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AUTUMN 2015

The Fellrunner

The Fellrunner is the membership magazine of The Fell Runners Association (FRA), and is published three times a year in Spring, Summer and Autumn.
FRA website: www.fellrunner.org.uk

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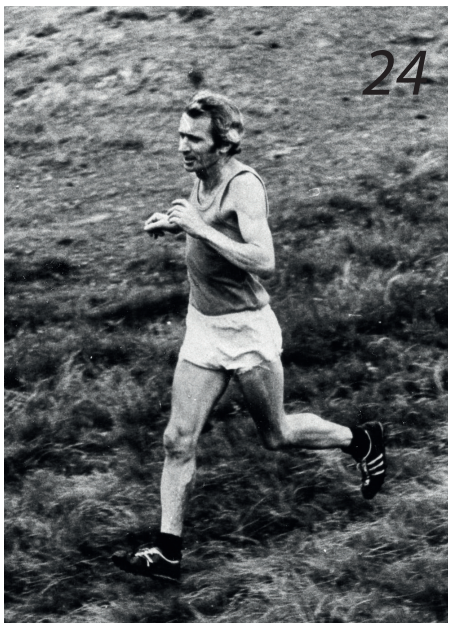

The Fellrunner

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Please email race reports and results in correct format for the Reports and Results section to: resultsfra@aol.com. See the Race Reports and Results section at the end of this Fellrunner for information on format. These reports are compiled by Dave Weatherhead and Barbara Carney: 16 Birchlands Grove, Wilsden, West Yorkshire BD15 0HD. Tel: 01535 273508.
Please send race photos direct to the Editor at editor@fellrunner.org.uk

COVER
Grisedale Pike © Rupert Bonington

ADVERTISING
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The Fellrunner is free to members of the FRA but not otherwise available. Members also receive the annual FRA Handbook including over 400 fixtures, race rules and safety requirements. Further information on membership is on the FRA website www.fellrunner.org.uk. Please email membership or subscription queries and changes of address to: debbie.thompson@sportident.co.uk

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Editor wonders what he has signed up for on the start line at Hutton Roof

FROM THE (ACTUAL) EDITOR

There has been so much to learn whilst working on this edition of The Fellrunner. The first thing that becomes clear is the quality and generosity of our contributors, photographers, sub-editors, FRA committee members, race organisers, competitors and supporters. The efforts of this long list of people are obvious, essential and greatly appreciated. The learning will continue for me, but it is necessary at this point to thank Judy, Britta, David, Barbara and Nick for the patience and the teaching.

A special thanks to Andy Watts for the guidance and for producing the summer edition of The Fellrunner, whilst also managing his other demanding roles. It is possible to see the strain on his face in the photo below as he chases Gary Forrester up Lingmell around the time of publication of the last issue.

The three month cycle and process of editing The Fellrunner can be described in the following terms. A steady, cautious start with a chance to have a good look around at what's out there and what lies ahead. Soon, the shock of a slowed pace with a rapidly increasing gradient and work rate, culminating in a tortuous drag towards a seemingly ever-distant peak. A moment to breathe and admire the view, before a fast and hopeful downhill charge towards an idealised end point, with a range of obstacles to overcome along the way and a permanent nagging sense that you might be going off track. Finally, a ragged, breathless sprint across a finishing line with loads of support. Then a pint and a bit of a rest. Does this sound at all familiar?

David G McCabe

Andy Watts chases Gary Forrester up Lingmell and contemplates the next deadline for The Fellrunner

PHOTO © STEPHEN WILSON GRAND DAY OUT PHOTOGRAPHY

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CALENDAR UPDATE

ANDY BUTLER

All 2016 races that have been registered are on the FRA website. If you haven't submitted a registration form for your race, please do so as soon as possible to get the race onto the website even though it is too late for the printed handbook.

Anyone wanting to register a new race should get in touch with me by email or by phone; contact details are on the Committee Members page of this magazine.

The FRA website, www.fellrunner.org.uk, always 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.

RACE INFORMATION
Events which have been registered with and permitted through the FRA are identified by "(FRA)" after the name of the race. Most but not all of the races in England have been permitted 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 status and details should be obtained from the organisers if required.

Please note that the updates are listed in the order the races will take place.

FRA RACES
SUN. NOV 22
ARNSIDE KNOTT (FRA). BS. 12.15 p.m. 8.85km/280m
Venue: Hollins Farm, Far Arnside, Cumbria, LA5 0SL. GR 452765. £6.20, pre-entry. Senior entries online at https://bookitzone.com/david_shinn/Ej2FFX. Junior entries on the day only. NS/PM. 16 on race day. Records: Paul Webb, 34.56, 2013; f. Annie Conway, 37.00, 2014. Juniors: Races in age groups from 6 to U16 from 11.15 a.m., £1 on day. 160 race limit is likely to be reached before race day, so please enter online to guarantee a place. No entries on day unless entries still available. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, LA6 1DE. Tel: 01524 734035. Email: david.g.shinn@gmail.com. Website: www.arnsideknott.blogspot.co.uk.

SUN. NOV 22
PEAK RAID 3 - ROUND 3 OF 4 (FRA). MM. 9.00 a.m.
Venue: Peak District, exact location tbc 1 month before event. £18.00 pre-entry, £22.00 on day. For pre-entry, see website. Teams Solos or pairs. ER/NS. Over 18. 14 if running with parent. Waterproof Harveys map and post race lunch included. 4 Hour score navigation event. Details: Alison Wainwright, Digby House, Thorpe, Ashbourne, DE6 2AW. Tel: 07760 558031. Email: info@minimountainmarathon.co.uk. Website: www.minimountainmarathon.co.uk.

SUN. NOV 29
LEE MILL RELAY (FRA). 10.00 a.m. 10km/340m
Change of date. All other details unchanged

SUN. DEC 6
ANGUS TAIT 22ND HEXHAMSHIRE HOBBLE (FRA). CM. 11.00 a.m. 16.8km/379m
Change of contact to: Brendon Jackson, 3 Shield St, Allendale, Hexham, NE47 9BP. Tel: 01434 618528. Email: allenvalleystriders@hotmail.com. **All other details unchanged**.

SUN. DEC 6
HAYFIELD SANTA DASH (FRA). BS. 11.00 a.m. 4.5km/160m
Venue: Hayfield Cricket Club, adj Royal Hotel,Market Street, Hayfield,Derbyshire SK22 2EP. GR GR 037870. £6.00, on day. Registration from 10am. Over 12. Juniors: Ages 12 and over included in main race, U12 (min age 8 on day of race) run shorter course (1.7km) to 20 Trees and back. Entry for all juniors £4. Prize for first boy and first girl in each race. Race to Shooting Cabin and back for all ages 12 and over. The event will be marshalled by Kinder Mountain Rescue team who will benefit from funds raised by the race as well as Hayfield May Queen committee. Prize for first man, first woman, first boy and first girl in senior race. Details: Alison Aldridge, 111 New Mills Rd, Birch Vale, SK22 1BX. Tel: 07947 129226. Email: alisonaldridge@btinternet.com. Website: www.t42.org.uk/hayfield.

SUN. DEC 13
PEAK RAID 3 - ROUND 4 OF 4 (FRA). MM. 9.00 a.m.
See Peak Raid 3 Round 2 of 4 above

SAT. DEC 19
REALLY WILD BOAR (FRA). AS. 1.00 p.m. 8km/427m
Venue: Street on the A683 Sedbergh/Kirkby Stephen road. GR 743015. £4.00, on day. Limited parking - park where directed please. Teams. ER/LK/NS. Over 16. Records: I. Holmes, 37.47, 2010; f. E. Clayton, 46.47, 2010. Details: Gary Devine, 45 Greentop, Pudsey, Leeds, LS28 8JB. Tel: 07828 990131. Email: devinepyrenees@gmail.com.

SUN. DEC 27
UP THE NAB (FRA). AS. 11.00 a.m. 6.4km/365m
Venue: Glossop Rugby Club, Hargate Hill Lane, Charlesworth, SK13 5HG. GR SK009933. £5.00, pre-entry or on day. Teams. LK/PM. Over 18. Details: Des Gibbons, 16 Duke St, Glossop, SK13 8JD. Tel: 07514 614804. Email: desgibbons@live.co.uk.

FROM THE CHAIR

NICK HARRIS (CHAIR)

As the FRA enters its 45th year it is a good time to ask how fell running and the FRA are doing?

Two very different indications come to mind from the events on the 18th July at Rossendale's Marl Pits.

70 + smiling juniors attended the Junior presentation and training day with parents and coaches, many in their new championship orange t shirts. The whole day was a magnificent testament to the growth of junior fell running over the past few years led by Duncan Richards as junior co-ordinator. His replacement, Owen Mills, has covered the event in more detail elsewhere in this issue. (I have to admit to being the coach doing the plyometrics and step bounding.)

Whilst the juniors were receiving their medals a select group of FRA members attended the 2015 AGM where all the business was agreed inside 20 minutes. At a time when we have a record number of races and participants was this an indication of member satisfaction as to where things are going?

Social media is another way of taking the temperature of fell running whether it is tweets; blogs; vlogs; posts and threads. Some are informative; inspiring; irreverent; funny; thought provoking and much more but are far too many for the Committee to track and respond to. If you have a policy issue you wish to raise you may want to fall back on the, slightly older, technology of an e mail to the responsible member of the Committee. (Details on the website and in each Fellrunner) If in doubt write to secretary@fellrunning.org.uk

PHOTO © WWW.WOODENTOPS.ORG.UK

SECRETARY'S CORNER

NICK HARRIS (SECRETARY)

18th July saw the 2015 AGM at Marl Pits, Rossendale, with 17 FRA members present (there were 34 proxies). The meeting opened with thanks to the retiring members of the Committee, Madeleine Watson, Graham Breeze and Duncan Richards. The business of the meeting started with the election of new members of the Committee (see the Committee page for an updated list), and also of the Auditor. The meeting moved on to approve the Executive Committee report, the Treasurers report and the previously proposed changes to the Articles.

Straight after the AGM the new Committee met and agreed to appoint a new Membership Secretary and two Co-optees, as allowed under the revised articles. It was agreed to have discussions with Len I'Anson, Borrowdale about his offer to help the Secretary and this was taken forward a few days later.

Also agreed was the Membership of the various sub-Committees with a large number of participants being members who are not also on the Executive Committee.

The FRA is fortunate in having so many members prepared to give up their time to help the sport from race organisers; marshals; taking photos and videos; those who help at the Navigation events; compile the race results; providing legal; insurance and other advice and in many other ways.

6th Sept. saw both the Guisborough championship race and also a meeting of the Executive Committee. Those of you who took part in the race will have seen that the meeting was held on the Rugby pitch in the sun. No major issues but a very positive, short meeting.

Reports were received on:

- Internationals - significant success
- Access – complex negotiations ongoing with a variety of landowners
- Stopping the issuing of membership cards – the Committee are in principle in favour of this but will take the soundings of members
- The format of the U20s championship
- Our proposals to the UKA on rule changes due to come into place during 2016
- Ongoing discussions with UKA and England Athletics on issues relating to the registration of members of fell only clubs and other members in two clubs.

The next meeting will be on 6 Dec. at 11.00 near Preston. As usual if you wish to attend please let me know.

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MEMBERSHIP STUFF

CHARMIAN HEATON (MEMBERSHIP SECRETARY)

Following my appointment as FRA Membership Secretary at the AGM I have been slightly overwhelmed by the enormous amount of work that goes on behind the scenes to help our organisation keep on the rails. I am keen to start pulling my weight and make a worthwhile contribution and I thought it would be useful to update you all with some current initiatives regarding Membership.

SiEntries

We are coming to the end of the first year where membership renewals have been administered by SiEntries and I want to thank Martin Stone, Debbie Thompson and their team for the great work they have done on our behalf.

I have received a couple of queries from members who have changed their address and they can update their details directly on SiEntries by following the EDIT MY MEMBERSHIP link on http://fellrunner.org.uk/join-the-fra.php

Can I also ask members who change their club affiliation during the year to update their membership details using the above link – which brings me on to my next point.

UKA and Eligibility to run in Championships

Membership eligibility qualifications for the English and British Championships are as follows:

- Individual runners must be registered with the appropriate home country athletics federation OR be members of the FRA.
- Team events: Runners may count in competition for their first claim fell running club only, which may be different from their first claim road, cross-country or track club if that club does not cater for fell running. To be eligible to count in British and English Championships, clubs must be affiliated to the appropriate home country athletics federation and team members must be registered with their home country athletics federation OR be members of the FRA.

Detailed rules of competition can be found in the FRA handbook and on the FRA website

Sorting out the 'First Claim' muddle

England Athletics (EA) keep records of first claim clubs for all runners who are, or ever have been, registered with them. However sometimes runners join both a fell club and a road/cross country club, and the EA information is not properly updated, which in theory could result in a challenge as to whether a runner is eligible under the criteria stated above.

Following an exercise to compare the clubs declared by runners through the SiEntries database with their recorded first claim club on the EA database we identified that there were differences in over 100 cases which could in theory prevent a runner competing for his/her chosen first claim club.

There is only a problem if someone is a member of two clubs both of which claim to cater for fell running (one example out of many is Stainland Lions, which is affiliated to EA for road, cross country and fell, and Calder Valley, which is fell only). In this case each runner must decide if they want to run in fell Championship events for Stainland or Calder.

We have agreed a one off 'tidying up exercise' with EA, which will get people listed as first claim for their preferred fell club and 'First Claim – Other' for the other club, and I have been contacting all affected runners and clubs to collect information for this exercise. From April 2016 people will have to use the EA 'change of first claim club' procedure to change their first claim club, including paying the £10 administration fee.

The Fell Runners Association

FRA Basic Navigation Courses

11-13th March 2016
Kettlewell Hostel, Wharfedale

22-25 September 2016
Elterwater Hostel, Ambleside

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

Cost: £75 for FRA members, £95 for non-members. Instruction and full board all inclusive. For further details email navigation@fellrunner.org.uk or write with SAE to: Margaret Batley: 3 Hillside Close, Addingham, West Yorkshire LS29 0TB.

NAVIGATION COURSES

MARGARET BATLEY

The FRA are kind enough to sponsor two navigation or map reading courses every year, one in March and one in September. I have been privileged to be part of a great team of men and women who give up their weekend to volunteer to share their skills and teach others how to map read.

Both courses are held at independently owned hostels, Kettlewell in the Yorkshire Dales and Elterwater in the Lake District. Both these hostels treat us like royalty and accommodate our every need with good, wholesome food and bunk bed accommodation. Saul and Floss at Kettlewell and Charlie, Nick and staff at Elterwater welcome us with a cheerful smile and a good sense of humour.

My role in these courses is the administration side, to take applications via email or post and organise the beds for thirty applicants and group them according to their map reading skill. Every year both courses run like clockwork because of the experience of the team which includes eight or more instructors. As you can appreciate, these excellent navigators and fell runners want to run all the races in the FRA calendar, so agreement on the dates each year is vital for advertising. We are always looking for experienced map readers and on every course, someone recognises that they are better at it than they thought. These folk are often willing to join our team, for which we are extremely grateful.

The commitment and co-operation of our team is rewarded amply by the wonderful thank you emails we receive after every course such as the one from **Neil Walker**, "I just wanted to say thank you once again for organising such a fantastic weekend. I thoroughly enjoyed it"

Hannah Stratton wrote, "I just wanted to email to say thank you again to yourself, June, Chris, Mark, Jonny, Lynn, the 'Kevins', Tim and anyone else who gave up their time to run the course".

Belinda Carp wrote, "I just wanted to say thank you again – to you and the whole team for a fantastic weekend. I really appreciated the instruction, organisation and support. Everyone was brilliant".

James Boardwell wrote, "I wanted to email to thank you and the guides for this weekend. The whole thing was a brilliant experience: well organised, interesting and fun".

Neil Carrick wrote, "Just a note of thanks and praise for a good navigation course this weekend. Course was enjoyable with very good instructors who instilled knowledge and experience in us all"

I hope this gives a flavour of the courses

and just how wonderful the candidates are who attend them. I haven't included their whole emails as they are so effusive and the magazine doesn't have the space, but I thought everyone should have the pleasure of reading bits of them! Their gracious thanks make this job worthwhile and a pleasure!!!

If this has inspired any would-be map readers to come along, our next course is at Kettlewell on 11/12/13th March 2016, you will be made very welcome!

COACHING

GRAEME WOODWARD (COACHING CO-ORDINATOR)

FRA assistance to the training and development of fellrunning coaching is based on our fell versions of the England Athletics 'Leadership in Running Fitness' (Fell LiRF), and 'Coaching in Running Fitness' (Fell CiRF) courses.

Due to cuts at British Athletics and switching the administration of coach education to England Athletics, there have been delays in getting on line support and licenses to some coaches who have taken courses. Please let me know if you haven't got your license or DBS yet.

England Athletics are now delivering a new free workshop on Movement Skills, which is aimed at those who have done the Leadership (LiRF) level of qualification. It concentrates on physical preparation and RJT (run – jump – throw) methods of delivering this important area without much equipment. Each course consists of three separate days about a month apart, for example the one in Leeds has a day in November, January and February. Contact me for more details.

England Athletics are also running a new 1 day technical workshop for endurance coaches in March which is aimed at those who have achieved Coach level qualifications. They have agreed that we can run a fell version. The focus will be on extending knowledge and skills beyond that covered on the Fell CiRF course. Let me know if you are interested, where you are based and what you would like to be covered. It may be that we run courses in different places and perhaps over 2 days (with an extra day looking at a condensed version of the Movement Skills mentioned above) depending on take up and interest.

The courses for 2016 are planned as follows:-

FELL LIRF & CIRF Courses 2016

FELL LIRF

1 day course. Cost: £160.

28th Feb	Mytholmroyd, West Yorkshire
23rd April	Longshaw Moors, Peak District Nr Sheffield
15th May	Kendal, Cumbria, Lake District
23rd May	Broxton Nr Chester, Cheshire
27th November	Mytholmroyd, West Yorkshire

FELL CIRF

The course runs over 4 days on 2 weekends plus an assessment day to be decided in early 2017. Cost: £260.

25/26th June	Weekend 1 Longshaw Moors, Peak District Nr Sheffield
8/9th October	Weekend 2 Mytholmroyd, West Yorkshire

There are also discussions of running further courses in N Ireland and these will be open to anybody in the North and in Eire – please contact me for details.

Application forms may be found on the FRA website under Events / Coaching : www.fellrunner.org.uk/coaching

JUNIORS

OWEN MILLS (JUNIOR CO-ORDINATOR)

Change to Qualifying Date for Junior Age Categories 2016

For 2016 there is a change in the qualifying date for the age categories for the FRA English Junior Championship races; rather than age on 1st January 2016, it will be age on 31st December 2015, i.e. the previous day.

This is to bring the FRA into line with the IAAF. The impact is small, only affecting children born on 1st January, and means that all children born in a given year will be in the same age category. So for 2016, the age categories will be as follows:

- **Under 8 (and 6 or over on day of race)** - dates of birth from 1/1/08
- **Under 10** - dates of birth between 1/1/06 and 31/12/07
- **Under 12** - dates of birth between 1/1/04 and 31/12/05
- **Under 14** - dates of birth between 1/1/02 and 31/12/03
- **Under 16** - dates of birth between 1/1/00 and 31/12/01
- **Under 18** - dates of birth between 1/1/98 and 31/12/99

Organisers of junior races that are not part of the championship are at liberty to use any suitable qualifying date for their events, as long as the runners don't exceed the maximum permitted distance for their age on race day, however it is hoped that wherever possible organisers will adopt the same date to avoid confusion.

WELSH FELL RUNNERS ASSOCIATION

CRAIG JONES (CHAIRMAN)

At the time of writing this article, the 2015 Welsh Fell Runners Association, (WFRA) Welsh Open Championships, sponsored by Inov-8, and the North Wales Series, sponsored by Cotswold Outdoor, are rapidly approaching their climax with the final race taking place in deepest, darkest Shropshire on 11 October.

The Breidden Hills race will be followed by prize giving for the Welsh Open Championships and the North and South Wales Series. Immediately following the prize-giving will be the highlight of the year for all Welsh fell runners, namely the WFRA Annual General Meeting, (AGM). The AGM is open to all paid-up members of the Association and all Members are encouraged to attend and participate. At the meeting, we strongly encourage all members to express their views on the WFRA and fell-running in general – we are an open and transparent organisation and exist solely to serve our members.

Congratulations to Hugh Aggleton (MDC) and Lauren Jeska (Eryri) worthy winners of the 2015 Open Welsh Championships sponsored by Inov-8. Also pictured is Craig Jones, WFRA Chairman who presented the awards.

In terms of updates:

WFRA SOUTH WALES SERIES 2015

This season's South Wales series was keenly contested from the opening race in March, (the Black Mountains classic Llanbedr to Blaenavon) to the last in the series in September (the remote Llyn y Fan in the Carmarthen Fans range).

MDC's finest, Harry Jones and Hugh Aggleton, were only separated by three points with M50 winner Mark Palmer of Mynydd Du only six points further back. Women's winner Helen Brown, Mynydd Du, F40, had more daylight between her and clubmate Katie Beecher who could only race three events when four can count. Eryri's Lauren Jeska, F40, took third spot.

Other age group leaders were Richie Johnson M40, Jan Richards F50, Neil Hindle M60 and Rob West M70. Alas there were no entrants for the Under 23 categories.

THE 23rd SOUTH WALES WINTER HILL SERIES 2015/16 has already started and consists of 8 races with the best 5 results to count.

1. On 13 September **LLYN Y FAN** 8.8km / 600m was run with winners Harry Jones (MDC) and Lauren Jeska (Eryri) taking an early lead in the series table. But with seven races yet to be contested it's all to play for.
   Early age group leaders are:
   Under 23 – male: Meshari Ashaheed (MDC),
   Under 23 –female: Gina Isis Schade
   Over 40 – male: Dan Hooper (Sarn Helen),
   Over 40 – female: Naomi Law (Mynydd Du)
   Over 50 – male: Mark Palmer (Mynydd Du,
   Over 50 – female: Rona Davies (Mynydd Du)
   Over 60 – male: Chris Wilcox (Clwydian),
   Over 60 – female: Maggie Oliver (Eryri)
   Over 70 – male: John Morris (Buckley)

2.	October 3	**FAN FAWR**	3.2km / 305m
3.	October 24	**SUGAR LOAF**	8km / 444m
4.	November 28	**THE BLORENGE**	4km / 427m
5.	December 19	**SKIRRID**	5.6km / 450m
6.	Early January	**TOR Y FOEL**	7.3km / 370m
7.	Later in January	**CRAIG YR ALLT**	6km / 300m approx
8.	February 20	**HATTERALL HAMMER**	6.6km / 330m

The WFRA is an independent organisation, providing support and a structure for fellrunning in Wales. The Membership fee remains at £10 per year.

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Elterwater Hostel

THE HOME OF THE FRA AUTUMN SAFETY AND NAVIGATION COURSE

The Group reassembled in the sunshine at the top of Red Bank munching on the last of their home made flapjack from the hostel 'pack –ups'. The next exercise was a quick run round the open hillside and into the dank woodland of High Close to discover the bright orange triangular markers of the orienteering course. They were cleverly secreted in the bracken and in the woodland dips. This would really test the ability to translate the detail on the map to what was in front of us. – A proper treasure hunt!

The FRA have been using the hostel in Elterwater Village for their Autumn Navigation course for many years. Nestled in the village below the challenging mountains of the Langdale Pikes, it provides the perfect base for both beginners and more experienced runners to hone their skills. The hostel has twin rooms and small dormitories to accommodate the 40 or so instructors and participants on the course. It is simple provision with bunk beds, but is comfortable and warm with fantastic showers, a great drying room and good hearty meals to fuel the action packed weekend. There are early morning runs [optional], map and compass tutorials, night navigation and a longer, challenging fell run to finish off the weekend. And some even seem to manage to fit in the odd pint or two down at the Britannia Inn!

The hostel provides a great base for groups, bookable year round but is also open to individuals from March to October. Sold by the Youth Hostel Association a couple of years ago, and now a flourishing independent hostel, it is fast becoming known to a wider audience for its warm welcome, good food and clean, comfortable accommodation at affordable prices. It is perfect for groups of friends or families for a short break, or as a base for a bit of individual training, and a place to stay before or after one of the many highly regarded Lake District fell races. A bed in the dorm at the weekend next year is £25 and a bit cheaper midweek as well as family rates being available. We have a good self-catering kitchen but when you smell the local bacon sizzling you may wish you had booked breakfast with us, just £5.95 for the full works, and you can also get a 'pack-up' lunch at £5.50 and evening meal at £10.50. The choice is yours.

I'm Charlie and I work here with Nick my manager. I've only been here 3 and a half years to Nicks 23 and a half, but I do know how lucky I am to live and work here, especially when I get to share it with great people such as those at the FRA; kind, friendly people helping others to discover this fantastic place safely and to the full. I don't think you are going to make a fell runner out of me, though my predecessor in the job Ben Abdelnoor is rather a good one. I don't think I'll be joining the pre breakfast run [someone has to sizzle the bacon and warm the croissants], but it is great to see how much enjoyment everyone gets from the weekend and you never know, you might get me out for the orienteering again. I'll know where the flags are next time to make up for my lack of running ability!

You can find out more about the hostel and make a booking at www.elterwaterhostel.co.uk

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BY **LEE PROCTER**

25 years of Helm Hill

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Helm Hill members on The Helm at 25th anniversary race

Imagine a time without emails, text messages, internet forums and Twitter? Yes, it did exist. Go back to June 1990 and, while most of the country was caught up in the hysteria of England's success at the football World Cup in Italy, a couple of landline phone calls were carving out a new fell running future in Kendal.

Driven by his desire to train juniors in the specific skills of fell running, Ken Shuttleworth spoke with Billy Procter, Steve Carr and Billy Reid about forming a club. And so it was that on a Wednesday night, Ken, Billy Procter and their three respective children met at the foot of The Helm, on the outskirts of Kendal, to run reps to its 185m summit.

A quarter of a century later, Helm Hill Runners still meet at the same place on Wednesdays in summer, although now the club boasts 270 members, 100 of them juniors. And while such numbers are impressive, perhaps even more so are the success stories, headlined by Tom Addison, who, having trained under the tutelage of the club's coaches since the age of seven, last year won the senior men's English Fell Running Championship.

"At the time Ken, Steve, Billy Reid and myself all either ran or had children running in the BOFRA (British Open Fell Runners Association) series of races," says club president and 2014 English Fell Running MV55 champion Billy Procter.

"Ken was really keen for us all to train together, focusing on the juniors and developing fell running skills that would improve our performances. Some of us were already members of athletics clubs, whose junior training was primarily tailored towards track and cross-country running. We remained with those other clubs while also doing Wednesday night sessions on The Helm.

"With its slopes varying in both gradient and underfoot terrain, The Helm is the perfect training ground as it provides so many options for uphill and downhill reps. Even now, I'm still not bored of sessions there… I just wish I had a pound for every time I've been round the trig point!

"There were five of us at that first session. The week after there was seven, including five juniors. As word of mouth spread at BOFRA races and as Ken began posting adverts on local school notice boards, that number grew quickly."

That first summer culminated in the surprise unveiling of Helm Hill Runners' first-ever singlet. Unbeknown to anyone else, Ken had secured six bright yellow running vests from Farley's (since taken over by Heinz), thanks to his working connections. Although oversized, heavy and emblazoned with only the company's name, half-a-dozen junior recipients wore them with pride at fell races. In recent years several unsuccessful attempts have been made to track down one of these iconic pieces of Helm Hill Runners' nostalgia. The vest-hunt continues.

Training sessions ceased once the clocks went back and it became too dark to run on The Helm. Five months later, and boasting a huge influx of fresh faces, Wednesday night sessions recommenced. With respected fell runner Dave Richardson now on board, the decision was made to create three training groups. Dave led the seniors, Billy Procter took the elder juniors and Ken trained the younger runners in a group that later became known as Ken's Kestrels.

Although still very much still in its infancy, Helm Hill Runners was thriving and the Wednesday night numbers continued to grow. However, as the 1991 summer season drew to a close, the flourishing club faced another winter shutdown. Step forward Billy Reid, who negotiated a free-of-charge affiliation with Kendal Lads' Club, allowing Helm Hill Runners to use the Lads' Club's Beezon Road facilities on Wednesday nights.

"It quickly became our winter home," says Billy Procter.

"By that stage we had about 50 runners training across the three groups. We would all warm up together in the

sports hall before putting on mandatory luminous vests – this was of course before modern day head torches – and hitting the roads. Whether it was reps on 'The Beast' (a gruelling one-mile ascent of The Greyhound), a lampposts speed session on the cycle track or a round-town fartlek, training remained tailored towards improving runners' performances in fell races.

"At the end of each session the three groups would meet back at the Lads' Club, where Carol Shuttleworth would open up the 'Helm Hill Tuck Shop' and battle would commence for the best of the penny sweets. While the juniors played football in the sports hall, the seniors would sit in the other room, drinking tea, discussing upcoming races and deciding on the future of the club. It was often 9-10pm before we left the Lads' Club.

"Back then we never had membership fees, nor did we ask runners to pay a small weekly fee for training, so the takings from the tuck shop created, in essence, our first money pot."

With demand for a more official Helm Hill Runners' club vest growing, Ken managed to secure a box full of orange singlets. He then got to work on designing the club's first-ever logo, which included the triangular peak and ladder that remain on the current emblem. The peak represents the summit of The Helm, while the ladder symbolizes the fence that runs along its ridge. The vests were a big success and the profile of the club rocketed.

Five years after formation the decision was made to try for affiliation to the Amateur Athletics Association. If successful, runners would be able to represent Helm Hill Runners in FRA races, and wear the club vest at cross-country, road and track races.

Billy Procter says: "It was the landmark moment in the club's history. We wanted an official identity that was recognized across all forms of running, so led by Dave Richardson and Alan Westworth we worked on an application. At the time we were effectively a training group rather than an official club. When competing outside of BOFRA races our runners – around 140 of them at the time – ran for Kendal AC or as unattached.

"It all came to a head at a meeting at the Salutation Hotel in Ambleside. We had to prepare a case, stating what we could offer that other clubs locally did not. With junior fell running at the top of our agenda, Sue Richardson represented us. I still remember Sue walking back into the hotel bar where the rest of us had congregated with a huge smile on her face.

"The only concession was that we had to lose the orange vests as they were deemed too similar to those worn by Border Harriers' athletes. Ken yet again sourced new vests. This time he went for a jade / green colour, which we've been in ever since."

Now officially affiliated, the club drew up a constitution and elected a committee. A nominal membership fee was also agreed. Soon after, and while summer training sessions remained on The Helm, a move in winter venue saw the club's members meeting at an old people's day centre in Kendal.

The next big landmark came when Ken, on behalf of Helm Hill Runners, took over the running of the Kendal Winter League series, previously organized by Jonny Morgan. Aware of its huge potential, Ken revamped the series of races. At home in his garage, he made hundreds of race flags out of bamboo sticks and coloured plastic bags. He also got to work on advertising the series. His reward was a sharp increase in the number of runners attending KWL races. With the help of fellow Helm Hill members, Ken and Carol began producing official results, printing and handing them out at the next race.

"The Kendal Winter League series we all enjoy so much every winter is possible because of all the hard work Ken put into it for many years" says Billy Procter.

"Hundreds of runners from clubs across the north of England started flocking to the races following Ken's revamp and at the same time it was putting money into the Helm Hill coffers. When Ken handed over the KWL reigns to Alastair Dunn, the

Helm Hill juniors who represented England this year, with coach and founder member Billy Procter

PHOTO © WWW.TIMMURRAYPHOTOGRAPHY.CO.UK

PHOTO © PHOTO: DUNCAN RICHARDS

Sharon Taylor (2015 FRA British & English bronze medallist) & Hannah Russell (2015 BOFRA Senior & U23 Womens champion) setting the fastest Leg 1 time at 2015 Hodgson Brothers Mountain Relay

series grew in popularity once again. Now organized by Helm Hill, the series continues to be the fell running highlight of the winter with hundreds racing every week across all age groups."

A qualified and highly-respected coach, Dave Richardson introduced Monday night sessions into the Helm Hill structure to give members the opportunity to train twice a week with the club. Focusing on speed work in a bid to improve performances in shorter fell races, Dave led sessions on flat, grassy fields in Kendal and the tartan track at Lancaster. At the same time, Helm Hill was gaining recognition far outside its county borders, as Juniors won international fell running vests and seniors were triumphing in BOFRA and FRA races.

Having outgrown another winter training venue, Helm Hill Runners moved sessions to the Castle Street Centre, then QKS School. Nowadays the club meets at Kirkbie Kendal, while summer sessions remain, of course, on The Helm.

Five years ago, Helm Hill had one or two qualified coaches. Now it has 16, all of whom continue to broaden their skills by attending expert sessions on everything from nutrition to injury prevention and sports psychology. And behind the scenes, of course, is a dedicated committee which, quite literally, keeps the club running.

Helm Hill Runners' chairman Tim Murray says: "The club is continually looking for ways to develop. This year we launched online membership and are currently in the final stages of introducing a mentoring scheme for our talented juniors. We also have a growing number of cyclists in the club who wear our new Helm Hill cycling jerseys with pride when hitting the big passes in the Lake District and further afield.

"On the fells themselves, we have witnessed outstanding successes. We regularly use up the full allocation of places in the Ian Hodgson Mountain Relay and Relay Championships and would happily fill more places if we could get them! In terms of hard numbers, we had a record 83 Helm Hill Runners compete in the opening Kendal Winter League race of 2015 and then saw 52 members turnout on a Wednesday night for the Loughrigg Fell Race in Ambleside. Stacks of team prizes at races up and down the country have followed, though perhaps our best came in February this year when 28 members made the trip in two minibuses to the Carnethy Five Hills Race in Scotland. Having made repeated attempts over many years to win the team prize at Carnethy, finally this time we were able to bring the coveted claymore south of the border. Since then it has been proudly displayed in various homes around Kendal!

"Our juniors have won the FRA Uphill Championship four times, while many have also gained individual FRA titles and also international vests. Another milestone was reached at Duddon in May when Sharon Taylor became the first Helm Hill woman to win an English FRA Championship race.

"The Kendal Winter League series, meanwhile, continues to go from strength to strength and now attracts over 700 runners each year. It takes a massive team effort to stage the series, but it's worth all the hard work as it provides so many beginners of all ages with their first taste of fell running.

"With the continued dedication of members, coaches, parents, supporters and the committee, Helm Hill Runners is looking forward to an exciting future and hopefully another success-packed 25 years."

PHOTO © ANDY HOLDEN

Billy Procter at Coniston in 2014

PHOTO © ANDY HOLDEN

Tom Addison at Pendle in 2014, rising through the Helm Hill ranks from Junior to 2014 FRA English Senior Men's Champion

BY NEIL SHUTTLEWORTH

Obituary: Dave Ellison

Founder of Keswick Amateur Athletic Club

Dave Ellison, the man who founded Keswick Amateur Athletic Club in 1972, died on 4th August. Today most Keswickians will not know who or what he did; he was the vision behind the club's formation.

Dave managed Timpson's Shoe Shop in Keswick, and it was there he founded a club, established training, racing and much more. He had a running back-ground from Manchester and also worked for some time with Ron Hill Sports. When I moved to the area and joined the club in 1974, he was the club's Secretary who produced *Pacemaker*, the club's newsletter, and channelled an endless bundle of energy and enthusiasm into this new baby, the club which held its meetings at the Dog and Gun.

Dave and his wife Sylvia had two sons, Scott and Guy.

Due to work commitments he rarely raced on a Saturday, but one such race was the AAA Marathon in 1976 in Rotherham: 121st in 2:46:17. He was a pacer on the first and last leg of Joss Naylor's epic 72-peak 24 hour run in 1975. Skiddaw was one of his favourites where he was a very respectable 22nd, (75:29) in 1975 and a year later 26th, (78:15) in very competitive races won by Jeff Norman and Harry Walker. Appropriately Dave's ashes have been scattered on Latrigg.

Peter Trainor was a very early member who was promptly signed up by Dave when he was running through Fitz Park en route to Skiddaw. He informed me recently that Dave was in a care-home. Now his demise leaves me with the memory of his dark curly hair, a maroon suit on his wiry frame, his salesmanship, a liking for an occasional cigarette, and above all his vision for a running club in the town. Ian Kellie, another very early member who was County Champion and, in fact, a first-rate runner, said, "He was certainly a character – I often wondered how good he could be if he quit the fags!"

Ross Brewster, Dave Ellison, and Joss Naylor pass through Windermere while running from Barrow in Furness to Keswick

Selling was his trade and to Ross Brewster, the club's first Chairman, he sold the idea that Ross was going to run up and down Skiddaw in the fell race. Brewster, the Keswick-born journalist, had never set foot on Latrigg, never mind its big brother. Ross was effusive in a tribute in *The Keswick Reminder* (28th August 2015) where he listed the legacy that Dave left, then closed by looking up to Skiddaw and saying "thanks Dave."

I too thank Dave for his energy, keenness and vision some 43 summers ago.

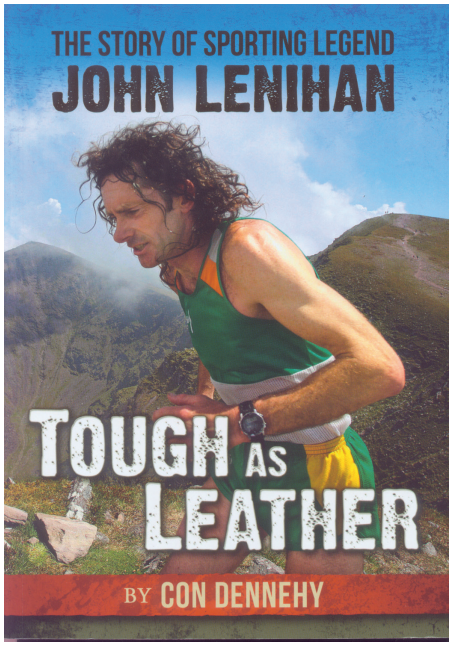
(l-r) Ron Hill, Mike Freary, an unknown in the blue vest, then Dave Ellison on the right in an early Keswick AAC strip. Ron and Mike were Bolton United Harriers members and came up occasionally to help get Keswick AAC started

REVIEWED BY **NEIL SHUTTLEWORTH**

Tough as Leather

The Story of Sporting legend John Lenihan

BY CON DENNEHY



What a brilliant story that Con tells of Lenihan's sporting life. It is a beautifully told and well presented story of the Riocht AC man who – aficionados will know – is the only Irishman to win the World Mountain Running Trophy in 1991 at Zermatt.

That the book's Foreword is by John Tracey, one of Ireland's former athletic champions - second in the 1984 Olympic Marathon in Los Angeles and now Chief Executive of the Irish Sports Council - is a measure of Lenihan's sporting deeds.

Born in 1960 on the Ireland's west coast at Toureen, Ballymacelligott near Tralee in County Kerry, the farmer's son was told at the school's athletic trials that he was *too slow to catch a cold* so he had to hold the finishing tape. Little did he know then that he would go on to run for Ireland, become the 1991 World Mountain Running Champion, and win 19 Carrantouhill Mountain races in his native Kerry.

The opening Chapter "I Am Going to Die" describes an incident soon after he had returned from the 1999 WMRT in Mount Kinabalu. Happily he lived to tell the tale.

Lenihan began his athletics in 1976 at the local sports in a cycle race and spent a decade making progress winning the first ever National Half Marathon championship in Dublin 1986 in a fast 63:15. He knew he had arrived when two TV channels focussed on him as a farmer and runner.

Another close shave is in Chapter 12 - "Police Chase Lenihan in England" - when he leapt over the barriers of a level crossing as did 30 others in a 10 mile road race in York. Charged with trespass on the railway, happily he got an absolute discharge.

On the international front he did not finish the WMRT at Telfes in 1990. That apart it is a fantastic record that perhaps only Scotland's Colin Donnelly can better.

In "Roll of Honour Record with Ireland" they list 32 occasions that he ran for Ireland. These, I suggest with respect, are a mixture of *representative* vests and full international vests. Using the Athletics Ireland site that lists all the Irish Athletics caps, I count 20 *full* internationals for him. They comprise the 1990 World Cross-country at Aix-les-Bains; the 1996 European Mountain Running Trophy at Llanberis; 4 vests in the Snowdon Race 1986-1995; and 14 vests in the WMRT 1986-2005. That minor criticism does not detract from the well-told story of a farmer's son who reached the top and has to be an inspiration to all who read his story.

Just in case his athletic record fades from the memory a plaque has been installed at the local track and a special hill created. Even now 24 years on Lenihan is still the only Irishman to have won the WMRT, quite an accolade for a country-loving boy who was told he was *too slow to catch a cold!*

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224 pages, includes 54 pages with many photographs, soft covers. €14.99

BY **ROBERT WHITE AND TOM MILLS**

Stud Marks on the Summits – a second pressing

There are easier books to procure than the late Bill Smith's Stud Marks on the Summits. For one it sold out in 1986 and if you want a copy in 2015, you should be prepared to scour the internet daily and throw well over £100 at whoever is selling it, whenever it surfaces.

It remains in high demand because it is the enduring classic of fell running literature. If you've read any piece of history on our sport and its people since, it probably traces back in some way to Stud Marks. The runners profiled remain among Britain's athletic greats, with the races still run; even many of the records still stand. Bill's writing evokes his love of our hills and reflects the reader's with a greater intensity. A reissue has been mooted plenty of times, but it appears this time we may be in luck.

One throwaway comment on a FRA Facebook group thread has turned into a concentrated effort to bring Bill Smith's definitive history of fell running back into print. In the past, the stumbling block for a Stud Marks reprint has been permission: there have been conflicting reports on whether Bill would have wanted a new print run. Luckily, Tom is a fellow Merseysider and was able to meet Bill's sisters who gave him their blessing.

The book will remain Bill Smith's, a story that starts in 1861 and ends in 1983. As enthusiasts, we could only ever add a few fawning words anyway rather than bring a 581-page book up-to-date. (If you think you've got a Stud Marks 1983–2015 in you somewhere, stand up!) We will also endeavour to keep sales within the fell running crowd, rather than unnecessarily publicising the sport, so this book remains "our" treat. Furthermore, we will donate remaining profits to Mountain Rescue, a charity close to Bill and the sport itself.

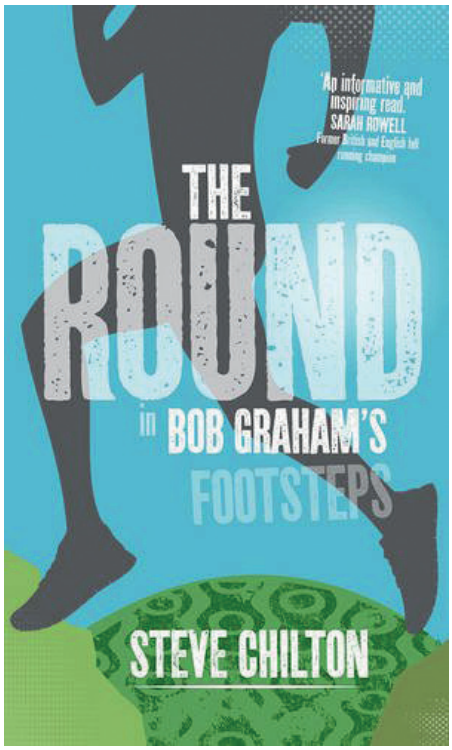
With licensing and formatting out of the way, it is proposed that the second edition of Stud Marks on the Summits will be crowd funded. This way, we will be able to glean just how many of us would like to own a printed version of this seminal tome. So, instead of hunting out an original, keep an eye out for our Kickstarter page and spend the rest of your money on a posh cagoule.

Thanks,
Robert White

REVIEWED BY **JONATHAN BALE**

The Round

BY STEVE CHILTON



Steve Chilton's "The Round - in Bob Graham's Footsteps" is a historic compendium of long distance running in the Lakeland fells charting early escapades to the present day with the Bob Graham round as the nucleus of the book.

The author has earnestly researched the topic from an array of valuable sources, some readily accessible, some esoteric, resulting in a book that combines his narrative interspersed with existing reports and enlightening interviews with noteworthy participants in the sport.

The opening chapters set the scene and chart the backdrop for those not already acquainted with long distance running in the Lake District, dwelling on the prior history of the now benchmark Bob Graham round of 1932. The book offers some interesting insights of the early pioneers seeking long distance arduous challenges; such as the time honoured tradition of Victorian mountain exploration where the need for food sustenance may have had a greater influence over the direction of travel, than the efficiency of route choice. Indeed the debate over food consumption becomes one of the common recurring themes throughout the book with no resolute outcome as to what is the right approach to fuel the system. Maybe the author could have been a little more evocative with the romantic image of exploration and challenge of the era rather than seeking to glamorise achievements.

These early pioneers did however create the notion of a challenge to climb as many peaks as possible and with the rise in popularity of hill walking and fell running this led to the now eponymous round by Bob Graham. The resulting attempts by many to equal that round culminated with Alan Heaton's success, despite one of his pacers adding to his difficulties by stepping on his spectacles on the first leg. Thereafter the enthusiasm to succeed was fanned by the late Fred Rogerson whose quote in later years: "Bob Graham has now got the recognition he should have got many, many years ago. What he did in 1932 was an epic of this century, and I am delighted that so many people have followed in his footsteps" -neatly encapsulates both the tremendous achievement by Bob Graham in establishing the accepted "round" and its endearing legacy.

The book categorically does not pretend to be a BGR guide and should not be treated as such. When describing the optimal departure time from the Moot Hall on a clockwise round the author infers that the Helvellyn section at night is "relatively easy navigation" and should be considered accordingly. No doubt this notion will be considered somewhat incredulous, by those of us who have spent many minutes wandering lost in the rain, mist and dark attempting to locate the elusive Stybarrow Dodd.

There are plenty of amusing incidents and anecdotes which typify the attitude and spirit of hill running as well as information regarding schedule timings of various celebrated rounds. You can marvel at the speed of the likes of Borrowdale's Blands, Joss Naylor, the Marks from Macclesfield but also less well known athletes such as Eric Beard who rightly receives deserved recognition of his extension of the 24 hour round in 1963. What did give rise to a moment of quiet personal contemplation are the time splits for Bob Graham's round in 1932. Words have eloquently described that round and its impact but the scale of his achievement and fortitude to succeed is evident in his final leg time from Honister to Keswick which is a very respectable time even by today's standards.

The time and effort taken to interview many notable fell runners provide another insight into both the mental and physical effort, and increasingly the logistical complexity, to extend rounds or improve on existing times. Although not published chronologically the interviews do portray a real sense of the change in attitude by the running community in adopting to these herculean achievements. Those early rounds certainly appear to have been undertaken with a more casual attitude typifying that fell running was more about racing in that period and 24 hour rounds where thereby a natural extension . How many would consider challenging Billy Bland's record time built on a Wasdale road crossing diet of a "bottle of Mackeson and a butty" or coping with fatigue, simply remedied by a Mars bar? The time before spreadsheets, specific diets and endless recces certainly produced a period of more evocative rounds and Billy's quote of "Just set out for a day on the fells and do what works for you. If it comes out alright, it comes out alright. Don't get hyped up about hitting times" is a salutary lesson for many. Finally the admission by Billy Bland that the 24 hour was sacred to Joss Naylor showed that records were not the prerequisite some consider today.

Indeed one facet that does crop up rather too often during the interviews is the constant reference to the need to break the existing records. We admire and marvel that certain individuals have achieved such heroic feats or times and will continue to strive to beat these benchmarks. However the notion of the BG Round is that it should remain a challenge which is beguiling in its simplicity yet sufficiently taxing so that those who do start, and finish within 24 hours, no matter what the time taken, can rightly be justly proud of their achievement. This thought is neatly summed up by another quote from Fred Rogerson: "Memorable days with companions worthy of the occasion. The reward – a handshake and possibly a celebratory drink" but please not directly outside the Moot Hall.

Sure the notion of another book with a focus on the BGR for some will be treated with malevolence; however the author has completed a very worthy edition to add to the published fell running category in your library. As with most books the style of narrative may not appeal to everyone but the collection of historic and amusing reports, colourful interviews and observations, provides a valuable source of fell running literature that may otherwise have become lost in the mists of time. I enjoyed the book as a historical reference, a source of wry amusement, a reminder of yesteryear whilst encapsulating the spirit of long distance fell running challenges in the Lake District. I am sure many will do likewise.

BY **PHIL HODGSON**

21 Ben Nevis Races

The first Woman to receive the Connochie Plaque

"Here she comes!"
That was the excited shout of the group of Todmorden Harriers gathered on the finish field of the 2015 Ben Nevis Race. Some of us had run and finished the race. Others were there to support us, and, in particular, to witness the milestone achievement about to come to fruition. A carnival atmosphere spread through the event centre, Claggan Park, on the outskirts of Fort William with the Lochaber Pipe Band providing a rousing accompaniment to the finish-line festivities. The tannoy proclaimed the arrival of runner 543, Mandy Goth. To great cheers around the field it announced that she was about to become the first woman to complete 21 Ben Nevis races for which, in recognition, she would receive the coveted Connochie Plaque.

Mandy and Kathleen

The 'Ben', seen by many as the most prestigious race in the British fell and hill racing calendar, was first organised in 1895. The 2015 race was the 118th staging of the event. Sixty years ago, on this same weekend in 1955, Mrs Kathleen MacPherson, running then as 16 year-old Kathleen Connochie, became the first female to run the race. Not the official race (she was precluded from this as race officialdom deemed it to be too strenuous for a female!) but an unofficial timed run setting off two minutes behind the all male field. This was one of the key moments in the emancipation of women's long distance running. However, it wasn't until 1977 that women's hill racing was officially sanctioned. The Connochie Plaque, for the completion of 21 races was instigated by Kathleen's father in 1972. Up until 2014 only 87 runners had received the plaque…all of them men.

Mandy could not be seen as an obvious contender for achieving such an accolade. She's not particularly quick and her running career has been hit by some major health crises; breast cancer and a faulty heart being the most recent…thankfully both now cured. Despite the setbacks she's continued over the years to win the occasional vet category prize, numerous mountain marathon prizes and complete both a Bob Graham and a Jos Naylor Challenge. What she lacks in speed she makes up for with her abundance of perseverance and stamina…she just keeps going. When she found out some years ago that she was leading the 'race' to be the first woman to complete 21 Bens neither cancer nor heart condition stopped her from making the annual pilgrimage to the highest mountain in Britain every September and racing up and down it.

A month in the Picos and Pyrenees in July with an average of a 1000m per day climbing, either on foot or bike, had proved to be good training for the 1344m climb up the Ben and, having done lots of shorter races in the run up to the main event, Mandy was well prepared. This year's Ben race took place on Saturday 5th September. The Ben always feels like a grand occasion and this year was no exception. The 486 runners assembled on the sunny start field paraded behind the pipe band before lining up on the start. Mandy knows many of the runners and was bombarded with good luck wishes. The race starter was none other than 76 year-old Kathleen MacPherson standing out from the hordes of vests in her jumper and kilt. She bid us all a good race and fired the starting pistol. One more to go…

Mandy's recollections of the race include: cooking a curry for 21 (spooky!) fellow Toddies on the campsite on race morning; posing at the start for a photograph with Kathleen; climbing well and passing lots of runners she'd normally be behind; fellow Toddie runner Mick Howard raising cheers on the summit with his shouts of "This is the first lady to run 21 Bens you know"; the same thing happening on the way down as she hit the path after the steep grassy bank with Todmorden Harriers Chairman Simon Anderton orchestrating the cheers; being passed as usual by many runners on the long run down and receiving lots of encouragement from Lochaber women; feeling strong on the last mile of road and being met and cheered on by friends; the roar of the crowd and fellow Toddies as she reached the finish field; Kathleen presenting her with the Plaque and a personal memento at the evening presentation ceremony; and leaning on the bar of the Grog and Gruel drinking whisky with race winner Finlay Wild in the wee hours. She'll always remember the amazing support, encouragement and congratulations she received from many, many people…and the relief as she crossed the line… for the 21st consecutive time. The first woman to complete 21 Ben Nevis Races. Awesome!

BY **PAUL DENNISON** *RACE DIRECTOR*

The Three Peaks Race

Why and how we apply cut-off times

The reason for cut-off times at Ribblehead and Hill Inn checkpoints are two-fold.

1) To safeguard competitors and marshals.
The marshals are as important as competitors when I am making decisions about the race. As Race Director I am responsible for every person's wellbeing on the day. That includes competitors and marshals.

Nobody is immune to exposure, especially marshals on the summits. By the time the last competitor has gone over the summit of Whernside and Ingleborough, the marshals have been out six to seven hours in all kinds of weather.

They have a tent to provide some shelter, but once runners start to reach the checkpoint the marshals are all outside doing their job in helping to keep you safe.

As you know, the weather can change very quickly from calm and sunny to horizontal rain, sleet and snow with high winds, so we have to be ready for all conditions.

As a competitor you have to carry waterproof and windproof clothing and equipment for your own safety in case you become injured or start getting cold and wet.

Marshals and radio operators have not

only carried their personal equipment to the summits, they have also carried tents, laptops, SportIdent timing equipment, radios, aerials and spare batteries. In bad weather I have a responsibility to get them clear of the summits as soon as all runners are accounted for and it is safe to leave.

2) To make this a race.
This is a competitive race with entrants required to reach cut-off points before a certain time.

These times are not difficult to achieve if you have done the correct training. The Three Peaks is not a race that you can just turn up and run.

If you want an easier race there are plenty of challenge events around the Three Peaks.

How do I make the decision to call the cut-off time at Ribblehead and Hill Inn checkpoints?
Several things are taken into account when making these decisions.

The weather both on the summits and at the checkpoints. Race Control is in radio contact with all checkpoints and other locations throughout the event, so we know the latest weather conditions around the course.

How many runners are outstanding at the checkpoint in the few minutes leading up to the cut-off times.

The location of mini-buses, which have to be in place and ready to bring runners back to Horton.

When all these things are taken into account a decision is made.

Some years you may get a little leeway when I apply the cut-offs. In other years you do not. This is to give tail-end runners a chance if the weather is kind or the race marshals, particularly those on the summits, a chance if conditions are poor.

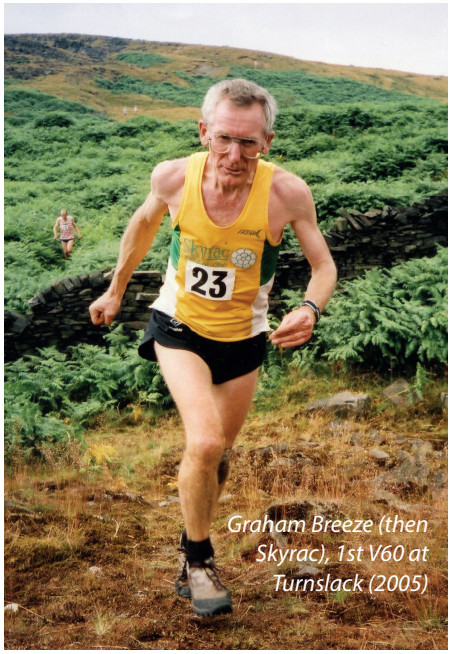
On average we only get between five and 15 runners timed out at Ribblehead and 10 to 20 at Hill Inn. In 2015 the weather was too bad to let runners continue if they had not met the cut-off times. That is why cut-off times were implemented exactly as published in advance.

BY GRAHAM BREEZE

A Sense of Perspective 45 Years of the FRA

In homage to Bill Smith (1936-2011). (All photographs are from his collection) Graham's history of the FRA is being serialised over 4 issues. In this the second issue he describes the turbulent 1980's.

PHOTO © BILL SMITH



Graham Breeze (then Skyrac), 1st V60 at Turnslack (2005)

1980s: CONSOLIDATION AND TRAGEDY.

After ten years it might be assumed that the second decade of the FRA would display stability and growth and largely it did. Membership rose steadily from around 1,000 in 1980 to 2,800 by 1990, the *Calendar* developed from stapled loose sheets of around 100 races to a bound A5 booklet and *The Fellrunner* appeared regularly twice a year, even supplemented for a time by *FRA News* (see later). But there was then another tragedy.

1981: BOB ENGLISH

The 1981 Ennerdale Horseshoe, a race that dated from 1968 but which since 1970 had been organised by the experienced CFRA (Cumberland Fell Runners Association), was run in bad weather. Of the 253 pre-entries, 150 started and only 89 finished.

An overdue Bob English (Keswick AC) was found by rescue teams after 11pm above Anglers Crag having strayed off-course between Iron Crag and the final checkpoint of Crag Fell. He was found alive but, having fallen at least twice, with very severe leg and head injuries. He died before he reached hospital.

On its own initiative and by November 1981 CFRA had produced a report: *Safety of Fell Races* (edited by Peter O'Neill) which has formed the start point for all subsequent FRA safety requirements. Thirty years on it remains an impressive piece of work. The report was endorsed by the FRA Committee, was issued as advice to all FRA race organisers and was made available to anyone who requested a copy. It was also summarised by Jon Broxap (then as now one of the most admired, experienced and respected figures in fell running) from a runner's point of view for *The Fellrunner*.

Bob English was appropriately equipped, CFRA was a responsible race organisation, and the Ennerdale race route was well established: but, in bad and misty weather, Bob English went off-course and died. After this second death, following that of Ted Pepper in 1978, attitudes to safety in fell running changed fundamentally and forever.

1982: SAFETY & NAVIGATION

In September 1982 the FRA mounted the first Safety & Navigation Course at Elterwater. This was organised by Peter Knott and Jon Broxap under the technical directorship of Ken Ledward (of Ken Ledward Equipment Testing Services, better known as KLETS). A brilliant, important FRA initiative that has lasted for over 30 years and since 1989, with only a few exceptions, has been held twice a year with every course now fully booked.

1980s & 90s: THREE ISSUES

Affiliation

Viewed from the perspective of thirty-five years, the period of the early 1980s was the most intense for power struggles involving the AAA and the fell running community. (On this subject Steve Chilton's book, *It's A Hill, Get Over It,* includes a useful summary of the FRA-AAA negotiations in the chapter *Administering The Sport*).

The FRA had been formed in 1970 but it was only in November 1982 that the AAA, following an AGM card vote (216 for, 86 against), finally agreed that the FRA could affiliate (despite AAA misgivings about the FRA being a democratic association of individuals and not of clubs) and become the governing body for fell running.

In March 1983 the AAA accepted the revised FRA Constitution, which was then adopted at an FRA EGM in June 1983. Then in 1984 the AAA approved the FRA Rules for Competition (currently designated Fell and Hill Running Rules 400-412 in *UKA Rules for Competition*) for eventual inclusion in the annual Fixtures Calendar. So finally from 1985 fell race organisers and competitors generally only needed to comply with FRA rather than AAA rules which had long been "more honor'd in the breach than the observance".

Open Fell Running

If one issue had been resolved the stupid and hypocritical "open fell running", amateur-professional divide remained. One

Jon Broxap descending Ben Nevis 1981

PHOTO © CHARLIE SYMONDS

PHOTO © BILL SMITH

Peter Knott (Blackpool and Fylde), 4th V60 in the Belmont Winter Hill race, 2002.

of Bill Smith's most powerful pieces for *The Fellrunner* was "The Case For Jeff Connor" (Summer 1985) which highlighted that winning £1 for 6th place in a "professional" race would lead to Connor being banned automatically from FRA/AAA (amateur) races, even though ex-professional runners, who had applied for re-instatement as amateurs, could freely compete.

And nor was this issue restricted to the arcane pages of *The Fellrunner*. In *The Observer* (23rd February 1986) Chris Brasher used his *Athletics* column to highlight the similar case of the banning of Guy Russell and admitted that he, Chris Brasher, had committed a similar offence. He challenged the AAA to disallow him from organising the London Marathon, which included the AAA marathon championships. Readers may recall that this did not happen.

FRA - BOFRA to integrate?

Also at this time much FRA Committee effort was spent in exploring the possibility of the FRA integrating with BOFRA (British Open Fell Running Association) to help to resolve the "open fell running" issue after the 1985 FRA AGM had passed a motion which recognised "in principle there is no difference between amateur and professional in our sport". The Committee was requested to seek an end to the distinction by involving both the AAA and BOFRA in discussions.

In practise the real difference between FRA and BOFRA races was nothing to do with prizes, cash or otherwise, but that FRA races had, and had to have, an AAA permit and BOFRA races did not, and could not have, an AAA permit.

A sub-committee led by Selwyn Wright was established to investigate ways and means by which amateurs and professionals could compete side by side to avoid the nonsense reported in *FRA News* No 4 (May 1986) where Guy Russell (Ambleside AC), as mentioned above, had been banned from all AAA races for competing in a "professional" Lakeland Show race in December 1985 and for which there were actually no prizes.

This is the same Selwyn who wrote a famous "Open Letter to Fell Runners" *to Athletics Weekly* which included: "For me, fellrunning is in grave danger of becoming far too serious a business. To run up a fell is the simplest thing, let's not make it too complicated".

In October 1986 Selwyn reported (in *FRA News* No 5) that following discussions with the AAA he was "hopeful that open fell running will arrive within the next season". But it did not even arrive in that decade and when it did, it was not an agreement with the AAA but with its successor, the British Athletics Federation (BAF).

But No Integration

But there was never to be any formal integration with BOFRA. Discussions were held involving the AAA, the FRA and BOFRA which received considerable publicity in the athletics world with the publication of letters between Norman Berry (FRA Chairman) and Trevor Batchelor (BOFRA Hon. Sec.) in journals such as *Compass Sport*, *Running Review* and *Athletics Weekly*. However in February 1987 BOFRA wrote, amicably, to the FRA that "In order to preserve Open Traditional Fell Racing and Rural Sports the proposals made by the FRA would not be significantly advantageous to this end, and in some cases such proposals may have detrimental consequences".

For what it is worth, I suggest that BOFRA made the right decision although not everyone then on the FRA Committee was quite so sanguine. And several decades on and given that many BOFRA races, still with their distinctive character, are now included in the FRA Calendar I believe fell runners have benefited from the best of outcomes, for a sport that is, as Selwyn wrote, the simplest thing.

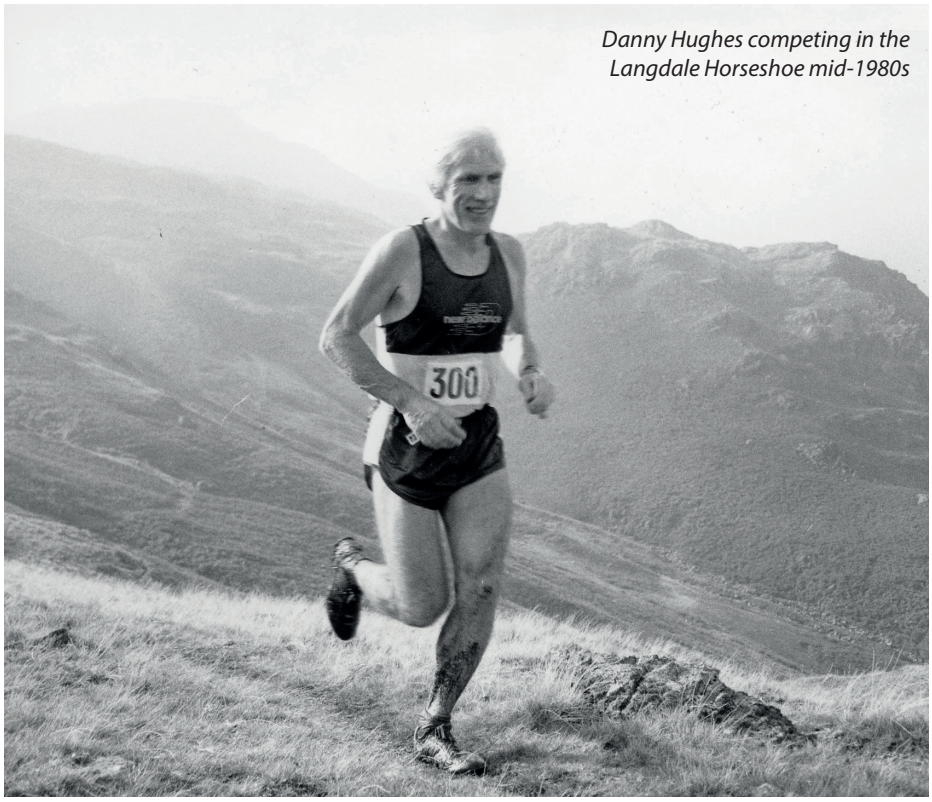
These issues will not be expanded here to even greater length but instead I recommend Richard Askwith's *What Price*

PHOTO © PAUL LIVESEY

PHOTO © GIL HORSLEY

Bill Smith approaching Newlands Hause on his 63 peaks run in 1976

PHOTO © BILL SMITH



Danny Hughes competing in the Langdale Horseshoe mid-1980s

Tradition? on the shameful attitudes that prevailed in some parts of athletics at that time as the finest chapter in his brilliant *Feet in the Clouds*. After reading it one can only be grateful that our little part of the world of athletics eventually came to its senses.

1984/86: FRA NEWS

During the 1980s *The Fellrunner* was produced only twice a year and in A5 format it was becoming ever fatter with each issue. The Committee was also meeting more frequently and so as "an experiment in communication" in September 1984 the first *FRA News*, complete with newly created FRA logo, appeared. This was limited to 4 sides of A4 and focused on editorial material rather than, for example, race results. *FRA News* was not posted directly to members, distribution and readership would therefore always be erratic and the newsletter could never be a complete success. However five issues appeared up to October 1986 prior to *The Fellrunner,* from spring 1987, moving to the current arrangement of three issues a year in the current A4 format.

1986: FRA - DEMOCRATIC BODY OR POWER CRAZED AUTOCRATS?

This was the title of a letter published in *The Fellrunner* of January 1986 when, clearly, members were no less vociferous and critical than they are now - via the FRA Forum - of Committee activities, which were then very far from dull.

The FRA Chairman for 1982-85 was Danny Hughes who had succeeded Peter Knott. Danny was a triple Gold Medal Championship winner, co-author of the aforementioned CFRA report *Safety of Fell Races*, Secretary of Cumberland Fell Runners (CFR) and an enthusiast of international mountain running. He was still President of the World Mountain Running Association at the time of his early death in 2009.

Danny got things done and, perhaps like all FRA Chairs, he occasionally trod on toes whilst so doing. Such that in March 1985 the Committee passed a motion of no confidence in his Chairmanship because it felt he was a little too "independent", and followed this with a second motion suggesting that he resign. But Danny did not resign because he argued that he had been democratically appointed by an AGM and not by the Committee, which was true. However, every FRA Committee Member knows that they are only ever appointed by an AGM for one year and at the following AGM those attending voted Danny off the Committee when he stood as Editor of *The Fellrunner* against John Reade.

However, Danny came back, served on the FRA Committee dutifully for several more years, served as Chairman of the Fell & Hill Running Commission of the BAF and became the most important figure in the world of international mountain running. A full and well-deserved obituary appeared in the summer 2009 *The Fellrunner.*

The 1985 AGM was reported to be, after some low turnouts in previous years, the best ever attended with "standing room only"; but then without a "live" issue AGMs are dull affairs unless there is a real issue when members will come. As we saw in, say 2005, when a motion that the FRA should dissociate from UKA and form an independent organisation tripled the normal AGM attendance. So democracy was then, and is still, alive and well in the FRA.

But returning to Danny: he got things done, as we shall see.

1988: WORLD MOUNTAIN RUNNING TROPHY - IN ENGLAND

After the politics of the fell running governing body had gone away for a while, the focus for the FRA Committee from 1986 was on mounting the 4th World Mountain Running Trophy in October 1988, in Keswick and with Danny Hughes as the Event Director. The major sponsors included Reebok and the Sports Council with some support from British Nuclear Fuels (BNFL) – prompting some criticism from runners in *The Fellrunner* and a robust defence of BNFL from Danny (a BNFL employee) in the formal results.

A significant victory for the English organisers was that an "up and down" route, rather than a more common European "mountain top" finish was accepted for Keswick in 1988 and in 1993 it was finally and formally agreed by the ICMR (International Committee For Mountain Running) and IAAF that "up and down" finishes would be mounted in alternate years.

Like many fell runners, I was there in Keswick and it was a grand day out with good memories for everyone involved; and the event even made a profit for FRA coffers.

BUT NO GOOD DEED GOES UNPUNISHED?

A decade later in 1999 England presented a proposal to mount the 2001 World Trophy in Sedbergh but lost the ballot by 11 votes to 10 to Italy; and with a sense of grievance because of sharp practice by the Italians. A formal protest was made. The written response from the President of the WMRA did not dismiss the complaints as unfounded, which would have been difficult, and stated that the English bid was the best they had ever received from any country, but reported that the WMRA Committee preferred Italy to Yorkshire. Astonishing.

The February 2000 *Fellrunner* includes a droll and full account of just what went on.

England was only prepared to bid for "up and down", and not "mountain top", finishes and so prepared to bid again for 2003. However, the lack of funds from Sport England meant that the bid was withdrawn. The October 2001 *Fellrunner* includes an angry account of the "slap in the face for a 'low priority' fell running".

Tenacious England tried again for 2005 and proposed a return to Keswick as the event base because of the unavailability of the facilities at Sedbergh School. This time England lost the ballot to Wellington, New Zealand. The New Zealand bid was in breach of the WMRA bidding requirements but neither such technical matters nor the "endeavour to ensure that any unfairness in bid procedures is avoided", as expressed by the WMRA President in writing to the FRA in 2001, seemed to divert the WMRA Committee from the prospect of a trip to New Zealand, despite a city centre, park-

based course.

At the time the FRA wrote to the Chief Executive of UKA complaining of "unfair and prejudicial" treatment and documented where the New Zealand bid and the WMRA themselves were in breach of the WMRA rules. The FRA has never sought to host another World Trophy/ World Championships although it did host the Masters in Keswick in 2005.

1985: STUD MARKS ON THE SUMMITS

But to conclude the 1980s on Mount Olympus. One of the most important events was the publication of Bill Smith's masterpiece in 1985. This was, is and will always be the most important book ever to be published on fell running. However, after working on it for 7 years Bill was unable to convince anyone to publish this definitive work. So to ensure that the culmination of his infinite knowledge and patience could reach its audience the FRA, via Peter Knott, underwrote its private publication by SKG Publications (none other than Bill Smith, Peter Knott and Peter Gildersleve) with an interest free loan.

Of course, all 1800 copies sold rapidly, the loan was repaid and in 1987 Bill donated all the profits to various organisations. The recipients were the Three Peaks Race Association, Lake District Mountain Trial Association, CFRA, Bob Graham 24 Hour Club and, staying true to his roots and requesting that it not be used to fund "International or World Cup" activities, Bill's largest donation of £1000 was made to the FRA.

Bill kindly autographed my copy of his masterpiece and he remains the most modest, generous and inspirational man I have met in over thirty years of fell running.

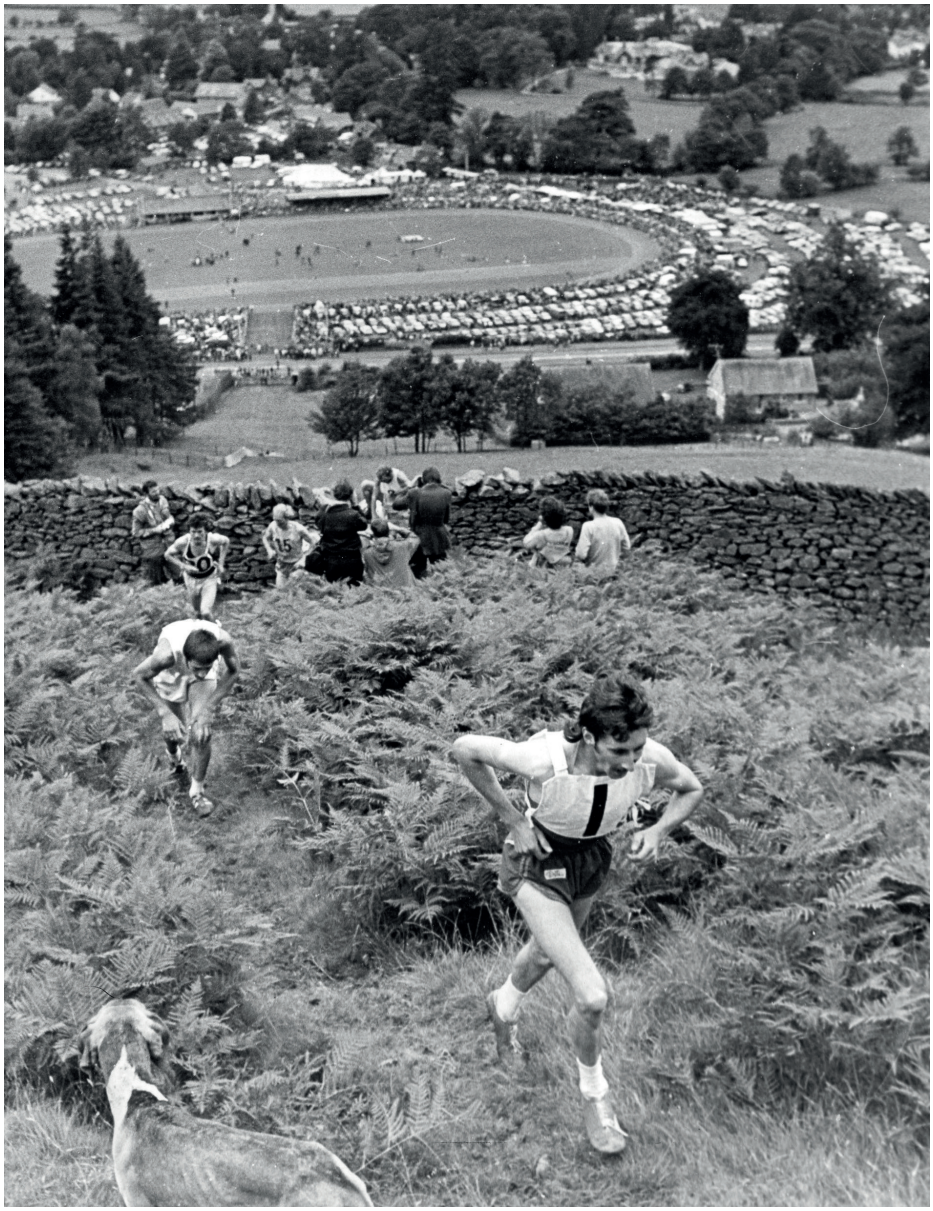


PHOTO © WESTMORLAND GAZETTE

Kenny Stuart on his way to victory in the 1981 Grasmere Guides Race

PHOTO © PHOTOGRAPHER UNKNOWN BUT WITH THANKS TO IAN ROBERTS

Bill Smith on Nicky Nook, in the Bowland Fells, in Spring 2000 shortly before he competed in the second Nicky Nook Challenge (BM) on 1st July. Bill was 72nd out of 104 runners and 4th V60. The 8 mile/1200 ft Challenge was organised twice by Phil Griffiths from Garstang and took runners along the Grizedale escarpment to Nicky Nook.

BY **OWEN MILLS**

Calling Junior English Championship Race Organisers – especially new ones!

In June 2014, Duncan Richards approached a number of Keighley & Craven AC junior coaches and helpers to ask if we'd like to host a new English Championship race for the 2015 calendar. Amidst a general agreement that this would be a very exciting new thing for our club, and a passion to really get KCAC junior fell running stars into the thick of the national fell racing scene on their home turf, there was naturally a little apprehension and many questions. As a club, we did not already have an 'off-the-shelf' race that we could use, so we started from scratch. Although we were keen for this race to be "how we wanted it", there was a huge amount of support and advice available to us – from the FRA junior committee, the International Selection team (this race was also chosen as the trial race to select the England team for WMRA's International Youth Cup), other junior English Championship and BOFRA race organisers, and the most enthusiastic junior fell racing couple ever – our friends Dave and Eileen Woodhead BEM.

I've written this article to help potential new junior championship race organisers to join in; the more volunteers and variety of races we have, the more appealing and challenging it becomes for the juniors competing. Here's an outline of the things to consider if you want to stage an event.

Race Organiser – nominate someone who will obtain a permit from FRA, and co-ordinate the team hosting the race. This person will have overall responsibility for the safety and smooth running of the event, and will need a team of willing helpers to accomplish this.

Venue (& Routes) – obviously somewhere with some hills! Some clubs already host FRA junior races, so there may be little adaptation required for junior championships. The 6 races used for English Championships provide a mix of different terrain – mud, rocks, grass, water, marsh, paths, and include 1 uphill-only race where possible. If you don't have a pre-existing race – ask around in your club and community to see if anyone knows a landowner who'd be willing to allow the race to take place on their land. Guidance is available in the FRA handbook (or email me!) about distances and climb for each age category.

Information - most clubs have a website and/or social media sites. These are ideal ways to publicise information. The FRA Juniors group https://www.facebook.com/groups/532076446956547/ on Facebook is also available to use as a forum for info and questions, and I intend to use it to create events for each race in 2016 to help publicise them.

PHOTO © LINDA GRUNDY

Cooling down post-race after Turner Uphill

Parking – some races are lucky enough to find a flattish field near the race start, but it's OK to expect participants to walk a small distance from a safe parking venue to the race start. Ask people to car share to reduce environmental and congestion impacts.

Registration – there needs to be a team of people dedicated to registration – one (or more) per age category. Consider the timing of registration so it's open early enough and that you have obvious queuing areas. Have a separate area for blank forms (we could have done this better in our race, but tried to reduce queues by handing out registration forms in the queue).

Results – have a dedicated results team; three people on the finish line to record the number and time for each runner. If you want to produce results quickly, have a runner to take the results to someone hidden from the hustle and bustle. This person can be typing runner's names into a spreadsheet as soon as the registration for that race closes. There are more sophisticated results methods (e.g. timing chips as used on the English Schools race) but these are more expensive so ensure your budget will cover them, and consider whether they are suitable for the terrain.

Prizes – FRA will assist with provision of prizes for races, and in recent years, Pete Bland Sports has kindly also sponsored prizes. We also approached local companies, who kindly funded some gifts for all the children who ran.

Welfare – FRA will assist with funding for provision of portable toilets. Some races use village halls as an event centre. We chose a remote venue, so we used tents for shelters. If you cannot provide shelter, simply forewarn participants to come prepared for any weather.

Refreshments – a team of local volunteers set up a min-marquee to sell cakes, and hot / cold drinks. Not compulsory, but enables fund raising as well as much needed refreshment for all involved!

Funding – race entry fees will cover much of what needs to be paid for, and in our case much of the money taken was donated to the local rescue organisation – Cave Rescue Organisation of Clapham – which kindly provided very professional standby cover in case of accident or ill-health on the fells.

So the big question came soon after the race – "would we do it again"? Absolutely – it was hard work but one of the most rewarding things I have ever done. I cannot recommend it enough. Luckily, the team of merry helpers for Malham agreed, so it's in the championships for 2016.

Here are the other races:

16 April	Todd Crag (Ambleside)
07 May	Hawkswick (Wharfedale)
04 June	Malham (KCAC)
11 June	Turner (Broughton)
18 June	Clougha Pike (Bowland)
02 July	Stretton (Mercia)

Info updates via Facebook Page & Group and on fell junior website www.felljunior.org.uk/

If there are any potential new race organisers out there who'd like to discuss hosting a new junior championship race, please get in touch with me on www.facebook.com/owen.mills.56 or owenmills@yahoo.com.

I also have every intention of returning to some of the old favourite races in future years – let me know which you like and why!

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BY **CALDER HIGH SCHOOL**

Queen Elizabeth Grammar School: 2015 Schools' Champions

Calder High School played hosts to the 8th Annual English Schools' Fell Running Championships on September 27th. This was the second time Calder High had hosted the event and the only comprehensive school to have done so.

Initially the idea was to continue the 'buzz' that was created throughout Yorkshire by the Tour de France and last year's Tour of Yorkshire that passed through Mytholmroyd, Hebden Bridge, where the school is set. The school also wanted to celebrate the excellent links with the Calder Valley Fell Runners, who helped to organise this event.

The day was an immense success with around 400 runners competing across the different age categories. Calder High were proud to have a number of excellent results in the Year 7 category, as well as Tom Nelson from Year 11 finishing in 2nd place and the team achieving 3rd in the boys category.

The day was made a success by the fantastic atmosphere around the school and fells. This was created by the wonderful staff and student volunteers on the day who all deserve great credit as well as the wonderful runners! For further information: http://esfrc.org/ and detailed results in race results section.

