to defend his title. He had a close battle with James Logue, with Joe winning again in 43.39 and taking 55 seconds of Brendan Taylor's record set in 2010. James was also inside the old record by 51 seconds and took 4 minutes 15 seconds off the MV40 record in the process!

In the women's race, Jayne Joy missed the record by 3 seconds and vowed to return and try again next year. The other new records were set by Alan Lundberg-Bury MV45, Liam Gough MU23, Josie Greenhalgh FV40, Fay Beasley FV50, Dennis Lucas MV70, Linda Bostock FV55 and Jean Rawlinson FV60.

Local unattached runners were well represented this year and the Tony Graham Memorial Trophy was awarded to Daniel

Woodcock who finished a creditable 61st overall. Rossendale Harriers were out in force with 21 members competing and taking both the men's and women's team prizes.

Many thanks to my team of helpers – Jeff, Dave and Manhar for flagging the course, John and Manhar as sweepers (yes, 2 laps for Manhar), Chris, Karen, Sue and Becky on entries and results, Rossendale and Pendle Mountain Rescue team who were in attendance and fortunately not used; Edenfield Cricket Club for use of their facilities and great refreshments – best priced chips or bacon butties for miles; Marshals Quarry, United Utilities and Holts Farm for land access and of course, Edenfield Residents Association who resurrected this race and provide the marshals and sponsorship of prizes. All profits from the race are ploughed back into the local community.

Long range weather forecast for 3 June 2014, warm, dry, bright and light breeze – see you all again next year Cath Hignett

Cath Hignett		
1. J. Mercer	Traff	43.39
2. J. Logue O/40	CaldV	43.43
3. J. Raho	Holc	46.40
4. G. Jackson	Ross	47.47
5. P. Kidd	SELOC	49.34
6. R. Solman	Ross	49.50
7. A.Lundberg-Bury O/4	0	Ross
50.18		
8. M. Aspinall O/50	Clay	50.32
9. M. Keys O/50	Ross	51.19
10. L. Gough U/23	Nthowram	51.44
VETERANS O/40		
1. (2) J. Logue	CaldV	43.43
2. (7) A. Lundberg-Bury	Ross	50.18
3. (13) J. Tinman	Ross	52.08
VETERANS O/50		
1. (8) M. Aspinall	Clay	50.32
2. (9) M. Keys	Ross	51.19
3. (11) K. Horrigan	Unatt	51.50
VETERANS O/60		
1. (72) T. Hulme	CheshH	64.05
2. (79) S. Fish	Clay	65.18
3. (83) G. Breeze	Wharfe	66.39
VETERANS O/70		
1. (76) D. Lucas	Roch	64.40
2. (99) J. Mitchinson	Unatt	76.36
3. (103) P. Martin	Bowl	83.30
LADIES		
1. (20) J. Joy	Helsby	53.11
2. (38) S. Yeomans	Ross	56.18
3. (48) E. Maddocks	Lons	58.09
4. (56) J. Greenalgh O/40	Horw	59.30
5. (60) F. Beasley O/50	Ross	60.37
(93) J. Rawlinson O/60	Clay	69.36
104 finishers		

ST IVE'S TRAIL RACE West Yorkshire CS/5m/500ft 04.06.13

1. I. Holmes O/40	Bing	33.44
2. C. Holmes O/40	Wharfe	34.19
3. P. Tiffany	Bing	35.40
4. R. Thackray O/40	Bing	36.57
5. M. Sennett	Wharfe	37.42
6. P. Clegg	Bing	37.45
7. I. Jones O/40	SaltStr	40.37
8. J. Buckley Lady	Bing	41.03
9. D. Stephenson O/50	Bing	42.11

10. B. Timbers	Unatt	42.14
VETERANS O/50		
1. (9) D. Stephenson	Bing	42.11
2. (22) M. Love	SaltStr	46.54
3. (24) M. Gebbett	Fellandale	47.16
VETERANS O/60		
1. (13) B. Parkinson	Bing	43.54
2. (15) H. Atkinson	Bing	44.28
3. (20) P. Ellerton	Bing	46.26
LADIES	_	
1. (8) J. Buckley	Bing	41.03
2. (12) R. Whitehead	_	
O/40	Bing	43.50
3. (14) L. Needham	Holmf	44.25
4. (17) M-C. Vivar O/40	Bing	46.16
(25) V. Kerr O/50	llk	47.29
(54) B. Robinson O/60	Skip	59.57
56 finishers	•	
JUNIORS- 3 mile		
1. M. Merrick U/14	Bing	30.59
2. J. Treasure-Jones U/14	Bing	31.37
3. R. Mantle U/14	Bing	31.44
4. M. Nicoll U/16	Bing	33.28
5. V. Merrick Girl U/14	Bing	34.08
6. O. Roper Girl U/14	Bing	34.58
7. A. Stewart U/14	Bing	36.20
8. K. Boden Girl U/16	Bing	37.30
12 finishers	3	

