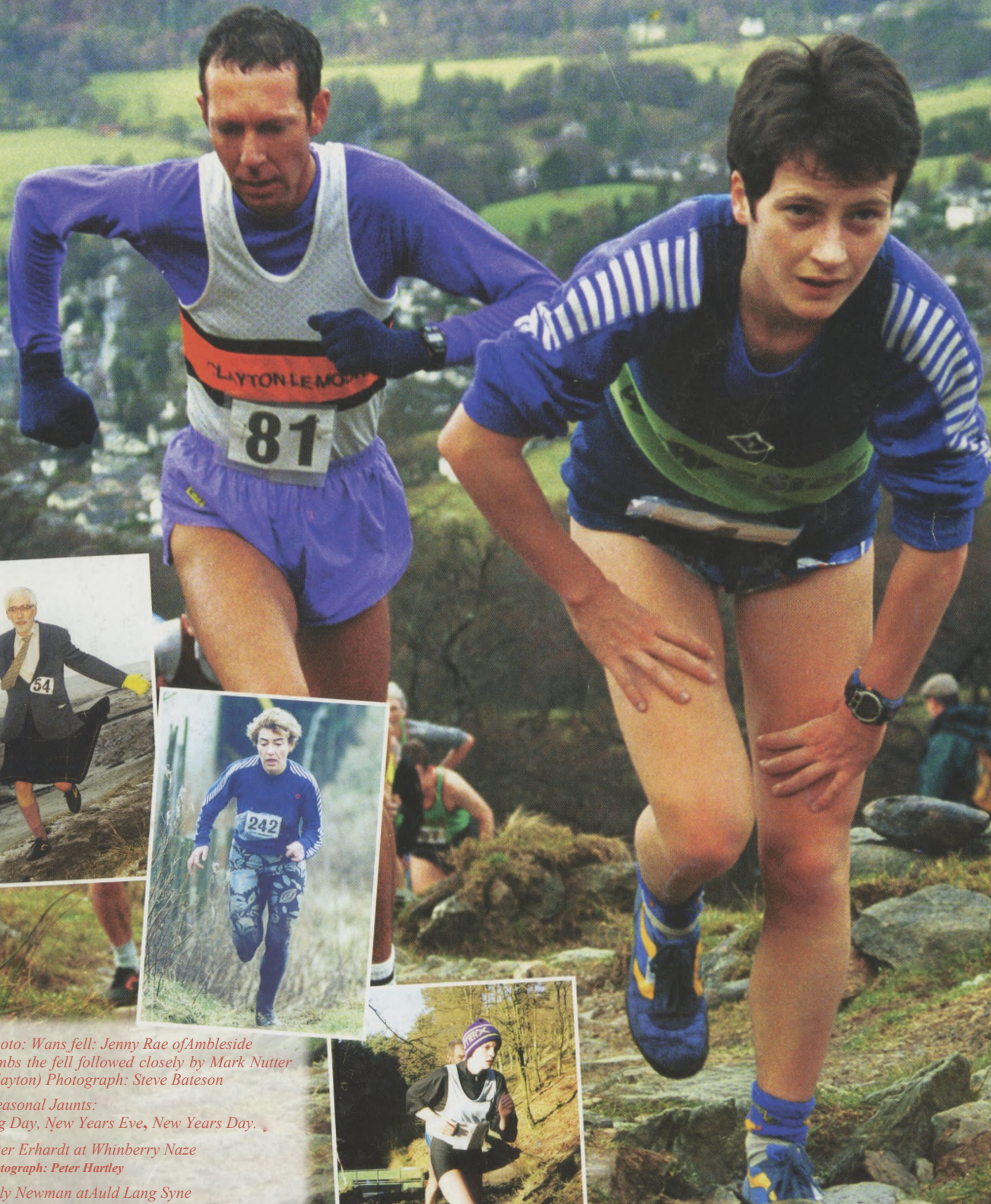


The

# Fellrunner

February 2000



Main photo: Wans fell: Jenny Rae of Ambleside climbs the fell followed closely by Mark Nutter (Clayton) Photograph: Steve Bateson

Inset: Seasonal Jaunts:  
Boxing Day, New Years Eve, New Years Day.

Peter Erhardt at Whinberry Naze  
Photograph: Peter Hartley

Sally Newman at Auld Lang Syne  
Photograph: D/E Woodhead

Jennifer Burbridge at Giant's Tooth  
Photograph: D/E Woodhead

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*May 5th*

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# Bit at the Front - Neil Denby

So, the Millennium Bug struck after all - at least in the distribution system for the Fell Calendar - race organisers will know that fixtures secretary Dave Jones did a sterling job of getting the Calendar out before Christmas 1999 - my own plopped on to the doormat on December 15th. (Of course, early publication means there's over a page of updates!) But then the Millennium Bug struck and the rest failed to arrive until well into the New Year. This has, of course, prompted discussions (not least amongst January and February race organisers whose numbers dropped) that maybe Christmas isn't the best time to bring the Calendar out,

or that perhaps more than 12 months could be included to allow for an overlap. The committee will be discussing this question but it would help if the membership and organisers let committee members know their views.

I never meant to be Editor for more than a year or so - certainly never thought I'd see the century out - so it's time I gave serious consideration to hanging up my editing shoes. People don't normally queue up for the chance to take on jobs such as this, but hopefully someone will step forward before the AGM.....