Queen Elizabeth Grammar School in Penrith (QEGS) were confirmed as overall winners shortly after the event, with Sedbergh School second and Ermysteds Grammar School third. Counters for QEGS top score were Elliot Matier (Y12/13B, 1st), Esme Davies (Y10/11G, 3rd), Sam Almond (Y8/9B, 3rd) and Noah Hurton (Y12/13B, 6th). Eighty different schools took part in the competition this year, which was a spectacular display of passion for running!

Further notes from Owen Mills, FRA Junior Co-ordinator:

The hard work of Calder High School and generosity of all its helpers and sponsors in delivering a second consecutive and very successful English Schools Fell Running Championships is very gratefully acknowledged! Many people remarked on the day how much they had enjoyed the event, runners and supporters alike – well done! Many thanks also to those who have offered suggestions for how to improve the event in the future. These are being collated by the Junior Sub Committee and we will work with Sedbergh School, which has kindly agreed to host the event on 26th September 2016, to consider introducing some changes if they would make the event better for competitors and/or organisers. In 2017, and beyond, it would be great to see some new schools take on the event. One or two suggestions have come forward already – I'd be delighted to hear from any others, either on email: owenmills@yahoo.com, direct message on Facebook: www.facebook.com/owen.mills.56 or via the new FRA Junior Facebook Group www.facebook.com/groups/532076446956547/

GB Mountain Running great Tom Adams inspired many juniors as he handed out the prizes (massive congratulations to all the winners!) and was happily signing race numbers and t-shirts which I am sure will become treasured mementos. Thanks also to Dave and Eileen Woodhead for some wonderful photos – really captured the buzz and high flying emotions.

Junior Do – rats & rabbits!

The Junior Do

BY **OWEN MILLS**

So which way is north?

PHOTOS © KATHERINE MILLS

The Junior Do returned to the fabulous and refurbished Marl Pitts sports centre in Rossendale this summer, generously provided by Rossendale Harriers and their crew who made everyone feel very welcome. There was much excitement and anticipation as juniors and their families gathered for refreshments, were welcomed by Duncan Richards and collected their hard-earned t-shirts and hoodies to commemorate the race series.

Then it was straight into age groups for some fun coaching sessions led by FRA Coaches Jon & Niki Rylance, Ian Cooke, Tony Hesketh, Anna Stevens, Graham Wright, Nick Harris (and lots of helpful parents, as well as Chris Richards and Chris Law taking the older juniors. The coaching sessions enabled athletes who had been competing together all year to work together as a group and hopefully have some fun while at it, taking part in a variety of sessions including strength work, speed and plyiometrics (including an interesting stair-descending technique!). Some crazy games were played too.

Then the juniors took a quick drink and quickly settled down to listen to Emma Clayton – World Mountain Running Silver medallist – who gave a lively and inspiring presentation about how she started out as a junior fell runner and what great time she has had racing in her Bingley Harriers vest. She explained how she has never lost her love of fell running, and how it helped to get her in to the international mountain running scene where she competes at the very highest level, racing in an England vest in some spectacular locations. Some of the juniors clearly were eager to follow in Emma's footsteps!

Next activity before lunch was on orienteering. Jackie Newton, Performance Manager for British Orienteering took over proceedings and quickly had the juniors interpreting topography and chasing after controls. There was much discussion about how easy or difficult some of the controls were, and Jackie was particularly keen to recruit some fast runners for her orienteering team, pointing out the mutual benefits of orienteering and fell running, particularly as juniors progress into more remote race locations.

A superb buffet lunch was then laid on, and the juniors were all reminded to keep their raffle tickets handy, as the winning ticket numbers for 12 lucky juniors to receive a voucher for a pair of Walsh fell running shoes was drawn by Emma Clayton. A short video was then played to remind the juniors of the fun they had had over the race series this year, followed by the collection of feedback which has proven to be very useful and will be fed directly back into next year's races as they take shape.

A huge amount of effort and generosity goes into making the Junior Championships a success. Duncan Richards has done a tremendous job of developing this great concept, and he has been closely supported by a number of people – Jim Godwin whose speedy and accurate statistics have kept the felljunior website rapidly up to date and who has helped enormously with trophies and prizes, the race organisers and their army of helpers for hosting some excellent races, Colin Driver for his tremendous support for the championships, Graham Wright for refreshments and use of the club house at Marl Pitts, all the coaches, parents and helpers at the Junior Do and the FRA committee for investment of time, effort and money into the development of the junior section. The greatest thanks of all have to go to the juniors, without whose dedication to the pure joy of competing on the fells, none of this would be possible.

2016 Junior Championships

So before you all put your Fellrunner magazine down and head out there for some fresh air, take a look at the list of races for 2016 in the list below, but also do please check the Fell Junior website for further details and potential changes (http://www.felljunior.org.uk/). In order to qualify for the much sought after hoody (for completing 6 races) or t-shirt (for completing 4 races) juniors must become members of the FRA either individually or as part of family membership.

Don't hang up your fell shoes…..

I often hear people refer to the "fell running season" meaning the summer. Traditionally, fell racing may have its roots as a summer sport, linked to guide racing and summer fetes, but there is an ever increasing calendar of year-round races and the seasonal variety just makes the sport even more exciting. It is great to see that so many race organisers host junior races, even in some of the harshest weather available. I heard rumours that a new set of junior races may be held around Flower Scar race in March, so keep an eye on the fellrunner races website for details! If you do race, train, or just enjoy a scamper out on the fells/mountains in colder weather, keep warm and safe, and most of all, enjoy.

Keighley & Craven AC – FRA English Team Champions 2015

PHOTOS BY DAVID WOODHEAD

The 2015 Junior Champions

Fraser Sproul, BU12 Champion, at Malham

Josh Dickinson (BU14 Champion), at Pendle

Lilli Carr GU12 Champion, at Malham

Briony Holt, Gu14 Champion, at West Nab

Scarlett Dale, GU16 Champion, at Errwood Hall

The 2016 Junior Championship races:

16 April	Todd Crag (Ambleside)
07 May	Hawkswick (Wharfedale)
04 June	Malham (KCAC)
11 June	Turner (Broughton)
18 June	Clougha Pike (Bowland)
02 July	Stretton (Mercia)

Joshua Boyle (BU16 Champion) at Coiners

Liz Greenwood, GU18 Champion, at West Nab

Oscar Meanwell, BU18 champion, at Pendle

BY **IAN HARTMAN** *FRA STATISTICIAN*

2015 British & English Championship Full-Time Report

2015 ENGLISH CHAMPIONSHIP

Bradda Niarbyl

11th July 2015

Distance: 25km / 15.5m

Climb: 1,789m / 5,869ft

Manx Fell Runners hosted round four of the English Fell Running Championship, the first race counter for the championship to be held on the Isle of Man. The race, part of the Port Erin Beach festival which included beach games, an open water swim and a cycle sportive on the Sunday, attracted more than 200 competitors, mostly from off-island, The gruelling course, devised by Lloyd Taggart and Tom Cringle, started with a scramble up a grass bank in Port Erin watched by spectators from the promenade; from there it was over to Milners Tower and north along the west coast to a loop around Niarbyl Bay and back, taking in some stunning scenery along the coastal path.

Simon Bailey (Mercia) and Morgan Donnelly (Borrowdale) made light of the tough course and hot conditions finishing just 31 seconds apart; Simon, looking for his seventh English title took the victory in 2:09:54 and with it the leadership of the championship, whilst Morgan was leading v40 and was reported to have joined the beach mascots obstacle race in a large bumble bee costume later in the day. Matthew Roberts (Calder Valley) took 3rd place in 2:13:23 by only 13 seconds from his club mate, Karl Gray who in turn pipped Kim Collison (Borrowdale) by one second;

Math Roberts leading Simon Bailey and Morgan Donnelly at Bradda Niarbyl

PHOTO © COLIN MCHUGO NORTHERN EXPOSURE LIFESTYLE PHOTOGRAPHY

as well as leading the v45 championship, Karl now holds 2nd place in the open championship, and shares 1st place in the v40s with Gavin Mulholland (also Calder Valley) whose 6th place finish also elevated him to 3rd place in the open championship. First local runner in 7th place, Lloyd Taggart (Manx Fell Runners) moved up to 3rd place in the v40 championship and consolidated his 2nd place in the v45 championship and with victories in the last two races the opportunity of sharing the title with Karl.

Reigning champion, Victoria Wilkinson (Bingley) missed Duddon with a foot injury but after her 6th place at the recent European Mountain Running Championships, Victoria dominated the race, finishing in 28th place overall in 2:29:59, 7 minutes ahead of Sophie Horrocks (Rossendale) with Helen Berry (Holmfirth), heading the v40s 3 minutes further back in 3rd,. Caitlin Rice (Glossopdale) edged out v40 Mel Price (Mercia) by 23 seconds for 4th place taking over the leadership of the championship ahead of Mel and v45 Judith Jepson (Dark Park), who was a further 3 minutes back in 6th place. 8th placed (4th v40) Hazel Robinson moved up to 3rd in the v40 championship behind Mel and Judith. Judith Jepson confirmed her 5th consecutive English title by remaining unbeaten in the v45s. As well as taking over the lead in the v50s ahead of Julie Carter (Keswick) and Rowena Browne (Bowland) who did not run at Bradda. Sally Newman (Calder Valley) moved up to share 2nd place in the v45 championship with Nicky Spink (Dark Park) who also missed Bradda. Pat Goodall (Totley) was 2nd v50 and leading v55, moving her up to 3rd in the v55 championship behind joint leaders Becky Weight (Bingley), 2nd v55 at Bradda and Wendy Dodds (Clayton Le Moors), 4th v55 at Bradda.

Less than 5 seconds separated the first three v50s, David Taylor (Dark Peak), Stephen Pyke (Dark Peak) and Richard Houghton (Pennine). 4th v50 just over a minute further back, reigning champion Mark Roberts (Borrowdale), retained his leadership of the v50s and 3rd place in the v45s whilst Richard Houghton retained his 2nd place overall in the v50s. Mike Johnson (Bowland) held on to 3rd place in the v50s and still has a clear lead in the v55 championship despite finishing over four minutes behind v65 Ben Grant (Harrogate); Andy Hauser was 3rd v55 ahead of v60s Tom McGaff (Cheshire Hill Racers) and Chris Davies (Saddleworth) who as well as holding 2nd and 3rd positions in the v55s, retain

Sophie Horrocks second woman at Bradda Niarbyl

PHOTO © NORMAN BERRY

their lead in the v60 championship ahead of Ben Grant. Ben Grant is now certain to retain his v65 crown but despite only finishing 6th v65 at Bradda, Robert Taylor (Pennine) can still share the title with victories in the last two races. Andy Watts (Cheshire Hill Racers) and Peter Ellerton (Bingley) were 2nd and 3rd v65s with Peter moving into 3rd overall behind Robert.

With 5 runners in the top 17, Calder Valley easily won the men's open teams ahead of Dark Peak with host club, Manx Fell Runners in 3rd;; Calder Valley thus extended their overall lead over Dark Peak with Helm Hill falling further back in 3rd as they didn't field a team at Bradda. Calder Valley headed Dark Peak in the v40s with Borrowdale in 3rd place and these places are also reflected in the overall positions. A victory for Dark Peak in the v50s moved them one point ahead of Bowland who could only manage 3rd. 2nd place for Pennine consolidated their 3rd place in the overall standings

In the women's open teams, 2013 and 2014 champions Ambleside retained their title with their fourth straight victory but there is fierce competition for the other medal positions; Calder Valley who could only manage 4th stay in 2nd place overall but Dark Peak are only one point behind them after their 2nd place at Bradda. Mercia took 3rd and are still in contention for the minor medals. In the absence of Dark Peak, Ambleside moved within 2 points of their close rivals in the v40s with Helm Hill one point further back following their 2nd place at Bradda. North Leeds Fell Runners took a surprise 3rd and their first ever team championship points.

2015 BRITISH & ENGLISH CHAMPIONSHIP

Lingmell Dash

25th July 2015
Distance: 7.2km / 4.5m
Climb: 762m / 2,500ft

Victoria Wilkinson and Jasmin Paris leading out the women's race at Lingmell.

PHOTO © NORMAN BERRY

Wasdale Head Inn was the venue for the penultimate race in the both the 2015 British and English Championships. For a number of runners, victory in their category would guarantee the gold medal prior to the final race whilst for others a good result would strengthen their medal chances. Lingmell Dash combines fast flat running on the valley floor to pick up the main Brown Tongue path with a relentless climb up the 'Shoulder'to the summit of Lingmell, which lies in the shadow of Scafell Pike, followed by a plummeting drop back to the finish. Nearly 400 entries were received compared with the usual field of around 30, but only about half of these made it to the start line.

66 women set out at 1pm and Victoria Wilkinson (Bingley) took the victory in 50:35, 36 seconds ahead of Jasmine Paris (Carnethy) and 9 minutes quicker than Hazel Robinson's course record set in 2012. Hannah Horsburgh (Keswick) took 3rd place just one second ahead of Clare Whitehead (Deeside) followed by Mel Price (Mercia) the leading v40 with u23 Sophie Horrocks (Rossendale) in 6th place. Helen Berry (Holmfirth) and Astrid Gibbs (Ambleside) were 2nd and 3rd v40s in 7th and 11th position and Judith Jepson (Dark Park) was again leading v45 in 14th place followed by Hazel Robinson (Ambleside) who was exactly 3 minutes inside her old record. Nichola Jackson (Preston) was 2nd u23 in 17th two places and only 19 seconds ahead of Bronwen Jenkinson (Eryri). In the v50s, Sally Newman (Calder Valley) led home Elizabeth Batt (Dark Peak) and Julie Carter (Keswick).The first three v60s, Wendy Dodds (Clayton Le Moors), Pat Goodall (Totley) and Ann-Marie Jones (Altrincham) were separated by less than 2 minutes and headed all the v55s. Lesley Malarkey (Keswick), Linda Lord (Clayton Le Moors) and Lou Lyness (Black Combe) were the leading v65s.

Ambleside dominated in the women's teams; Keswick and Dark Peak were 2nd and 3rd in the open teams with Dark Peak and Calder Valley taking the minor places in the v40s.

Ninety minutes later it was the turn of over 130 men with Finlay Wild (Lochaber), the leader in the British Championship, fighting for victory with the leader in the English Championship, Simon Bailey (Mercia). Simon triumphed in a time of 43:03, over 2 minutes inside the existing course record. Finlay was 37 seconds in arrears with v40 Rob Hope (Pudsey & Bramley) in 3rd over a minute further back followed by another v40, Rob Jebb (Bingley) the previous record holder, leading u23, Jamie Parkinson (Pudsey & Bramley) and Rhys Findley-Robertson in 6th, all of whom were inside the 2007 record. V45 Lloyd Taggart (Manx Fell Runners) was in 7th place closely followed by leading v50 Mark Palmer (Mynydd Du). Tom Saville (Dark Peak) and Oscar Meanwell (Borrowdale) took the minor placings in the u23s in 15th and 26th position overall whilst in the v50s those positions were filled by David Taylor (Dark Peak) in 25th and Paul Cornforth (Borrowdale) in 32nd. Mike Johnson (Bowland) was leading v55 and in the v60s Stephen Jones (Eryri) was 3 minutes clear of Steve Jackson (Horwich) and v65, Ben Grant (Harrogate) who were separated by only one second. In the v70s Graham Breeze (Wharfedale) headed John Owen (Barnet & District) and Raymond Brown (Penistone.)

After finishing 2nd, Jasmin Paris is guaranteed a British gold after last year's bronze medal; however, a victory at the final race, Seven Sevens in Northern Ireland for Victoria Wilkinson (Bingley) will enable her to share the championship as she did in 2014. Mel Price (Mercia) leads Sharon Taylor (Helm Hill) by one point in contesting the minor medal positions. Mel Price has won the v40 title to better her 2014 runner-up position; three Ambleside team mates, Astrid Gibbs, Hazel Robinson and Lou Roberts are fighting for the other medals with Shona Robertson (Shettleston). The v50 champion will be Julie Carter (Keswick) or Elizabeth Batt (Dark Peak) with Wendy Dodds (Clayton Le Moors) and Sally Newman (Calder Valley) also contesting the minor medals. Nichola Jackson (Preston) has retained the u23 title; Bronwen Jenkinson (Eryri) will take the silver medal and the likely bronze medalist is Sophie Horrocks (Rossendale).

For the third year in a row, Ambleside are British champions in both the open and v40 teams. The rest of the medal positions will be decided at the last race; 2nd and 3rd places are currently held by Keswick and Eryri in the open teams and Helm Hill and Clayton Le Moors in the v40s.

Finlay Wild's 2nd place secured the 2015 British Championship for Lochaber ahead of reigning champion Rob Hope (Pudsey & Bramley) who has retained the v40 title. Despite finishing 16th at Lingmell, Matthew Roberts (Calder Valley) still holds 3rd place overall in the open championship. The destination of the bronze medal will be determined at the final race, as will 2nd place in the v40 championship which is currently held by Gavin Mulholland (Calder Valley) and 3rd place held jointly by Kieren Hodgson (Helm Hill) and Mark Palmer (Mynydd Du) who sealed the v50 gold medal at Lingmell following victories at Y Moelwyn and Durisdeer. David Taylor (Dark Peak) is runner-up in the v50s but any of the runners currently in 3rd, 4th and 5th, Paul Cornforth (Borrowdale), Richard Houghton (Pennine) and Joe Blackett (Dark Peak) can take the bronze medal in the last race. Stephen Jones is v60 champion after three straight victories and as with the v50s, there are three men contesting the other two medals, Steve Jackson (Horwich), Tom McGaff (Cheshire Hill Racers) and Ben Grant (Harrogate). Tom Saville is the u23 gold medal favourite following his 2nd place at Lingmell with James Waldie (Carnethy) and Tommy Horton (Ambleside) currently in the minor medal positions.

In the British Championship, Dark Peak had a clean sweep in the men's teams: in the open teams, they were well clear of Pudsey & Bramley and Calder Valley but Calder Valley were pipped by only 2 points in the v40s, with Borrowdale in 3rd. Bowland and Pennine were 2nd and 3rd in the v50 teams. Reigning champions Dark Peak's victory in the v50s confirmed them as champions again with Pennine in pole position for 2nd place but Calder Valley still lead them in the

BY **IAN HARTMAN** *FRA STATISTICIAN*

PHOTO © NORMAN BERRY

Math Roberts setting a fast pace for the men at Lingmell

open and v40 teams and the winners will be decided by the final race in Northern Ireland. Borrowdale's third place in the v40s secured the bronze medals whilst Carnethy are contesting 3rd place in the open category with Pudsey & Bramley and with Cheshire Hill Racers in the v50s.

Victoria Wilkinson (Bingley) confirmed her 3rd successive English championship by taking maximum points at Lingmell. Mel Price (Mercia) and Sharon Taylor (Helm Hill) are equal 2nd but Caitlin Rice (Glossopdale) is only 3 points in arrears and can still get into the medals. Mel Price and v45 Judith Jepson (Dark Park), who were 2nd and 3rd v40s in 2014, have moved up to gold and silver in 2015; Hazel Robinson (Ambleside) is currently in 3rd place but v45 Nicky Spinks (Dark Park) and v50 Sally Newman (Calder Valley) are only 3 points adrift. Judith Jepson is unbeaten in the v45s, claiming her 5th consecutive English title; the other medals will go to Sally Newman and Nicky Spinks who are separated by only one point. 2012 champion Sally Newman has regained the v50 title with maximum points; reigning champion, Julie Carter (Keswick) will have to settle for silver this year whilst last year's bronze medalist, Rowena Browne (Bowland) is in 3rd place but can be overtaken by v60s Wendy Dodds (Clayton Le Moors) and Pat Goodall (Totley). Wendy Dodds and Pat Goodall are contesting the gold medal in both the v55 and v60 categories; the final medalist in the v55s will come from Julie Gardner (Macclesfield), Becky Weight (Bingley) or v60s Ann-Marie Jones (Altrincham) and Sue Haslam (Scarborough). Eight runners can still win medals in the v60s; Wendy Dodds and Pat Goodall currently share the lead but they are only one point ahead of reigning champion Ann-Marie Jones and three points clear of Lesley Malarkey (Keswick) who will be v65 champion although Lou Lyness (Black Combe) can still take a share of the title with a win in the final race; last year's bronze medalist, Beryl Buckley (Glossopdale) is currently in 3rd place, two points ahead of Linda Lord (Clayton Le Moors). In the u23s, Nichola Jackson (Preston), already confirmed as 2015 British champion, is facing a challenge for the gold medal from Sophie Horrocks (Rossendale) who is only 6 points in arrears.

Ambleside have retained the English women's open team championship that they won in 2013 and2014; the other medals will be confirmed at Guisborough with Mercia leading Dark Peak and Calder Valley by 3 points. In the v40 teams, Ambleside can overhaul current leaders, Dark Peak, with a victory in the final race; Calder Valley and Helm Hill are in contention for 3rd place

With victory at Lingmell, Simon Bailey (Mercia) was crowned English champion for an incredible 7th time in the last 12 years. Simon was pushed all the way by Rob Hope who has secured the runner-up slot as well as retaining the British and English v40 titles, both with an unbeaten record. Rob Jebb (Bingley) is currently third in the open and in silver medal position in the v40s but there are a number of runners who can overtake Rob with good performances at the final race at Guisborough, most notably Calder Valley club mates, Gavin Mulholland and Karl Gray who are sharing 3rd place in the v40s. Karl Gray has secured at least a share of the v45 championship but Lloyd Taggart (Manx Fell Runners) can share the title if he scores maximum points in the last race. V50 Mark Roberts (Borrowdale) holds 3rd place in the v45s but as with the other categories, there are a number of contenders for the bronze medal. Mark Roberts, seeking his 4th successive v50 gold medal leads Richard Houghton by 4 points with v55 Mike Johnson (Bowland) in 3rd place but all medals are up for grabs at Guisborough as they could be overtaken by David Taylor (Dark Peak), Stephen Pyke (Dark Peak) and Paul Cornforth (Borrowdale) who have only scored in three races so far. Five years after winning the v50 title, Mike Johnson is v55 champion with maximum points; Tom McGaff (Cheshire Hill Racers) is in a solid 2nd place but can be overtaken by v65 Ben Grant (Harrogate) and v60s Chris Davies (Saddleworth) and Steve Jackson (Horwich) who share 3rd place. However Tom McGaff cannot be overhauled for the gold medal in the v60s; Ben Grant and Steve Jackson share 2nd place, only 2 points ahead of Chris Davies. Ben Grant has retained his v65 title; Robert Taylor (Pennine) and Adrian Dixon (FRA) hold 2nd and 3rd places but these positions could change at Guisborough, as could the situation in the v70s where Kieran Carr (Clayton) leads from Graham Breeze (Wharfedale) and John Armistead (Dark Peak) who share 2nd place. Four u23s are contesting the medals; Tom Saville leads from Lingmell winner Jamie Parkinson (Pudsey & Bramley) with Felix McGrath (Westbury) and Oscar Meanwell (Borrowdale) sharing 3rd place.

English men's team champions in all categories will be determined at the final race; as in the British Championship, Calder Valley have a narrow lead over Dark Peak in the open and v40 teams but in the v50s Dark Peak are being challenged by Bowland. In the open teams Pudsey & Bramley and Helm Hill are battling for 3rd place, reigning v40 champions Borrowdale will have to settle for bronze and in the v50s Pennine are safe in 3rd place.

2015 British Championship

Seven Sevens

15th August 2015
Distance: 30.5km / 18.9m
Climb: 2,675m / 8,776ft

A plethora of mountain running talent from across the UK and Ireland descended on the seaside town of Newcastle in County Down for the British Championship finale, the Seven Sevens Mountain Race. The conditions were significantly better than the 'white out' that was 2014, with the beauty of the sun-soaked Mourne Mountains in full view. The route saw athletes summit the seven highest peaks in the scenic Mourne Mountains, covering Slieve Donard, Slieve Commedagh, Slieve Bearnagh, Slieve Meelmore and Slieve Meelbeg, before crossing Ben Crom Dam and onwards to Slieve Binnian and Slieve Iamagan; from Slieve Iamagan, participants made their way towards the 'Brandy Pad', following the well trodden path to Donard/Commedagh Saddle, before descending all the way to the finish in Donard Park at sea level.

2014 winner Kim Collison (Borrowdale) and Dragon's Back Ultra winner Jasmin Paris (Carnethy) deservedly stealing the headlines with course record victories. Both Kim and Jasmin led their respective fields as the athletes passed through the official cut off point at Ben Crom Dam and headed into the second half of the race, which started with a long, steep climb towards the summit of Slieve Binnian.

Kim had three men within a minute of him at this stage, including Scotland based Northern Ireland international Iain Whiteside (Carnethy), Pete Vale (Mercia) and Morgan Donnelly (Borrowdale). Local man Iain Bailey (Newcastle) was amongst the chasing pack, two minutes back, with Mike Fanning (Borrowdale) for company.

In the women's race, Jasmin had a commanding lead as she crossed the Ben Crom Dam. Shettleston's Shona Robertson was in pursuit, although approximately thirteen minutes behind. Helen Berry (Holmfirth) was in third, with Mel Price (Mercia) and local Diane Wilson (Dromore) just two minutes behind. Scotland based NI athlete Ciara Largey (Lochaber) and Astrid Gibbs (Ambleside), although a further three minutes behind, still looked as if they could get themselves amongst the podium contenders.

As the race progressed, Kim Collison and Morgan Donnelly edged clear of the leading pack; despite his best efforts, Morgan could not hold the relentless pace being set by the in-form Kim, who opened up what proved to be a winning lead as the athletes moved closer to the Donard Park finish. The Borrowdale and Team GB runner cruised into Donard Park, covering the final metres quickly to win in a new course record of 3:30:34. V40 Morgan Donnelly crossed the line just over thirty seconds later in 3:31:06, just over two minutes ahead of the final podium placed athlete, v40 Pete Vale, who clocked 3:33:07. Iain Whiteside took 4th place in 3:37:36, while Ian Bailey was the first locally based athlete to finish in 3:38:01 in 5th place.

Meanwhile, in the women's race, Jasmin Paris continued to increase the gap between herself and her challengers and eventually sealed an impressive victory in 3:49:34; a new course record, and 9th place overall. V40 Shona Robertson was rewarded for an excellent effort when she took the runners up prize in 4:15:15, before v40 Helen Berry completed the top three in 4:21:40. Another v40 Diane Wilson secured 4th place in 4:24:30; interestingly, this was well within Diane's previous best on the course (4:33:32) and nearly fifteen minutes ahead of 5th placed Mel Price, yet another v40.

Unusually the four 2015 British Championship races were won by different men but Finlay Wild (Lochaber) had secured the gold medal ahead of reigning champion Rob Hope (Pudsey & Bramley) at the penultimate race. Runner-up, Morgan Donnelly clinched 3rd place in the championship as well as again taking silver medal in the v40s ahead of Gavin Mulholland (Calder Valley) and behind Rob Hope who retained the v40 title.

In contrast, Jasmin Paris was the leading women in three of the races taking the championship ahead of Mel Price and Sharon Taylor (Helm Hill). Following her 2014 runner-up position, Mel Price took the v40 championship whilst maximum points for Shona Robertson gave her 2nd place ahead of the Ambleside trio of Astrid Gibbs, Hazel Robinson and Lou Roberts. The leading three v50 women at Seven Sevens were the leading three in the championship, Julie Carter (Keswick), Elizabeth Batt (Dark Peak) and Wendy Dodds (Clayton Le Moors).

In the absence of Mark Palmer (Mynydd Du) who had sealed the v50 gold medal at Lingmell following victories at Y Moelwyn and Durisdeer and David Taylor (Dark Peak) who had secured the runner-up slot, Richard Houghton (Pennine) took the bronze medal by finishing as 2nd v50 only 85 seconds behind his club mate Stephen Watts. Stephen Jones was v60 champion after three straight victories and in his absence Ben Grant (Harrogate) took maximum points to overtake the other two medal challengers, Steve Jackson (Horwich), whose 2nd place clinched the bronze medal, and Tom McGaff (Cheshire Hill Racers).

There were no u23s in the field at Seven Sevens; Nichola Jackson (Preston) retained the u23 women's title, Bronwen Jenkinson (Eryri) won the silver medal and the bronze has gone to Sophie Horrocks (Rossendale). Tom Saville is the men's u23 gold medallist with James Waldie (Carnethy) and Tommy Horton (Ambleside) winning the minor medals.

Host club Mourne Runners won the open men's teams, followed by Carnethy and Helm Hill. Cheshire Hill Racers won the v40 and v50 teams; Mourne Runners were runners-up in the v40s and took 3rd place in the v50s whilst another local club, Newcastle were 3rd in the v40s and Pennine were 2nd in the v50s. In both the open and v40 men's teams, neither championship leaders Calder Valley nor 2nd placed Dark Peak fielded a team so the gold and silver medal position were unchanged; in the open teams Carnethy's 2nd place enabled

Helen Berry third at Seven Sevens

PHOTO © NORMAN BERRY

them to oertake Pudsey & Bramley to take the bronze medals whilst in the v40 teams Borrowdale had already secured the final medal positions. Reigning v50s champions Dark Peak had been confirmed as champions again following the penultimate race but the battle for the other medal positions couldn't have been closer; victory for Cheshire Hill Racers and 2nd place for local rivals Pennine left the teams with equal points for the season but Pennine took the silver medals on the basis of a lower aggregate score.

Ambleside won the women's open teams; Pudsey & Bramley and Mercia and 2nd and 3rd. Only one club, Helm Hill fielded a v40 team. Ambleside had already been crowned as British champions in both the open and v40 teams for the third year in a row. Third place in the open teams enabled Mercia to pip Eryri and Helm Hill by two points for the silver medals with Eryri holding onto 3rd place on account of a lower aggregate score over the three races. Helm Hill consolidated their 2nd place in the v40s with Clayton Le Moors in the bronze medal position.

Kim Collison descending to victory at Seven Sevens

PHOTO © NORMAN BERRY

Finally I would like to acknowledge the race report by Ryan Maxwell on the Northern Ireland Mountain Runners website (http://www.nimra.org.uk/) which I have used in parts of this article.

2015 ENGLISH CHAMPIONSHIP

Guisborough 3 Tops

6th September 2015

Distance: 13km / 8.1m

Climb: 655m / 2,149ft

A beautiful September day with a gentle breeze greeted the runners at Guisborough Rugby Club for the final English Championship race on the North Yorks Moors, with a highlight the climb of Roseberry Topping midway through the race. In the absence of the leading three men in the Championship, Simon Bailey (Mercia), Rob Hope (Pudsey & Bramley) and Rob Jebb (Bingley) it was very competitive at the front of the race. Pete Vale (Mercia) and Lloyd Taggart (Manx Fell Runners) were pressured by Ted Mason (Wharfedale), followed by the Calder Valley trio of Tim Ellis, Darren Kay and Karl Gray. A number of the favourites had difficulties with the route: Calder Valley's Matthew Roberts led for much of the race but had unfortunately missed a check point at the end of the short loop.

At the finish just 34 seconds covered the first six runners; Pete Vale was the winner followed by Lloyd Taggart with Ted Mason, 3rd. Despite only finishing runner up, Lloyd Taggart was main beneficiary in terms of the English Championship moving up to share the gold medal in the v45s with Karl Gray as well as sharing 3rd place in the open category with Rob Jebb behind Simon Bailey and Rob Hope who had secured the gold and silver medals at the previous race; Lloyd also shared 3rd place in the v40 category with Karl Gray with Rob Hope and Rob Jebb having taken 1st and 2nd places. There were only two u23s; Tom Saville (Dark Peak) confirmed his gold medal position in 11th place but was closely followed by 2014 runner-up Jack Wright (Ambleside) in 19th place. Jamie Parkinson (Pudsey & Bramley) took the silver medal with Felix McGrath (Westbury) and Oscar Meanwell (Borrowdale) sharing 3rd place.

An excellent 12th place for David Taylor (Dark Peak) enabled him to take the v50 title with maximum points as well as the bronze medal in the v45s. Dave's Dark Peak team mate Stephen Pyke was second v50 less than a minute ahead of Richard Houghton (Pennine) and these two runners shared 3rd place overall in the v50 category behind Mark Roberts (Borrowdale). Mike Johnson (Bowland), already the v55 champion with maximum points, continued to dominate this age group finishing nearly 5 minutes ahead of v65 Ben Grant (Harrogate) and Barry Atkinson (York Knavesmire). Ben thus pipped Tom McGaff (Cheshire Hill Racers) 3 points for the v55 silver medal but Ben had to settle for 2nd place in the v60s as Tom had already secured the championship; in the battle for the v60 bronze medal between Chris Davies (Saddleworth) and Steve Jackson (Horwich), Chris finished 92 seconds ahead of his rival but Steve held onto 3rd place by one point. Ben Grant had already retained his v65 title, his 6th English title in the last 7 years; Robert Taylor (Pennine) was 2nd at Guisborough confirming his silver medal. 3rd v65, Michael Crook (Horwich) missed the bronze medal by two points with Kieran Carr (Clayton) taking that award together with victory in the v70s. 2nd place for John Owen (Barnet

Pete Vale on track for victory

PHOTO © NORMAN BERRY

Tim Ellis and Darren Kay fourth and fifth at Guisborough

PHOTO © NORMAN BERRY

PHOTO © NORMAN BERRY

The final English Championship race on the North York Moors

& District) gave him the bronze medal one point behind Graham Breeze (Wharfedale) who took silver with 5th place at Guisborough.

In the men's teams Calder Valley narrowly beat Dark Peak by 8 points in the open category; Pennine were 3rd team and Helm Hill's 4th place ahead of Pudsey & Bramley was not good enough for them to overtake Pudsey & Bramley for the bronze medals behind Calder Valley and Dark Peak. There was a similar situation in the v40s in which Calder Valley and Dark Peak were only separated by 4 points at Guisborough and by the same 6 point margin (48 to 42) in the championship; Pennine were again 3rd team but 4th placed Borrowdale had already scored sufficient points for the bronze medal. The leading v50 teams, Dark Peak and Bowland were again closely matched and Dark Peak secured the gold medals; as in the open and v40s, Pennine were 3rd team but unlike the other categories they took the bronze medals.

In the women's race, Victoria Wilkinson (Bingley) confirmed her 3rd successive English championship with victory in a new record time of 76.06. 2014 v40 champion, Helen Berry was over 2 minutes adrift in 2nd place with Emma Gould (Mercia) nearly 3 minutes further back. 4th place for Emma's team mate, Mel Price enabled her to take the silver medal in the championship one point ahead of Sharon Taylor (Helm Hill). A superb 5th place for 2014 runner-up Nichola Jackson (Preston) confirmed her as 2015 u23 champion. Anna Hoogkamer (Ambleside) and Ellie Crownshaw (Dark Peak) 2nd and 3rd; Charlotte Milligan (Helm Hill) in 4th took the bronze medal behind Sophie Horrocks (Rossendale) who had won the two short races. Mel Price and v45 Judith Jepson (Dark Park) had already secured 1st and 2nd in the v40 championship; Gayle Sugden (Calder Valley) was 3rd v40 but Hazel Robinson (Ambleside) held on to 3rd place overall. Judith Jepson remained unbeaten in the v45 championships 2nd place for v50 Sally Newman (Calder Valley) clinched the silver medal with Nicky Spinks (Dark Park) taking the bronze. Sally Newman was also unbeaten in the v50s but it was a close call as she finished only 4 seconds ahead of Deborah Gowans (Accrington); last year's champion, Julie Carter (Keswick) and last year's bronze medalist, Rowena Browne (Bowland) are the other v50 medallists. The v55s were led home by v60 Ann-Marie Jones (Altrincham) and Becky Weight (Bingley) who took the bronze medal overall; however there was battle for 3rd place to determine the champion; Wendy Dodds held off fellow v60 Pat Goodall by only 15 seconds to snatch the gold medal by one point. In the v60s, Ann-Marie Jones headed Wendy Dodds by 2 points followed by Pat Goodall again a point in arrears. A second victory in the season for Lou Lyness (Black Combe) gave her a share of the v65 title with Lesley Malarkey (Keswick) who was back in 4th place; 2nd place for 2014 champion, Linda Lord (Clayton Le Moors) clinched the bronze medal.

In the women's open team championship, Mercia had a great victory over Ambleside who have added the 2015 title to those they won in 2013 and2014; Mercia thus clinched the silver medals ahead of Dark Peak. In the v40 teams, Ambleside overhauled champions for the last 3 years, Dark Peak, with a clear victory over their close rivals in the v40s to give them a clean sweep in the English and British championships. Calder Valley took 3rd place ahead of Helm Hill in both in the race and the championship.

BY **IAN HARTMAN** *FRA STATISTICIAN*

British Athletics Hill and Fell Running Championship 2015

Organised by the British Athletics Mountain Running Advisory Group & sponsored by Pete Bland Sports

The 2015 Championship races were:
Short: Lingmell Dash (25 July)
Medium: Y Moelwyn (18 April), Durisdeer (13 June)
Long: Seven Sevens (15 August)

Simon Bailey and Rob Jebb battling it out near the top of Lingmell

PHOTO © JAMES SMITH

MEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Finlay WILD	Lochaber Athletic Club	150
2	Rob HOPE	Pudsey & Bramley AC	145
3	Morgan DONNELLY	Borrowdale Fell Runners	143
4	Matthew Edwin ROBERTS	Calder Valley Fell Runners	126
5	Gavin MULLHOLLAND	Calder Valley Fell Runners	123
6	Neil NORTHROP	Dark Peak Fell Runners	118
7	Kieran HODGSON	Helm Hill Runners	117
8	Tim ELLIS	Calder Valley Fell Runners	116
9	Mark PALMER	Mynydd Du	105
10	Tom SAVILLE	Dark Peak Fell Runners	98

Pos	Name	Club	Tot.
11	Nigel WOOD	Helm Hill Runners	97
12	Tom BRUNT	Dark Peak Fell Runners	96
13	Rob JEBB	Bingley Harriers	93
14	Richard ROBERTS	Eryri Harriers	91
15	Iain WHITESIDE	Carnethy Hill Racing Club	90
16=	Andrew FALLAS	Carnethy Hill Racing Club	87
16=	Ben MOUNSEY	Calder Valley Fell Runners	87
18	Pete VALE	Mercia Fell Runners	84
19	Martin MIKKELSEN BARRON	Borrowdale Fell Runners	82
20	Lloyd TAGGART	Manx Fell Runners	81

MEN'S V40 CHAMPIONSHIP

Pos	Name	Club	Total
1	Rob HOPE	Pudsey & Bramley AC	126
2	Morgan DONNELLY	Borrowdale Fell Runners	120
3	Gavin MULLHOLLAND	Calder Valley Fell Runners	111
4	Kieran HODGSON	Helm Hill Runners	109
5	Mark PALMER	Mynydd Du	104
6	Tom BRUNT	Dark Peak Fell Runners	102
7	Nigel WOOD	Helm Hill Runners	101
8	David TAYLOR	Dark Peak Fell Runners	91
9	Shaun GODSMAN	Calder Valley Fell Runners	87
10	Richard HOUGHTON	Pennine Fell Runners	84
11	Paul CORNFORTH	Borrowdale Fell Runners	80
12=	Darren KAY	Calder Valley Fell Runners	77
12=	Rob JEBB	Bingley Harriers	77
14=	Pete VALE	Mercia Fell Runners	74
14=	Lloyd TAGGART	Manx Fell Runners	74
16	John CONNAGHAN	Shettleston Harriers	68
17	Jon MORGAN	Dark Peak Fell Runners	65
18=	Stephen WATTS	Pennine Fell Runners	59
18=	Andrew SCHOFIELD	Borrowdale Fell Runners	59
20	Jason WILLIAMS	Calder Valley Fell Runners	56

MEN'S V50 CHAMPIONSHIP

Pos	Name	Club	Total
1	Mark PALMER	Mynydd Du	96
2	David TAYLOR	Dark Peak Fell Runners	87
3	Richard HOUGHTON	Pennine Fell Runners	82
4	Paul CORNFORTH	Borrowdale Fell Runners	81
5	Stephen WATTS	Pennine Fell Runners	77
6	Joe BLACKETT	Dark Peak Fell Runners	73
7	Stephen JONES	Eryri Harriers	65
8	Chris BALDERSON	Bowland Fell Runners	63
9	Andy DICKENSON	Dark Peak Fell Runners	59
10	Steve JACKSON	Horwich RMI Harriers	58
11	Ben GRANT	Harrogate Harriers & AC	57
12	Stewart WHITLIE	Carnethy Hill Racing Club	55
13	Steve BELL	Dark Peak Fell Runners	52
14	Tom MCGAFF	Cheshire Hill Racers	48
15	David KEELING	Cheshire Hill Racers	42
16	Adrian DAVIS	Carnethy Hill Racing Club	36
17	Keith HOLMES	Dark Peak Fell Runners	29
18=	Ed GAMBLE	Cheshire Hill Racers	28
18=	Nick HEWITT	Bowland Fell Runners	28
18=	Mark ROBERTS	Borrowdale Fell Runners	28

Mark Palmer Mynydd Du leading the O50s near the top of Lingmell

PHOTO © JAMES SMITH

BY **IAN HARTMAN** *FRA STATISTICIAN*

PHOTO © NORMAN BERRY

Kim Collison in a purple patch at Seven Sevens

MEN'S V60 CHAMPIONSHIP

Pos	Name	Club	Total
1	Stephen JONES	Eryri Harriers	66
2	Ben GRANT	Harrogate Harriers & AC	58
3	Steve JACKSON	Horwich RMI Harriers	57
4	Tom MCGAFF	Cheshire Hill Racers	53
5	Nick HEWITT	Bowland Fell Runners	47
6	Keith HOLMES	Dark Peak Fell Runners	45
7	Anthony WHITEHOUSE	Totley A C	37
8	Brian HORN	Borrowdale Fell Runners	36
9=	Ronald REES	Pennine Fell Runners	29
9=	Brian WALTON	Horwich RMI Harriers	29
11	Robert TAYLOR	Pennine Fell Runners	26
12	Andy WATTS	Cheshire Hill Racers	25
13	Jackie WINN	Ellenborough AC	18
14	Chris DAVIES	Saddleworth Runners Club	17
15	Edward DAVIES	Mercia Fell Runners	16
16=	James PATTERSON	Newcastle District AC	15
16=	Adrian DIXON	Fell Runners Association	15
16=	Ewan PATERSON	Moray Roadrunners	15
19	Mike BARTON	Mourne Runners	14
20	Les TURNBULL	Norham RC	13

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The start of the Seven Sevens, with Morgan Donnelly at the front

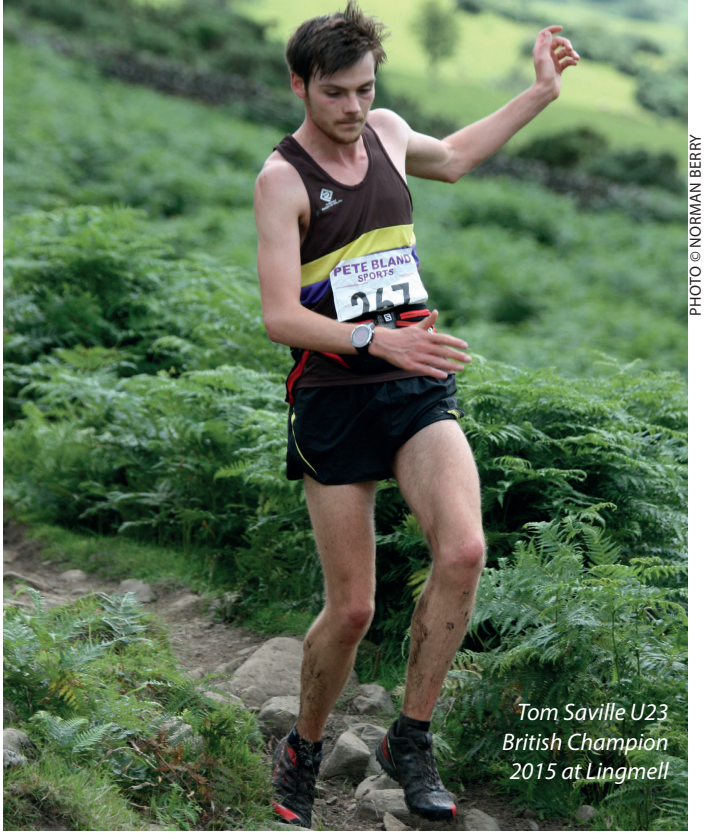

PHOTO © NORMAN BERRY

Tom Saville U23 British Champion 2015 at Lingmell

MEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Tom SAVILLE	Dark Peak Fell Runners	30
2	James WALDIE	Carnethy Hill Racing Club	21
3	Tommy HORTON	Ambleside AC	20
4	Jamie PARKINSON	Pudsey & Bramley AC	12
5	Nicholas COLBURN	Manx Fell Runners/Northern (Isle of Man) AC	11
6	Iain GILMORE	Carnethy Hill Racing Club	9
7=	Oscar MEANWELL	Borrowdale Fell Runners	8
7=	Killian MOONEY	Horwich RMI Harriers	8
9=	Anthony DALTON	Rossendale Harriers & AC	7
9=	Liam BRABY	Carnethy Hill Racing Club	7
11	Clement ELIOT	Shettleston Harriers	6
12	Scott BAISTOW	Wharfedale Harriers	5
13=	James BEST	Tavistock AC / Cardiff University	4
13=	Huw DAVIES	Mercia Fell Runners	4
13=	Ewen KERRIDGE	Deeside Runners	4
16	Sam GREEN	Eryri Harriers	2
17	Tom DAVIES	Mercia Fell Runners	1

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Total
1	Calder Valley Fell Runners	32
2	Dark Peak Fell Runners	30
3	Carnethy Hill Racing Club	23
4	Pudsey & Bramley AC	19
5	Borrowdale Fell Runners	15
6	Helm Hill Runners	14
7	Mourne Runners	12
8	Mercia Fell Runners	11
9	Shettleston Harriers	10
10	Ambleside AC	10

MEN'S V40 TEAM CHAMPIONSHIP

Pos	Club	Total
1	Calder Valley Fell Runners	33
2	Dark Peak Fell Runners	29
3	Borrowdale Fell Runners	25
4	Pennine Fell Runners	19
5	Cheshire Hill Racers	17
6	Eryri Harriers	12
7	Mourne Runners	9
8	Newcastle District AC	8
9	Carnethy Hill Racing Club	8
10	B.A.R.F.	7

MEN'S V50 TEAM CHAMPIONSHIP

Pos	Club	Total
1	Dark Peak Fell Runners	36
2	Pennine Fell Runners	26
3	Cheshire Hill Racers	26
4	Carnethy Hill Racing Club	16
5	Bowland Fell Runners	13
6	Mourne Runners	8
7	Borrowdale Fell Runners	8
8	Newcastle District AC	7
9=	B.A.R.F.	6
9=	Eryri Harriers	6

Astrid Gibbs at Seven Sevens, part of the Ambleside 'Golden Girls' Team, winning two Golds in the both the British and the English Championships

WOMEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Total
1	Jasmin PARIS	Carnethy Hill Racing Club	96
2	Mel PRICE	Mercia Fell Runners	79
3	Sharon TAYLOR	Helm Hill Runners	75
4	Shona ROBERTSON	Shettleston Harriers	68
5	Astrid GIBBS	Ambleside AC	64
6=	Nichola JACKSON	Preston Harriers	62
6=	Hazel ROBINSON	Ambleside AC	62
8	Victoria WILKINSON	Bingley Harriers	61
9	Emma GOULD	Mercia Fell Runners	59
10	Hannah HORSBURGH	Keswick AC	56
11=	Charlotte MORGAN	Carnethy Hill Racing Club	52
11=	Helen BERRY	Holmfirth Harriers AC	52
13	Claire GREEN	Pudsey & Bramley AC	51
14	Ciara LARGEY	Lochaber Athletic Club	47
15	Katie BEECHER	Mynydd Du	46
16	Lou ROBERTS	Ambleside AC	45
17	Julie CARTER	Keswick AC	38
18	Rachel PILLING	Pudsey & Bramley AC	37
19	Elizabeth BATT	Dark Peak Fell Runners	36
20	Kelli ROBERTS	Fell Runners Association	32

WOMEN'S V40 CHAMPIONSHIP

Pos	Name	Club	Total
1	Mel PRICE	Mercia Fell Runners	66
2	Shona ROBERTSON	Shettleston Harriers	58
3	Astrid GIBBS	Ambleside AC	52
4	Hazel ROBINSON	Ambleside AC	50
5	Lou ROBERTS	Ambleside AC	46
6	Julie CARTER	Keswick AC	39
7	Helen BERRY	Holmfirth Harriers AC	38
8	Elizabeth BATT	Dark Peak Fell Runners	36
9	Alison RICHARDS	Helm Hill Runners	33
10=	Jean BROWN	Clayton Le Moors Harriers	25
10=	Gayle SUGDEN	Calder Valley Fell Runners	25
12	Wendy DODDS	Clayton Le Moors Harriers	24
13	Jean POWELL	Wharfedale Harriers	21
14=	Andrea ROWLANDS	Eryri Harriers	18
14=	Diane WILSON	Dromore AC	18
16	Marie ROBSON	Helm Hill Runners	17
17=	Veronique OLDHAM	Cosmic Hill Bashers	16
17=	Judith JEPSON	Dark Peak Fell Runners	16
19	Nicola PARKIN	Dark Peak Fell Runners	15
20=	Karen LYONS	Highland Hill Runners	13

Gold for Jasmin Paris, here at Durisdeer

PHOTO © BILL FAIRMAINER

WOMEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Nichola Jackson	Preston Harriers	33
2	Bronwen Jenkinson	Eryri Harriers	26
3	Sophie Horrocks	Rossendale Harriers & AC	12
4	Charlotte Watson	Edinburgh University Hare & Hounds	7
5	Rachael Crossland	Calder Valley Fell Runners	6
6	Ruby Sykes	Holmfirth Harriers AC	5

WOMEN'S V50 CHAMPIONSHIP

Pos	Name	Club	Total
1	Julie CARTER	Keswick AC	33
2	Elizabeth BATT	Dark Peak Fell Runners	30
3	Wendy DODDS	Clayton Le Moors Harriers	22
4	Julie GARDNER	Macclesfield Harriers & AC	16
5	Sally NEWMAN	Calder Valley Fell Runners	12
6=	Karon FORSTER	Calder Valley Fell Runners	10
6=	Joanna SCHREIBER	Pudsey & Bramley AC	10
8	Louise BURT	Fife AC	9
9	Aly RAW	Bingley Harriers & AC	8
10=	Anne SANDFORD	Lagan Valley AC	7
10=	Rowena BROWNE	Bowland Fell Runners	7
10=	Hilary RITCHIE	Fife AC	7
13=	Gill IRVINE	Highland Hill Runners	6
13=	Kathleen BRIERLEY	Todmorden Harriers	6
15	Pat GOODALL	Totley AC	5
16=	Ann-Marie JONES	Altrincham & District AC	4
16=	Celia MILLS	Mercia Fell Runners	4
18	Sue HOWARTH	Mercia Fell Runners	3
19=	Val BRUNTON	Westerlands CCC	2
19=	Mary EDGERTON	Pennine Fell Runners	2

PHOTO © NORMAN BERRY

Julie Carter , this year's V50 British Champion, at Seven Sevens

PHOTO © NORMAN BERRY

In the British Championships, Mel Price (here at Seven Sevens) won V40 Gold and Silver in the Women's Open

WOMEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Total
1	Ambleside AC	36
2	Mercia Fell Runners	23
3	Eryri Harriers	21
4	Helm Hill Runners	21
5	Pudsey & Bramley AC	19
6	Keswick AC	18
7	Dark Peak Fell Runners	13
8	Clayton Le Moors Harriers	9
9	Carnethy Hill Racing Club	8
10	Calder Valley Fell Runners	8

WOMEN'S V40 TEAM CHAMPIONSHIP

Pos	Club	Total
1	Ambleside AC	36
2	Helm Hill Runners	29
3	Clayton Le Moors Harriers	17
4	Dark Peak Fell Runners	16
5	Mercia Fell Runners	13
6	Eryri Harriers	9
7	Calder Valley Fell Runners	8
8	Fife AC	7
9	Keswick AC	6
10	Westerlands CCC	6

BY **IAN HARTMAN** *FRA STATISTICIAN*

English Fell Running Championship 2015

Organised by The Fell Runner's Association Ltd & & sponsored by Pete Bland Sports and inov-8

The 2015 Championship races were:

Flower Scar (AS)	Saturday	March 7
Stretton Six Summits (AM)	Saturday	May 9
Duddon (AL)	Saturday	May 30
Bradda Niarbyl (AL)	Saturday	July 11
Lingmell Dash (AS)	Saturday	July 25
Guisborough 3 Tops (AM)	Sunday	September 6

Rock hopping Rob Hope at Duddon

PHOTO © GRAND DAY OUT

MEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Simon Bailey	Mercia Fell RC	203
2	Robert Hope	Pudsey & Bramley AC	199
3=	Lloyd Taggart	Manx Fell Runners	181
3=	Rob Jebb	Bingley Harriers & AC	181
5	Karl Gray	Calder Valley Fell Runners	180
6	Gavin Mulholland	Calder Valley Fell Runners	170
7	Neil Northrop	Dark Peak Fell Runners Club	169
8	Ted Mason	Wharfedale Harriers	168
9	Tim Ellis	Calder Valley Fell Runners	167
10	Tom Addison	Helm Hill Runners	151
11	Matthew Lockyer	Pudsey & Bramley AC	146
12=	Morgan Donnelly	Borrowdale Fell Runners	145
12=	Tom Brunt	Dark Peak Fell Runners Club	145
14	Kieran Hodgson	Helm Hill Runners	144
15	Rhys Findlay-Robinson	Dark Peak Fell Runners Club	142
16	Darren Kay	Calder Valley Fell Runners	140
17	Matthew Roberts	Calder Valley Fell Runners	134
18	Nicholas Barber	Pennine Fell Runners	127
19	Pete Vale	Mercia Fell RC	123
20=	David Taylor	Dark Peak Fell Runners Club	122
20=	Mark Lamb	Keswick AC	122

MEN'S O40 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Robert Hope	Pudsey & Bramley AC	168
2	Rob Jebb	Bingley Harriers & AC	152
3=	Karl Gray	Calder Valley Fell Runners	151
3=	Lloyd Taggart	Manx Fell Runners	151
5	Gavin Mulholland	Calder Valley Fell Runners	149
6	Tom Brunt	Dark Peak Fell Runners Club	141
7	Kieran Hodgson	Helm Hill Runners	138
8	Darren Kay	Calder Valley Fell Runners	135
9	David Taylor	Dark Peak Fell Runners Club	131
10	Nigel Wood	Helm Hill Runners	129
11	Morgan Donnelly	Borrowdale Fell Runners	128
12	Richard Houghton	Pennine Fell Runners	117
13	Stephen Pyke	Dark Peak Fell Runners Club	114
14=	Jason Williams	Calder Valley Fell Runners	110
14=	Pete Vale	Mercia Fell RC	110
16	Mark Roberts	Borrowdale Fell Runners	109
17	Spencer Riley	Wharfedale Harriers	106
18	Nicholas Charlesworth	Wharfedale Harriers	101
19	Jon Morgan	Dark Peak Fell Runners Club	98
20	Shaun Godsman	Calder Valley Fell Runners	91

MEN'S O45 CHAMPIONSHIP

Pos	Name	Club	Tot.
1=	Karl Gray	Calder Valley Fell Runners	165
1=	Lloyd Taggart	Manx Fell Runners	165
3	David Taylor	Dark Peak Fell Runners Club	152
4	Stephen Pyke	Dark Peak Fell Runners Club	143
5=	Mark Roberts	Borrowdale Fell Runners	141
5=	Richard Houghton	Pennine Fell Runners	141
7	Jon Morgan	Dark Peak Fell Runners Club	133
8	Nicholas Charlesworth	Wharfedale Harriers	132
9	Steve Angus	Keswick AC	129
10	Mike Johnson	Bowland Fell Runners	119
11=	Charlie Mcintosh	Pudsey & Bramley AC	113
11=	Joe Blackett	Dark Peak Fell Runners Club	113
13	Michael Robinson	Dark Peak Fell Runners Club	112
14	Quentin Harding	Bowland Fell Runners	107
15	Stephen Watts	Pennine Fell Runners	96
16	Paul Cornforth	Borrowdale Fell Runners	95
17=	Steve Bell	Dark Peak Fell Runners Club	95
17=	John Hunt	Dark Peak Fell Runners Club	94
19	Darren Fishwick	Chorley Athletic & Triathlon Club	88
20=	Ben Grant	Harrogate Harriers & AC	80
20=	Christopher Balderson	Bowland Fell Runners	80

Karl Gray at Bradda

PHOTO © NORMAN BERRY

Dave Taylor at Bradda

PHOTO © COLIN MCHUGO NORTHERN EXPOSURE LIFESTYLE PHOTOGRAPHY

MEN'S O50 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	David Taylor	Dark Peak Fell Runners Club	128
2	Mark Roberts	Borrowdale Fell Runners	116
3=	Richard Houghton	Pennine Fell Runners	113
3=	Stephen Pyke	Dark Peak Fell Runners Club	113
5	Mike Johnson	Bowland Fell Runners	106
6	Joe Blackett	Dark Peak Fell Runners Club	104
7	Quentin Harding	Bowland Fell Runners	97
8	Stephen Watts	Pennine Fell Runners	95
9	Steve Bell	Dark Peak Fell Runners Club	89
10	Christopher Balderson	Bowland Fell Runners	88
11=	Ben Grant	Harrogate Harriers & AC	82
11=	Paul Cornforth	Borrowdale Fell Runners	82
13	Tom Mcgaff	Cheshire Hill Racers	77
14	Steve Jackson	Horwich RMI Harriers	69
15	David Soles	Pennine Fell Runners	67
16	Chris Davies	Saddleworth Runners	60
17	Chris Reade	Bowland Fell Runners	54
18	Roy Gibson	Kendal AAC	50
19	Victor Belshaw	Denbigh Harriers	49
20	Mark Ellithorn	Chorley Athletic & Triathlon Club	48

MEN'S O55 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Mike Johnson	Bowland Fell Runners	128
2	Ben Grant	Harrogate Harriers & AC	116
3	Tom Mcgaff	Cheshire Hill Racers	113
4	Chris Davies	Saddleworth Runners	108
5	Steve Jackson	Horwich RMI Harriers	106
6	Roy Gibson	Kendal AAC	96
7	Victor Belshaw	Denbigh Harriers	95
8	Keith G Holmes	Dark Peak Fell Runners Club	91
9	Andy Hauser	Holmfirth Harriers AC	88
10=	Alan Renfree	FRA	77
10=	Brian Horn	Borrowdale Fell Runners	77
12=	Nick Hewitt	Bowland Fell Runners	72
12=	Robert Taylor	Pennine Fell Runners	72
14	Brian Walton	Horwich RMI Harriers	66
15	Peter Browning	Clayton-le-Moors Harriers	64
16	Dave Collins	Todmorden Harriers	63
17	Anthony Whitehouse	Totley AC	54
18	Barry Atkinson	York Knavesmire Harriers	52
18=	Ronald Rees	Pennine Fell Runners	52
20=	Brian Thompson	Helm Hill Runners	42
20=	Dicky Wilkinson	Dark Peak Fell Runners Club	42

Mike Johnson Over 55 Gold at Lingmell

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PHOTO © NORMAN BERRY

Tom McGaff 1stV60 at Lingmell

MEN'S O60 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Tom Mcgaff	Cheshire Hill Racers	85
2	Ben Grant	Harrogate Harriers & AC	82
3	Steve Jackson	Horwich RMI Harriers	76
4	Chris Davies	Saddleworth Runners	75
5	Keith G Holmes	Dark Peak Fell Runners Club	66
6	Nick Hewitt	Bowland Fell Runners	58
7	Brian Horn	Borrowdale Fell Runners	57
8	Brian Walton	Horwich RMI Harriers	56
9	Robert Taylor	Pennine Fell Runners	52
10	Anthony Whitehouse	Totley AC	45
11	Ronald Rees	Pennine Fell Runners	42
12	Kieran Carr	Clayton-le-Moors Harriers	40
13	Brian Thompson	Helm Hill Runners	38
14	Andy Watts	Cheshire Hill Racers	32
15=	Adrian Dixon	FRA	27
15=	Michael Crook	Horwich RMI Harriers	27
17	David Gould	Mercia Fell RC	23
18	Peter Ellerton	Bingley Harriers & AC	20
19	Graham McAra	Cheshire Hill Racers	19
20=	Michael Mcloughlin	Preston Harriers	16
20=	Stephen Dixon	Valley Striders AC	16

MEN'S O65 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Ben Grant	Harrogate Harriers & AC	88
2	Robert Taylor	Pennine Fell Runners	79
3	Kieran Carr	Clayton-le-Moors Harriers	70
4	Michael Crook	Horwich RMI Harriers	68
5	Adrian Dixon	FRA	66
6	Peter Ellerton	Bingley Harriers & AC	62
7	Andy Watts	Cheshire Hill Racers	54
8	Les Thurston	Bishops Stortford RC	46
9=	John Owen	Barnet & District AC	36
9=	Roger Ashby	Pennine Fell Runners	36
11	Graham Breeze	Wharfedale Harriers	32
12	Brian Horsley	Calder Valley Fell Runners	31
13	Jeremy Brayshaw	Totley AC	30
14	Alan Brentnall	Pennine Fell Runners	28
15	John Armistead	Dark Peak Fell Runners Club	27
16	David Tait	Dark Peak Fell Runners Club	26
17	John Parker	Horwich RMI Harriers	22
18=	John Taylor	Bowland Fell Runners	17
18=	Raymond Brown	Penistone Footpath Runners AC	17
20	Ian Hartman	Baildon Runners	16

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2015's Silver Medalist Graham Breeze 2nd V70 atLingmell

PHOTO © NORMAN BERRY

Horwich RMI Harriers' Michael Crook at Lingmell

MEN'S O70 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Kieran Carr	Clayton-le-Moors Harriers	36
2	Graham Breeze	Wharfedale Harriers	26
3	John Owen	Barnet & District AC	25
4	John Armistead	Dark Peak Fell Runners Club	20
5	Roger Ashby	Pennine Fell Runners	17
6	John Parker	Horwich RMI Harriers	15
7	Raymond Brown	Penistone Footpath Runners AC	14
8	David Weatherhead	Bingley Harriers & AC	9
9=	Peter Heneghan	Horwich RMI Harriers	8
9=	Ronnie Sherwood	New Marske Harriers Club	8
11	Alan Wikeley	Thirsk & Sowerby Harriers	5
12	Phil Martin	Bowland Fell Runners	4
13	George Arnold	Preston Harriers	3

MEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Tom Saville	Dark Peak Fell Runners Club	30
2	Jamie Parkinson	Pudsey & Bramley AC	20
3=	Felix McGrath	Westbury Harriers	16
3=	Oscar Meanwell	Borrowdale Fell Runners	16
5=	Tommy Horton	Ambleside AC	12
5=	Anthony Dalton	Rossendale Harriers & AC	12
7=	Jack Wright	Ambleside AC	9
7=	Jonathan Crickmore	Dark Peak Fell Runners Club	9
9	Chris Lightburn	Ambleside AC	7
10=	Killian Mooney	Horwich RMI Harriers	6
10=	James Best	Tavistock AC / Cardiff University	6
10=	Joseph Crossfield	Calder Valley Fell Runners	6
13	Sam Fisher	Howgill Harriers	5
14	Sam Haggar	Wharfedale Harriers	4
15=	Tommaso Migliuolo	Cheltenham & County Harriers	3
15=	Martin Howard	Calder Valley Fell Runners	3
17	Tommy Buckle	Leeds & Bradford TC	2
18	Josh Murphy	Todmorden Harriers	1

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Calder Valley Fell Runners	48
2	Dark Peak Fell Runners Club	42
3	Pudsey & Bramley AC	32
4	Helm Hill Runners	30
5	Borrowdale Fell Runners	24
6	Mercia Fell RC	22
7	Pennine Fell Runners	20
8	Ambleside AC	18
9	Wharfedale Harriers	17
10	Manx Fell Runners	8

MEN'S O40 TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Calder Valley Fell Runners	48
2	Dark Peak Fell Runners Club	42
3	Borrowdale Fell Runners	35
4	Pennine Fell Runners	26
5	Bowland Fell Runners	22
6	Helm Hill Runners	20
7	Wharfedale Harriers	20
8	Mercia Fell RC	20
9	Horwich RMI Harriers	9
10	Cheshire Hill Racers	8

MEN'S O50 CHAMPIONSHIP

Pos	Club	Tot.
1	Dark Peak Fell Runners Club	48
2	Bowland Fell Runners	42
3	Pennine Fell Runners	33
4	Cheshire Hill Racers	24
5	Horwich RMI Harriers	21
6	Borrowdale Fell Runners	19
7	Clayton-le-Moors Harriers	13
8	Kendal AAC	7
9	Calder Valley Fell Runners	7
10	Manx Fell Runners	6

PHOTO © NORMAN BERRY

The red and white stripes of CVFR are always at the front end of a fell race.

WOMEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Victoria Wilkinson	Bingley Harriers & AC	125
2	Mel Price	Mercia Fell RC	109
3	Sharon Taylor	Helm Hill Runners	108
4	Caitlin Rice	Glossopdale Harriers	105
5=	Emma Gould	Mercia Fell RC	98
5=	Judith Jepson	Dark Peak Fell Runners Club	98
7	Nichola Jackson	Preston Harriers	94
8	Helen Berry	Holmfirth Harriers AC	83
9	Hazel Robinson	Ambleside AC	81
10=	Claire Green	Pudsey & Bramley AC	78
10=	Sophie Horrocks	Rossendale Harriers & AC	78
12	Gayle Sugden	Calder Valley Fell Runners	77
13	Lou Roberts	Ambleside AC	73
14	Jane Reedy	Ambleside AC	72
15=	Astrid Gibbs	Ambleside AC	70
15=	Sally Newman	Calder Valley Fell Runners	70
17	Annie Conway	Ambleside AC	69
18	Nicky Spinks	Dark Peak Fell Runners Club	65
19	Sarah McCormack	Ambleside AC	57
20	Lindsey Brindle	Horwich RMI Harriers	50

Gold again for Victoria Wilkinson, here at Lingmell

PHOTO © NORMAN BERRY

Another successful English Championship for Judith Jepson, V45 Gold, V40 Silver and fifth in the open

PHOTO © NORMAN BERRY

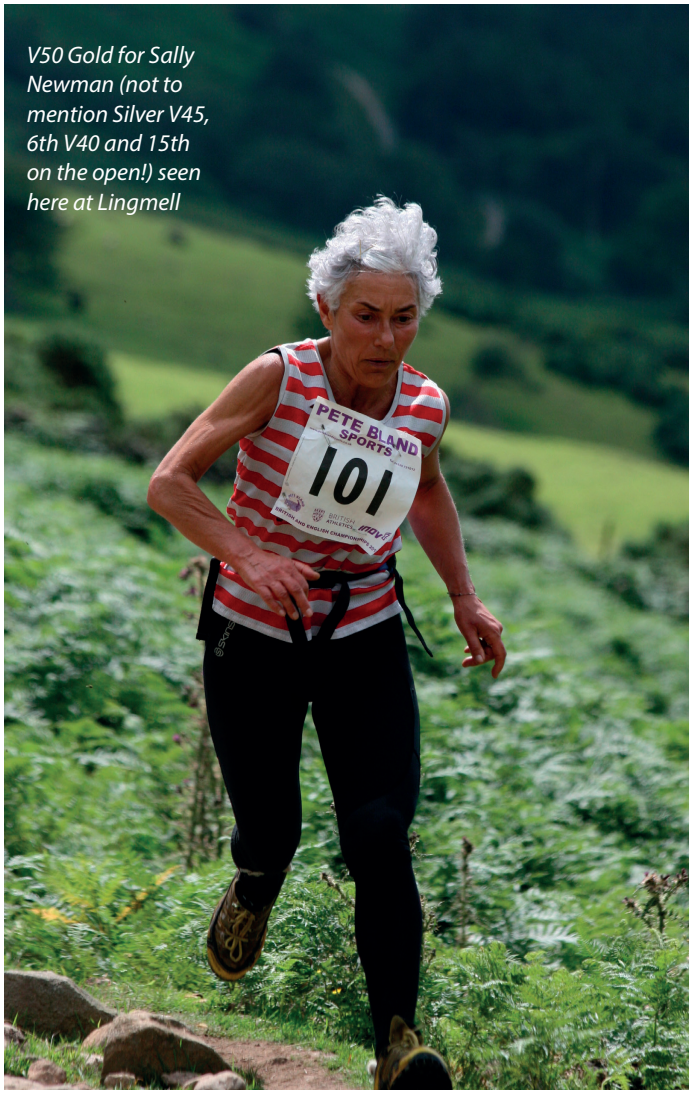
WOMEN'S O40 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Mel Price	Mercia Fell RC	85
2	Judith Jepson	Dark Peak Fell Runners Club	78
3	Hazel Robinson	Ambleside AC	65
4=	Astrid Gibbs	Ambleside AC	63
4=	Helen Berry	Holmfirth Harriers AC	63
6=	Nicky Spinks	Dark Peak Fell Runners Club	62
6=	Sally Newman	Calder Valley Fell Runners	62
8	Gayle Sugden	Calder Valley Fell Runners	61
9	Lou Roberts	Ambleside AC	60
10	Julie Carter	Keswick AC	46
11	Nicola Parkin	Dark Peak Fell Runners Club	41
12	Rowena Browne	Bowland Fell Runners	32
13	Alison Richards	Helm Hill Runners	28
14	Elizabeth Batt	Dark Peak Fell Runners Club	25
15	Jean Brown	Clayton-le-Moors Harriers	21
16	Pat Goodall	Totley AC	19
17=	Emma Bain	Northumberland Fell Runners	18
17=	Rachel Hill	Settle Harriers	18
19	Wendy Dodds	Clayton-le-Moors Harriers	17
20=	Ann-Marie Jones	Altrincham & District AC	16
20=	Jann Smith	Ilkley Harriers AC	16
20=	Jean Powell	Wharfedale Harriers	16

BY **IAN HARTMAN** *FRA STATISTICIAN*

WOMEN'S O45 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Judith Jepson	Dark Peak Fell Runners Club	88
2	Sally Newman	Calder Valley Fell Runners	76
3	Nicky Spinks	Dark Peak Fell Runners Club	73
4	Julie Carter	Keswick AC	66
5	Nicola Parkin	Dark Peak Fell Runners Club	65
6	Rowena Browne	Bowland Fell Runners	55
7=	Jean Powell	Wharfedale Harriers	45
7=	Pat Goodall	Totley AC	45
7=	Wendy Dodds	Clayton-le-Moors Harriers	45
10	Marie Robson	Helm Hill Runners	37
11	Jean Brown	Clayton-le-Moors Harriers	36
12	Ann-Marie Jones	Altrincham & District AC	35
13	Elizabeth Batt	Dark Peak Fell Runners Club	33
14	Becky Weight	Bingley Harriers & AC	31
15=	Jann Smith	Ilkley Harriers AC	26
15=	Julie Gardner	Macclesfield Harriers & AC	26
17	Lorraine Slater	Barlick Fell Runners	25
18	Sharon Hague	Pudsey Pacers Running Club	22
19=	Deborah Gowans	Accrington Road Runners	20
19=	Suzanne Budgett	Horwich RMI Harriers	20



V50 Gold for Sally Newman (not to mention Silver V45, 6th V40 and 15th on the open!) seen here at Lingmell

PHOTO © NORMAN BERRY

Elizabeth Batt, Pat Goodall and Ann Marie Jones at Lingmell

PHOTO © NORMAN BERRY

WOMEN'S O50 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Sally Newman	Calder Valley Fell Runners	48
2	Julie Carter	Keswick AC	37
3	Rowena Browne	Bowland Fell Runners	30
4	Wendy Dodds	Clayton-le-Moors Harriers	26
5	Pat Goodall	Totley AC	24
6	Elizabeth Batt	Dark Peak Fell Runners Club	18
7	Ann-Marie Jones	Altrincham & District AC	17
8	Becky Weight	Bingley Harriers & AC	16
9	Julie Gardner	Macclesfield Harriers & AC	13
10	Deborah Gowans	Accrington Road Runners	11
11	Suzanne Budgett	Horwich RMI Harriers	10
12	Jackie Scarf	Calder Valley Fell Runners	9
13	Karon Forster	Calder Valley Fell Runners	8
14=	Aly Raw	Bingley Harriers & AC	7
14=	Dorothy Pelly	Ambleside AC	7
14=	Jacqueline Keavney	Swaledale Runners	7
17=	Jane Leonard	Todmorden Harriers	6
17=	Sue Haslam	Scarborough AC	6
19=	Ann Hall	North Leeds Fell Runners	5
19=	Kathleen Brierley	Todmorden Harriers & AC	5

PHOTO © NORMAN BERRY

Keswick's Lesley Malarkey - Joint V65 Gold with Black Combe's Lou Lyness

WOMEN'S O60 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Ann-Marie Jones	Altrincham & District AC	32
2	Wendy Dodds	Clayton-le-Moors Harriers	30
3	Pat Goodall	Totley AC	29
4	Sue Haslam	Scarborough AC	24
5=	Lesley Malarkey	Keswick AC	18
5=	Linda Lord	Clayton-le-Moors Harriers	18
5=	Lou Lyness	Black Combe Runners	18
8	Katy Thompson	Clayton-le-Moors Harriers	15
9	Alison Brentnall	Pennine Fell Runners	10
10=	Bernice Nixon	Penistone Footpath Runners AC	6
10=	Beryl Buckley	Glossopdale Harriers	6
10=	Linda Hayles	Calder Valley Fell Runners	6
13	Brenda Roberts	Saddleworth Runners	3
14	Moyra Parfitt	Todmorden Harriers	2
15	Jan Young	Elvet Striders	1

WOMEN'S O55 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Wendy Dodds	Clayton-le-Moors Harriers	41
2	Pat Goodall	Totley AC	40
3	Becky Weight	Bingley Harriers & AC	33
4	Ann-Marie Jones	Altrincham & District AC	32
5	Julie Gardner	Macclesfield Harriers & AC	29
6	Sue Haslam	Scarborough AC	26
7	Lou Lyness	Black Combe Runners	16
8	Lesley Malarkey	Keswick AC	15
9=	Linda Lord	Clayton-le-Moors Harriers	11
9=	Mary Edgerton	Pennine Fell Runners	11
11=	Dorothy Pelly	Ambleside AC	9
11=	Lyn Thompson	Keswick AC	9
13	Jane Leonard	Todmorden Harriers	8
14	Katy Thompson	Clayton-le-Moors Harriers	6
15=	Caroline Clarke	Pudsey Pacers Running Club	5
15=	Patricia Justin	Pennine Fell Runners	5
17	Alison Brentnall	Pennine Fell Runners	4
18=	Anna Blackburn	Cumberland Fell Runners	3
18=	Bernice Nixon	Penistone Footpath Runners AC	3
18=	Kim Clark	Keswick AC	3

PHOTO © NORMAN BERRY

Lou Lyness, Linda Lord, Katy Thompson and Lesley Malarkey (and a Herdwick)

WOMEN'S O65 CHAMPIONSHIP

Pos	Name	Club	Tot.
1=	Lesley Malarkey	Keswick AC	32
1=	Lou Lyness	Black Combe Runners	32
3	Linda Lord	Clayton-le-Moors Harriers	27
4	Beryl Buckley	Glossopdale Harriers	20
5=	Brenda Roberts	Saddleworth Runners	17
5=	Alison Brentnall	Pennine Fell Runners	17
7	Jan Atkins	Chorley Athletic & Triathlon Club	5

BY **IAN HARTMAN** *FRA STATISTICIAN*

WOMEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Nichola Jackson	Preston Harriers	33
2	Sophie Horrocks	Rossendale Harriers & AC	24
3	Charlotte Milligan	Helm Hill Runners	15
4	Ruby Sykes	Holmfirth Harriers AC	13
5	Anna Hoogkamer	Ambleside AC	9
6=	Ellie Crownshaw	Dark Peak Fell Runners Club	8
6=	Rachael Crossland	Calder Valley Fell Runners	8
8	Rebecca Neill	Staffordshire Moorlands AC	7
9	Joanna Rycroft	Leeds City AC	6
10=	Lucy Williamson	Ilkley Harriers AC	5
10=	Sally Handford	Settle Harriers	5
12	Shona Monks	Rossendale Harriers & AC	4
13	Joanne Williamson	Ilkley Harriers AC	3
14	Katie May	Howgill Harriers	2

Gold U23 for Preston's Nichola Jackson seen here at Bradda.

PHOTO © NORMAN BERRY

PHOTO © BEN MOUNSEY

Another excellent year in women's fellracing

WOMEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Ambleside AC	48
2	Mercia Fell RC	38
3	Dark Peak Fell Runners Club	33
4	Calder Valley Fell Runners	31
5	Keswick AC	28
6	Helm Hill Runners	24
7	Pudsey & Bramley AC	11
8	Wharfedale Harriers	9
9	Macclesfield Harriers & AC	7
10	Clayton Le Moors Harriers	7

WOMEN'S O40 TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Ambleside AC	45
2	Dark Peak Fell Runners Club	42
3	Calder Valley Fell Runners	32
4	Helm Hill Runners	30
5	Mercia Fell RC	19
6	Clayton-le-Moors Harriers	17
7	Keswick AC	14
8	Todmorden Harriers	12
9	North Leeds Fell Runners	8
10	Wharfedale Harriers	8

PHOTO © STEPH JONES

Ambleside AC's women have won both the open and the O40 British and English Team Championships. They also finished as the first women's team in in both the Ian Hodgson Mountain Relay and the Relay Championship. Pictured here with their trophy from the Relay Championship are (clockwise from top left): Hazel Robinson, Jane Reedy, Lou Roberts, Sarah McCormack, Annie Conway and Astrid Gibbs

BY **BEN BARDSLEY**

Interview:

I partnered up with Finlay Wild for several "2 man Team "ski mountaineering races last winter.

Although fairly new to the sport, it didn't take him long to "learn the ropes"; setting a formidable pace uphill and showing me a clean pair of heels on the downhill. Confined to a VW Transporter with copious quantities of kit, temperatures plummeting outside it wasn't long before I got to know him pretty well!

I discovered a calm, considerate and highly motivated man, with many adventurous tales to share. Recently qualified as a GP, resident in his home town of Fort William, Fin seems to excel at whatever he turns his hand to. He has a keen interest in art, science, technology, adventure and generally having fun.

It was a pleasure to interview Fin for "The Fellrunner", although our lives seem so busy these days, it took us months to get around to it!

BB: So tell me about the British Champs, it looks like you have it pretty much sewn up this time.
FW: I had a crack at the British Champs a couple of years ago and I was second equal with Morgan (Donnelly). However, this time the plan was: go down, spend a bit of time reccying, and know the race routes well - rather than racing onsight (without a reccy) which can be rewarding but is also more likely to go wrong! -….. and it worked out fine!

BB: I must admit Fin, the first time I heard about you was when I saw you in the results for Ben Nevis. I think it was the first time you won. That was about 6 years ago. Were you fairly new to running at the time?
FW: Well, I started walking around the hills whilst I was still at school. Then at University, I went and did all sorts of climbing things in the mountains, which led to long days in the hills. I guess through these long days, I gravitated towards running in the mountains – probably since I could go a bit further, a bit faster. So, I ended up running about the hills ticking off Munros and going to new places, getting to know the Scottish mountains, and just doing the odd race. That all happened over the last 10 to 15 years.

BB: So did you run as a schoolboy at all?
FW: I did go to 'running club' at school, here in Fort William. It was a relaxed after school session which was good fun with little emphasis on 'racing', which I think was good.

BB: So when you first won "The Ben", did you think you had a good chance of winning it?
FW: Well, I ran the Ben Race three times, I think, before I won it. I was getting faster every year. The first time, I think I was thirteenth, then I was fourth and then fifth, or something like that. However, I wasn't doing a huge amount of racing, I was going out running in the hills, but mainly climbing. So this kept me fit. From the start I seemed to have a knack for descending rough ground. Actually the first time I won "The Ben" I only did one race between winning it that year and winning again the next year.

BB: Wow. Presumably then, just a load of long days on the hill in between the two wins, running around, enjoying yourself.
FW: Absolutely. The training was in having big hard days out both running and climbing.