PADDY'S POLE Lancashire AS/6km/336m 04.06.13

The glorious weather made for perfect running condition which allowed Danny Hope to win in 28 40

First Lady was Sarah Sarginson of Bowland in 34.01. Bowland won the men's team and Clayton the ladies.

The fine weather allowed the presentation to take place outside the Sun Inn in Chipping where we enjoyed the post race hotpot and fine Robinson's real ale.

Thanks to all who ran, the landowners and Natural England for permission to run the race, Sweatshop for the prizes and vouchers and members of Preston Harriers for helping to ensure everything went smoothly. Also thanks to Steve Taylor for electronic results which are a godsend on a busy evening and Rob and Annie from the Sun Inn for their hospitality, good food and beer, greatly appreciated by all, all for £4 - a bargain! *Michael McLoughlin*

1. D. Hope	P&B	28.40
2. R. Mellon O/40	Bowl	29.15
3. M. Johnson O/50	Bowl	29.22
4. J. Green	Prest	29.37
5. M. Chippendale O/40	Bowl	30.01
6. D. Clark	Bowl	30.11
7. M. Wallis O/50	Clay	30.27
8. D. Nuttall O/50	Clay	30.53
9. D. Parkington O/40	Prest	31.02
10. C. Reade O/40	Bowl	31.23
VETERANS O/60		
1. (32) P. Booth	Clay	34.04
2. (59) D. McCallum	Clay	37.16
3. (63) B. Scholes	Wharf	38.10
VETERANS O/70		
1. (87) S. Davies	Accrin	50.25
2. (89) G. Arnold	Prest	51.51
LADIES		
1. (30) S. Sarginson O/40	Bowl	34.01

2. (37) D. Cowans O/40	Accrin	35.25
3. (50) N. Jackson	Prest	36.43
4. (55) J. Brown O/40	Clay	37.00
5. (60) E. Maddocks	Lons	37.23
(77) L. Lord O/60	Clay	41.18
(84) J. Rawlinson O/60	Clay	45.03
(88) R. Turner O/50	Bowl	50.45
90 finishers		

BOAR'S HEAD Cheshire BM/13km/403m 05.06.13

A perfect evening for fell-running following three days of unaccustomed sunshine and blue skies clearly tempted quite a few people out for a bit of exercise because 179 runners turned up for this year's race, which is about forty more than usual. They had firm ground underfoot and a pleasant breeze on the top and this must have had an effect on performance because the whole field finished within twenty-seven minutes of each other, which made life a little hectic for the finish marshals at times but meant we were all in the pub earlier and the prizegiving similarly took place in good time, giving opportunity for a good deal of socialising.

No-one was injured; no-one got lost; the frisky heifers stayed away until the unfortunate sweeper was on her way round and had a brief confrontation – and there were no midges!! All in all a very satisfactory evening.

As far as the race itself was concerned, Andrew Lamont had a very impressive debut and swept round to finish two minutes clear of Gareth Briggs (V40 winner) in second place, with Richard Houghton (another V40) only two seconds behind in third place. Now Andrew knows where he's going, he could in all probability take his most creditable time down even further if he turns up next year – but then again it might be pouring down!!

Mark Richards claimed the V50 spot in 9th place; Rob Taylor continued to defy the years and came home in 39th place for the first V60, while Peter Roberts defied the years even more to get the first V70 place in a mere 71st position, which means he had a staggering 108 people trailing in his wake.

Altogether there were four V70s competing and seven V60s, a comment not only on the age profile of the sport but also on the increased fitness of the "silver generation" - provided the bits hold together (he said bitterly, while glaring at his right knee !!)

In the ladies' race things were a bit closer at the sharp end and Caitlin Rice claimed first place with a fine run to finish 37 seconds in front of Steph Curtis, who arrived in second place and also got first LV40, with her clubmate Claire Aspinall in third place forty-two seconds behind her. The first LV50 was Angela Leonard and the LV60 spot went to Alexis Dinsmor.