Finlay Wild

BB: Fin, tell me a little bit about your climbing. I know you're modest, but give me an idea of what sort of things you got up to.
FW: Well, my standard has dropped off now, since I am concentrating on running, but back at University, I would be out winter climbing most weekends – all around the North and West of Scotland – I can remember great long days on the hill in the Cairngorms, Ben Nevis, Beinn Eighe in Torridon, all over really. I was also out cragging a lot in summer, again all over Scotland, but also some summer trips to the Alps, trips to Wales, multi-pitch routes in Scotland.

Straight after Uni, I took a year off. Myself and my mate James lived in a van for nine months in the west of Canada and the USA. We missioned around to all the honey-pot climbing spots – like Yosemite, Lake Tahoe, Red Rocks outside Las Vegas and Squamish in Canada. Also we were ice climbing – so places like Wyoming, and Ouray in Colorado, where also we were ski touring.

Whilst I have been a competent climber, its been at a moderate level. I've led grade VII Scottish Winter and E3 on rock; F7a+ sport.

BB: That sounds an amazing trip Fin. I presume you got into doing things in the hills at a fairly early age, since I believe your Dad is a Mountain Guide and you've always been based in Fort William.
FW: Yeah that's right. I have been very lucky in that respect – carried up hills from an early age and then through time being introduced to climbing and skiing. Eventually a friend and I asked Dad to teach us to lead [rock climb], which must have been pretty terrifying at the time, for him! I guess I was about 15 or 16 at that time.

BB: Clearly a great culmination of your rock climbing prowess and fell running ability has been your amazing record for the traverse of the Cuillin Ridge. Can you tell me how you first got interested in this record, when it became a goal and how you went about preparation for it?
FW: Yeah, so going away for climbing weekends whilst at Uni' and sometimes being away in the Cuillin, where invariably it rained on us as we tried to climb… we had to do other things, like easy scrambling. I became aware that this guy Es Tresidder (whose since become a collaborator in running and ski missions) had the record in just over 3 hours. It seemed ridiculously fast to me at the time, but clearly possible. I knew he was a better climber than me, but that the climbing on the ridge was not too hard… very serious, but not too hard. My first traverse was with my Dad, ten years ago. I went back 5 years after that and wanted to do my own traverse, just on my own. I started going up and reccying the main climbing sections and more intricate parts. When I had a reasonable idea of the ridge and what it entailed I set off for my first solo traverse. I took a wee rope and a few slings for a couple of abseils. It was actually 40 metres of 7mm rope – so pretty minimal. I was pretty confident and competent with my scrambling by this point, so the rope was really just for backup and I didn't end up using it (and only took it on that first solo traverse). My first traverse was in about 5 and a half hours. That was pretty good, it felt pretty fast. I kept going back and looking at bits. Every time I went I would get to know it a bit better, often in bad weather, running around in the mist, getting to know it. I just kept getting faster and faster on sections. The whole process of repeated reccying meant a lot of enjoyable time spent on Skye.

BB: How many times do you think you went up onto the ridge before you had your first running attempt at the ridge record?
FW: Hmm, well, I have done six full traverses…. And I must have been up there reccying specific sections at least

another half a dozen times, not to mention other days out maybe climbing or doing something else which isn't a specific reccy, but all adds to the knowledge. However, maybe the best way to learn the ridge is to actually just run it… so it became a bit of a balance for a while… do I head to Skye and just reccy a bit of the ridge, or do a whole traverse? However, doing a full traverse of the ridge is pretty mentally nerve wracking. So, I might do a full traverse and then go and reccy a specific bit of the ridge a bit more. However, I do think I have got a pretty good memory for specific rocks and intricacies if I reccy a route.

BB: Ha, yes that must be a great asset up there, since I know it's pretty intricate.
FW: Yeah – the Cullin are unique in being 'the Scottish Alps' - with rough, technical peaks and ridges.

BB: I know you broke the record a bit before your final attempt, but realized afterwards that you failed to physically touch one summit cairn, so voided your attempt. Tell me a bit about this.
FW: Well, looking back at this record over the years, there has never been any definitive proof; it's always been on trust (although I have a GPS trace of my runs). There is a recognized set route for the record. Andy Hyslop set this down in the 90s: there are certain summits you have to visit, certain rock climbing sections within the ridge you have to do. There are however lots of other minor summits that you don't have to go to the top of. So to have missed touching one of the included summits was not right for myself. This has been one of my biggest mountain ambitions and it had to be right for me.

Earlier the year of my first 'record run' I had done a traverse in four hours, so I was clearly getting faster. A few guys had come up with me to support me. We headed up to the first peak, Gars-bheinn, where we bivvied overnight so as to be fresh to run in the early morning and have the ridge to myself. It was brilliant weather. Everything was going to plan, then there is one bit called King's Chimney; it's one of the main climbing parts, you climb up, basically to the summit of Sgurr Mhic Coinnich – one of the Munro peaks. After the climb you go up a ramp very near the summit, and then onwards. I then concentrated really hard, for the rest of the ridge. At the end, Sgurr nan Gillean, I'd clocked 3 hours and 10 minutes, and thus had broken Es's record. It wasn't until I was standing on the last summit, looking back on the ridge and thinking through it, I realized about this specific summit. I mulled it over for a couple of hours as I walked down, my mates were there, my parents were there and I knew I had done it, but there was a big "BUT"- there was this one area where I really wasn't sure whether I had touched the summit cairn. So, after a while I decided the best thing was to go up and have a look. So, I went up from Glen Brittle, up this Munro again on the same day, to have a bit of a look. Up there I knew I hadn't actually touched the summit cairn. I had passed only 10 metres or 5 seconds from it, but not actually touched it. On one hand I knew I hadn't saved any time by not touching it, but I wanted it to be a really certain and strong record for me. So I decided not to claim that one, but to sit on it and go back as soon as I could to do another one… which I did in fact, the following weekend. However, it wasn't great weather, it was a bit misty, but I went with it. So, although I beat the record again on this second 'record' run (3hrs 14mins), it was with a slightly slower time! However, in a way this was a good thing, since I was still learning things about the route. Thus, when I finally went back the next time after this, my third 'record run', I did my fastest time.

BB: So Es's time for the ridge was about 3hours 17 mins. What was the chronology of your times?
FW: Well, my 3 fastest times were 3 hours 10 minutes (where I missed a summit cairn); just under 3: 15 (misty); and the record was 2 hours 59 minutes and 22 seconds.

BB: So on your record run, did you feel everything went just right?
FW: Yeah, so this one felt good. I knew I had broken the record already, so had that confidence. The route is so intricate, that I know I made some small errors, but nothing too significant. I think it would be near impossible to take exactly the fastest line for the whole 3hr run – that's thousands of tiny variations all going exactly right. For example, on the record run I made a little error by going too low on some scree towards the end and was a bit slower on one of the splits, probably because I had pushed faster earlier on.

BB: So how far from the end did you realize you might break the 3 hour barrier?
FW: Actually fairly early on I got well up on my schedule – so maybe a third to halfway along the ridge I was 10 minutes up on my 3hours 10 minutes schedule. I knew what this meant, but dared not think about it! So the last hour I just thought, "now run as fast as last time and it's possible". The timing was perfect for me, since this route is no sprint; it's an endurance challenge. I had just come off years of long days in the hills as a strong climber, and I had just come into lots of racing and longer pure runs in the hills. It was just after the peak of my climbing and I was having one of my strongest years yet as a runner. So it all came together for a fast combination of the climbing parts and running bits.

BB: Well it's clearly an amazing achievement and I think it will be a long time before we see anyone getting anywhere near to that record. It requires such a combination of skill sets.

BB: So, I know you are a keen skier Fin. Tell me a bit about when you started to ski.
FW: When I was fairly young we lived in Kingussie for a while. I was having some lessons in Primary 3, so when I was about seven. When we moved to Fort William, I got pretty competent going up onto Nevis Range ski area. Whilst I was at Uni' though, I didn't really do a lot of skiing. I was more into climbing. However, as you know I am getting right back into it now, with the huge developments in kit and growth of the sport of ski mountaineering and racing. This is where I see winter things going for me in the future. I am excited about where I can go with that over the next few years.

BB: Fin, can you explain to readers of "The Fellrunner" a bit about what ski mountaineering racing involves and how you got involved?
FW: I can't remember quite when, but I was aware that yourself and Es were doing some racing on superlight skinny skis in silly looking lycra suits. I had clearly done a lot of skiing as a kid. I am not that fussed by lift skiing anymore, since I did lots of that as a kid and I can ski all the resort stuff, but I am very keen on ski mountaineering. I loved the idea of Skimo racing since it seemed a bit like the transition from hill walking to fell running – going from heavier ski touring kit to really lightweight stuff that allows you to move quickly uphill as well as down. Skimo racing is really a runner's ski touring. So the Skimo racing kit is ski touring equipment designed to enable you to go fast uphill, downhill and rapidly transition between the two. The scene is huge in mainland Europe, with really high standards. When Brits go over there, they are doing well to be in the top 50 in the big races. It's great training for pushing yourself uphill and would be a great sport for any hill runner who can ski. After the lung busting ascent, you descend on skis, high speed on chattery lightweight skinny skis, very exhilarating.

BB: Great stuff! Can you tell be a bit about the Scottish "Skimo" series that you won last year?
FW: Yeah, so the Scottish series, whilst still in its infancy is growing year on year. The races are held in the main Scottish Ski resorts. Yeah, I won the series last year. They are great fun, but the Scottish weather can be a force to contend with!

There are quite a few people on lightweight kit at the races now, but also folk on standard touring kit are enjoying the series. You don't have to don a silly suit and have the lightest skis to have a go!

BB: I know you went out to the Alps last winter and did a few of the big Ski mountaineering races, do you plan to do the same next winter?
FW: Yeah, I am hoping to do some more overseas this winter; the Pierra Menta and others. But my main mission will be to just get out more on skis in Scotland. I'd like to do some big link-ups that maybe fell runners would do. I'm really keen to try a Tranter Round on Skimo kit. I don't know if it would be possible in anytime like the winter running record, but it would be interesting to try and good to work it all out.

I just love combining the sheer physical exertion of uphill effort like running, with the exhilaration and speed of ski descents.

BB: Tell me about the "Tower Double".
FW: Oh yes, this involves climbing "Tower Ridge" – an easy but serious long climb, a classic mountaineering route on Ben Nevis – approx. 600 m long, with skis on your back and then descending "Tower Gully" on skis – about another 600m back down again. I have done it a couple of times now. There has been so much snow this year that I did it with my Dad on July 1st! This new lightweight ski kit makes things like this just so much more possible, since you can just move so much faster.

BB: So I know when you did this on your own, you did it one night after work. How long did it take?
FW: Yeah, I did it from "The North Face" Car Park, which is at the bottom of the North face of Ben Nevis. It took me 2 hours 50 minutes from car to car. I went up in running shoes and changed into the ski kit on the top of "The Ben". It was after work one night, so there I was on top of "The Ben" at 9pm one night at the end of June. It was a bit misty, so a bit eerie. I was in shorts, so I put some trousers and lightweight ski boots on, skied Tower Gully and then ran back out.

So that's quite a short one, but I can see the potential for lots more such missions.

BB: Do you think a Ramsey Round is possible on skis?
FW: I definitely know Es Tresidder tried a Ramsey Round on skis a few years ago. I think he got about a third of the way around and had to abandon as bad weather came in. However I think he also had to contend with soft snow, so trail breaking was a problem. So the kind of conditions you would want for running it in winter would be, as Jon Gay (Winter Ramsay Round record holder) knows, crisp and quite firm. So, you can plod along on top without sinking up to your knees. Skiing it however, whilst it needs to be stable, you really wouldn't want it too icy. Particularly The Ramsey Round, quite a lot is low level and so you could be walking a lot of the lower parts carrying the skis... but anyway it would certainly be a fun bunch of days trying to work it all out.

BB: Well let's hope for some snowy winters for you to get your teeth into some challenges up there!
Now you have the British Champs in the bag, are there any other races or running challenges you now have your eye on?
FW: Yeah, I'm keen to get back to my roots a bit with longer 'rounds' – things like the Tranter and Rigby rounds, as well as the 'Torridon Triptych'. Also a friend Colin Thornton just did the Tromso Sky Race, organised by Kilian Jornet, which looks great. So I'm tempted by this and other Sky Races. The Tatras Ridge in Southern Poland is apparently a bit like the Cuillin Ridge, so that looks fun to go and check out.

BB: You are off to New Zealand soon, do you have any plans for there?
FW: Really looking forward to this trip. I've never been and we're going for 6 weeks. We've not over planned it, but definitely some running races, some climbing, scrambling, and also recharge the batteries!

BB: Have a great time Fin and best luck with all of your future plans.

The Fellrunner Photography Competition 2016

There is so much exceptional photography around our sport at the moment. To acknowledge the great range of amateur and professional photographers who document our races and contribute to these pages, The Fellrunner has decided to launch our own photography competition.

Our team of dedicated and talented photo editors, led by Judy Howells, have chosen the five categories below and will select a winner in each section.

Winning shots in each section will feature in the spring 2016 edition of 'The Fellrunner' with the overall winner gracing the front cover.

To enter simply submit a high resolution copy (around 300dpi) of any image taken at a fell race in 2015 or the early part of 2016 to editor@fellrunner.org.uk before the spring contribution deadline of 1st March 2016. Please include a preferred caption and info about those featured in the photo. If the competition proves successful, we may repeat at the end of next year.

Happy snapping throughout the winter.

CATEGORIES

1. Race action
2. Pre race preparation
3. Post race analysis/recovery
4. Groups or teams
5. Behind the scenes – (catering, flagging, marshalling etc)

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

Let's hot foot it to ...Plantar Fasciitis

Despite writing for *The Fellrunner* since 2005, I have avoided writing about plantar fasciitis, even though it accounts for 10% of injuries. Unfortunately it is a condition which isn't totally understood, may be misdiagnosed and can be stubborn and resistant to its various recommended treatments. The internet can also give confusing and conflicting advice so please be cautious. I have tried to present various thoughts regarding possible causes and treatments, but these may not be the only causes, and these treatments may or may not work, but often one or a combination of them can help it to resolve quicker than doing nothing. Without any intervention, most cases resolve within 2 years, but it may last so long because it isn't being managed appropriately and so the cause of the injury remains.

Anatomy

The plantar fascia (or plantar aponeurosis) is a tough, fibrous sheet of connective tissue on the sole of the foot. It is attached on the underneath of the heel bone at the calcaneal tuberosity about 1" from the back of the heel, and then passes under the foot, dividing into 5 slips to attach underneath the toes at the front of the foot. The central portion is thickened, with thinner extensions to either side.

It is important to remember that the sole of the foot is a very complex system, with layers of muscles, tendons and ligaments which lie below the plantar fascia. The muscles of the first layer, along with the plantar fascia, provide support to the longitudinal arch on the inside of the foot, with the tibialis anterior, tibialis posterior and peroneus longus muscles helping to control the arch from further up the leg.

The plantar fascia can be compared to the strings of a bow. If the tension on the strings is altered it can affect the shape of the bow, just as changes in tension in the plantar fascia can affect the support system to the arch in the foot.

The term 'plantar fasciitis' technically means inflammation of the fascia (-itis means inflammation), although it is thought that it isn't an inflammatory condition. Instead it is thought that it is due to a more gradual degeneration of the connective tissue which then becomes disorganised and painful.

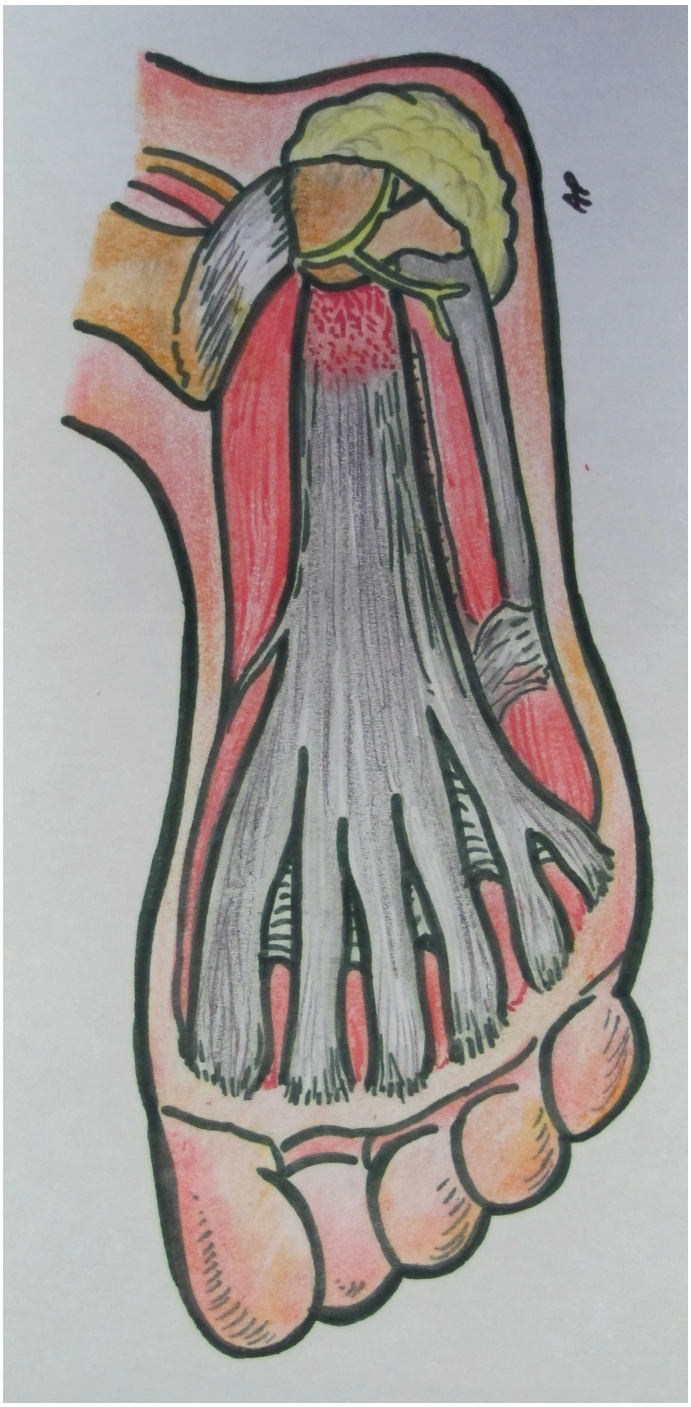
Signs and Symptoms

Any of the following may be present – or not.

- Pain under the heel, in the arch or in the ball of the foot.
- A pain which could be described as sharp, a burning sensation, or an ache.
- There may be no obvious cause of injury. It may be due to repeated minor strains over a period of time, or the cause may have been something which happened a few days prior to being aware of the symptoms.
- The pain is usually worse when you first get out of bed in the morning or after sitting for a long period.
- The pain is often worse after standing on a hard surface for a longer period.
- There may be a 'pop' sensation in the foot, which suggests that some of the plantar fascia fibres have ruptured. This is rare, but it can happen.

Possible causes

It is important to address the cause of the problem, but it is often difficult to identify the cause as it could be due to one, several, or none of the following. You could also have many of the causes of plantar fasciitis, but never experience the injury. Be wary of suddenly changing your biomechanics, as this could be totally irrelevant and there may be other factors to consider first. Some of the possible causes are:-



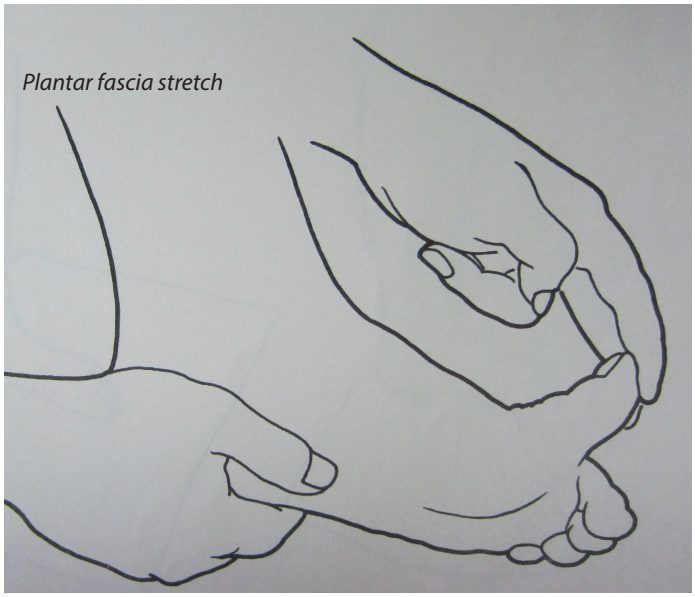
1. **Over-pronation or supination of the foot**
   Flat feet or high arched feet may both be problematic as the tension in 'the bow' is too tight or too slack. Equally, you could have high or low arches and never be troubled by plantar fasciitis.

2. **Tight or very flexible calf muscles**
   The plantar fascia under the sole of the foot is continuous with that of the Achilles tendon and the calf muscles. If the calves are tight, it can increase the tension on the fascia in the foot making it more susceptible to injury. Also, one of the muscles responsible for supporting the arch is the tibialis posterior muscle which comes down from the calf and attaches to the inner middle aspect of the foot. If this structure is too flexible, it doesn't adequately support the arch, resulting in more strain on the plantar fascia.
3. **Heel spurs**
   Many of the population have a bony spur on the underside of the heel bone, but not everyone who has a heel spur has plantar fasciitis. If there is a bone spur, it could be a contributing factor – or not. Surgical removal of a heel spur does not necessarily mean that the plantar fasciitis will resolve, and given surgery should be a last resort, every other possible cause and every other treatment option should be addressed first.
4. **Long periods of standing on hard floors**
   E.g. standing at work for over 8 hours. Over a period of time, the structures supporting the arch become fatigued causing the plantar fascia to be overstretched.
5. **Change of footwear**
   Spring/summer often sees an increase in frequency of this injury due to to a change from more supportive winter shoes, to flat unsupportive sandals or flip flops which really stretch out the sole of the foot. Walking around bare foot can also alter the tension on the fascia, suddenly stretching out an area that is normally used to some form of support. It can also coincide with a change in running footwear when the support to your foot changes.
6. **Change in training regime**
   A change in training can mean that the sole of foot is being stretched out further. Lengthening a stride or hill reps could cause repeated subtle changes to the tension through the plantar fascia.
7. **Direct trauma**
   Instances such as striking the sole of the foot on a rock whilst in shoes that offer little protection (e.g. racing flats).
8. **Excessive body weight**
   An increase in load through the arch will obviously put more strain on the plantar fascia.
9. **Foot abnormalities or unusual biomechanics**
   This could be anything which has altered the normal alignment of the lower limb – e.g. previous surgery, fractures, joint abnormalities or congenital bony defects which may alter the tension in the plantar fascia.

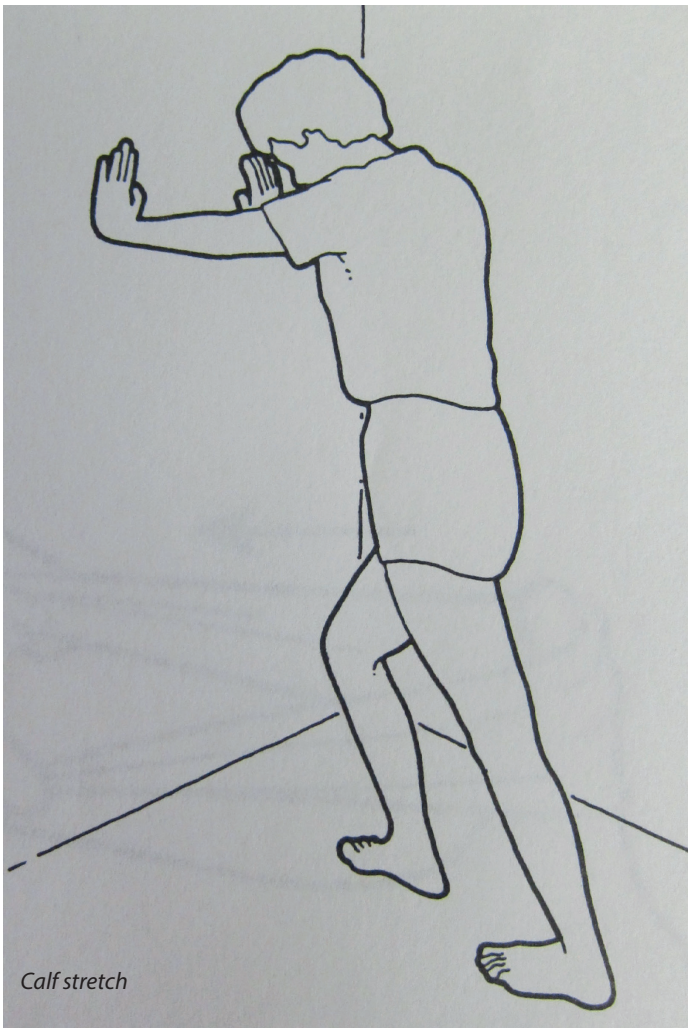
Suggested Treatments

Plantar fasciitis can often be treated successfully at home, but if it isn't responding consider seeking the advice of an experienced health professional. It is a difficult condition to treat, so if possible seek advice from someone who understands fell running, and someone who is sympathetic to sport. It may take up to 6 weeks to get any improvement, but if any of these treatments appear to help, persevere and continue until the symptoms resolve. An Orthopaedic Consultant is probably your last point of call, so try the other options first.

- **Rest from running / modify training**
  If running is aggravating the condition, it is essential to avoid running for a short time. The severity of the problem dictates the period of time required to rest and this could be anything from a few days to a month. The benchmark is often how the foot feels first thing in the morning. Other activities which don't stress the arch of the foot can be continued, so cycling and swimming are still allowed. It is also important to keep the foot and calves mobile, so if you aren't doing any activities, it is important to do foot and ankle exercises to avoid the area becoming stiffer and tighter.



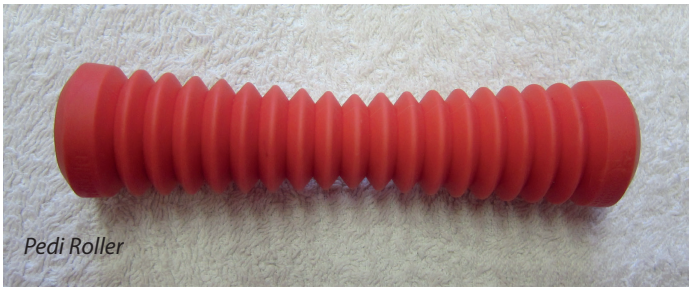
Plantar fascia stretch



Calf stretch

- **Stretching**
  If the calf and plantar fascia are tight, stretching can help. The calf must be stretched with both a straight and a bent knee, and the arch/ foot stretched out by pulling the big toe upwards. The stretches should be held for at least 15 seconds, should be carried out 3-5 times at least once a day and shouldn't be painful.
- **Massage**
  Regardless of the cause, general massage of the foot and the lower leg is often beneficial. Massage may help to ease tight muscles, reduce adhesions or scar tissue, relieve any trigger points or areas of muscle spasm and generally increase circulation to the area. The massage shouldn't be too deep and can be done every day or on alternate days for 5-20 minutes.

- **Rolling**
  The sole of the foot can be rolled over a rolling pin, tennis/golf ball, or over a roller specifically designed for plantar fasciitis (pediroller). It is important not to cause further irritation or bruising, so shouldn't be done too deeply.
- **Ice**
  This can help to reduce the pain and burning sensation. An ice pack can be applied to the sole of the foot for 5-10 minutes or an 'ice roller' can be made by freezing a round water-filled yoghurt pot and rolling it under the sole of the foot for a few minutes.
- **Hot / cold**
  It is known that fascia responds well to warmth, so it could be beneficial to alternate between warmth and cold. This can be done by using 2 bowls – one containing warm water, one cold water, and putting the foot in each bowl for one minute at a time, repeating 3 times.
- **Heel cups / arch supports / orthotics / chiropody felt with cut-out**
  These are designed to reduce the stress through the plantar fascia. Heel cups will initially reduce the tension on a tight calf and orthotics /arch supports will help off-load the fascia. These are often only necessary for a short period of time, so off-the-peg supports can be as effective as custom made insoles. I have also used chiropody felt with a central cut-out to fit in a shoe under the heel- to reduce the pressure on the tender area of the bone.
- **Deep transverse frictional massage**
  This is done in a specific direction and at a specific depth to help reduce any fibrous tissue or adhesions and help return flexibility to the damaged tissue. The massage shouldn't be too aggressive or it can aggravate the condition.
- **Minimise standing and hard surfaces**
  It is important to try and reduce periods of time standing as this puts additional strain through the damaged area.
- **Avoid hard surfaces**
  When resuming running, minimise the impact through the sole of the foot by staying off-road initially.
- **Change footwear**
  Avoid footwear with no arch support until the condition has settled. High heels can also cause shortening of the calf muscles so avoid them whilst you have got symptoms. If the condition seemed to develop shortly after a change to a new running shoe, revert to your old running shoes for a while or change to a different running shoe. Usually a more cushioned shoe with some arch support is more beneficial until the condition settles.
- **Taping**
  Tape can be used to reduce the strain on the plantar fascia and may help to settle the acute symptoms. It can also help to offload the fascia whilst gradually resuming more activity.
- **Night splints (such as the Strasbourg sock)**
  These seem to help in some cases, especially when it is a recent problem rather than a long-standing condition. It helps to prevent the plantar fascia from tightening overnight, although it is thought that it may be due to the disturbance it causes to a normal sleep pattern making you move more frequently. If it cannot be tolerated, it can be worn for a short period of time before getting out of bed in the morning to help stretch the structure before initial weight-bearing, or for regular short periods throughout the day.
- **Shock wave therapy**
  This is now recognised as an accepted treatment for plantar fasciitis, although the evidence varies and there is controversy


Pedi Roller

Strassburg Sock

Resisted big toe flexion

Resisted eversion

Resisted inversion

as to how it works. Strong waves are directed towards the site of injury, but it isn't very pleasant and can be expensive, but it is still another treatment option.

- **Steroid injections**
  These can help reduce pain and can be beneficial when used in conjunction with other risk-free treatments, but they may also cause other problems. Steroids are thought to damage connective tissue, which can increase the risk of rupture.
- **Surgery**
  Surgery should be avoided at all costs. As the cause is not usually obvious, the surgery may not address the cause so may not work. Every option, including rest, has to be tried first. The symptoms should have been present for at least 12 months before even contemplating surgery.

Things to remember

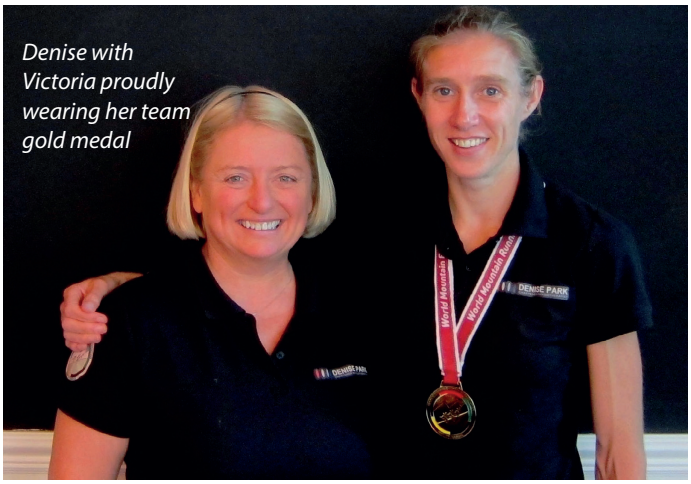
1. As the condition isn't due to inflammation of the fascia, anti-inflammatory tablets will probably not be effective.
2. Plantar fasciitis gets better.
3. Aggressive treatment will often make the symptoms worse – for once - more pain often means no gain!
4. Strengthening exercises don't usually help as it isn't caused by weakness of the plantar fascia – strengthening exercises may also aggravate the condition.
5. Platelet rich plasma injections are supposed to stimulate healing but the reviews so far suggest it is ineffective and very expensive.
6. Make sure you actually have plantar fasciitis, or the treatments won't work.

Other possibilities are:-

- Stress fracture – this may be in the heel bone but if it is a metatarsal fracture the pain is usually felt on the top of the foot.
- Morton's neuroma – pain due to the thickening of a nerve between the metatarsal bones, often aggravated by squeezing the foot.
- Tendon problems – may be in the Achilles tendon, the tendons helping to support the arch or the tendons going to the toes.
- Muscle or ligament damage to the structures which lie deeper than the plantar fascia.
- Bone bruising – there is usually a history of impact to the heel bone.
- Nerve impingement at the ankle – there will usually be tingling, numbness, or a sharp 'electric shock' type sensation (called tarsal tunnel syndrome).
- Bursitis – there is usually pain and swelling at the back of the heel.
- Fat pad syndrome – an irritation of the fat pad on the sole of the foot.
- Pain referred from the low back, usually in conjunction with other symptoms suggesting a back problem.
- Paget's disease, Sever's disease or other rheumatoid or diabetic related disorders.
- A tumour in the heel bone – this would cause constant, deep bone pain.

VICTORIA WILKINSON'S STORY

I first felt a pain under my heel late December 2014. Two days earlier I had done a harder one hour run on the road due to the bad weather – not something I would normally do, and the day before had done a longish run in muddy conditions. That week I cut my runs to 20 minutes and biked. The pain didn't go away. I was recommended to try the Strasbourg Sock, so I slept with that on for several weeks. It didn't seem to make much difference. In the meantime I saw Denise and had physio treatment on my heel, my arch and big toe. Admittedly this was a few weeks after the initial pain due to Christmas and Denise's personal circumstances. My main problem was that the pain wasn't consistent, it could be in the heel one day and then in my arch. It also seemed to improve enough to run, but then became worse again. Biking didn't seem to aggravate it so I tried to maintain my fitness cycling. I did the stretching, the ball rolling, and iced it - but all to no avail. As the season was approaching quickly I decided to see an Orthopaedic Consultant to get a cortisone (steroid) injection. Even following the consultant's orders, I didn't have the positive effect I was expecting. I was still in pain, but it continued to be inconsistent. 4 weeks post injection, whilst coming to the end of what was one of my better runs, something in my heel 'pinged' and it became much more painful. I had 2 weeks of severe pain, but then it gradually improved and I was able to resume running again. I started to build on my training. A scan then confirmed I'd ruptured some of the plantar fascia and it could take up to two years to repair fully. With further physio and massage, and by avoiding certain things which would take my heel beyond 'acceptable' limits of what I knew it would cope with, I got on with my season - and a pretty good one it turned out to be!!



Denise with Victoria proudly wearing her team gold medal

Victoria won the selection race for the European Mountain Running Championships in May – just 5 months after her first symptoms. She was in the GB team for the European and World Mountain Running Championships, has won the English Championships, and has smashed several records at fell races this summer.

Whilst plantar fasciitis is every runner's nightmare you need to manage the condition – stay positive, address the cause if possible and try out the various treatment options.

Denise Park's physiotherapy practice is based in Clitheroe and offers four chartered physiotherapists specialising in sports-related injuries, and a sports masseur. For further information and contact details go to:- www.deniseparkphysio.co.uk

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BY **MARK CROASDALE**

Snowdon International Mountain Race

18 JUY 2015

The England mountain running team had a very successful day at the Snowdon International Mountain race, on a bright but windy day the race started from the main street in Llanberis to celebrate the 40th running of this event.

From the start the Italian and English teams were to the fore, though as the race progressed the Italian team started to dominate the race and at the summit Italy had the first three runners over the top. On the descent England's Ben Mounsey started to gain ground on the Italians and ran himself into second position only to be caught on the run in. At the finish Emanuele Manzi (Italy) won from team mate Massimo Farcoz. Ben Mounsey (Club: Stainland/Calder Valley) had a great run to lead home the England team in third, with Tom Adams (Club: Ilkley) in fifth, followed by Gary Priestley (Club: Salford H/Edge Hill Uni/Blackburn, Coach: Bashir Hussain) and Chris Steele (Club: Borrowdale/Ellenborough) in ninth and tenth, this was good enough for England to snatch the team title from the Italians.

In the women's race leading from start to finish was Republic of Ireland's Sarah McCormack, but not far behind there was some excellent running by the England ladies team. At the summit Rebecca Hilland (Club: Team Bath) making her England debut turned in second only to have a bad fall due to the number of spectators on the top. Luckily Rebecca was ok but unfortunately couldn't finish the race as she was taken to hospital for a check-up. On the descent downhill specialists Lindsey Brindle (Club: Horwich) and Katie Walshaw (Club: Holmfirth) moved into contention and finished impressively to take second and third positions.

RESULTS

Men

1	Emanuele Manzi (Italy)	1hr 10m 18s
2	Massimo Farcoz (Italy)	1hr 11m 29s
3	Ben Mounsey (England)	1hr 11m 39s
4	Rob Hope	1hr 13m 08s
5	Tom Adams (England)	1hr 13m 34s
6	Sam Hesling (Scotland)	1hr 14min 32s
7	Chris Farrell (Horwich)	1hr 14min 37s
8	Russell Bentley (Eryri)	1hr 14min 47s
9	G Priestley (England)	1hr 15m 10s
10	C Steele (England)	1hr 15m 22s

Women

1	Sarah McCormack (Ire)	1hr 20m 57s
2	Lindsey Brindle (England)	1hr 24m 13s
3	Katie Walshaw (England)	1hr 25m 10s
4	Elisa Stortini (Italy)	1hr 26min 59s
5	Katie Beecher (Wales)	1hr 28min 41s
6	Sophie Horrocks (Scotland)	1hr 28min 52s
7	Caitlin Rice (Glossopdale)	1hr 30min 08s
8	Georgia Tindley (Scotland)	1hr 31min 20s
9	Helen Leigh (Blackburn)	1hr 33min 07s
10	Diane Wilson (Northern Ireland)	1hr 33min 47s

Full results: http://www.tdl.ltd.uk/race-results.php?event=1981

BY GARETH BICKNELL

GB world mountain running trial

ROBBIE SIMPSON and Sarah Tunstall won the GB World Mountain Running Championships trial races, which were the final rounds of the 2015 British Athletics Mountain Running Championships.

Simpson won the battle against his fellow Scotland international Andrew Douglas to claim victory in the men's trial race in Betws y Coed, North Wales on August 22. The trials were held over a slightly shortened version of the course for the World Championships, which took place four weeks later on September 22. England's Chris Smith finished third to take the third and final automatic GB spot on the team.

Simpson (Deeside) had bided his time on the first of three laps, which took competitors up a steep climb through the wooded peaks above Betws y Coed to the Llyn Elsi reservoir, and back down to the village. Douglas (Inverclyde) caught early pacesetter Jack Gray (BRAT) on that first lap, but on the second he was overtaken by Simpson, who steadily increased his advantage over the final loop to win the 12.3km race in 48 minutes 37 seconds.

Douglas finished second in 49:39, with Smith (Thames Valley) third in 50:09. Tom Addison (Helm Hill, fourth), Tom Adams (fifth) and Ben Mounsey (sixth) also made the GB team when it was announced three days later.

Although Douglas lost out to Simpson for the race victory, he was crowned overall men's winner of the British Athletics Mountain Running Challenge, with Simpson second and Smith third.

Sarah Tunstall won the senior women's race, and was joined on the GB team by Emmie Collinge, who finished second. Collinge had lead early on in the two-lap women's race, with Tunstall, Emma Clayton and Hatti Archer close on her tail, but as the field spread out Kendal athlete Tunstall was able to gain the advantage and was leading by lap two. She stayed ahead to win the 8.3km race in 36:33, with Collinge finishing second in 37:12.

With only two automatic spots for the four-strong women's team, Leeds City athlete Clayton (third, 37:55) and Hallamshire's Archer (fourth, 38:01) were confirmed on the GB team three days later - although Archer eventually had to pull out through injury and was replaced by Victoria Wilkinson (Bingley).

Clayton's third place sealed the women's title in the British Athletics Mountain Running Challenge, with Annie Conway and Victoria Wilkinson finishing joint second in the series.

The senior races also incorporated a home international, with England taking both the men's and women's titles.

The U20 men ran in the same race as the senior women, with Jacob Adkin (Moorfoot) claiming victory in 35:02 and John Spill of local club Eryri Harriers second in 35:08. Jacob Boyle of Clayton-le-Moors was third in 35:38.

The U20 women's race was one 4.2km lap. Heidi Davies of Brecon AC won in 19:45, five seconds clear of Leeds City athlete Georgia Malir, the 2014 European Mountain Running Champion. Scarlet Dale (Lancaster & Morecambe) was third in 20:03.

The U17 men and women's race, again over a 4.2km lap, also incorporated the Welsh trial for the junior home internationals, held in Betws y Coed on the same day as the World Championships. The race was won by a guest runner, Jacob Steele (Dallam) in 18:34, with Ryan Cain second in 19:10 and his Menai team-mate Sion Jones third in 19:41. Annabelle McQueen (Eryri) was first U17 woman in 23:01, ahead of Ellie Kiff (Carmarthen) in 23:17 and Holly Roberts (Colwyn Bay) in 24:22.

RESULTS

Senior men (top three qualified automatically for GB&NI team for World Championships, Betws y Coed September 19):
1 Robbie Simpson (Scotland / Deeside) 48 minutes 37 seconds.
2 Andrew Douglas (Scotland / Inverclyde) 49:39
3 Chris Smith (England / Thames Valley) 50:09

Senior women (top two qualified automatically for GB&NI team):
1 Sarah Tunstall (Kendal) 36:33
2 Emmie Collinge (England) 37:12
3 Emma Clayton (England / Leeds City) 37:55

Under-20 men (top two qualified automatically for GB&NI team):
1 Jacob Adkin (Moorfoot) 35:02
2 John Spill (Eryri) 35:08
3 Jacob Boyle (Clayton-le-Moors) 35:38

Under-20 women (winner qualified automatically for GB&NI team):
1 Heidi Davies (Brecon AC) 19:45
2 Georgia Malir (Leeds City) 19:50
3 Scarlet Dale (Lancaster & Morecambe) 20:03

U17 men and women (Welsh team trial for British & Irish Championships, Betws y Coed September 19):
1 Jacob Steele (Dallam - guest) 18:34
2 Ryan Cain (Menai) 19:10
3 Sion Jones (Menai) 19:41
4 Steffan Williams (Eryri) 21:00
5 Annabelle McQueen (Eryri) 23:01
6 Ellie Kiff (Carmarthen) 23:17
7 Holly Roberts (Colwyn Bay) 24:22.

Men's home international:
1 England 19 points
2 Scotland 21 points
3 Wales 50 points

Women's home international:
1 England 10 points
2 Scotland 40 points
3 Northern Ireland 70 points

British Athletics Mountain Running Challenge final standings (this was final race of three):
Men: 1st Andrew Douglas, 2nd Robbie Simpson, 3rd Chris Smith.
Women: 1st Emma Clayton, Joint 2nd Annie Conway, Victoria Wilkinson.

Rebecca, Annie, Vic and Emma with 2km to go on the way to European team gold

BY **GARETH BICKNELL**

World Mountain Champs

PHOTO © P GALE

Britain's women led the host nation's medal charge when the World Mountain Running Championships were held in Betws y Coed, North Wales in September.

Emmie Collinge and Emma Clayton were silver and bronze medallists respectively in the senior women's race, leading GB to team gold ahead of the might of Uganda and the USA, to go with the European gold they won in Portugal in July.

And they were not the only GB successes on September 19, with Robbie Simpson claiming bronze in the senior men's race, and all the British teams medalling.

Simpson led Britain's men to team bronze, while the junior men also took bronze, and the junior women were silver medallists inspired by Welsh athlete Heidi Davies and last year's European Champion Georgia Malir.

The World Championships was being held in Wales for the first time, and in the UK for only the third time, the event having been hosted in Edinburgh and Keswick in its previous incarnation as the World Trophy (in 1995 and 1988 respectively).

The main part of the lap was 4.2 kilometres with an elevation gain of 239 metres per lap. It took competitors from the start in the picturesque Snowdonia village, up a steep track leading to more technical climbs before levelling off near the Llyn Elsi reservoir.

The remainder of the lap took athletes thundering back down a fast descent, ending up on the village green. Although the event basked in hot, late summer sun – particularly the junior races – rain during the days before had made the course still muddy and slippery in parts. The senior men competed over three laps, the senior women and junior men over two, and the junior women one.

In the senior women's race, totalling 8.9 kilometres with 500 metres of climbing, Italy-based Collinge marked her GB debut by claiming the silver medal behind 18-year-old winner Stella Chesang of Uganda.

By the time the athletes came down the first descent, Chesang – last year's world junior champion - had taken control and was pulling away from Leeds athlete Clayton, with Kendal's Sarah Tunstall in third.

Collinge was chasing hard in fourth, and had moved into third place by the time the athletes neared the top of the climb on lap two.

Midway through the final lap, Collinge made her move, finishing in 38 minutes 23 seconds - 31 seconds behind winner Chesang and 10 ahead of third-placed Clayton. Tunstall finished fourth in 39:06, while in 15th (40:34) was Bingley's Victoria Wilkinson, a late replacement in the team for Hatti Archer.

Collinge said afterwards: "I've never fought or hung on so much in my life. The uphill felt tougher (than the GB trial), which

Sarah, Emmie and Emma battle for the lead of lap 1

Ben Mounsey giving his all

PHOTO © GWYNFOR JAMES SPORTPICTURESCYMRU

A jubilant senior mens team plus others

was better for me. I'm ecstatic, and I'm so happy for Emma and I wish Sarah could have got a medal as well - she deserved it."

Clayton said: "Me and Emmie, we were battling on the second climb and I think I maybe adjusted a little bit too much on the first lap. I just wanted to get to the top of the climb, and I've got quite a lot of speed to run fast downhill so I just thought that would take me along.

"I've not really raced Emmie before, except at the trial. She lives in Europe and has been doing a lot of races in Europe. She's super strong on the climbs. We were battling on the second climb and she just got ahead of me near the top, and I didn't have it in my legs to go with her."

USA were second in the team competition behind Britain, with Uganda third.

Uganda's Fred Musobo, aged just 19, won the men's world title in 49 minutes over 13km (750m ascent).

Musobo and Italy's Bernard Dematteis, the 2014 European champion, swapped the lead several times during the first two laps. By the time the athletes charged down the first descent , Dematteis had taken the lead, but on the lap-two climb Musobo closed right up on his rival.

The Ugandan then led the descent back through the woods, but Dematteis reeled him in to lead up the climb on the final lap.

Musobo's speed was too much for the Italian, however, and after passing his rival again, he opened the gap to eventually win by 44 seconds.

Simpson, from Aberdeenshire, moved up into the bronze medal position going into the final lap, and held off the challenge of Italy's Martin Dematteis, who finished fourth, and fifth-placed Joseph Gray of the USA. Simpson finished in 50:31, leading GB to team bronze behind winners Italy and second-placed Uganda.

Asked whether he believed before the race that he could medal, Simpson said: "Yeah I did. I think that's what made the difference.

Vic Wilkinson in mid flight

PHOTO © GWYNFOR JAMES SPORTPICTURESCYMRU

BY **GARETH BICKNELL**

Hedi Davies storming to 5th place

PHOTO © GWYNFOR JAMES SPORTPICTURESCYMRU

PHOTO © GWYNFOR JAMES SPORTPICTURESCYMRU

"It's easy to psyche yourself out of it and think 'no, I'm not good enough'. But it probably was my best chance - I feel really fit, it's a home race, and I just went for it right from the start to put myself in a good position."

Simpson's fellow Scotsman Andrew Douglas finished sixth in 51:18, while Chris Smith was 10th in 51:49.

Tom Adams was 27th in 54:02, Ben Mounsey 31st in 54:14, and Tom Addison 42nd in 55:10.

Allie Ostrander won the junior women's title in her first ever race outside the USA .

Ostrander won the 4.7km race (250 metres ascent) in 19 minutes 44 seconds, with Michaela Stranska of the Czech Republic second in 20:23 and France's Elsa Racasan third in 20:31.

Brecon athlete Davies finished fifth in 20:55, with Malir eighth in 21:06.

The British team, completed by Scarlet Dale in 21st place (21:50), secured silver behind the Czech Republic, with Italy taking the bronze.

Max Nicholls led Britain's junior men to bronze, to go with their European bronze from earlier in the summer.

Ferhat Bozkurt of Turkey won the 8.9km race (500m climbing) in 33 minutes 56 seconds.

With his compatriot Mustafa Goksel third in 35:53, Turkey took the team victory, while Levi Thomet of the USA took silver in 35:50, also helping secure silver for his country.

Nicholls finished sixth in 36:23, while the rest of the GB team comprised Jacob Adkin (eighth, 36:42), John Spill of local club Eryri Harriers (16th, 37:36) and Jacob Boyle (49th, 42:16).

PHOTO © GWYNFOR JAMES SPORTPICTURESCYMRU

BY GARETH BICKNELL

World Class

An interview with Robbie Simpson

PHOTO © P GALE

Robbie Simpson – world bronze medalist

Self-belief, knowledge of the course and tactics were all crucial factors in Robbie Simpson's bronze medal at the World Mountain Running Championships in North Wales.

The 23-year-old from Aberdeenshire, who had won the GB trial in Betws y Coed four weeks previously, executed a perfect race on largely the same course to ensure his place on the podium behind winner Fred Musobo of Uganda and silver medallist Bernard Dematteis of Italy.

Simpson had gone into the race believing he could medal – despite there being four Ugandan athletes in the field – and he was proved right.

He said: "I believed it was possible, and the first lap I felt good, so I just had to be confident that I hadn't started too fast.

"Then I felt good going into the second lap, so that's when I believed I really could get into the medals. So at the start of the last lap I absolutely hammered it and gave it everything I had, and I managed to get into third before the top of the last hill, and hang on on the descent."

For much of the race, Simpson had been just behind the medals, having been as far down as sixth following the first descent.

He said: "Yeah at the end of the first lap maybe, because on the descent I lost two places. But I wasn't worried about losing any places on the first two downhills, because you've really got to save your legs so you can attack the climbs.

"Maybe you lose 10 seconds on the downhill but you save 40 seconds on the uphill. So I was really relaxed, I let the guys go past, and then as soon as we started climbing again I passed them."

Asked whether course knowledge from his GB trial win had helped, Simpson said: "Absolutely, yeah, because I knew exactly where the parts that suited me were - the single-track stuff, the muddy stuff - and then as it flattened off along the top, I knew that if I was in a good position and there weren't too many guys in front I could really open up and take a lot of time out of the guys behind me. And that's exactly what happened - every time I managed to run it exactly how I wanted and pull away on the parts I was strongest on."

Simpson led Britain's men to team bronze in Betws y Coed, to add to the European silver they had earned in Portugal in July. Simpson had been first Brit to finish on that day, too, but finished just outside the medals in fourth, one place ahead of fellow Scotsman Andrew Douglas (sixth in the worlds).

Little more than a month after that, Simpson placed third in one of the planet's most famous trail races, the 31-kilometre Sierre-Zinal in the Swiss Alps. Simpson finished in 2 hours 33 minutes 34.9 seconds, behind the winner, the world-leading Catalan athlete Kilian Jornet (2-33:13.7) and second-placed William Rodriguez of Colombia (2-33:17.8).

So having made the podium in the World Championships and the Sierre-Zinal, how do the two compare?

"Well, I think they're similar," said Simpson in Betws y Coed. "Sierra Zinale is a huge race, it's one of the biggest mountain races in the world, and this is a world champs, so I'd say they're similar. Both races I ran really, really hard – maybe this was a bit harder actually. But I think this was more enjoyable because it's a home race."

On top of fitness, ability, tactics and course knowledge, perhaps that 'home race' factor was all the inspiration needed by Simpson – and his GB team-mates, who all took home at least a team medal.

Simpson said: "There were hundreds of people out on the course - some people I'd known for years - and it's really great to have them encouraging me all the time. It pushes you on. Also hearing how the other guys were doing, people saying the team was in the medal positions - it just keeps you going, it's awesome.

He added: "Every British athlete has gone home with a medal – that's an amazing achievement."

BY **GARETH BICKNELL**

15th World Masters Mountain Running Championships

Betws-y-Coed / Wales-GBR, September 12, 2015

MEN

Courses:
M35/M40/M45/M50: 10,7km; +-500m
M55/M60/M65/M70/M75+: 8,7km; +-450m

Men 35-39

1. FREUDENBURG Zac USA 0:42:04
2. BAILEY Simon GBR 0:42:21
3. DAY Stephen NZL 0:43:11
4. CAYTON Michael GBR 0:43:50
5. MAKSIMOW Peter USA 0:43:56
6. MALLOCH Ewen GBR 0:44:27
7. LEIGH Nick GBR 0:44:41
8. DAVIES Timothy GBR 0:45:01
9. HODGES Alastair GBR 0:45:13
10. WILLIAMS Alun GBR 0:45:59
11. CLEARY Stephen IRL 0:46:01
12. SCARCIA Gianluca ITA 0:46:18
13. CLEARY Robert IRL 0:46:22
14. MORASSI Alessandro ITA 0:47:02
15. JACSO Istvan HUN 0:47:32
16. MCNEILLY David IRL 0:47:59
17. JONES Gary GBR 0:50:00
18. SPEAKE Glen GBR 0:51:59
19. CARMAN Paul GBR 0:52:15
20. CASSAN Stefano ITA 0:54:37
21. MACFARLANE Paul GBR 0:54:41
22. KELLY Seamus IRL 0:54:50
23. KELLY John IRL 0:54:53
24. SUMNER Daniel GBR 0:56:51
25. LESI Zoltan HUN 0:57:43
26. Dr. BOGNÁR Csaba HUN 0:59:29
27. ROBERTS JONES Richard GBR 1:01:11
28. PHILLIPS Richard GBR 1:02:06
29. FRETI Mauro ITA 1:03:46
30. BEARDMORE Neil GBR 1:03:47
31. PRITCHARD Julian GBR 1:09:11
32. BIGGS Dan GBR 1:12:19

Men 40-44

1. DONNELLY Morgan GBR 0:42:26
2. GREENWOOD Christopher GBR 0:42:35
3. ANTONINI Giuseppe ITA 0:44:13
4. GRAUCH Chris USA 0:44:26
5. WILLIAMS Jason GBR 0:44:47
6. CARSON Connor GBR 0:44:48
7. PALONEN Juha FIN 0:46:27
8. TAYLOR Brendon GBR 0:46:42
9. JOHNSON Richie GBR 0:46:52
10. GLOVER Anthony IRL 0:47:11
11. STOKSETH Øyvind NOR 0:47:24
12. MOROCUTTI Gionni ITA 0:47:37
13. MCCONNEL Jim GBR 0:48:01
14. SMITH Gordy GBR 0:48:18
15. BERTONI Massimo ITA 0:49:01
16. KOLEDA Zdenko SVK 0:50:06
17. DUNNE Liam IRL 0:50:10
18. BRENNAN Alex IRL 0:50:14
19. HARRISON Matt GBR 0:50:18
20. FRIIS Christian DEN 0:51:26
21. EVANS Toby GBR 0:51:37
22. MURRAY Alastair GBR 0:52:10
23. EVANS Mike GBR 0:52:55
24. MCCABE David GBR 0:53:15
25. LESTER Paul GBR 0:53:43
26. IRELAND Lee GBR 0:54:13
27. HOWARD Paul GBR 0:54:32
28. CAMPBELL Richard GBR 0:55:47
29. SANTISTEBAN Toni ESP 0:58:12
30. BASSON Tyrrell RSA 0:58:48
31. CASSIDY Ant GBR 0:59:04
32. PARSONS Gregory GBR 1:00:02
33. VENIER Luca ITA 1:04:29
34. TURNBULL Andrew GBR 1:10:34

Men 45-49

1. GRAY Karl GBR 0:43:57
2. COX Martin GBR 0:44:48
3. TIPPING Tom GBR 0:46:42
4. LOGUE James GBR 0:46:52
5. BAMPTON Heath GBR 0:47:42
6. BLACKBURN Thomas IRL 0:47:58
7. DEEGAN Jonathan GBR 0:48:05
8. De ECCHER Lucio ITA 0:48:06
9. CONNAGHAN John GBR 0:48:20
10. MASSEY Paul GBR 0:48:45
11. NOLAN Mike GBR 0:49:04
12. HARRHY Chris GBR 0:49:15
13. BAKKE Svein-Erik NOR 0:49:20
14. FORTUNE Bernard IRL 0:49:30
15. SCHNEIDER Heiko GER 0:49:31
16. MARINI Alessandro ITA 0:49:38
17. LYNAS Matthew GBR 0:50:20
18. OITZINGER William ITA 0:50:25
19. SPENCE Steve GBR 0:50:56
20. KLANDERUD Tore NOR 0:50:57
21. BARON Jamie GBR 0:51:37
22. ASHCROFT Neil GBR 0:51:42
23. ALEXANDER David GBR 0:52:14
24. TODESCO Fiorenzo ITA 0:52:34
25. SYNNOTT Paul IRL 0:52:36
26. BUNGAY Graham GBR 0:53:00
27. HILL Mike GBR 0:53:17
28. HENDERSON Walter GBR 0:53:20
29. DALLA TORRE Mauro ITA 0:53:27
30. IWAN Llion GBR 0:54:47
31. DARWIN Howard GBR 0:56:29
32. MACKLIN Ian GBR 0:56:35
33. MCQUEEN James GBR 0:58:04
34. QUINCE Mark GBR 0:58:26
35. IRVINE Rob GBR 1:02:32
36. SEDGLEY Robert GBR 1:02:37
37. CIACCIA Carlo ITA 1:02:38
38. BYRON Marcus GBR 1:02:55
39. MATEJOVSKY Pavel CZE 1:05:13
40. MILLS Bryan GBR 1:08:47
41. DAVIES Barry GBR 1:11:42
42. RAFIQUE Conrad GBR 1:11:55
43. LOMBARDO Stefano ITA 1:11:59
44. LEDLIE Colin GBR 1:12:28
45. BOZZER Severino ITA 1:15:25

'High 45' for Karl Gray from Kieran Carr

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Men 50-54

1. ROBERTS Craig GBR 0:44:18
2. REYNOLDS Ben GBR 0:44:39
3. BOWNESS Alan GBR 0:44:54
4. WOods Alec GBR 0:46:55
5. SICHERMANN Paul GER 0:47:22
6. PYKE Stephen GBR 0:47:34
7. WOODS Guy GBR 0:48:20
8. BURDETT Francis USA 0:48:21
9. DOWNS Rob GBR 0:48:33
10. CUNNINGHAM Mike Curley IRL 0:48:37
11. BORRAJO Del Rio Fernando ESP 0:49:02
12. BUTCHER Paul GBR 0:49:43
13. BELL Steve GBR 0:49:46
14. DANAHAY John GBR 0:50:09
15. MON-WILLIAMS Mark GBR 0:50:36
16. BAYER Stephan GER 0:50:43
17. FLORA Piermario ITA 0:50:46
18. ROBERTS Dafydd GBR 0:51:13
19. WILCOX David GBR 0:51:20
20. SETTEMBRINI Elio ITA 0:51:22
21. GJESDAL Johs NOR 0:51:26
22. DUGDALE Paul GBR 0:51:34
23. DICKENSON Andy GBR 0:51:45
24. BRUN Oystein NOR 0:52:40
25. BRENNAN Steven GBR 0:52:49
26. ELLIS Simon GBR 0:53:05
27. FOX Simon GBR 0:53:32
28. WORSLEY Steven GBR 0:53:39
29. CHATTERTON Andy GBR 0:53:40
30. PARRACK Colin GBR 0:53:57
31. JEGGO Paul GBR 0:54:03
32. ROBINSON Andy GBR 0:54:55
33. TIFFANY Graeme GBR 0:58:04
34. COXON Syd GBR 0:58:49
35. BAMBER Steven GBR 0:58:55
36. MUNSLOW Gary GBR 0:59:55
37. MORETTI Roberto ITA 0:59:56
38. SIMAN Eduard CZE 0:59:56
39. GYGAX Michael IRL 0:59:58
40. GRAHAM Stephen AUS 1:02:05
41. LEWIS Karl GBR 1:02:34
42. SOVRAN Paolo ITA 1:02:42
43. ROBERTS Alan GBR 1:03:11
44. IVERS. Syl IRL 1:03:28
45. LLOYD Graham KEN 1:04:49
46. ROSEANO Attilio ITA 1:05:56
47. CREASOR Martin GBR 1:12:29
48. WHITFIELD Kit GBR 1:27:37
49. JONES Martyn GBR 1:46:25
50. CRISTOFOLI Franco ITA 2:12:27

Men 55-59

1. PRAGER Franz GER 0:40:35
2. Mc DONALD Martin IRL 0:41:03
3. MALONEY Gerard IRL 0:41:04
4. HESSELMANN Rolf GER 0:41:25
5. ODOHERTY Mick GBR 0:42:05
6. GRIFFIN Gerard IRL 0:42:07
7. EGNER Mike GBR 0:42:23
8. PEACH Nick GBR 0:42:25
9. RICHARDS Mark GBR 0:42:57
10. BARANSKI Boguslaw POL 0:43:32
11. KELLER Juergen GER 0:43:46
12. ATKINSON Barry GBR 0:44:06
13. THEAKER Damien GBR 0:44:11
14. NORMAN David GBR 0:44:46
15. ROWE Alex GBR 0:44:53
16. NENOV Stanimir BUL 0:45:51
17. TRACANELLI Giovanni ITA 0:45:54
18. BROADHURST Michael GBR 0:46:06
19. ROBINSON Ronald GBR 0:46:19
20. NORMANDALE Andrew GBR 0:47:03
21. BASTOW Gary GBR 0:47:42
22. WILKINSON Dicky GBR 0:48:19
23. BURTHEM Stephen GBR 0:48:33
24. CRAWSHAW Martin GBR 0:49:10
25. DOXEY Steven GBR 0:49:26
26. FUHRMANN Guenter GER 0:50:27
27. DAVIS Roger GBR 0:50:39
28. JOHNSON Robert GBR 0:51:03
29. LIGEMA Mick GBR 0:51:19
30. HUWS Dylan GBR 0:51:52
31. BROWNING Peter GBR 0:52:11
32. HAINING William GBR 0:53:48
33. ROBERTS Huw GBR 0:54:28
34. OLIVER David GBR 0:54:39
35. EVANS Clifford GBR 0:54:45
36. NESFEDER Mark USA 0:55:15
37. CAROFIGLIO Francesco ITA 0:55:22
38. DOWNEY Colin GBR 0:57:23
39. LORENZ Jorg IRL 0:58:18
40. JONES Philip GBR 0:59:38
41. TAIT Paul GBR 1:03:31
42. SZABLEWSKI Frank GBR 1:03:49
43. OBRIEN Michael GBR 1:04:34
44. WORTHINGTON Brian GBR 1:04:39
45. WHEELTON Mark GBR 1:06:29
46. POSMYK Miroslaw GBR 1:07:38
47. BAILEY Sid GBR 1:08:34

Men 60-64

1. PORTIGLIOTTI Marino ITA 0:42:45
2. JONES Stephen GBR 0:43:11
3. GATES Nigel GBR 0:43:49
4. PECHEK Frantisek CZE 0:44:28
5. MORRAN Stephen GBR 0:44:42
6. DAVIES Edward GBR 0:44:55
7. FRIES Elmar GER 0:45:09
8. COX Dave GBR 0:45:12
9. HoLmes Keith G. GBR 0:45:54
10. OWEN Stanley GBR 0:46:11
11. BRESCIANI Giuseppe ITA 0:46:31
12. NEZOSI Giocondo ITA 0:47:23
13. SCHWEBEL Ron AUS 0:47:38
14. JACKSON Steve GBR 0:47:51
15. RADOMSKI Zbigniew POL 0:48:11
16. MUCHA Edward POL 0:48:25
17. MUMMERY Michael GBR 0:48:33
18. WOOLDRIDGE Tony GBR 0:48:38
19. BICHLER Ludwig GER 0:48:42
20. MANIAGO Bruno ITA 0:49:43
21. MAYERHOFER Willibald GER 0:49:44
22. BURN Robert GBR 0:49:48
23. WHELDON Jim GBR 0:50:48
24. ONEILL Sean IRL 0:51:15
25. CASSIDY Neil GBR 0:51:18
26. REES Ronald GBR 0:51:28
27. BONASSI Luciano ITA 0:52:16
28. ANDERSSON Bo SWE 0:52:43
29. LAIDLAW Colin GBR 0:53:06
30. MURPHY Michael GBR 0:53:07
31. BIASIN Fulvio ITA 0:53:42
32. CANTAMESSI Giorgio ITA 0:53:46
33. MCLOUGHLIN Michael GBR 0:54:04
34. HARDEN Trevor GBR 0:54:14
35. MACEWEN Alex GBR 0:55:26
36. MOORHOUSE Michael GBR 0:55:56
37. CHARLES Andrew GBR 0:58:17
38. MULLETT Andy GBR 0:59:00
39. BAxxka Jerzy POL 1:09:31
40. PEZZE Ezio ITA 1:11:51
41. DILLON Kevin GBR 1:14:41
42. MÉCHAUSSIE Daniel FRA 1:23:05
43. HEWITT Les GBR 1:42:42

Men 65-69

1. GRANT Bernard GBR 0:43:43
2. VALLE Franco ITA 0:44:25
3. VOGLER Reinhart GER 0:44:47
4. ANDERSEN John NOR 0:46:44
5. WALSH Michael GBR 0:47:43
6. TAYLOR Kenneth GBR 0:47:51
7. HESKETH Tony GBR 0:47:56
8. HERINGTON Steve GBR 0:48:32
9. BLYTH Barry GBR 0:48:37
10. GORBUNOV Anton GER 0:50:05
11. POLES Vittorio ITA 0:50:23
12. HULME Tony GBR 0:50:57
13. CLAUDIO Milan ITA 0:51:12
14. SHEMILT James GBR 0:51:22
15. SPENDLOVE Dick GBR 0:51:56
16. EVANS Richard GBR 0:52:26
17. BRENTNALL Alan GBR 0:52:33
18. WALTON John AUS 0:53:10
19. SCOTTNEY Richard GBR 0:53:45
20. FELL David GBR 0:54:46
21. STOKSETH Tor Arne NOR 0:55:16
22. Van NOTEN Omer BEL 0:55:47
23. HIGNETT Jeffery GBR 0:56:09
24. MATIASEK Petr CZE 0:56:18
25. HETHERTON Michael GBR 0:56:38
26. De La CHOUË D.L.M. Yannick FRA 0:57:17
27. NOSWORTHY Roger GBR 0:57:56
28. CHARMAN Michael GBR 0:59:31
29. GRIFFITHS Neville GBR 0:59:42
30. SYMES Gerry GBR 1:00:47
31. HARWOOD Steve GBR 1:01:16
32. BRAYSHAW Jeremy GBR 1:01:20
33. ROBERTS Phil GBR 1:03:41
34. DAVIS Michael GBR 1:04:21
35. CEPELKA Oldrich CZE 1:07:57
36. JONES Rod GBR 1:19:46
37. GRAHAM Peter GBR DNF

Men 70-74

1. HOWARD Geoffrey GBR 0:48:57
2. FORD Martin GBR 0:50:49
3. NORMAN Jeffrey GBR 0:51:18
4. IMBROSCI Vincenzo ITA 0:51:45
5. De CRIGNIS Graziano ITA 0:52:43
6. CARR Kieran GBR 0:53:42
7. WHITMARSH Guy GBR 0:54:03
8. MOODY Peter GBR 0:54:14
9. BRUNO Innocente ITA 0:54:23
10. BITHELL Ian GBR 0:56:46
11. ROBBINS Brian GBR 0:57:31
12. FIELDING Geoffrey GBR 0:58:44
13. JONSON Åke SWE 0:59:51
14. WALSH Paul GBR 0:59:56
15. HENEGHAN Peter GBR 1:00:22
16. NEWBY Paul GBR 1:01:08
17. JANECEK Jaroslav CZE 1:01:24
18. HART John GBR 1:06:59
19. WADE Bill GBR 1:11:06
20. WIKELEY Alan GBR 1:16:29
21. WOOD Denis Michael GBR 1:17:33

Men 75-79

1. BUSH Norman GBR 0:48:57
2. GROSS Georg GER 0:50:08
3. COVEY Peter GBR 0:54:56

4. SEIFFERT Gerold GER 0:55:02
5. BATHE Lothar GER 0:59:20
6. JOHNSON Barry GBR 1:12:55
7. ARNOLD George GBR 1:14:24
8. WHEELER Sydney GBR 1:21:02
9. GRAVES Brian GBR DNF

WOMEN

Courses:
W35/W40/W45/W50: 10,7km; +-500m
W55/W60/W65/W70/W75+: 8,7km; +-450m

Women 35 - 39

1. LUPTON Anna GBR 0:49:22
2. BEECHER Katie GBR 0:50:54
3. ROMANIN Paola ITA 0:54:22
4. LABONIA Isabella ITA 0:55:52
5. MCLAUGHLIN Hazel GBR 1:00:28
6. WHITFIELD Liz GBR 1:00:54
7. STOKSETH Heidi NOR 1:11:33

Women 40 - 44

1. BERRY Helen GBR 0:50:16
2. ROBERTSON Shona GBR 0:51:34
3. CANNING Paula NZL 0:51:54
4. WAGNER Sara USA 0:53:00
5. ROWLANDS Andrea GBR 0:53:00
6. CARL Monica GER 0:53:23
7. BROWN Helen GBR 0:53:49
8. FORNELLI Maria Laura ITA 0:54:04
9. ROBERTS Lou GBR 0:55:15
10. MCKITTRICK Clare GBR 0:57:04
11. JONES Keri GBR 1:04:22
12. STANDERWICK Sam GBR 1:20:01
13. BURNISH Samantha GBR 1:20:33

Women 45 - 49

1. ELLIOTT Lucy GBR 0:52:42
2. KELLER Elke GER 0:53:14
3. JEPSON Judith GBR 0:53:44
4. JONES Angela GBR 0:54:34
5. RIDLEY Susan GBR 0:54:45
6. WRIGHT-SMITH Amanda GBR 0:54:45
7. OKANE Shileen GBR 0:55:18
8. LEECH Sharon GBR 0:57:39
9. HOLLOWAY Catherine GBR 0:58:23
10. HÄRTL Anke GER 0:58:39
11. LEWIS-JONES Tammy GBR 0:58:42
12. SMITH Jann GBR 0:59:32
13. SOMMER Nancy NOR 1:00:39
14. GEERE Natasha GBR 1:01:29
15. BRENNAN Renell GBR 1:03:09
16. BULCOCK Ann-Marie GBR 1:03:52
17. MELLING Zoe IRL 1:04:14
18. MILESI Giuliana ITA 1:08:26
19. TRACEY Jill CAN 1:14:13
20. DONNELLY Allison GBR 1:15:05
21. TELL Monica ITA 1:16:38

Women 50 - 54

1. GIBBS Sally NZL 0:53:19
2. ORTEN Elise NOR 0:53:36
3. BUDGETT Suzanne GBR 0:56:57
4. CASTRO Soliño Maria Soledad ESP 0:57:28
5. MALIR Sally GBR 0:58:15
6. WEST Suzy USA 0:58:53
7. CARTER Julie GBR 0:59:39
8. MELLOR Jane GBR 1:00:23
9. VLACHYNSKA Libuse CZE 1:01:13
10. DAVIES Susan GBR 1:04:50
11. HAINES-JONES Nicola GBR 1:08:34
12. BUCK Lindsay GBR 1:10:50
13. BRANDT TORUNN Paulsen NOR 1:14:05
14. JEFFREY Nicky GBR 1:15:53
15. SAUL Jane GBR 1:27:00

Women 55 - 59

1. KEATES Ali GBR 0:47:16
2. HOBBS Nancy USA 0:48:40
3. CASEY Jackie GBR 0:49:16
4. HOFFMANN Brigitte GER 0:51:47
5. FUHRMANN Carmen GER 0:52:23
6. SACHS Christine GER 0:52:50
7. BERGLER Uschi GER 0:53:32
8. KOLEDOVA-ZIDEKOVA Jana SVK 0:56:26
9. CROMPTON Cathy AUS 0:56:54
10. JUSTIN Patricia GBR 0:58:10
11. BROADHURST Bridget GBR 1:01:31
12. WHITE Stephanie GBR 1:01:55
13. PATTON Dot GBR 1:02:08
14. PROCHAZKOVA Irena CZE 1:02:18
15. OLIVER Jane GBR 1:03:27
16. DONALD Lindsay GBR 1:04:54
17. ARMSTRONG Pamela GBR 1:07:14
18. FIRSTBROOK Kim GBR 1:09:43
19. DOXEY Wendy GBR 1:17:58
20. RYALL Joy GBR 1:37:12

Women 60 - 64

1. JONES ANN-Marie GBR 0:48:31
2. HASLAM Sue GBR 0:52:06
3. GOODALL Patricia GBR 0:52:11
4. DODDS Wendy GBR 0:52:23
5. NEEDHAM Janice GBR 0:52:42
6. KESTERTON Dorothy GBR 0:54:44
7. FUNNELL Bridget GBR 0:58:02
8. YTREHUS Ingunn NOR 0:59:03
9. MCADAM Pauline GBR 0:59:10
10. DALLIMORE Caroline GBR 0:59:30
11. FISCHER Anne GER 0:59:52
12. HAYLES Linda GBR 1:01:09
13. GHALEB Ursula GBR 1:04:27

Ann-Marie Jones
Gold - Women 60-64

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14. SCHIERLOH Irene GBR 1:05:14
15. MURPHY Gillian GBR 1:09:52
16. BURN Christine GBR 1:15:44
17. MOTTRAM Jane GBR 1:18:40

Women 65 - 69

1. LYNESS Lou GBR 0:54:30
2. BRENTNALL Alison GBR 0:55:52
3. OLMA Irmgard GER 1:00:04
4. LEMONCELLO Phyllis GBR 1:04:21
5. ALM Tove NOR 1:08:57
6. BATH Ann GBR 1:14:04
7. CHARMAN Stephanie GBR 1:15:59
8. HEWITT Anne GBR 1:20:02
9. ANDERSSON Britt-Marie SWE 1:27:53

Women 70 - 74

1. JONES Brenda GBR 01:07:15
2. NAGELL-Dahl Halldis NOR 1:11:37
3. CARLSEN Eva NOR 1:16:25
4. ROBINSON Brenda GBR 1:20:11

Sue Haslam
Silver - Women 60-64

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TEAMS
Women

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World Champion W40 Helen Berry with World Champion W35 Anna Lupton and W35 Silver medalist Katie Beecher

Cat.	Pos.	Nat.	Points	Name	Pos	Time
W35	1	GBR	8	LUPTON Anna	1	0:49:22
				BEECHER Katie	2	0:50:54
				MCLAUGHLIN Hazel	5	1:00:28
W40	1	GBR	8	BERRY Helen	1	0:50:16
				ROBERTSON Shona	2	0:51:34
				ROWLANDS Andrea	5	0:53:00
W45	1	GBR	7	ELLIOTT Lucy	1	0:52:42
				JEPSON Judith	3	0:53:44
				JONES Angela	4	0:54:34
W50	1	GBR	15	BUDGETT Suzanne	3	0:56 :57
				MALIR Sally	5	0:58:15
				CARTER Julie	7	0:59:39
W55	1	GBR	14	KEATES Ali	1	0:47:16
				CASEY Jackie	3	0:49:16
				JUSTIN Patricia	10	0:58:10
	2	GER	15	HOFFMANN Brigitte	4	0:51:47
				FUHRMANN Carmen	5	0:52:23
				SACHS Christine	6	0:52:50
W60	1	GBR	6	JONES Ann-Marie	1	0:48:31
				HASLAM Sue	2	0:52:06
				GOODALL Patricia	3	0:52:11
W65	1	GBR	7	LYNESS Lou	1	0:54 :30
				BRENTNALL Alison	2	0:55:52
				LEMONCELLO Phyllis	4	1:04:21

Men

Cat.	Pos.	Nat.	Points	Name	Pos	Time
M35	1	GBR	12	BAILEY Simon	2	0:42:21
				CAYTON Michael	4	0:43:50
				MALLOCH Ewen	6	0:44:27
	2	IRL	40	CLEARY Stephen	11	0:46:01
				CLEARY Robert	13	0:46:22
				MCNEILLY David	16	0:47:59
	3	ITA	46	SCARCIA Gianluca	12	0:46:18
				MORASSI Alessandro	14	0:47:02
				CASSAN Stefano	20	0:54:37
	4	HUN	66	JACSO Istvan	15	0:47:32
				LESI Zoltan	25	0:57:43
				Dr. BOGNÁR Csaba	26	0:59:29
M40	1	GBR	8	DONNELLY Morgan	1	0:42 :26
				GREENWOOD Christopher	2	0:42:35
				WILLIAMS Jason	5	0:44:47
	2	ITA	30	ANTONINI Giuseppe	3	0:44:13
				MOROCUTTI Gionni	12	0:47:37
				BERTONI Massimo	15	0:49:01
	3	IRL	45	GLOVER Anthony	10	0:47:11
				DUNNE Liam	17	0:50:10
				BRENNAN Alex	18	0:50:14
M45	1	GBR	6	GRAY Karl	1	0:43 :57
				COX Martin	2	0:44:48
				TIPPING Tom	3	0:46:42
M45	2	ITA	42	De ECCHER Lucio	8	0:48:06
				MARINI Alessandro	16	0:49:38
				OITZINGER William	18	0:50:25
	3	IRL	45	BLACKBURN Thomas	6	0:47:58
				FORTUNE Bernard	14	0:49:30
				SYNNOTT Paul	25	0:52:36
M50	1	GBR	6	ROBERTS Craig	1	0:44 :18
				REYNOLDS Ben	2	0:44:39
				BOWNESS Alan	3	0:44:54
	2	ITA	74	FLORA Piermario	17	0:50:46
				SETTEMBRINI Elio	20	0:51:22
				MORETTI Roberto	37	0:59:56
	3	IRL	93	CUNNINGHAM Mike Curley	10	0:48:37
				GYGAX Michael	39	0:59:58
				IVERS Syl	44	1:03:28
M55	1	IRL	11	Mc DONALD Martin	2	0:41:03
				MALONEY Gerard	3	0:41:04
				GRIFFIN Gerard	6	0:42:07
	2	GER	16	PRAGER Franz	1	0:40:35
				HESSELMANN Rolf	4	0:41:25
				KELLER Juergen	11	0:43:46
	3	GBR	20	ODOHERTY Mick	5	0:42:05
				EGNER Mike	7	0:42:23
				PEACH Nick	8	0:42:25
M60	1	GBR	10	JONES Stephen	2	0:43:11
				GATES Nigel	3	0:43:49
				MORRAN Stephen	5	0:44:42
	2	ITA	24	PORTIGLIOTTI Marino	1	0:42:45
				BRESCIANI Giuseppe	11	0:46:31
				NEZOSI Giocondo	12	0:47:23
	3	GER	47	FRIES Elmar	7	0:45:09
				BICHLER Ludwig	19	0:48:42
				MAYERHOFER Willibald	21	0:49:44
	4	POL	70	RADOMSKI Zbigniew	15	0:48:11
				MUCHA Edward	16	0:48:25
				BAXXKA Jerzy	39	1:09:31
M65	1	GBR	12	GRANT Bernard	1	0:43:43
				WALSH Michael	5	0:47:43
				TAYLOR Kenneth	6	0:47:51
	2	ITA	26	VALLE Franco	2	0:44:25
				POLES Vittorio	11	0:50:23
				CLAUDIO Milan	13	0:51:12
M70	1	GBR	6	HOWARD Geoffrey	1	0:48:57
				FORD Martin	2	0:50:49
				NORMAN Jeffrey	3	0:51:18
	2	ITA	18	IMBROSCI Vincenzo	4	0:51:45
				De CRIGNIS Graziano	5	0:52:43
				INNOCENTE Bruno	9	0:54:23
M75	1	GBR	10	BUSH Norman	1	0:48:57
				COVEY Peter	3	0:54:56
				JOHNSON Barry	6	1:12:55
	2	GER	11	GROSS Georg	2	0:50:08
				SEIFFERT Gerold	4	0:55:02
				BATHE Lothar	5	0:59:20

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'3 Golds on a Mountain' - Geoffrey Howard - Gold - 70-74, Ben Grant - Gold - 65-69 and Norman Bush - Gold 75-79

BY **NEIL SHUTTLEWORTH**

The Wright Way

PHOTO © PETE HARTLEY

Graham Wright at Winter Hill early 80s

Rossendale Harrier Graham Wright began fell running half a century ago, and has been organising races for his club for all that time, including the much-lauded now-defunct Rossendale Way Relay. Here he relates to Neil Shuttleworth anecdotes on his long journey as a racer, organiser and coach.

Graham Wright, a founder member of Rossendale Harriers that was formed in 1967, has plenty to celebrate. Firstly, when the clocks went forward in March he celebrated his 65th birthday with a 75-mile bike ride from Langdale over Hard Knott, Wrynose and Honister Passes, with like-minded cycling friends. He is one of seven original club members; now retired, he is also their Club Chairman. "My position as Club Chairman, race organiser and Fell and Mountain running coach keeps me busy. I particularly enjoy coaching my group of juniors," said Graham at Marl Pits, the club's HQ.

"Colin Robinson was my early hero. In the early days our club organised a race that went up Peel Street. I remember as a young lad standing at the top of Peel Street watching the runners come through and seeing Colin absolutely flying up one of the steepest hills in Rossendale and thinking 'Well, that's absolutely fantastic.' He was winning all the races then. He still is an inspiration to me as I see him out cycling most days when I am out on my bike too. I went to the 1969 Three Peaks as a spectator and saw Colin win that race. Incidentally I have completed the Three Peaks Cyclo-Cross several times. That's one of the hardest races I have ever done, probably because I left it till I was over 60 to have a go."

Graham Wright more recently at Hutton Roof

Graham has been active for most of the past half century. "Cycling has been a saviour, as a good way of keeping fit given that worn out knees through more than 50 years of fell-running and fell racing has taken its toll," he says before his no-fee, no-prizes Liver Hill race. An ectomorph, he is still as slim as in his youth (5' 6"/168cm tall and weighs 9½ st/60Kg.) "My first ever fell race was at the age of 16 at Pendle when it started from Roughlee and went up and back down the 'big end.' I can still manage the odd race but nothing silly. Great Whernside is a favourite of mine and one I can hopefully still manage. Organised by my friend Pete Jebb, it is how fell racing should be: no bells and whistles, plenty of parking and registration in a field, a good runnable out and back course (it's great to see the leaders coming back as you are still on your way out) and an icy stream to wash in at the finish," said Graham.

"I remember my first Lakes fell race being at Fairfield in 1970 when there were only 40 or so runners, then Skiddaw. My favourite fell race is Wasdale closely followed by Borrowdale." His running career is impressive: the Bob Graham Round in 1979; finishing over ten Karrimor Mountain Marathons, Elite class (initially with Derek Ratcliffe who later won the Elite class 5 times with Pete Irwin); the Three Peaks Yacht Race and the Jungfrau Marathon, each 3 times; and all the Munros with friend and club member Phil Warner. His last race was the 2014 Wansfell. In all Graham's endeavours, Valerie, his wife of 35 years, has been very supportive of his life in fell running and has helped in many different ways at the races he has organised throughout the years as well as supporting him in his fell races.

'Apprenticeship'

"I served my 'apprenticeship' at the club under Eddie Roberts. He was my schoolteacher who did outdoor pursuits. It was his idea to start a running club in the valley. Eddie was my mentor, and Dave Lewis's. I went with him to the first FRA AGM in 1970 when he was elected onto the first Committee. That year he returned the Musbury Tor Mile, an old local race to the Calendar," recalls Graham.

The club had a big celebration on 6th September 1969 when a standard 400 metre track was opened at Marl Pits, and a report in the (Sunday) Observer was headlined: **How Green was my Valley.** The reporter said, "*It is equal to any in the north*," and within 27 acres on four plateaux are facilities for football, rugby, hockey and swimming. On the track for that inaugural meeting was also a tug-of-war!

Rossendale host an annual not-to-be-missed cross-country fixture on their notorious course. "December is a very busy month for us. As well as the Whinberry Naze, we host the last counter in the Red Rose Cross-country League, and for that Steve Duxbury, our Club Secretary and Chairman of the League, and myself each year spend a day "gardening" to make the course runnable. Whilst there may be a way around the notorious bog near to the top part of the route, Steve insists we still include it as tradition demands," Graham says. Proudly on display at Marl Pits is the Red Rose Cross-country League Team Shield they won last season.

Of all the races that Rossendale has promoted it is perhaps best known for its event on St. Stephen's Day. The Whinberry Naze Dash race on Boxing Day is more fun than serious as fancy dress is optional. That race is a fixture, more so when it was moved four years after it was started. Initially it was in March 1979 when Mike Short won and in 1982 moved to Boxing Day where it has stayed ever since, thanks to Graham.

Rossendale Fell Race

He took on the mantle to organise the race up three of Rossendale's prominent tops in 1969. Then there were very few fell races to choose from and the race attracted winners who were full GB international runners like Dave Cannon (Kendal), Colin Robinson (Rochdale) and Ricky Wilde (Manchester & D LCH). They clocked about an hour. Colin Robinson won the inaugural race and two more, 1971 and 1974. Wilde was also a triple champion, winning in 1972, 1973 and 1977. Cannon, who was runner-up to Wilde in 1972, won in 1970.

"I was 19 for the first Rossendale Fells race

in 1969 and I remember it taking all day to flag and mark the course and a whole day de-flagging after the race. We went round painting huge arrows on the walls and rocks, something you wouldn't dream of doing these days. Some of those arrows are still there more than 40 years later. It is the only fell race to go through a subway!" says Graham who explains why the race was modified: "It became more and more difficult to organise because of the complex route and several road crossings so I had the idea for a new easier-to-organise race, a new Rossendale Fells race in the area around Scout Moor/Knowl Hill. We just gave the runners checkpoints which they could visit by any route of their choice which made for some interesting lines. Starting from Marl Pits these were Cowpe Lowe Trig, Top of Leach Trig, Knowl Hill Trig, Whittle Pike and finally Cowpe Lowe Trig for the second time." So in August 1983 they used the moors south of the town when their own Bob Ashworth won in 1:23:50. The 12-mile race, entry fee of £1, required *navigational skills in mist*.

RACES ORGANISED BY ROSSENDALE HARRIERS

Now defunct – gone but not forgotten: Various races from Cowpe - Cowpe Village Fair, Cowpe Hill race, Cowpe Lowe Classic, Cowpe Fair fell (all organised by Graham Wright); Hailstorm Hill (in 2011 a one off organised by Graham Wright); Half Marathon; Musbury Heights race (Mervyn Keys); Rossendale 3 Peaks; Stacksteads Fair fell race (Graham Wright and Steve Clawson); Stacksteads Fair Juniors (used as an FRA junior Championship race on several occasions. Organised by Graham Wright and Steve Clawson); Top of Leach fell race (Graham Wright); Waughs Well race (Cath Hignett).

Alive and thriving:

- Edenfield (organised by Cath Hignett);
- Foe Edge (Nick Harris);
- * Golf Ball (Jan Kempson);
- * Lee Mill race and Lee Mill relays (Richard Stott);
- Liver Hill (Graham Wright);
- * Pilgims Cross (Helen Yeomans);
- Red Rose CC Fixture (jointly by Steve Duxbury and Graham Wright);
- Tor races (jointly by John Cooper from the local Venture Scout group);
- Whinberry Naze (Graham Wright);
- * Whittle Pike (Nick Harris).

** These four races are all part of the Rossendale's own (internal) Mid-Week race series.*

Pennine Bridleway Relay

The Pennine Bridleway Relay, a five-leg relay around the Mary Towneley Loop, that the club promoted up to 2012 is another event that was well-liked and a successful venture, but has disappeared from the Calendar. The Rossendale Way Relay, which began in 1987 to celebrate the club's 20th year, morphed into the Pennine Bridleway Relay. This was Graham's main organising event, a tour-de-force he can be proud of. "Whilst the Rossendale Way was a way-marked route and written route descriptions and maps were available for teams to follow, the route in places was not definitive which led to teams interpreting the route incorrectly or differently to other teams leading to accusations of shortcutting."

"The creation of the Pennine Bridleway, and more especially the 53 mile Mary Towneley Loop (MTL) passing through Rossendale, led me to think that a relay around the MTL, which was a definitive fully way-marked route with no route choice, would be a much better option and so the Pennine Bridleway Relay came into being."

"It was an instant success and grew rapidly into a monster to organise attracting more than 100 teams of 12 with the associated problems caused by huge numbers descending on the area. I was getting warnings from the Police about parking at the changeover points and complaints from residents at the changeovers along with complaints from landowners about gates being left open by runners. At one time United Utilities withdrew permission for the race due to complaints from tenant farmers. The final straw came in 2012 when, after doing all of the work to organise the event, I had to cancel due to dangerous ice on the route. Compared to organising a single fell race the organisation for this event was enormous and it was like organising 6 races in one day plus more besides. I have to say that I did enjoy organising it though, especially when the race went well. I know that it was a popular event with many clubs who entered multiple teams and came back year after year," recalls Graham, clearly an ambassador for the sport.

Liver Hill fell race

The first Tuesday after the clocks go forward is the date for Graham's Liver Hill race. "It used to be in memory of the late Harry Aspinall, a founder member of the club. For the future it was decided to have it named after Pete Hartley, a club member who died last year," explained Graham, affectionately known to his friends and acquaintances as 'Lefty'.

Whittle Pike Fell race

Now an evening race organised by FRA secretary Nick Harris, the Whittle Pike race was originally a weekend race and has been chosen as a Championship race on three occasions. "I planned the route to meet the criteria for an FRA championship race and it's proved a popular race for many years. It's now an evening race and a tough one at that with typical South Pennines rough and tough terrain and some tough climbs. Sadly the future of this race is at risk due to the proposed expansion of the nearby Scout Moor Windfarm," said Graham.

Graham and his club-mates will be celebrating again but first there is some planning to do for the club's 50th anniversary, Golden Jubilee in 2017. After hearing about the club's recent Awards Night, the future of the club is in good hands, thanks to the continued stewardship by Graham and his pals: "Fell running and racing is going through a bit of a renaissance at the moment at Rossendale Harriers with lots more people travelling to races these days."

COLIN ROBINSON FACT FILE

- Born 21 April 1940
- Joined Rochdale Harriers in 1955
- Cross-Country Secretary from 1958
- Lancs Schools 440 yards Champion 1955, 1st
- English Schools 440 yards 1955, 2nd
- AAA Junior Mile 1959, 2nd, 4 mins 10.1 secs
- National Junior Cross-Country Champion 1961, 1st
- International Junior Cross-Country Champion 1961, 1st
- Lancashire Cross-Country Team Inter-Counties
- England Senior Cross-Country International
- AAA 3 miles 1968, 2nd, 13 mins 29.8 secs.
- UK 2,000 metres record 5 mins 8.2 secs, Stretford, 1968
- 3 Peaks Winner 1969, 1st
- Winner: Eccles Pike 1977, Rossendale 3 Peaks, and Gale Fell 7 wins - 1967-1978
- Marathon des Crêtes, Alsace 1978 and 1979
- Timekeeper and Official
- (Source, but much altered – Andy O'Sullivan's Mug for his Colin & Brenda 5K race.)

BY **ANDY ROBINSON**

Runfurther Ultra Championship

Introduction to the Runfurther Ultra Championship

For anyone new to Runfurther, each year since 2006 Runfurther has organised a championship series of 12 ultra races. Your best four races count, as long as those include at least one short, medium and long race. Runfurther is owned by its runners and is free to join. You still have to pay to enter the races of course! Runfurther is partnered by sponsors who provide prizes for the races and for the championship, and spot prizes given out to members at random. For more details and membership forms visit www.runfurther.com. Enter the races and join in: the more runners take part the better it gets!

2015 Review

Runfurther runner numbers were up this year, and we were able to provide more prizes as well. We were particularly lucky with the weather too, in 11 of the 12 races. Admittedly there were about 15 minutes of hail early on at the Calderdale Hike, but we soon dried out. The one bad weather race was, of course, the Fellsman, and not for the first time. Driving rain and sleet were too much for many runners and quite a few were forced to drop out as a result, including me.

There were many impressive performances over the year, but perhaps the best of them were:

- Ken Sutor and Karen Nash finishing first and second in the Three Rings of Shap, taking over an hour off both the men's and women's records.
- Nicky Spinks's record-breaking run coming third overall in the Clif Bar 10 Peaks Lakes.
- Kim England taking 30 minutes off the women's record at the Hardmoors 60, where she finished fourth overall.
- Dennis Potton at the Hardmoors 60, where he jumped into the sea near Whitby to save a child from drowning, then went on to run 30 more miles and finish the race!

Many thanks to Runfurther's 2015 sponsors, without whom it wouldn't have been possible to do all this: Injinji, Ultimate Direction, the Ultramarathon Running Store, RaidLight and Clif Bar.

PHOTO © NICK HAM

Long Tour of Bradwell

2015 Championship Results

The winners of this year's Runfurther Championship are:

	MEN	WOMEN
1	Ian Symington (Calder Valley FR)	Karen Nash
2	Kevin Hoult (Calder Valley FR)	Mary Gillie (Clwydian RR)
3	Stewart Bellamy (Mercia FR)	Sally Howarth (Trafford AC)
V50	Martin Terry (Clayton-le-Moors)	Karen Nash
V60	Chris Davies (Saddleworth Runners)	Janet Hill (Springfield Striders)
V70	Bob Nash	Calder Valley FR
First team	Calder Valley FR	
Grand Slam*	David Wilson (Bowland FR)	Grand slam (12 races): Karen Nash

* *12 races*

PHOTO © NICK HAM

Haworth Hobble

PHOTO © NICK HAM

Marlborough Downs Challenge

PHOTO © NICK HAM

Long Tour of Bradwell

2016 CHAMPIONSHIP RACES

There's another great series of races lined up for you for 2016. Five were in this year as well, three old favourites are returning to Runfurther after a break, and there are four exciting new races. We're continuing to include a range of different types of race, so some are comparatively flat, and others are strenuous with a lot of climbing. About the only races ruled out are those that are predominantly on tarmac, those that are almost completely flat (e.g.mainly on towpaths or disused railways) and races round multiple loops – we want new scenery all the way!

Date	Race	Cat	Miles	Area
12 Mar	Haworth Hobble	S	32	South Pennines
9 Apr	Calderdale Hike	M	37	South Pennines
16 Apr	The Fellsman	L	61	Yorkshire Dales
15 May	Marlborough Downs Challenge	S	33	North Wiltshire
5 Jun	Northants Ultra	S	35	Northamptonshire
18 Jun	Pennine 39	M	39	North Pennines
16 Jul	St Cuthbert's Way Ultra	L	62	Northumberland & Borders
6 Aug	Long Tour of Bradwell	S	33	Peak District
10 Sep	10 Peaks Brecon Beacons	L	55	South Wales
17 Sep	High Peak 40	M	40	Peak District
15 Oct	Round Rotherham 50	L	50	South Yorkshire
12 Nov	Warrington Way Ultra	M	40	Cheshire

THE NEW RACES

Pennine 39. This is one of Joe Faulkner's NAV4 races, run this year for the first time. It follows the Pennine Way from Middleton in Teesdale to Alston, including Cauldron Snout, the amazing views from High Cup, and a climb up Cross Fell, the highest mountain in England outside the Lakes. A challenging run in any conditions.

St Cuthbert's Way Ultra. Organised by the Trail Outlaws, this takes the way marked trail from Holy Island off the Northumberland coast to Melrose over the border in Scotland. The route is mainly runnable, and the scenery is stunning. If you don't know the area you should check it out: if you do, you won't need telling.

10 Peaks Brecon Beacons. This is a long and strenuous race over the mountains of South Wales. After the successful inclusion of the 10 Peaks Lakes this year, it seemed a shame not to include this one for 2016. As with the Lakes race, this one heads for the tops, not the gaps between them.

Warrington Way Ultra. This is another new race, and when Fellrunner went to press, had yet to be run for the first time. It's organised by Lymm Runners, and follows the way marked Warrington Way in a loop round Warrington. If you like the Round Rotherham, then you'll like this one too.

PHOTO © NICK HAM

Still a long way home

BY **MARTIN STONE**

Martin Stone's Long Distance News Summary - November 2015

By the middle of July when the summer magazine went to print, the majority of the big individual long distance Summer runs were complete. However we do have news of other more unusual challenges.

FRA LONG DISTANCE AWARD 2015

You know what they say about two buses coming along together. Adrian Belton set the record for Ramsay's Round in 1989 and it has stood for 26 years ... until 2015. Jez Bragg broke Adrian's record by 11 minutes in June and we were all delighted with his success. But life is cruel and Jez was to keep the record for only 3 weeks. On Sunday 5th July **Jon Ascroft** blazed a trail round Ramsay's running in Charlie's original anti-clockwise direction. When he reached Ben Nevis, his final Munro, only 16hrs 23 mins had elapsed. The final 36 minute descent from the Ben was at race pace with Jon, Steven Fallon, Jasmin Paris and Jim Mann racing each other down the scree tracks and later over the path boulders to the hostel where the watch stopped at **16hrs 59mins 26secs**. How amazing it was that Adrian's 26 year old record could first be beaten by 11 minutes and then by a further **72 minutes**, all within three weeks.

We congratulate **Jon Ascroft** on his awesome Ramsay Round and he is a most worthy and popular winner of the 2015 Long Distance Award. The trophy will be presented to him at the LDMTA AGM/ Talk on **Friday 27th November** at Wilfs Cafe Staveley where Steve Birkinshaw will talk about his 2014 Wainwrights Record Run. If you wish to come to the buffet at 19:15 and Steve's talk at 20:15, please visit http://www.ldmta.org.uk/news.html.

DAVID WAIDE – WELSH HEWITTS

The Welsh Hewitts are hills 2000ft (610m) high with a minimum of 98ft (30m) re-ascent. David planned his journey based on the current list at www.hill-bagging.co.uk. He started at 06:58 on 5th September in South West Wales from the summit of Garreg Lwyd (western Black Mountains) and finished at 17:14 on the 18th September in Snowdonia on the summit of Tal-y-Fan (NE Carneddau.) His route was generally northerly and in 13 days 10hrs 16mins he climbed all 137 Welsh Hewitts, covered 446 miles and approximately 127,000 feet of ascent in a continuous journey on foot.

He had no support on the hills and only very limited road support at the start and end of a couple of days. This reduced the amount of food and spare kit he needed to carry on 2 of the 14 days. He stayed at Pubs and B&Bs which avoided the need for a tent but also introduced significant constraints on where he could stay and also the route.

David writes "I felt strong for the first 3 days and then progressively more weary. The toughest sections were through Mid-Wales and southern Snowdonia, especially from the Arans to Berwyns, through the Arenigs, and some sections of the Rhinogs.

Snowdonia from Moel Siabod

PHOTO © DAVID WAIDE

My muscles held up pretty well but the soles of my feet became very sore and painful, especially on road sections. The blisters healed up after a week, though I couldn't get any plasters to stay on my feet as they were wet every day before reaching Snowdonia. The worst problem I had was with acute left Achilles pain. This occurred at the end of the 9th day and caused me a lot of problems. It was necessary to stop any running, reduce my stride length, lace only the first few eyelets of my left shoe and avoid acute angles of my left foot to leg. I needed to reschedule and take some extra time. Although the problem seemed to be pressure related, I was always concerned that my Achilles might rupture and stop me completing the journey.

Overall it was an amazing experience. I spent entire days in the mountains without seeing a soul. I saw a barn owl flying in the middle of the day in Mid Wales, wild goats on the Rhinogs, and two ravens in a dog fight over Llwedd. The weather was pretty good with only 5 hours of rain, quite a lot of cloud, 2 days of strong wind, and lots of stunning views especially between the clouds where the air was washed clear. The whole experience was mentally very challenging but incredibly rewarding."

ARCHIES MOUNTAIN CHALLENGE

Paul Fettes has written about a big human powered relay that took place over all 130 of the **1000M** mountains (**Archies**) in Scotland (with 100m drop on all sides). Interestingly, three mountains that made it onto the list because they are over 1000m with 100m prominence are not Munros and 9 Munros don't make the list because they don't have enough drop on each side. The only 4 other mountains in the UK that meet these criteria are all in North Wales and there are also two in the Republic of Ireland. The team climbed all the mountains and ran, cycled, and in three cases kayaked between. They carried a cuddly rabbit as a baton the whole way. It had a tracker on its back so that folk could (and did) follow them all way.

PHOTOS © DAVID WAIDE

Welsh Hewitts

Myndd Mawr

The journey began on Saturday 30th May at sea level by Dingwall with a toe dip in the North Sea. The team finished 16 days later on Sunday 14th June at the Rest and Be Thankful followed by a toe dip in the Atlantic Ocean at Arrochar. They covered a distance of 1530km (989 miles) and an estimated 8700m ascent. Conditions in the first week were atrocious with fresh snow down to 600m, gales, blizzards and frequently poor visibility which made navigation tricky. Their best Archie day crossed 16 summits in Cairngorm plateau from Glen Feshie to Deeside near Braemar. The worst Archie day was day 3 on the mountains north of Arkaig and east of Knoydart. Despite gale force winds they still kayaked across Loch Quoich and spent nearly 3 hours being pelted by rain and hail on the mountain tops.

The relay was in aid of the Archie Foundation which is a children's charity and the organisers tried to make the relay as inclusive as possible. Paul writes "We had some good runners (notably Joe Symonds, Graeme Gatherer and Tim Gomersall), some 'has beens' like me, Gary Tompsett and Des Crowe. There were many ladies in the team, some relatively steady novices and some that had never been up a Munro before let alone an Archie. In total 57 team members took part, although a few only did one leg. Most had some link with Tayside and Ninewells hospital where the charity has just been launched. In view of the weather, we were really please to complete in 16 days, but this could be done so much more quickly by a top team. I hope that hill running clubs will take on the challenge in the future. It would also make a great solo challenge which is more manageable in terms of both time off work and distance/climb than the Munros. I am happy to provide more information about our journey and we would like it if the **ARCHIES** could be recognised as a list of mountains".

ELVET STRIDERS - 30TH ANNIVERSARY FELL RELAY

Paul Evans has written to us about a very unusual long distance charity fund-raising relay undertaken by his club in late July to celebrate the club's 30th anniversary. The plan was hatched during the dark Winter nights of 2014/15. The club decided that route should finish in Durham where the club is based, be achievable over a weekend, be mostly scenic and suitable for club members of all abilities. The plan that emerged was for club members to start at both the northern and southern ends of the Pennine Way at about 06:00am on Friday 24th July. The two sub teams would meet late on the Saturday night at the Strathmore Arms, near Middleton in Teesdale. On Sunday morning some members of the combined group would run across the moors to Wolsingham on the Weardale Way and then many more club members would join them for the final miles into Durham, finishing on Palace Green on Sunday afternoon.

The club's northerly and southerly journeys on the Pennine Way were filled with minor incidents as leg runners struggled with navigation. On Friday the southern team covered approximately 60 miles from Edale to Malham while the northern team reached Hadrian's Wall from Kirk Yetholm. Both groups reached their Saturday destinations by about 22:30.

Saturday saw the southern team running north through the Yorkshire Dales to finish the day at the Strathmore Arms. The northern team crossed Hadrian's Wall and later Cross Fell and Great Dun Fell before traversing the Pennines eastwards to Teesdale. By 22:00 both groups were reunited at the Strathmore Arms, where "by chance" a beer festival was taking place.

On Sunday the club ran along the Tees to Middleton and into the hills on the minor roads then along old mining tracks across the moors to descend to Wolsingham. From there the Weardale Way was followed via Bishop's Auckland to Willington. Two dozen runners then joined the party and continued to Sunderland Bridge, from where an additional three dozen runners competed the final 5 miles to Palace Green in Durham. Ceremonial cheques were then handed over to the designated hospice and neo-natal charities, chosen by club-wide vote.

For a club with relatively limited fell running experience, this proved to be a really significant and ambitious challenge. Flexibility was required to keep on finessing the running legs as folk pulled

out and volunteered in the weeks leading up to the challenge. The limited supply of navigators needed to be placed on all the challenging legs. When runners became "temporarily mislaid" on their leg, the schedule needed enough slack to handle the problem while the support crew searched for them on the local roads.

Throughout the weekend a large proportion of the club's membership took part, with individuals running anything from 5 miles to nearly 70 miles. Those who didn't trust themselves to navigate were always accompanied by someone who could. Club members were tested over distances and on terrain that they were not always sure they could handle. This had a very positive benefit for the club as some members have subsequently taken their first steps in orienteering, have registered for the cross country season or have completed some of the shorter summer fell races in the area.

BIG THREE UK ROUNDS – REGISTER OF COMPLETIONS

The Big Three are the Bob Graham in the Lakes, Paddy Buckley Round in Snowdonia and Ramsay's Round to the east of Fort William. After completing a Bob Graham, quite a number of folk are keen to tackle another big challenge and having completed their second Big Round, it is only natural to want to complete the Big Three. Most years, one or two people complete their third round and join a small group who have completed the Big Three Rounds, each round within 24 hours. In 2012 there were no completions of Ramsay's Round, so the Big Three "Club" is quite a select group that isn't growing at an exponential rate! Having looked at the lists of Paddy Buckley and Ramsay Round completions, we believe that about 40 folk have completed the Big Three Rounds but we don't yet have a definitive list. You can see the list so far at http://gofar.org.uk/TheUKBig3.html. If you have completed all 3 rounds within 24 hours and are not yet on Tony's list, please email Tony Wimbush at info@gofar.org.uk and let him know the date you completed your third round.

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 carry a tracker or to wear 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 an excellent website that documents long distance routes and records. 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.

BY **IAN CHARTERS**

The Joss Naylor Lakeland Challenge

In 2011 there were 22 successful crossings of which only one was a repeat and for much of 2015, it looked as though that number would be equalled or even exceeded. However, the weather on the day and other difficulties took their toll so that it now looks as though 2011 will remain the 'busiest' year, while the 2015 crossing count is currently 21. Rumours of further attempts later this year cannot be discounted but short days and deteriorating weather make such attempts more difficult. In the last edition of The Fellrunner I mentioned Paul Cornforth had completed the fastest ever crossing and I mentioned that Pat Goodall (W60) completed comfortably inside her allowed time when I should have reported that Pat also recorded the fastest time in the W60 age group.

Since July there have been successful crossings by Geoff Cox (M60), Alan Sumner (M70), Jim Louden (M50), Steve Cliff (M55), Alison Weston (W50), Alan Duncan (M60), Jim Kelly (M65), Brian Melia (M50), Clare Harris (W55) and Eric Blakie (M60). All of these are worthy of more room than they can be given here but two are of particular note - Alan Duncan's is the fastest by a M60 runner and Alan Sumner is the first M70

Geoff Cox and Martyn Price In the 'washing machine' on Leg 1. Photo Ken Murphy"

to complete without having previously completed in a younger age group. This year also sees new club names appearing on the list of successful completions Borrowdale FR (Paul Cornforth), Dallam RC (Tom Phillips), Essex Stragglers OS (Clive Tant) and Ilkley Harriers (Alison Weston and Brian Melia). This seems to suggests the appeal of the challenge is still growing which is all to the good. Please let me add my own congratulations to all of you who have been successful this year.

The number of successes and the number of very fast crossings may suggest a summer of perfect weather, but that hasn't exactly been the case - July provided what might be called 'mixed weather' or perhaps even better as "washing machine" weather. One (successful) contender described the ascent of Arthur's Pike as like being in a washing machine and went on to describe the fascination of watching lightening strikes on Red Screes, just before realising that was where he was gong next. Another described 'near-hypothermia' leaving Pillar, so don't think it has all been plain sailing - these comments are from successful attempts.

If you are looking for inspiration or simply a good read then have a look at the blog (http://jossnaylor.blogspot.co.uk/) which I update every couple of weeks. If you are thinking about submitting an account of a recent attempt, please do so, and please also let me have a couple of photos to accompany it.

For Information and validation details
Ian Charters
http://jossnaylor.blogspot.co.uk/
ian.charters@justusuk.com (preferred)
24 Mill Lane, Aspull, Wigan WN2 1QY
(Please enclose a SAE)

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BY **BEN ABDELNOOR**

Under the Radar

The Bob Graham Lie

I'd like to apologise to everyone who's asked me over the years about doing a Bob Graham Round and received my little white lie. My stock reply has always been the same: "I'm not interested at the moment, but I'll do one someday." In truth, for at least the last three seasons, I've been more than keen to fit it in. For me it was easier just not to talk about it.

I cope well under pressure but I didn't see the need to unnecessarily put pressure on myself. Especially when I know what the inevitable follow up response would be if I said that I *did* want to have a go at a BG: "Oh, you'll do a really fast round." That's something I didn't want to have hanging over me; if I was going to do it *I just wanted to get round.*

Not only did I want to do my round 'on the quiet', I also liked the idea of setting out on my own and running alone for the entire route.*

Planning

Whilst I didn't do an awful lot of *specific* planning or training for my round I was certainly aware of, and reasonably prepared for, what I was to undertake. The way I looked at it was like this: I'd been running on the fells for over ten years, so I'd already put in a significant amount of mileage training, particularly over the last couple of seasons in running long races; I've helped out on at least half a dozen rounds, running almost all of every leg; I've walked or run up all the BG summits in the last thirty years literally hundreds of times; I'd recced the first leg in the dark and had sat down with my set of Wainwright books and a map beforehand.

Taking every chance to get familiar with the Round

The first thing I wrote in my planning notebook was, of course, the food. Now this was something I'd being looking forward to for a while. Jelly babies, Mars bars, Snickers, Milky Ways, GU gels, cheese and pickle sandwiches, tuna mayonnaise, buttered malt loaf, nectarines, pineapple and mango chunks, roasted peanuts, salt and vinegar crisps, Coca-Cola, tea and sparkling water, it was a pleasure to write that list and I looked forward to consuming as much of it as I could.

The Lead-up to the Round

I won't call her my 'long-suffering girlfriend' because it's clichéd and not true, but Britta's certainly had to put up with a number of my announcements of "Right, *this* year I'm going to have a go at my BG." Except this time, with a month to go, I told her, and we realised I was in good shape, injury-free and feeling great. All I had to do was finalise one small and rather embarrassing aspect of the BG Round… Was I able to go up a hill in the dark and most importantly, *on my own?* I'm not as afraid of the dark as I used to be, but I'm pretty jumpy. So, the weekend before my planned Round I parked at the Blencathra Centre shortly before midnight. Putting on my biggest head torch and my loudest music I ran out along the Cumbria Way to Skiddaw House, onto Great Calva and Blencathra, before descending via Doddick Fell. And by the time I got back to the van in the early hours of the morning I knew I was ready – quite simple really!

Currently only Britta knew of my plans, so with 72 hours to go I thought I'd best let my parents know. Mum was coming to visit that weekend; she didn't sound particularly convinced by the idea. I confided my plan to a club-mate, who gave me some encouragement, saying he thought I was capable. So, all in all, only six people knew of my plan (two flat mates were let in on the idea as I needed them to look after my hens!)

I'd been fairly nervous leading up to the weekend. I was sure I had it in me to complete a round, but I wasn't sure what it'd be like to be on my feet for so long without sleep. The Gerry Charnley Way – a 37-mile tour of the central Lakeland fells – completed in 2007, took me 11 hours and was the longest time I'd spent on my feet. My reasons for not competing in ultra-races include the fact I like to stop running and go to bed at night, and that fear of the dark….

Saturday 6th September

We parked in the car park at Keswick where I dressed and donned my race pack, squeezed full of spare clothing, batteries, compass, maps, food and drink. I threw a hoodie over my top and a pair of tracksuit pants over my leggings; I didn't want to start at the same time as anyone else, so we went to the Moot Hall *incognito*. There was no sign of any imminent attempts, so off I stripped. As it happens, we think mine might have been the only attempt that Saturday night into Sunday which, given the fantastic forecast and excellent weather, following on from a pretty poor summer, I found extraordinary.

After a couple of quick photos I set off from the Moot Hall, ten minutes earlier than my planned 11pm start. The three of us, Mum, Britta and myself, had had a quick walk out to Fitz Park to check the way, which was a good thing given we missed a turning and ended up in a dead-end on our first attempt!

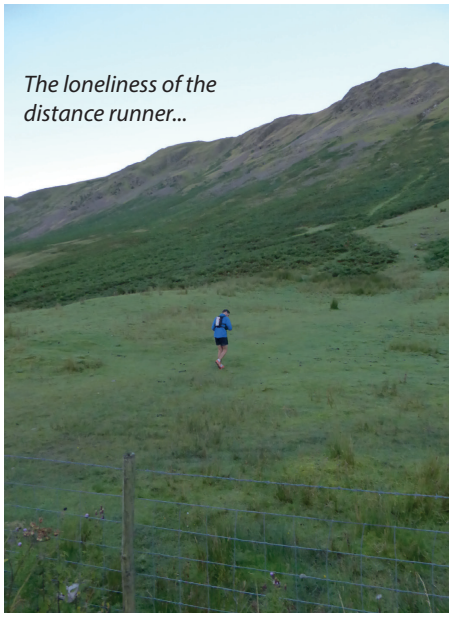
For my round I'd written down split times for a 23-hour schedule for the first two legs, then splits for both a 20- and 23-hour schedule from Dunmail to the finish. I figured that aiming for a 21-hour round might be about right.

I had an uneventful first leg over Skiddaw, Great Calva and Blencathra. I rang Britta from the summit of Blencathra to let her know I was heading down Doddick Fell to meet her in Threlkeld. The sky that night was full of stars, and what I thought was the radar station on the Pennine summit of Great Dunn Fell, turned out to be the huge orange-glow of a rising moon. I spent most of the first two legs trying to act confidently, talking to the moon and the stars, to the slugs and spiders which were in abundance that evening, and the sheep (at least the glowing eyes that appeared and

Setting off – 10.48pm

Threlkeld

Dunmail



The loneliness of the distance runner...

disappeared…). I was comforted not just by talking to myself, nature and the celestial beings but also looking at the glowing lights of Carlisle, Wigton, Keswick, Penrith and anywhere else I thought I could see. If I could see them, I convinced myself they could see me, so technically I wasn't alone. Like I said, I get scared in the dark…

I know that doing road support can be a rather stressful affair, with so much time to plan, and then very little time in the crucial moments. To help Britta I'd used transparent plastic bags with various bits of kit grouped together, I'd boxed up foodstuffs and bagged any 'important kit' like laminated schedule cards, spare head-torches and batteries, maps etc. It was a great relief to find Britta waiting with everything laid out on a table and my chair ready to sit in. Each checkpoint was expertly organised and efficient: a timer was set to go off after nine minutes to remind me to get going; a checklist was used to ensure I'd done necessary tasks such as change socks, take Ibuprofen, swap over maps etc.; tea was brewed, Coke and sparkling water poured and food spread out so I could quickly pick what I wanted to take with me. My change-overs got steadily quicker; 11 minutes at Threlkeld and Dunmail, eight minutes at Wasdale and just three minutes at Honister.

The second section that night passed with only one minor incident. I wouldn't like to imagine how these sections would have gone if there'd been low cloud or poor visibility. My navigation isn't particularly poor, but I didn't want to have to use my map and compass this evening. And then it happened; heading off from Great Dodd on a wide trod, I began to skirt along the fellside with a slope off to my left and the faint outline of various dark fells ahead. I felt like I wasn't heading in the direction of Watson's Dodd, more traversing past it in the direction of Stybarrow Dodd. I stopped and tried to peer into the darkness, but it was difficult to get a perspective on which outlines were fells close by and which far away. I dropped to my knees, took off my race pack and pulled out the map. I knew where I was, I'd gone past Watson's Dodd. I could picture it, flat and featureless, on a western dog-leg. Panic set in, "No, no, no, I can't miss it out, that'd be the end of my attempt." I knew I should be able to find it without too much difficulty, but it was the realisation that the darkness could scupper plans so quickly. Relief washed over me when I eventually came upon the cairn, and turned safely onto the trod that led away from Watson's Dodd to Stybarrow.

I should point out that another of my concerns was knowing whether or not I was at the correct summit cairn. Most of the tops are pretty obvious, but other summits (Rossett Pike, Broad Crag, Ill Crag) I hadn't visited that often. I sat down in the week leading up to the run and looked at Wainwright's sketches of the summits and paid close attention to his detailed maps. It was surprising just how many summit tops appeared to have more than one summit cairn which, on occasion, found me wandering between them to ensure I ticked it off. On Nethermost Pike I visited a couple of cairns, on Fairfield I went to three shelters or piles of rock, Harrison Stickle three, Esk Pike two and two on Great End.

By Helvellyn I really, really needed the daylight to come. My spare head torch was far weaker a light than I'd anticipated, it kept slipping down my forehead and I didn't trust it's battery life so I was forced to keep it on a low setting. By the time I left Dollywaggon Pike there was a significant morning glow to the east which, despite me shouting repeatedly at it to hurry up and arrive, finally made a full appearance as I left Fairfield summit and gave me the chance to call Britta and let her know my position. As I descended off Seat Sandal with an early morning spring in my step I had my first realisations that I had a good chance of getting round. Britta said she could hear me singing as I descended down to the road crossing at Dunmail.

I didn't meet anyone on the first two legs - except a couple of folks campervanning in the Latrigg car park - which didn't surprise me given it was night-time. What *did* surprise me was how few I saw on the following leg which took me through Sunday morning. Including folks camping at Angle Tarn, I passed ten people in all on leg three, which included the Langdales and Scafells, and this on a beautiful Sunday morning. I don't think I've ever been on Scafell Pike alone in sunshine like that, it was just perfect.

Whilst I was keeping track of each leg on my laminated card and was aware that I was generally gaining a few minutes on each of the legs of my 20-hour schedule, I didn't concern myself with quite how fast I was going. More important was getting to each top safely, continuing to feel strong and making sure I was eating, drinking and not missing out on visiting any of the 42 summits, *another* of my pre-BG fears. From Rossett Pike I didn't want to risk getting crag-fast on the direct line to Bowfell and, having unsuccessfully tried to find it a few weeks ago, I opted for a short descent to Angle Tarn, followed by a tiring drag up

Moot Hall – 5.13pm

to Ore Gap and across to Bowfell summit. Similarly, the route from Scafell Pike to Scafell was an easy decision for me, it was always going to involve descending down to Foxes Gully and climbing back up. I didn't want to take any chances today.

And so it continued; a relatively comfortable climb onto Yewbarrow with the sun beating down on my back. An out-and-back to Steeple - don't look down! - a fairly horrendous scramble up a gully on Kirkfell Crags - why didn't I just go up Red Gully? - a slow, rocky descent off Great Gable via the tourist path, all topped off with a thirsty run to Honister without any water. By Honister I knew I'd done it, it was only a matter of in what time. After I'd left Wasdale I figured I could be on for a sub-20 hour Round, and despite Britta telling me not to think about it until Honister, I spent most of leg 4 trying to work out if I could get a time which began with 18 hours…

From Honister I couldn't eat anything, so other than filling up drinks bottles and picking up my trekking poles I was ready to set off after just a couple of minutes. The final stride-out to summit Dale Head was an anxious climb, for it wasn't until I reached the top that I'd know for sure whether I was on for a sub 19-hour time. From Dale Head to the finish was just glorious, I tucked my poles away for the descent off Robinson and positively skipped down the final climb and trotted into Little Town. Here I gave my feet a quick wash, changed into road shoes and fresh socks, and set off for Keswick. Britta and Mum took my race pack off me and agreed just to drive straight to Keswick, no point risking seeing me on route and missing the finish. With nothing to carry I set off at a comfortable run, knowing the quicker I ran the sooner it'd be over. Those final joyful few miles passed faster than I expected and coming into Keswick I tucked my headphones away, wanting to enjoy the sights and sounds of my grandstand finish…

Low-key it began, and low-key it finished. Just Mum and Britta, standing a little off to the side of Moot Hall. No clapping, no cheering, just beaming smiles and hugs. I'd done it. Still can't believe it. A perfect day.

*A solo, *unsupported* Round involves being totally self-sufficient, carrying all your own food, clothing and equipment without *any* road-crossing support or food/clothing stashes. My round was a solo, *supported* round and I'm very grateful to Britta for being there at every crossing, ready and waiting with food, clothing and some encouraging words.

SCHEDULE

Moot Hall - start 10.48pm
Blencathra 1.49am (mobile call to Britta)
Threlkeld – arrive 2.20am
Leg 1: 3 hours 32 minutes

Threlkeld – depart 2.31am
Fairfield 5.48am (mobile call to Britta)
Dunmail – arrive 6.22am
Leg 2: 4 hours 2 minutes

Dunmail – depart 6.33am
Pike O' Stickle 8.15am (mobile call to Britta)
Wasdale – arrive 11.15am
Leg 3: 4 hours 53 minutes

Wasdale – depart 11.23am
Honister – arrive 3.03pm
Leg 4: 3 hours 48 minutes

Honister – depart 3.06pm
Little Town – depart 4.35pm
Moot Hall – finish 5.13pm
Leg 5: 2 hours 10 minutes

Total: 18 hours 25 minutes

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COMPILED BY **DAVE WEATHERHEAD** AND **BARBARA CARNEY**

REPORTS & RESULTS

The Fell Runners Association
Founded 4th April 1970

PHOTO © WWW.WOODENTOPS.ORG.UK

Submitting results and reports

Race reports and results for publication in The Fellrunner's Reports and Results section should be sent to David Weatherhead and Barbara Carney at resultsfra@aol.com as soon after the event as possible.

Please use the Reports and Results Template which is e-mailed to the FRA Fixtures race contact at around the time of the event. If this is not possible submissions should be in Word or Excel file format and identify the race title and date. The results must include the competitor's name, position, time, club and category. We do not download results and reports from other websites.

Race photos are welcome, especially unusual views and unfamiliar races – send files or links to the Editor - editor@fellrunner.org.uk.

Send results for the FRA website to Brett Weeden – brett@phluidity.co.uk

Mark Taylor, showing some style at the Cracoe ditch leap

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Ellie Crownshaw at Trunce 1 at the first of three river crossings

TRUNCE 1
South Yorkshire
BS/6.4km/170m 30.03.15

1. T. Saville	25.25	20pts
2. D. Chan	25.27	29pts
3. P. Winskill	26.58	18pts
4. D. Hague	27.04	17pts
5. B. Harris	27.37	16pts
6. D. Lund	27.57	15pts
7. S. Dimelow O/40	28.06	20pts
8. M. Fanning O/40	28.10	19pts
9. A. Senior	28.12	14pts
10. T. Randall	28.14	13pts
VETERANS O/50		
1. (37) K. Long	31.06	20pts
2. (40) K. Saville	31.22	19pts
3. (71) S. Dickinson	34.19	28pts
VETERANS O/60		
1. (93) A. Knox	35.58	30pts
2. (112) K. Holmes	37.19	19pts
3. (135) D. Ibbotson	39.03	18pts
LADIES		
1. (54) E. Crownshaw	32.43	20pts
2. (62) J. Wilson O/40	33.32	30pts
3. (66) H. Helmore	33.50	19pts
4. (86) J. Muston	35.03	18pts
5. (97) H. Saville	36.20	17pts
(98) J. Howells O/40	36.21	19pts
(232) S. James O/50	46.29	29pts
(233) J. Williams O/50	46.29	19pts

347 finishers

TRUNCE JUNIORS 1
South Yorkshire
3km 30.03.15

Boys		
1. N. Raine	16.10	20pts
2. S. Jennings	16.23	19pts
3. C. Goachers	17.15	18pts
4. J. Halstead	18.09	17pts
5. S. Bowles	18.12	16pts
Girls		
1. E. Crownshaw	17.05	20pts
2. I. Snowden	18.04	29pts
3. H. Claydon	19.08	18pts
4. E. Deacon	19.14	17pts
5. J. Branford	19.16	16pts

36 finishers

CREG NY BAA
IOM
AM/16km/820m 11.04.15

1. L. Taggart O/40	MFR	1.10.31
2. T. Cringle	MFR	1.13.44
3. B. Corkill	MFR	1.19.34
4. P. Bradley O/40	MFR	1.22.18
5. J. Hynes	MFR	1.24.16
6. C. Reynolds	MFR	1.25.33
7. I. Goatman	MFR	1.25.42
8. S. Krastev	MFR	1.26.00
9. I. Gale O/50	MFR	1.26.18
10. M. Murphy	MFR	1.26.33
VETERANS O/50		
1. (9) I. Gale	MFR	1.26.18
2. (18) S. Hubbard	MFR	1.34.52
3. (25) J. Waddington	MH	1.44.09
VETERANS O/60		
1. (32) I. Callister	MH	1.47.14
2. (36) R. Moughtin	WA	1.52.30
3. (45) G. Hull	MFR	2.11.07
LADIES		
1. (24) A. Forster	MFR	1.40.23
2. (29) E. Gawne	MFR	1.44.48
3. (35) E. Quane	NAC	1.50.27
4. (37) S. Wild O/40	MFR	1.53.20
5. (38) J. Cretney O/50	MFR	1.55.33
(39) R. Hooton O/60	MFR	1.56.38
(40) J. Gledhill O/50	MFR	1.56.42
(41) S. Walle O/40	MH	1.58.49

49 finishers

ANNIVERSARY WALTZ
Cumbria
AM/18.5km/1097m 18.04.15

1. J. Wood	Ilk	1.41.47
2. J. Smith U/23	Wharf	1.42.00
3. J. Butters O/40	NFR	1.47.38
4. P. Winskill	Kesw	1.47.47
5. M. Johnston O/40	Carneth	1.47.59
6. D. Wilkinson	Ilk	1.48.52
7. A. Wainwright O/40	Unatt	1.49.42
8. P. Hobbs	Tod	1.49.54
9. H. Lord	BlCmb	1.49.58
10. S. Swarbrick O/40	Bowl	1.50.18
VETERANS O/50		
1. (22) P. Pearson	Saltw	1.57.35
2. (28) P. Taylor	BlCmb	2.00.23
3. (39) C. Reade	Bowl	2.03.32
VETERANS O/60		
1. (48) N. Lancaster	Derw	2.06.23
2. (69) A. Duncan	Bowl	2.13.51
3. (81) M. Garrett	EskV	2.17.13
VETERANS O/70		
1. (181) A. Buckley	Kesw	3.09.37
LADIES		
1. (21) C. Spurden	Kesw	1.57.10
2. (34) S. Gordon	NMske	2.02.00
3. (50) J. Mattinson	Kesw	2.06.50
4. (65) J. Gillyon	Kesw	2.11.33
5. (71) R. Brown O/50	Bowl	2.14.15
(72) L. Thompson O/50	Kesw	2.14.21
(95) N. Fellows O/40	Chorl	2.24.38
(106) J. Chatterley O/40	CFR	2.29.20

191 finishers

TEENAGER WITH ALTITUDE
Cumbria
AL/24.8km/2318m 18.04.15

1. S. Booth O/40	Borr	2.50.29
2. I. Mills	Penn	2.57.38
3. R. Litherland	Penn	3.02.08
4. J. Ashcroft O/40	Carneth	3.08.03
5. S. Ware	Kesw	3.09.09
6. L. Newton	Kesw	3.18.13
7. C. Doig	HBT	3.18.20
8. J. Martyn	PortV	3.19.39
9. J. Jardine	Unatt	3.20.21
10. S. Gibson	NFR	3.26.30
VETERANS O/50		
1. (22) L. Warby	Bowl	3.38.35
2. (31) A. Sunter	Horw	3.52.18
3. (34) R. Laycock	Settle	3.58.52
VETERANS O/60		
1. (25) D. Loan	Kesw	3.43.52
LADIES		
1. (18) E. Bain	NFR	3.34.31
2. (20) K. Hewitson	Macc	3.36.15
3. (23) N. Spinks O/40	DkPk	3.38.59
4. (46) S. Massey O/40	Unatt	4.11.19
5. (58) Z. Barton	Gloss	4.20.38

76 finishers

Descending High Spy on the Anniversary Waltz

PHOTO © KEITH DOUGLAS

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TRUNCE 2
South Yorkshire
BS/6.4km/170m 20.04.15

1. A. Potter	24.52
2. B. Moody	25.06
3. D. Lund	25.14
4. S. Dimelow O/40	25.21
5. M. Fanning O/40	25.24
6. D. Pavier O/40	25.30
7. R. Skrimshire	25.37
8. K. Doyle O/40	26.08
9. A. Davies O/40	26.13
10. A. Frost O/40	26.43
VETERANS O/50	
1. (48) K. Saville	30.26
2. (49) J. Bell	30.28
3. (56) S. Halstead	31.03
VETERANS O/60	
1. (64) K. Holmes	31.19
2. (69) A. Knox	32.04
3. (81) K. Yewlett	32.42
LADIES	
1. (35) H. Helmore	29.09
2. (39) E. Crownshaw	29.32
3. (67) J. Wilson O/40	31.30
4. (83) H. Saville	32.49
5. (85) J. Howells O/40	32.59
(227) J. Williams O/50	42.13
(236) J. Mallen O/50	42.41
(322) I. Ironside O/60	53.19

339 finishers

TRUNCE 2 JUNIORS
South Yorkshire
3km 20.04.15

BOYS	
1. N. Raine	14.57
2. S. Jennings	15.09
3. K. Loombe	15.24
4. G. Westerman	15.38
5. J. Hinshelwood	15.48
6. S. Bowles	15.59
7. T. Valentine	16.05
8. C. Goachers	16.21
GIRLS	
1. E. Crownshaw	16.02
2. H. Claydon	17.43
3. E. Deacon	18.24
4. E. Rogers	18.46
5. J. Branford	18.56
6. Z. Hartley	19.45
7. M. Martin	19.50
8. C. Schofield	20.02

SNAEFELL
IOM
AS/8km/550m 25.04.15

1. L. Taggart O/40	MFR	41.09
2. B. Corkill	MFR	44.58
3. N. Colburn	NA	46.03
4. I. Gale O/50	MFR	46.57
5. J. Hynes	MFR	48.19
6. C. Reynolds	MFR	49.13
7. P. Bradley O/40	MFR	50.16
8. N. Brogan	MFR	50.58
9. I. Goatman	MFR	51.38
10. P. Sheard O/50	MFR	52.09
(12) S. Hubbard	MFR	53.31
VETERANS O/60		
1. (38) R. Moughtin	WAC	64.23
2. (42) P. Motley	IOMVAC	66.30
LADIES		
1. (19) A. Forster	MFR	55.33
2. (22) R. Craine O/40	NAC	58.08
3. (28) E. Gawne	MFR	60.48
4. (33) E. Quane U/23	NAC	63.29
5. (39) J. Taggart	MFR	65.51
(40) S. Haslam O/60	Scarb	66.02
(44) S. Wild O/40	MFR	68.29
(46) J. Gledhill O/50	MFR	69.07
(47) J. Cretney O/50	MFR	69.39
(49) R. Hooton O/60	MFR	70.13

57 finishers

TRUNCE 3
South Yorkshire
BS/6.4km/170m 11.05.15

1. B. Moody	25.20
2. S. Dimelow O/40	25.36
3. R. Skrimshire	26.01
4. D. Hague	26.17
5. M. Fanning O/40	26.30
6. A. Davies O/40	26.53
7. K. Doyle O/40	27.07
8. B. Wain	27.14
9. D. Kilpin	27.27
10. A. Frost O/40	27.27
VETERANS O/50	
1. (21) K. Long	29.38
2. (23) K. Saville	29.49
3. (24) C. Deacon	30.01
VETERANS O/60	
1. (60) K. Holmes	32.57
2. (76) K. Yewlett	34.04
3. (78) D. Ibbotson	34.10
LADIES	
1. (26) E. Crownshaw	30.30
2. (39) R. Winter	31.45
3. (46) J. Wilson O/40	32.12
4. (72) J. Howells O/40	33.36

PHOTO © MOSSIENETPHOTOGRAPHY

Steel City Strider causing a splash at Trunce 3

5. (80) E. Burke O/40		34.24
(147) M. Jansen O/50		38.52
(179) S. James O/50		41.42

283 finishers

TRUNCE 3 JUNIORS
South Yorkshire
3km 11.05.15

Boys

1. S. Jennings		15.20
2. J. Hinshelwood		15.32
3. D. Stevens		15.41
4. T. Valentine		15.59
6. C. Goachers		16.37
7. B. Hobbs		17.12
8. T. Fryers		17.27
9. H. Burton		17.31
10. H. Mackie		17.40

Girls

1. E. Crownshaw		16.34
2. H. Claydon		17.33
3. E. Deacon		17.38
4. J. Branford		17.53
5. M. Quinn		18.09
6. E. Rogers		18.18
7. L. Turner		19.39
8. O. Wolff		19.43
9. E. Ward		19.47
10. C. Schofield		20.28

CARRAGHAN
IOM
AS/4km/300m 12.05.15

1. L. Taggart O/40	MFR	19.48
2. B. Corkill	MFR	20.56
3. T. Cringle	MFR	21.15
4. N. Colburn	MFR	21.25
5. G. Furner	MFR	21.30
6. I. Gale O/50	MFR	21.46
7. N. Armstrong O/40	MH	23.28
8. C. Reynolds	MFR	23.33
9. P. Bradley O/40	MFR	23.40
10. P. Sheard O/50	MFR	24.09
(11) S.Hubbard O/50	MFR	24.20

VETERANS O/60

1. (42) I. Callister	MH	29.08
2. (44) R. Moughtin	WAC	29.24
3. (46) P. Cooper	IOMVAV	29.56

LADIES

1. (20) A. Forster	MFR	25.25
2. (33) R. Craine O/40	NAC	28.09
3. (35) E. Gawne	MFR	28.21
4. (45) E. Quane U/23	NAC	29.40
5. (47) C. Brogan	Unatt	30.32
(48) H. Taylor O/40	WAC	30.36
(50) J. Gledhill O/50	MFR	31.03
(52) R. Hooton O/60	MFR	31.07
(65) A. Corlett O/50	IOMVAC	43.42

70 finishers

HELVELLYN AND THE DODDS
Cumbria
AL/24km/1337m 24.05.15

Simon Booth glided in with characteristic ease to take first overall and first Over 40 positions. He was followed by novice fell runner Steven Snape, who had made a 400 mile round trip the previous week to reccie the course.

The marshal on Clough Head reported to me that the Keswick runners who made up the winning mens's team came through his checkpoint in formation-synchronised fell running!

Woman of the Match was 10th placed Hanna Horsburgh, who set an impressive new female course record of just over 2.30. The host club, Keswick AC, now holds both course records and have set a high bar for this tough event.

The overall success and enjoyment of the event was somewhat marred by the demands on our limited on-site parking facilities caused by the unexpected,-though welcome, increase in numbers. This led to traffic problems on the A66 and annoyance to some residents of Threlkeld.

My apologies to all concerned for the inconvenience caused to you. I am taking steps to ensure that these problems are addressed at next year's race.

My thanks to : Everyone who ran, and their families and supporters; our fantastic support team; Threlkeld Cricket Club; the people of Threlkeld Village; St John's Ambulance Keswick Division and our sponsors, Pete Bland Sports.

Allan Buckley

1. S. Booth O/40	Borr	2.18.37
2. S. Snape	Unatt	2.21.08
3. M. McGoldrick	Wharf	2.52.22
4. A. Slattery O/40	Kesw	2.26.48
5. L. Newton	Kesw	2.27.06
6. S. Stead	Kesw	2.27.12
7. S. Ware	Kesw	2.27.38
8. A. Meanwell O/40	Borr	2.30.08
9. J. Haworth O/40	Kesw	2.30.33
10. H. Horsburgh	Kesw	2.32.23

VETERANS O/50

1. (35) D. Ferguson	Kesw	2.49.26
2. (36) J. Ewart	Holmf	2.49.45
3. (38) L. Warburton	Bowl	2.50.29

VETERANS O/60

1. (28) D. Loan	Kesw	2.44.25
2. (43) J. Winn	Ellenb	2.52.11
3. (58) N. Pearce	Ilk	2.59.04

LADIES

1. (10) H. Horsburgh	Kesw	2.32.23
2. (19) E. Gould	Mercia	2.38.25
3. (24) C. Rice	Gloss	2.40.03
4. (69) J. Mattinson	Kesw	3.01.14
5. (70) C. Niblock	HelmH	3.01.55
(86) J. Keavney O/50	Swale	3.07.28

(96) S. Kelly O/40 ……	Horw	3.15.24
(98) W. Dodds O/60 ……	Clay	3.15.46
(102) J. Davies O/40 ……	Borr	3.18.44

168 finishers

Apologies to the RO of Edenfield - we omitted to include her report in the Summer Editon.

EDENFIELD
Lancashire
BM/10.3km/477m 31.05.15

Well, the weather had been great the last two years for this race, so I suppose we were due some of the more usual Rossendale weather – wet, cool/cold and windy which made conditions on the moor somewhat boggy in parts. It didn't, however, put off an enthusiastic field of 90.

We had a new winner, only the third since the reintroduction of the race and honours go to John Raho,who was a clear winner in 46.49, well ahead of second placed Marc Hartley (48.15) and Steve Clawson, third in 49.40. Steve was also the first vet (M45) to finish – a great run. Young Benn Heywood finished in a fine fifth place (51.28). Darren Fishwick, after racing the day before at Duddon came home in sixth and immediately dashed off to run at the Saddleworth race – I don't know how he does it! Another notable performance came from Dennis Lucas, first M70 finishing 55th overall in 66.35. Holcombe took the men's team prize with 18 points.

Rossendale, however, had an excellent turn out and took prizes in the M45, M50, M55, M60, M65 and F40 and F45 categories

First lady home was Lynne Clough in 17th overall and in a time of 54.19 and whilst this was 71 seconds shy of the overall ladies record, Lynne took a massive 06.47 off the F45 record. Another record to fall was again in the ladies' race where Marjorie Leigh, finishing in 73rd position in 74.02, took 04.45 off the F65 record. Spectrum Striders ladies finished first team with 189 points, just ahead of the Rossendale Ladies who scored 191 points.

Thanks must go to the team who make the race possible – Jeff, Dave and Manhar for flagging and sweeping the course, John and Pete for marshalling, Chris, Barbara and Karen on entries and results, Helen and Lefty for timing and positions, Edenfield Residents who provided not only marshals on the moor and car parking, but the bulk of the prize money; Rossendale and Pendle Fell Rescue who were in attendance – and fortunately had no work to do - Edenfield Cricket Club for the venue, facilities and great food and finally, Norman Ward of Bury Motor Bodies who very generously donated £100 to the race. The free pre and post race massage by the students from a local college was also appreciated.

We had a collection for the Nepal Earthquake Disaster and raised over £100 – thank you to those who gave so generously, including Edenfield Residents Association.

One final note, I made the decision on the day (and after consulting with the Fell Rescue team) that it would be mandatory to carry full body cover. Signs were posted to this effect and competitors informed. Unfortunately, a few competitors ignored this instruction. When asked why, the answers were, 'left it in the car, sorry didn't realise etc'. That is not good enough; kit is no good in the car. It is irresponsible behaviour. Whilst I chose not disqualify the miscreants, I will be writing to their clubs making it clear that if they do not comply in the future, action may be taken against them.

See you all next year – with full kit!

Cath Hignett

1. J. Raho ……	Holc	46.49
2. M. Hartley ……	Barlick	48.15
3. S. Clawson O/40 ……	Ross	49.40
4. R. Green ……	AchRat	50.27
5. B. Heywood U/23 ……	Bury	51.28
6. D. Fishwick O/40 ……	Chorl	51.29
7. S. Chew ……	Barlick	51.53
8. C. Holmes ……	Holc	52.18
9. M. Dunn O/40 ……	Hol	52.41
10. A. Ford ……	Horw	53.15
VETERANS O/50		
1. (21) T. Taylor……	Ross	55.14
2. (28) T. Hargreaves ……	Stockp	58.27
3. (35) W. Lowe ……	Ross	60.09
VETERANS O/60		
1. (33) K. Taylor ……	Ross	59.57
2. (40) A. Corbishley ……	Ross	61.48
3. (58) T. Steward ……	CaldV	66.47
VETERANS O/70		
1. (55) D. Lucas ……	Roch	66.35
LADIES		
1. (17) L. Clough O/40 …	Chorl	54.19
2. (32) E. Maddocks ……	Lons	59.40
3. (39) J. Hird ……	Barlick	61.34
4. (51) J. Lowe O/40 ……	Spect	65.45
5. (56) D. Raidy O/40……	Ross	66.39
(67) L. Bostock O/50 ……	Clay	70.26

PHOTO © STEVE BATESON

Wet, cool, cold and windy at Edenfield in May

(69) K. Hoyer O/50	… …	FRA	71.13
(73) M. Leigh O/60	… …	Leigh	74.02

89 finishers

TRUNCE 4
South Yorkshire
BS/6.4km/170m 01.06.15

1. O. Williams	… … … …	25.17
2. J. Wright	… … … … …	25.36
3. S. Dimelow O/40	… …	26.03
4. D. Hague	… … … … …	26.20
5. J. Millar	… … … … …	26.53
6. R. Skrimshire	… … …	26.55
7. K. Doyle O/40	… … …	27.21
8. S. Roebuck O/40	… …	27.47
9. S. Leake	… … … … …	27.53
10. A. Davies O/40	… …	27.59
VETERANS O/50		
1. (24) K. Saville	… … …	29.57
2. (26) C. Deacon	… … …	30.05
3. (41) J. Bell	… … … …	31.19
VETERANS O/60		
1. (51) K. Holmes	… … …	32.36
2. (54) A. Knox	… … … …	33.06
3. (123) R. Lucas	… … …	38.49
LADIES		
1. (23) R. Pearce	… … …	29.50
2. (31) R. Lundgren	… …	30.44
3. (33) E. Crownshaw	…	30.48
4. (35) R. Winter	… … …	30.51
5. (37) F. Evens	… … … …	30.59
(62) C. Chapman O/40	…	33.53
(66) A. Marsden O/40	…	34.12
(151) M. Jansen O/50	…	40.40
(176) S. James O/50	… …	43.17

244 finishers

TRUNCE 4 JUNIORS
South Yorkshire
3km 01.06.15

BOYS		
1. S. Jennings	… … … …	15.24
2. D. Stevens	… … … …	16.12
3. J. Hepworth	… … … …	16.22
4. C. Goachers	… … … …	16.23
5. B. Hobbs	… … … … …	17.00
6. E. Thompson	… … …	17.19
7. J. Hinshelwood	… … …	17.57
8. T. Fryers	… … … … …	18.11
GIRLS		
1. E. Crownshaw	… … …	16.35
2. E. Deacon	… … … …	17.40
3. Z. Hartley	… … … …	20.02
4. M. Martin	… … … …	20.05
5. M. Davey	… … … … …	21.06
6. M. Naylor	… … … …	21.45
7. C. Seasman	… … … …	21.50
8. I. McNerney	… … … …	21.52

34 finishers

HEBDEN BRIDGE FELL RACE
West Yorkshire
BS/9.6km/350m 04.06.15

2015 marked the tenth anniversary of the Hebden Bridge fell race and this year also saw a slight alteration to the traditional route. To meet nature conservancy concerns raised by the local council's countryside service, the return route from Stoodley Pike was switched to avoid the middle of Erringden Moor to use instead part of the outward route.

The change meant that the some of the very boggy parts of the return route were avoided, although the Hebden Bridge race remains one where, even in dry summers, runners will never get back with clean legs. But it also meant that runners had to tackle the very steep bank beside the moor edge down as well as up.

Two approaches seemed to be adopted for the descent. The brave launched themselves straight down the hillside while runners further back in the pack tended to take a much more cautious approach. Fortunately, ankles remained untwisted and bones unbroken.

The new route is about the same length as the old and there was speculation back among the marshals at the funnel as to whether – without the moorland bogs to cope with - times would be quicker. In the end, however, winner Joseph Crossfield made it home in 48.07, more than five minutes slower than Ben Mounsey's previous record time for the old course of 42. 37. Joseph was followed in by Christian Holmes in 48.24. Calder Valley's impressive junior, Jack Denton, came in third and was first U18.

First woman runner home was another Calder Valley member, Gayle Sugden, in 55.27. Gayle's time was also slower than the previous course record set by Helen Fines in 2011, but she was still comfortably ahead of the second female runner home, Pauline May of host club Todmorden Harriers. Calder Valley took both the men's and women's team prizes.

The Hebden Bridge race used to be celebrated for guaranteed hot weather – until an extremely wet race back in 2012. This year saw the weather pleasantly dry without being baking hot, although the south Pennine moors have remained pretty soggy so far this year. But that's good: moorland restoration has been taking place recently beyond Stoodley Pike to try to rewet some of the very dry peaty areas.

The field was over 100 strong and Hebden Bridge is now firmly established as a popular mid-week evening race (just turn up and run).

This year's race is the last to have been organised by Elise Milnes. Next year, three intrepid Tod Harriers will be jointly taking over the arrangements. See you in 2016.

Andrew Bibby

1. J. Crossfield	… … … …	CaldV	48.07
2. C. Holmes O/40	… …	Wharf	48.24
3. J. Denton U/18	… … …	CaldV	49.41
4. A. Holt O/40	… … … …	Ross	49.49
5. M. Fanning O/40	… …	Borr	50.13
6. G. Callan	… … … … …	Bing	50.24
VETERANS O/50			
1. A. Life	… … … … … …	Clay	54.26
VETERANS O/60			
1. K. Taylor	… … … … …	Ross	61.43
VETERANS O/70			
G. Breeze	… … … … …	Wharfe	78.45
LADIES			
1. (19) G. Sugden O/40	…	CaldV	55.27
2. (27) P. May	… … … …	Tod	57.10
3. (38) J. Buckley	… … …	CaldV	60.06
4. (41) L. Oldfield	… … …	CaldV	61.26
5. (46) R. Patrick O/40	…	Tod	62.55
C. Preston O/50	… … …	Tod	73.48

TANSLEY
Derbyshire
BS/6.9k/183m 07.06.12

Record turnout on a beautiful sunny evening in Tansley. Conditions were excellent and there were some fast times but the record held by Joel Stevens several years ago is still not broken.

The race was keenly contested with Luke Beresford just beating his competitors; Chris Patterson (last year's winner) came in a close second and Ben Cartwright (previous year's winner) finishing third.

First female was promising junior Elsbeth Grant, who finished in an excellent time of 31:12.

Thanks to all helpers, especially Ruth Cooper and her husband Ian, who make this event such a success.

Sue Woods

1. L. Beresford	… … … …	Ripley	26.21
2. C. Patterson	… … … …	Ashb	26.27
3. B. Cartwright	… … …	Mat	27.11
4. E. James	… … … … …	Belper	28.00
5. N. Brickman	… … … …	Belper	28.01
6. I. Hunter	… … … … …	Ilkest	28.20
7. A. Frost O/40	… … …	DkPk	29.01
8. K. Davies	… … … … …	EreV	29.08
9. K. Webster O/40	… …	Mat	29.15
10. M. Jons O/40	… … …	Ripley	29.19
VETERANS O/50			
1. (16) A. Pickering	… …	Mat	30.17
2. (19) R. Hyde	… … … …	EreV	30.52
3. (23) N. Weightman	…	EreV	31.32
VETERANS O/60			
1. (42) M. Moorhouse	…	Mat	34.36
2. (43) J. Thorneyroft	… …	Mat	34.41
3. (83) G. Collins	… … …	MilltM	38.43
VETERANS O/70			
1. (88) C. Russell	… … …	Mat	39.11
LADIES			
1. (21) E. Grant	… … … …	Mat	31.12
2. (49) K. Busfield O/40	…	Ashb	35.09
3. (55) E. Stone O/40	… …	Wirks	35.30
4. (59) J. Grant O/40	… …	MilltM	35.57
5. (60) R. Keeley	… … …	Belper	35.59
(78) S. Mead O/50	… …	Mat	37.39
J. Forrester O/60	… … …	Mat	39.20
E. Boffery O/50	… … …	Unatt	40.44
H. Finlayson O/70	… … …	DVO	47.47

129 finishers

BROWN WARDLE
Lancashire
AS/3.13km/261m 10.06.15

The third running of the Brown Wardle saw it take place on a Wednesday evening rather than a Saturday afternoon. This was for one reason alone – trying to entice more to take part in this tough little race. The race is part of the week long Whitworth Sports festival, the timing of this year's festival meant that either Saturday

was congested with established races.

On the night we had 22 runners, an improvement from 19 last year. Chris Smale returned again and took the honours, Steve Smithies was second, closely followed by Alan Life in third.

We saw a new ladies' record set by Jacqui Redmayne, knocking over two minutres off Jill Butterworth's previous record. Second lady was Carol Life and third lady was Angela Stothers in her first fell race. Interestingly, looking at the results, with the exception of one U23 and three seniors, all were veterans.

Chris and Jacqui both received a winner's plaque to keep for 12 months. These were provided by my brother, John, in memory of his late wife Lorraine, who lost her battle against leukemia 12 months ago.

Everyone followed the flags over the top of Brown Wardle without wandering offline. This was helped by having two marshals on the top of Brown Wardle. The roaming cattle at the top didn't cause any issues on the night and looked bemused at all the goings on.

Again at the end we had comments of " it's a little tough 'un" and "I enjoyed that". If that's the case, as last year, please come back and bring a couple of mates.

Andrew Lee

1. C. Smale O/50	Barlick	16.07
2. S. Smithies O/40	CaldV	16.55
3. A. Life O/50	Clay	17.02
4. M. Ellithorne O/50	Chorl	18.23
5. M. Chilfont O/40	Unatt	19.07
6. J. Riley O/40	Tod	20.07
7. S. Varley O/40	Unatt	20.24
8. P. Wolstenhulme	Roch	20.58
9. R. Ingram O/40	CaldV	21.11
10. J. Sanderson O/40	Unatt	22.01
VETERANS O/60		
1. (11) A. Warren	FRA	22.09
2. (14) S. Fish	Clay	23.49
3. (15) I. Holloway	Roch	23.13
VETERANS O/70		
1. (19) P. Jepson	Ross	31.53
LADIES		
1. (13) J. Redmayne O/40	Chorl	22.51
2. (17) C. Life O/50	Clay	25.51
3. (20) A. Stothers O/40	Unatt	34.25
4. (22) K. March	Unatt	38.39

22 finishers

CROSS KEYS KILLER
Lancashire
BS/6.4km/259m 10.06.15

The day of the Cross Keys Killer race in Uppermill dawned promisingly with a forecast of sunny and warm weather which was a relief as first time race organisers for this mid-week race in Saddleworth. Our club was asked to put on an event as part of the Saddleworth Arts Festival which happens every four years, and Tanya and I stepped forward to organise the event.

The dark art that is race organising became gradually clearer with lots of help from more experienced hands within Saddleworth Runners, and Tanya's A3 sheet filled with post-its and scribbles. We wanted to make the race accessible to fell running newbies and spread the word about our fantastic sport, so we advertised it to some local road running clubs and held a recce which was attended by some from our local road club the Greenfield Greyhounds.

The race route climbs up from the Cross Keys pub to the war memorial at Pots and Pans, continues to Alderman Hill and then across the moor to Broadstone Hill before heading back down to the pub. We felt that this route which showcases some of our much loved local landmarks was perfect for introducing people to fell running.

We also wanted to try out some improved safety procedures, and worked with one of our club members who is also a member of Oldham Mountain Rescue to trial these. We particularly focused on the pre-race information and marshal briefings. We got some good feedback about this, and ideas which can be used for future club races.

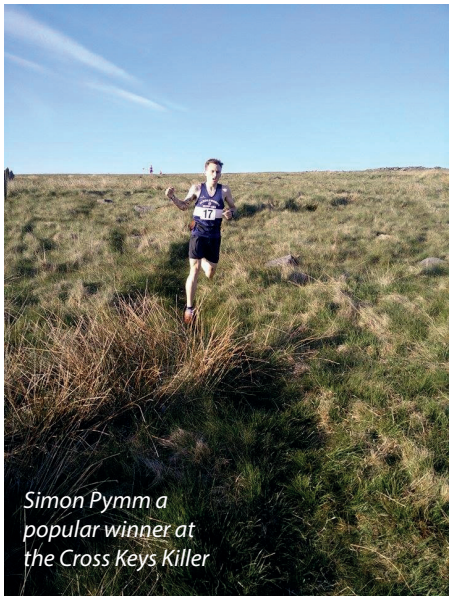
Holmfirth Harriers included the race as part of their club championships which maintained a healthy competition at the front end of the field. Simon Pymm took first place in a time of 27:47 with Mike Fanning just 5 seconds behind him at 27:52. Judy Howells was first woman home in 35:06 in a slightly more comfortable victory over second woman Kirsty Whites in 36:37. It was a keen fight for the men's team prize between Holmfirth and Saddleworth, with Holmfirth winning by 0.06 seconds based on cumulative time, whilst Saddleworth Runners took the women's team prize.

Chip butties for all finishers, post-race pints in the evening sunshine and locally sourced prizes including beer, muesli, chocolate and coffee (all the best things in life) rounded off an excellent evening's fell running.

Helena Butler

1. S. Pymm	Sadd	27.47
2. M. Fanning O/40	Borr	27.52
3. R. Litherland	Penn	28.44
4. C. Bishop O/40	Sadd	28.46
5. D. Stewart O/40	Holmf	29.36
6. A. Frost O/40	DkPk	30.05
7. B. Wolfarth U/23	Gloss	30.14
8. J. Rank O/50	Holmf	30.37

PHOTO © PAUL TAYLOR



Simon Pymm a popular winner at the Cross Keys Killer

9. D. Shaw	Holmf	31.31
10. C. Beadle O/40	Holmf	31.40
VETERANS O/50		
1. (8) J. Rank	Holmf	30.37
2. (13) J. Ewart	Holmf	31.49
3. (17) A. Parkin	GreenG	32.54
VETERANS O/60		
1. (40) R. Saunders	Sadd	39.28
2. (45) R. Roso	Sadd	40.30
3. (47) J. Heathcote	Sadd	41.49
VETERANS O/70		
1. (48) G. Breeze	Wharf	43.06
2. (58) T. Greene	Sadd	48.34
LADIES		
1. (25) J. Howells O/40	Wharf	35.06
2. (29) K. White O/40	Royt	36.37
3. (30) R. Ratcliffe	Sadd	36.43
4. (33) J. Ridgard O/50	EChesh	37.12
5. (42) S. Darke O/40	Sadd	39.44
(52) L. Tromans O/50	Sadd	45.38

64 finishers

KETTLEWELL ANNIVERSARY
North Yorkshire
AS/8km/550m 11.06.15

This race is a re-running of the Abbey Anniversary fell race now organised by North Leeds Fell Runners. The route is the same, the locations the same and the quirky nature of race all as before. This year was the Gin Sling version (previously Whiskey Galore) where a nominated runner, this year that young Wharfee photographer fellow Andy Heaton, ran ahead with a brace of rats and had to be caught. The rats were to be wrestled from him by first man and woman (I am instructed by a woman that persons of the female persuasion prefer 'woman' to 'lady' - please tell me if I am wrong), who then present them to RO Mike Ayers who would then exchange them for a bottle of Gordon's finest.

The weather was booked in advance and a sunny day and evening was delivered by the Almighty. A record number attended with Ted Mason looking to defend his record. The going underfoot was good and with perfect weather conditions all set off after Andy. The decision for the faster runners is either to go all out for the rat and blow up sooner or go for the long race and aim to finish first. With Ted, he opted for both and got the rat and first place only 15 seconds off his record because he wasn't feeling so good and eased off on the descents!

The first woman home, Chantal Busby, was pipped to the rat by second woman home, Helen Price.

All were counted out and all counted back in and retired to the Blue Bell Inn for some fantastic soup and bread provided by our hosts, Julie and Dave. Now this was really good soup and we emptied severed tureens full, with almost everybody staying for a very good evening. Prizes of alcohol and chocolates abounded even or especially for the few first time fell runners who joined us. Oh! and Graham Breeze won the second prize in the best Graham Breeze lookalike competition.

Hope to see you all and more next year.

Mike Ayers

ROMAN WALL SHOW
Northumberland
BS/7.1km/189m 13.06.15

1. D. Beech	NFR	29.40
2. B. Rowley	Tyne	29.59
3. C. Edis	Kesw	30.10
4. J. Thompson O/40	Saltw	31.48
5. L. Johnson O/50	LowFell	32.05
6. J. Osborne	DFR	32.17
7. E. Holt	Morp	34.03
8. D. McDermott O/50	Tyne	34.16
9. A. Forbes	Sunder	34.25
10. K. Forster O/60	Unatt	34.25
(19) B. Kivlehan O/50	NFR	36.48
VETERANS O/60		
1. (10) K.Forster	Unatt	34.25
2. (25).N. Cassidy	Tyne	38.20
3. (30) I. Jackson	Unatt	39.59
LADIES		
1. (7) E. Holt	Morp	34.03
2. (16) K. Robertson O/40	NFR	35.39
3. (17) G. Bradley	Saltw	35.53
4. (23) R. Bentley	AllenV	37.57
5. (27) N. Cameron O/40	Heat	38.57
(31) M. Drozdowicz O/50	Elsw	40.24
(40) M. Walke O/60	AllenV	47.04
(41) B. Broadhurst O/50	Tyne	47.27
48 finishers		
JUNIORS		
BOYS U/16		
1. S. Myers	Tyne	23.15
BOYS U/14		
1. J. Driver	Tyne	29.06
2. J. Green	Tyne	32.50
GIRLS U/14		
1. P. Rook	Leeds	25.18

JAMES COULSON LAXEY IOM
AM/13km/650m 16.06.15

1. L. Taggart O/40	MFR	1.08.10
2. T. Cringle	MFR	1.13.23
3. I. Gale O/50	MFR	1.13.43
4. J. Macgregor O/40	NAC	1.15.39
5. N. Brogan	MFR	1.17.44
6. P. Bradley O/40	MFR	1.18.04
7. M. Murphy	MFR	1.21.40
8. C. Reynolds	MFR	1.21.45
9. N. Maddocks	MFR	1.22.28
10. D. Griffin O/40	MFR	1.24.08
VETERANS O/50		
1. (3) I. Gale	MFR	1.13.43
2. (12) J. Norrey	MFR	1.25.07
3. (21) P. Jackson	MFR	1.33.31
VETERANS O/60		
1. (23) I. Callister	MH	1.35.40
2. (25) R. Moughtin	WAC	1.38.51
3. (39) L. Brown	MH	1.56.08
LADIES		
1. (16) J. Taggart	MFR	1.30.42
2. (18) R. Craine O/40	NAC	1.31.56
3. (22) E. Gawne	MFR	1.33.54
4. (26) E. Quane	NAC	1.43.37
5. (29) J. Gledhill O/50	MFR	1.48.00
(30) S. Wild O/40	MFR	1.48.04
(32) J. Cretney O/50	MFR	1.48.55
(33) R. Hooton O/60	MFR	1.49.28
(44) M. Hall O/60	WAC	2.24.42
45 finishers		

BEACON BATCH
Somerset
BS/8km/305m 16.06.15

A bunch of hill-hardy runners took on the annual Beacon Batch fell race organised by Weston Athletic Club. The race followed a new course this year of about 5.5 miles, with 1,000 feet of climb to the highest point on the Mendips.

Chris McMillan from the club held off stiff competition from a Yeovil runner to win the race in a new course record of 34.39. Darren Stacey was the club's second finisher in 40.34, and Wilf Huxtable followed in 41.45.

Michelle Fryer remains on top form, despite struggling with an ongoing shoulder injury, and finished first among the club's females in 46.55. She was followed by Katie Gormley in 47.52 and Kira Thorpe in 49.42.

These results saw Weston take the titles of winning male and female teams on the night.

The club also did well with a bounty of category prizes for other club members. Tony Hogg, Kira Thorpe, Liz Green, Bruce Bourne and Danny McMillan were all rewarded for their efforts.

Special mentions also go to Mike Adams VM70 (54:52) and John Battersby VM80 (90:49).

Rob Skeen

1. C. McMillan	Weston	34.39
2. R. Bateson	Yeovil	34.59
3. C. Green	Wells	35.38
4. G. Woods O/50	Unatt	37.07
5. O. Frost	Wells	37.29
6. M. Burns	Sthvill	38.02
7. A. Hamblin	Westb	38.46
8. P. Deaton O/40	S'thvill	38.47
9. A. Tomlinson	Unatt	39.03
10. G. Kennard	Unatt	39.15
VETERANS O/70		
1. M. Adams		54.52
VETERANS O/80		
1. J. Battersby		90.49
LADIES		
1. (32) L. Darby-Jones	Wells	44.36
2. (34) H. Faubel	WCountry	44.48
3. (56) M. Fryer	Weston	46.55
4. (59) K. Gormley	Weston	47.52
5. (60) H. Tunnicliff	Portis	47.59
(66) K. Thrope O/40	Weston	49.42
(67) R. Rowland O/50	Thornb	50.19
(72) D. Barcham O/40	Cleved	51.19
(74) H. Ball O/50	Cleved	51.26
(80) L. Green O/70	Weston	56.01
92 finishers		

CALTON FELL RACE
Staffordshire
BS/8.8km/244m 16.06.15

Great support from local clubs kept numbers high for the seventh Calton Fell Race held in ideal conditions in the beautiful White Peak. Jack Ross beat his own old course record by nearly a minute on this slightly shorter course. The Wainwright family had a rewarding day with third overall and first local for son Max and first lady and first W40 for mother Alison.