The men's team prize deservedly went to Macclesfield (Andrew Lamont, Richard Houghton and Dan Croft) with the miniscule total of twelve points, while the ladies' team prize went to Pennine (Steph Curtis, Claire Aspinall and Anna Yeadon) with 221 points but as they'd left before the ladies' team prize could be calculated and awarded, the Pennine lady members still in the pub put their beer vouchers to good use.

Apart from the overwhelming preponderance of vets on the results list another sign of the times was that no-one at all wanted a results sheet posting out to them – a few years ago there would have been forty or fifty of them. Electronic communication rules OK!!

Everyone appeared to have a good time and I hope to see you again next year.

Dave Jones		
1. A. Lamont	Macc	46.45
2. G. Briggs O/40	StaffsM	48.49
3. R. Houghton O/40	Macc	48.51
4. E. Gamble O/40	Chesh	49.09
5. S. Knowles O/40	Penn	49.25
6. D. Matrin??	Stockp	49.32
7. R. Hope O/40	StaffsM	50.01
8. D. Croft O/40	Macc	50.09
9 .M. Richards O/50	GoytV	50.18
10. J. Woo	Unatt	50.49
VETERANS O/50		
1. (9) M. Richards	GoytV	50.18
2. (27) N. Clarke	Macc	55.01
3. (29) S. Shaugnessy	Stockp	55.22
VETERANS O/60		
1. (39) R. Taylor	Penn	56.25
2. (55) B. Blyth	Macc	58.33
3. (65) R. White	Gloss	59.23
	Gloss	
3. (65) R. White VETERANS O/70 1. (71) P. Roberts	Gloss Buck	59.23 60.56
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby	Gloss Buck Penn	59.23 60.56 74.56
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans	Gloss Buck	59.23 60.56
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans LADIES	Gloss Buck Penn Stockp	59.23 60.56 74.56
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans LADIES 1. (33) C. Rice	Gloss Buck Penn Stockp Gloss	59.23 60.56 74.56 81.25 55.51
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans LADIES 1. (33) C. Rice 2. (40) S. Curtis O/40	Gloss Buck Penn Stockp	59.23 60.56 74.56 81.25 55.51 56.28
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans LADIES 1. (33) C. Rice 2. (40) S. Curtis O/40 3. (47) C. Aspinall	Gloss Buck Penn Stockp Gloss Penn Penn	59.23 60.56 74.56 81.25 55.51 56.28 57.10
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans LADIES 1. (33) C. Rice 2. (40) S. Curtis O/40 3. (47) C. Aspinall 4. (76) A. Frost O/40	Gloss Buck Penn Stockp Gloss Penn Penn Macc	59.23 60.56 74.56 81.25 55.51 56.28 57.10 61.46
3. (65) R. White VETERANS O/70 1. (71) P. Roberts 2. (163) R. Ashby 2. (176) C. Bryans LADIES 1. (33) C. Rice 2. (40) S. Curtis O/40 3. (47) C. Aspinall	Gloss Buck Penn Stockp Gloss Penn Penn	59.23 60.56 74.56 81.25 55.51 56.28 57.10

CALVER PEAK Derbyshire BS/8km/275m 05.06.13

Penn

76.09

(166) A. Dinsmor O/60

179 finishers

Ideal conditions encouraged a record field of 210 runners to line up for this year's race generating a fantastic atmosphere around the Derwentwater Arms. A slight change to the traditional route onto the limestone edges above the village of Calver was necessary this year (as a result of some over enthusiastic application of tarmac to one of the tracks) and by all accounts this change was well received and added some further interest to the race. However, the new route made it necessary to re-set the course records.

Dark Peak Fell Runners claimed prizes in most categories (M, MV40, MV50, FV40, MLocal). However, some good performances from Sally Fawceltt and Pat Goodall enabled them to win the F and FV50 categories respectively. Interestingly, there were no local female runners taking part this year, although several turned up to watch and to marshall.

Once again the Derwentwater Arms in Calver provided an excellent venue for the race and supplied equally excellent hospitality to the runners and spectators after the event. Race sponsorship was from Outside (mountain shops) again this year and we are pleased to be part of the newly created "Outside Challenge"; a race series including Grindleford, Hope Wakes,

Hathersage Gala, Fit as a Butcher's Dog and the Fat Boys' Stanage Struggle.