Apologies to Dicky Wilkinson for the mix-up at prize giving which nearly denied him his well deserved MV50 prize and thanks for keeping on turning up quite often as the sole representative of Dark Peak!

The race is a bit of a trip from the Pennine heartlands but there was a good turnout from some "northern " clubs - Mow Cop, Congleton, Macclesfield Harriers and South Cheshire. It is well worth the trip over if only for the cakes and ale.

Staffordshire Moorlands were the winning team this year by a narrow margin from Ashbourne. Next year we hope to have a separate ladies' team prize.

Rod Campbell

1. J. Ross U/23	StaffsM	31.47
2. C. Patterson	Ashb	32.39
3. M. Wainwright U/23	StaffsM	34.02
4. D. Bethell	StaffsM	34.21
5. C. Jeffrey O/40	StaffsM	35.03
6. S. Margotta O/40	Ashb	35.12
7. R. Smith	Ashb	35.30
8. D. Bettely O/40	SChesh	36.27
9. C. Moss O/40	Congle	38.13
10. C. Brown	Unatt	38.24
VETERANS O/50		
1. (11) D. Wilkinson	DkPk	38.40
2. (15) G. Hutchings	Ashb	39.32
3. (20) J. Mooney	Macc	40.43
VETERANS O/60		
1. (25) T. Longman	Macc	42.07
2. (43) I. Ankers	StaffsM	45.32
3. (50) J. Tomlinson	StaffsM	46.45
VETERANS O/70		
1. (59) B.Allsop	Buxt	51.48
LADIES		
1. (23) A. Wainwright O/40	StaffsM	41.51
2. (29) K. Latham	SChesh	43.00
3. (36) M. Matthews	Congle	44.27
4. (42) T. Brown	SChesh	45.30
5. (45) L. Lee	Ashb	46.03
(46) A. Jones O/60	Altrinch	46.20
(51) D. Hilll O/50	Congle	48.15
(52) L. Godfree O/60	DVOC	49.02
80 finishers		

AGGIE'S STAIRCASE
Lancashire
AS/6.4km/350m 18.06.15

On a warm sunny evening, 116 runners tackled the 30th running of Aggies Staircase fell race. The tough course has three increasingly steep and rugged climbs over Darwen Moor, passing close to Darwen Tower twice. There are views to the coast, North Wales, the Lake District Fells, Derbyshire, and Yorkshire's Three Peaks ...if you have time to look!

Ben Coop was the overall winner in a time of 30.06, with Matt Driver in second place. In an impressive third place was Alan Life, also claiming first V50 honours. Close behind in fourth place for first V40 was Mark Walsh of home club Darwen Dashers. Dugald McCallum was first V60 and Steve Davies first V70.

Elizabeth Greenwood, a talented Under 18 runner, finished an impressive 7th overall, to win first lady and first junior lady prizes, in a time of 33.26, equalling the ladies' race record.

Second placed lady was Catherine Slater, with third place being taken by Amy Freeman. Fourth lady and first LV50 was Suzanne Budgett and Sarah Sterratt, LV40, was fifth. Janine Holding was first LV60.

Men's team race was won by Holcomb Harriers with Matt Driver, Matt Dunn, Tim Boland, and Carl Byrne putting in great performances to take the prize. Darwen Dashers fielded a strong team comprising Amy Freeman, Cath Fox, and Janet Greenhalgh, to win the ladies' team prize.

My sincere thanks go to all the Darwen Dashers helpers and marshals, who gave up their training night to ensure that the event went smoothly. Also thanks to Bolton Mountain Rescue Team, Darwen Leisure Centre, and Pete Bland Sports for their support.

Next year's race will be held on Thursday 16 June. Pencil it in your 2016 race plan today!

George Thompson

1. B. Coop	Bury	30.06
2. M. Driver	Holc	31.33
3. A. Life O/50	Clay	32.24
4. M. Walsh O/40	Darwen	32.45
5. M. Dunn	Holc	32.49
6. D. Raby O/40	Chorl	33.01
7. E. Greenwood U/18	Bburn	33.26
8. M. Ellithorn O/50	Chorl	33.33
9. N. Holding O/50	WPenn	33.36
10. J. Horrocks	Chorl	33.51
(19) K. Thomas O/50	Burnd	35.03
VETERANS O/60		
1. (60) D. McCallum	Clay	39.13
2. (100) M. Cochrane	Newb	46.15
3. (101) B. Kennedy	Newb	46.25
VETERANS O/70		
1. (112) S. Davies	Acc	55.18
LADIES		
1. (7) E. Greenwood U/18	Bburn	33.26
2. (11) C. Slater	Prest	33.56
3. (56) A. Freeman	Darwen	38.42
4. (62) S. Budgett O/50	Horw	39.28
5. (70) S. Sherratt O/40	Bowl	41.18
(89) S. Monaghan O/40	StHelen	43.04
(92) C. Life O/50	Clay	43.58
(111) J. Holding O/60	WPenn	54.17

116 finishers

GRINDLEFORD
Derbyshire
BS/7.2km/152m 18.06.15

This year we had a record turnout of 418 starters which proved a little challenging for the race organisers and the administration team. Huge thanks must go to all the marshals, registration and results' volunteers who did a fantastic job as they do every year! Appreciation also to the competitors who were all very tolerant of the delays both at the start and finish. This turned out to be a record number of runners beating the 409 entrants of 1996.

Again this year, we are pleased to be sponsored by Outside of Hathersage with this race being part of the Outside race series.

We only had two head injuries, one of these being understandable as one chap took a tumble down Padley Gorge. The other though was a head butt on a low tree and as we had a few of these last year, I took out any offending branches, or so I thought! Back out with the saw next year!

The ladies' course record had stood since 1997 and was well and truly rewritten by Hatti Archer. Second lady was Zoe Proctor some four minutes behind.

The first men however were more closely bunched with just 14 seconds separating the top four. Rob Little was first home in a time just five seconds off the course record. Neil Northrop was second with Jack Wright third.

The first V40, Andrew Wainwright, was 20th in the field which puts a question mark on some local races who choose not to award this category due to these old boys being too dominant!

Local fell club, Dark Peak, took both the men's and women's team prizes. Grindleford Goat, Mat Heason, was first local man with Jane Crowson taking the women's crown again.

Mike Nolan & Andy Barnett

1. R. Little	DkPk	31.16
2. N. Northrop	DkPk	31.20
3. J. Wright	SHUOC	31.25
4. S. Franklin	Tot	31.29
5. P. Hodges	DkPk	31.45
6. I. Philip	Mat	31.48
7. A. Potter	SHUOC	32.17
8. B. Cartwright	Mat	32.31
9. N. Barker	SHUOC	33.04
10. Perry	Unatt	33.10
VETERANS O/50		
1. (44) K. Perry	Unatt	36.32
2. (55) T. Par	Unatt	37.03
3. (71) R. Hyde	Erew	37.59
VETERANS O/60		
1. (68) A. Whitehouse	Tot	37.52
2. (95) M. Goodison	Tot	39.52
3. (102) K. Holmes	DkPk	40.05
LADIES		
1. (13) H. Archer	HallH	33.46
2. (60) Z. Proctor	Penn	37.38
3. (72) F. Keverstan	Tot	38.00
4. (74) S. Fawcett	DkPk	38.14
5. (96) C. Brock	Unatt	39.54
(105) N. Parkin O/40	DkPk	40.09
(155) J. Crowson O/50	DkPk	42.42
(213) P. Goodall O/60	Tot	45.27

418 finishers

FUN ON THE FELLS
Derbyshire
BS/5km/193m 19.06.15

Hayfield Primary school's 3rd Annual Fun on the Fells race saw 34 runners leave the school BBQ, in the sunshine. The route was the same as the previous two years and the runners could be seen from the school grounds, on the summit of Lantern Pike and descending for the finish back at the BBQ.

This year's winner was Mark Burton with a time of 20.15, beating last year's record of 20.56 held by R. Little, second place was Damian Kilpin whose time was 21.54 and third was Joe Brooks (a junior runner aged 13!) with a time of 22.30. Our first lady back was Jo Bednall, who also set the new ladies' record at 26.12, smashing C. Parker's 28.07 from last year.

After the race was run, the BBQ and music continued, campfires were lit and the families of Hayfield School settled down to a night under canvas! Thanks to all those who took part in the race or helped in any way towards it's smooth and safe "running"!

Sue Brooks

1. M. Burton O/40	Penn	20.18
2. D. Kilpin	Pstone	21.54
3. J. Brooks	Unatt	22.30
4. D. Soles O/50	Penn	23.17
5. J. Hobson	GoytV	23.42
6. S. Soles	Penn	24.10
7. B. Cook O/50	Unatt	24.22
8. M. Ruston	GoytV	24.30
9. M. Ferguson	WolvBilst	24.33
10. I. Warhurst O/50	Penn	24.39
LADIES		
1. (16) J. Bednall O/50	Buxt	26.12
2. (20) H. Allison O/40	Penn	27.14
3. (24) H. Fryer-Winder O/50	Buxt	29.50
4. (25) K. Ledin O/50	Buxt	30.27
5. (26) R. Glen	GoytV	30.36

JOHN CLARKE MEMORIAL RACE
London
AS/5km/290m 19.06.15

Orion Harriers' annual fell race, the only Category A race inside the M25, was run on a beautiful midsummer evening. 98 runners completed the 3 mile course, which included 290 metres of climb through Epping Forest with panoramic views across the City of London. The course criss-crossed the Greenwich Meridian finishing at the Pole Hill obelisk first used to indicate true North from the Greenwich Observatory 200 years ago.

The men's race was again comfortably won by Angus Holford, supported by team mates Harold Wyber and Bertie Powell in second and third which also gave them the team prize. In-form Mark Dillon was the first V40 (7th overall) and Jonathon Haynes was first V60 in 35th, with Bill Bennett first V50 and Roger Berry first V70.

In the women's race, England International Holly Page ran out a comfortable winner, with Mandy Dohren second, closely followed by Natasha Sheel in third, with Bishop Stortford's Jane Smith the first v45.

The warm weather and free bottle of beer for each runner contributed to the post-race festivities and the club bar was drunk dry by the end of the night.

Dave Brock

1. A. Holford	WG&EL	20.31
2. H. Wyber	WG&EL	21.09
3. B. Powell	WG&EL	21.34
4. B. Jenkins	Orion	22.03
5. I. Clark	Orion	22.08
6. D. Mutlow	VPH/THAC	22.14
7. M. Dillon O/40	Orion	22.28
8. N. Cook	VPH/THAC	22.59
9. S. Skinner	RunFast	23.08
10. D. Steen	VPH/THA	23.13

VETERANS O/50

1. (42) B. Bennett	Orion	28.31
2. (44) A. Holford	WG&EL	28.40
3. (49) J. Lynch	Morning	29.31

VETERANS O/60

1. (35) J. Haynes	BishStort	28.03
2. (69) T. Powell	WG&EL	31.15
3. (84) L. Thurston	BishStort	33.44

VETERANS O/70

1. (53) R. Berry	Orion	29.40
2. (86) G. Lunn	Orion	34.20

LADIES

1. (17) H. Page	Unatt	24.24
2. ((31) M. Dohren	VicPark	26.15
3. (33) N. Sheel	Serp	26.59
4. (36) K. Clark	VPH/THAC	
(46) J. Smith O/45	BishStort	28.49

98 finishers

MIDSUMMER MADNESS SERIES
West Yorkshire
19/20/21.06.15

We have never really had many runners at the Midsummer Madness, which is such a shame because those who take part tell me each year what a great weekend of fell running it is. But now that we have had access problems to contend with this year (and for the future), it will probably be the last such weekend. Certainly at this time of year - perhaps it will become a trio of races earlier or later in the year, when getting access permission should be easier.

It is perhaps fitting that James Logue and Gayle Sugden, who have both won more series over the 14 years than anyone else, won the swansong series. Logue, feeling his way back from injury, was a cautious fourth on Friday, but imperious in victory on Saturday and finished it off in style with another win on Sunday. Sugden was in no mood to give anyone else a look in, with three decisive victories.

After Steve Smithies' navigational slip up at the first checkpoint of Reservoir Bogs, he lost places to Dan Marsden in the competition for second. But Smithies made sure of that place with his best result of the weekend on the final race.

Lindsey Oldfield and Rachael Crossland were second and third amongst the women, followed by the evergreen FV60 Aileen Baldwin.

Ken Taylor was in fine form all weekend too, dominating the V60 competition, and finishing the series ahead of all the young V50s too!

Thank you all for your support over the years. Especially the marshals who are brilliant year after year.

Bill Johnson

OVERALL RESULTS

1. J. Logue O/40	CaldV	6pts
2. S. Smithies O/40	CaldV	18pts
3. D. Marsden	Stain	24pts
4. R. Sunderland O/40	CaldV	31pts
5. D. Pearson	Stain	35pts
5. G. Sugden O/40	CaldV	35pts
7. B. Crowther O/40	Tod	64pts
8. A. Wright	CaldV	70pts
9. H. Darwin O/40	Rother	72pts
10. L. Oldfield	CaldV	74pts

VETERANS O/50

1. (14) G. Lloyd	CaldV	125pts
2. (15) P. Patrick	Stain	130pts
3. (17) K. Markley	Wigston	142pts

VETERANS O/60

1. (12) K. Taylor	Ross	84pts
2. (27) P. Ehrhardt	Tod	214pts

LADIES

1. (5) G. Sugden O/40	CaldV	35pts
2. (10) L. Oldfield	CaldV	74pts
3. (19) R. Crossland U/23	CaldV	154pts
4. (20) A. Baldwin O/60	Stain	166pts
5. (21) T. Brandon O/40	Wigston	172pts

Wicken Hill Whizz with Clayton starlet Briony Holt

PHOTO © WWW.WOODENTOPS.ORG.UK

MIDSUMMER MADNESS –WICKEN HILL WHIZZ
West Yorkshire
AS/4.5km/320m 19.06.15

The first race of this year's Midsummer Madness weekend festival of fell racing, and maybe the last time – at least in this format and time of year – after access issues for the weekend and never very high runner numbers. So it was with a little sadness that I set off 69 runners on a fine Friday evening.

Ben 'Bullet' Mounsey has trademarked the lightning fast start, but he had rivals today – Joe Washington, Craig Hall and Gavin Mulholland all matched his pace out of the blocks, until Mounsey pulled away and was from then on never likely to be caught. He had a 20 second lead on Mulholland at the summit, with Washington another 20 seconds further back.

Plummeting back down to the valley floor, Mounsey had to be almost physically kept on course by the marshals. He crossed the finish line in 20:05, followed shortly later by Mulholland who set a new vets' record, and Washington – so that was the team prize wrapped up for Calder Valley.

Gayle Sugden, a 3-times previous winner, rounded the summit trig in 11th place overall but unaware of a starlet chasing her down: Briony Holt, the only FU14 to ever appear in this race, reached the summit in 20th overall and descended superbly, to close the gap on Sugden to just two places by the finish. Sugden broke the women's record while Holt became the fifth fastest female in the 14 year history of the race – and while still an U14!

With Sugden winning, Lindsey Oldfield third and Rachael Crossland sixth, Calder Valley won the women's team prize as well as the men's.

Deborah Gowans was fourth woman, and took more than 2 minutes off the FV50 record.

Bill Johnson

1. B. Mounsey	CaldV	20.05
2. G. Mulholland O/40	CaldV	20.52
3. J. Washington	CaldV	21.46
4. J. Logue O/40	CaldV	22.22
5. M. O'Connor	CaldV	22.40
6. B. Crowther O/40	Tod	23.08
7. S. Smithies O/40	CaldV	23.20
8. J. Collins	Stain	23.29
9. D. Fishwick O/40	Chorl	23.34
10. R. Sunderland O/40	CaldV	24.17

VETERANS O/50

1. (12) M. Wharton	CaldV	24.44
2. (27) D. Collins	Tod	27.21
3. (37) G. Lloyd	CaldV	29.28

VETERANS O/60

1. (34) K. Taylor	Ross	28.31
2. (58) B. Shelmerdine	CaldV	32.57
3. (65) J. Mason	Wigston	35.36

LADIES

1. (14) G. Sugden O/40	CaldV	24.58
2. (16) B. Holt U/14	Clay	25.51
3. (22) L. Oldfield	CaldV	26.44
4. (25) D. Gowans O/50	Acc	26.53
5. (39) A. Tipping	Prest	29.38
(55) A. Baldwin O/60	Stain	31.52

69 finishers

MIDSUMMER MADNESS – RESERVOIR BOGS
West Yorkshire
BM/12km/450m 20.06.15

Just a few days before this race, an access issue arose and I had to change the planned route to stick to footpaths across the moor. Fortunately there are a lot of routes and trods in this area (apparently the area immediately around Old Town where the race starts has more paths per mile than anywhere else in the UK!)

But perhaps a Reservoir Bogs route that sticks to paths would take away the entertainment? No fear – the weather came to my rescue and the moors were shrouded in mist, bringing all the mystery, route-decision and lost runners than we come to expect at the 'Bogs.

The other expectation in a 'Bogs race is for James Logue to lead from start to finish and he didn't let us down – recording a very impressive eighth win in the 14 year history of the race. The last person other than Logue to win was Joe Crossfield, and he stayed in contention for much of the race before inexplicably heading off route on the way to High Brown Knoll. Several people went wrong on this section, but not all recovered as well as Crossfield. He rejoined the race in 12th, and pulled back past everyone except Logue to finish in second.

A number of runners arrived at the finish with the dawning realization that they had missed the final checkpoint. Most turned round to get it and return to the finish, but two retired instead.

The marshal at that final checkpoint reported this conversation more than once… runner: "This is High Brown Knoll isn't it?", marshal: "No, that's the top of the hill up that way", runner: "Oh Bugger".

Gayle Sugden confesses her tactics are generally to run as fast as she can so as not to be dropped by those around her. It paid off – in an incredible third position overall at the High Brown Knoll checkpoint just behind Richard Sunderland in second, she eventually finished 8th overall and first woman. Lindsey Oldfield, who also professes to not be completely at home with a map and compass may be hiding her ability after finishing second woman, with last year's winner Jackie Scarf third to make a Calder Valley 1-2-3 for the women.

Calder Valley also won the men's team with Steve Smithies (second to last at the first checkpoint!) redeeming himself by pulling up to 6th place by the end.

Bill Johnson

1. J. Logue O/40	CaldV	50.27
2. J. Crossfield U/23	CaldV	58.14
3. D. Marsden	Stain	58.16
4. N. Hardiman O/40	Clay	58.22
5. T. Taylor O/50	Ross	58.30
6. S. Smithies O/40	CaldV	58.36
7. R. Sunderland O/40	CaldV	58.39
8. G. Sugden O/40	CaldV	58.41
9. R. Bolton O/40	Unatt	58.48
10. M. Wharton O/50	CaldV	58.59
(13) D. Collins O/50	Tod	61.29
VETERANS O/60		
1. (15) K. Taylor	Ross	63.44
2. (29) D. Spendlove	CaldV	68.15
3. (35) D. Beels	CaldV	73.36
VETERANS O/70		
1. (54) R. Blakeley	Tod	80.44
LADIES		
1. (8) G. Sugden O/40	CaldV	58.41
2. (19) L. Oldfield	CaldV	66.17
3. (37) J. Scarf O/50	CaldV	75.52
4. (42) R. Dorrington O/40	Abbey	77.06
5. (47) J. Hodgson O/40	Saddle	79.13

80 finishers

Jackie Scarf, not worried by the mist at Reservoir Bogs

PHOTO © WWW.WOODENTOPS.ORG.UK

RAS PEDOL CWM PENNANT
Gwynedd
AL/24km/700m 20.06.15

To celebrate the third anniversary of this already legendary race, the weather finally decided to be at its worst – well in the case of visibility this certainly was the case. The race which starts at the Cwm Pennant hostel and conquers the summits of the Moel Hebog range as well as the Nantlle ridge welcomed an enthusiastic and competent 36 starters. Weather conditions were actually near perfect for running – zero wind and light drizzle, the only problem was the near zero visibility.

On inspection of entries, it looked as the men's race would be between two time champ, Simon Harding and the Calder Valley legend, Carlos 'The Jackal' Gray, whilst the female battle would include Sarah Ridgway and Lou Beetlestone.

As the runners set off the early thorough marking of the course would hopefully ensure all runners got onto the slopes of Moel Hebog and CP1 in one piece. This was not the case as four runners managed to miss CP1 but still seemed to enjoy a nice 2 hour run prior to returning safely to HQ. As the race progressed, as forecasted it was Harding and Gray who were way ahead, with Sarah also having a healthy lead over Lou. Visibility remained abysmal with a number of runners reporting wayward lines whilst descending Moel Lefn. As the leaders approached the final summit of Garnedd Goch, there was some confusion as the marshal was also trying to help someone who'd lost their dog! With the final ankle breaking descent of Cwm Ciprwth completed, it was left to the 2.5 mile run in along the legendary road and track and this is seemingly where Gray managed to drop Harding. Karl eventually took the win in 2.40.15 – a mere 14 seconds off the record, but a new V40 record, with Simon second in 2.41.35. Mark Davies retained his bronze in a time of 2.56.29. Steve P Jones – current V60 leader in the British championships – ran excellently to finish 8th overall in 3.00.48, and a new V60 record. Noel Craine took the V50s in 3.20.04 – over 20 minutes outside his record from 2014.

In the ladies, Sarah took the win in 3.20.08, with Lou in second in 3.42.25 and it was third for Megan Hughes in 3.52.34. Stell Farrar and Jackie Kearsley ran home together to jointly take the V50 crown in 5.22.50.

There were 27 finishers.

The main success of this race is the rock solid helpers, so thanks to Iorwerth Roberts, Pete Rowley, Jane O'Donnell, Gareth Wyn Hughes, Sioned Ellen Rowlands and Tina McDonnell, Sam Green, Dils Rowlands, all the Roberts' family and helpers, Helen Blair, Owen Roberts, Dafydd Whiteside Thomas and wifie, Jo Moore, Jonathan Moore, Trefor Jones, Adam Haynes as well as all the staff and Ken at at the hostel, all the landowners, in particular Emyr et al at the car park location!.....also of course to Stu McDonald who took over from me part way through, and Alex Fletcher.

In its fourth year in 2016, the race will

be a championship race so an excellent opportunity for you all to race in North Wales' greatest valley along its greatest race route.

Matthew Roberts

1. K. Gray O/40	… … …	CaldV	2.40.15
2. S. Harding	… … … …	Macc	2.41.35
3. M. Davies O/40	… … …	NWRR	2.56.29
4. H. O'Donnell	… … …	Eryri	2.58.03
5. D. Owen	… … … … …	Eryri	2.59.18
6. M. Cliffe O/40	… … …	Eryri	2.59.26
7. J. Moore O/40	… … …	Eryri	2.59.27
8. SPJ O/60	… … … … …	Eryri	3.00.48
9. P. Jenks O/40	… … …	Eryri	3.07.30
10. C. Phillips O/40	… …	RhedP	3.12.08
VETERANS O/50			
1. (12) N. Raine	… … …	Eryri	3.20.04
2. (20) I. Edgar	… … … …	Eryri	4.05.14
3. (23) D. Norris	… … …	Eryri	4.17.03
VETERANS O/60			
1. (8) S P J	… … … … …	Eryri	3.00.48
2. (26) E. Lesniak	… … …	AchRat	5.22.50
LADIES			
1. (13) S. Ridgway O/40	…	Unatt	3.20.08
2. (16) L. Beetlestone	…	Eryri	3.42.25
3. (18) M. Hughes O/40	…	Eryri	3.52.34
4. (22) H. Buchan	… … …	CaldV	4.10.50
5. (25) S. Farrar O/50	… …	Unatt	5.22.50
(27) J. Keasley O/50	… …	Helsby	5.22.50

27 finishers

JAMES BLAKELEY
West Yorkshire
BS/5km/180m 20.06.15

Conditions on race day this year were mild and breezy with the odd shower. Just as the 28 runners set off another refreshing shower blew over. First out of the trials field were some of the younger runners with the more experienced leaving them to break down the nettles as they made their way over the wall. First back into the field was Mike Fanning with a comfortable lead over regular competitor Rob Jackson. Close behind in third place was James Nobles, whose parents are both involved in the organisation of the sheep dog trials.

First lady home was Helen Berry of the host club with a very good run, well in front of second placed Judy Howells.

Holmfirth are rarely challenged for the team prize and Dan Stewart, Julian Rank and Clark Hind helped themselves to the beer.

Thanks to all those who helped and the trials committee for donating the prizes for this race.

Andy Shaw

1. M. Fanning O/40	… …	Borr	22.02
2. R. Jackson O/40	… …	Horw	22.41
3. J. Nobles U/23	… … …	Unatt	22.52
4. D. Stewart O/40	… …	Holmf	23.10
5. D. Kilpin	… … … … …	Pstone	23.16
6. J. Rank O/50	… … … …	Holmf	23.30
7. C. Hind	… … … … …	Holmf	23.56
8. H. Berry O/40	… … …	Holmf	24.17
9. R. Bolton O/40	… … …	Unatt	25.37
10. J. Burdon O/40	… …	Holmf	25.41
VETERANS O/50			
1. (6) J. Rank	… … … …	Holmf	23.30
2. (11) A. Hauser	… … …	Holmf	26.22
3. (16) P. Stanley	… … …	Pstone	28.55
VETERANS O/60			
1. (14) K. Yewlett	… … …	Holmf	28.06
2. (17) R. Kersey	… … …	Holmf	29.06
3. (23) B. Hunter	… … …	Holmf	33.43
VETERANS O/70			
1. (26) T. Cock	… … … …	Holmf	35.12
LADIES			
1. (8) H. Berry O/40	… …	Holmf	24.17
2. (18) J. Howells O/40	…	Wharf	29.27
3. (21) J. Shotter O/50	…	Holmf	31.43
4. (22) E. Halstead	… … …	Darling	33.07
5. (27) B. Burdon	… … …	Holmf	35.33

27 finishers

LAKESIDE - GUMMERS HOW
Cumbria
AS 20.06.15

The wet afternoon gave way to glorious sunshine for the 21st staging of this historic fell race since it was re-started in 1994 after a 60 year gap.

The individual race began at 5.30 p.m. with Alastair Dunn, winner for the last three years, attempting to make it four in succession. The 400 metre run from the start in the original field to the lake shore at the 4 star Lakeside Hotel is always a mad dash to secure the nearest rowing boat and as usual the sight of fell runners attempting to row across Lake Windermere is a fascinating one.

Simon Bailey was attempting this event for the first time and was surely going to provide a stern test for the other competitors. This proved to be the case as he arrived back at the boats on the east shore, after reaching the summit of Gummers How, just under a minute ahead of Alastair. This gap remained on the return row to the finish on the lawn of the hotel where a winning time of 26.32 was recorded. Simon chose the first prize of

PHOTO © NORMAN BERRY

A steady start pays off for veterans of fellrunning Rob Jackson (219) Julian Rank (220) and Mike Fanning (227) at the James Blakeley

£125.00 donated by the Lakeside Hotel with Alastair Dunn receiving a second prize of £55.00 donated by Playdale of Haverthwaite and Harvey Lord, achieving his desired first podium place, in third and receiving £40.00 also from Playdale.

The team event began at 6.30 p.m. with the 13 teams already knowing which boat they were to use due to a pre-race draw. The large crowd was treated to the sight of the runners ascending in close succession with 'Got the Runs' (Mark Addison, Tom Addison, Rob Jebb) reaching the summit first in their attempt to win for the second successive year and also break the record held since 2004 (25.51). They descended quickly together and had a good return row to record a winning time of 26.32. Second were Team Salmon/Keswick AC (Phil Winskill, Carl Bell, Mark Lambe) in 30.57 and third were 'Proc it to 'em' (Billy Procter, Lee Procter, Ben Procter) in 31.45. The prizes of £90.00, £60.00 and £45.00 were again kindly donated by Playdale.

The first ladies' team, in 5th place, was Ambleside AC (Louise Roberts, Sharon Taylor, Jane Reedy) in 33.51.

We all look forward to number 22 in 2016.

1. S. Bailey … … … … …	26.52
2. A. Dunn … … … … …	27.42
3. H. Lord … … … … …	29.30
4. J. Brown … … … … …	34.23
5. J. Donnelly … … … …	34.38
6. J. Matthews … … … …	38.31
7. R. Slattery … … … …	39.09
8. P. McIver … … … … …	40.50
9. T. Matthews … … … …	43.03
10. D. Scott-Maxwell… …	44.25
TEAM	
1. Got the Runs … … …	26.32
2. Team Salmon/Keswick	30.57
3. Proc'it to 'em … … …	31.45
4. Special Edition … … …	32.03
5. Ambleside … … … …	33.51

THE GREAT LAKES RUN
Cumbria
AL/21km/2130m 20.06.15

The Great Lakes Run, created by Ambleside AC's Ian Barnes, had a brief five-year history, first being run in 2009. It was shelved in 2014, but myself and Britta Sendlhofer decided to bring it back for 2015.

Starting from the Great Langdale Valley it heads onto Bowfell, Esk Pike, Great End, the Scafells and Slight Side, before an epic cross-country route to Pike O'Blisco. The race was made memorable in 2012 (English Championship race) when participants were met with torrential rain and high water courses, but despite light drizzle and low visibility on the summits early on, the weather in 2015 was fairly favourable

As in 2009 and 2010, it was course record holder Simon Booth (2.37.00), who won in 2015 (2.48.00). Borrowdale team-mate Kim Collison and Simon descended neck-and-neck off the final checkpoint of Pike O'Blisco, providing spectators with a thrilling decent as Simon took the victory by just 13 seconds.

A frustrated Sam Watson (Wharfedale) came home in third place, having led up onto Pike O'Blisco. Alas, Sam proceeded to head off into the wrong valley, before finally returning to finish in 2.52.00.

In the ladies' race Judith Jepson (Dark Peak) sailed home in 3.45.00 to take the victory over team-mate Nicky Spinks and Kirtsy Hewitson (Macclesfield Harriers), who finished together in 4.00.00six

A small field of 72 runners had set off and, judging by the favourable comments at the finish, it was enjoyed by all. Among them, a happy Roger Ashby (V70) of Pennine Fell Runners said he was looking forward to coming back in 2016, despite having gone astray onto the Corridor Route, whilst Keswick's Rob Jones said he enjoyed himself immensely, despite finding himself at Cockley Beck and not having visited Slight Side checkpoint! And Fell Pony Darren Burns, trotting in after six hours, seemed quite happy with the fact he was going to have to stop by A&E to see to a gash in his shin through to the bone!

The winners each took home a beautiful slate trophy and a handmade walking stick, kindly donated by our genial hosts at Stool End Farm, Keith and Jean Rowand.

Our great thanks must go to Raynet Communications, Keith and Jean at Stool End Farm, as well as all our marshals and helpers who stood on the summits and at the finish in some rather wet weather, although it did come out beautiful and sunny for the back half of the field!

Ben Abdelnoor & Britta Sendlhofer

LAST DROP LOOP
Lancashire
BS/8.5km/225m 20.06.15

Report below from Steve Houghton, who ran the administration side of the race to truly professional levels. I also had the team of Jayne Dickinson and Keith Mallinder for the organising of marshals on the course and the signage needed, and Nick Howarth with responsibility for safely and supervision of the runners prior to the race start and finish.

Without this team's effort, and volunteer helpers the race just wouldn't be able to run so I'd like their names mentioned and publically thanked.

Andrew Doyle

The Last Drop Loop proceeded well, with a new men's course record by four minutes - 35:55. The last runners came in together in 84:17 with the race sweep, with all marshals down safely thereafter. Turnout was a little less than planned (67), affected by poor weather, fayre cancellation and clashes with two other local races. There was one competitor treated by St John's Ambulance after completion for a grazed knee/elbow.

Though conditions were warm with a minor breeze, there was low cloud (poor visibility) and constant drizzle, so the decision was taken to enforce a minimum kit of waterproofs and whistle. This was enforced with a kit check into the starting pen with runners' bib matrix.

However, one incident of note was the completion of the race by an unregistered runner. This only became apparent when he was queried about his race number (not visible on chest) as he crossed the finish line. He replied that "I didn't have time to register [turned up too late, so ...didn't pick up a number]", but he gave his name as Ian Joslin. The recorders were unable to question him further as runners came in to be recorded. He then quickly disappeared after the race without even explaining himself further or paying, for that matter. Obviously, this initially left us perplexed as to how this had happened. Observers then reported someone was observed running through the start line approximately 15 seconds after the start!

This matter is reported as you will be concerned, as we were, as to the ramifications this could have had for the runner, the organisers and the FRA. He had, in effect, evaded kit checks and the runners' checking matrix that were in place. We have also taken the liberty of reporting the matter to his club, Astley & Tyldesley.

Steve Houghton

1. T. Ellis … … … … … …	CaldV	35.55
2. K. Darcy … … … … …	Bolt	37.34
3. N. Leigh … … … … …	Horw	38.11
4. T. Harrison … … … …	Bolt	39.37
5. P. Marsden … … … …	Bolt	39.40
6. S. O'Meara … … … …	UOManch	41.00
7. B. Hobson … … … …	Chorlt	41.29
8. S. Ford O/40… … … …	AstleyT	43.56
9. C. Povey O/40 … … …	Bolt	43.56
10. G. Chadderton O/50	Horw	44.14
VETERANS O/50		
1. (10) G. Chadderton …	Horw	44.14
2. (12) G. Schofield … …	Horw	44.30
3. (25) M. Seddon… … …	Horw	49.28
VETERANS O60		
1. (17) J. Monks … … …	Horw	45.37
2. (24) T. Hesketh … … …	Horw	49.00
3. (32) D. Nichol … … …	Burnd	54.23
LADIES		
1. (20) N. Cartridge … …	Bolt	46.19
2. (29) L. Fisher O/50… …	Burnd	51.17
3. (37) K. Thompson O/40	Burnd	57.50
4. (42) L. Halwood O/40…	Burnd	59.18
5. (43) H. Reader … … …	Unatt	61.30
(57) L. Coffey O/60 … …	Darwen	73.05
(61) K. Taylor O/50 … …	Burnd	77.45

67 finishers

PETER BRINSLEY BOSLEY FETE
Cheshire
BS/7.5km/250m 20.06.15

60 seniors and 14 juniors enjoyed cooler weather this year than last, with a white-out on the tops. Just prior to the start was an unseasonal unwelcome addition but just as the juniors' departed, the sky cleared, the rain stopped and all was as it should be in late June! It also meant we could see the race unfold as it crossed and re-crossed the skyline!

Perhaps the cooler weather meant times were generally a little slower, apart from the ladies and juniors whose winners both posted new race records.

Jack Ross, local fastman, won overall at this

year's edition at his first attendance. Second place overall went to Gareth Briggs, last year's winner, who was also first MV40. Third place overall was Jacob Roberts, second last year.

Olivia Walwyn flew in at 7th overall, and first lady at 33.44, and a new course record lowering Judith Jepson's record by 57 seconds. This could well be a record that will now stand for some time and a really tough target for future ladies to attack. Second lady was Guenaelle Piou and third lady was Gillian White.

First junior was Jack Farrall. Jack finished third last year after winning two years ago, and took over two minutes off his time last year. He ran a great race to set a new junior record of 17.22, taking 11 seconds off the junior course record. Second junior was James Doorbar and third was Callum Roberts.

In the veterans' competition, Robert Taylor (MV60) just gets better and better. Rob finished 15th overall, beating all the MV50 and many of the MV40 men. First MV50 was Mister Consistent, John Mooney.

Thank you to all those who supported our race and Rose Queen event and we hope to see you next year, Please let others know about the event and hopefully we can make it even better in 2016.

Sam Alston

1. J. Ross	StaffsM	31.17
2. G. Briggs O/40	DkPk	31.45
3. J. Roberts	Macc	32.11
4. J. Wood	StaffsM	32.34
5. D. Bethell	StaffsM	32.34
6. T. Bush	Penn	33.26
7. O. Walwyn	Mac&Dist	33.44
8. M. Messenger O/40	Macc	33.50
9. M. Hill O/40	Wilms	34.54
10. B. Greenwood	Unatt	35.38
VETERANS O/50		
1. (18) J. Mooney	Macc	37.52
2. (19) T. Hargreaves	Stockp	37.58
3. (24) J. McMurtry	Ashb	38.46
VETERANS O/60		
1. (15) R. Taylor	Penn	37.14
2. (25) B. Blyth	Macc	39.06
3. (37) I. Ankers	StaffsM	42.55
LADIES		
1. (7) O. Walwyn	Mac&Dist	33.44
2. (22) G. Piou	Macc	38.26
3. (33) A. Frost O/40	Macc	42.04
4. (35) G. White	Boalloy	42.25
5. (40) V. Kirkpatrick O/40	Unatt	43.33
(45) D. Hill O/50	Congle	45.19
(54) J. Maund O/50	Unatt	49.57

60 finishers

JUNIOR RACE

Boys U/11		
1. J. Doorbar	Macc	17.53
2. L. Booth		21.54
Girls U/11		
1. L. Smith		27.40
2. K. Davies		28.38
Boys U/12		
1. J. Farrall	Boalloy	17.22
2. T. Doorbar		23.21
Boys U/13		
1. C. Roberts		19.40
2. L. Morgan		20.26

MIDSUMMER MADNESS – TIMOTHY TAYLORS TOM TITTIMAN
West Yorkshire
BS/6.7km/230m 21.06.15

At the front, this was a battle between Joe Crossfield and James Logue. U23 Crossfield led the elder stateman Logue for much of the race, before Logue surged past on the home stretch and Crossfield couldn't keep with him.

Jon Smith held off Jonathan Collins (clearly a name beginning with 'J' is a basis for success in this race) and Steve Smithies, for third place and a Calder Valley 1-2-3.

There were some good female runners at Tom Tittiman, but Gayle Sugden put in one of her top performances to win in style. A double hat-trick, this was her third win in three days and also her third win at this race in three years.

The race route had changed at the last minute to take runners on a path to the far side of Tom Tittiman rather than over the moor, which made it slightly longer but faster going.

Lucy Collins and Jo Buckley, both fast women, trailed Sugden, followed by a visitor from Norway, Rebecca Snekkenes, who is more at home on a track or trail but professes to enjoy our fell running, providing the descents are not too steep.

Maybe there is a Scandinavian following for Tom Tittiman because we had another Norwegian runner, FU16 Idun Olaussen, who finished first junior girl and 7th woman overall. Not to be outdone, U16 Martin Howard was in 6th place, ahead of some good runners.

Several runners made their fell-running debut at the race, and all seemed to enjoy it (I hope!).

For the third consecutive day, Calder Valley won both men's and women's team prizes. In fact, the last club to have beaten the host runners at any of the Midsummer Madness races were Todmorden Harriers at Reservoir Bogs back in 2013.

Bill Johnson

1. J. Logue O/40	CaldV	28.06
2. J. Crossfield U/23	CaldV	28.38
3. J. Smith	CaldV	30.34
4. J. Collins	Stain	30.45
5. S. Smithies O/40	CaldV	30.49
6. M. Howard U/16	CaldV	31.03
7. B. Crowther O/40	Tod	31.15
8. T. Sheard O/40	CaldV	31.18
9. D. Ryder	Unatt	31.26
10. D. Marsden	Stain	31.32
VETERANS O/50		
1. (19) P. Kerridge	Tod	33.41
2. (30) S. Booth	Unatt	35.37
3. (31) D. Ballantine	Kghly	35.40
VETERANS O/60		
1. (35) K. Taylor	Ross	36.38
2. (49) L. Sands	Unatt	40.10
3. (62). Hartman	Baild	44.26
LADIES		
1. (13) G. Sugden O/40	CaldV	32.10
2. (15) L. Collins	Stain	33.24
3. (17) J. Buckley	CaldV	33.36
4. (21) R. Snekkenes U/23	Norway	33.58
5. (29) A. Johnson O/50	CaldV	35.12
(74) M. Parfitt O/70	Tod	48.44

WINDY GYLE
Northumberland
BM/13.7km/549m 21.06.15

Heavy showers and cool but good going underfoot favoured some good times this year. Sixty seven runners from far and wide started but owing to an injury incurred on route one was forced to retire leaving sixty six to finish. The same number as last year some in the same position.

In a close run race Phil Sanderson (MV40), a former course record holder, led all the way despite a small detour on Windy Gyle summit. He wasn't pleased with his time (1.03.07) but he did say it was his memory that was at fault not the course marking. Forty one seconds later, Lee Bennett (MV40) arrived to finish a close second and improved upon his third place at Alwinton. Adam Fletcher finished in third place and was first MV50 in 01:07:23. First

Joe Crossfield demonstrates his trademark strong climb at Tom Tittiman.

PHOTO © WWW.WOODENTOPS.ORG.UK

MU23 was William Robson (01:09:12) finishing in 6th place as he did at Alwinton. Emma Holt was eighth overall and first lady (1.11.37). Catriona MacDonald (1:18:11) celebrated her 22nd birthday by becoming 1st lady under 23.

Team prizes to: NFR men Richard Garland, John Tollitt and Mike Telfer 34 points and NFR ladies Karen Robertson, Nina Cameron and Jayne Briggs 92 points.

This was my final fell race as a fell race organiser. I would like to thank everyone who has helped me over the years and especially North of Tyne SRT for marshalling the course and Ian Tait and Eunice Tait (Barrowburn Farm & Tea Rooms) and Neil and Poppy Hindmarsh (Rowhope). I wish Phil Green all the best as he takes over as organiser for 2016. All funds raised will go to NOTSRT.

Keith Cooper

1. P.Sanderson O/40	Unatt	1.03.07
2. L. Bennett O/40	Elswick	1.03.48
3. A. Fletcher O/50	Alnw	1.07.23
4. L. Tait	RNavy	1.08.12
5. C. Role	NSP	1.08.52
6. W. Robson U/23	NSP	1.09.12
7. R. Garland	NFR	1.10.24
8. E. Holt	Morp	1.11.37
9. S. Gant	Gosf	1.11.54
10. J. Tollitt O/50	NFR	1.12.09
(19) P. Kelly O/50	DFR	1.15.56
VETERANS O/60		
1. (50) C. Oliphant	NSP	1.32.43
2. (52) . Best	Otley	1.34.40
3. (53) N. Hepple	Elvet	1.35.37
VETERANS O/70		
1. (62) M. Gill	Blkhall	1.52.25
LADIES		
1. (8) E. Holt	Morp	1.11.37
2. (14) K. Robertson O/40	NFR	1.13.22
3. (21) C. Bagness O/50	Wooler	1.16.32
4. (25) C. MacDonald U/23	Morp	1.18.11
5. (37) N. Cameron O/40	NFR	1.23.07
(41) J. Briggs O/40	NFR	1.24.28
(51) M. Drozdowicz O/50	Elswick	1.34.34

66 finishers

HELM HILL (BOFRA RACE)
Cumbria
21.06.15

It was fitting that one of the longest BOFRA Championship races was scheduled for the longest day of the year. At just over 3 miles, Helm Hill Races are a fair romp around The Helm, just outside Kendal. The date also happily coincided with the Silver Jubilee celebrations of the local fell running club, Helm Hill Runners, ensuring a huge turn-out their members across all age groups.
The weather, while not quite what one would like for Midsummer Day, was not adverse. It was warm and mostly cloudy and the ground was firm underfoot. So, all in all, it was a good day for a race.

The senior race starts with a long run out before a web-like course that takes in 3 visits to the summit the race then concludes with a long descent to the finish funnel.

80 senior runners lined up for a race that was to be marked by a battle of leg power amongst the leaders, where the final positions weren't clear until the final descent. In the end, local lad Tom Addison won the race in 22.14. Second man home was Ted Mason (22.26). Ted's achievement is all the more impressive as he won the Buckden Pike Fell Race the previous day. Third man home was Jack Smith (22.40).

First lady home was Lucy Needham (29.27), who was also third lady at Buckden Pike the previous day.Second lady was Alison Richards in 30.21 and third lady was Nina Walkingshaw in 30.24.

Turnout in the junior races was high at 114 in total. Considering that many of the runners also competed at the Turner Uphill races the day before, this shows true dedication to the sport in the junior ranks.

The U17 race comprises a single run out to the summit and back via a slightly different route. This year's outing saw a good result for Helm Hill as 1st and 3rd boys back were Chris Richards (11.21) and Ben Kent (11.52). Between them, in 2nd place, was Thomas Nelson (11.34). Helm Hill's U17 girls also had a good outing as 1st and 2nd places went to Imogen Burrow (14.22) and Mia Senior (15.32), with 3rd girl through the finish funnel being Corinna Howorth (16.31).

U14 runners follow a similar route to the U17s but cut off before the trig point marking the summit and come back via the same route as the U17s. Ben Edmondson was 1st boy across the line (8.33), with Logan Hargreaves-Madhas in 2nd place (8.38) and Tom Humphries in 3rd place (8.53). Helm Hill's girls did not disappoint in the U14 race as the first two across the line were Katie Thurlow (9.41) and Mia Walsh (10.19). Third girl was Courtney Hutchinson (10.28).

Always the largest of the junior races, the U12s at today's race was no exception, with the usual fierce battle for places amongst runners of all abilities. Notching up another win, Fraser Sproul sprinted home in 5.52. Second boy was Sam Smith (6.03) and 3rd boy was Ambleside's Harry Bowen (6.06). 1st girl was Ambleside team mate Chloe Rylance (6.25). Charlotte Barrett steamed back in 6.50. Third girl was Beth Roberts in 7.00.

The U9 race was again marked by a battle of the sexes for the top 6 positions. Race winner was Alex Graham in 3.04.Second boy (3rd overall) was Leo Ranner in 3.11. Thirdf boy (5th overall) was Dylan Carr in 3.18. First girl (2nd overall) was Bethan Saunders (3.07). Second girl (4th overall) was Helena Roberts (3.14) and 3rd girl (6th overall) was Hattie Bishop (3.19).

Su Thompson

1. M. Addison	HelmH	22.14
2. T. Mason	Wharf	22.26
3. J. Smith U/23	Wharf	22.40
4. N. Barber	Penn	23.51
5. T. Tipping O/40	Helm	24.01
6. P. Aitkin	HelmH	24.06
7. T. Addison	HelmH	24.26
8. M. Ainsworth	HelmH	24.37
9. M. Taylor O/40	Unatt	24.48
10. I. Willis O/40	Kghly	24.54
VETERANS O/50		
1. (18) M. Mon-Williams	Ilk	26.13
2. (19) J. Blackett	DkPk	26.15
3. (26) B. Procter	HelmH	27.37
VETERANS O/60		
1. (37) B. Thompson	HelmH	29.46
2. (46) B. Scholes	Settle	32.22
3. (63) P. Coe	HelmH	35.43
LADIES		
1. (36) L. Neeham	Wharf	29.27
2. (39) A. Richards O/40	HelmH	30.21
3. (40) N. Walkingshaw	Howg	30.24
4. (45) A. Donlan O/40	Barlick	32.02
5. (47) J. Dunn	Unatt	32.24
(55) L. Whittaker O/50	Wharf	33.34
(67) L. Buck O/50	CFR	36.47

80 finishers

UNDER 17

Boys

1. C. Richards	HelmH	11.21
2. T. Nelson	Wharf	11.34
3. B. Kent	HelmH	11.52
4. L. Bowen	Amble	12.08
5. J. Edmondson	Brought	12.12

Girls

1. I. Burrow	HelmH	14.22
2. M. Senior	HelmH	15.32
3. C. Howorth	Ross	16.31
4. A. Willis	Kghly	20.48

UNDER 14

Boys

1. B.Edmondson	Brought	8.33
2. L. Hargreaves Madhas	Wharf	8.38
3. T. Humphries	Eden	8.53
4. T. Marshall	Settle	8.57
5. R. Askew	HelmH	9.01

Girls

1. K. Thurlow	HelmH	9.41
2. M. Walsh	HelmH	10.19
3. C. Hutchinson	Amble	10.28
4. A. Slattery	HelmH	10.32
5. L. Thompson	Clay	11.25

UNDER 9

Boys

1. A. Graham	Brought	3.04
2. L. Ranner	HelmH	3.11
3. D. Carr	Ilk	3.18
4. J. McKay	Clay	3.25
5. M. Gibbs	HelmH	3.25

Girls

1. B. Saunders	HoadH	3.07
2. H. Roberts	Wharf	3.14
3. H. Bishop	Wharf	3.19
4.T. Allan	HelmH	3.19
5. J. Edmondson	Brought	3.20

UNDER 12

Boys

1. F. Sproul	Kend	5.52
2. S. Smith	Wharf	6.03
3. H. Bowen	Amble	6.06
4. J. Bowen	Amble	6.08
5. O. Sanders	HelmH	6.18

Girls

1. . Rylance	Amble	6.25
2. C. Barrett	Wharf	6.50
3. B. Roberts	Kghly	7.00
4. E. Swarbrick	Brought	7.03
5. S. Ashton-Fitch	Settle	7.10

SETTLE HILLS
North Yorkshire
BM/11.3km/400m 21.06.15

Local lad Mark "Goldie" McGoldrick gave his three young children plenty to cheer about on Father's Day.

Goldie dominated the seven mile race around Settle tops to win by 39 seconds from Joe Baxter. Third was Goldie's team mate Christian Holmes, who also finished first MV40.

For the ladies, Becky Penty was almost three minutes ahead of her nearest rival, Rachel Pilling. LV50 Sally Houghton was third.

The race was contested by 92 runners, among them Settle Harriers' William Hirst, running on the course devised by his dad, Chris. Ambleside's Selwyn Wright enjoyed his Father's Day race with son and daughter, Jack and Katie also taking part; Jack finishing third man and fourth overall.

Settle Hills is a tougher race than it looks at first glance at the map. The seven miles include three big climbs, a steep descent and all the rocky trickery typical of the limestone country of the Yorkshire Dales. Everyone seemed to enjoy the challenge with lots of smiling faces crossing the finish line.

A big thank you to all the landowners, marshals, timekeepers, helpers. Thank you to all the runners for supporting the event. The Friends of Horton-in-Ribblesdale Primary School raised money through selling refreshments and cash was made for the Cave Rescue Organisation with a toy stall.

See you all again next year!

Julia Murfin

1. M. McGoldrick	Wharf	51.47
2. J. Baxter	P&B	52.26
3. J. Wright	Amble	53.46
VETERANS O/40		
1. C. Holmes	Wharf	53.00
2. J. Green	Prest	56.04
3. C. McIntosh	P&B	56.20
VETERANS O/50		
1. S. Webb	VStri	57.24
2. A. Life	Clay	59.15
3. N. Holding	WPenn	60.16
VETERANS O/60		
1. S. Dixon	VStr	69.52
2. I. Smith	Bolt	70.30
VETERANS O/70		
1. M. Coles	VStr	73.52
LADIES		
1. B. Plenty	YorkK	60.03
2. R. Pilling	P&B	62.50
3. K. Wright	Amble	72.30
S. Houghton O/50	Ripon	68.19
C. Brisby O/40	Ilk	69.38
L. Berends O/40	Prest	69.42
A. Hall O/50	NLeeds	74.07

TRUNCE 5
South Yorkshire
BS/6.4km/170m 22.06.15

The day started reasonable, weather wise, until 1.5 hrs before the start when the heavens opened. It looked like 3 out of 5 Trunces where going to be wet ones. As registration started the sky cleared a little and the cars started arriving. From a quiet(ish) beginning, over 250 runners arrived for the start.

Underfoot conditions were good, not much water in the river and a rare visit from Ambleside runner Sarah McCormack, ladies' record holder, who finished a creditable 3rd overall in 26:13 behind Nick Barber; 25:15 and local lad Shaun Dimelow; 26:03.

Second Lady, Hannah Elmore (28:53 and 18th overall) narrowly beat Ellie Crownshaw (29:04 and 19th overall). Hannah Saville managed 46:33 having successfully completed the Bob Graham on the Friday/Saturday previous - what a fantastic young lady at only 17 and a bit.

Andy Plummer

1. N. Barber		25.50
2. S. Dimelow O/40		26.03
3. S. McCormack		26.13
4. A. Frost O/40		26.40
5. A. Senior		26.56
6. J. Crownshaw		27.21
7. S. Roebuck O/40		27.23
8. K. Doyle O/40		27.39
9. P. Hinchcliffe O/40		27.52
10. S. Needham		28.02
VETERANS O/50		
1. (20) C. Deacon		29.39
2. (27) K. Saville		30.23
3. (28) J. Bell		30.25
VETERANS O/60		
1. (42) K. Holmes		32.00
2. (45) A. Knox		32.10
3. (58) K. Yewlett		33.43
LADIES		
1. (3) S. McCormack		26.13
2. (18) H. Helmore		28.53
3. (19) E. Crownshaw		29.04
4. (24) R. Winter		30.04
5. (44) A. Hooskamer		32.04
(47) J. Wilson		32.13
(64) C. Chapman		33.49
(130) A. Middleton O/50		38.24
(138) M. Jansen O/50		39.46

235 finishers

TRUNCE 5 JUNIORS
South Yorkshire
3km 22.06.15

BOYS

1. H. Shelbourne	14.35
2. N. Raine	14.59
3. S. Jennings	15.23
4. D. Stevens	15.49

Sarah McCormack proves her feet don't touch the ground at Trunce 5

PHOTO © MOSSIENETPHOTOGRAPHY

5. J. Hinshelwood		16.34
GIRLS		
1. E. Crownshaw		16.07
2. E. Deacon		17.47
3. H. Claydon		18.16
4. C. Seasman		20.16
5. L. Potter		20.18

34 finishers

RIBER RUN
Derbyshire
BS/6.8km/305m 23.06.15

Great weather saw a record 139 starters.

First man home, Pete Hodkinson, showed he's still got it, after winning in 2012 and 2013. He then came back in 2015 and won again. The first lady, Rachel Chambers, was in 26th position.

The council repaired the stepping stones which caused people to queue rather than wade as in previous years. Despite this the MU18 record was lowered by 56 seconds to 32.38 by Max Wainwright and the MV70 record was also lowered by 12.14 to 52.38 by Graham Young.

Many thanks to the marshals and helpers.

Fliss & Trev Milner

1. P. Hodkinson	Notts	30.49
2. B. Cartwright	Unatt	31.21
3. C. Perry	Unatt	31.42
4. K. Allanson	Mat	32.30
5. M. Wainwright U/18	Unatt	32.38
6. L. Beresford	Ripley	33.03
7. C. Jeffery O/40	StaffsM	34.10
8. J. Lurati	AchRat	34.15
9. M. Jones O/40	Ripley	34.18
10. R. Smith	Ashb	34.31
VETERANS O/50		
1. (18) A. Dickenson	DkPk	35.35
2. (34) G. Hutchings	Ashb	37.51
3. (39) N. Bassett	StaffsM	39.34
VETERANS O/60		
1. (60) M. Moorhouse	Mat	42.03
2. (73) S. Brister	Mat	43.14
3. (108) B. Powis	Ripley	49.16
VETERANS O/70		
1. (120) G. Young	Sinfin	52.38
LADIES		
1. (26) F. Senior	Belp	36.43
2. (35) S. Curtis O/40	Penn	??
3. (43) R. Schorah	Notts	39.53
4. (44) J. Willison U/18	Derby	40.04
5. (53) A. Wainwright O/40	StaffsM	41.07
(84) H. Fryer-Winder O/50	Buxt	44.55
(98) K. Ledin O/50	Buxt	48.12

139 finishers

WHORLTON RUN
North Yorkshire
BS/10km/427m 24.06.15

What a fabulous night, warm and dry with a little give in the ground.

At the cut on Checkpoint 1 just beyond the cattle grid, there were seven runners in it with Cat Taylor splitting up the men. At this point, Lewis Rodgers made a very strong move as they climbed the crags up to the fence corner. He flew across the moor which is, in fact, emerald green at this point. Cat Taylor was not to be left out and as things hotted up, she had moved up to fifth with the second and third placed men now about to go wrong in the woods!

Behind Cat were Kay Neesam and Shelli Gordon, both putting in excellent performances.

In the men as they looped round in the wood, Paul Whittaker and Paul Williams resumed their season's rivalry. Behind them Harry Holmes, Cat Taylor and Steve Hardy were still close together. In the last field I could see Lewis well ahead and I had to wait a full three minutes before the next runners appeared at the base of The Angel's Staircase. Lewis went on to win just missing Jim Bulman's record. In the women Cat continued to dominate and had an excellent tussle with Harry Holmes, who just managed to hold her off. Cat shattered the women's record by over three and a half minutes. Kay went on to second leading her team to victory.

In the men's team it could have gone to any one of four teams at half way but with a big push in the second half, Paul Williams led Esk Valley to victory whilst Paul Whittaker led York Acorn to a close second.

Dave Parry

1. L. Rodgers	LoftW	39.27
2. P. Whittaker O/40	YorkA	42.48
3. P. Williams	EskV	42.57
4. H. Holmes	YorkK	43.24
5. C. Taylor	CLOK	43.25
6. S. Hardy O/40	LoftW	43.34
7. L. Firman	EskV	44.39
8. C. Roberts	YorkK	44.53
9. I. McGrath O/40	DFR	45.16
10. J. Blackett O/50	DkPk	45.25
VETERANS O/50		
1. (10) J. Blackett	DkPk	45.25
2. (15) A. Normandale	YorkA	46.25
3. (18) R. Williamson	LoftW	47.10
VETERANS O/60		
1. (39) M. Bennett	Elvet	51.17
2. (44) S. Mummery	YorkA	52.25
3. (50) S. Smith	EskV	53.37
VETERANS O/70		
1. (87) R. Sherwood	NMske	62.58
LADIES		
1. (5) C. Taylor	CLOK	43.25
2. (17) K. Neesam O/40	NMske	46.53
3. (37) S. Gordon	NMske	50.41
4. (40) S. Houghton O/50	Ripon	51.58
5. (61) J. Jackson O/40	LoftW	56.22
(64) H. Coventry O/50	Th/Sow	56.49
(86) P. Costello O/60	Redcar	62.44

110 finishers

EDDIE'S REVENGE
Lancashire
AS/6.1km/323m 24.06.15

1. B. Coop	Bury	25.47
2. M. Fanning O/40	Borr	25.58
3. R. Litherland	Penn	26.41
4. R. Scott	Penn	27.43
5. P. West O/40	Salf	27.54
6. P. Timms	Roh	28.11
7. R. Brook O/40	Salf	28.37
8. R. Bolton O/40	Unatt	29.11
9. P. Hudson	Unatt	29.12
10. M. Gradwell	Unatt	29.23
VETERANS O/50		
1. (11) A. Poole	AchRat	29.43
2. (16) N. Brock	Royt	30.47
3. (20) M. Toman	Clay	31.19
VETERANS O/60		
1. (28) A. Corbishley	Ross	32.41
2. (40) G. Macrosson	Ipswich	34.54
3. (41) I. Smith	Bolt	35.14
VETERANS O/70		
1. (53) D. Lucas	Roch	37.47
2. (69) T. Greene	Sadd	41.43
LADIES		
1. (23) D. Cartwright	Bury	31.52
2. (31) J. Howells O/40	Wharf	33.11
3. (32) A. McGilvray O/40	Roch	33.16
4. (33) H. Room	Unatt	33.26
5. (44) J. O'Regan O/40	Sadd	35.53
(57) K. Davies O/50	Rad	38.49
(62) N. Snook O/50	Sadd	40.26

243 finishers

HARROCK HILL RACE - RACE 2
Lancashire
BS/8.4km/275m 24.06.15

1. J. Toohey	Lpool	32.42
2. D. Miller	Endur	34.28
3. A. Kaufman	Wigan	34.53
4. K. Steinegger	Amble	34.56
5. A. Lloyd O/40	Horw	35.05
6. S. Bolland O/40	Bowl	35.57
7. P. Muller O/50	Horw	36.22
8. T. Harkin O/40	Unatt	36.58
9. K. Tuzio O/50	Newb	37.11
10. S. Zak U/23	Unatt	37.21
(14) J. Sprackland	Sthport	37.54
VETERANS O/60		
1. (17) S. Morran	NVets	38.55
2. (56) T. Hesketh	Horw	42.59
3. (62) T. Hellings	Lytham	43.43
VETERANS O/70		
1. (153) J. Francis	Clay	62.50
LADIES		
1. (39) D. Campbell	Horw	41.20
2. (51) I. Storm	Chorlt	42.28
3. (52) D. Brearton	Wigan	42.34
4. (57) G. Gillen	Unatt	43.01
5. (66) L. Whitfield	Spect	43.58
(69) J. Redmayne O/40	Chorl	44.21
(79) J. Lowe O/40	Spect	45.37
(98) S. Taylor O/50	Wigan	48.50
(133) S. Stewart O/60	Sport	53.39
(146) J. Owen O/50	Altrinch	57.59
(158) S. Charman O/60	Spect	64.48

163 finishers

BLACKA MOOR CHASE
Denbighshire
BS/10km/440m 25.06.15

The Blacka Moor Chase took place on an overcast but warm evening on the edge of the Peak District. Since last year's incident with cattle, we are extra vigilant to this and I spoke with the cattle owners on both Totley and Blacka Moor to ensure there would be no repeat. As a matter of practice, we now advise

runners at the start of each race to give any cattle a wide berth should they be anywhere near the route.

The route itself starts on road and track quickly ascending onto the heather of Wimble Holme Hill with a steep descent onto the pastures of Blacka Moor. Another ascent out through the heather and then into the woods before descending down to the stepping stones and up Blacka Dyke before rejoining the pastures and heather back off Blacka Moor and down via a steep descent to the Totley AC pavilion. In the heat of a late June it was testing for all the runners.

With a field of 195 runners from all the local clubs (Dark Peak, Handsworth Roadhogs, Steel City Striders, Kimberworth Striders, Fat Boys and Porter Valley Plodders) and further afield (Liverpool, Ireland and New Zealand), the race was well-attended. Registration was advertised as closing at 7 00 p.m. and we had to turn away a few disappointed latecomers.

Jonathan Crickmore won in 39:09. In second was Pete Hodges in 41:29, followed in third by Aidan Linskill.

For the ladies, Hatti Archer smashed the ladies' course record (46:29) by more than two minutes finishing in 44:23 ahead of Laura Roberston with 54:38 and in third Nicola Parkin with a time of 54:38.

Harriet Eisner

1. J. Crickmore	DkPk	39.09
2. P. Hodges	DkPk	41.29
3. A. Linskill	Tot	43.04
4. J. Lane	Unatt	43.31
5. H. Archer	Hallam	44.23
6. J. Morgan O/40	DkPk	44.29
7. B. Shaw	Tot	44.32
8. M. Sedgewick O/40	Tot	44.38
9. S. Bell O/50	DkPk	44.54
10.K. Doyle O/40	Kimber	45.41
VETERANS O/50		
1. (9) S. Bell	DkPk	44.54
2. (33) J. Webber	DkPk	48.21
3. (51) A. Buck	SteelC	51.46
VETERANS O/60		
1. (32) A. Whitehouse	Tot	49.53
2. (54) K. Holmes	DkPk	52.02
3. (81) N. Oxley	Unatt	55.39
VETERANS O/70		
1. (163) C. White	Tot	66.02
2. (173) G. Breeze	Wharf	69.08
LADIES		
1. (5) H. Archer	Hallam	44.23
2. (18) L. Robertson	NewZeal	47.31
3. (73) N. Parkin O/40	DkPk	54.38
4. (80) P. Sadler O/40	Tot	55.18
5. (92) V. Penn	SmileyP	56.35
(95) P. Goodall O/60	Tot	57.14
(132) S. Mead O/50	Tot	62.03
(162) J. Milton O/50	Tot	65.37

197 finishers

ELDWICK GALA
West Yorkshire
BS/4.8km/168m 27.06.15

A lot of youngsters ran this year's senior race, with second overall going to Thomas Nelson running in the under 16 category. Also, an amazing five out of the top six ladies were juniors with Lucy Miller from the Under 14 girls' category being first lady home.

This year the day was very hot with mainly full sunshine making the runners work harder than usual but all in all a great day for the gala.

Dave Stephenson

1. M. Lockyer	P&B	18.36
2. T. Nelson U/16	Wharf	18.56
3. P. Dugdale O/50	HelmH	19.12
4. D. Cross	HydeP	19.18
5. E. Davies	Otley	19.21
6. J. Stewart	Otley	19.34
7. L. Dunne O/40	Otley	19.50
8. J. Helmsley O/40	Wharf	20.00
9. S. Turland O/40	Ilk	20.20
10. J. Parkin O/40	Bing	20.44
VETERANS O/50		
1. (3) P. Dugdale	HelmH	19.12
2. (19) P. Mason	Hgate	22.31
3. (21) M. Toman	Ross	22.36
VETERANS O/60		
1. (35) P. Ellerton	Bing	24.27
2. (52) I. Goodyear	Bing	27.41
VETERANS O/70		
1. (46) G. Breeze	Wharf	26.49
LADIES		
1. (24) L. Miller U/14	Bing	22.56
2. (30) E. Findlay U/16	Bing	23.30
3. (34) A. Donlan O/40	Barlick	24.22
4. (36) K. Smith U/14	Bing	24.35
5. (50) A. White U/16	Bing	27.12
(53) A. Roper O/40	Bing	27.45
(58) S. Morley O/60	Ilk	29.09
(61) J. Marshall O/50	Unatt	31.16
(65) L. Hargreaves O/50	Wharf	32.48

66 finishers

JUNIOR TRAIL RACE
1.6km 27.06.15

Boys U/14		
1. J. Muir	Wharf	6.28
2. W. Thompson	Bing	6.46
3. J. Bradley	Bing	6.49
Girls U/14		
1. E. Elms	Ilk	7.59
Boys U/12		
1. A. Thompson	Wharf	6.05
2. J. Carnelley	Bing	6.31
3. T. Middleton	Horw	6.37
Girls U/12		
1. P. Anderson	Ilk	6.55
2. G. Dawson	Bing	7.21
Boys U/10		
1. A. Bartley	Tipton	7.12
2. H. Miller	Bing	7.41
3. E. Pryce	Bing	8.05
Girls U/10		
1. R. Anderson	Ilk	7.25
2. E. Price	Wharf	8.04
3. H. Bislp	Wharf	8.09

WHALEY WALTZ
Derbyshire
BS/9.3km/274m 27.06.15

The Whaley Waltz has become an integral part of carnival day in Whaley Bridge since its inception in 2008. Crowds gathering to watch the carnival remain by the roadside to cheer on the runners at the start of the race and many people then gather at the river bank to watch the early bath at the finish. This year's Waltz welcomed runners from as far afield as Northamptonshire and Kirkham in Lancashire. The race provides a challenge for the experienced runner as well as being a great race for those new to the joys of fell racing.

Returning champion Gareth Raven expressed a determination to beat the course record of 35.36 set by John Brown of Salford which has remained unbroken since the first year of the race. Gareth got first place in a time of 36.07 and Sale Harriers won the team prize with a very strong showing (7 out of the top 20 runners).

First female runner was Olivia Walwyn in 42.51 and Macclesfield Harriers won the female team prize.

The race organisers would like to thank the marshals from the Goyt Valley Striders who make this race a friendly affair, and their sponsors, local businesses The Bike Factory and AC Workwear, who provided the prizes.

See you all next year!

Mary Jones

1. G. Raven O/40	Sale	36.07
2. R. Little	DkPk	38.18
3. C. Carson O/40	Kenil	38.28
4. J. Ross	StaffsM	39.19
5. R. Haughton O/50	Penn	40.21
6. N. Martin	Sale	40.22
7. S. McCarron O/40	Sale	40.23
8. M. Johnson O/40	Stockp	40.28
9. A. Carlin	Sale	40.30
10. C. Donnelly	Sale	40.32
VETERANS O/50		
1. (5) R. Haughton	Penn	40.21
2. (22) A. Raferty	Sale	45.09
3. (26) G. Williams	DkPk	45.28
VETERANS O/60		
1. (43) R. Taylor	Penn	48.18
2. (69) J. Adair	Holmf	52.07
3. (81) M. Docherty	Unatt	52.46
VETERANS O/70		
1. (151) D. Waywell	Wesh	64.09
LADIES		
1. (15) O. Walwyn	Macc	42.51
2. (37) S. Curtis O/40	Penn	47.32
3. (45) Z. Barton	Gloss	48.45
4. (57) E. Finney	Sale	50.26
5. (60) A. Chinoy O/40	Sale	51.06
(64) M. Blackhurst O/50	Tod	51.31
(76) K. Brierley O/50	Tod	52.31

205 finishers

LANGLEY FETE
Cheshire
BS/4.5km/198m 28.06.15

Thank you and well done to all the runners who took part in the Langley Fete Fell Run this year.

A beautiful day after morning showers but warm for the runners ascending the steep Tegg's Nose hill!

New course records were set by both male and female winners - Simon Bailey (18.03) and Emma Morton-Collins (24.08).

Thank you also to all the people who gave their time to marshal, time-keep and sweep.

See you all next year!

Sophie Kirk

1. S. Bailey	Mercia	18.03
2. J. Roberts	Macc	19.45
3. A. Thornton	Macc	20.04
4. S. Wilson	Macc	20.52
5. M. Walker	Barnet	21.53
6. N. Walker	Altrin	22.15
7. T. Miller	Boalloy	22.24
8. W. Hamilton O/40	Unatt	22.32
9. J. Mooney O/50	Macc	23.18
10. T. Basson O/40	DkPk	23.37
VETERANS O/50		
1. (9) J. Mooney	Macc	23.18
2. (12) M. Toman	Ross	23.47
3. (13) D. Wilkinson	DkPk	23.55
VETERANS O/60		
1. (17) F. Wardle	Macc	24.48
2. (28) T. Millet	Boalloy	29.58
3. (32) S. Jones	Altrin	32.12
LADIES		
1. (14) E. Morton-Collins	Unatt	24.08
2. (18) D. Pickles	Macc	24.54
3. (21) A. Jones O/60	Altrin	27.01
4. (31) C. Clowes	Unatt	31.57

36 finishers

KINDER TROG
Derbyshire
BL/25.7km/1064m 28.06.15

The race was run in near perfect conditions apart from the head wind on top of the Kinder, hence the excellent times recorded by everyone.

Mark Burton came home to win in a fantastic time closely followed by Chris Leigh.

The three leading ladies were within 8 minutes of each other with Helen Berry winning in an excellent time.

For me and for a lot of people at the race, was to see four V70s battle it out on the fells with the legendary Jeff Norman winning by 8 minutes from Malcolm Coles, an inspiration for all of us.

In closing, I would like to thank Kinder Mountain Rescue, marshals, timekeepers, registration, refreshments, sponsors and landowners. Apologies for the hiccup with the results at the end, lessons were learnt again.

Carl & Sue Moriarty

1. M. Burton O/40	Penn	1.53.25
2. C. Leigh O/40	Penn	1.54.00
3. D. Lund	DkPk	1.56.27
4. M. Ollerenshaw	Gloss	1.58.47
5. C. Perry	Unatt	1.59.34
6. N. Winfield	Penn	2.01.53
7. R. White O/40	Buxt	2.02.12
8. R. Houghton O/50	Penn	2.02.16
9. J. Bennett O/40	Buxt	2.02.23
10. C. Donnelly	Sale	2.02.31
VETERANS O/50		
1. (8) R. Houghton	Penn	2.02.16
2. (25) J. Webber	DkPk	2.16.04
3. (36) T. Taylor	Ross	2.20.08
VETERANS O/60		
1. (22) C. Davies	Sadd	2.14.59
2. (47) K. Taylor	Ross	2.23.07
3. (56) K. Holmes	DkPk	2.26.29
VETERANS O/70		
1. (119) J. Norman	Altrin	2.45.42
2. (135) M. Coles	VStr	2.54.12
3. (153) C. Ardron	Macc	3.02.24
LADIES		
1. (17) H. Berry O/40	Holmf	2.12.07
2. (30) H. Martin	Penn	2.18.23
3. (39) S. Newman O/50	CaldV	2.20.29
4. (65) N. Parkin O/40	DkPk	2.31.06
5. (69) S. Richmond	Unatt	2.31.21

168 finishers

ULLSWATER COUNTRY FAIR - ARNISON DASH
Cumbria
AS/2.4km/300m 28.06.15

Sunday, 28 June - 10.00 a.m. and it's pouring down! But there is a beautiful rainbow across the King George V playing fields at Patterdale. Could be a good sign!

2.00 p.m. and the sun is shining and it's almost warm. Definitely a good sign. Lovely running conditions but slippery underfoot.

The Country Fair was in full swing when 38 runners – some running their first fell race and hailing from far flung places like Australia - made it to the start line for the Arnison Dash fell race which is sponsored by Catstycam Outdoor Shop. The fell race goes straight up and down Arnison Crag from the playing field in Patterdale and combines steep grassy slopes with craggy climbs, runnable bits with slippery descents. It's what fell racing is about.

Joseph Crossfield was first man back in a time of 15.33. He was followed by Adam Perry in 16.18 and Tim Cowin in 16.22. Tim was also first male over 40, followed by Derek Hurton in 16.33 (4th place overall) and Muir Morton in 16.39.(5th place overall).

The first O50 male was Andy Holden in a time of 19.23 with Chris Hodgson only just behind in 19.30 and Julian Donnelly in 19.39. The O60s also had a good race. First O60 was Lionel Sands in a time of 20.49, closely followed by Barry Scholes in 20.56 and John Varley in 24.26. Our O70 was Roger Whitaker, who finished in 27.46.

First lady back was Catherine Spurden in 17.38 – 11th place overall and only two seconds outside the ladies' record which has stood since 2003. Second lady (and first vet) was Sara Hodgson in 19.47 and third lady was Jo Gillyon in 20.03.

We also had three juniors. First junior was Noah Hurton from Eden Runners in 17.31 (10th overall), second was Connie Hurton from Eden Runners in 19.31 and third was Lachlan Shannon from Melbourne, Australia in a time of 29.01 ..... 12 seconds ahead of his dad, Ian!

The prizes are sponsored by Catstycam Outdoor Shop in Glenridding.

And a BIG thank you to Shirley Hodgson, Dave Hodgson and Vanessa Scheppers who helped with registration, the finish line and results; to Phil Brown who was our man at the top of Arnison Crag; to Allie Hodgson who opened the gates and helped with time recording and to Catstycam Outdoor Shop for sponsoring the prizes. Also to everyone who took part and to Arnison Crag for being such a big little fell.

Christine Kenyon

1. J. Crossfield	CaldV	15.33
2. A. Perry	HelmH	16.18
3. T. Cowin O/40	Howg	16.22
4. D. Hurton O/40	Eden	16.33
5. M. Morton O/40	Penn	16.39
6. D. Cope	Howg	16.52
7. S. Netherway	Kesw	17.03
8. P. Reilly	Conist	17.09
9. D. Middlemas O/40	DkPk	17.25
10. N. Hurton	Eden	17.31
VETERANS O/50		
1. (16) A. Holden	Wharf	19.23
2. (17) C. Hodgson	Felland	19.30
3. (19) J. Donnelly	BlCmb	19.39
VETERANS O/60		
1. (24) L. Sands	Unatt	20.49
2. (25) B. Scholes	Settle	20.56
3. (30) J. Varley	Felland	24.26
VETERANS O/70		
1. (34) R. Whitaker	CFR	27.46
LADIES		
1. (11) C. Spurden	Kesw	17.38
2. (20) S. Hodgson	Felland	19.47
3. (22) J. Gillyon	Kesw	20.03
4. (31) L. Buck O/50	CFR	24.29

38 finishers

MOEL Y GAMELIN
Denbighshire\

BM/16km/880m 28.06.15

1. J. Bowie	Mercia	1.10.50
2. R. Grantham O/40	Pensby	1.14.24
3. J. Brown O/40	Buckley	1.15.00
4. S. Edwards O/40	Buckley	1.18.58
5. J. Fellich O/40	Wallas	1.20.15
6. D. Boothby	Wrex	1.21.59
7. D. Weston	Wrex	1.22.23
8. A. Smithson	Mersey	1.23.10
9. S. Roberts O/40	Buckley	1.23.31
10. G. House	Unatt	1.24.52
VETERANS O/50		
1. (14) G. Earlam	EllesmP	1.30.17
2. (15) D. Baugh	Denb	1.31.55
3. (19) P. Robertson	DelamS	1.37.18
VETERANS O/60		
1. (13) S. Roberts	Oswest	1.29.31
2. (36) S. Jones	Eryri	1.49.17
3. (45) R. Treitl	Barlick	2.01.32
LADIES		
1. (16) L. Grantham O/40	Pensby	1.32.38
2. (17) S. Fairie O/40	Chest	1.34.47
3. (28) V. Whitehead O/40	Denb	1.42.53
4. (33) L. Partridge	Pensby	1.46.37
5. (35) H. Berrett	Buckley	1.48.11
(43) D. Rutherford O/50	Pensby	1.56.05

48 finishers

GREAT BAKEWELL PUDDINGS
Derbyshire
CM/10.4km/200m 28.06.15

1. D. King O/40	Clowne	39.38
2. J. Bacon	Eryri	40.00
3. G. Briggs O/40	DkPk	40.38
4. E. James	Belp	41.32
5. K. Walshaw	Holmf	41.37

6. P. Sorrell	NDerby	42.11
7. N. Brickman	Belp	42.56
8. S. Dixon O/40	DkPk	42.57
9. D. Fuller	CrystPk	43.45
10. D. Cross O/40	SutAshf	44.09
VETERANS O/50		
1. (12) M. Elwiss	Unatt	46.27
2. (20) S. Read	DkPk	48.08
3. (24) A. Baker	DkPk	48.42
VETERANS O/60		
1. (57) N. Hindle	FRA	54.09
2. (68) P. Petch	Unatt	56.26
3. (89) J. Brayshaw	Tot	60.07
LADIES		
1. (30) K. Collins	Barr	49.24
2. (51) A. Barrett	Steel	53.31
3. (56) R. Burton	NDerby	54.05
4. (63) A. Pye	Mat	55.28
5. (64) P. Goodall O/50	Tot	55.46
(65) J. Hackett O/40	StaffsM	55.57
(100) R. Hardman O/40	Corby	62.12
(105) J. Gorzeman O/50	Unatt	63.09

125 finishers

CRONKLEY
County Durham
BM/16.9km/535m 28.06.15

This year saw a surprisingly small field of 30 runners, others possibly persuaded against running due to the unfavourable weather forecast. However, this turned out to be unfounded as we started in the drizzle and ended in fine weather, and the notorious outbound headwind turned out to be none too ferocious.

As a result of the good running conditions, amongst the runners who had run this race before, several improved on their previous times.

Of the new runners, Harry Coates proved to be a revelation, beating the 1998 course record by 1.30. This was only his second fell race, his first race being a couple of weeks earlier where he also set a new course record!

The first lady home was Karen Robertson who was also first V40

Due to the generosity of our sponsors, Hangar 18, Swaledale Outdoors and Trailguides.co.uk, the place prizes and spot prizes meant that few runners returned home empty handed.

We are also very grateful to the Strathmore Arms at Holwick who allowed us the use their car park for registration and prize giving and opened their facilities for general use. They also supplied excellent snacks and meals for runners and supporters!

Cronkley Fell Race is the only FRA registered fell race in County Durham and is always held on the last Sunday in June. Durham may not be renowned for its craggy mountains but this race does take you out across Lord Strathmore's estate nearly to the top of the Pennines and back, and at the halfway point requires you to dip your toes into the mighty Tees River where reports of near drownings and crocodile attacks are greatly exaggerated!

You will be very welcome if you want to test yourself on this route on the 26 June 2016.