As always many thanks go to friends and family who supported the race by organising registration, timekeeping, marshalling etc. and particular thanks to St Johns Ambulance who attend every year to patch up any cuts and bruises.

Proceeds from last year's event contributed to the purchase of the adjacent cricket pitch to ensure its continued availability to the Cricket Club, the village and the local community.

Many thanks to all runners and we look forward to seeing you next year!

Peter Grover & Matt Boye	S	
1. S. Pyke O/40	DkPk	31.04
2. K. Hodgson	Eden	31.32
3. A. Taylor	DkPk	31.38
4. D. Taylor O/40	DkPk	31.58
5. E. James	Belper	32.06
6. M. Nolan O/40	DkPk	32.56
7. C. Harrop	SheffTri	33.09
8. B. Shaw	Unatt	33.10
9. J. Hargreaves	Unatt	33.14
10. R. White	Bux	33.29
VETERANS O/50		
1. (24) S. Read	DkPk	35.25
2. (28) A. Barnett	DkPk	35.36
3. (29) D. Wilkinson	DkPk	35.37
VETERANS O/60		
1. (87) P. Gorvett	DkPk	40.33
2. (156) R. Canty	Unatt	46.26
3. (167) C. Reece	Unatt	48.00
LADIES		
1. (32) S. Fawcett	SmileyP	36.07
2. (45) P. Wilkie O/40	DkPk	37.23
3. (52) R. Chatwin O/40	Penn	38.02
4. (59) H. Tant	SYO	38.49
5. (66) C. Prosser	DkPk	39.17
(105) J. Crowson O/50	DkPk	42.19
(111) P. Goodall O/50	Totley	42.45
210 finishers		

DENIS STITT MEMORIAL RACE Derbyshire AS/6km/370m 06.06.13

Despite the perfect weather conditions, there was a disappointing field of only 36, probably due to clashes with other races in the area.

The race was won comfortably by Owen Beilby, a regular at this event. Holmfirth picked up the men's team with 3rd 4th & 5th and Glossopdale the ladies' team.

Thanks to Cartworth Moor C.C for allowing us to use their facilities and putting on a fine chilli afterwards.

arterwards.			
John Ewart			
1. O. Beilby	Wharfe	32.25	
2. C. Jackson	Gloss	34.00	
3. D. Stewart O/40	Holm	34.28	
4. D. Roberts O/40	Holmf	35.04	
5. S. Rimmer O/50	Holm	35.18	
6. J. Hewitt O/50	Gloss	35.30	
7. H. Berry Lady	Holmf	35.49	
8. C Rice Lady	Gloss	36.14	
9. K. Holmes O/50	DkPk	36.45	
10. R. Skelton O/40	Unatt	37.18	
11. C. Beadle O/40	Holmf	37.35	
12. P. Crowther	Holmf	39.11	
13. C. Eaton	Gloss	39.29	

14. D. Drake O/40 Holmf 40.02 15. J. Mellor Lady O/40 Penn 40.57 **36 finishers**

BOSLEY FETE Cheshire BS/7.5K/250m 08.06.13

The second running of the Bosley fete race, with the same course as last year. The day couldn't have been different from last year's weather, with warm, breezy and sunny conditions set to deliver a fast race. Simon Bailey, first senior finisher, wasn't due to run and with a cold day, and busy with shepherding work, it looked like a Staffordshire Moorland or Wilmslow dominated affair was on the cards. But the less than two miles distance from the farm to the start, it was perhaps too much for Simon to resist the run! Simon lowered the record a further 18 seconds to 27.51. Rob Downs was second overall and first MV40 in 30.47 and indeed the veterans had a great time of it with four MV40 runners in the top eight finishers. Gareth Briggs was third overall and second MV40. With Wilmslow and Staffordshire Moorlands sharing seven of the top eight places, it was a close run thing with Staffordshire Moorlands just pipping Wilmslow for the highest placed team.

First lady overall was Judith Jepson in 34.41 (also FV40 winner) bettering the ladies' record by a huge 2.09, and Lynne Clough again FV40, coming in at 35:22 and Diane McVey third lady at 35.31. All three were well inside the previous ladies' record

John Mooney repeated his MV50 win of last year, but with Nick Bishop, Tim Stock and Jed Turner, all within 43 second it was a nail biting MV50 race

The MV60 race was always going to be a tough competition with such a select field, Mick Moorhouse steaming in at 38.05 with Tony Hulme close second again, despite knocking 1.26 off his time last year and again missing out on one of his Running Bear prizes! Big thanks to Tony for sponsoring the race as well as running and bringing along virtually all Wilmslow club to race too.

The junior race was won in a very impressive 18.31 by Jack Farrall (Boalloy) and at 10, and only 58 seconds off the course record, is most definitely a name to keep an eye! Ben White (Mow Cop Runners) was second junior and Elayna Proudmore-Callear was third junior overall and first girl in.

Many thanks to Red Willow brewery, Macclesfield, for the beer prizes. Thanks to everyone for racing this year, Feedback very welcome.

Sam Alston		
1. S. Bailey	Mercia	27.51
2. R. Downs O/40	Wilms	30.57
3. G. Briggs O/40	StaffsM	31.08
4. J. Wood	StaffsM	32.05
5. J. Burgess	SMDC	32.23
6. A. Whittingham O/40	Wilms	32.30
7. C. Jefferey	StaffsM	32.51
8. J. Pendrill O/40	Wilms	33.02
9. T. Robson	Penn	33.19
10. R. Stevens	Amble	33.27
VETERANS O/50		
1. (23) J. Mooney	Macc	35.24





Wilms	35.50
Macc	36.00
Mat	38.05
Wilms	38.42
NDerby	39.18
DkPk	34.41
Chorley	35.22
Wilms	35.31
Wilms	38.36
StaffsM	38.57
Congle	45.19
Unatt	45.42
finishers	
	Macc Mat Wilms NDerby DkPk Chorley Wilms Wilms StaffsM Congle

TRAPRAIN LAW East Lothian CS/9.5km/220m 08.06.13

It was hot! The village park's new saplings were suffering drought conditions needing regular watering and the river was unusually low. After the arrival of the pipe band, *Faerie Queene*, vintage vehicles and fire engine, we managed to force a congested departure from the field for the record turn-out of 108 runners. Race organisation was ably supported by the Lothian and Borders police bicycle division and the Red Cross.

In very warm sunshine the race took off through the pungent aroma of burgers and paella frying drifting from the catering area. The river crossing was unusually low and slippery underfoot. Well saturated feet were usefully cooled before the sweltering climb up to the quarry. Increased soil erosion on the steep east ridge of The Law now needs three fixed rope sections for the nervous. On the summit, runners were greeted by the resident herd of 14 Exmoor Ponies who were harassing our summit marshal and had been using some of our route flags as scratching posts overnight. The sultry heat along the riverside return was formidable and led to our single casualty who succumbed to acute dehydration. He recovered well enough for an assisted walk back and we discarded an evolving plan for an evacuation by Canadian canoe standing by in the village.

The firm going gave fast times for a hot day. The results tell the story.

Many thanks to all our marshals, timekeepers, registrars etc, without whom no race can take place. Particular thanks this year to the runners who interrupted their race to help our casualty, and to the Gala Red Cross team who very ably delivered first-response treatment by the river. *Trevor Collins*

1. S. Whitlie O/50	Carn	39.52
2. C. Reid	HELP	39.56
3. G. Bucciarello	Edinb	40.07
4. A. Hart O/40	HBT	41.53
5. D. Wright	HBT	42.04
6. K. Ross	Unatt	42.25
7. W. Nicholson	HELP	42.29
8. D. Fulton	HBT	42.35
9. A. Gilmore	Carn	43.04
10. P. Buchanan O/50	Portob	43.14
VETERANS O/40		
1. (4) A. Hart	HBT	41.53
2. (14) S. Titmuss	Carn	44.35
3. (15) S. Hay	Dunbar	45.04
VETERANS O/50		
1. (1) S. Whitlie	Carn	39.52
2. (10) P. Buchanan	Portob	43.14
3. (18) I. Rowland	Dunbar	45.47
VETERANS O/60		
1. (42) S. Wallace	HELP	51.20
2. (43) B. Waterhouse	Carn	51.44
3. (53) M. Hulme	Corsto	53.04
VETERANS O/70		
1. (97) B. Gauld O/80	Carn	66.21
LADIES		
1. (19) J. Mykura	Carn	45.53
2. (27) M. McCracken	HBT	47.48
3. (30) R. Fagin	Gala	48.29
4. (37) R. Anderson O/40	Dunbar	50.03
5. (48) F. MacKinnon O/4	0	Carn
52.45		
(84) A. Hay O/50	Dunbar	59.01
107 finishers		

DUDDON Cumbria AL/29K/1830m 09.06.13

We were back to our usual good weather this year and despite a couple of competing events we had a decent turnout of 137 for the long race and 31 for the short. The arduous 18 mile long race includes the ascent of Harter Fell, Hardknott, Little Stand, Three Shires, Swirl How, Dow Crag

and Caw. It was won by Simon Booth in a time of 2.55.32 ahead of Tom Brunt and Ben Abdelnoor was third. Simon now has six wins and is now only one short of the legendary Billy Bland.