A.R. Charles

1. H. Coates	Walls	1.12.14
2. D. Beech	NFR	1.20.20
3. A. Blackett	DFR	1.27.04
4. J. Blackett O/50	DkPk	1.27.18
5. R. Gainford	Conist	1.28.34
6. P. Evans	Elvet	1.29.43
7. T. Sabey O/50	Tees	1.31.07
8. G. Hawking O/40	YorkK	1.31.44
9. S. Robinson	Howg	1.32.03
10. R. Allison	DFR	1.33.35
(13) P. Kelly O/50	DFR	1.38.35
VETERANS O/60		
1. (17) M. Walsh	Kend	1.42.57
2. (19) N. Cassidy	Tyne	1.44.57
3. (24) P. Foster	Elvet	2.03.37
LADIES		
1. (11) K. Robertson O/40	NFR	1.36.23
2. (12) J. Mattinson	Kesw	1.37.36
3. (18) P. Browell O/40	Elvet	1.43.12
4. (22) D. Tunstall O/50	DFR	1.55.06
5. (25) C. Calverley	Blyth	2.03.56
(30) J. Young O/60	Elvet	2.17.44

30 finishers

NORTH DEVON AONB MARATHON
Devon
CL/42.2km/1031m 28.06.15

A. Abraham First male	CambrUni	3.15.57
P. Jegou Male O/40	WhHorseH	3.27.37
M. Hutcheson Male O/50	BudeR	3.33.12
B. Pentland Male O/60	PortsJ	4.20.21
M. Menon First Lady	Unatt	3.45.52
J. Dixon O/40 Lady O/40	Unatt	4.19.35
D. Butt Lady O/50	Unatt	4.39.53
D. Parker Lady O/60	NDevRR	5.20.12
P. Seabrook Lady O/70	FinchC	7.38.11

NORTH DEVON AONB HALF MARATHON
Devon
CL/22km.413m 28.06.15

R. Richmond First male	Bideford	1.21.16
T. Kenerdine Male O/40	HACC/MM	1.30.54
R. McCormicak Male O/50	BArnet	1.30.43
D. Weaver Male O/60	Eryri	1.42.09
E Pope Male O/70	Unatt	2.52.39
J. Rosa First Lady	ClapCh	1.40.50
S. Francis Lady O/40	NDevRR	1.51.47
N. Wormington Lady O/50	Unatt	2.20.36
Y. Twelvetree Lady O/60	Totley	2.12.03

Coping with the hot and humid conditions, first midge magnet Owen Beilby at Cragg Vale

PHOTO © NICK DAWSON

CRAGG VALE
West Yorkshire
BS/6.4km/244m 01.07.15

The hot and humid conditions really tested the 81 runners, causing a noticeable lack of clothing on their return to the valley bottom! [The midges soon sorted that out] But if they'd been running 3 hours later they would have been pelted with hail the size of marbles, in a dramatic electric storm. A pint of Cragg Vale bitter from race sponsors Little Valley Brewery back at race HQ [Cragg church], plus a bacon butty, soon put things right.

Race winner, Owen Beilby , finished in 29.08, closely followed by Mike Fanning in 29.32. Then came a trio of local juniors/U18 who were really suited to the 4 mile course and knew it well.

First lady, Lindsay Oldfield, finished in 35.31, with Rebecca Patrick and Kath Brierley just behind her, all looking as if the heat had got to them!

Unsurprisingly, on home turf and making up a third of the field, Calder Valley swept the team prizes. Male counters were Jack Denton, Martin Howard and Ian Symington, while the ladies' counters were Lindsay, Rachael Crossland and Rachel Johnson.

This is a real community race with nearly a dozen locals marshalling and almost as many ladies in the church HQ serving delicious cakes and butties. There was even a free cup of tea with your race entry!

Hope to see you again next year and let's see if we can smash the course record!

Jackie Scarf

1. O. Beilby	Unatt	29.08
2. M. Fanning O/40	Borr	29.32
3. J. Denton U/18	CaldV	30.09
4. M. Howard U/18	CaldV	30.41
5. R. Hand	Stain	30.52
6. A. Pedley U/18	Unatt	31.06
7. J. Collins	Stainl	31.16
8. I. Symington	CaldV	31.38
9. T. Sheard O/40	CaldV	32.21
10. A. Driver	Barlick	32.48
VETERANS O/50		
1. (18) S. Booth	Unatt	34.52
VETERANS O/60		
1. (42) J. Sharples	Clay	38.49
VETERANS O/70		
1. G. Arnold	Prest	65.07
LADIES		
1. (25) L. Oldfield	CaldV	35.31
2. (29) R. Patrick O/40	Tod	36.20
3. (38) K. Brierley O/50	Tod	38.14
4. (40) J. Howells O/40	Wharfe	38.28
5. (42) H. Roome	Unatt	39.00
(46) R. Johnson O/50	CaldV	40.31
(54) A. Baldwin O/60	Stainl	42.33

81 finishers

HOPE WAKES
Derbyshire
BS/9.5km/451m 01.07.15

On the hottest day of the year so far, 219 brave runners in temperatures of 25 deg C set off on 69th year of the running this great little race. Prior to the main event, there was a 6-9 year old race and the 10-16 year old junior race. This gives many local youngsters the chance to get a feel of fell running and being part of the excitement of race night.

The senior race started with a lap of the sports field, the runners being heartily cheered on by the large number of spectators. A mad dash through the village and then up onto the fell. The long drag of Hope Brinks was, in the hot and muggy weather, already taking its toll on the runners. The undulating run through the forest to the North of Win hill gave some relief from the sun although temperatures and humidity were still high. The route then climbs steeply through the forest before the final single track path across the moorland that leads directly to the summit of Win Hill. Many were really feeling the effect of the warm weather by now and with all the climbing now done it was a case of safely back to the sports field on wobbly legs.

Edale Mountain Rescue did a fantastic job helping a few with water and escorting a couple down who were really struggling.

Jonny Crickmore led home the men and Olivia Walwyn once again winning the women's race.

The marshall deserve a special mention, particularly those on the summit slopes of Win Hill, who had to contend with flies and midges as well as counting through the runners.

This race is part of Hope Wakes Week and all the entry money and sponsorship from many local businesses goes back into supporting local groups and clubs. Also thanks to Outside of Hathersage and Rab for supporting the event.

Once again thanks to all the runners, organisation team, local folk and sponsors for helping making this race once again a great success.

Colin Papworth

1. J. Crickmore	DkPk	44.00
2. M. Burton O/40	Penn	45.10
3. P. Hodges	DkPk	45.16
4. D. Lund	DkPk	46.52
5. S. Pyke O/50	DkPk	47.29
6. T. Saville	DkPk	48.09
7 K. Allanson	Mat	48.23
8. T. Bush	Penn	48.50
9. M. Johnson O/40	Stockp	49.04
10. A. Frost O/40	DkPk	49.57
VETERANS O/50		
1. (5) S. Pyke	DkPk	47.29
2. (28) G. Williams	DkPk	54.17
3/ (34) B. Davison	FatB	55.30
VETERANS O/60		
1. (32) A. Whitehouse	Tot	55.13
2. (48) K. Holmes	DkPk	57.48
3. (85) B. Blyth	Macc	62.10
LADIES		
1. (18) O. Walwyn	Macc	50.50
2. (29) L. Robertson	NZeal	54.26
3. (38) H. Martin	Penn	56.26
4. (49) A. Hoogkamer	Shuoc	57.50
5. (66) J. Bednall O/50	Buxt	59.45
(71) S. Curtis O/40	Penn	60.36
(73) E. Kooper O/40	Unatt	60.42
(104) M. Calvert O/50	Macc	64.49
(108) P. Goodall O/60	Tot	65.11

215 finishers

TOCKHOLES EVENING
Lancashire
BS/9.4km/310m 02.07.15

Ongoing works at Sunnyhurst Hey and Earnsdale Reservoirs forces us to design a bespoke route for the race, Alas, this meant the race actually bypassing Tockholes. Neither the new route nor the "midgefest" failed to stop 95 runners arriving to test out the new course.

Having developed a health lead on the first hill through Sunnyhurst Woods, Chris Holdsworth extended it further and finished in 33.15 nigh on two minutes infront of Jon Green (35.03). Jon was also first V40 home ahead of Breton Holdsworth looking resplendent in his bright orange compression hosiery.

For the girls, local Amy Freeman claimed first place, a minute ahead of Georgina Gillen, with Jean Brown third.

The plentiful "ceratopogonidae" had a painful effect on a number of runners but a big thanks, and equally commiserations, to the marshals and organising team who were "bitten to death" by them while out manning the course.

There was a good attendance with lots of positive feedback from the runners about the "emergency" course. Glad everyone enjoyed it.

Nige Barnes

1. C. Holdsworth	Clay	33.15
2. J. Green O/40	Prest	35.03
3. B. Holdsworth O/40	Clay	35.48
4. D. Reilly O/40	Darwen	36.31
5. A. Life O/50	Clay	36.36
6. D. Parkington O/50	Prest	36.41
7. J. Morrisey	AchRat	37.05
8. C. Helliwell	Clay	37.07
9. P. Brindle O/40	Darwen	37.22
10. D. Motley	Clay	37.53
(11) N. Holding O/50	WPenn	37.55
VETERANS O/60		
1. (33) J. Pickup	Clay	41.45
2. (45) P. Booth	Clay	43.22
3. (64) M. McLoughlin	Prest	47.02
VETERANS O/70		
1. (85) J. Mitchinson	Unatt	55.55
2. (89) P. Martin	Bowl	59.16
LADIES		
1. (37) A. Freeman	Darwen	42.12
2. (44) G. Gillen	Sthport	43.18
3. (51) J. Brown O/40	Clay	44.27
4. (55) R. Lowther O/40	Barlick	45.28
5. (63) M. Spencer	Sthport	46.28
(73) L. Bostock O/50	Clay	50.03
(78) K. Thompson O/60	Clay	51.37
(80) C. James O/50	Sthport	52.20
(95) J. Holding O/60	WPenn	64.32

95 finishers

MOEL SIABOD
Clwyd
AS/8.7km/700m 04.07.2015

Well, I only just about got to the race on time after flying my way around the bends of Nant Peris and onwards to Capel Curig; before jumping out of the car and shooting off to the start line where I was still tying my shoelaces as the countdown to the start began!
It was a very warm day and the race climbed steadily uphill almost straightaway. The nature of this race means that it is quite hard to get a rhythm, particularly on the way up as the route/path changes so much in quite a short distance.

Luckily, there was a nice breeze keeping us cool and on the way up the friendly faces of the marshals/ryri stalwarts Ellie Salisbury and Mike Blake was a big help to motivate us runners on our way to the top.

On the way down, previous experience of running this race came into play as it made it far easier to pick a good line and avoid some of the rocky sections of the path and throw yourself down the grassy mounds. But during the last mile or so, the rocky path was unavoidable and it became very narrow and technical before opening back up and back down to the bridge to finish.

Since it was so warm, some of us then went to cool down or dip our feet in the river below the bridge before going over the road to the field where the village festival was being held, for nice cup of tea and some tasty goulash whilst relaxing and watching a chainsaw competition.

It was then time for prize giving with first overall male going to Math Roberts (Calder Valley) in a time of 51:55, U23 went to Sion Harlow in a time of 57.02, V40 Martin Cliffe in a time of 54.49, V50 to Noel Craine in a time of 60.29 and V60 to Stephen P. Jones in a time of 57.44.

Stephen's time in particular was exceptional when you consider he was not only faster than the V50, but was also in fifth position out of 69 runners!

First female and V40 went to Lauren Jeska (Eryri Harriers) in a time of 59.02. U40 went to Becky Plenty (York Knavermire) in a time of 62.22, V40 went to Ali Keets in a time of 63.08 and V60 to Maggie Oliver (Eryri Harriers) in a time of 88.36.

In the junior race U14 went to Gwion Evans in a time of 15:32 and U16 to Chloe Elliott in a time of 17:33.

To close was the annual tug of war competition between the fell runners and the local farmers. Having won last year, the runners were full of confidence, unfortunately this time we lost despite our efforts.

Many thanks to all the volunteers who looked after the runners and provided the refreshments at the end of the race.
Emlyn Owen

OAKWORTH HAUL
West Yorkshire
BS/9km/250m 04.07.15

1.	C. McIntosh O/40	P&B	40.05
2.	M. Hardman O/40	P&B	42.12
3.	S. Farrar O/50	Kghly	44.09
4.	G. Chapman O/40	Kghly	45.32
5.	D. Copping O/40	Kghly	45.43
6.	P. Mason O/50	Hgate	46.37
7.	B. Laville	Unatt	46.55
8.	G. Bird O/50	Wharf	49.33
9.	M. Griffin O/40	Wharf	49.36
10.	B. Morris O/50	Darwin	49.55

VETERANSO /60

1.	(15) I. Hartman	Baild	59.20
2.	(17) D. Tate	DkPk	90.30

VETERANS O/70

1.	(11) N. Bush	Ilk	51.35

LADIES

1.	(19) T. Kelly O/40	Kghly	64.56
3.	(20) J. Sedgewick O/40	Kghly	65.38
2.	(18) D. MacDonald O/40	Kghly	65.54

20 finishers

CHEVY CHASE
Northumberland
BL/32.2km/1219m 04.07.15

Our big weather concern for the Chevy this year was the forecast of lightning storms. Having witnessed the dramatic storm three nights previously we were worried about people being out on high ground. Marshals were briefed in lightning evasion tactics.

However the main hindrance proved to be the torrential rain first thing in the morning; this ensured everyone was soaked to the skin before the race even began. Our unlucky marshals particularly suffered, the Cheviot team resorted to using their emergency safety shelter to keep themselves warm! It was cold and

Charlie McIntosh winner at Oakworth Haul

PHOTO © WWW.WOODENTOPS.ORG.UK

windy with very poor visibility on the high hills.

Thankfully, the rain stopped by late morning and the sun came out in time for finishers to stretch out on the lawn at the hostel and replenish energy levels with copious amounts of tea, buns and cake.

It was an exciting dual for first place in the fell race with Iain Twaddle and Phil Sanderson battling it out through the hills. Iain finally managed to surge past Phil up Hell's Path and held on to win by two minutes in 3:02:56. He was also first V40. Cameron Murray had a great run and was a delighted third in 3:18:27;

Local clubs were well represented in the veteran categories. Adam Fletcher was 8th and won the V50 trophy in 3:35:33. Les Turnbull loped home in14th place and won the V60 trophy in 3:50:59. First V70 was Raymond Gray.

The team trophy was won by the NFR team of John Duff (4th), Paul Appleby (9th) and John Tollitt (21st), total 34 points.

Henrietta Bolton Carter finished strongly to win the ladies' race in a time of 3:58.09, placing a commendable 24th overall, also claiming the V50 trophy. Nina Cameron raced well for second place in a time of 4:02:06; she was also the first FV40. In third place was Georgia Campbell in 4:03:22.

We are grateful to all the volunteers who help in the hills and at the hostel. Thanks to the landowners for supporting our event and allowing us access to the Cheviots and to the Northumberland National Parks Search and Rescue Team.

Salomon, the Mountain Sports Company, and DarnTuff Socks generously sponsored all the winners' prizes.

A final thanks to all the Chevy Chasers for supporting the event, see you next year on Saturday 2 July for the 60th Chevy Chase.

Claire Bagness & Mary Logan

1. I. Twaddle O/40	NthShPoly	3.02.56
2. P. Sanderson O/40	Unatt	3.04.44
3. C. Murray O/40	Carneth	3.18.27
4. J. Duff O/40	NFR	3.29.25
5. S. Ireland	Unatt	3.29.25
6. H. Walker O/40	Unatt	3.31.14
7. A. Hussey O/40	Chelten	3.35.04
8. A. Fletcher O/50	Alnwick	3.35.33
9. P. Appleby O/50	NFR	3.38.24
10. G. Campbell O/40	Alnwick	3.40.23
(15) T. McCall O/50	Norham	3.51.55
VETERANS O/60		
1. (14) L. Turnbull	Norham	3.50.59
2. (71) S. Clough	Norham	4.30.13
3. (84) P.Reed	NFR	4.34.09
VETERANS O/70		
1. (141) R. Gray	NFR	5.32.16
LADIES		
1. (24) H. Carter O/50	Wooler	3.58.09
2. (25) N. Cameron O/40	NFR	4.02.06
3. (26) G. Campbell	SShield	4.03.22
4. (37) S. Cassidy	Unatt	4.12.17
5. (39) J. Yeo	PBFit	4.16.03
(42) M. DrozDowicz O/50	Elswick	4.17.22
(51) L. Bone O/40	SShield	4.21.06

BLACKFELL
North Yorkshire
AM/15km/777m 04.07.15

After the thunderstorms of Friday night, we were all hoping for better weather for the Saturday afternoon race and we were gifted with warm sunshine and clear summits.

With the race in its first year, we weren't sure of how many runners we would get so we were pleasantly surprised when 31 runners registered to run.

First home in a time of 1:24:53 was Sam Watson with the first lady, Jo Buckley, home in a time 1:51:35.

Well done to everybody who took part and a big thank you to all the marshals and helpers who gave up their time to help.

See you all next year for the second running of the Blackfell Race

Stephen Firth

1. S. Watson	Wharf	1.24.53
2. N. Crampton	P&B	1.27.05
3. D. Wilkinson	Ilk	1.28.07
4. A. Jebb	Bing	1.31.13
5. J. Wood	Ilk	1.36.35
6. S. Webb O/50	VStr	1.37.07
7. D. Nurse O/40	NLFR	1.45.23
8. D. Collins O/50	Tod	1.49.34
9. A. Kay O/50	DkPk	1.50.24
10. G. Rimmel O/50	DkPk	1.51.20
VETERANS O/60		
1. (20) T. Steward	CaldV	2.16.12
2. (28) P. Hawkswell	Bing	2.34.02
LADIES		
1. (11) J. Buckley	CaldV	1.51.35
2. (15) D. Pelly O/50	Amble	2.03.13
3. (16) B. Weight O/50	Bing	2.03.15
4. (27) H. Lane O/50	NLFR	2.34.01
5. (29) S. Ratcliff O/50	NLF	2.34.02

29 finishers

BAMPTON VILLAGE SPORTS
Cumbria
BS/8.8km/244m 05.07.15

There was a good turnout for the Bampton Sports Day, with the fell race Fielding 37 Runners enjoying the river crossing in the heat!

The warm sunny weather held out..... just..... until after the prize giving, with Nigel wood first home in 40:41 and first lady, Connie Hurton, coming home in 49:39.

Keith Hill

1. N. Wood O/40	Helm	40.41
2. P. Dugdale O/50	Helm	41.46
3. S. Ware	Kesw	41.52
4. L. Walsh O/40	Unatt	42.07
5. N. Hurton	Eden	42.15
6. D. Hurton O/40	Eden	42.32
7. C. Robinson O/40	Amble	43.04
8. C.Mcgurk	Unatt	43.04
9. B. Murison	Unatt	44.24
10. S. Stoddart O/40	Eden	44.27
VETERANS O /50		
1. (2) P. Dugdale	Helm	41.46
2. (14) R. Elwood	Unatt	46.55
3. (26) T. Walton	Howg	51.40
VETERANS O/60		
1. (33) A. Jackson	Howg	57.20
LADIES		
1. (20) C. Hurton	Eden	48.54
2. (21) J. Casey O/50	BlkCmb	49.39
3. (22) C. Watson O/40	Eden	50.03

36 finishers

LANGDALE GALA
Cumbria
AS/1.9km/178m 05.07.15

The annual Langdale Gala at Chapel Stile saw a good entry field for its fell races this year, with a total of 98 runners competing across the U8, U10 and U12 categories and a further 61 runners competing across the U14, U17 and senior categories.

Time constraints with other Gala events restricted us to 4 race starts and the latter three age categories all ran the same course together. Next year we shall endeavour to fit in a 5th start in order to split out the U14 and U17 from the senior runners.

Nevertheless, it was enlightening to see how some of the younger runners compared to their elders, with a number of highly placed finishers coming from the U14 and U17 categories. Joseph Dugdale, first U17 boy, finished a highly respectable 4th overall out of 61, with Ben Edmonson only three places behind as first U14 boy.

The first female finisher across all categories was U14 girl victor and 13th overall, Chloe Rylance, who clocked a time of 13:06, setting a new ladies' course record.

Other standout performances include the men's victor, Mark Addison, setting a new overall course record of 10:49 in spite of the weather turning decidedly wet part way round the course, and Sophie Rylance of Ambleside achieving third out of 35 runners in her race to win the first U10 girl category.

A big thankyou from the organiser to all who volunteered and entered; I hope to see you all next year.

Tod Coates

1. M. Addison	HelmH	10.49
2. C. Richards	HelmH	11.01
3. T. Cavin O/40	Howg	11.45
4. J. Dugdale U/17	CFR	11.47
5. N. Talbot	Unatt	11.57
6. T. Tipping O/40	HelmH	12.15
7. B. Edmonson U/14	Brought	12.17
8. H. Greenbank U/17	CFR	12.21
9. L. Bowen U/17	Amble	12.44
10. J. Edmonson U/17	Amble	12.54
VETERANS O/50		
1. (17) J. Bagge	HelmH	13.48
2. (39) M. Leddy	Howg	16.47
3. (41) T. Winder	Unatt	16.55
VETERANS O/60		
1. (36) B. Scholes	Settle	15.56
LADIES		
1. (13) C. Rylance U/14	Amble	13.06
2. (14) S. Taylor	HelmH	13.32
3. (21) K. Thurlow U/17	HelmH	14.14
4. (26) M. Easthope U/14	CFR	14.26
5. (28) G. Stevens U/17	HelmH	14.58
(50) S. Folks O/40	Unatt	18.18

61 finishers

SKIDDAW
Cumbria
AM/14.5km/823m 05.07.15

The yellow and green of Keswick and the yellow of Mercia fought it out for first and second individual and team positions,with Keswick prevailing over the three men of Mercia, edging the team prize by one point.

Horwich made their annual visit and, as usual, took away some prizes,with impressive performances by Lindsay Brindle and Suzanne Budgett for the ladies.

Brian Walton took the second MV60 prize. His team mate, Tony Varley, a regular at Skiddaw, who has taken the first MV60 prize in the past was, unfortunately, unable to be with us and we wish him a speedy recovery from his recent accident.

Thanks to : The many members of Keswick AC and their family members who helped, particularly those who turned out for Helvellyn as well as Skiddaw; Pat Richards for organizing much appreciated refreshments; and Pete Bland Sports.

Allan Buckley

1. S. Hebblethwaite	Kesw	1.10.28
2. J. Bowie	Mercia	1.11.18
3. J. Rocke	DkPk	1.15.07
4. L. Maude	Barlick	1.15.44
5. N. Treitl	Barlick	1.15.56
6. C. Tinnion	Ellenb	1.16.36
7. S. Riley O/40	Wharf	1.16.56
8. P. George	Kesw	1.17.07
9. G. Bellamy	Wester	1.17.18
10. P. Neild O/40	Bowl	1.17.56
VETERANS O/50		
1. (21) C. Pryce	Cosmics	1.23.18
2. (27) B. Atkinson	YorkK	1.26.34
3. (43) S. Reed	DkPk	1.33.12
VETERANS O/60		
1. (30) N. Lancaster	Derwent	1.28.09
2. (33) B. Walton	Horw	1.30.34
3. (62) S. Kemp	DkPk	1.37.07
VETERANS O/70		
1. (105) P. Walsh	Bowl	1.59.36
LADIES		
1. (17) L. Brindle	Horw	1.21.02
2. (25) C. Spurden	Kesw	1.25.36
3. (36) S. Gordon	NMske	1.31.21
4. (57) C. Muhamad	Unatt	1.35.14
5. (58) N. Hawkrigg O/40	NFells	1.35.53
(72) T. Beetham O/40	Kesw	1.39.22
(74) S. Budgett O/50	Horw	1.40.00
(90) J. Kerridge O/60	Dees	1.47.09
(94) K. Clark O/50	Kesw	1.52.02
(95) L. Malarkey O/60	Kesw	1.52.23

115 finishers

GREAT HUCKLOW
Derbyshire
BM/9.8km/340m 05.07.15

Another great running of the Great Hucklow fell race. As usual, local residents turned out in their dozens to marshal, register, refresh, time-keep and more for the 142 adult runners, as well as nearly 40 junior competitors. The primary school playing field had a real buzz all morning thanks to all the refreshments for runners and spectators alike this year being in easy stumbling distance of the finish line.

Due entirely to organisational confusion, Mark Burton lost his good lead on Jack Ross at the top of the final descent to the finish. Thanks to the excellent sportsmanship of the two athletes, it was agreed to award a joint first place. Christopher Leigh came in 3rd. As photos from various points of the varied course show, these 3 maintained their lead of the field from the very beginning.

Caitlin Rice was first female back, in 14th place overall, followed by Holly Martin and Rosie Walwyn.

While no records were broken by the winners, the field overall was fast, the sweepers not getting to enjoy the usual amble in with the back markers, and everyone accounted for over the finish line before prize giving was finished.

Dark Peak pipped Pennine to be first female team, while Pennine took first female team winning a free pint each at the Queen Anne at the other end of the village.

In Junior races, Jack Crownshaw (Dark Peak) finished the 10+ course first (shortened thanks to serious mine subsidence at the far end of the usual course), while Lauren Wilshaw (Buxton AC) was first back from the 6+ race.

Matt Watson

1. J. Ross	Unatt	46.48
1.. M. Burton O/40	Penn	46.48
3. C. Leigh O/40	Penn	47.53
4. J. Bottomley	DkPk	50.31
5. C. Jackson	Gloss	50.42
6. A. Frost O/40	DkPk	50.53
7. N. Dennis	LongEat	51.11
8. P. Hauge O/40	DkPk	51.19

PHOTO © PETER TRAINOR

Catherine Spurden second lady at Skiddaw

9. T. Beaumont	Poppy	51.31
10. C. Ward O/40	Ilkest	51.38
VETERANS O/50		
1. (34) N. Weightman	Erew	57.14
2. (36) J. Mooney	Macc	57.21
3. (40) T. Hargreaves	Stockp	57.52
VETERANS O/60		
1. (41) K. Holmes	DkPk	58.01
2. (79) T. Hulme	Wilms	63.48
3. (89) T. Press	Hatton	65.09
VETERANS O/70		
1. (130) B. Allsop	Buxt	74.39
LADIES		
1. (14) C. Rice	Gloss	53.00
2. (30) H. Martin	Penn	56.21
3. (46) R. Walwyn	Smiley	58.41
4. (51) E. Crownshaw	DkPk	59.12
5. (62) J. Crowson O/50	DkPk	61.09
(65) J. Mellor O/40	Penn	61.21
(70) P. Sadler O/40	Tot	62.06
(77) P. Goodall O/60	Tot	62.59
(91) D. Kesterton O/60	Smiley	65.20

142 finishers

20 BARRIERS
Lancashire
CS/8km/160m 07.07.15

Well done to everyone who took part or helped in any way .The overall winner was Tom Tipping . Joanna Goorney was first women. Thanks to The Runners Centre Lancaster for their continued support, providing the vest numbers and also technical T-shirts for the first three men and women.

The inclusion of the race in a Lancashire club's Grand Prix meant a record turnout of 200 which we managed to process in good time for a prompt 7 00 p.m. start.

Unfortunately, persons unknown tried to sabotage the race by removing and redirecting some of the marking placed earlier and this led to some of the runners who were unfamiliar with the route going off course on a false trail. Next year any marking out will take place just before the race and I'll be making runners responsible for staying on the right route. It's in the fell calendar after all.

David Shinn

1. T. Tipping O/40	HelmH	32.46
2. S. Harrison	Bowl	34.05
3. J. Greenwood	Lytham	34.06
4. S. Bolland O/40	Bowl	34.28
5. L. Parrington	Barlick	34.44
6. J. Sear O/40	LancsM	39.06
7. P. Taylor	Lonsd	39.23
8. R. Gill O/50	Dallam	39.27
9. B. Wheeler	RedRose	39.32
10. C. Campbell O/40	Trawd	39.35
VETERANS O/50		
1. (8) R. Gill	Dallam	39.27
2. (15) P. Farren	Benth	40.06
3. (18) K. Murphy	Lonsd	40.24
VETERANS O/60		
1. (61) H. Hurst	Colt	46.07
2. (73) G. Parrington	LancsM	47.16
3. (101) E. Towers	Benth	49.18
VETERANS O/70		
1. (143) G. Russel	Garst	53.57
2. (186) M. Walsh	Thornt	65.34
3. (193) D. Wood	Borr	1.47.45
LADIES		
1. (14) E. Maddocks	Lonsd	40.05
2. (21) L. Goddard O/40	LancsM	41.20
3. (29) H. Newton	Kend	43.02
4. (38) S. Sherratt O/40	Bowl	44.37
5. (45) J. Clark	Thornt	44.56
(88) J. Ryan O/50	Unatt	48.14
(107) P. Plowman O/50	RRose	49.44
(140) K. Cartledge O/70	Benth	53.13
(157) J. Ryan O/60	ThornCl	56.27
(174) A. Butcher O/70	Benth	59.58

193 finishers

SALTWELL HARRIERS
County Durham
BS/9km/300m 07.07.15

Karen Robertson clearly deserves the title 'Monarch of the Fells'. She has consistently beaten her rivals, male and female, over the years, many of whom are much younger. The 2015 Saltwell Harriers Fell Race once again witnessed her dominance of North East fell running, winning in a time that was not only faster than her first place in 2014 but was significant in that this was her tenth victory in this fast tough race. Karen had a winning margin of just under 3 minutes from Penny Browell, who managed to keep ahead of Grace Rowley. The twenty three female runners ensured the team prize was keenly fought for. Inevitably Karen led her team mates to glory with Elvert Striders keeping their local rivals, Durham Fell Runners, at bay to claim second place.

The men's race produced an intense battle of wits between Andy Blackett and Ben Rowely as they worked extremely hard, pushing each other stride for stride right up towards the summit finish. However, it was Andy who found that little bit extra during the last 20 metres, beating Ben by just six seconds. This was the closest finish since the inaugural race in 1995 where the host club's Fred Smith won by a seven second margin in a time of 42.03. Fred was slightly slower this year but then again, he is a lot older!

First male veteran was Lee Bennet, who also claimed first place in the North East Masters Fell Championship. Durham Fell Runners claimed an easy victory in the team prize with Saltwell pipping NFR for the runner up position.

The race attracted 115 entrants, including two who had travelled all the way from Byron Bay in Australia just to take part in what was the twentieth Saltwell Harriers Fell Race. They were not disappointed, both going home with a prize. The prize list, which again was extensive, was supplemented by a £215 donation to two local charities from the race profit. Appreciation to all the race officials and marshals; without their support there would be no race.

Keith Wood

1. A. Blackett	DFR	42.48
2. B. Rowely	Tyne	42.54
3. D. Beech	NFR	43.39
4. L. Bennett O/45	Elsw	44.18
5. A. Berry	DFR	45.46
6. R. Gamble	Unatt	46.01
7. C. Williams	Moorf	46.06
8. Silliot	LowFell	46.14
9. J. Batey O/50	NSP	46.20
10. P. Ward	PDL	46.43
VETERANS O/50		
1. J. Batey	NSP	46.20
2. J. Blakett	DkPk	47.24
3. D. Armstrong	NFR	49.19
VETERANS O/60		
1. A. Duncan	NFR	60.28
2. P. Reed	NFR	65.25
3. C. Oliphant	NFR	65.26
LADIES		
1. (29) K. Robertson O/40	NFR	51.02
2. (47) P. Browell O/40	Elvet	53.56
3. (52) G. Rowley	Tyne	54.33
4. (63) K. Davis O/40	NSP	56.44
5. (66) S. Scott O/40	NFR	57.27
(76) D. Tunstall O/50	DFR	59.37
(85) K. Taylor O/50	NFR	63.12
J. Young O/60	Elvet	65.36

113 finishers

GUISBOROUGH GRUNT
North Yorkshire
BS/10km/416m 08.07.15

A sultry, warm, humid evening. We expected more rain but we didn't get it! We managed to do the full route despite the threat of wood closure.

After the first climb, Kay Neesam was a clear leader in the women's race with Alison Matthews holding second in her local debut. A little adrift of those two were Kath Aspin and Shelli Gordon which gave New Marske three of the first four!

In the men's race there were two clear leaders in Lewis Rodgers just ahead of Harry Holmes. The next group consisted of Ian McGrath, Steve Hardy and Danny Braun. As the races developed Kay went on to win with an excellent time of 49.12 whilst Alison Chased hard to record 51.42, both some distance ahead of the rest of the female field. As the men's progressed from half way, Lewis and Harry moved further away from their chasers and at the line Lewis had just a 7 second lead.

In the men's team race it was Esk Valley who took the honours led by Danny Braun and Mark Brown. They were just ahead of the Two York Teams - Knavesmire and Acorn. Stephen Pugh and Peter Riley made up the rest of the Esk Team.

Thanks to Chris Roberts for marking this route.

Dave Parry

1. L. Rodgers	LoftW	45.08
2. H. Holmes	YorkK	45.15
3. I. McGrath O/40	DFR	46.38
4. S. Hardy O/40	LoftW	47.13
5. D. Braun	EskV	47.25
6. M. Bown	EskV	47.48
7. A. Holliday O/40	YorkK	48.23
8. J. Allinson	NMske	48.26
9. C. Jeffries O/40	BhamM	48.37
10. A. Normandale O/50	YorkA	49.07
VETERANS O/50		

1. (10) A. Normandale …	YorkA	49.07
2. (15) J. Blackett … … …	DkPk	49.40
3. (21) A. Harnett … … …	Unatt	51.21
VETERANS O/60		
1. (32) A. Black … … … …	Camb	54.17
2. (44) S. Mummery … …	YorkA	56.23
3. (85) M. Rodgers … …	Unatt	70.00
VETERANS O/70		
1. (73) R. Sherwood … …	NMske	65.50
LADIES		
1. (11) K. Neesam O/40 …	NMske	49.12
2. (23) A. Matthews … …	EskV	51.42
3. (37) K. Aspin O/40 … …	NMske	54.41
4. (39) S. Gordon … … …	NMske	55.01
5. (42) S. Haslam O/60 …	Scarb	55.22
(62) J. Braithwaite O/50 …	LoftW	61.25
(69) S. Gayter O/50 … …	NYM	64.05

94 finishers

WORMSTONES
Derbyshire
AS/6.4km/411m 08.07.15

1. I. Mills … … … … … …	Penn	32.40
2. T. Bush … … … … …	Penn	33.16
3. J. Bennett O/40 … …	Buxt	34.02
4. D. Harris O/40 … … …	Penn	34.07
5. L. Forshaw-Perring U/23	Buxt	34.15
6. C. Jackson … … … …	Gloss	34.25
7. W. Griffiths … … … …	Penn	34.37
8. S. Knowles O/40 … …	Penn	35.02
9. R. Webster … … … …	Unatt	35.36
10. C. Rice … … … … …	Gloss	35.56
VETERANS O/50		
1. (14) I. Warhurst … … …	Penn	37.47
2. (15) R. Gittins … … …	Macc	38.34
3. (17) T. Raffle … … … …	Altrin	39.45
VETERANS O/60		
1. (19) B. Blyth … … … …	Macc	40.46
2. (24) A. Bocking … … …	Chesh	41.43
3. (25) G. Barnes … … …	Unatt	41.48
LADIES		
1. (10) C. Rice … … … …	Gloss	35.56
2. (21) A. Leason U/23 …	Gloss	41.17
3. (22) J. Mellor O/40 … …	Penn	41.33
4. (31) V. King … … … …	DkPk	44.28
5. (33) F. Fullwood … …	DkPk	45.52
(35) E. Fleuriot O/50 … …	Penn	46.27
(37) R.Watson O/40 … …	Unatt	48.31

41 finishers

BLACK ROCKS
Derbyshire
BS/9km/250m 08.07.15

Matlock Athletic Club's Black Rocks Fell Race attracted a record field of 178 competitors to Cromford Meadows on a bright and sunny evening.

Some of the runners got more than they bargained for! Never mind Sheep Pasture Incline! Never mind the Black Rocks scree! Never mind that long drag to the summit! For the first time in the race's history, the canal played a prominent role in the race! The runners were unphased by the large horse pulling a narrowboat as they streamed along the towpath to tackle the first of the three steep climbs up to the trig. point. However, the helter skelter descent was very briefly compromised for a few by the canal swing bridge opening as they hit the flat run in! Who put that there! Fortunately they didn't need their inflatable armbands and were rapidly on their way. Luckily most of the field had already passed this point with Luke Beresford winning the race back to the Meadows. All in all a cracking race which all concerned enjoyed immensely! No swimming required! See you next year!

Thanks to all the participants, to The Derby Runner for prize sponsorship, to Matlock Rugby Club for start/finish facilities and huge thanks to those MAC members who marshalled the course and manned the finish.

Paul Keetley

1. L. Beresford … … … …	Ripley	36.14
2. B. Cartwright … … …	Mat	37.11
3. E. James … … … … …	Belper	38.17
4. R. Donald … … … …	Shelt	38.22
5. K. Malton … … … …	Shelt	38.37
6. A. Frost O/40 … … …	DkPk	39.21
7. S. Martin … … … … …	SuttAsh	39.32
8. M. Lynas O/40 … … …	Shelt	39.36
9. K. Davis … … … … …	Erew	39.40
10. T. Bailey … … … … …	Beest	39.48
VETERANS O/50		
1.(11) A. Dickenson … …	DkPk	40.09
VETERANS O/60		
1. (45) G. McMahan … …	Redhill	45.51
LADIES		
1. (27) A. Deathridge O/40	SuttCoal	44.07
2. (31) L. Taylor … … …	Ripley	44.12
3. (42) J. Hawkins … … …	Wirks	45.22

178 finishers

BEACON HILL
Northumberland
BS/9.7km/458m 09.07.15

A nice evening for this midweek race boosted by a great turnout of 13 runners from Alnwick Harriers. The usual route was still used despite recent forestry work taking place, making for a markedly different feel and appearance to the route.

Despite having to scramble over branches and higher than usual bracken, times were still generally good.

The two front runners unfortunately missed a section of the route and did not count in the results. This left Mark Clarkson to bring the field home followed closely by Richard Garland with M50 John Tollitt in third.

Karen Robertson once again brought the ladies home with Emma Holt not far behind.

Andy Squires was first home for the Alnwick contingent with Shelley Coates and John Ross making it 13 finishers for Alnwick.

NFR won the men's and ladies' team prizes with the ladies taking the Ruth Fletcher memorial trophy home for another year.

P. Appleby

1. M. Clarkson … … … …	NFR	57.13
2. R. Garland … … … …	NFR	58.36
3. J. Tollitt O/50 … … …	NFR	59.12
4. P. Green O/40 … … …	NFR	59.53
5. C. Rowe O/40 … … …	NSP	60.15
6. P. Smith … … … … …	Unatt	60.17
7. L. Goffe … … … … …	NFR	60.58
8. K. Robertson O/40 …	NFR	61.17
9. A. Bain … … … … …	Tyne	61.23
10. C. Sanderson O/40 …	NFR	62.24
VETERANS O/50		
1. (3) J. Tollitt … … … …	NFR	59.12
2. (17) A. Squires … … …	Alnw	65.55
3. (18) B. Kivlehan… … …	NFR	66.56
LADIES		
1. (8) K. Robertson O/40	NFR	61.17
2. (14) E. Holt … … … …	Morp	63.37
3. (19) C. Bagness O/50 …	Wooler	66.57
4. (31) J. Briggs O/40… …	NFR	76.35
5. (33) L. Miller O/50 … …	Alnw	78.15

46 finishers

WASDALE
Cumbria
AL/34km/2750m 11.07.15

1. R. Lightfoot … … … …	Ellenb	3.57.04
2. B. Abdelnoor … … …	Amble	3.57.34
3. N. Talbot … … … … …	Unatt	3.58.43
4. S. Watson … … … …	Wharf	4.07.21
5. S. Harding … … … …	Macc	4.13.30
6. P. Tierney … … … … …	Amble	4.14.30
7. J. Paris Lady (Lady) …	Carneth	4.14.33
8. R. Litherland … … …	Penn	4.25.52
9. J. Hunt O/40… … … …	DkPk	4.27.30
10. A. Schofield O/40 …	Borr	4.27.40
VETERANS O/50		
1. (32) D. Harrison … …	DkPk	5.14.29
2. (34) L. Warburton … …	Bowl	5.16.08
3. (37) T. Rippon … … …	DkPk	5.21.57
VETERANS O/60		
1. (69) M. McLoughlin …	Prest	6.18.45
LADIES		
1. (7) J. Paris … … … …	Carn	4.14.33
2. (17) N. Spinks O/40 …	DkPk	4.51.23
3. (33) C. Litherland … …	Penn	5.15.27
4. (42) A. Darlington … …	YorkK	5.23.59
6. (43) R. Hill O/40 … …	Settle	5.27.03
5. (53) R. Findlay-Robinson	Kesw	5.47.41
(55) A. Wainwright O/40	StaffsM	5.47.47
(76) L. Malarkey O/60 …	Kesw	6.27.51

99 finishers

BAILDON CANTER
West Yorkshire
BS/5km/152m 11.07.15

This was our best turn out so far for both the canter and the fun run, with 74 entries in the canter and 59 for the fun run. We started 12 years ago with 16 entries and no fun run! Thanks to Hyde Park Harriers putting us in their summer championship, our fabulous friendly carnival atmosphere and, of course, the power of Facebook, I think we can say our race is now on the map.

Once again the fun run was enjoyed by a good mix of youngsters from club juniors, local school teams and the little ones enjoying their first taste of running in a race. With lots of prizes and goodies for their efforts.

Edward Davies was our first man home in 20.42 with Shaun Wilkinson close behind, Shaun was first MV in 20.48 whilst Hannah Olroyd and Helen Glover battled it out for first lady, which Hannah took in 21.27. Julie Thornyon was first FV in 25.41.

Simon Harding, Jasmin Paris and Paul Tierney

PHOTO © STEPHEN WILSON GRAND DAY OUT PHOTOGRAPHY

The younger end of the field did us proud with Baildon's own James Bryson taking first place in the MU23 in 22.20 and Eliza Findlay WU23 in 24.25.

In the mile long Fun run, Joseph Carnelly was first boy in the amazing time of 6.30 and first girl home in an equally amazing time of 8.06 was Amelie Garnett.

I would like to thank all Baildon Runners who gave up their free time to make this a successful fun day.

Sue Coates.

1. C. Mann	HydeP	17.00
2. M. Malyon	Baild	17.31
3. D. Cross	HydeP	17.41
4. E. Davies	Otley	20.42
5. S. Wilkinson O/50	Kghly	20.48
6. A. Almon	HydeP	21.13
7. S. Webb O/50	VStr	21.19
8. H. Oldroyd	UKNet	21.27
9. H. Glover	Kghly	21.33
10. C. Tranter	HydeP	21.37
(23) P. Mason O/50	H'gate	23.42
VETERANS O/40		
1. (18) S. Leach	Felland	23.06
2. (21) N. Crossfield	Hfax	23.21
3. (24) S. Alistair	Unatt	23.47
VETERANS O/60		
1. (58) I. Hartman	Baild	30.08
LADIES		
1. (8) H. Oldroyd	UKNet	21.27
2. (9) H. Glover	Kghly	21.33
3. (17) C. Cooper	Kghly	23.00
4. (26) E. Findlay U/23	Bing	24.25
5. (29) R. Rogers	HydeP	25.20
(31) J. Thornton O/40	Bing	25.41
(35) A. Smith O/50	Qbury	26.08
(55) P. Gibbs O/40	YorkK	28.58
(56) D. Johnson	Baild	29.29
FUN RUN		
Boys U/14		
1. W. Thompson	Wharf	6.45
2. W. Cooke	Unatt	6.45
Girls U/14		
1. S. Gibbs	York	8.07
Boys U/12		
1. J. Carnelly	Bing	6.30
2. D. Thornton	Bing	6.59
Girls U/12		
1. A. Garnett	Unatt	8.06
2. Z. Garnett	Unatt	10.25
Boys U/10		
1. E. Mills	Kghly	6.47
2. S. Kirk	Unatt	7.01
Girls U/10		
1. M. Wilkinson	Kghly	10.08
2. S. Butler	Unatt	11.24
Boys U/8		
1. I. Jones	Unatt	9.58
2. O. Stewart	Unatt	11.03
Girls U/8		
1. M. Bellwood	Kghly	8.08
2. V. Bogustova	Unatt	9.49

TAL Y FAN
Clwyd
North Wales
AM/12.8km/786m 11.07.15

The morning was clear and fine, with a touch of breeze. The gazebos were up, the cavalcade of MG cars and Rolls Royce arrived, along with the bouncy castle, woodcutters and the tea and cakes team. The Rowen Carnival was in full flow.

At 2 00 p.m., 57 competitors lined up, and "Uncle Chris the children's entertainer" sounded the hooter. Off the runners went, out through the car park and on to the road through the village, before 300 metres later, turning right and the start of the ascent, first on tarmac up to the youth hostel, before levelling out a bit up along the old roman road to Cae Coch and then after climbing the stile, up the grassy bank and then the rocks to Tal y Fan summit. The runners then benefited from the recent sunny weather as the usually boggy bit was dry, allowing for quick runs across the moors to the Penmaenmawr stone circle.

Along the North Wales coastal path for a stretch before another right turn and an uphill section back towards Rowen Youth Hostel, (except for those who failed to turn left over the wall and did a detour back to Cae Coch before realising their navigational error!), and it was then downhill all the way to the finish

back at the Carnival.

Rob Grantham, Jez Brown and Tim Budd had a close run race at the front of the field, closely followed by Hugh O'Donnell and Simon Edwards.

The cooler weather, and gentle breeze allowed for some quick runs, with three age records being broken – Rob Grantham won the race and broke the V40 record by over a minute, Derek Weaver) took 42 seconds off the V60 record, and Sarah Ridgway took a magnificent 8 minutes off the FV40 record to win the ladies' race.

A big thanks to all our marshals and helpers and to the rain for staying away until after we had packed up.

Helen and Doug Blair

1. R. Grantham O/40	Pensby	1.09.36
2. J. Brown O/40	Buckley	1.10.58
3. T. Budd	Gloss	1.11.42
4. H. O'Donnell	Eryri	1.12.12
5. S. Edwards O/40	Buckley	1.13.57
6. M. Davies O/40	NWRRC	1.14.16
7. P. Jones O/40	Eryri	1.14.28
8. K. Steinegger	Amble	1.14.57
9. D. Collister	Unatt	1.15.18
10. A. Cowell O/40	Gloss	1.17.05
VETERANS O/50		
1. (15) R. Owen	Eryri	1.20.30
2. (19) A. Lewis	Eryri	1.21.45
3. (21) M. Belshaw	Eryri	1.22.23
VETERANS O/60		
1. (20) D. Weaver	Eryri	1.21.51
2. (23) C. Wilcox	Clwyd	1.25.53
3. (33) A. French	Wrex	1.31.35
VETERANS O/70		
1. (48) G. Fielding	Eryri	1.45.37
2. (51) E. Davies	Eryri	1.47.30
LADIES		
1. (14) S. Ridgway O/40	RSnow	1.19.37
2. (30) G. Brown	NWRRC	1.29.41
3. (34) R. Metcalfe O/40	Eryri	1.31.52
4. (46) L. Jones O/50	Wrex	1.43.18
5. (49) J. Collister	Unatt	1.46.37

PEAK FOREST
Derbyshire
CS/9.7km/198m 11.07.15

The Peak Forest Fell Race is run in the limestone area of the glorious Peak District countryside. Following a wet start to the day, the rain stopped in time for the fell race. The weather appeared ideal for running as it was pleasantly cool in the morning.

There were 94 entrants in the race, which was an increase over recent years. Unfortunately two of the runners retired as they took the wrong route towards the end of the race. We have discussed how we can ensure a similar situation does not arise next year by improving our way marking.

The first runner home was Luke Beresford in a time of 40:35 with Gareth Briggs, last year's winner, just 4 seconds behind. The first lady home was Holly Martin in 47:34.

We would like to say well done to Bill Allsop, aged 73 years, our most senior runner, who achieved a time of 01:04:23.

All the runners appeared to enjoy the course. We had two runners from Peak Forest this year and hope to encourage more villagers to take part next year.

The runners and those who helped on the day, all appreciated the drinks and homemade cakes provided by Peak Forest Primary School.

We would like to thank everyone who took part in the race and hope to see you again next year. We would also like to thank the marshals, the catering team and all the volunteers, who helped to make the race a success.

The money raised on the day is again for the benefit of a local charity.

Chris Hopley

1. L. Beresford	Ripley	40.35
2. G. Briggs O/40	DkPk	40.39
3. S. Gregory O/50	HolmeP	41.17
4. M. Nolan O/40	DkPk	41.56
5. R. White O/40	Buxt	41.57
6. J. Bennett O/40	Buxt	42.32
7. S. Martin	SuttAsh	42.55
8. E. James	Belp	43.07
9. B. Lomas O/40	Congle	44.40
10. T. Hollins	Unatt	44.59
VETERANS O/50		
1. (3) S. Gregory	HolmeP	41.17
2. (13) A. Barnett	DkPk	46.51
3. (16) J. Lacey	Unatt	47.53
VETERANS O/60		
1. (33) G. Barnes	Unatt	51.23
2. (39) S. Brister	Mat	51.45
3. (49) C. Horsfall	Hands	54.36
VETERANS O/70		
1. (38) D. Trickett	Hallam	51.44
2. (41) J. Norman	Altrin	51.52
3. (79) B. Allsop	Buxt	64.23
LADIES		
1. (15) H. Martin	Penn	47.34
2. (22) J. Wilson O/40	Hands	49.41
3. (32) R. Chatwin O/40	Buxt	51.17
4. (42) C. Wood	Congle	51.59
5. (50) S. Bradley O/50	Buxt	54.47
(65) H. Fryer-Winder O/50	Buxt	59.54

92 finishers

KEERIDGE CLIMB
Derbyshire
AS/1.6km/95m 11.07.15

1. A. Thornton	Mac	8.51
2. J. Roberts	Mac	9.11
3. C. Smale O/40	Barlick	9.18
4. J. Ross	StaffsM	9.22
5. N. Curtis O/40	Penn	9.30
6. A. Bunyan	Mac	9.39
7. S. Wilson	Mac	9.58
8. J. Cain	Unatt	10.01
9. D. Lawrance	Macc	10.13
10. W. Stubbs U/16	Unatt	10.20
LADIES		
1. (14) S. Curtis O/40	Penn	11.10
2. (28) D. Pickles	Macc	12.47
3. (32) R. Thornton	MDOC	13.38
4. (33) J. Rathbone	Unatt	13.39
5. (52) K. Prager O/40	Unatt	15.54
Boys U/16		
1. (10) W. Stubbs	Unatt	10.20
2. (13) J. Doorbar	Macc	11.05
Girls U/16		
1. (47) A. Stubbs	Unatt	14.58
2. (50) L. Glover-Jones	Sadd	15.31
Boys U/11		
1. (34) W. Roberts	Unatt	13.40
2. (35) W. Gregory	Unatt	13.42
Girls U/11		
1. (38) R. Dilworth	Macc	13.53
2. (65) I. Kay	Unatt	18.23

71 finishers

BRADDA NIARBYL
IOM
AL/24km/1800m 11.07.15

1. S. Bailey	Mercia	2.09.54
2. M. Donnelly O/40	Borr	2.10.25
3. M. Roberts	CaldV	2.13.23
4. K. Gray O/40	CaldV	2.13.36
5. K. Collison	Borr	2.13.37
6. G. Mullholland O/40	CaldV	2.14.23
7. L. Taggart O/40	ManxFR	2.15.12
8. T. Mason	Wharf	2.17.25
9. P. Vale O/40	Mercia	2.18.13
10. N. Northrop	DkPk	2.19.08
VETERANS O/50		
1. (23) D. Taylor	DkPk	2.29.12
2. (24) S. Pyke	DkPk	2.29.15
3. (25) R. Houghton	Penn	2.29.16
VETERANS O/60		
1. (52) S. Jones	REryri	2.42.15
2. (56) B. Grant	H'gate	2.44.39
3. (91) T. McGaff	Chesh	2.56.13
VETERANS O/70		
1. (213) R. Ashby	Penn	4.22.08
LADIES		
1. (28) V. Wilkinson	Bing	2.29.59
2. (40) S. Horrocks U/23	Ross	2.37.18
3. (46) H. Berry O/40	Holmf	2.40.06
4. (50) C. Rice	Gloss	2.41.23
5. (51) M. Price O/40	Mercia	2.41.46
(96) S. Newman O/50	CaldV	2.56.59
(147) P. Goodall O/60	Totley	3.21.00
(153) B. Weight O/50	Bing	3.23.36
(167) W. Dodds O/60	Clay	3.29.40

216 finishers

BOLLINGTON NOSTALGIA
Cheshire
BM/11.4km/372m 12.07.15

The 11th Bollington Nostalgia Hill Race always attracts great support from the running community, with athletes coming from far afield to compete. This year David Rutley, MP for Macclesfield, was on hand to start the race and send the runners on their way with much encouragement.

Because it was slightly overcast on the day with the occasional showers, the weather was perfect and 122 wonderfully enthusiastic runners set off on this challenging 11.4 kilometre multi-terrain route, which weaves around Bollington and the surrounding countryside.

As always, our volunteers, all 40-plus of them, make the day really special, cheering the runners on every step of the way, manning the water stations and supplying endless drinks and cakes back at the Bridgend Centre. We would like to say a tremendous 'Thank You!' to

all these volunteers and also to the members of Wilmslow Running Club who, yet again, expertly recorded the times.

This year's overall winner was Mike Salt completing the race in 44:04 and beating Tom Bush into second place in a time of 46:11. Third place went to Rob Downs in a time of 46:28.

In fourth place and the first lady across the finishing line was Olivia Walwyn, in a time of 46:49. Olivia is our record holder, having completed the same course in 45:40 during the race in 2011. Sharon Johnstone was second and Tracey Greenway was third, with respective times of 52:29 and 53:22.

Jim Pendrill was the first V40, coming in at fifth place with a time of 47:50. Tony Taylor, the first V50 and Alan Bocking the first V60 completed the course in 50:11 and 56:32 respectively. For the fourth year running, we had a V70 winner – this year it was Simon Fenton, who completed the course in 1:11:06.

The first female O40 to finish was Diane Bygrave in 54:07 and the first Lady V50 was Sally Gilliver in 58:23. Christine Draper, the first lady V60, recorded a time of 1:28:05.

Unsurprisingly, the Team Winners for both men and women were Wilmslow, for the fifth year running!

All the winners received their prizes from the Deputy Mayor of Bollington, Councillor Allan Williams, amidst loud applause. Mike Salt received the Winner's Cup for the third time, having won it originally in 2010, when it had been donated in memory of Cath Chappell by her family. Cath was a valued member of Bridgend and a marshal for all previous races and Mike is her nephew. As most of her family was there to cheer him on, it was a real cause for celebration, especially as he was last year's winner as well!

Every Bollington Hill Race many of the runners are extremely complimentary about our wonderful marshals and some even say it is the race they most look forward to throughout the year.

Thanks to all the intrepid competitors and our fantastic volunteers, amazingly just over £1000 was raised for the Bridgend Centre, which is a charity and social enterprise. The race is always held on the second Sunday in July, so please put it in your diaries for next year!

Ann Mayer

1. M. Salt O/40	CambCol	44.04
2. T. Bush	Penn	46.11
3. R. Downs O/50	Wilms	46.28
4. O. Walwyn	Macc	46.49
5. J. Pendrill O/40	Wilms	47.50
6. J. Hardman	Chesh	48.48
7. M. Hill O/40	Wilms	48.59
8. W. Hamilton O/40	Unatt	49.51
9. D. Kelly	Unatt	49.59
10. J. Cairn	Unatt	50.10
VETERANS O/50		
1. (3) R. Downs	Wilms	46.28
2. (11) T. Taylor	SandS	50.11
3. (30) P. Ivens	TDerby	53.55
VETERANS O/60		
1. (45) A. Bocking	Chesh	56.32
2. (56) T. Hulme	Wilms	58.36
3. (62) G. Gilbert	Wilms	59.10
VETERANS O/70		
1. (104) S. Fenton	Wilms	1.11.06
2. (106) T. Faulkner	Wilms	1.12.57
LADIES		
1. (4) O. Walwyn	Macc	46.49
2. (21) S. Johnstone O/40	Wilms	52.29
3. (26) T. Greenway O/50	Derby	53.22
4. (32) D. Bygrave O/40	Wilms	54.07
5. (38) J. Downs	Stockp	54.49
(54) S. Gilliver O/50	Wilms	58.23

117 finishers

STOODLEY PIKE
West Yorkshire
BS/5km/213m 14.07.15

A glorious early evening sunshine cast its warm glow over the majestic Stoodley Pike monument in readiness for the annual running of the eponymous fell race. 145 runners, representing local clubs and those from further afield, toed the start line near the Top Brink Inn near Todmorden.

The fast and furious course took the runners for just over 3 miles. The route begins with a gradual climb up to the ridge, continues with a short stretch across the ridge and past the Pike and finishes with a rapid descent down the steeper side of the valley to the finish field.

The runners were clearly visible for the majority of the race to the spectators gathered to welcome the runners home in the finish field. Todmorden Harriers were well represented, in what is one of the club's oldest events. The race was won by Alex Whittem, of local rivals Calder Valley, in a time of 19.43. The first lady was Elizabeth Greenwood in a time of 23.45.

Many thanks to the marshals and race organising team and to the staff of the Top Brink pub for their continued support for the event. All proceeds from the race were donated to Forget Me Not Trust children's hospice, supporting children and their families in the Kirklees area.

Jo Daniels

1. A. Whittem	CaldV	19.43
2. J. Craig	Barlick	20.02
3. N. Treitl	Barlick	20.20
4. L. Maude	Barlick	20.30
5. J. Boyle U/16	Bburn	20.49
6. C. Smale O/50	Barlick	20.54
7. D. Kirkham	Wharf	20.59
8. A. Berry	Barlick	21.24
9. N. Barber O/40	Tod	21.31
10. T. Nelson U/16	Wharf	21.40
VETERANS O/50		
1. (6) C. Smale	Barlick	20.54
2. (21) M. Wharton	CaldV	23.32
3. (33) S. Booth	Unatt	24.32
VETERANS O/60		
1. (66) J. Birchenough	Roch	27.31
2. (73) G. Barnes	Unatt	28.01
3. (80) F. Buenber	Newb	28.34
VETERANS O/70		
1. (143) G. Arnold	Prest	40.59
2. (145) I. Stansfield	Tod	55.03
LADIES		
1. (24) E. Greenwood U/18	Bburn	23.45
2. (31) L. Collins	Unatt	24.28
3. (40) D. Gowans O/50	Acc	25.17
4. (42) L. Slater O/40	Barlick	25.35
5. (49) R. Patrick O/40	Tod	25.59
(67) J. Scarf O/50	CaldV	27.36
(105) A. Baldwin O/60	Stain	30.49

145 finishers

TOM'S BRANSDALE RACE
North Yorkshire
BM/12km/400m 14.07.15

A change of date to a few weeks earlier in the year resulted in a smaller field than usual for Tom's Bransdale fell race. Chris Roberts of York Knavesmire Harriers eventually pulled clear of Steve Hardy of Loftus and Whitby to take the honors in a closely fought contest. Nicola Kent, also of Loftus and Whitby was the first lady home in tenth position overall.

Gareth Wilson

1. C. Roberts	YorkK	57.31
2. S. Hardy O/40	LoftW	57.52
3. R. Stead	EskV	62.08
4. A. Hartley	Unatt	62.41
5. B. Atkinson O/50	YorkK	62.50
6. R. Grayson O/40	Picker	63.06
7. T. Sealy	Unatt	63.48
8. G. Wilson	NYM	64.02
9. R. Gover	YorkA	64.43
10. N. Kent O/40	LoftW	64.51
VETERANS O/50		
1. (5) B. Atkinson	YorkK	62.50
2. (16) D. Allison	NYM	69.01
3. (17) M. Clarke	LoftW	70.43
VETERANS O/60		
1. (13) A. Black	CambH	68.47
2. (15) M. Mummery	YorkA	68.59
3. (19) S. Smith	EskV	72.10
VETERANS O/70		
1. (37) T. Denney	Picker	96.05
LADIES		
1. (10) N. Kent O/40	LoftW	64.51
2. (26) L. Humpleby	Picker	79.45
3. (27) N. Gover	YorkA	80.39
4. (32) P. Gibbs O/40	YorkK	91.10
5. (33) S. Partridge O/40	Picker	91.18
(35) S. Slack O/50	Picker	92.01
(39) S. Tate O/50	Sunder	114.29

39 finishers

BAMFORD CARNIVAL
Derbyshire
BS/7.25km/305m 15.07.15

1. S. Franklin	Totley	29.57
2. J. Wright	SHUOC	30.52
3. D. Lund	DkPk	31.05
4. S. Omeara	Manch	31.08
5. S. Dimmerlow O/40	Pstone	30.17
6. M. Wainwright U/18	StaffsM	31.24
7. M. Nolan O/40	DkPk	31.31
8. J. Millar	SHUOC	31.34
9. K. Allanson	Mat	31.44
10. R. Horton O/50	Penn	31.48
VETERANS O/50		
1. (10) R. Horton	Penn	31.48
2. (33) A. Barnet	DkPk	35.43
3. (38) M. Elwis	Unatt	35.55
VETERANS O/60		

1. (61) K. Holmes	DPFT	38.03
LADIES		
1. (35) H. Tant	Totley	35.47
2. (68) N. Parkin O/40	DkPk	38.17
3. (74) J. Lunn O/40	Unatt	38.27
4. (76) A. Hooghamer	SHUOC	38.31
5. (77) C. Kay	Totley	38.42

100 finishers

WIDDOP
West Yorkshire
BM/11.3km/366m 15.07.15

The fine weather no doubt contributed to the very healthy numbers of both junior and senior runners congregating at the early 17th Century Packhorse Inn, for the annual Widdop Fell Race.

The senior route is a tricky but fast route around the beautiful paths and tracks of Gorple and Widdop reservoirs, climbing back over Standing Stone Hill and Blake Dean to the pub.

115 senior runners set off on a clear night, sunshine, but with a fairly cool wind. Conditions underfoot were relatively dry for Widdop and Darren Kay and Christian Holmes both shot off at the front to take on their own personal race. They were together until Darren seemed to find a technique of skimming across the very rough sections on Heptonstall Moor which Christian later said kept stopping him in his tracks. Darren then sped off to capture a course record by over a minute, with Christian also just inside Alex Witham's time from 2013.

In the women's race Gayle Sugden had a very strong run, herself only 2 minutes outside the course record of Holly Page.

Other stand-out performances on the night came from Rebecca Patrick as first FV45, Dave Beels as first V60, Dick Spendlove as first V65, Jackie Scarf as first FV50, Jane Leonard as first FV55, Aileen Baldwin as first FV60 and Graham Breeze as first V70.

It is my last year organising this beautiful Fell Race but hopefully the amazing support I have always received from flaggers, marshals, registration, results, the Packhorse Inn (Andrew and Jonathan), Yorkshire Water and, of course, runners, will continue for Helen in future years.

Andy Clarke

1. D. Kay O/40	CaldV	49.37
2. C. Holmes O/40	Wharf	50.53
3. J. Wood	Ilk	53.04
4. E. Hyland	Stain	53.14
5. G. Callan	Bing	53.53
6. B. Taylor O/40	Unatt	54.23
7. D. Grimshaw	Trawd	54.33
8. A. Walsh	Wharf	56.30
9. J. Collins	Stain	56.45
10. T. Sheard O/40	CaldV	56.58
VETERANS O/50		
1. (24) J. Emberton	CaldV	62.34
2. (28) R. Turner	Ross	63.02
3. (31) R. Brown	Stain	63.45
VETERANS O/60		
1. (36) D. Beels	CaldV	64.53
2. (58) G. Barnes	Unatt	69.52
VETERANS O/70		
1. (97) G. Breeze	Wharf	82.42
LADIES		
1. G. Sugden O/40	CaldV	62.40
2. R. Patrick O/40	Tod	65.31
3. J. Hird	Barlick	66.27
4. A. Dowlan O/40	Barlick	67.10
5. J. Scarf O/50	CaldV	68.55
R. Johnston O/50	CaldV	70.33

113 finishers

WARTON CRAGG
Lancashire
CS/9.3km/183m 18.07.15

1. L. Parrington	Barlick	39.58
2. P. Dugdale O/50	HelmH	40.15
3. J. Greenwood	Lytham	40.22
4. C. Arthur	Unatt	42.11
5. D. Cope	Howg	43.26
6. C. Jennings O/40		43.44
7. J. Turner	Bowl	44.37
8. C. Corless	Unatt	44.37
9. A. Hartley O/40	Bpool	44.38
10. A. Turner	Unatt	45.03
VETERANS O/50		
1. (2) P. Dugdale	HelmH	40.15
2. (19) I. Fitzpatrick	Sthport	47.57
3. (24) B. Davey	Sthport	49.30
VETERANS O/60		
1. (23) F. Lynch	RRose	49.27
2. (25) A. Appleby	Prest	49.37
3. (31) D. Miller	Chorl	52.42
VETERANS O/70		
1. (73) D. Wood	Borr	75.32
LADIES		
1. (12) L. Roberts O/40	Amble	45.32
2. (17) H. Bateson	LancM	47.13
3. (20) G. Giller	Sthport	48.46
4. (32) S. Skidmore	Unatt	53.11
5. (33) L. Mostefa	ProAm	53.18
(41) C. James O/50	Sthport	55.34
(46) H. Lewis O/40	LancM	57.27
(47) K. Hoyer O/50	FRA	57.31

73 finishers

HOOFSTONES
Lancashire
BM/12.9km/425m 18.07.15

1. B. Crowther O/40	Tod	1.08.10
2. S. Corbishley	Ross	1.10.23
3. R. Green	AchRat	1.11.01
4. D. Graham O/40	Tod	1.12.38
5. N. Jackson	Prest	1.12.40
6. J. Craven	Ross	1.16.34
7. M. Chalfont O/40	Unatt	1.16.39
8. M. Annison	Tod	1.22.52
9. M. Ellison	Ross	1.26.51
10. D. Gowans O/50	Acc	1.26.51
VETERANS O/50		
1. (11) R. Halstead	Tod	1.27.37
2. (12) G. Muir	Bing	1.27.43
3. (13) B. Hickey	Unatt	1.29.00
VETERANS O/60		
1. (16) D. Leslie	Tod	1.35.16
2. (17) M. Bull	Midd	1.38.16
3. (20) R. Czudek	Tod	2.18.46
LADIES		
1. (5) N. Jackson	Prest	1.12.40
2. (10) D. Gowans O/50	Acc	1.26.51
3. (14) H. Frome	CaldV	1.34.11
4. (15) J. Leonard O/50	Tod	1.34.17
5. (18) B. Savage O/50	Clay	1.38.37

22 finishers

INGLEBOROUGH
North Yorkshire
AM/11km/600m 18.07.15

With the forecasted rain never arriving, the summit clear and a trailing wind on the ascent, fast times were the order of the day. Breaking with tradition, we must first congratulate Hannah Horsburgh who took 12 seconds off Carol Greenwood's 1998 record in finishing 19th overall. The battle for first and second place was hard fought with only 7 seconds splitting Steve Hebbethwaite and William Neill. The fast times also carried into the older Vets with Ben Grant (V60), Gail Tombs (L60) and Norman Bush (V70), all beating the previous age group best times.

195 runners participated in the popular race. Next year's race will again be on the third Saturday in July.

Darren Kay at Widdop

PHOTO © ADRIENNE OLZEWSKA

David McGonnigal

1. S. Hebblethwaite	Kesw	47.12
2. W. Neill	Mercia	47.19
3. J. Wood	Ilk	47.47
4. M. Lamb	Kesw	48.42
5. T. Saville	DkPk	48.44
6. J. Crossfield	CaldV	49.43
7. A. Dalton	Ross	49.57
8. T. Cornthwaite	NFR	50.47
9. C. Miller	Hgate	51.05
10. D. Lund	DkPk	51.16
VETERANS O/40		
1. (14) N. Wood	HelmH	52.28
2. (18) G. Hull	Leeds	52.47
3. (22) G. Briggs	DkPk	53.37
VETERANS O/50		
1. (39) N. Holding	WPenn	56.33
2. (42) N. Crossley	Horsf	57.02
3. (46) J. Tinman	Ross	57.51
VETERANS O/60		
1. (49) B. Grant	Hgate	58.03
2. (64) N. Pearce	Ilk	60.10
3. (91) M.Walsh	Kend	64.37
VETERANS O/70		
1. (112) N. Bush	Ilk	67.29
2. (171) J. Francis	Clay	82.18
3. (175) J. Mitchinson	Unatt	82.49
LADIES		
1. (19) H. Horsburgh	Kesw	52.49
2. (30) B. Penty	YorkK	54.38
3. (32) C. Lambert	Wtherby	54.56
4. (44) S. Taylor	HelmH	57.26
5. (59) L. Collins	Unatt	59.21
(76) C. Morgan O/40	NiddV	61.29
(90) S. Houghton O/50	Ripon	64.34
(94) J. Keavney O/50	Swale	65.07
(104) F. Hail	Traw	66.21

194 finishers

Nicky Spinks and Caitlin Rice at Holme Moss

PHOTO © NORMAN BERRY

HOLME MOSS
Holmfirth
AL/25.5km/1285m 19.07.15

At 6.00 a.m., howling gales and horizontal rain greet me as I get up and it's much the same at 8.00 a.m. when the first helpers arrive. Let's hope the forecast, clearing by 10.00 a.m., is correct!

The initial slow trickle of runners build to a steady stream by 10.00 a.m. and rain has mostly stopped, still windy but mild. Queue, caused by kit checking every runner this year, is soon cleared by me helping out. Delayed start by 15 minutes and informed HVMR team who passed on to marshals out on the course. Gave the usual safety chat and route information at the start and then 158, a record for a non-championship event, set off. The sweepers give them a few minutes start, then set off in pursuit.

From the start, four runners led the pack - Ian Mills, Mark Ollerenshaw and Tim Budd, plus Matthew Lalor. By Holme Moss they were still together with first lady Helen Berry 8th, just 2 minutes behind, with Caitlin Rice and Nicky Spinks a further three minutes back .

Two retired at Holme Moss leaving 156 to tackle the fast descent into and then climb out from Heyden Brook, followed by the steady climb up to Tooleyshaw and on to Crowden via Whitelow. Next came probably the toughest part of the race, the climb up Bareholme, descent into Crowden Great Brook and the fight to the foot of, then ascent of, Laddow Rocks. The order was still much the same for both men and women at this stage and while still a long way to run, with only the tough climb out of Ramsden Clough at about 15 miles, the hardest parts were done.

The eventual winner, Matthew Lalor, made his break on this climb and by the finish had opened up a lead of almost 11/2 minutes on Tim Budd, with Mark Ollerenshaw another 3 minutes back in third. Helen Berry finished first lady in a fantastic 6th place, knocking over 7 minutes off her own record, with Nicky Spinks second and Caitlin Rice just one second behind in third.

Just four dropped out resulting in 154 finishers, a great day's racing followed by a plentiful supply of tea, sandwiches and cake.

Many thanks to the 50+ helpers, HVMRT, YW, UU, RSPB, NE, farmers, Cartworth Moor Cricket Club and the race Sponsor Brooklands Nursery.

Rob Kersey

1. M. Lalor	Barlick	2.44.21
2. T. Budd	Gloss	2.45.48
3. M. Ollerenshaw	Gloss	2.47.44
4. I. Mills	Penn	2.50.26
5. E. Gamble O/40	Chesh	2.56.44
6. H. Berry O/40	Holmf	2.56.57
7. C. McIntosh O/40	P&B	2.57.27
8. C. Jackson	Gloss	2.58.59
9. K. Doyle O/40	Kimber	2.59.42
10. S. Watts O/50	Penn	3.00.28
VETERANS O/50		
1. (10) S. Watts	Penn	3.00.28
2. (13) J. Rank	Holmf	3.01.46
3. (20) J. Doyle	Penn	3.13.38
VETERANS O/60		
1. (32) K. Taylor	Ross	3.23.44
2. (35) H. Partridge	HolmeP	3.24.54
3. (37) K. Holmes	DkPk	3.26.37

Alexander Thompson tackling the wall vault at the Cracoe U12 race.

PHOTO © STEPHEN WILSON GRAND DAY OUT PHOTOGRAPHY

VETERANS O/70

1. (154) C. Grime … … …	Spect	5.19.27

LADIES

1. H. Berry O/40 … … …	Holmf	2.56.57
2. N. Spinks O/40 … … …	DkPk	3.12.01
3. C. Rice … … … … …	Gloss	3.12.02
S. Budgett O/50 … … …	Horw	3.46.23
B. Coomber O/50 … … …	DenbyD	4.15.20

154 finishers

COSDON
Dartmoor
AS/5.2km/315m 19.07.15

The first of Okehampton Running Club's 2015 summer races took place on a sunny July afternoon. The 'out and back'(or should I say 'up and down') fell race to the top of Cosdon Hill is a traditional part of the Belstone Village Fair. From the start, it was clear this was a three horse race between last year's runner up, Tim Lenton , local runner Andy Vallance and John Yells. It was hard to work out who had the early advantage as all three leading contenders had their own unique routes up the hill. Tim summited first with a healthy lead of over a minute then Andy closely followed by John. From the top of Cosdon Hill, there are no visible paths in the direction of Belstone so choosing the correct route off the hill was crucial. Tim's route proved spot on giving Andy no chance in catching him, leaving Tim to regain his 2013 Cosdon crown with a very respectable time 29:13, only six seconds outside the course record. Andy's local knowledge meant his second place was never in doubt, leaving John to mop up third. Unfortunately, the decent chosen by fourth to summit, David Wilcox, proved to be a little more wayward. This allowed Paul Crease and Julian Wills who summited in seventh and eighth to take fourth and fifth at the finish. Things weren't all bad for David as he took the vet O/50. A big apology goes out to Jim Hill who had a great run with an excellent time of 52:54 taking the vet O/70. Due to a mix up with his category, he was not mentioned in the prize giving after the event. Graham Penn finished off the men's award receiving the vet O/60.

The ladies' race saw a close battle between South Molton Strugglers Jo Sleep and Sarah Chaloner. There was never more than a minute between the two ladies with Jo coming out on top at the finish leaving Sarah to take both second lady and first FV40. Local lady Kerry Morashti put in a fine performance bagging the FV/50 award.

Okehampton Running Club would like to thank all the marshals who made this event possible and Belstone Village Fair who as always make us feel very welcome.

Paul Crease

1. T. Lenton O/40 … … …	AxeV	29.13
2. A. Vallance … … … …	Oke	31.04
3. J. Yells … … … … … …	EdUni	33.09
4. P. Crease O/40 … … …	Oke	34.42
5. J. Wills O/40 … … … …	MountB	35.25
6. D. Wilcox O/50 … … …	FRA	37.12
7. D. Phillips O/40… … …	Unatt	37.41
8. C. Turner … … … … …	Oke	37.52
9. P. Belcher O/40 … … …	Holdan	38.07
10. R. Kelly … … … … …	Oke	38.30

VETERANS O/50

1. (6) D. Wilcox… … … …	FRA	37.12
2. (14) M. Rice … … … …	Oke	40.35

VETERANS O/60

1. (30) G. Penn … … … …	Teign	62.15

VETERANS O/70

1. (27) J. Hill … … … …	Honit	52.54
2. (33) A. Vince… … … …	Dartm	94.00

LADIES

1. (17) J. Sleep … … … …	SMolt	45.10
2. (20) S. Chaloner O/40	Poole	46.19
3. (28) K. Morashti O/50…	Oke	53.22
4. (29) H. Senya … … …	Unatt	58.51
5. (32) J. Bowler … … …	Unatt	72.34

33 finishers

CRACOE - BOFRA
Yorkshire
AS 19.07.15

It was a blustery day that greeted the 81 senior and 133 junior runners at this year's Cracoe Fell Races. The weather men had promised early rain with sunshine to follow. The rain never really materialised and the sunshine came in patches. Whatever the weather, though, there were some excellent results in all categories as competitors battled with each other and the very mixed conditions underfoot, to complete this "mostly runnable" course.

The race began on firm grass and bounded over fields before runners had to launch themselves onto a strategically placed trailer in order to mount the first of two walls. The

second wall, at the end of a long drag up a gradual gradient, requires sheer thigh power to climb over and drop into the first of the energy sapping peaty bogs that were knee deep in parts. Now on the fell proper, the terrain gets much more technical with hidden rocks and thinly covered rabbit holes to trip all but the most observant of runners. There were more delights in store for the seniors and U17s as high winds buffeted them over Cracoe Fell to the War Memorial at Watt Cragg. That same wind took your breath away, and blew you back, as runners negotiated the crags at the foot of the memorial to reach and descend from the summit. The course now returns the way it came, over walls, bogs, fields and trailer, back to the finish funnel. The rain might not have fallen from the sky but records certainly did fall as four new course records were made across the race set.

The first record to fall was in the U9 girls' race as Helena Roberts sped home 3.14. The next record fell in the U12 boys' race as Alexander Thompson stormed home at the head of 45 runners in 7.47. The new U17 boys' record holder is Josh Boyle in 22.11, who battled with rival Thomas Nelson over the whole of the course. Adding another course record to his collection is Simon Bailey who led 81 seniors to reach the finish funnel in19.38.

Congratulations to all competitors, many of who returned with peaty "fake tan" to their legs and; huge thanks to all the volunteers from BOFRA, without whom this race would not happen.

Su Thompson

1. S. Bailey	Mercia	19.38
2. T. Mason	Wharf	20.53
3. J. Smith U/23	Wharf	21.27
4. J. Craig	Barlick	21.52
5. T. Cowin O/40	Howg	22.35
6. M. Taylor O/40	Unatt	23.55
7. A. Life O/50	Clay	24.00
8. S. Umpleby O/40	Kend	24.11
9. P. Lambert O/40	Wharf	24.25
10. E. Williams	Unatt	24.37
VETERANS O/50		
1. (7) A. Life	Clay	24.00
2. (11) M. Mon-Willliams	Ilk	24.52
3. (13) M. Egner	Settle	25.05
VETERANS O/60		
1. (39) B. Scholes	Settle	29.59
2. (41) N. Bush	Ilk	30.15
3. (62) A. Biddle	WPenn	34.33
LADIES		
1. (26) H. Russell U/23	HelmH	27.26
2. (29) E. Hopkinson	Wharf	28.30
3. (34) A. Donlan O/40	Barlick	29.27
4. (37) K. Bailey O/40	Mercia	29.57
5. (38) L. Williamson U/23	Ilk	29.58
(55) L. Whittaker O/50	Wharf	33.02
(76) A. Handley O/50	Wharf	39.33

214 finishers

HARROCK HILL RACE 3
22.07.15

1. D. Miller	Endur	33.56
2. K. Steinegger	Amble	34.04
3. S. Bolland O/40	Bowl	34.52
4. A. Lloyd O/40	Horw	35.00
5. P. Neild O/40	Bowl	35.03
6. L. Brindle	Horw	36.16
7. C. Barnes	Bburn	36.19
8. J. Sutton O/40	Bburn	36.27
9. T. Harkin O/40	Unatt	37.17
10. P. Boyle O/40	Lpool	37.23
VETERANS O/50		
1. (14) S. Gould	WiganP	38.35
2. (16) D. Collins	WiganH	38.04
3. (18) S. Tobin	Sthport	38.48
VETERANS O/60		
1. (24) S. Morran	NVets	39.26
2. (50) T. Hesketh	Horw	42.27
3. (65) T. Hellings	Lytham	44.00
VETERANS O/70		
1. (154) J. Francis	Clay	66.04
2. (159) M. Copping	Chorl	79.06
LADIES		
1. (6) L. Brindle	Horw	36.16
2. (28) L. Greenwood U/23	Bburn	40.16
3. (34) J. Taylor O/50	WiganH	41.02
4. (45) G. Gillen	Sthport	41.58
5. (62) M. Cook O/40	Parb	43.47
(64) I. Kneale O/40	Burnd	43.58
(68) L. Fisher O/50	Burnd	44.13
(125) S. Stewart O/60	Sthport	53.05
(157) L. Plackett O/60	RRose	78.32

159 finishers

THE GREEN GREEN GRASS OF HOME
Clwyd
AS/7.2km/457m 22.07.15

A lovely clear evening in a picturesque setting saw 78 runners set off on a changed route for this, the third race in the Clwydian Hills Summer Trots series.

A close "to and fro" contest developed between the leading two runners with Stephen Kates eventually managing to establish and maintain a slender lead to finish in front of Jez Brown with Mark Williams in third place.

Local runner, Ceri Belshaw, finished as first lady with Bree Sutcliffe and Susan Fourie coming in together in equal second place.

An enjoyable evening for all.