The ladies' race was won by Jasmin Paris in 20th place overall and came on the back of a win the previous Saturday at Jura. Second lady was Alayne Finlay with Jenny Caddick third.

The team prize was won by Dark Peak with Keswick collecting the ladies' team prize. In all 131 of the 137 starters completed.

The short race was won by Dan Duxberry in 1.32.33 ahead of Mike McIver and Chris Reade. In the ladies' race the three leaders reached the top of Caw almost together but Sue Ross (and only recently back from a maternity break) won the race to the finish just ahead of Julie Laverock and Lindsay Buck.

The evening concluded as usual with a music evening with a live band playing at the Newfield Inn being enjoyed by a number of the runners and supporters. I am advised that the band were top notch as usual with Voodoo Chile, and Little Wing the highlights. They got the revellers dancing and the evening was almost midge free. As usual, the race could not be run without the invaluable help and support of the army of marshals and volunteers many of whom travel great distances to help.

Thanks also to the local landowners for their support.

support.		
James Goffe		
1. S. Booth O/40	Borr	2.55.32
2. T. Brunt O/40	DkPk	256.09
3. B. Abdelnoor	Amble	2.58.23
4. R. Mellon O/40	Bowl	2.59.27
5. A. Perry	Penn	3.05.46
6. J. Blackett O/40	DkPk	3.06.20
VETERANS O/50		
1. (16) M. Johnson	Bowl	3.17.19
2. (26) M. Wallis	Clay	3.27.59
3. (30) D. Armstrong	NFR	3.34.47
VETERANS O/60		
1. (39) A. Robinson	Clay	3.39.57
2. (42) P. Booth	Clay	3.42.43
VETERANS O/70		
1. (126) B. Allsop	Bux	5.35.22
LADIES		
1. (20) J. Paris	Carn	3.25.51
2. (60) A. Finlay	Ochil	3.58.58
3. (78) J. Caddick O/40	DkPk	4.02.21
4. (84) J. Carter O/40	Kesw	4.15.36
(86) R. Browne O/50	Bowl	4.17.16
(107) L. Malarkey O/60	Kesw	4.44.55
131 finishers		
SHORT RACE		
1. D. Duxberry	Amble	1.32.33
2. M. McIver	BICombe	1.33.38
3. C. Reade O/40	Bowl	1.38.15
VETERANS O/40		
1. (1) C. Reade	Bowl	1.38.15
2. (4) S. Storey	Pstone	1.39.15
VETERANS O/50		
1. (4) S. Storey	Pstone	1.39.15
2. (6) A. Barnett	DkPk	1.43.25
VETERANS O/60		
1. (23) R. Whittaker	CFR	2.43.55
2. (27) J. Hoggett	Unatt	2.56.57
LADIES		
1. (14) S. Hodkinson	BlCombe	2.18.18
2. (15) J. Laverock O/40	Salf	2.18.40
3. (16) L. Buck O/50	CFR	2.19.28

ACCELERATE EDALE RACE Derbyshire AS/7.6km/402m 09.06.13

The sun shone for the first time in four years on the Accelerate Edale Fell Race, the 4th race in the Gritstone Series.

It was a great day with a fantastic team of marshals making the race run very smoothly.

There was a great turn out with 47 juniors showing the adults how it is done, especially with some great descending techniques. Eve Crownshaw U12 won the girls' race and so had the honour of setting the adults off.

The ladies' and men's race was wide open with Accelerate-supported athletes Stuart Bond and Helen Elmore both winning.

The country show was excellent, although no one is sure if it was the runners, but the beer tent did sell out! Well done to all the runners and big thank you to the marshals.

Debbie Smith

1. S. Bond	DkPk	33.53
2. A. Osborne	Leeds	34.09
3. J. Henegan	P&B	34.38
4. R. Little	DkPk	35.09
5. R. Findlay-Robinson	DkPk	35.44
6. C. Shelton	NDerby	36.43
VETERANS O/40		
1. (11) M. Cliffe	Eryri	37.14
2. (13) R. Patton	DkPk	37.42
VETERANS O/50		
1. (14) A. Kirk	Penn	37.46
VETERANS O/60		
1. (94) A. Perrins	Unatt	47.48
VETERANS O/70		
1. (166) B. Allsop	Bux	55.36
LADIES		
1. (46) H. Elmore O/40	DkPk	42.38
2. (49) S. Curtis O/40	Penn	43.31
3. (53) S. Fawcett	SmileyP	43.44
4. (57) H. Tant	SYO	44.05
5. (72) C. Aspinal	Penn	46.11
212 finishers		

UPTHE BEAST Flintshire AS/7.2km/458m 11.06.13

The race was a success with a record number of ninety entries, the first four runners beat their personal bests. Rob Grantham the winner beat his own course record by one minute three seconds.

Jayne Joy beat the course record by one minute fifty three seconds, her own personal time by three minute twelve seconds.

At the presentation, there was a lot of prizes some being of some use and others being rather bizarre. Everyone there seemed to enjoy the evening.

John Morris

1. R. Grantham O/40	ChestTri	34.17
2. P. Jones O/40	Mercia	34.31
3. J. Brown O/40	Buckley	35.37
4. K. Steinegger	Amble	35.43
5. M. Halsa U/23	Warring	36.01
6. D. Parker	Meirionnyd	d
6. D. Parker 36.15	Meirionnyd	d
	Meirionnyd WrexTri	d 37.03
36.15	,	

10. D. Boothby	WrexTri	38.11
VETERANS O/50		
1. (16) T. Knight	Unatt	40.40
2. (25) D. Livesey	Unatt	44.49
3. (33) N. Compton	Pensby	45.45
VETERANS O/60		
1. (26) A. French	Wrex	44.52
2. (42) J. Morris	Buckley	47.44
3. (64) R. Fisher	Pensby	51.38
VETERANS O/70		
1. (90) P. Norman	Wrex	74.10
LADIES		
1. (14) J. Joy	Helsby	40.07
2. (32) L. Morley O/40	Wrex	45.27
3. (36) S. Harley	Unatt	46.18
4. (43) P. Hurst	Unatt	47.46
5. (46) B. Tiedtke O/50	Prestat	48.09
6. (49) V. Griffiths O/40	Helsby	48.28

GOGBATCH GALLOP (JUNIORS) Shropshire AS/1.6km/100m 12.06.13

This was the annual junior race on the hills around Gogbatch (Church Stretton). It must be one of the most wonderful evenings in the Shropshire Fell Running calendar.

24 small, very enthusiastic, and absolutely delightful fell runners of the future, raced it out with either their dads, mums or trusted guardians by their side (that's assuming they could keep up!)

The race was won by 9-year old Revan Marland, done in great style. In second place came the first girl, Jasmine Maddocks, one to watch for the future, Note, in 9th place the performance of new runner, 6-year old Flower Gibb, closely following her 10-year old sister, who is and old hand. However, it was a night when taking part was far more important than winning.

The rain held off and conditions underfoot were good, particularly suiting the downhill course.

We look forward to more entrants next year; fortunately sufficient supplies of chocolate had been purchased this year as we "ran" out last year! Money is going to Birmingham Children's Hospital.

Jan & Rick Robson

HOLCOMBETWO TOWERS Lancashire AS/6.5km/400m 12.06.13

A thick mist descended just before the race started, reducing visibility on the moor to less than fifty metres. I hoped that with eighteen marshals out on the course and dozens of flags, it would be OK, but a couple of the lead runners went a bit astray near Harcles Hill. Sorry about that, but conditions were exceptionally bad for a June evening.

The other 76 runners followed the course without difficulty and local runner, John Raho, built up a commanding lead, finishing 90 seconds clear of second placed, Dave Motley.

The ladies' race was much tighter. At my checkpoint about half way round the course, Sarah Yeomans was a few places ahead of

Sarah Sarginson. At the finish, Sarah had got in front by just two seconds. Both ladies were inside the course record.

At the tail end of the race Vet 70, Dave Dickson, knows the course well and doesn't mind if we start taking in the markers while he is still running. He was expecting to come in last but he overtook the unfortunate Sally Robinson who had to stop so that a marshal could quide her safely through a herd of cows!