Many thanks to all the marshals and helpers as well as the runners who took part in the race

Tony Benton

1. S. Skates	Prestat	39.47
2. J. Brown O/40	Buckley	40.05
3. M. Williams O/40	F1	41.09
4. J. O'Hara	Helsby	42.09
5. M. Wainwright	Helsby	42.21
6. S. Roberts O/40	Buckley	43.10
7. D. Boothby	Wrex	43.28
8. A. Pritchard O/40	Buckley	44.08
9. S. Ellis O/50	Tatt	44.15
10. A. Gordon O/40	Helsby	44.19
VETERANS O/50		
1. (9) S. Ellis	Tatt	44.15
2. (33) J. Adams	Pensby	53.30
3. (37) D. Garnham	Unatt	54.31
VETERANSO /60		
1. (57) I. Jones	Wrex	59.55
VETERANS O/70		
1. (49) J. Morris	Buckley	56.54
LADIES		
1. (27) C. Belshaw	Denb	49.52
2. (30) B. Sutcliffe	Chest	51.31
3. (31) S. Fourie O/40	Chest	51.31
4. (36) H. Evans	Buckley	54.22
5. (38) L. Baynham-Hughes	Helsby	54.43
(39) K. Lightfoot O/40	Tatt	54.47
(50) K. Stott O/50	Tatt	57.03
(61) R. Arnold O/50	Helsby	60.32

76 finishers

BEETHAM SPORTS
Cumbria
BS/9.3km/283m 25.07.15

It was another good turnout – weather came and looked iffy at the start of sports but by the time of the fell race start, the conditions were great. Numbers were slightly down on previous years but it was great to see lots of new faces – we hope they all enjoyed their run.

A new record was set by Mark Addison of 34.48 beating the previous record set in 2010 by Craig Roberts of 35.17 – Mark won last year in a time of 35.28 and promised to return this year to try and beat the record – well done !

Karen Merckel

1. M. Addison	HelmH	34.48
2. C. Roberts O/50	Kend	36.36
3. T. Tipping O/40	HelmH	37.34
4. S. Swarbrick O/40	Bowl	38.09
5. P. Dugdale O/50	HelmH	39.18
6. M. Chippendale O/40	Bowl	39.19
7. P. Muller O/50	Horw	41.11
8. A. Walsh	Wharf	41.48
9. B. Kennedy O/50	Settle	42.04
10. D. Love	Bowl	42.34
VETERANS O/60		
1. (22) M. McKenna	Dallam	45.05
2. (51) K. Thompson	Clay	52.55
3. (56) P. Bates	Lonsd	53.52
VETERANS O/70		
1. (81) D. Wood	Borr	76.31
LADIES		
1. (26) K. Baxter	SYorks	46.43
2. (31) E. Maddocks	Lons	47.18
3. (39) T. Beetham O/40	Kesw	49.38
4. (41) D. Pelly O/50	Amble	49.50
5. (42) H. Heap	Unatt	50.11
(46) J. Scarf O/50	CaldV	51.23
(49) A. White O/40	CFR	52.43

84 finishers

BEN RINNES 5 TOPS
Grampian
AL/22.6km/1500m 25.07.15

A deluge of rain during registration thankfully didn't seem to deter competitors from turning up but, undeerstandably, some of my race marshals were a little less keen to get off the mark! This meant that the course, which was bone dry the previous day, now had some interesting muddy spots to be negotiated. Temperatures were cool, typical of this summer and ideal for running in, so I was told!

Last year's defending champion, Stewart Whitlie, found himself a reluctant early leader but once used to the idea again, he opened up a near two minute lead on the big climb

up Ben Rinnes to the halfway turning point. This wass eroded to 29 seconds at the finish by a chasing Andrew Barrington but the experinced stewart, running the race for the 12th time, held on for his fifth victory at the tender age of 53 - impressive or what?! These two were almost five minutes clear of the rest of the field. In 22 years of organising this event, I'm still waiting for a sprint finish, the closest being a 19 second winning margin.

There was nothing close in the ladies' race with first timer, Moira Davie, clocking the sixth fastest time we've had, to win by almost six minutes.

Around the highland games arena this year were several cameras recording footage of the day's events with a view to compiling a promotional DVD. Hopefully, the hill race runners will feature prominently. A stocking filler perhaps?

Graeme Bartlett

1. S. Whitlie O/50	Carneth	2.04.58
2. A. Barrington	Lochab	2.05.27
3. J. Trevalyan	H'land	2.09.43
4. J. Espie	Dees	2.10.02
5. C. Hill	Cosmic	2.12.37
6. J. Gay O/40	Lochab	2.12.50
7. D. Evans	Wester	2.13.07
8. C. Doig	HBT	2.15.40
9. D. Cummins O/40	H'land	2.17.03
10. A. Keith O/50	HBT	2.18.53
(12) A. Davies O/50	Carneth	2.24.31
VETERANS O/60		
1. (56) D. Duncan	Ochil	2.57.40
2. (64) P. Kammer	Cosmic	3.13.34
3. (67) C. Ritchie	CambC	3.15.02
LADIES		
1. (14) M. Davie	Forres	2.27.00
2. (21) F. Ross	Harmeny	2.32.45
3. (26) V. Oldham O/40	Cosmic	2.36.21
4. (29) J. Stephen	HBT	2.37.48
5. (41) H. Ritchie O/50	Fife	2.45.24
(68) R. McCuaig O/40	Nairn	3.15.44
(71) J. Oliver O/50	Dees	3.26.34

78 finishers

TURNSLACK
Lancashire
BM/12.9km/610m 25.07.15

As most runners will know, Corporation Power has built 11 x 300 ft turnbines smack in the middle of the race route! I wasn't sure if the race would be on this year so I arranged a meeting with the Site Manager. We met at the works compound at Middle Hill. His foreman drove me out to the site on a road they had put in across the moor to the far side of Crook Hill. Most of the turbines were erected and I was just worried about ditches and construction material in the way. As it was, it looked OK and I decided to carry on as normal.

As with this race every year, I'm not sure who will turn up on the Friday night to help me to flag the course. It's a tough one to do. How the heck did I spend three hours on the Friday night flagging it on my own in the old days? 130 flags and the race on Saturday! Anyhow, two lads turned up, in fact the same two as last year - thanks Andy and Daniel. My mate John Hey was doing the Wardle side so we only had four miles to do.

Race day came and I was lucky again with the weather - nice, sunny and pretty warm.

For the 36th Turnslack, I was hoping for a good turnout as it wasn't clashing with other races. As it was, we had 96 which is pretty poor really. I'm baffled because on a freezing cold Sunday in December, you get over 300 to a short race with not many prizes.

I t was nice to see my old friend (well, not that old!), Mike Fanning bag a win as he had come second a few times lately. He used to live in the Lakes when I was competing. Now he's back south and loving it. Mike led for most of the way and Chris Smale was guaranteed second but missed the tape on the bracken half a mile from the finish. Instead, second place went to Andy Newton.

I'll tell you what - fell running is a real vets' game these days with only 17 seniors in the whole race. Well done to my mate Derek Schofield, who cycles mostly these days. He was first V60 - I don't know how he does it!

Thanks again to Calder Valley for putting it in their championship - we had lots of Valley members running.

As normal for every one of my races, I do the drinks. I suppose it's the hardest job of the lot and not easy keeping thirsty runners topped up.

The church ladies did a fine job keeping everyone topped up with refreshments. I'm lucky having such a good venue even though it's a little quirky. I mean..... how many races finish in front of church doors? I've never been religious but they built some of the most beautiful buildings in the country and our old church is one of them.

Kev Shand

1. M. Fanning O/40	Borr	71.29
2. A. Newton	Prest	76.19
3. M. Harmon	P&B	77.57
4. N. Holding O/50	WPenn	78.41
5. S. Smithies O/40	CaldV	78.54
6. D. Ryder	Unatt	79.10
7. A. Doyle O/40	Bolt	79.12
8. A. Davies O/40	SteelC	79.17
9. M. Walsh O/40	Darwen	79.21
10. I. Powell O/40	CaldV	80.18
VETERANS O/50		
1. (4) N. Holding	WPenn	78.41
2. (14) R. Turner	Ross	82.12
3. (20) A. Parkin	Unatt	85.39

PHOTO © JUDY HOWELLS

Chris Smale, at this point, leading the field on to the Windmill Moor at Turnslack.

VETERANS O/60

1. (24) D. Schofield	Ross	86.35
2. (27) D. Beels	CaldV	87.30
3. (57) K. Fingleton	Unatt	94.45

VETERANS O/70

1. (76) R. Blakeley	Tod	105.35

LADIES

1. (48) A. McClean	Sadd	93.15
2. (54) L. Barends O/40	Prest	94.15
3. (66) J. Leonard O/50	Tod	97.42
4. (73) C. Harding O/40	P&B	104.04
5. (82) M. Dixon O/40	Clay	107.46
(89) M. Goth O/50	Tod	121.01

92 finishers

BINGLEY SHOW
West Yorkshire
BS/10.6km/304m 25.07.15

A glorious day for a run and 93 runners (a 10 year high) turned up for Bingley Show - a 10k (and a bit) with plenty of ups, downs, tussocks and trails.

Tom Adams came in with a new record time of 38.44 and Hayley Kuter a new record for the ladies in 48.02.

Reports of it being a "brutal" race, and a 'tough little number" mean that having doubled the distance last year, we have made this a great course for the future and one to put in the diary for next year. It can only get bigger and with the show going on as well. It was grand day out.

Sally Robinson

1. T. Adams	Ilk	38.44
2. J. Hood	Barlick	42.10
3. C. Holmes O/40	Wharf	42.53
4. P. Livermore	NLeeds	44.42
5. A. Siddle	Bing	45.11
6. P. Mitchell O/50	Bing	46.11
7. J. Parkin O/40	Bing	46.51
8. H. Kuter	Salf	48.02
9. A. Britton	Idle	48.06
10. T. Hooper	Bing	49.10

VETERANS O/50

1. (6) P. Mitchell	Bing	46.11
2. (15) J. Mooney	Macc	51.03
3. (16) P. Kerridge	Tod	51.16

LADIES

1. H. Kuter	Salf	48.02
2. L. Hubbard	Kghly	54.48
3. L. Watson O/40	Bing	55.05
4. J. Thornton O/40	Bing	56.12
5. H. King	Knave	56.31
K. Hoyer O/50	Wesh	64.39
A. Rutherford O/50	Unatt	67.36

93 finishers

Hayley Kuter, 8th overall at Bingley Show

PHOTO © WOODENTOPS.ORG.UK

The start at the James Herriot Run – spot the vets.

PHOTO © BARRIE WHITFIELD

JAMES HERRIOT RUN
North Yorkshire
CM/14km/305m 26.07.15

There was an excellent turnout for this year's James Herriot Country Trail Run with 284 entered and 242 actually running.

We were fortunate with the weather despite a doubtful forecast, having sunshine at the start and no rain until the race was over.

There was a full batch of new winners, which was good to see, though no records were broken. The mens' race was won by **Ed Hyland** in 55.21 with **Michael Joyeux** and **Lee Bennet** close behind.

First Lady home was **Becky Penty** in 61.15. Second was **Lucy Collins** and third **Hannah Phillips.**

Jim Wight, son of James Herriot, presented the prizes. A big thank you to him and to Swaledale Road Runners who provided an even bigger team, led by Helen Inglis, to manage the finish and time-keeping in a very professional way.

Thank you to all the clubs and individuals who took part. We hope you enjoyed it and want to return! We will have raised around £2,700 for charities and local deserving causes

Barrie Whitfield

1. E. Hyland	Stain	55.35
2. M. Joyeux	Darling	55.60
3. L. Bennet O/40	Elsw	55.77
4. A. Perry	Helm	55.93
5. S. Whelan O/50	LondF	56.70
6. R. Carter	RollsR	56.82
7. J. Gillanders	LondF	57.45
8. M. Forrest O/50	LondF	57.68
9. R.Patterson	Unatt	59.50
10. J. Moscrop O/40	LondF	59.63
(19) A. Todd O/50	NiddV	62.23

VETERANS O/60

1. 20) S. Morran	NVets	62.47
2. (30) M. McKenna	Dallam	65.20
3. (36) M. Walsh	Kend	67.17

VETERANS O/70

1. (211) T. Ledwada-Chapman	NiddV	100.92
2. (224) A. Prest	Quakers	108.45

LADIES

1. (16) B. Penty	YorkK	61.25
2. (22) L. Collins	Unatt	62.29
3. (30) H. Phillips O/40	Unatt	65.08
4. (37) A. Lancaster O/40	YorkK	67.05
5. (40) J. Keavney O/50	Swale	67.20
(46) H. Halliday O/50	BedaleA	68.77

239 finishers

LEE MILL
Lancashire
BM/10km/332m 28.07.15

This was the first race in the Rossendale mid-week series and first running of our Lee Mill route as a normal fell race. The same route was run last December as a 4+ runner relay event.

Race day saw conditions overcast but thankfully the rain held off.

I was pleased with 139 runners taking part in the event and got them away dead on 7 00 p.m..

Calder Valley's Ben Mounsey, the course record holder from the December relay event, set off on a mission and had a substantial lead by the Top O Leach trig hi-point.

The course is well flagged, and although boggy in places times were faster than the December event which was swamp in some sections.

Winning the men's event with a four minute lead over Horwich runner, Nick Leigh, Ben

PHOTO © STEVE BATESON

Ben Mounsey at Lee Mill

Mounsey beat his old course record of 44.33 with a rapid 42.19.

In the ladies, Calder Valley's Jo Buckley again set a new course record of 55.11 to finish in front of team mate, Lindsey Oldfield.

Thanks everyone who ran and a massive thanks to all the helpers and friends who make our events happen.

Richard Stott.

COCK HILL WOOD
Lanashire
AS/5.4km/339m 30.07.15

1. Jo. Boyle U/16	Bburn	24.51.6
2. Ja Boyle U/23	Clay	25.21.3
3. A. Wrench O/50	Tod	25.41.8
4. C. Smale O/50	Barlick	25.48.5
5. D. Fishwick O/40	Chorl	27.06.6
6. J. Collins	Stain	27.54.6
7. D. Reilly O/40	Darwen	27.55.1
8. P. Hesketh O/50	Clay	28.50.0
9. A. Doyle O/40	BoltU	28.53.7
10. G. McIntyre	RonH	29.14.6
VETERANS O/60		
1. (20) R. Hirst	Clay	44.42.0
2. (24) R. Czudek	Tod	51.02.3
VETERANS O/70		
1. (25) I. Stansfield	Tod	73.36.2
LADIES		
1. (11) L. Collins	Stain	29.45.9
2. (21) K. Brierley O/40	Sadd	47.38.7
3. (22) R. Whitaker	Tod	48.07.4
4. (23) H. Farren O/50	Ross	49.27.5

25 finishers

FARLETON KNOTTS - BOFRA
Cumbria
AS 02.08.15

In cloudy bright conditions, the monster that is Farleton Knotts looked almost docile and inviting. The day was warm but a variable breeze promised to cool the competitors as they raced around this tough and varied course. However, appearances can deceive and this race is not for the faint hearted. Monster or not, it failed to deter as 73 seniors and 92 juniors gathered in the start field to compete in their individual races. This year, for reasons beyond the control of BOFRA, all races started in a different field to normal, and excluded the short road section.

The senior race starts calmly enough in a field below the Knotts before crossing a stile onto the fell base where it winds its way relentlessly round the bracken coated fell. Runners disappear completely as they climb around the back of the fell to emerge at the summit. The feeling of relief at having reached the summit is only relatively short lived. There is the initial respite of a two part adrenaline pumping, scree descent. All the summer rain has worked its own type of magic on the scree, making it very slippery and, muddy at the bottom. This year, many runners emerged from this section sporting muddy hands and rears. Next, there is a balance challenging hairpin turn prior to the real treat of the day: a second ascent! This climb is much steeper than the first and rewards those with hand over fist scrambling skills rather than running skills, to reach the summit for a second time. Runners can now relax into a long run down the fell, following the outward route, back to the finish line and much needed refreshments.

Tom Addison and Caitlin Rice made light work of multiple demands of this race to win the men's and ladies' races respectively.

Prior to the presentations a minute's silence was held in memory of Karen Carr who died earlier this year. Along with husband, Steve, she had flagged and cut back the bracken for this race for many years. She always bore a happy smile and will be sadly missed by all.

Su Thompson

1. T. Addison	Helmh	33.41
2. J. Craig	Barlick	34.31
3. T. Mason	Wharf	35.13
4. P. Crabtree O/40	Wharf	37.16
5. R. Brown	Kesw	38.38
6. M. Taylor O/40	Unatt	38.46
7. J. Smith U/23	Wharf	38.54
8. C. Burrow O/40	Helmh	38.58
9. J. Bradshaw U/23	Wharf	39.03
10. J. Marchant O/40	Helmh	39.17
VETERANS O/50		
1. (13) J. Blackett	DkPk	40.14
2. (18) M. Egner	Settle	40.47
3. (30) L. Warburton	Bowl	45.39
VETERANS O/60		

Sam Smith 1st under 12 at Farleton Knott

PHOTO © GEOFF THOMPSON

1. (48) B. Scholes	Settle	50.59
2. (62) T. Metcalfe	Wharf	59.14
3. (64) A. Biddle	WPenn	59.19
LADIES		
1. (23) C. Rice	Gloss	41.25
2. (24) L. Mercer U/23	EdUni	41.31
3. (39) E. Morton-Collings	Unatt	48.46
4. (41) A. Donlan O/40	Barlick	49.20
5. (44) C. Niblock	HelmH	49.53
(49) J. Powell O/40	Wharf	51.01
(59) L. Buck O/50	CFR	55.45
(71) A. Handley O/50	Wharf	73.40

164 finishers

ARENIG FAWR
Gwynedd
AM/13km/1000m 02.08.15

This was the eleventh running of the Arenig Fawr race and the third year of the new and extended route. Arenig Fawr, like a number of other hills in south Snowdonia, is isolated and surrounded by wild lowlands. Race headquarters is at a disused railway siding, next to the old Arenig quarry. Race entry fee is kept low and refreshments, food and homemade cakes are provided free.

Race day weather was mild clear and breezy. Participation was one of the lowest ever with 32 runners registered, all of whom finished in under three hours. Comments about the course have always been very favourable but the increased toughness of the race over the original shorter course has obviously put off a significant number of runners.

Parts of the race route are fairly complex and require careful navigation. A pre-race recce will definitely give an advantage and save time. It is noted that although there was good visibility, some runners lost time in the transition between checkpoints 1 and 2 by climbing high rather than following an easier contour line.

My thanks to: Geoff Clegg of the WFRA who always does the start/finish timing; Running Bear for supplying items for prizes at a generous discount; Wynn Cliff for making vests with the race logo and supplying numerous prizes 'left over' from the Anniversary races; Kath, Wynn and Pat for all their hard work providing refreshments, food and cakes and looking after runners and marshals; all the runners who took part.

Next year the race will be run on Sunday 31 July.

Yiannis Tridimas

1. G. Hughes	Unatt	1.40.21
2. S. Edwards O/40	Buckley	1.42.44
3. J. O'Hara	Helsby	1.44.00
4. N. Ashcroft O/40	Amble	1.46.04
5. S. Ridgway O/40	RSnowd	1.55.01
6. K. Hagley O/50	SWRR	1.55.23
7. O. Roberts U/23	Eryri	1.55.23
8. I. Edgar O/55	Eryri	1.59.37
9. S. Cliff O/50	Bowl	2.00.06
10. M. Reynolds O/40	Mercia	2.00.47
VETERANS O/60		
1. (13) M. Blake	Eryri	2.12.37
2. (15) D. Jones	Eryri	2.14.04
3. (16) S. Roberts	Oswest	2.14.52
LADIES		
1. (5) S. Ridgway O/40	RSnowd	1.55.01
2. (19) S. Williams	Unatt	2.16.34
3. (30) D. Rutherford O/50	Pensby	2.44.32

32 finishers

PARWICH PANORAMIC FIVE
Derbyshire
CS/8.5km/200m 04.08.15

The Parwich Panoramic 5 again had a great turn out with runners coming from far and wide. The conditions were almost perfect but unfortunately it rained slightly in the afternoon making the course slippery in some areas.

The women's course record was beaten by three seconds despite Diane mentioning she had to stop and retie her lace twice during the race.

Ian Phillips seemed to lead from the start but there were battles for places further down the field.

Nia Linnell

1. I. Phillips	Mat	33.51
2. M. Wainwright	Unatt	35.01
3. R. Donald	Shelt	35.18
4. A. Thompson	Unatt	35.44
5. C. Jeffery	StaffsM	36.11
6. M. Brennan	EreV	36.45
7. S. Margiotta	Ashb	36.55
8. R. Smith	Ashb	37.31
9. A. Billington	Belper	37.42
10. M. Taylor	Ashb	37.45
VETERANS O/50		
1. (12) R. Hyde	EreV	38.58
2. (21) G. Hutchings	Ashb	41.19
3. (29) T. Jaques	Ripley	43.16
LADIES		
1. (16) D. Lee	Unatt	39.44
2. (18) J. Hawkins	Wirks	40.38
3. (25) R. Chatwin	Buxt	42.14
4. (34) A. Wainwright	StaffsM	44.02
5. (36) F. Alexander	MktHarb	44.34
(77) J. Gorzeman O/50	Unatt	54.18
(87) K. Pope O/50	Sinfin	61.09

89 finishers

BLUEBELL CHEVIN
Derbyshire
CS/7.35km/280m 06.08.15

Held in ideal conditions, the Bluebell Chevin fell races saw 77 of the 79 entrants complete the enforced slightly amended courses. Luke Beresford went straight into the lead and made light of the ten hills to win by over a minute.

Thanks are extended to the officials, marshals, the farmer and the landlord of the Bluebell Inn for their invaluable help and assistance and also to the entrants whose entry fees will see yet another poor family in the southern Indian state of Kerala financially supported for a whole year.

David Denton

1. L. Beresford	Unatt	29.41
2 .N. Dennis	LongEat	30.49
3. E. James	Belper	32.24
4. M. Rocchelli	LongEat	34.04
5. E. Barr	AmberV	34.28
6. G. Baird O/40	SutAsh	34.30
7. C. Brown	Unatt	34.44
8. C. Wilshaw	Unatt	34.53
9. S. Taylor	Belper	35.18
10. A. Case	Unatt	35.23
VETERANS O/50		
1. (12) T. Raynor	Mansf	35.39
2. (16) P. Hands	LeicesC	36.52
3. (18) D. Holmes	Ripley	37.08
VETERANS O/60		
1. (27) M. Moorhouse	Mat	39.19
LADIES		
1. (34) R. Keeley	Belper	40.17
2. (36) G. Gamble	LongEat	41.22
3. (41) E. Wainwright	StaffsM	42.05
4. (42) R. Farrow	Shelt	42.12
5. (43) H. Fletcher ??	LitEat	42.22
(53) L. Salkild O/40	HolmeP	49.33
(59) C. Sharratt O/50	Hatton	53.24

61 finishers

JUNIORS - 3.26km/140m

U/10		
1. F. Brooks	Unatt	19.37
2.F. Bryan	Unatt	20.21
3. O. Atkinson	Mat	21.11
U/12		
1. T. Gill	Mat	16.52
2. M. Woodhall	Mansf	18.30
3. L. Billiington	Unatt	23.33
U/16		
1. J. Bond	Duff	22.50

16 finishers

SALT CELLAR
Derbyshire
BM/10.9km/486m 07.08.15

156 souls braved 'death by midge', but were ultimately rewarded by the magnificent views along the route and another cracking race. The course starts at the bottom of Derwent reservoir overlooking the impressive dam wall then a steep climb upwards to the top of Derwent edge which in turn gives way to the breath taking scenery which overlooks the metropolis of the Derwent reservoirs. As the run speeds up along the path part rock, part slab to the now famous Salt Cellar where all runners lay a hand on the sacred stone before the steep bog and bracken infused descent to the nature reserve which has proven to be a very technical descent and after race conversation! The participants are cheered on throughout the race by the ever present grouse and sheep. The climb then starts back up to Hunter's Hill and then towards the final decent of Hallelujah Hill (apparently this decent name changes depending on the runner!).

The race is now in its fourth year and has grown from strength to strength with numbers increasing year on year. The organizers would like to think this is due to the breath-taking scenery and challenging course and not the free cakes and buns upon completion for all participants!

This year's race was won with a stunning sub 50 minute time of 49.34 and new race record by the ever impressive Tom Saville, who led the race from start to finish and has jostled

Austin Frost above Ladybower Reservoir on the Salt Cellar race.

PHOTO © MOSSIENETPHOTOGRAPHY

the course record from another stalwart Stuart Bond, who was absent for this year's run…… so maybe a race off next year?

Helen Elmore made it a male/female Dark Peak double by taking home the ladies' first prize in a time of 1:02:19.

The race forms part of the season long Accelerate Gritstone series and once again was gratefully supported by Accelerate, Inov-8 and Just Natural at Crookes.

A mention must also go to Edale Mountain Rescue who are always there if we need them. As always, all proceeds from the race will be donated to Edale Mountain Rescue.

Final word of thanks has to go to all the Steel City Striders members who volunteered for marshalling duties. The committee and race organisers can't thank you enough, as without you there would be no race.

Thank you everyone for your continued support towards this great event.

Dean Young

1. T. Saville	DkPk	49.34
2. S. Franklin	Tot	51.42
3. J. Williams	DkPk	53.47
4. R. Skrimshire	DkPk	55.32
5. A. Frost O/40	DkPk	55.41
6. A. Stuart	Beest	55.53
7. T. Beaumont	Poopy	55.58
8. S. Knowles O/40	Penn	56.28
9. M. Robinson O/40	DkPk	56.55
10. P. Hague O/40	DkPk	58.28
VETERANS O/50		
1. (44) I. Charlesworth	Pstone	64.52
2. (47) D. Allen	DkPk	65.12
3. (66) S. Aspey	Unatt	69.34
VETERANS O/60		
1. (57) T. Ratcliffe	Sadd	67.43
2. (59) K. Holmes	DkPk	67.54
3. (83) N. Oxley	Unatt	73.17
LADIES		
1. (27) H. Elmore O/40	DkPk	62.19
2. (29) J. Jepson O/40	DkPk	62.46
3. (30) F. Kevsteven	Totley	63.29
4. (34) S. Fawcett	DkPk	64.19
5. (48) C. Dosser	DkPk	65.38
(79) P. Goodall O/60	Totley	72.28
(98) A. Middleton O/50	DenbyD	76.26

155 finishers

LONG TOUR OF BRADWELL
Derbyshire
BL/52.7m/2200m 08.08.15

With warm weather forecast there was plenty of water at the drinks stations but times were generally slower and we had to call mountain rescue for one runner who succumbed to heat exhaustion. All the other runners seemed to manage the conditions and we had few other injuries to note. The going was good underfoot and visibility excellent.

The Long Tour is a hard race but takes in some beautiful countryside and there were lots of happy faces at the end- with lots of thanks going from the competitors to the hard working crew from Bradda Dads. They were thanked many times for being so helpful and cheerful at the water stations. All the profit raised goes via Bradda Dads to good causes in Bradwell and this has become a regular, well run village event.

Given the warm weather the winners were both about 20 minutes down on the previous records but both Ken Sutor and Caitlin Rice still ran impressive races. Second male was Es Tresidder and Stephen Shanks was third.

Mary Gillie was second lady home with a close race for third won by local veteran Nicky Spinks.

Next year's event will be on Saturday 6 August.

Richard Patton

1. K. Sutor O/40	CheshH	5.21.15
2. E. Tresidder	DkPk	5.33.28
3. S. Shanks	VicPark	5.33.57
4. T. Budd	Gloss	5.44.54
5. C. Sharpe	Unatt	6.04.23
6. K. Hoult O/40	Unatt	6.04.32
7. M. James	Porter	6.06.38
8. R. Litherland	Penn	6.15.50
9. M. Terry O/50	Clay	6.16.28
10. C. Muress O/40	Unatt	6.18.56
VETERANS O/50		
1. (9) M. Terry	Clay	6.16.28
2. (12) K. Perry	Unatt	6.23.01
3. (18) N. Aston	FRA	6.36.43
LADIES		
1. (11) C. Rice	Gloss	6.22.58
2. (14) M. Gillie	Clwyd	6.30.53
3. (23) N. Spinks O/40	DkPk	6.46.49
4. (24) K. Whitfield O/40	Mercia	6.47.18
5. (25) C. Oliffe	DkPk	6.47.31
LADIES O/40		
1. (23) N. Spinks	DkPk	6.4.49
2. (24) K.Whitfield	Mercia	6.47.18
3. (43) H. Carter	Unatt	7.48.59
LADIES O/50		
1. (34) K. Nash	FRA	7.18.14
2. (65) A. Brind	StoneM	8.31.05
3. (77) S. Howarth	Traff	8.55.26

100 finishers

SHORT TOUR OF BRADWELL
Derbyshire
BL/52.7km/2200m 08.08.15

The Half Tour is shorter but still challenging. We had a new male record with Sol Clark breaking the 2 hour barrier (1:58:58). Adam Taylor was second, closely chased down by our first Vet, Richard Pattison.

Helen Pickford was first lady back, just 3 minutes off the record time from last year in 2:27:55. Zanthe Wray was second with Amanda Seims in third.

Richard Patton

1. S. Clark	Buxt	1.58.58
2. A. Taylor	DkPk	2.03.12
3. R. Pattinson O/50	CaldV	2.03.18
4. C. Jeffery O/40	StaffsM	2.09.44
5. C. Chambers O/40	Eastleigh	2.11.30
6. L. Rawson O/40	Unatt	2.11.34
7. D. Bethell	TRaid	2.17.12
8. S. Green	Unatt	2.18.08
9. M. Elwiss O/50	Unatt	2.20.15
10. N. Crossley O/50	Horsf	2.23.42
LADIES		
1. (23) Z. Wray	Unatt	2.42.52
2. (24) A. Seims	Unatt	2.49.03
3. (26) H. Sahota	Unatt	2.49.09
4. (28) I. Storm	Chorlt	2.51.23
5. (31) E. Stone O/40	Wirks	2.53.11
LADIES O/40		
1. (12) H. Pickford	Unatt	2.27.55
1. (31) B. Stone	Wirks	2.53.11
2. (36) B. Penrose	Unatt	3.05.44
LADIES O/50		
1. (60) B. Haigh	P'stone	3.16.54
2. (67) G. Markham	Melth	3.30.25
3. (73) M. Jeal	Gloss	3.43.09

85 finishers

TEGG'S NOSE
Cheshire
BM/11.7km/525m 08.08.15

At the request of the Sheepdog Trials Association, the race start was moved to13.00 and there was a good deal of angst over whether the message had got out sufficiently but, in the event, no one seems to have had a wasted journey. The weather was warm to say the least but VERY pleasant and the dry weather suggested we may be on for some fast times.

Course record holder (of many courses, in fact) Simon Bailey, had said he would not be there but a strong field assembled at the start.....a start delayed a little by a sheepdog's trouble in asserting itself over its charges! Tony Morris of ITV News was there to support fundraising efforts on behalf of the Bosley disaster fund and kindly got everyone on their way.

Almost as amazing as the dogs was the sight of Tom Adams coming in over two minutes inside Simon's record, in a time of 51.56. He took the finish crew a little by surprise! He had had a fantastic run, leading from start to finish, on a very beautiful but tough course and was two and a half minutes ahead of the second placed runner Pete Matthews. Even more impressive was that neither had ever run the course before. Jack Ross, a former winner, was third in 57.23. First lady was Katie Walshaw in 1.01.37.

Unsurprisingly, Macclesfield was the best represented club and also many Spectrum Striders were in attendance, but Wilmslow won the team prize.

Despite initial concerns over the changes to the event for this year (due to the fact the Sheepdog Trial was a bigger, national event) all seemed to go well. Jon Powell of Altrincham needed treatment to an elbow injury, but still finished in a good time of 1.18.01.

Any Race Organiser will tell you there is hassle aplenty and angst over the outcomes of their races....this one is no different. However, when all have got back in one piece with beaming smiles and the agreeable aches that we are all familiar with, doing it all again next year doesn't seem such a bad idea. This year's charity for Tegg's will be MIND, the mental health charity.

Thanks very much to all the marshals (you know who you are); the landowners; Wincle Brewery and Mail Boxes Etc for the stationary and of course to the runners for supporting the event.

Simon Cartledge

1. T. Adams	Ilk	51.56.00
2. P. Matthews	Bburn	55.29.00
3. J. Ross	StaffsM	57.23.00
4. R. Simpson	Wester	58.03.00
5. D. Nicholes	Wilms	60.00.01
6. T. Werrett O/40	Mercia	60.00.56
7. J. Bennett	Buxt	60.01.26
8. K. Walshaw	Holmf	60.01.37
9. M. Cliffe	Eryri	60.02.08
10. N. Holding O/50	WPenn	60.03.01
VETERANS O/50		
1. (10) N. Holding	WPenn	60.03.01
2. (11) M. Fowler	Wilms	60.03.31
3. (13) A. Gibbs	ValeR	60.04.34
VETERANS O/60		
1. (40) K. Fingleton	Unatt	60.14.53
2. (49) R. Marlands	Rugeley	60.23.31
3. (69) G. Mendham	Wilms	60.27.01
VETERANS O/70		
1. (118) A. Peers	Spect	120.14.05
LADIES		
1. (8) K. Walshaw	Holmf	60.01.37
2. (29) L. Clough O/40	Chorl	60.11.32
3. (33) L. Batt O/50	DkPk	60.13.32
4. (37) R. Lawrance	Macc	60.14.29
5. (43) C. Stamper-Clark O/40	DelSpar	60.15.38
(46) M. Calvert O/50	Macc	60.17.43
(98) M. Tricicey O/60	Sale	60.38.37
(103) A. Dinsmor	Penn	60.41.33

119 finishers

ARNCLIFFE GALA
North Yorkshire
BS/3km/140m 08.08.15

Rachel Hill produced a winning run in the Arncliffe Gala Race which was run in sunny conditions. She was the first lady home in 13.46 and crossed the line 13 seconds ahead of Rachel Piling with Emma Hopkinson finishing third in 14.55.

The senior men's race saw Simon Bailey (10.23) only 9 seconds off his own long standing record, repeat his win of 2014. Sam Tosh (10.30) was his closest challenger while Ted Mason (10.40) was third for the third-successive race. First Local man home was Arcliffe's Matthew Collinson

Thomas Nelson (11.37) improved on last year's second place finish by winning the under-17 boys' race. Matthew Merrick (11.46) was second ahead of Joe Edmondson. Jemima Elgood continued her good form to win the girls' race in 13.19. Like her twin brother, Victoria Merrick (14.44) took second place with Katherine Lawson (15.18), taking third position.

The under-14 race is a true lung buster of a chase up and down the steep-sided fell and back to the finish line. Joe Hudson continued his run of success by powering to the line in 8.53. He was 25 seconds ahead of Thomas Marshall with Logan Hargreaves-Madhas a further eight seconds back in third place. The girls' race produced a victory for Briony Holt (9.59). The remaining two places on the podium were filled by Katie Thurlow (10.39) and Emily Jones (11.19).

Fraser Sproul broke his own record to win the under-12 race in 6.20. Alex Thompson (6.35) and Sam Smith (6.50) were second and third respectively. The winner of the girls' race was Alice Jones (7.23) with Poppy Anderson (7.44) taking second place and Charlotte Barrett (8.13), finishing third

The second record of the day was broken by JensonBentham in the under-nine race. He sprinted across the finish line in 5.36. Second was Harley Treitl (5.40) and third was Jacob Reeday (5.50). Bethan Saunders proved she is a force to be reckoned with as she again won the girls' race in 5.59. The second and third girls respectively were Hattie Bishop (6.09) and Hannah Robinson (6.11).

Mike McKenzie

1. S. Bailey	Mercia	10.23
2. S. Tosh	Ross	10.30
3. T. Mason	Wharf	10.40
4. J. Craig	Barlick	10.49
5. J. Baxter	P&B	10.51
6. J. Washington	CaldV	11.51
7. M. Taylor O/40	Unatt	12.00
8. I. Willis O/40	Kghly	12.03
9. J. Lockwood U/23	Wharf	12.13
10. T. Edwards O/40	Clay	12.19
VETERANS O/50		
1. (11) M. Mon-Williams	Ilk	12.32
2. (13) J.Blackett	DkPk	12.44
3. (35) K. Holder	Wharf	14.05
VETERANS O/60		
1. (55) B. Scholes	Settle	15.19
2. (84) T. Metcalfe	Wharf	18.09
LADIES		
1. (29) R. Hill O/40	Settle	13.46
2. (34) R. Piling	P&B	13.59
3. (44) E. Hopkinson	Wharf	14.55
4. (52) K. Bailey O/40	Mercia	15.17
5. (59) J. Powell O/40	Wharf	15.49
(76) L. Buck O/50	CFR	16.57
(93) A. Handley O/50	Wharf	19.31

101 finishers

JUNIORS

Boys U/17

1. T. Nelson	Wharf	11.37
2. M. Merrick	Bing	11.46
3. J. Edmondson	Brought	11.50
Girls U/17		
1. J. Elgood	Ilk	13.19
2. V. Merrick	Bing	14.44
3. K. Lawson	HelmH	15.18
Boys U/14		
1. J. Hudson	Kghly	8.53
2. T. Marshall	Settle	9.18

3. L. Hargreaves … … …	Wharf	9.26
Girls U/14		
1. B. Holt … … … … …	Clay	9.59
2. K. Thurlow … … … …	HelmH	10.39
3. E. Jones … … … … …	Wharf	11.19
Boys U/12		
1. F. Sproul … … … … …	Kend	6.20
2. A. Thompson … … …	Wharf	6.35
3. S. Smith … … … … …	Wharf	6.50
Girls U/12		
1. A. Jones … … … … …	Wharf	7.23
2. P. Anderson … … … …	Ilk	7.44
3. C. Barrett … … … … …	Wharf	8.13
Boys U/9		
1. J. Bentham … … … …	Clay	5.36
2. H. Treitl … … … … …	Barlick	5.40
3. J. Reeday … … … … …	Unatt	5.50
Girls U/9		
1. B. Saunders … … … …	HoadH	5.59
2. H. Bishop … … … … …	Wharf	6.09
3. H. Robinson … … … …	Kghly	6.11

BOULSWORTH FELL
Lancashire
BM/10.5km/300m 09.08.15

A great turnout for Boulsworth Fell Race and record numbers for Trawden Agricultural Show. The sun was shining and Boulsworth about as dry as it gets, perfect conditions!

The last in the series for the Pendle & Burnley Grand Prix, the senior race was won by Andrew Newton in a time of 42:28, just missing the record by 2 seconds. The ladies' race was won by Jo Buckley in a time of 49:44.

Thanks to everyone involved and to P H Electricals for sponsoring the race.

Molly Ralphson

1. A. Newton … … … …	Prest	42.28
2. T. Corrigan … … … …	Barlick	43.15
3. D. Collinge … … … …	Clay	43.39
4. D. Mirefield … … … …	Pendle	46.24
5. J. Smith … … … … …	CaldV	46.46
6. M. Hartley … … … …	Barlick	46.52
7. A. Berry … … … … …	Barlick	46.53
8. D. Grimshaw … … …	Trawd	47.07
9. A. Stubbs O/40 … … …	Clay	47.37
10. J. Whiteside … … …	Trawd	47.55
VETERANS O/50		
1. (12) G. Morris … … …	Acc	48.10
VETERANS O/60		
1. (48) J. Pickup … … …	Clay	53.00
LADIES		
1. (27) J. Buckley … … …	CaldV	49.44
2. (35) D. Gowans O/50 …	Acc	51.20
3. (47) E. Hopkinson … …	Wharf	52.52
4. (51) K. Whiteside O/40	Trawd	53.11
5. (52) C. Vincent … … …	Clay	53.28
(113) J. Rawlinson O/60 …	Barlick	65.54

134 finishers

ROUND HILL
North Yorkshire
CM/14.1km/335m 09.08.15

After the heavy rain last year, the weather this time was much better for the marshals, although probably a little on the warm side for the racers. Lee Athersmith won in a speedy 55:35, taking home a gallon of Saltaire Blonde. Even though the underfoot conditions were pretty dry, the bogs still took a victim in runner up Harry Holmes.

Rachel Pilling and Laura Clark battled it out at the head of the ladies, Rachel crossing the finish 19 seconds clear.

There were some standout performances in the Vets' categories with a new FV60 record by Sue Morley, Sally Houghton first FV50 finishing fourth lady and Nick Pearce first V60 finishing 23rd overall.

Host club, Otley AC, took the team prize, a mixed team of first two men and two women, with Liam Dunne, Edward Davies, Laura Clark and Mary Hampshire.

The entry fee was increased to £5 this year with the entire race surplus going to the Brain Tumour Research Across Yorkshire charity in support of the partner of an Otley AC member who died at the beginning of the year. Thanks to all the racers who contributed more than £500 to the charity.

Andrew Robertshaw

1. L. Athersmith … … …	Wharf	55.35
2. H. Holmes … … … …	YorkK	56.48
3. M. Sennett … … … …	Wharf	58.37
4. L. Dunne O/40 … … …	Otley	59.38
5. J. Hemsley O/40 … …	Wharf	60.08
6. D. Cross … … … … …	HydeP	60.15
7. R. Bibby … … … … …	VStr	60.33
8. P. Branney … … … …	Leeds	60.45
9. E. Davies … … … … …	Otley	60.49
10. D. McGuire O/40 … …	Wharf	61.57
VETERANS O/50		
1. (19) I. Rowbotham …	Hgate	66.00

A fine turnout at Boulsworth Fell.

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Holmfirth's Dennis Stitt race

PHOTO © NORMAN BERRY

2. (38) D. Brock	… … …	Orion	71.01
3. (43) M. Farrar	… … …	Wharf	71.34
VETERANS O/60			
1. (23) N. Pearce	… … …	Ilk	66.52
2. (32) M. Walsh	… … …	Kend	69.25
3. (50) M. Pickering	… …	Ilk	73.38
VETERANS O/70			
1. (99) G. Breeze	… … …	Ilk	89.43
2. (126) T. Harrison	… …	MynDu	108.59
LADIES			
1. (29) R. Pilling	… … …	P&B	68.49
2. (30) L. lark	… … … …	Otley	69.08
3. (34) . Morgan O/40	…	NiddV	70.14
4. (39) S. Houghton O/50		Ripon	71.11
5. (49) L. Magdalenoka-Keen		ChAll	73.24
(55) R. Mon-Williams O/40		Ilk	75.05
(87) C. Pollard O/50	… …	Wharf	84.30

129 finishers

GLADSTONE 9
Conwy
AM/14.5km/855m 09.08.15

Once again, we were granted perfect weather conditions and good visibility for this year's Gladstone 9 race, while the rest of Wales endured the summer 2015 drizzle to which we've become accustomed. 49 started the race and 47 finished (and Elsi, the best Diabetic Assistance Dog in the world!). The feedback has all been excellent, with many comments about the wonderful views, the fantastic marshals, the post-race flapjacks & the amazing prizes.

The race was won by John Hunt, MV40 in a time of 1:22:01, with Simon Edwards, also MV40, close on his heels in 1:22:11, and Jim O'Hara third in 1:22:55. Like last year, there were only three Eryri finishers in the top ten, with MV60 Steve P Jones finishing in an amazing fourth place in 1:24:09, beating the next MV40, 5th overall, Mark Davies (1:24:59) and the first MV50, Michael Belshaw, who was eighth overall in 1:30:12. It's interesting that there were only five senior men in the first twenty finishers. Where are all the 'youngsters'?!

The first lady across the line was Ann-Marie Jones, who finished in seventeenth place, smashing the FV60 record with her amazing time of 1:41:48. The next two ladies to finish were Nia Albiston in 1:44:19 and Kate Worthington in 1:47:13. The first FV50, Emma Collins, had a great run in 1:48:56, beating the first FV40, her team mate Victoria Whitehead (1:52:17). The first local was yours truly but, there again, the race does take place in my fantastic 'back garden'……!

Our sincere thanks go to all the many marshals and helpers, without whom we would not have been able to safely organise the race. We are very grateful for the generous sponsorship and support provided by X-Ray Minerals, Fletcher & Poole Estate Agents & Frwythau DJ, which enabled us to issue a colour map of the route to everyone and fantastic fossils & fruit baskets as prizes. We also owe a huge vote of thanks to the staff of the Gladstone pub for their hospitality & co-operation and for providing a meal voucher as a prize.

A small financial contribution will be given to the WFRA and we are pleased to announce that Diabetes UK and the Nepal Earthquake Appeal will also each receive a £100 donation.

Ellie Salisbury

1. J. Hunt O/40	… … … …	DkPk	1.22.01
2. S. Edwards O/40	… …	Buck	1.22.11
3. J. O'Hara	… … … … …	Helsby	1.22.55
4. S. Jones O/60	… … …	Eryri	1.24.09
5. M. Davies O/40	… … …	NWRRC	1.24.59
6. A. Doyle O/40	… … …	Bolt	1.28.23
7. A. Pritchard O/40	… …	Buck	1.29.31
8. M. Belshaw O/50	… …	Eryri	1.30.12
9. R. Owen O/50	… … …	Eryri	1.32.53
10. R. Watson	… … … …	ColBay	1.34.02
(13) I. Edgar O/50	… … …	Eryri	1.36.25
VETERANS O/60			
1. (4) S. Jones	… … … …	Eryri	1.24.09
LADIES			
1. (17) A. Jones O/60	… …	Altrinch	1.41.48
2. (21) N. Albiston	… …	Eryri	1.44.19
3. (27) K. Worthington	…	Eryri	1.47.13
4. (29) E. Collins O/50	…	Denb	1.48.56
5. (31) L. O'Donnell	… …	Eryri	1.50.11
(35) V. Whitehead O/40	…	Denb	1.52.17
(42) E. Salisbury O/50	…	Eryri	2.05.36
(43) S. Basford O/40	… …	Tatt	2.26.36

47 finishers

ECCLES PIKE
Lancashire
AS/5.4km/305m 12.08.15

We had a fine summer evening for this year's Eccles Pike Race, a short sharp classic. 127 runners turned out at the Navigation pub including good representation from local clubs, a group from the growing Chorlton Runners in Manchester and visitors from Cambuslang, Wharfedale, Dewsbury, Newcastle, Retford, Mercia and Belper. Two runners from Pennine made it a duathlon by kayaking up the canal from New Mills. In the results, a close finish saw Rob Little take the prize from Nicholas Barber with Jack

Ross close on his heels. And so, fittingly, the 1928 silver cup, originally presented to an under-21 winner living within three miles of the Pike, went to a winner, of some youth compared to many in the field, who indeed lives just up the road. In the women's race, a good run by Helen Thornhill in the under-16 category saw her come in second woman in just over 29 minutes. But Hannah Brown won in 26.48. No course records broken this year but a good time was had by all, refreshed with sponsorship by a local mineral water company and with ale from a welcoming host in the Bugsworth pub. The historic trophy will be displayed in the pub in due course.

Maz Simon

1. R. Little	DkPk	23.14
2. N. Barker	Penn	23.32
3. J. Ross	StaffsM	23.36
4. A. Sciacca	UniManch	24.11
5. M. Johnson O/40	Stockp	24.10
6. S. O'Meara	UniManch	24.11
7. M. Ollerenshaw	Gloss	24.50
8. J. Wilson	FatB	24.56
9. A. Campbell	RonHCamb	24.57
10. N. Curtis O/40	Penn	25.07
VETERANS O/50		
1. (40) J. Hewitt	Gloss	28.50
VETERANS O/60		
1. (58) M. Docherty	Unatt	30.45
LADIES		
1. (18) H. Brown	UniManch	26.38
2. (42) H. Thornhill Jun	Bux	29.01
3. (51) I. Storm	Chorlt	29.59
(94) C. Whittle O/40	GoytV	34.17
(63) J. Mellor O/50	Penn	31.02
(66) A.M. Jones	Altrinch	31.37

127 finishers

DENIS STITT MEMORIAL RACE
Derbyshire
AS/6km/370m 13.08.15

There was a great turn out for the Denis Stitt race (72), with numbers swollen thanks to Penistone Footpath Runners who had included the race in their Championship series, sending 30 athletes. Holmfirth also had a good turnout, with some first-timers amongst the 22 amber vests.

The forecast rain held off until during the race, a welcome refresher for those competing and it kept the midges at bay for the marshals. The two-lap course has a fast downhill start followed by a stiff climb. This didn't deter English Junior Fell Championship silver medallist Chris Law, who used the race as a test for the World Mountain Trials in Bets-y-Coed, also a two-lap course, from having a superb race. He finished well clear of the rest of the field and led Holmfirth to the team prize, supported by Jonny McLean in fourth and older brother Jo Law, in fifth.

The Holmfirth ladies also took the team prize, with Helen Berry in 7th overall (first lady and first FV40), Jordan Mullinger 21st (second lady) and Karen Sinkinson 45th (third lady and firstt FV50)

Other Holmfirth runners in the prizes were; Andy Hauser first V55, , Debbie Beck second FV45 and Barbara Hinchliffe first FV60

Thanks to Cartworth Moor Cricket Club for the use of their facilities and for putting on a fabulous chilli and fine selection of drinks! Thanks also to the team of helpers on registration, results, timekeeping and marshalling.

John Ewart

1. C. Law	Holmf	30.49
2. O. Beilby	Unatt	31.11
3. S. Dimelow O/40	Pstone	32.25
4. J. McLean	Holmf	32.39
5. J. Law	Holmf	33.08
6. D. Nockels O/40	Pstone	33.20
7. H. Berry O/40	Holmf	33.27
8. C. Bannister O/40	Sheff	34.06
9. J. Waller	Pstone	34.39
10. J. Young	Melth	34.47
VETERANS O/50		
1 (16) S. Booth	Unatt	36.31
2. (17) S. Rippon	Pstone	36.46
3. (19) I. Charlesworth	Pstone	37.13
VETERANS O/60		
1. (28) R. Crosland	Unatt	39.50
2. (33) G. Barnes	Unatt	40.26
3. (38) A. Knox	Pstone	41.40
LADIES		
1. (7) H. Berry O/40	Holmf	33.27
2. (21) J. Mulllinger	Holmf	37.55
3. (45) K. Sinkinson O/50	Holmf	42.40
4. (46) B. Hinchliffe O/60	Holmf	43.08
5. (47) R. Fox	P'stone	43.38
(48) J. Stanfield O/40	Gloss	44.04

72 finishers

RUSLAND SHOW
Shropshire
BS/7.8km/310m 15.08.15

We were lucky with the weather again with just one shower to keep the finishing marshals on their toes. Conditions were pretty dry underfoot with enough mud to make sure you looked like you'd been off road. It also proved to be another record year with five records being broken across all the races. In the Five Mile Race Craig Roberts beat his own record by two seconds once again flying the flag for M50s in 31.25. He was pushed closely by Oscar Meanwell and Tom Tipping who both led up the first part of the climb but Craig had powered past by the top and was not going to be passed on the way back.

A great run by Lizzie Adams made her a clear winner for the women and put her in 6th place overall whilst breaking Anna Lupton's record by over a minute.

Oscar Meanwell raced again in the Short Senior Race and held off Paul Nield by 12 seconds to win this time in 13.21.

In all three junior races the boy's record was broken. In the U17s Joe Edmonson (Broughton 7.56) beat Jonny Mellor's record by 1 second. In the U14s Logan Hargreaves (Wharfedale 5.26) was pushed to better his own record by 30 seconds by a strong field where both Ben Edmonson (Broughton) and Thomas Marshall (Settle) were inside the old record. In the U12s James Bower (Ambleside 5.37) beat Liam Bond's record by 1 sec.

A good day's running for everyone.

Dave Higgs

1. C. Roberts O/50	Kend	31.25
2. O. Meanwell	Barrow	31.39
3. T. Tipping O/40	HelmH	31.43
4. G. Booth O/40	Horw	33.20
5. A. Hinchcliffe	Vegan	33.49
6. L. Adams Lady	BlCombe	34.11
7. C. Richards	HelmH	34.28
8. C. Pyle O/40	LancsM	35.00
9. M. Rooke	BlCombe	35.05
10. C. Rootledge O/40	LancsM	35.10
VETERANS O/50		
1. (1) C. Roberts	Kend	31.25
2. (14) P. Taylor	BlCombe	38.44
3. (17) R. Thompson	Amble	40.15
VETERANS O/60		
1. (35) L. Anson	Borr	46.27
2. (43) R. McKeever	BlCombe	51.05
LADIES		
1. (6) L. Adams	BlCombe	34.11
2. (11) Z. Harding	EdinUni	37.34
3. (12) B. Hanson	EdinUni	38.01
4. (15) M. Hodgson	LancsM	39.00
5. (20) H. Woodley	Unatt	41.33
(27) R. Beadle O/50	LOC	44.14
SHORT RACE - 2.8km/170m		
1. O Meanwell	Borr	13.21
2. P. Nield O/40	Bowland	13.33
3. S. Bolland O/40	Bowland	14.13
4. A. Meanwell O/40	Borr	14.25
5. M. Rook	BlCombe	14.50
(10) Z. Harding Lady	EdinUni	16.12
UNDER 17s - 1.9km/90m		
1. J. Edmondson	Brought	07.56
2. A. Kaye	Unatt	08.54
3. T. Pyle	LancsM	09.11
UNDER 14s - 1.4km/50m		
1. L. Hargreaves	Wharfe	05.26
2. B. Edmondson	Brought	05.39
3. T. Marshall	Settle	05.49
UNDERS 12s - 1.3km/45m		
1. J. Bower	Amble	05.37
2. H. Bower	aMBLE	05.41
3. J. Thornley	Amble	05.48

INAUGAURAL APPLEBY SHOW
MURTON PIKE
Cumbria
AS/10km/520m 15.08.15

1. D. Kaye	CaldV	53.38
2. J. Davis	Borr	55.20
3. I. Manson	Unatt	57.33
4. V. Wilkinson	Bing	60.04
5. J. Blackett O/50	DkPk	62.40
6. A. Hanna	Howg	66.10
7. W. Winter	Unatt	68.03
8. P. Metcalfe	Unatt	69.36
9. G. Moffat O/50	Howg	70.04
10. J. Bagle O/50	Horsf	70.82
LADIES		
1. (4) V. Wilkinson	Bing	60.04
2. (12) S. Hodgkinson	Cosmics	76.01
3. (14) J. Polak O/50	Lomond	79.17
4. (15) C. Pollard O/50	Wharf	82.17
5. (16) D. Greaves	Howg	82.36
(22) S. Morley O/60	Ilk	98.19

25 finishers

BRECON BEACONS
South Wales
BL/30.6km/1372m 15.08.15

The race is well established in the Welsh Fell Running calendar and entails running to seven mandatory checkpoints (including Tor y foel, Corn Ddu, Pen y Fan and Cribyn) from near the dam at Talybont Reservoir. The race was a counter in both the WFRA/Inov8 Open Welsh Championships and the WFRA South Wales Summer Series. The race was run in the anticlockwise direction this year.

The Brecon Beacons were blessed with warm dry weather for the majority of the race but there patches of mist and cloud on Pen y Fan during the race and the marshals had to wrap up warm. The runners found it very hot and were grateful for the water supplied by the organisers at Neuadd Reservoir.

Hugh Aggleton and Chris Jones took an early lead in the race and distanced themselves by approximately three minutes by the time they got to the first summit of Tor y Foel. Chris Jones found another gear after Tor Y Foel and distanced himself from Hugh by two minutes by Cribyn and managed to hold onto the lead to win the race in a respectable 2.47.40. Hugh finished second overall in a time of 2.50.42 and Mark Palmer finished third overall after passing Dylan Lewis on a better line from Tor y Foel.

Helen Brown comfortably won the ladies' race in a time of 3.25.18, which was just over three minutes ahead of Kirsty Hewitson. Lauren Jeska completed the ladies' podium places with a time of 3.34.15.

Mark Palmer won the male V50 category. However the prize was awarded to Jonathan Bamber since Mark placed third overall. John Aggleton won the male V60 category with a time of 3.32.40. The event hadn't attracted over V70s for several years, however 2015 was blessed with the presence of Rob West and Yiannis Tridimas. Yiannis successfully won the V70 prize with a time of 4.22.00 at his first ever attempt in the race!

Helen Brown won the FV40 category but the prize was awarded to Louise Barker who placed just outside the top three. Sue Howarth won the FV50 category with a time of 4.23.46.

A spot prize was awarded to Daniel L (Wye Valley Runners) for recording the nearest time to 4.00.00.

The podium finishers and the winners in each age category were awarded with a bottle of wine each and bespoke mug designed by Gary which included an OS map of the Neuadd Reservoir Horseshoe!

The race attracted a larger field than in previous years with 86 runners starting the race and 80 completing the full course.

Gary Davies

1. C. Jones … … … … …	MDC	2.47.40
2. H. Aggleton … … … …	MDC	2.50.42
3. M. Palmer O/50 … …	MynDu	2.54.20
4. D. Lewis … … … … …	SarnH	2.55.35
5. G. Slavov … … … … …	Aberyst	3.00.17
6. M. Stott … … … … …	Unatt	3.06.36
7. A. Davies O/40 … … …	Mercia	3.13.37
8. J. Blore … … … … …	MDC	3.18.35
9. J. Bamber O/50… … …	GWR	3.18.55
10. D. Hooper O/40 … …	SarnH	3.21.30
(11) D. Powell O/50 … …	Unatt	3.22.10
VETERANS O/60		
1. (25) J. Aggleton … …	MDC	3.32.40
2. (41) C. Wilcox … … …	Clwyd	3.53.01
3. (46) H. Balfour … … …	Dulw	4.05.03
VETERANS O/70		
1. (61) Y. Tridimas … … …	Bowl	4.22.00
2. (77) R. West … … … …	MDC	5.12.27
LADIES		
1. (14) H. Brown O/40 …	MynDu	3.25.18
2. (17) K. Hewitson O/40	Macc	3.28.27
3. (27) L. Jeska O/40 … …	Unatt	3.34.15
4. (43) L. Barker O/40 …	Unatt	3.54.50
5. (53) L. Staples O/40 …	Unatt	4.17.22
(63) S. Howarth O/50 …	Mercia	4.23.46
(69) L. Jones O/50 … …	Wrex	4.48.30

80 finishers

Prize winners at Brecon Beacons

PHOTO © GARY DAVIES

DIG DEEP - ULTRA
Derbyshire
15/16.08.15

2015 turned out to be a corking year for the Peak District races with some great races and weather. There were just under 600 runners in total racing through the Peak District over 4 courses ranging in distance from 60 miles to 6 miles. The weather was kind enough to give us beautiful blue skies and cool running conditions and, as the Summit Fever photographs show, the Peak District shew us its best side!

Friday evening kicked off with the usual mix of runners registering for the Ultras, pitching tents and generally dodging the grim weather (yes, it does rain in the Peak!). The Whirlow Hall Farm kitchen kicked in to life and there was some giant portions of Lasagne being dished up when the talks started. Milly Voice, Shelli Gordon, Sally Fawcett and Nikki Spinks provided the talks and had slightly different takes on Ultra distance running. Sometimes, when listening to these talks, it's easy to forget exactly what they put themselves through to achieve the things they do. Thanks ladies – truly inspirational stuff!

Fortunately the rain stopped on Friday evening and Saturday dawned cool and sunny. At 6 00 a.m. the Ultra Tour of The Peak District started closely followed by the Peak Trails intro Ultra at 8 00 a.m.. The races were on!

There were some great battles going on throughout the day and we were over the moon when Ian Gower and Caitlin Rice crossed the line to take joint overall 1st (Ian was first V40 and Cailtin was first female) and winners of the Ultra Tour of the Peak District. The pair ran together pretty much from the start and proved a powerful combination.

The intro was also closely fought with Matty Brennan, Charlie Sharp and Lee Kemp battling it out throughout the race. Lee eventually opened up enough of a gap winning with 4 minutes between him and Charlie Sharp and then just under 3 minutes back to Matty. Kate Hasting won the female race with Liz Lewin taking second place overall in the female category and first in the FV40 category. There was just 4 minutes separating the first 3 females so, again, an excellent race.

It was a blurry eyed start to the Sunday's racing following a late finish for one or two individuals on the UTPD (2.30 a.m.) but a sunny day and the smell of the Whirlow Hall BBQ and fresh coffee soon got the juices going.

The 12.12 and the Whirlow Hall Trail 10K are both fast races with a decent amount of ascent in both of them. Again, there were some great battles with Julian Lings winning the 12.12 race in 1:21:37, 5 minutes in front of second place Steve Franklin. Sally Fawcett took first place in 1:41:06 proving that she can run fast as well as long! Second place female went to Hanna Gilman who also won first place female V40.

The 10k is a fundraising event for the Whirlow Hall Farm Trust, this year raising just

over £2000,00 for the charity. However, this doesn't deter it from being a competitive race and it was closely fought. The men's race was won by Adam Dunasko narrowly beating male V50 runner Simon Pyke by 3 seconds. The ladies' race was won by Alex baker, second place going to Judith Jepson who won her V40 category.

Special Mention

As some of you may be aware back in October 2014 we ran a competition called 0-30 in 10 months. The idea was to get two individuals with limited or no running experience and to provide them with the necessary tools (training plans, kit etc) to complete the 30 miler. We were very proud when both James and Tonya crossed the line on Saturday. They had both witnessed the ups and downs of ultra training and had come through with smiles on their faces and the obligatory aches and pains. Well done guys!

Thanks!

Dig Deep takes an enormous amount of work to put together and there are so many people and organisations involved that it's hard to give them all justice. All I can say is that without them all Dig Deep wouldn't be the race that it is. Thanks, in no particular order, to Mammut, Clif, Ultimate Directon, Injinji, Outside, Trail Running Magazine, Whirlow Hall Farm Trust, Summit Fever, Fell Running Guide (Dave Taylor) and the Eight Point Two team.

Overview

It was a great weekend of racing and we feel the races showcase some of the best of Peak District trail running. We were delighted to see so many old faces returning and to hear their stories. The good news was that the early starts seemed to work with significantly less people struggling in the dark on the final sections back over the Burbage Valley. The move away from providing maps also seemed to help focus people on the actual route. Again, this seemed to result in less navigational errors.

We recognised there was some confusion with the maps so we will look in to how we can resolve this for 2016. We are also going to look in to the dibber penalties. Historically we have penalised missed dibbing quite highly giving 1 hour penalties on all missed checkpoints. We have done this largely because of the safety factor surrounding dibbing – i.e. we are able to track a runner's movement around the course by their dibbing. However, from a racing perspective, we have realised that some of these penalties are very high and we will review this for 2016.

Dig Deep 2016

The Peak event is booked in for the 20 and 21 August 2016 so we hope to see you all back again next year!!

Ian Loombe

LAKELAND COUNTRY FAIR
Cumbria
AM/11km/716m 16.08.15

It was a tense time leading up to the race for several kit-deficient prospective entrants, who scoured the Country Fair and managed to buy gloves and waterproof trousers in time, giving us a total of 44 competitors. No 50mph winds this year and, as start time approached, the Old Man of Coniston shed its cloak of mist to make navigation simple. Or so you would have thought, but front runner Ross Campbell had to be called back by John Helme as he headed off-route from the Walna Scar Road towards Goats Water. At the summit checkpoint, they were two minutes apart and Campbell preserved this lead to the finish, taking 56.41, with Helme clocking 58.36, and Steve Brown and Michael Hyde third equal, nearly eight minutes later.

First female was Jenn Mattinson in 17th position.

The race being part of the FRA U20 Championship meant that we had five U20s, not many, but exactly five more than the last two years. There were two father and U20 daughter pairs but they didn't run together for long.

As usual, we had quite a few holidaying contestants with runners from Inverness, Cambridge, North Wales and the Isle of Man.

My thanks go to Mark and Bev Lewis, Alice Troup, Janette Carroll, Ken Lindley, David Platt and Jackie Coe for marshalling, as well as Sam Clarke for loan of equipment.

Nigel Coe

1. R. Campbell U/23	Hland	56.41
2. J. Helme	Amble	58.36
3. S. Brown	Unatt	66.24
4. M. Hyde	Stadium	66.24
5. K. Jackson	Ulverst	67.02
6. J. Perry	Wharf	67.25
7. D. Ryder	Unatt	67.57
8. P. Singleton O/40	Unatt	68.46
9. G. Lloyd U/20	BlCmb	69.24
10. P. Jenkinson O/40	Eryri	69.41

A dash up and down the Old Man of Coniston at the Lakeland Country Fair

PHOTO © WWW.WOODENTOPS.ORG.UK

VETERANS O/50

1. (12) B. Kennedy	Settle	70.34

VETERANS O/60

1. (23) A. Black	Camb	77.49

U/20 MEN

1. (9) G. Lloyd	BlCmb	69.24

LADIES

1. (17) J. Mattinson	Kesw	73.02
(18) B. Jenkinson U/20	Eryri	74.02

43 finishers

SHEEP FELL OVER
Lancashire
BS/5km/193m 16.08.15

1. R. James	Royt	18.39.8
2. M. Harmon	P&B	19.31.6
3. A. Holt O/40	Ross	19.37.8
4. A. Worster	Tod	19.45.7
5. A. Smithson	Mersey	19.54.2
6. J. Cartwright O/40	Stadium	20.32.5
7. D. Pearson	Stain	20.42.3
8. C. Stansfield O/40	Tod	21.14.9
9. A. Life O/50	Clay	21.41.9
10. G. Lewis U/18	EChesh	22.10.4

VETERANS O/50

1. (9) A. Life	Clay	21.41.9
2. (15) N. Brock	Royt	22.48.9
3. (18) J. Cook	Roch	23.00.3

VETERANS O/60

1. (26) J. Comyn-Platt	Sadd	25.16.4
2. (28) M. Catherall	Roch	25.58.9
3. (36) M. Bull	Middle	27.33.9

VETERANS O/70

1. (40) G. Breeze	Wharf	29.08.7
2. (51) I. Stansfield	Tod	52.35.5

LADIES

1. (17) C. Byrne	Holc	22.55.0
2. (25) J. Mitchell	Tod	25.09.4
3. (27) E. Booth	Horw	25.18.5
4. (32) C. Harding O/40	P&B	26.25.9
5. (34) S. Moore	Mersey	26.29.2
(43) J. Marriott O/50	Unatt	30.24.2
(46) K. Brierley O/40	Sadd	31.27.6
(50) M. Wells O/50	Tod	40.01.2

51 finishers

Ian Stansfield at Sheep Fell Over.

PHOTO © STEVE BATESON

Pendle Three Peaks

PHOTO © ADRIENNE OLZEWSKA

THE PENDLE 3 PEAKS
Lancashire
AM/14.5km/825m 22.08.15

1. D. Kay O/40	CaldV	1.24.47
2. S. Watson	Wharf	1.25.24
3. R. Campbell U/23	Hland	1.26.30
4. M. McGoldrick	Wharf	1.28.03
5. A. Wrench O/50	Tod	1.30.47
6. C. Donnelly	Sale	1.32.08
7. J. McKenna	Clay	1.33.34
8. C. Arthur	Unatt	1.34.00
9. S. Livesey O/40	Bburn	1.37.30
10. J. Green O/40	Prest	1.38.29

VETERANS O/50

1. (5) A. Wrench	Tod	1.30.47
2. (23) G. Goodwin	Acc	1.46.03
3. (25) R. Green	AhRat	1.46.21

VETERANS O/60

1. (28) N. Pearce	Ilk	1.46.49
2. (58) A. Black	Camb	1.56.26
3. (88) D. Gould	Mercia	2.06.21

LADIES

1. (15) E. Gould	Mercia	1.40.39
2. (35) H. Leigh	Bburn	1.48.15
3. (36) D. Gowans O/50	Acc	1.48.25
4. (40) L. Slater O/40	Barlick	1.49.46
5. (42) L. Collins	Unatt	1.50.20
(43) G. Sugden O/40	CaldV	1.50.20
(56) A. Jones O/60	Altrinch	1.55.32
(109) B. Savage O/50	Clay	2.14.25
(148) K. Goss O/60	Clay	2.55.17

149 finishers

GOLF BALL
Lancashire
BS/8.8km/244m 19.08.15

On a very wet and miserable night 155 hardy runners set off for this race. The ground was wet with mist down, not the best night for a race. But, oh, we are fell runners, hard and tough!

In the men, first home was Joe Mercier, followed by his club buddy Danny Hope, then Philip Marsden.

The first female home was U/23 runner Nichola Jackson, followed by Laura Hesketh, and then Natalie Murphy.

The team prizes went to local club Rossendale Harriers for both male and female. As this was the last race in the Rossendale mid week series prizes were given out to each over all winners in their appropriate groups.

I would just like to say a big thank you to Richard Stott, Nick Harris and Helen Yeomans who organised the other three races, also to all the helpers and volunteers without whom, we could not put on theses races.

We hope to see you all next year.

Jan Kempson

1. J. Mercer	Horw	38.34
2. D. Hope	Horw	39.33
3. P. Marsden	Bolt	39.41
4. B. Coop U/23	Bury	40.12
5. G. Callan	Bing	40.22
6. J. Bruton	Horw	40.36
7. A. Newton	Prest	41.21
8. A. Holt O/40	Ross	41.33
9. C. Barnes	Bburn	41.47

10. D. Reilly O/40 … … …	Darwen	42.11
VETERANS O/50			
1. (22) A. Life … … … …	Clay	44.57
2. (29) R. Turner … … …	Ross	45.27
3. (40) I. Wigham … … …	Clay	47.13
VETERANS O/60			
1. (36) S. Morran … … …	NVets	46.57
2. (58) A. Corbishley … …	Ross	49.28
3. (70) M. Crook … … …	Horw	51.38
VETERANS O/70			
1. (129) G. Breeze … … …	Wharf	62.14
2. (135) D. Lucas … … …	Roch	64.38
3. (136) P.Walsh … … …	Bowl	65.17
LADIES			
1. (26) N. Jackson U/23 …	Prest	45.16
2. (46) L. Hesketh … … …	Clay	48.10
3. (91) N.Murphy O/40 …	Ross	54.32
4. (93) C. Harding O/40 …	P&B	54.47
5. (105) L. Walsh … … …	Darwen	58.04
(112) L. Lord O/60 … …	Clay	58.50
(121) J. Haworth O/50 …	Ross	61.02
(123) K. Thompson O/60	Clay	61.09
(126) P. Plowman O/50 …	RRose	61.43

149 finishers

GARGRAVE SHOW
North Yorkshire
BS/5.6km/274m 22.08.15

A clash with other races left the organisers of Gargrave show fell race wondering if their race numbers would be affected. However, despite Burnsall fell race and the more arduous nine mile Pendle Three Peaks race taking place on the same day, a total of one hundred and thirty runners took part in the five races at the show with runners coming from the breadth of the the United Kingdon, from Dunblane in the North and Sussex in the South.

Thankfully, the weather report proved to be wrong and the day remained dry so there were no problems with the river crossing which is the first obstacle in each of the five race categories, under nines, under twelves, under fourteens, under seventeens and seniors.

Jacob Reeday from Hetton was the first prize winner of the day when he won the U9s race. Unattached runner Jacob led home the field followed by Lachlan Wills and James Sadler Townsend. Eight year old Mollie Smith from Silsden and a member of Wharfedale Harriers was the first girl home in overall seventh position from twenty competitors. Neive Roberts was the first local competitor.

Twenty eight runners lined up for the start of the U12s' race. There was another victory for the Smith family of Silsden when eleven year old Sam stormed home in a time of 5.56. Gargrave`s Will Atkinson was second and first local runner. eighley and Craven runner, Lily Carr was the first girl in a very impressive overall third position finish. Lewis Carr was the third boy.

The experienced thirteeen year old Logan Hargreaves from Ilkley had a good run to win the U14s' race. He was followed by Louis Hudson one of the younger runners in the category and son of former fell running star, Robert Hudson. Clayton le Moors Harrier Briony Holt was the first girl home and in an overall commendable third position. Jack Muir was third boy and Gargrave`s Katie Atkinson was second girl and first local runner despite a season hampered by injury.

Local running clubs were again a force to be reckoned with in the U17s' section with Wharfedale providing the winner through Thomas Nelson, and Keighley and Craven runners , Joe Hudson and Tom Barrett in second and third position. Tom also picked up the local prize. Florence Reed from West Bridgford in Nottingham was first girl and second girl was Poppy Heys from nearby Flasby.

A special mention must go to the Walmsley family of Prospect Farm near Harrogate who had five entrants in the Junior race sections. The family have taken part in the races for a number of years now, next year will probably see the oldest brother, sixteen year old Thomas, move to the senior section.

Jimmy Craig returned to defend his crown in the senior race and led the field of 58 runners from the main ring through the river, meadowland, pasture and woodland to the shoulder of Sharphaw and a turn at the Trigg point, a 3.3 mile distance with 900 ft of climb.

A great reception greeted the popular twenty five year old runner as he returned to the main ring and the finish line. He was followed home by a former successful junior runner Luke Maude of Bradley. Third was Lee Athersmith, again a former junior champion runner. Fourth was Craig Shearer who was the recent winner of The Manorlands big 10k run at Keighley. First veteran was Neil Armitage. First local was Jim Roberts of Gargrave. The first lady was Rachel Hill in overall 14th position. Second lady was Jayne Butterworth of Gargrave who also won the first local lady prize.

All prizes were presented in the main ring and the organisers were most fortunate to have Harry McKell and John Weatherill in the crowd. Harry`s father Donald donated a trophy to the sports section many years ago. This was initially given to the winner of the mile race but when this ceased to be run, it was decided to present it to the highest placed local male runner from any category in the fell race. The

Bolton United Harrier at Golf Ball

PHOTO © STEVE BATESON

Weatherill Shield was donated a few years ago by the Weatherill family and this is given to the highest placed local female runner from any category. John, a local member of the family, kindly presented the shield to Katie Atkinson whilst Harry, a visitor to the show, was delighted to see his father's trophy again and was pleased to present it to Katie's younger brother, Will.

A pleasing day for both the entrants and the organisers. A big thank you to anyone who helped in anyway and, in particular, the landowners over whose land the event is run.

John Thompson

1. J. Craig	Barlick	23.20
2. L. Maude	Barlick	23.44
3. L. Athersmith	Wharf	23.53
4. C. Shearer	Kghly	24.15
5. O. Schepsi	Craven	26.29
6. N. Armitage	P&B	26.42
7. C. Routledge	LancsM	26.46
8. R. Carr	Unatt	27.33
9. M. Keedy	Skipt	27.51
10. D. Fishwick	Chorl	27.59
LADIES		
1. (14) R. Smith	Settle	28.44
2. (29) P. Kinch	ChurnV	32.48
3. (31) F. Trueman	Unatt	33.08
4. (35) J. Butterworth	Skipt	33.58
5. (37) H. Watson	Barlick	34.35
58 finishers		
UNDER 17s		
1. T. Nelson	Wharf	12.49
2. J. Hudson	Kghly	13.12
3. T. Barrett	Kghly	13.43
4. S. Jackson	Kghly	13.48
5. R. Johnstone	Wharf	14.40
UNDER 14s		
1. L. Hargreaves	Wharf	8.59
2. L. Hudson	Kghly	9.15
3. B. Holt Girl	Clay	9.30
4. J. Muir	Wharf	9.58
5. K. AtkinsonGirl	Kghly	10.28
UNDER 12s		
1. S. Smith	Wharf	5.56
2. W. Atkinson	Kghly	6.13
3. Li. Carr Girl	Kghly	6.23
4. Le. Carr	Ilk	6.24
5. D. Thompson	Clay	6.25
UNDER 9s		
1. J. Reeday	Unatt	5.57
2. L. Wills	Kghly	6.02
3. J. Sadler Towensend	Kghly	6.05
4. J. Bentham	Clay	6.06
5. F. Petrucci	Kghly	6.29

CHIPPING SHOW
Lancashire
BM/12.1km/549m 22.08.15

The threatening weather conditions cleared and it became oppressively hot by the time the race started. One or two runners were taken by surprise by these hot conditions on the fell.

The winner, Mark Burton, came in almost two minutes ahead of the record holder, Danny Hope, who still holds the record. (1:01:11).

Nichola Jackson was first lady, in 1:16:37, and Lindsey Berends was first FV40 in 1:30:39.

Team prizes, men's and ladies',were both won by Pennine fell runners, who had chosen the race for one of their championship events.

The landowners were thanked for access and the show committee for the winners' prizes.

Joe Howard

1. M. Burton O/40	Penn	1.03.13
2. D. Hope	Horw	1.05.07
3. M. Chippendale O/40	Bowl	1.06.14
4. C. Leigh O/40	Penn	1.06.59
5. R. Houghton O/50	Penn	1.07.08
6. M. Shaw O/40	Brecon	1.08.03
7. S. Knowles O/40	Penn	1.09.45
8. M. Irving	Bowl	1.10.32
9. M. Johnson O/50	Bowl	1.10.57
10. T. Campbell O/40	AstTyne	1.11.57
(11) R. Byers O50	Traff	1.12.50
VETERANS O/60		
1. (22) K. Taylor	Ross	1.20.01
2. (29) K.Fingleton	Unatt	1.25.43
3. (32) J. Birchenough	Ross	1.29.40
LADIES		
1. (16) N. Jackson	Prest	1.16.37
2. (23) H. Martin	Penn	1.20.13
3. (27) E. Maddocks	Lonsd	1.25.27
4. (28) J. Mellor O/50	Penn	1.25.39
5. (35) L. Berends O/40	Prest	1.30.39
(51) E. Fleuriot O/50	Penn	1.43.26
(53) J. Salt O/40	Wesh	1.50.27
55 finishers		

BA MOUNTAIN RUNING CHAMPIONSHIPS HOME INTERNATIONAL AND WORLD TRIAL
North Wales
22.08.15

Welsh athletes Heidi Davies and John Spill are tomorrow expected to be named on the Great Britain & Northern Ireland team for next month's World Mountain Running Championships in Betws y Coed.

Heidi Davies won the under-20 women's race at Saturday's trial, also held in Betws y Coed, to take the only automatic qualification spot for the junior women's team for the championships on September 19.

Spill, of Eryri Harriers, should be on the junior men's team after finishing second in the two-lap U20 men's race on Saturday. Spill led for much of the race from eventual winner Jacob Adkin (Moorfoot), but lost out by just six seconds, taking the second of two automatic selection spots.

Scotland's Robbie Simpson and England's Sarah Tunstall booked their places by winning the men's and women's races respectively, and have team medals in their sights in just under four weeks' time.

In persistent rain and with conditions slippery underfoot in the one-lap U20 women's race, 17-year-old Brecon AC athlete Davies beat pre-race favourite Georgia Malir, last year's European U20 Champion.

The 4.2km lap took athletes up a steep climb through the wooded peaks above Betws y Coed to the Llyn Elsi reservoir, then thundering back down to the village on via the fast descent. Davies, of Llandrindod, won in 19 minutes 45 seconds, five seconds clear of Leeds City athlete Malir - who will be expected to be in the team named on Tuesday, August 25 despite missing out on automatic selection.

Looking ahead to the Worlds, Davies said: "I'm really excited. I kind of don't think it's a European-type course - they don't really like the rocky, technical bits so it will be quite good."

Davies had trained on the course many times in the run-up to Saturday's trials, and her knowledge paid off.

She said: "We were in a tight group going uphill, but I knew I needed to get in the lead before the turn-off by the bench to have a chance of winning it because it's really narrow after that.

"So I managed to get into the lead there, and then I pushed up the very narrow bit - it's quite technical but I managed to run it all, and then you get to the monument on the top and I was pushing all the way.

"I knew I had quite a lead then so I just wanted it to maintain it, so I pushed to the steep downhill bit, and I knew I had enough of a lead then so on the steep downhill I backed off a little and controlled it from there."

Asked about her hopes for the championships, Davies said: "I hope to be in the top 10, maybe top five on a good day. It helps that it's a home course - I know the course back to front, I've been training on it a lot."

In the senior men's race, Simpson (Deeside) won a battle against his fellow Scotland international Andrew Douglas (Inverclyde) to claim victory, with England's Chris Smith taking the third and final automatic GB spot. Simpson had bided his time on the first of three laps. Douglas (Inverclyde) caught early pacesetter Jack Gray (BRAT) on that first lap, but on the second he was overtaken by Simpson, who steadily increased his advantage over the final loop to win the 12.3km race in 48 minutes 37 seconds.

Douglas finished second in 49:39, with Smith (Thames Valley) third in 50:09. Staking their claims for the final three discretionary places on the GB team were Tom Addison (Helm Hill, fourth), Tom Adams (fifth) and Ben Mounsey (sixth).