Thanks as always to the marshals, the start/finish team and to the staff of the Hare and Hounds.

David Archer		
1. J. Raho	HolcH	34.04
2. D. Motley	Clay	35.34
3. E. Gamble O/40	CheshH	35.50
4. B. Frechette	CaldV	36.45
5. M. Keys O/50	Ross	37.04
6. A. Preston	Ross	37.44
7. K. Horrigan O/50	Unatt	37.51
8. M. O'Connor	CaldV	38.05
9. D. Ryder	HPCycle	38.08
10. M. Bigmore O/40	Unatt	38.56
VETERANS O/60		
1. (50) N. Harris	Ross	50.66
2. (53) A. J. Warren	FRA	53.59
VETERANS O/70		
1. (65) P. Jepson	Ross	65.57
2. (77) D. Dickson	Ross	77.53
LADIES		
1. (12) S. Sarginson O/40	Bowland	39.51
2. (13) S. Yeomans	Ross	39.53
3. (35) C. Kirkham	HolcH	44.57
4. (42) H. Corbishley	Ross	46.57
5. (43) C. Kenny O/50	Tod	47.05
78 finishers		

WORMSTONES Derbyshire AS/6.4km/411m 12.06.13

AS/6.4km/41	11m 12.0	6.13
1. S. Coldrick	Penn	31.26
2. S. Harding	Macc	32.28
3. S. Knowles O/40	Penn	33.58
4. A. Kirk O/50	Penn	34.04
5. D. Ward	Penn	34.09
6. T. Budd	Gloss	35.16
7. T. Robson	Penn	35.27
8. S. Bramwell O/40	Penn	35.51
9. D. Harris O/40	Macc	36.09
10. C. Jackson	Gloss	36.17
VETERANS O/50		
1. (4) A. Kirk	Penn	34.04
2. (28) D. Hogg	Gloss	39.36
3. (30) R. Strude	Penn	39.48
4. (40) P. Stanley	PstoneF	41.25
VETERANS O/60		
1. (39) F. Fielding	Penn	41.19
2. (62) P. Calladine	Sadd	45.45
3. (72) P. Tapping	DkPk	48.55
VETERANS O/70		
1. (76) R. Ashby	Penn	51.12
LADIES		
1. (17) C. Rice	Gloss	37.17
2. (26) C. Palten O/40	DkPk	39.21
3. (27) Z. Barton	Gloss	39.32
4. (33) C. Aspinall	Penn	40.29
5. (54) M. Edgerton O/50	Penn	44.01
6. (58) A-M. Jones O/50	Altrinch	44.34
(,	Penn	52.05
78 finishers		
	1. S. Coldrick 2. S. Harding 3. S. Knowles O/40 4. A. Kirk O/50 5. D. Ward 6. T. Budd 7. T. Robson 8. S. Bramwell O/40 9. D. Harris O/40 10. C. Jackson VETERANS O/50 1. (4) A. Kirk 2. (28) D. Hogg 3. (30) R. Strude 4. (40) P. Stanley VETERANS O/60 1. (39) F. Fielding 2. (62) P. Calladine 3. (72) P. Tapping VETERANS O/70 1. (76) R. Ashby LADIES 1. (17) C. Rice 2. (26) C. Palten O/40 3. (27) Z. Barton 4. (33) C. Aspinall 5. (54) M. Edgerton O/50 6. (58) A-M. Jones O/50 (77) A. Dinsmor O/60)	2. S. Harding Macc 3. S. Knowles O/40 Penn 4. A. Kirk O/50 Penn 5. D. Ward Penn 6. T. Budd Gloss 7. T. Robson Penn 8. S. Bramwell O/40 Penn 9. D. Harris O/40 Macc 10. C. Jackson Gloss VETERANS O/50 1. (4) A. Kirk Penn 2. (28) D. Hogg Gloss 3. (30) R. Strude Penn 4. (40) P. Stanley PstoneF VETERANS O/60 1. (39) F. Fielding Penn 2. (62) P. Calladine Sadd 3. (72) P. Tapping DkPk VETERANS O/70 1. (76) R. Ashby Penn LADIES 1. (17) C. Rice Gloss 2. (26) C. Palten O/40 DkPk 3. (27) Z. Barton Gloss 4. (33) C. Aspinall Penn 5. (54) M. Edgerton O/50 Penn 6. (58) A-M. Jones O/50 Altrinch (77) A. Dinsmor O/60) Penn





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