Simpson, whose victory came two weeks after he was third in the Sierra Zinal race in Switzerland, said afterwards: "We've got a good team. Andy and Chris are really, really strong at the moment, and Tom Addison as well, the course suits him.

"We've got the best team in Europe I think. The Italians beat us at the European Champs, but on this course I think we can beat the Italians."

Sarah Tunstall won the senior women's race, and will be joined on the GB team by Emmie Collinge, who finished second. Collinge had lead early on in the two-lap women's race, with Tunstall, Emma Clayton and Hatti Archer close on her tail, but as the field spread out Kendal athlete Tunstall was able to gain the advantage and was leading by lap two. She stayed ahead to win the 8.3km race in 36:33,

with Collinge finishing second in 37:12.

With only two automatic spots for the four-strong women's team, Leeds City athlete Clayton (third, 37:55) and Hallamshire's Archer (fourth, 38:01) must now await the selectors' decisions.

Tunstall is a targeting a team medal, saying: "With the team we've got, if it's any of the first six girls who finished today, we're going to have a hell of a chance. The Italians and Americans are always hard to beat, but on our home turf and with the Welsh crowds there - there's usually great support at any Welsh event - so if it's like that we should be on track for a medal."

Asked whether that medal could be gold, Tunstall said: "You don't want to jinx it but there's potential. We've got so much experience, and we've got Emmie, Emma, Hatti - if that's the four that go, then yeah, God help the Americans and Italians!"

The U20 men ran in the same race as the senior women, with Adkin claiming victory in 35:02 and Spill second in 35:08, leaving two more places in the junior men's team.

The U17 men and women's race, again over a 4.2km lap, also incorporated the Welsh trial for next month's British & Irish Junior Championships, which will be held in Betws y Coed on the same day as the Worlds. The race was won by a guest runner, Jacob Steele (Dallam) in 18:34, with Ryan Cain second in 19:10 and his Menai team-mate Sion Jones third in 19:41. Annabelle McQueen (Eryri) was first U17 woman in 23:01, ahead of Ellie Kiff (Carmarthen) in 23:17 and Holly Roberts (Colwyn Bay) in 24:22.

The senior races also incorporated a home international, with England taking both the men's and women's titles. The top Welsh finisher in the men's race was Mike Kallenberg, with Katie Beecher the top Welsh woman.

The senior races were also the final rounds in the British Athletics Mountain Running Challenge. Although Douglas lost out to Simpson on the day, he was crowned overall men's winner of the British Athletics series, with Simpson second and Smith third. Clayton sealed victory in the women's series, with Annie Conway and Victoria Wilkinson joint second.

Gareth Bicknell

1. R. Simpson	Scot	48.37
2. A. Douglas	Scot	49.39
3. C. Smith	Eng	50.00
4. T. Addison	HelmH	51.08
5. T. Adams	Eng	51.16
6. B. Mounsey	Eng	51.46
7. C. Steele	Borr	51.54
8. C. Farrell	EngB	52.01
9. T. Martyn	Scot	52.21
10. S. Bailey	Eng	52.27
11. O. Jones	BristW	52.37
12. R. Hope	P&B	53.01
13. R. Phillips	Serpen	53.03
14. A. Lawler U/23	Scot	53.06
15. S. Hebblethwaite	EngB	53.13

94 finishers

SENIOR & U/23 LADIES

1. S. Tunstall	Kend	36.33
2. E. Collinge	England	37.12
3. E. Clayton	England	37.55
4. H. Archer	Hallam	38.01
5. S. McCormack	Amble	38.14
6. V. Wilkinson	England	38.50
7. R. Hilland	England B	39.48
8. K. Walshaw	England	39.49
9. E. McCready	Worthing	40.16
10. G. Tindley	Scotland	40.34

31 finishers

MEN U/20

1. J. Adkin	Moorfoot	35.02
2. J. Spill	Eryri	35.08
3. J. Boyle	Clay	35.38
4. W. Battershill	ErneV	35.56
5. C. Law	Holm	36.27
6. R. Jenkins	Carmarth	37.02
7. C. Richard	HelmH	37.07
8. J. Hindle	Bburn	37.26

26 finishers

LADIES U/20

1. H. Davies	Brecon	19.45
2. G. Malir	Leeds	19.50
3. S. Dale	LancsM	20.03
4. E. Nicholson	Pitreavie	20.38
5. L. McNeil	Unatt	20.43
6. E. Apsley	Stockp	20.55
7. J. Downs	Stockp	20.58
8. O. Sykes	Holmf	21.02

25 finishers

MEN & LADIES U/17

1. J. Steele	Dallam	18.34
2. R. Cain	Menai	19.10
3. S. Jones	Menai	19.41
4. S. Williams Lady	Eryrir	21.00
5. A. McQueen Lady	Eryri	23.01
6. E. Kiff Lady	Carmarth	23.17
7. H. Roberts	ColwynB	24.22

7 finishers

BURNSALL CLASSIC
North Yorkshire
AS/2.4km/274m 22.08.15

After being set off next to the village green by local rowing Olympic gold medal winner, Andy Triggs Hodge, a great entry of 157 runners snaked their way to the flag fluttering on top of the cairn on Burnsall Fell. First round the cairn was Rob Jebb but it was Sam Tosh who crossed the finishing line first in a time of 14.49, second was Rob Jebb who was also 1st V40 in 14.54 and third was Joe Baxter in a time of 15.19, with last year's winner Ted Mason 16.11 in fourth place picking up the local trophy.

In the ladies' race, it was three in a row for Mel Price in a time of 19.00 with Rachel Hill taking second place. Before the senior race, 68 juniors from under 8s to under 18s tackled the lower slopes of the fell, quite a few for the first time and possibly the last!

In the 10 mile road race, which is an undulating course through the local villages and then back to Burnsall, it was seven times Classic Fell Race winner Ian Holmes who was first back in a time of 56.01, he then ran the fell race (as did quite a few others) and came a creditable 8th place.

Another great day with runners from as far away as Australia, and newly weds Jim and Zoe Tunnon (Mercia) who ran the fell race between their wedding ceremony and reception! Thanks to all who raced and helped on the day.

Jim Stockdale

1. S. Tosh	Ross	14.49
2. R. Jebb O/40	Bing	14.54
3. J. Baxter	P&B	15.19
4. T. Mason	Wharf	16.11
5. F. Bosomworth	Unatt	16.40
6. N. Treitl	Barlick	16.47
7. K. Gray O/40	CaldV	16.57
8. I. Holmes O/40	Bing	17.18
9. T. Roo	Mercia	17.26
10. J. Young	H'gate	17.40

VETERANS O/50

1. P. Mitchell	Bing	18.35
2. A. Life	Clay	18.50
3. I. Rowbotham	Hgate	19.11

VETERANS O/60

1. B. Scholes	Settle	22.29
2. H. Atkinson	Bing	23.52

VETERANS O/70

1. G. Breeze	Wharf	26.54

LADIES

1. M. Price	Mercia	19.00

Ted Mason, Mel Price and Sam Tosh at Burnsall

PHOTO © WWW.WOODENTOPS.ORG.UK

2. R. Hill	Settle	20.58
3. K. Stringer	Scarb	22.45

156 finishers

OCHIL 2OOOS
Perthshire
AL/13km/1270m 22.08.15

Weather was good, but the ground was still wet from the wet summer, this started to take its toll after Ben Ever where the Bogs were more of a challenge The next problem was new forestry before the last hill (Dumyat) with a new deer fence.

Two additional controls were added to make sure that no one climbed the fences. This part was a challenge for everyone including those who had recceed the possible routes.

The race was won by Stewart Whittlie with first Lady being Andrea Priestly.

Alex King

1. S. Whitlie O/50	Carneth	2.59.01
2. G. Bellamy	Westies	3.01.07
3. S. Halstall	Westies	3.06.21
4. I. Gilmore	Carneth	3.07.22
5. M. Reid O/40	Carneth	3.07.33
6. P. Mackie	Shettle	3.08.28
7. J. Knox O/50	Anster	3.18.52
8. A. Gilmore	Carneth	3.19.33
9. I. Walker	Westies	3.20.30
10. A. Priestly O/40	Ochil	3.21.28
(23) D. Scott O/50	Ochil	3.38.13
VETERANS O/60		
1. (63) R. Toller	Dund	4.39.32
2. (68) I. Thomson	Carneg	4.50.46
3. (72) H. McPherson	Tinto	5.25.48
LADIES		
1. (10) A. Priestly O/40	Ochil	3.21.28
2. (43) L. Burt O/50	Fife	4.02.52
3. (44) M. Hetherington O/50 Helensb	4.04.08	
4. (46) C. Cole	Unatt	4.07.23
5. (50) J. Connor O/40	Unatt	4.12.53

HAIRY DOG
Derbyshire
BS/9.3km/227m 24.08.15

Conditions were overcast but dry for the second running of the Hairy Dog Fell race. We managed to more than double last year's entry with a local club making it part of their championship race series.

There was a slight worry about the possibility of mist on the top of Big Stone due to some overnight rain but by the time the race started the clouds had lifted.

Even the cows in the farmer's field decided to pay no attention to the 103 runners passing them by and stayed in the bottom part of the field.

The course is well marshalled and marked so we didn't lose anyone and to top it all off every starter, finished the course.

The Hare & Hounds did us proud with plenty of egg, bacon and sausage sandwiches on offer, as well as hot and not so hot!!) drinks on offer.

A big thank you to all the marshals who gave up their time, Stockport Harriers for making it part of their race series, Bramhall Runners for providing the back markers and James at the Hare & Hounds for his hospitality.

Anthony Ward

1. R. Campbell	HlandH	36.57
2. J. Scott-Buccleugh	Stockp	37.41
3. G. Briggs O/40	DkPk	38.53
4. R. Horner	Unatt	40.41
5. A. Frost O/40	DkPk	41.38
6. N. Peach O/50	Sale	41.39
7. P. Burns	Stockp	41.44
8. W. Griffiths	Penn	41.55
9. J. Corden O/40	Stockp	42.07
10. E. Apsley	Stockp	42.22
VETERANS O/50		
1. (6) N. Peach	Sale	41.39
2. (19) T. Hargreaves	Stockp	45.27
3. (26) D. Apsley	Unatt	46.55
VETERANS O/60		
1. (43) A. Brentnall	Penn	52.37
2. (78) J. Brayshaw	Totley	61.27
3. (83) P. Earhardt	Tod	63.35
VETERANS O/70		
1. (93) T. Faulkner	Wilms	67.40
LADIES		
1. (10) E. Apsley	Stockp	42.22
2. (13) R. Sinclair	Stockp	43.34
3. (32) S. Thomas	Stockp	48.34
4. (34) P. Wallbank	BelleV	50.04
5. (41) J. Augsberger	Unatt	51.30
(44) P. Goodall O/50	Totley	52.43
(48) L. Sinclair O/40	Stockp	53.04
(55) J. Hackett O/40	StaffsM	55.11
59) A. Brentnall O/60	Penn	55.35
(69) P. Peach O/50	Unatt	57.46

103 finishers

CROOK PEAK CAKE RACE
Somerset
BS/4.8km/200m 26.08.15

The race was run during a short window in the August monsoon season.

Track and cross country specialist Oliver Fox took full advantage of this weather window to post a new course record by four seconds, beating the old record that was set in 1994, two years before Oliver was born.

Race summary is 97 runners, two large chocolate cakes, £500 raised for haemotology research, one evening out in the Mendip hills.

Thank you to helpers Bee, Cori, Sylvia, Neil and Phil.

Will Robbins

1. O. Fox	Wells	18.14
2. C. McMillan	Weston	20.24
3. A. Glover O/40	Westb	21.58
4. T. Dobra	UBACCC	22.03
5. K. Summers O/40	Weston	22.14
6. C. Harvey O/40	BristW	22.21
7. J. Gilling O/40	Wells	22.26
8. A. Rich O/40	Cheddar	22.27
9. M. Molloy	Weston	22.28
10. A. Molloy O/40	BristW	22.31
VETERANS O/50		
1. (14) P. Foley	Portis	22.44
2. (19) K. Ham	Westb	23.34
3. (21) A. Noble	Weston	23.52
VETERANS O/60		
1. (49) N. Grant	Cheps	26.46
2. (54) R. Trubridge	Town&C	27.46
3. (57) G. Jones	MDC	28.12
LADIES		
1. (45) S. Chaloner O/40	Poole	25.58
2. (56) M. Fryer	West	28.02
3. (60) B. Manning	Portis	28.38
4. (61) K. Bessell	Sthville	28.40
5. (62) C. Howes	Unatt	28.54
(67) K. Elvers O/40	Cheps	30.01
(74) J. Dodd O/60	Cheps	31.12
(78) C. Alexander O/50	Unatt	32.02
(79) N. Coates O/50	Chedd	32.12
(82) G. Constable O/60	Chedd	34.12

96 finishers

Ricky Lightfoot retaining his title at Ennerdale Show

PHOTO © STEPHEN WILSON GRAND DAY OUT PHOTOGRAPHY

ENNERDALE SHOW
Cumbria
AS/3km/1.9m 26.08.15

Amid a record entry, Ricky Lightfoot retained his title and Catherine Spurdon set a women's record.

Show Day brought near perfect conditions and clear visibility to enjoy the wide-ranging views.

Ricky Lightfoot led out to the fell gate, where a narrow trod through shin-high gorse

kept the pack closely together up the initial steep climb.

Once on the ridge and into good grassy running, gaps quickly opened. Ricky led Chris Edis who led Howard Seal as the race progressed over the first and second brows of Knock Murton to the distinctive cairn on the final summit.

Catherine Spurdon placed 14th overall to clinch the women's title, with U23 orienteer, Rosie Watson, in pursuit.

Club mates David Morgan and Roger Whitaker, both recently promoted to M70, ran a closely matched race suggesting a competitive class going forward.

We were pleased to welcome runners on vacation in the Lakes. Furthest travelled were from Inverness (north) and Brighton (south).

Local runners were loyal in their support, and two families – Watsons and Bradleys – each had 3 members in the race.

Joe Richardson started the runners and presented the prizes. A local farmer and retired World Masters competitor, Joe for many years competed in this race alongside showing his sheep.

Ennerdale is a traditional Cumberland show, of which the fell race with its friendly atmosphere is a key part. It was fantastic to see the race so well supported by runners aged 17 to 71.

Thanks to my marshals and helpers; also to the Ennerdale Show committee (all volunteers) who do so much to make this a grand day out for all.

Eleanor Williamson

1. R. Lightfoot	Ellenb	12.09
2. C. Edis	Kesw	13.05
3. H. Seal O/40	CFR	13.17
4. S. Netherway	Kesw	13.20
5. C. Lister	Ellenb	13.47
(13) S. Worsley O/50	Invern	14.43
(34) D. Downes O/60	WCOC	19.08
(42) R. Whitaker O/70	CFR	21.36
LADIES		
1. (14) C. Spurdon	Kesw	14.53
2. (20) R. Watson U/23	WCOC	15.30
(22) C. Russell O/40	CFR	16.34
(27) L. Buck O/50	CFR	17.37

45 finishers

HARROCK HILL RACE SERIES 4
Lancashire
BS/8.4km/275m 26.08.15

1. D. Kay O/40	P&B	33.40
2. K. Steinegger	Amble	34.48
3. S. McCarron O/40	Sale	34.53
4. J. Brown O/40	Buckley	35.05
5. A. Carlin	Sale	35.31
6. J. Thompson	Knows	36.12
7. J. Ashworth	Knows	36.33
8. D. Hughes	RRose	36.51
9. R. Smith	Endur	37.29
10. P. Muller O/50	Horw	37.36
VETERANS O/50		
1. (10) P. Muller	Horw	37.36
2. (24) A. Raftery	Sale	38.57
3. (26) D. Collins	Wigan	39.02
VETERANS O/60		
1. (14) S. Morran	NVets	38.01
2. (62) T. Hesketh	Horw	42.55
3. (72) T. Hellings	Lytham	43.54
VETERANS O/70		
1. (160) P. Walsh	Bowl	54.57
2. (195) J. Francis	Clay	70.01
LADIES		
1. (18) L. Brindle	Horw	38.20
2. (41) J. Goorney O/40	Lytham	40.59
3. (45) J. Taylor O/50	Wigan	41.19
4. (61) H. Thompson	Skelm	42.53
5. (68) D. Brearton	Wigan	43.28
(70) S. Budgett O/50	Horw	43.44
(74) M. Cook O/40	Parb	44.11
(96) A. Jones O/60	Altrinch	46.25
(164) S. Stewart O/60	SthportW	55.25

202 finishers

HARROCK HILL RACE SERIES RESULTS 2015

1. K. Steinegger	Amble	8 pts
2. T. Harkin O/40	Unatt	29 pts
3. P. Muller O/50	Horw	29 pts
4. L. Brindle	Horw	37 pts
5. C. Smyth O/40	Unatt	43 pts
6. S. Morran O/60	NVets	55 pts
7. M. Harris O/40	Wigan	59 pts
8. J. Sprackland O/50	Sthport	60 pts
9. D. Collins O/50	Wigan	62 pts
10. K. Byrne	Unatt	63 pts
VETERANS O/60		
1. (6) S. Morran	NVets	55 pts
2. (29) T. Hesketh	Horw	168 pts
3. (31) T. Hellings	Lytham	199 pts
VETERANS O/70		
1. (74) J. Francis	Clay	502 pts
LADIES		
1. (4) L. Brindle	Horw	37 pts
2. (32) G. Gillen	Sthport	206 pts
3. (35) D. Brearton	Wigan	216 pts
4. (36) M. Cook O/40	Parb	225 pts
5. (49) A. Ferguson O/50	Burnd	307 pts
(52) S. Taylor O/50	Wigan	330 pts
(54) F. Johnston O/40	Parb	347 pts
(64) S. Stewart O/60	SthportW	422 pts

77 overall finishers

ARNISON CRAG HORSESHOE
Cumbria
AS/5km/300m 29.08.15

The Arnison Crag Horseshoe is held as part of Patterdale Dog Day and takes place in between the sheep dog trials. Fortunately, dogs and runners know their place! It is a beautiful setting amongst wonderful scenery.

Arnison Crag Horseshoe is only a 3 mile/5 km route but it punches above its weight/ distance. It manages to combine grassy uphill running and muddy squelchy uphill running with a bit of flatish track and a lovely undulating run from Trough Head to Arnison Crag. The descent from Arnison Crag is steep, grassy, slippy and stoney in places – fabulous if you love downhill running and particularly interesting this year after the recent rain!

There had been heavy rain in the morning but the sun was shining as the 33 runners made it to the start line. What we lacked in quantity, we made up for in quality .... 33 runners and 3 new records!

First runner back was Ben Abdelnoor making it look so easy in a time of 24.27. Second home was Derek Hurton in a time of 26.13. Derek was also first V40 .... and finished ahead of his son and daughter! He also had a tussle with Harvey Lord who finished in third place in a time of 26.14. Noah Hurton finished in 4th place and was first junior in a record time of 27.12. Well done, Noah. First male V50 was Ed Gamble who finished in 6th place overall.

Lou Roberts had a fantastic run to finish first lady in a record time of 30.13. This is also a new FV40 record. Second lady was Julie Carter n a time of 34.42 (who was also first lady FV50)and third lady was Beth Ripper in 35.12. The first female junior was Connie Hurton in 30.52 continuing the family tradition!

We also had three local runners which is always good to see. First back was Eelco Dolter from Hartsop in 29.25 who is also a member of Patterdale Mountain Rescue.

Finally, a BIG thank you to Catstycam Outdoor Shop in Glenridding for sponsoring the prizes, to Vanessa Schaepers, Beth Pollock and Allie Hodgson for helping with registration and the finish line, to Kate Jackson and Emma Edgar for opening gates and pitching in, to Phil Brown for being our man at the top and making sure that everyone gets to the top of Arnison Crag, and to Arnison Crag for being such a fantastic fell. Hope to see you all next year!

Christine Kenyon

1. B. Abdelnoor	Amble	24.27
2. D. Hurton O/40	Eden	26.13
3. H. Lord	BlCmb	26.14
4. N. Hurton	Eden	27.12
5. D. Wilby	Ilk	27.14
6. E. Gamble O/50	Chesh	28.06
7. T. Ripper	BlCmb	28.24
8. R. Turner O/50	Ross	29.20
9. M. Howard O/40	Unatt	29.22
10. E. Dolter O/40	Patter	29.25
(12) C. Hodgson O/50	Fellan	30.40
LADIES		
1. (11) L. Roberts O/40	Amble	30.13
2. (23) J. Carter O/50	Kesw	34.42
3. (25) B. Ripper	BlCmb	35.12
4. (26) J. Gardner O/50	Macc	35.37
5. (29) L. Buck O/50	CFR	37.46
JUNIORS		
1. N. Hurton	Eden	27.12
2. C. Hurton	Eden	30.52
3. H. Thornhill	Buxt	32.44

33 finishers

BELLINGHAM SHOW
Northumberland
BS/6.4km/183m 29.08.15

Despite early heavy rain the day brightened up so that by the time the runners set off at 2.30 p.m. it was bright and clear with fresh breeze making ideal running conditions. The 39 runners were given a good send off by the show crowd of some 2,500 people.

Conditions underfoot were fairly dry but as last year the vegetation on the main hill

was quite lush making it a bit heavy going in places.

The course had been re-routed a little to follow a more runnable track at about the half-way point but this information had not been passed on to Northumberland Fell Runners who had the original course on their website. This caused a little confusion for the front runners.

First home in a time of 34.61 was David Beech, closely followed by Andy Green and Andy Blackett. First Lady home in a time of 41.28 was Rachael Vincent.

Bill Burton

1. D. Beech	NFR	34.36
2. A. Green O/40	Tyne	34.46
3. A. Blackett	DFR	34.59
4. J. Osborn	DFR	35.29
5. C. Rowe O/40	NSP	36.04
6. D. Armstrong O/50	NFR	36.28
7. J. Duff O/40	NFR	37.44
8. M. Kendall	Unatt	39.34
9. A. Wallace O/40	NFR	40.27
10. B. Kivlehan O/50	NFR	40.38
(16) P. Hainsworth O/50	NFR	42.10
VETERANS O/60		
1. (12) N. Cassidy	Tyne	41.09
2. (18) A. Duncan	NFR	42.39
3. (27) P. Reed	NFR	44.53
VETERANS O/70		
1. (35) J. Gaborino	NFR	65.06
LADIES		
1. (14) R. Vincent O/40	Tyne	41.28
2. (17) N. Cameron O/40	NFR	42.21
3. (20) S. Scott O/40	NFR	43.13
4. (21) D. Tunstall O/50	DFR	43.18
5. (22) K. Taylor O/50	NFR	43.26

39 finishers

DUFTON SHOW
Cumbria
AS/8km/460m 29.08.15

1. D. Kaye O/40	CaldV	32.44
2. P. Davies O/40	Borr	33.00
3. J. Davis O/40	Borr	33.21
4. V. Wilkinson	Bing	34.15
5. B. Stewart O/40	Borr	34.40
6. B. Procter	Helm	34.48
7. A. Meanwell O/40	Borr	36.05
8. H. Dent	Howg	37.37
9. J. Broom	Unatt	37.47
10. D. Fishwick O/40	Chorl	38.02
VETERANS O/50		
1. (13) M. Hepworth	Eden	39.03
2. (28) T. Walton	Howg	46.48
3. (35) W. Bashall	Unatt	50.13
VETERANS O/60		
1. (19) M. Walsh	Kend	41.15
2. (24) B. Horn	Borr	45.06
LADIES		
1. (4) V. Wilkinson	Bing	34.15
2. (8) H. Dent	Howg	37.37
3. (30) J. Davies O/40	Borr	47.57
4. (31) D. Greaves O/40	Howg	47.57
5. (32) C. Pollard O/50	Wharf	48.50
(37) C. Halliwell O/50	Unatt	60.13

41 finishers

RAB MINI MOUNTAIN MARATHON - ROUND 3
Cumbria
30.08.15

The third round of the RAB Mini Mountain Marathon series started at Millbeck, (near Keswick) and possible route choices took runners round Dodd, Ullock Pike, Skiddaw, Great Calva and Lonscale. There were some areas of heather (which looked stunning) but were exhausting to cross , gorse and bracken, to scupper anyone's hopes of covering the whole course. Unfortunately a sportident box was taken at around 11 a.m. during the event and the organisers would be grateful if anyone has any ideas about its whereabouts.

Thanks to the villagers of Millbeck who were very welcoming and made soup for the event and to the local farmers and landowners for allowing access and parking.

Chris Wainwright

1. Neil Talbott
2. Andrew Blackett
3. Calvin Routledge
4. Mike Nolan
5. Bill Johnson/John Minta

LADIES

1. Mary Gillie
2. Dorothy Pelly
3. Julia Nolan

MIXED

1. Andy Heading/Amanda Heading

TOUR OF NORLAND MOOR
West Yorkshire
BM/10.1km/270m 30.08.15

On a most beautiful Sunday morning, 87 runners took part in this 6.2 mile 800ft scenic trail race around Norland Moor, Halifax.

The race was won by Rob James in 37.51. Tanya Seager was not only first lady and first vet 40, but beat the course record of 42.34 by over two minutes in a super time of 40.21.

Sarah Cumber

1. R. James	Royt	37.51
2. C. Kernick	Unatt	39.11
3. P. Smith	Altrin	39.57
4. J. Mason O/50	Wfld	40.15
5. P. Hoyle	Longw	40.18
6. T. Seager O/40	Stain	40.21
7. M. Keedy O/40	Skipt	40.32
8. T. Harkin O/40	Unatt	42.12
9. J. Cartwright O/40	Stadium	42.16
10. D. Pearson	Stain	42.17
VETERANS O/50		
1. (4) J. Mason	W'fld	40.15
2. (14) P. Taylor	Ross	43.59
3. (22) M. Coe	Qbury	46.24
VETERANS O/60		
1. (16) P. Grimes	Hfax	44.29
2. (34) J. Archer	Winst	49.39
3. (35) H. Atkinson	Bing	50.00
VETERANS O/70		
1. (64) M. Coles	VStr	59.13
2. (69) D. Gibson	Sadd	61.11
3. (71) D. Waywell	Wesh	61.31
LADIES		
1. (6) T. Seager O/40	Stain	40.21
2. (29) A. Mason U/23	Wfld	47.36
3. (37) J. Butterworth O/50	Skipt	50.04
4. (47) S. Cleal O/40	Qbury	53.03
5. (49) A. Baldwin O/60	Stain	53.19
(55) K. Taylor O/50	Ross	54.37
(65) S. Morley O/60	Ilk	59.20

87 finishers

CROWDEN HORSESHOE
Derbyshire
BM/12.9km/518m 30.08.15

1. R. Campbell U/23	H'landH	104.57
2. C. Arthur	Unatt	105.51
3. H. Holmes	York	105.59
4. M. Ollerenshaw	Gloss	106.36
5. M. Harmon	P&B	108.08
6. D. Watson	Ativ8	108.31
7. B. Cartwright	Mat	110.19
8. P. Rowley	Penn	110.24
9. A. Frost O/40	DkPk	110.41
10. M. Driver	Holc	110.49
VETERANS O/50		
1. (11) P. Butcher	Sthwell	111.24
2. (30) J. Bradbury	Mercia	117.15
3. (36) I. Charlesworth	P'stone	118.47
VETERANS O/60		
1. (28) C. Davies	Sadd	116.59
2. (41) K. Taylor	Ross	119.28
3. (53) K. Hulmes	DkPk	123.03
VETERANS O/70		
1. (123) B. Needle	DkPk	147.37
2. (133) R. Brown	P'stone	152.17
LADIES		
1. (18) C. Rice	Gloss	114.19
2. (46) S. Newman O/50	CaldV	120.19
3. (46) S. Newman O/50	CaldV	120.19
4. (47) S. Richmond	Penn	120.34
5. (65) J. Mellor O/50	Penn	126.08
(69) L. Latchem O/40	P'stone	126.48
(87) B. Hinchliffe O/60	Holmf	130.24
(103) S. Jones Morris O/40	P'stone	136.26

142 finishers

BARROW
Cumbria
AS/5.7km/435m 31.08.15

A lovely sunny day greeted the Keswick Show and the second running of the Barrow fell race. Both CFR and Helm Hill had it as one of their Club championship races, so thanks for increasing the numbers to 75 entries. No records were broken, but the ground was slightly softer than last year, and competitors will be pleased to hear that the course is 6.7k and not 5.7k if concerned that your time is slower than you would have expected. The spectators enjoyed watching the progress of the race from the show field, particularly the descent off Barrow. My thanks, as always, to the unsung heroes (and heroines), the marshals, time keepers et etc, without whose input there would be no race. My thanks, also, to Edwin Thompson, for sponsoring the event, and to the landowners and farmers for letting us run across their fields.

Lyn Thompson

1. S. Booth O/40	Borr	35.05
2. C. Tinnion	Ellenb	35.25
3. P. George	Kesw	35.42
4. J. Marchant O/40	HelmH	36.05

Ellenborough's Callum Tinnion 2nd at Barrow

PHOTO © STEPHEN WILSON GRAND DAY OUT PHOTOGRAPHY

5. L. Procter… … … … …	HelmH	36.11
6. M. Yeomans … … … …	CFR	36.42
7. N. Hurton U/23… … …	Eden	37.22
8. H. Seal O/40… … … …	CFR	37.30
9. C. Lister … … … … …	Ellenb	37.43
10. S. Keough O/40 … …	Ellenb	38.15
VETERANS O/50		
1. (17) N. Sidaway… … …	CFR	41.16
2. (18) R. Horsfield … …	Kimber	41.24
3. (21) P. Crompton … …	CFR	41.43
VETERANS O/60		
1. (46) T. Longman … …	Macc	46.05
2. (58) J. King … … … …	FR	51.08
3. (66) P. Reed … … … …	NFR	53.13
LADIES		
1. (19) A. Ingram … … …	TLake	41.36
2. (26) L. Roberts O/40 …	Amble	42.16
3. (38) J. Gillyon O/40 …	Kesw	44.11
4. (40) A. Holmes O/40 …	Kesw	44.40
5. (42) N. Walkingshaw …	Howg	45.12
(54) W. Dodds O/60 … …	Clay	48.49
(55) M. Drozdowicz O/50	Elsw	49.57
(57) M. Bradley O/50… …	CFR	50.53

74 finishers

KILNSEY CRAG
North Yorkshire
AS/2km/124m 01.09.15

A traditional highlight ever since its inception in 1898, the Senior Crag Race once more proved to be a spectacle to behold.

Extra colour was again added to the occasion as the likely leading contenders were introduced, one by one, to the crowd immediately prior to the start. Amongst them were the top two from the recently contested historic Lakeland classic, the Grasmere Guides Race - these two star performers being the seven times England champion Simon Bailey who farms near Macclesfield, and the defending Kilnsey champion and ten times previous winner of the Crag Race, Rob Hope from Wheelton in the Lancashire Pennines.

Indeed it was this duo who soon prized their way to the head of the field as the eighty-six competitors strained and scrambled up the shifting treadmill of scree and earthy fragments towards the first summit flag.

Also menacingly close at hand as the leaders approached the turn was the local favourite, Ted Mason - winner in 2012 - from Appletreewick, albeit still with an onerous task ahead in order to rein in the front two.

Silhouettes across the skyline this leading trio swiftly became crowd-enthrallers supreme, as all three – with Bailey still ahead – launched themselves into Kilnsey's notorious rocky and precarious descent whereby there is no other fell-race in the land which can produce such an absorbing spectacle amid such close-proximity viewing for such a huge audience.

Hope closed marginally on Bailey, while Mason risking neck, crop and more besides – almost grabbed the pair of them, but as the last wall before the show-field was cleared, the order remained unchanged. Thus, the seven times England champion Bailey, re-asserted his authority along the run-in to come home to a champion's reception in a very fast – albeit outside the record – winning time (8.01) ahead of Hope (8.08) in second, and 'Tenacious Ted' drawing an extra decibel of crowd appreciation (8.18) in third.

Another who has figured on the winner's podium elsewhere this year, Jimmy Craig from Hellifield, finished a fine fourth (8.33), Mark Lamb of Keswick came fifth (8.43); Pudsey's Neil Crampton sixth (8.49); former England junior champion Luke Maude of Bradley seventh (9.02), and Nick Treitl, Barnoldswick eighth (9.28).

Next two home, Joel Wood of Theshfield and Fred Bosomworth of Burnsall, also collected the second and third local awards respectively behind Ted Mason.

Like old wine improving by the year, Rob Hope – now past the appropriate age mark – added the V40 award, and the Epsom Derby winner's farrier, Pete Wilkin from Knayton won the V50 award.

The female high flyer was Wetherby's Caroline Lambert (10.48) who completed a splendid hat-trick of consecutive victories in the ladies' event at the main expense of Silsden's Lucy Needham (11.44) and Settle's Rachel Hill (11.47) and Rachel Pilling (12.08) from Leeds who came in and second and fourth respectively.

Winning success in the junior crag races was also much reflective of the form-book throughout the summer, not least of all in the Under 17 event where Thomas Nelson (8.44) of Mytholmroyd was achieving his fourth victory in as many days.

He triumphed ahead of Joe Hudson (9.10) from Skipton and James Turland (9.32) from Guiseley, while fifth placed Adam Gibson from Burnsall won the local accolade.

Top three in the corresponding age-group for girls comprised England Schools

cross country finalist, Eve Hutchinson from Giggleswick (12.39), Georgia Stevens (13.10) from Kendal and Lucy Lawkwell (13.28) from York while Ellamae Gibson completed the brother – sister local award winning ensemble.

A battle royal for top honours in the Under 14 crag race saw Ilkley's Logan Hargreaves-Madhas (9.17) finally conquer ahead of Joe Hudson's brother, Louis (9.25), Thomas Marshall from Burton in Lonsdale (9.45) in third, Harvey Lewis from Thornton in Craven fourth and Arthur Peel from Malham fifth and first local. English Schools fell champion, Katie Atkinson (11.20) from Gargrave took the premier Girls honours marginally ahead of her next door neighbour, Charlotte Barrett (11.25) and Rossendale's Lauren Greig (11.28) in third.

In the shorter Under 12 Crag Race, Silsden's Sam Smith (6.06) repeated his victory of the last year. Sam was followed home by Will Atkinson from Gargrave and Rylstone's Lewis Carr who also won the local award, while the one, two, three amongst the female flyers comprised respectively; Alice Jones (7.03) from Lothersdale, Beth Roberts from Gargrave and top local Emma Peel from Malham.

A pleasing prelude to the crag race had been the one mile handicap – back on track following a nine year absence – and it provided just the kind of thrilling finish which the organisers and handicappers had wished for, as Skipton's Julian Hood just managed to edge out Cracoe's Yorkshire high-jump champion Ellie Pullen in the final surge for the tape.

Silsden's Gareth Hird finished third and there was a particularly fine effort from the back-marker Nick Hardy from Leeds who came right through the field to grab fourth.

Roger Ingham

1. S. Bailey	Mercia	8.01
2. R. Hope O/40	P&B	8.08
3. T. Mason	Wharf	8.18
4. J. Craig	Barlick	8.33
5. M. Lamb	Kesw	8.43
6. N. Crampton	P&B	8.49
7. L. Maude	Barlick	9.02
8. N. Trietl	Barlick	9.28
9. J. Wood	Unatt	9.36
10. F. Bosomworth	Wharf	9.54
VETERANS O/50		
1. (22) P. Wilkin	ThSow	10.45
2. (30) G. Bastow	Ripon	11.11
3. (32) P. Rigby	HelmH	11.19
VETERANS O/60		
1. (44) D. Allen	Nvets	12.06
2. (53) B. Scholes	Settle	12.44
3. (58) H. Atkinson	Bing	13.02
LADIES		
1. (25) C. Lambert	Wthby	10.48
2. (39) L. Needham	Wharf	11.44
3. (40) R. Hill O/40	Settle	11.47
4. (45) R. Pilling	P&B	12.08
5. (48) P. Barrett	Kghly	12.29
(57) J. Powell O/40	Wharf	13.00
(81) A. Rutherford O/50	Unatt	17.00
(82) A. Handley O/50	Wharf	18.13

86 finishers

JUNIORS

Boys U/12		
1. S. Smith	Wharf	6.06
2. W. Atkinson	Kghly	6.58
3. L. Carr	Ilk	7.01
4. J. Cawkwell	York	7.17
Girls U/12		
1. A. Jones	Wharf	7.03
2. B. Roberts	Kghly	7.37
3. E. Peel	Kghly	8.18
4. B. Walmsley	Unatt	8.33
Boys U/14		
1. L. Hargreaves-Madhas	Wharf	9.17
2. L. Hudson	Kghly	9.25
3. T. Marshall	Settle	9.45
4. H. Lewis	Kghly	9.58
Girls U/14		
1. K. Atkinson	Kghly	11.20
2. C. Barrett	Wharf	11.25
3. L. Gregg	Ross	11.28
4. E. Jones	Wharf	11.30
Boys U/17		
1. T. Nelson	Wharf	8.44
2. J. Hudson	Kghly	9.10
3. J. Turland	Unatt	9.32
4. R. Johnstone	Wharf	10.16
Girls U/17		
1. E. Hutchinson	Settle	12.39
2. G. Stevens	HelmH	13.10
3. L. Lawkwell	York	13.28
4. E. Gibson	Wharf	14.42

BARREL INN
Derbyshire
BM/10.4km/460m 01.09.15

The showery weather in the Peak District had produced a challenging course for the 2015 Barrel Inn Fell Race. During the race, however, we had no rain and the views were stupendous. The race is late in the season and has to start at 6:30 p.m. in order to avoid darkness in the section towards the end of the course where runners move onto a downhill wooded limestone path.

The race is always held on the day after August bank holiday Monday. Therefore, 1

Simon Bailey leading the Kilnsey field

PHOTO © WWW.WOODENTOPS.ORG.UK

September is the latest that this can be. So this year it was an autumn race. After a record number of runners competing last year, this year's field was somewhat smaller, perhaps that is the reason.

There were, however, a large number of runners from local clubs with 20 from Totley A.C., 12 from Dark Peak, 10 from Steel City Striders, 5 from the neighbouring village of Tideswell and 5 from North Derbyshire R.C. One runner came from Chichester, 1 from Tadley, Hampshire, 1 from Orion Harriers in Epping Forest and 1 from Gade Valley Harriers in Hemel Hamstead, Twenty five runners were not attached to a club.

The race winner, Stuart Bond, was over three minutes ahead of the rest of the field. Second place was taken by Adam Taylor and third was Aiden Linskill. The first two women were Zoe Proctor first and Claire Aspinall second. Third was Nicola Parkin, who was also the first W40. Craig Jeffrey won the V40.

The FV50 winner was Linda Fitzpatrick and the FV60 winner was Pat Goodall. Ed Murden was the V50 winner and Robert Taylor won the V60 category.

Thanks to the sponsors, the prize donators, the marshals, the Carnival Queens, who started the race and gave out prizes, the helpers and the runners.

Let's do it again next year.

Archie Hartwright

1. S. Bond	DkPk	39.51
2. A. Taylor	DkPk	43.12
3. A. Linskill	Totley	44.24
4. C. Jeffery	StaffsM	45.07
5. J. Morgan O/40	DkPk	45.35
6. K. Doyle O/40	Kimber	45.46
7. N. Mcgoun	Orion	45.53
8. P. Davies	Unatt	46.07
9. J. Waller	P'stone	46.37
10. S. Vas	Unatt	46.43
VETERANS O/50		
1. (16) E. Murden	LongEat	49.15
2. (17) G. Williams	DkPk	49.26
3. (21) M. Elwis	Unatt	50.02
VETERANS O/60		
1. (30) R. Taylor	Penn	51.24
2. (39) K. Holmes	DkPk	52.41
3. (48) N. Oxley	Unatt	54.06
LADIES		
1. (29) Z. Procter	Penn	50.49
2. (35) C. Aspinall	Penn	52.19
3. (40) N. Parkin O/40	DkPk	52.46
4. (41) K. Jenkins O/40	Hands	53.01
5. (56) E. Kooper O/40	Unatt	55.13
(70) P. Goodall O/60	Totley	57.27
(93) L. Fitzpatrick O/50	Totley	62.47
(106) C. Pearce O/50	Totley	66.36
(107) C. Beattie	Steel	66.39

123 finishers

HADES HILL
Lancashire
BS/8km/360m 03.09.15

The Hades Hill took place on a cool evening and was sadly supported by just 45 Runners! Darren Kay and Sandra Kelly prevailed at the front of the field whilst the evergreen Malcolm Coles was the oldest finisher!

'Hades' was started in 1968 by the late, great Joe Salt. This year the event was the 600th race organised by Andy O'Sullivan.

Andy O'Sullivan

1. D. Kay O/40	CaldV	32.48
2. C. Smale O/50	Barlick	35.05
3. D. Grimshaw	Trawd	36.51
4. E. Gamble O/50	CheshHR	36.57
5. P. Hudson	Unatt	38.35
6. R. Butterwick O/40	Tod	39.03
7. D. Garner O/40	Tod	39.17
8. N. Kelly O/40	Horw	39.28
9. D. Morley	Unatt	39.44
10. S. Morran O/60	NVAC	39.57
(12) P. Boardman o/50	Horw	40.53
VETERANS O/60		
1. (10) S. Morran	NVAC	39.57
2. (13) C. Davies	Sadd	41.06
3. (28) G. Barnes	Unatt	46.17
VETERANS O/70		
1. (32) M. Coles	VS	50.30
LADIES		
1. (22) S. Kelly O/40	Horw	44.13
2. (27) J. Scarf O/50	CaldV	46.11
3. (30) J. Needham O/60	Roch	48.50
4. (31) M. Kelly	Unatt	49.58
5. (55) M. Fuller O/40	Tod	52.24

45 finishers

LONGSTONE CHASE
Derbyshire
BS/7.7km/290m 04.09.15

The 20th running of the Longstone Chase race took place as usual on the first Friday in September in glorious weather. Starting from the centre of the village of Great Longstone, runners tracked up through the heather to the top of Longstone Edge and then faced a short, steep descent down the face followed by a long incline back to the finish. The start time had been brought forward slightly to 6 30 p.m., which nearly caught out some of the old hands,who had to be chased from the car parking field as start time approached!

A good field of nearly 100 all completed the course in under an hour, though Lloyd Taggart's winning time of 27.56 was still just outside the course record of 27.02 set 15 years ago. The runner up was Billy Cartwright with Mike Nolan third. The first woman was Caroline Brock, with Gemma Southern second and Ruth Keeley third.

Prizes of stained glass plaques, made by a local artist, were presented by Lord (Roy) Hattersley, a resident of Great Longstone.

Many thanks to all the volunteers who make this event possible, and especially to the Edale Mountain Rescue for providing event cover.

Peter Thompson

1. L. Taggart O/40	Manx	27.56
2. B. Cartwright	Mat	30.02
3. M. Nolan O/40	DkPk	30.06
4. A. Frost O/40	DkPk	30.31
5. M. Brennan	EreV	30.46
6. P. Sorrell	NDerby	30.55
7. E. Gamble O/50	Chesh	31.15
8. W. Ediker	Chesterf	31.17
9. M. Stenton O/50	Unatt	31.39
10. G. Moffatt O/40	DkPk	31.54
(11) T. Clayton O/50	NDRC	32.17
VETERANS O/60		
1. (25) K. Holmes	DkPk	35.23
2. (29) S. Brister	Mat	36.19
3. (64) J. Gorman	BDRC	42.52
VETERANS O/70		
1. (66) B. Hampton	NDRC	42.55
2. (80) G. Young	Sinfin	45.32
LADIES		
1. (32) C. Brock	Unatt	36.43
2. (45) G. Southern	Unatt	38.38
3. (48) R. Keeley	Belper	39.10
4. (49) J. Gardner O/50	Macc	39.22
5. (52) A. Gould	HolmeP	39.48
(57) C. Scott O/40	Sinfin	40.36
(63) R. Jones O/40	HolmeP	41.30
(74) S. Barker O/50	Unatt	43.23
(87) M. Gorman O/60	NDRC	46.54

95 finishers

Braemar Gathering

BRAEMAR GATHERING
Aberdeenshire
AS/5km/300m 05.09.15

1. H. Haines		25.52
2. D. Whitehead		26.01
3. I. Whiteside		26.21
4. J. Espie		26.23
5. A. Harris		27.19
6. A. Chepelin		27.35
7. K. White		28.19
8. B. Marshall		28.38
9. J. Knox		29.02
10. N. Talbott		29.19
LADIES		
1. (11) C. Whitehead		29.37
2. (21) C Graves		32.23
3. (28) V. Oldham		34.03

71 finishers

BEN NEVIS
Highlands
AM/14km/1347m 05.09.15

Finlay Wild won the Ben Race for the sixth time in a row in 1.30.56, over five minutes clear of four times race winner,Rob Jebb, 1.36.01. Finlay's six-in-a-row is a new record and equals Ian Holmes's record of six wins between 1994 and 2007. Finlay said he was at the top in 59.45, his fastest ever to the summit and with a good lead. "I had a pretty good descent, although it wasn't perfect."

The women's individual title went to Irish runner Diane Wilson, who finished 64th overall in 2.00.41, with Caitlin Rice second in 2.02.14. Heidi Dent was third in 2.03.26. Sharon Taylor, who has won the women's race four times, came fourth in 2.03.58.

The day belonged to Lochaber AC though, and not just because of Finlay's remarkable run of wins. The men's team prize also went to Lochaber AC. Finlay being supported by Gary MacDonald, 6th in 1.39.43 and Callum Fraser, 8th in 1.42.33. Callum also won the men's U23 award. Definitely a man to watch in future!

To complete the set, Lochaber AC also won the women's team award. Diane Baum, 2.04.17, Amanda Blackhall, 2.16.17 and Suzy Devey 2.20.11.

Nick Pearce claimed the V60 trophy with an impressive 2.10.54. Newcomer to the race, Luke Maude, had an impressive debut run in 1.44.40 to take ninth position.

Kathleen MacPherson, nee Connochie, was race starter and presented the prizes in the evening too. This was most appropriate as her father instituted the Connochie Plaque Award for runners who completed twenty-one Ben races. (She was also the first woman to run the race, when she was only sixteen. Wouldn't be allowed now!) Her awarding the Connochie Plaques this year was even more appropriate as Mandy Goth of Todmorden Harriers became the first woman to qualify for the award. May she be the first of many.

In this exceptionally wet year, the race was blessed with a bright, sunny day, which perhaps increased the challenge for the runners who were generally unused to such conditions of late. In spite of that, of 498 starters, 486 completed the course.

Mickey Whitehead

1. F. Wild	Lochab	1.30.56
2. R. Jebb	Bing	1.36.01
3. S. Tosh	Ross	1.37.20
4. M. Mikkleson-Barron	Borr	1.38.49
5. R. Lightfoot	Ellenb	1.39.38
6. G. Macdonald	Lochab	1.39.43
7. S. Watson	Wharf	1.40.10
8. C. Fraser	Lochab	1.42.33
9. L. Maude	Barlick	1.44.40
10. R. Watt	Lochab	1.44.58
LADIES		
1. (64) D. Wilson	Dromore	2.00.41
2. (70) C. Rice	Gloss	2.02.14
3. (74) H. Dent	Howg	2.03.26
4. (78) S. Taylor	Helm	2.03.58
5. (81) D. Baum	Lochab	2.04.17

486 finishers

EXTERMINATOR
Derbyshire
AL/25.7km/1290m 06.09.15

1. A. Smith	Hallam	2.08.33
2. S. Gregory O/50	HolmeP	2.24.34
3. M. Sprot	DkPk	2.26.11
4. J. Lane	Unatt	2.26.32
5. K. Doyle	Kimber	2.27.02
6. M. Dawson O/40	NDerby	2.28.04
7. W. Cartwright	Mat	2.28.23
8. A. Hickman O/40	Sthville	2.28.29
9. C. Muress O/40	Unatt	2.28.51
10. R. Jones	SheffUni	2.28.57
VETERANS O/50		
1. (2) S. Gregory	HolmeP	2.24.34
2. (43) A. Buck	SteelC	2.48.17
3. (44) D. Allen	DkPk	2.48.48
VETERANS O/60		

Sharon Taylor at Red Burn at Ben Nevis

PHOTO © PAUL DOBSON

1. (104) C. Horsfall	Hands	3.15.30
2. (113) P. Collinge	VegCyc	3.17.51
3. (124) R. Hopkinson	DkPk	3.23.28
VETERANS O/70		
1. (144) C. White	Tot	3.32.02
LADIES		
1. (20) H. Tant	Tot	2.37.00
2. (29) L. Lewin O/40	Tot	2.43.57
3. (30) C. Prosser	DkPk	2.44.09
4. (47) K. Jenkins O/40	Hands	2.51.40
5. (60) S. Thorp	WEnd	2.57.18
(151) S. Ward O/50	Unatt	3.34.52
(154) C. Hartwright O/60	Tot	3.36.25
(161) R. Bedford O/50	DenbyD	3.43.36

179 finishers

GUISBOROUGH THREE TOPS
North Yorkshire
AM/13km/655m 06.09.15

A beautiful summer's day with a gentle breeze. It was very tight at the front of the men's race with a lot of minor changes through the race. Pete Vale and Lloyd Taggart were pressured by Ted Mason, followed by the Calder trio of Tim Ellis, Darren Kay and Karl Gray. Matthew Roberts, in fact, led for much of the race but had unfortunately missed a check point at the end of the short loop. At the finish just 44 seconds covered the first eight .Pete was first with Lloyd second and Ted third.

In the women's race Victoria Wilkinson and Helen Berry were the main contenders with Emma Gould and Mel Price chasing. As the race progressed Victoria continued to press her advantage over Helen who equally did the same to Emma and Mel. Victoria was the clear winner in a new record time of 76.06. Emma and Mel led their team Mercia to victory with Ambleside and Calder behind only seperated on 'back counter.' In the men's team Calder Valley led by Tim, Darren and Karl completed a comfortable victory ahead of Dark Peak and Pudsey & Bramley.

Many thanks to the 40 marshals who did a fantastic job and to the FRA for support as well as the fantastic support from local clubs who turned out.

Dave Parry

1. P. Vale O/40	Mercia	71.39
2. L. Taggart O/40	Manx	71.46
3. T. Mason	Wharf	71.53
4. T. Ellis	CaldV	71.57
5. D. Kay O/40	CaldV	72.00
6. K. Gray O/40	CaldV	72.13
7. M. Lockyer	P&B	72.20
8. M. Lamb	Kesw	72.23
9. J. Baxter	P&B	72.51
10. M. Nixon	P&B	72.51
11. T. Saville U/23	DkPk	72.53
12. D. Taylor O/50	DkPk	73.01
13. A. Perry	Helm	73.33
14. T. Brunt O/40	DkPk	73.44
15. N. Barber	Penn	73.51
16. K. Hodgson O/40	HelmH	73.54
17. S. Pyke O/50	DkPk	73.57
18. J. Logue O/40	CaldV	74.10
19. J. Wright U/23	Amble	74.48
20. R. Houghton O/50	Penn	74.49
VETERANS O/60		
1. (68) B. Grant	Hgate	81.52
2. (87) C. Davies	Sadd	86.19
3. (99) S. Jackson	Horw	87.51
VETERANS O/70		
1. (169) K. Carr	Clay	101.25
2. (190) J. Owen	Barnet	106.08
3. (216) R. Sherwood	NMske	112.07
LADIES		
1. (26) V. Wilkinson	Bing	76.06
2. (47) H. Berry O/40	Holmf	78.29
3. (65) E. Gould	Mercia	81.19
4. (70) M. Price O/40	Mercia	82.01
5. (76) N. Jackson U/23	Prest	83.09
6. (81) C. Green	P&B	84.39
7. (82) G. Sugden O/40	CaldV	85.49
8. (83) J. Jepson O/40	DkPk	85.54
9. (89) A. Gibbs O/40	Amble	86.30
10. (92) B. Hanson	EdUni	86.54
(112) S. Newman O/50	CaldV	90.49
(113) D. Gowans O/50	Acc	90.53
(129) A. Jones O/60	Altrinch	93.24
(166) W. Dodds O/60	Clay	101.11

245 finishers

PEAT PIT WOODS
Derbyshire Chevin
BS/4.6km/183m 06.09.15

The unfortunate clash with a popular road race saw a much depleted field set off in almost perfect conditions in the delightful Peat Pit Woods.

Within the first 100 metres Rob Donald was well in the lead and at half way his lead seemed unassailable. However, young Alex Ediker had other plans and closed to within 5 seconds of the winner at the end. The winner's time was the second fastest recorded on the relatively new course.

Thanks go to Mr & Mrs Winfield, the landowners, to the officials and marshals and to the small band of runners who chose the beauty of the woods to the unspectacular roads.

David Denton

1. R. Donald	Shelt	17.25
2. A. Ediker U/16	Buxt	17.30
3. M. Brennan	EreV	18.00
4. D. Clark O/40	Belper	18.48
5. K. Perry O/50	Unatt	18.55
6. J. Manning	Derby	19.01
7. P. Thompson	EreV	19.10
8. T. Caulton O/50	Hatton	19.19
9. E. Murden O/50	LongEat	19.44
10. K. Atton O/40	Belper	20.28
VETERANS O/60		
1. (27) G. Collins	Milltown	24.50
2. (29) B. Powis	Ripley	25.08
3. (33) D. Keegan	Shelt	20.55
LADIES		
1. (13) M. O'Hanlon U/18	Heanor	21.12
2. (18) J. Willison U/18	Derby	21.51
3. (25) K. Kucharek	TDerby	23.10
4. (28) L. Moakes	SuttAsh	25.02
5. (32) A. Bent O/50	Buxt	29.40
(34) H. Cashin O/40	Unatt	31.24
(35) G. Watson O/50	Unatt	32.03

36 finishers

2.4km

1. A. Hardwick U/14	Mansf	13.46
2. T. Cashin U/14	Unatt	16.24

LOWESWATER SHOW
Cumbria
AS/4.2km/305m 06.09.15

1. C. Bell	Kesw	22.53
2. S. Booth O/40	Borr	23.28
3. S. Netherwell	Kesw	23.45
4. J. Dugdale	CFR	24.41
5. M. Yeoman O/40	CFR	24.51
6. J. Boyle O/40	CFR	24.56
7. H. Lord	BlCmb	25.00
8. J. Hume	Kesw	25.25
9. H. Seal O/40	CFR	25.33
10. C. Spurden	Kesw	25.41
VETERANS O/50		
1. (15) P. Crompton	CFR	27.26
2. (18) N. Sipaway	CFR	27.58
3. (25) D. Bell	Unatt	30.19
VETERANS O/60		
1. (21) N. Lancaster	Derwent	28.15
LADIES		
1. (10) C. Spurden	Kesw	25.41
2. (23) A. Ingham	TLland	29.16
3. (26) J. Carter O/50	Kesw	30.40
4. (27) C. Russell O/40	CFR	31.10
5. (33) D. Walker O/40	CFR	34.46
(37) S. Ashley O/60	Kesw	40.40
(39) D. Patton O/50	CFR	44.18

40 finishers

SHELF MOOR
Derbyshire
AS/9.1km/457m 06.09.15

Once again conditions were excellent, although a little boggy, and everyone was in good spirits.

The strong field was led home by Stuart Bond on his first return since the race was part of the English Championships in 2010, with Olivia Walwyn dominating the women's race. Any chance of a challenge by past winner Jack Ross was snatched away by the bog monster, along with his left shoe. Despite the lost shoe he still managed to get round in just over 47 minutes. However, Stuart Bond was on a mission and, finishing in under 43 minutes, he was beyond the reach of any of the field whatever their footwear.

As always the race organiser was excellently supported by his team of helpers and marshals.

Charlie Eaton

1. S Bong	DkPk	42.58
2. D. Lund	DkPk	45.49
3. M. Ollerenshaw	Gloss	46.35
4. J. Ross	StaffsM	47.10
5. S. Clark	Bux	47.42
6. S. Patton O/40	DkPk	47.53
7. T. Bush	Penn	48.07
8. A. Frost O/40	DkPk	48.15
9. G. Briggs O/40	DkPk	48.21
10. L. Marshall	Sthwell	48.57
VETERANS O/50		
1. (12) P. Butcher	Sthwell	50.04
VETERANS O/60		
1. (43) F. Fielding	Penn	59.34
VETERANS O/70		

1. (74) J. Norman	Altrinch	67.34
LADIES		
1. (16) O. Walwyn	Macc	51.20
2. (49) L. Latcham O/40	Pstone	60.20
3. (55) J. Bednall O/50	Busx	60.58
4. (57) E. Leason	Gloss	61.51
5. (62) M. Matthews	Congle	64.21

97 finishers

NINE EDGES ENDURANCE
Derbyshire
BL/32.8km/893m 12.09.15

1. D. Palmer O/40	SteelC	2.32.24
2. J. Rutherford	Darling	2.34.06
3. M. James	PorterV	2.35.58
4. A. Buckley O/40	SYorks	2.36.38
5. M. Sprot	DkPk	2.39.51
6. S. Canning	Sheff	2.42.24
7. A. Davies O/40	SteelC	2.46.04
8. D. Huelse	Unatt	2.46.48
9. A. Bacon	Unatt	2.51.48
10. A. Fielding	EllesP	2.52.03
VETERANS O/50		
1. (24) A. Buck	SteelC	3.06.38
2. (29) I. Shaw	Lincoln	3.13.02
3. (34) B. Heller	SteelC	3.17.10
VETERANS O/60		
1. H. Balfour	Dulwich	3.22.10
2. K. Gordon	Pstone	3.51.05
3. L. Deakin	Unatt	4.04.57
LADIES		
1. (17) C. Oliffe	DkPk	2.57.24
2. (21) J. Buckley	SYorks	3.04.01
3. (33) H. Gilman O/40	SmileyP	3.14.27
4. (43) P. Sadler O/40	Totley	3.22.10
5. (44) A. Paxton	Unatt	3.22.10
(48) J. Bednall O/50	Buxt	3.22.45
(53) T. Richardson O/50	Totley	3.27.28
J. Tocher O/60	Totley	4.31.44
M. Gorman O/60	NDerby	4.32.24

PADFIELD PLUM FAIR SCAMPER
Derbyshire
BS/8.8km/320m 13.09.15

1. R. Campbell U/23	HlandHR	35.46
2. A. Frost O/40	DkPk	38.09
3. M. Burton O/40	Penn	38.25
4. D. Ward O/40	Penn	38.45
5. S. Bramwell O/40	Penn	39.05
6. R. Finlay U/23	SheffUni	39.26
7. W. Griffiths	Penn	39.31
8. C. Jackson	Gloss	39.49
9. A. Whitehead	Unatt	40.31
10. M. Kieras	Gloss	40.51
VETERANS O/50		
1. (17) J. Hewitt	Gloss	43.07
2. (24) S. Entwisle	Penn	43.56
3. (25) R. Dent	OldhamMR	44.08
VETERANS O/60		
1. (31) R. Taylor	Penn	45.12
2. (36) T. Longman	Macc	47.09
3. (39) G. Barnes	Unatt	47.28
VETERANS O/70		
1. (85) T. Faulkner	Wilms	65.03
LADIES		
1. (13) C. Rice	Hloss	41.34
2. (23) Z. Proctor	Penn	43.47
3. (26) H. Martin	Penn	44.21
4. (27) S. Richmond	Penn	44.42
5. (38) L. Latchem O/40	Pstone	47.19
(59) M. Edgerton O/50	Penn	53.19
(82) B. Buckley O/60	Gloss	63.38

87 finishers

WHITFIELD VILLAGE FAIR
Northumberland
BS/7.6km/204m 13.09.15

We had fewer entries this year which was probably because the race was on the same day as the Great North Run and we had some messages from runners who said they had entered for this. Our race only cost £5 and was a bargain (GNR costs over £50) as the course is on some really beautiful countryside with stunning views across to the Cumbrian fells. The entry fee entitled you to free entry to the Village Show which is a small friendly affair. The race was won by Tom Nicholson in a time of 31.48. First woman home was Ruth Bentley in a time of 39.21.

Barbara Ingman

1. T. Nicholson	BorderR	31.48
2. B. Burrell	Heaton	32.41
3. D. Fishwick O/40	Chorl	33.44
4. P. Green O/40	NFR	35.00
5. J. Duff O/40	NFR	35.52
6. D. Limmin O/40	Kesw	36.23
7. M. Roberts	Heaton	38.39
8. B. Kivlehan O/50	NFR	39.04
9. D. Routledge	Heaton	39.14
10. R. Bentley	AllenV	39.21
VETERANS O/50		
1. (8) B. Kivlehan	NFR	39.04
2. (11) M. Cox	Sunder	39.30
3. (13) J. Clapp	DFR	39.56
VETERANS O/60		
1. (21) A. Duncan	NFR	42.16
2. (35) G. Routledge	Heaton	61.00
LADIES		
1. (10) R. Bentley	AllenV	39.21
2. (15) N. Cameron	NFR	40.32
3. (24) C. Lauren-Maa O/50	Elvet	46.58
4. (28) J. Green O/40	NSP	53.42
5. (29) B. Ingman O/60	NSP	56.14
(31) A. Clapp O/50	Unatt	58.34
(32) K. Stewart O/60	NSP	59.19

35 finishers

LA SPORTIVA LAKE DISTRICT MOUNTAIN TRIAL
Cumbria
CLASSIC: 29km/2300m 13.09.15

This year's Mountain Trial was based at Longthwaite Youth Hostel in Borrowdale.

153 competitors set out at minute intervals in damp and misty condition on this historic fell race. First run in 1952, the aptly-named Trial is test of speed, endurance and navigation.

The course planner was Derek Ratcliffe. Derek won the KIMM (now OMM) five times though he never won the Mountain Trial - he was second to Billy Bland three years running! Derek was ably assisted by Tony Richardson as controller. Tony has 20 Mountain Trial completions to his name.

The Classic course was particularly arduous this year with over 7,000 feet of ascent and much greasy wet rock underfoot. Covering a straight-line distance of 18 miles, it visited Ullscarf, Bowfell, Great End and Haystacks. 2012 winner, Rhys Findlay-Robinson, was the clear winner 21 minutes faster than Steve Birkinshaw.

On the 13 mile Medium course, Kirsty Bryan-Jones retained her women's trophy from 2014 in second place overall.

The Youth Hostel was a great base; thanks to warden (and fell runner) Chris Edis for his support. Raynet manned the radio controls and SPORTident provided the electronic punching and results service. Thanks also to Lyon Equipment who sponsor the race via the La Sportiva brand. Ben Lyon, the firm's founder and now a V75, once again completed the Short Course.

David Rosen

1. R. Findlay-Robinson	DkPk	4.40.34
2. S. Birkinshaw O/40	Borr	5.01.50
3. A. Schofield O/40	Borr	5.13.49
4. D. Harris O/40	Penn	5.14.05
5. S. Patton O/40	DkPk	5.18.16
6. L. Eccles	PennyL	5.18.52
7. D. Alcock	P&B	5.21.29
8. Q. Harding O/50	Bowl	5.22.49
9. A. Higgins	NFR	5.23.05
10. M. Beresford O/40	Kend	5.29.44
VETERANS O/50		
1. (8) Q. Harding	Bowl	5.22.49
2. (17) N. Bunn	Tring	5.45.38
3. (20) J. Whitaker	Ilk	5.52.24
VETERANS O/60		
1. (22) P. Clark	Kend	6.07.11
2. (32) P. Nelson	WCO	6.55.44
3. (46) M. Hind	Borr	8.43.23
LADIES		
1. (23) N. Spinks O/40	DkPk	6.13.19
2. (26) M. Gillie	Clwyd	6.22.18

61 finishers

MEDIUM COURSE: 21km/1500m

1. M. Driver	SELOC	4.04.44
2. K. Bryan-Jones O/40	DkPk	4.11.17
3. G. Weatherhead	NLeeds	4.11.56
4. M. Poxon	NFR	4.18.04
5. T. Bush	Penn	4.21.29
6. S. Wilson O/40	SELOC	4.22.20
7. M. Seddon O/50	Horw	4.28.11
8. N. Beadle U/21	L'landO	4.33.10
9. R. Dixon	Penn	4.42.19
10. W. Dodds O/60	Clay	4.43.35
VETERANS O/50		
1. (7) M.Seddon	Horw	4.28.11
VETERANS O/60		
1. (16) M. Garratt	EskV	4.57.24
2. (30) I. Charters	Bowl	5.41.36
LADIES		
1. (2) K. Bryan-Jones O/40	DkPk	4.11.17
2. (8) N. Beadle U/21	L'landO	4.33.10
3. (10) W. Dodds O/60	Clay	4.43.35
4. (11) R. Beadle O/50	L'landO	4.44.38
5. (14) R. Browne O/50	Bowl	4.47.33
(23) J. Greenhaigh O/40	Horw	5.20.48
(29) A. Jackson O/40	WCO	5.36.07

49 finishers

SHORT COURSE: 15km/1100m

1. J. Titmuss O/40	FRA	2.50.52
2. R. Manterfield	Unatt	2.52.56
3. P. Haines O/60	Ilk	2.52.59
4. N. Evans O/50	Notts	3.07.16
5. P. Shakespeare O/40	FRA	3.16.43
6. D. Walls O/40	Scarb	3.20.03
7. L. Malarkey O/60	Kesw	3.25.20
8. A. Clough O/50	Wrekin	3.28.01
9. A. Stemp U/21	WAO	3.29.37
10. R. Findlay-Robinson	Kesw	3.31.47
(11) C. Marsden O/50	VRoyal	3.32.15
(15) R. Smith O/60	Amble	3.49.48
VETERANS O/70		
1. (16) C. Lates	Border	3.50.15
2. (39) J. Naylor	CFR	5.46.35
3. (41) B. Lyon	Unatt	6.22.12
LADIES		
1. (7) L. Malarkey O/60	Kesw	3.25.20
2. (10) R. Findlay-Robinson	Kesw	3.31.47
3. (12) V. Haworth	Kesw	3.36.40
4. (19) J. Taylor O/50	Bowl	3.57.04
5. (20) F. Berry	DFR	3.59.57
(27) M. Rosen O/60	LancsM	4.39.53
(29) J. Evans O/50	Notts	4.45.30
(31) C. McNeill O/70	L'landO	5.01.56

43 finishers

BURNSALL - BOFRA
North Yorkshire
AS/2.4km/244m 13.09.15

It was a case of what you know, rather than who you know that was crucial at this year's BOFRA Burnsall Fell Race. This short, sharp, lung-buster of a race runs over approximately 1.5 miles and 800ft of ascent. Starting as it means to go on, the start line is at the bottom of a not too insignificant first climb. Once through the first field gate all runners are treated to a relatively flat run, by comparison, over more fields and across a minor road. Runners must then negotiate the first bog, pass the U9 and U12 turns before crossing the wall. The wall marks the U14 turn and is reached across yet another boggy area. Once over the wall, the senior and U17 runners have now reached the fell proper. Once on the fell, the route is flagged past two cairns to the summit. The first cairn marks the U17 turn but senior runners must continue to the second cairn and their turn point. From here it is what you know that counts. Runners can take any route they choose back to the finish line. However, given the heather coated and rocky nature of the fell, this task is more easily said than done. From the start field, spectators can see what appears to be a best line through the heather but, in reality, this is a deep, rutted path that is difficult and time consuming to negotiate safely. Legend tells of "best lines" through the heather and rocks but few actually know where they are.

Undeterred by the tricky nature of the race, 72 senior racers and 119 eager junior runners lined up in the sunshine to test their skill and stamina over this challenging course.

This year's senior winner, Jimmy Craig, demonstrated the importance of valuable insider knowledge as he chose the best line across the fell to finish in 14.44. He was closely followed on his line from the summit by the 2nd and 3rd men; Carl Bell and Jonny Bradshaw. No other runners chose this line, preferring instead to take more vertical routes down the fell.

Sue Thompson

1. J. Craig	Barlick	14.44
2. C. Bell	Kesw	14.50
3. J. Bradshaw U/23	Wharfe	15.41
4. J. Washington	CaldV	15.43
5. D. Collinge U/23	Clay	15.44
6. P. Crabtree O/40	Wharfe	16.06
7. F. Bosomworth	Wharfe	16.13
8. P.Lambert O/40	Wharfe	16.20
9. M. Taylor O/40	Unatt	17.19
10. C. Moses O/40	Wharfe	17.13
VETERANS O/50		
1. (16) M. Egner	Settle	18.29
2. (19) R. Aubrey	HelmH	19.04
3. (22) K. Holder	Wharfe	19.51
VETERANS O/60		
1. (26) B. Scholes	Settle	20.26
2. (49) T. Metcalfe	Wharfe	24.24
3. (55) A. Biddle	WPenn	25.03
LADIES		
1. (28) J. Mattinson	Kesw	20.39
2. (31) J. Powell O/40	Wharfe	20.55
3. (33) F. Swann O/40	Trawden	21.07
4. (40) C. Harding O/40	P&B	22.22
5. (42) J Eccleston O/40	Settle	22.39
6. (43) J. Battersby O/40	Wharfe	22.40
7. (44) L. Buck O/50	CFR	23.17
8. (47) J. Bagnall	Settle	24.10
9. (51) A. Milner O/40	Wharfe	24.42
10. (53) L. Whittaker O/50	Wharfe	24.46

191 finishers

TRUNCE 9
South Yorkshire
BS/6.4km/170m 14.09.15

1. K. Wood O/40	Unatt	21.22
2. A. Frost O/40	DkPk	27.28
3. B. Jones	SteelCity	27.37

Eliza Findlay, wins the U17 girls race at Burnsall

PHOTO © GEOFF THOMPSON

4. S. Dimelow O/40		Unatt	27.55
5. J. Waller		Unatt	28.06
6. J. Crownshaw		DkPk	28.12
7. K. Doyle O/40		KimbStr	28.35
8. A. Davies O/40		SteelCity	28.52
9. B. Moore		Ilk	28.55
10. P. Dodd		Barns	28.56
VETERANS O/50			
1. (33) A. Baker		DkPk	32.02
2. (35) K. Saville		DkPk	32.38
3. (36) S. Fowler		Barns	32.41
VETERANS O/60			
1. (37) K. Holmes		DkPk	32.46
2. (75) E. Rybinski		DkPk	36.26
3. (86) A. Knox		Penn	37.56
LADIES			
1. (31) E. Crownshaw		Bradf	31.49
2. (38) F. Davies O/40		Roth	32.47
3. (40) J. Wilson O/40		Unatt	33.05
4. (65) H. Savage		DkPk	35.38
5. (68) P. Goodall O/60		Totley	35.58

251 finishers

TRUNCE 9 - JUNIORS
South Yorkshire
3km 14.09.15

1. N. Raine	ChestAth	15.30
2. S. Jennings	Unatt	15.42
3. A. Moore Girl	Unatt	15.46
4. E. Crownshaw Girl	Hallam	16.03
5. J. Hinshelwood	Bradf	16.50
6. J. Halstead	Pstone	17.02
7. B. Hobbs	WakeTri	17.15
8. S. Bowles	Unatt	17.18

26 finishers

TRUNCE SERIES - OVERALL RESULTS

The series finished as the series started, very wet, although not deep river crossings, and well attended with over 250 seniors and 26 juniors.

Big thanks to all helpers, Mark Pearce for results and web site, Brent Lyndsay for keeping everyone in place and helping with erecting tents, Nicky Spinks for registration and finish funnel, Sarah Mann for junior registration and Martyn Cartwright for finish funnel. there are numerous others that marshal junior course, BIG THANKS to all of you.

Season 2017 will be the 50th season of the Trunce so keep an eye on the website for special events to be enjoyed during 2017 season.

Over the year we have had 2364 senior runners and 306 junior runners giving an average of 261 seniors and 34 juniors per race.

Anyone wishing to look at pictures from the races see Mossie Net Photography - Supporting the charity: Malaria No More UK.

Andy Plummer

1. J. Crownshaw	DkPk	154 pts
2. O. Pike	Penn	131 pts
3. B. Wain	WakeTri	111 pts
VETERANS O/40		
1. S. Dimelow	Penn	196 pts
2. A. Frost	DkPk	181 pts
3. K. Doyle	Kimb	174 pts
VETERANS O/50		
1. S. Dickinson	Penn	184 pts
2. C. Deacon	Penn	168 pts
3. K. Saville	DkPk	130 pts
VETERANS O/60		
1. K. Holmes	DkPk	178 pts
2. A. Knox	Penn	153 pts
3. D. Lucas	Unatt	125 pts
LADIES		
1. E. Crownshaw	Bradf	175 pts
2. L. Gill	Penn	144 pts
3. H. Saville	DkPk	112 pts
LADY VETERANS		
1. C. Chapman	Kimb	186 pts
2. J. Wilson	Unatt	158 pts
3. V. Hawkins	SteelC	147 pts
LADY VETERANS O/50		
1. M. Jansen	SteelCity	209 pts
2. S. James	Unatt	172 pts
3. D. Jackson	SteelCity	166 pts
LADY VETERANS O/60		
1. P. Goodall	Totley	60 pts
2. G. Tmbs	Ackw	20 pts
3. I. Ironside	Hansw	20 pts
JUNIORS - MALE		
1. B. Hobbs	WakeTri	184 pts
2. S. Jennings	Unatt	164 pts
3. J. Hinshelwood	Bradf	159 pts
JUNIORS - FEMALE		
1. E. Crownshaw	Hallam	169 pts
2. E. Deacon	Unatt	156 pts
3. H. Claydon	Unatt	129 pts

Logan Hargreaves-Madhas at Embsay BOFRA

PHOTO © GEOFF THOMPSON

UTTERLEY BUTTERLEY
West Yorkshire
BS/8km/260m 20.09.15

1. M. Fanning O/40	Borr	32.00
2. C. Jackson	Gloss	34.21
3. B. Tetler	Gloss	34.41
4. J. Thompson	Kingst	34.45
5. B. Donoghue	RedR	35.12
6. M. O'Connor	CaldV	35.30
7. C. Rice (Lady)	Gloss	35.15
8. A. Doig O/40	PeakBog	35.56
9. A. Joley O/50	RedR	37.25
10. A. Petrie O/40	Stadium	37.39
VETERANS O/50		
1. (9) A. Joley	RedR	37.25
2. (12) B. Richards	Sadd	37.45
3. (14) S. Cann	RedR	37.49
VETERANS O/60		
1. (31) R. McArthur	Meltham	41.21
2. (47) J. Heathcote	Sadd	45.51
3. (50) N. WhittinghaM	Pstone	46.14
VETERANS O/70		
1. (70) T. Greene	Sadd	53.19
LADIES		
1. (7) C. Rice	Gloss	35.15
2. (21) S. Newman O/50	CaldV	38.49
3. (24) P. Ditchfield	Meltham	39.22
4. (33) S. Fraisse O/40	Sadd	42.12
5. (36) E. Barnes	MarsdR	43.02
(75) F. McArthur O/60	Meltham	55.48

85 finishers

EMBSAY - BOFRA RACE
North Yorkshire
AS 20.09.15

What one runner described as perfect running conditions of cloudy bright skies and slightly cooler temperatures certainly drew the crowds at this year's Embsay Fell Race.

A huge field of 83 senior and 137 junior runners lined up to tackle the varied terrain that this set of races provide.

All races start in the field next to the Elm Tree Inn and convenient car park. In a break with tradition, the U17s ran the same course as the seniors, providing some extra challenge for these fell-hardy teenagers. All courses start with an uphill charge through the first lush, grassy field. The gate into the second field marks a levelling off of the course to reach the far gate and U9 turn. Once through this gate, the terrain changes to that of farm track. The track winds round the hill and into yet another field where it's all change underfoot to cross a boggy field and stream to reach the U12 turn. Here the U14s continue right through a marshy field to

reach their turn at the fell wall. Meanwhile, the senior and U17 routes turn left, across some equally marshy fields reaching the fell through the grounds of Grouse Cottage. Their course then skirts around the bottom of the fell before climbing up through a steep rocky path to reach the summit of Embsay Cragg. Runners now have some respite in the form of a skyline run across the top of the fell before descending to meet the U14 turn at the fell wall. From here the course back follows the outward route to reach the all-important finish line.

The senior race was won by Jimmy Craig beating Ted Mason into second place.

Meanwhile, in the U17 race, Thomas Nelson, who had represented England in the Home British and Irish Junior Mountain Running Championship the previous day, opted for an easy run out, to loosen his legs, after helping secure an England team Gold Medal.

Su Thompson

1. J. Craig	Barlick	18.53
2. T. Mason	Wharfe	18.58
3. D. Collinge U/23	Clay	19.51
4. L. Athersmith	Wharfe	20.51
5. P. Crabtree O/40	Wharfe	21.01
6. B. Elsworth O/40	Wharfe	21.28
7. R. Thompson U/23	Kghly	21.30
8. H. Muir U/23	Wharfe	21.45
9. M. Taylor O/40	Unatt	21.53
10. A. Wallora U/23	Hgte	21.55
VETERANS O/50		
1. (17) M. Egner	Settle	22.36
2. (26) G. Bird	Wharfe	24.03
3. (35) T. Gibson	Wharfe	26.07
VETERANS O/60		
1. (50) B. Scholes	Settle	27.41
2. (69) A. Biddle	WPenn	31.04
3. (82) E. Morley	Ilk	37.48
LADIES		
1. (30) J. Buckley	CaldV	25.02
2. (38) A. Donlan O/40	Barlick	26.22
3. (40 J. Butterworth O/50	Skip	26.30
4. (42) F. Swann O/40	Trawd	26.38
5. C. Evans O/50	Settle	26.41
6. C. Harding O/40	P&B	27.37
220 finishers		
BOYS U/9		
1. (1) J. Bentham	Clay	04.33
2. (2) C. Dawson	Unatt	04.38
3. (3) J. Archer	Ilk	04.40
GIRLS U/9		
1. (5) B. Saunders	HoadH	04.43
2. (7) H. Roberts	Wharfe	04.56
3. (9) J, Edmondson	Brought	05.01
BOYS U/12		
1. (1) A. Thompson	Wharfe	08.38
2. (2) J. McKay	Clay	09.01
3. (3) S. Smith	Wharfe	09.08
GIRLS U/12		
1. (8) O. Winder	HoardH	09.46
2. (13) C. Barrett	Wharfe	09.58
3. (14) E. Swarbrick	Brought	10.02
BOYS U/14		
1. (1) J. Hudson	Kghly	12.32
2. (2) B.Edmondson	Brought	13.07
3. (3) M. MacKay	Ross	13.31
GIRLS U/14		
1. (10) L. Gregg	Ross	15.02
2. (13) E. Jones	Wharfe	15.34
3. (15) K.Thurlow	HelmH	16.11
BOYS U/17		
1. (1) J. Edmondson	Brought	21.12
2. (2) E. Brennan	Ilk	21.40
3. (3) R. Johnstone	Wharfe	24.20
GIRLS U/17		
1. (5) E. Findlay	Bing	26.27
2. (6) L. Miller	Bing	27.28
3. (7) L. Smith	Bing	28.33

STANAGE STRUGGLE
Derbyshire
BM/9.9km/355m 20.09.15

206 people ran the Stanage Struggle this year in great conditions. Stuart Bond was unlucky to miss hiw own record by 10 seconds.
The junior event was a geat success with almost 100 youngsters powering round the course.

Matt Glossop

1. S. Bond	DkPk	38.20
2. J. Mogridge	Yaxley	41.00
3. S. Franklin	Totley	41.49
4. P. Butcher O/50	Sthwell	42.55
5. G. Briggs O/40	DkPk	42.58
6. A. Lake O/40	EskV	43.22
7. C. Muress O/40	Unatt	43.28
8. A. Stuart	Beeston	43.31
9. T. Beaumont	Unatt	43.35
10. B. Shaw	Unatt	43.52
VETERANS O/50		
1. (4) P. Butcher	Sthwell	42.55
2. (21) A. Barnett	DkPk	46.40
3. (23) M. Ellis	Unatt	46.59
VETERANS O/60		
1. (82) K. Holmes	DkPk	51.49
2. (85) B. Blyth	Macc	52.11
3. (89) J. Adair	Holmf	52.28
LADIES		
1. (53) C. Brock	Unatt	49.28
2. (59) V. Durkin	Totley	50.28
3. (67) K. Jenkins O/40	HandswRH	50.48
4. (72) P. Applegate	Unatt	51.14
5. (83) G. Baynes	Unatt	51.54
(110) J. Crowson O/50	DkPk	54.19
(252) C. Hartwright O/60	Totley	66.56
292 finishers		

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