## CONTENTS

### Regulars

- 3 News and Views
- 4 Calendar Update
- 5 Secretary's Corner
- 8 Junior Training - Norman Matthews
- 19 Peter Travis' poem
- 29 Joss Naylor Lakeland Challenge
- 32 Martin Stone's Long Distance News

### Features

- 12 Big Prize - Ted Maden
- 17 Mountain Marathons - Dave Lindop
- 23 How the FRA was formed - Bill Smith
- 28 Meirionnydd by Moonlight - Rob Woodall

### Race reviews

- 10 Gale Fell - Allan Greenwood
- 13 Auld Lang Syne - Dave Woodhead
- 21 Shepherds Skyline Special
- 26 South Pennines series - Allan Greenwood

- 30 The One with the Ferry in it - Mike Fry

### International

- 9 Junior Home International - Gareth Webb
- 14 World Trophy 2001 - Jon Broxap
- 20 Mount Kinabalu - Jon Broxap
- 22 Le Grand Raid - Colin Donnelly

### Extras

- 2 The FRA Website - Bill Waine
- 6 AGM Minutes
- 7 AGM Secretary's Report - Mike Rose
- 11 Focus on Steph Charman - Andy Todd
- 15 Cosmics reviewed
- 31 Bob Graham - Umpleby & Meakin

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## Data Protection Act

The Data Protection Act requires us to tell all members that their addresses, dates of birth and club names will be maintained on a computer.

This allows us to send you an FRA calendar and three magazines each year. You have the right to request that your name be removed from the computer database and you should contact the Membership Secretary if this is your wish.

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

## COMPUTERS

Please provide copy on floppy, wherever possible. ASCII, WORD, WRITE, RTF, MAC OS, even RISC OS will do. Even if it's a weird format, send the disc with the printout anyway, it may save us TIME and FRA MONEY !!!

# The FRA on the Web

Last summer I wrote an article about setting up an FRA web site and asked for comments from members. The reaction could be summed up as "Just do it" and so I have done it. I want to explain what I have set up and why.

When setting this web site up, in the discussions with your committee, we had to consider what affects a web site can have on the benefits of FRA membership. It is the intention that the existing benefits of membership will not be affected by developing a web site. The reason behind this is that about 10% of members will have access to the web at home, another 10% will have access through work, others will have access through local libraries, but not everyone will have ready access to the web. It is to ensure that members, **who do not** have ready access to the web, do not feel left out of FRA activities. Anything that appears on the web site will also be available to members in the same way it has always been. The only difference being that such things as the championship updates will be available and updated on the web sooner than they would be through the Fell Runner magazine.

Secondly, for the present, the web site will be run at no cost to the FRA. I have spare capacity on my Internet server and am happy to offer this to the FRA, with the committee having the ultimate editorial control. Again I hope this reassures those members who may not have access to the web, that their annual subscription is not paying for some thing that they cannot use. As this is a new venture for the FRA we will see how this service develops over the next year and I look forward to comments at the AGM to see if it is what you want.

## What the Web site offers.

Anyone clicking on to our web site will likely find it a bit basic compared to other sites. As this is fairly new to me, to keep it basic, means that there are less bugs and I can update it more easily. In time it should look more sophisticated. The content includes championship results, juniors' pages, committee information, links to other sites, members' pages, and race information.

Pages for juniors will offer a chance for juniors to see their results and communicate with each other. As juniors should have access to the web at school or college this could be an effective way to communicate. Committee information could be a

means for members to access and follow what goes on in the committee. With the links to other sites it is hoped that clubs, individuals or organisations that are using the web to promote fell racing can be linked to our site. If you wish to be linked please email your URL to On the members pages there will be space to allow members to send in brief articles to publish. These articles can include photographs, but if the article is good enough then it will be sent on for inclusion in the Fell Runner.

One of the things the web will not offer is a comprehensive listing of fell races. If we did this it would be accessible to any one, member or non-member. As the FRA was set up to offer a calendar of fell races we would be giving this away by putting this on the net. What is offered are links to clubs and organisers that have chosen to advertise their races on the web. These organisations have already chosen to use the web and we are simply offering a link to them. To get the complete list of fell races you pay your subscription and you get the calendar. This way the calendar of fell races remains the copyright of the FRA.

Future developments could be whatever the membership wants and what we could reasonably offer. Perhaps pages for women fell racers or veterans, links to a fell running newsgroup, the potential is very large and depends on contributions and participation from you the members. I hope the FRA web site adds to your enjoyment of our unique sport. Try it at <http://www.ae401.dial.pipex.com/>

*Bill Waine*



## AGE OF FRA MEMBERSHIP

Since the last publication of the age distribution of FRA members in the *Fellrunner* (Winter 1987, page 11) the average age of the membership has increased from 37 years to 44 years, and there are now twice as many members over 40 years old than under 40, whereas in 1985 the reverse was the case.

	1985	1987	1999
AGE	%	%	%
less 20	2	1	2
20-29	21	17	4
30-39	45	42	28
40-49	25	30	38
50-59	7	8	22
60+	1	2	6
Average	37.1	38.1	44.2
Base	2044	2454	4561
Not known	132	235	579

The change in age profile is due to a combination of the fact that existing members are naturally getting older, and the age profile of those joining and those leaving the FRA.

**Existing members:** The FRA has increased from 2,000 in 1985 to over 5,000 in 1999. Length of membership is from 1 to 15+ years, average about 7 years.

**Joining FRA:** About 450-500 members join the FRA each year. Those joining are substantially younger - average age 37 than existing members. Recently there has been an increase in the number of juniors -52 joined in 1998/99.

**Leaving FRA:** Probably about 200 members leave the FRA each year. Those leaving the FRA are substantially older average age 50+.

It is possible that the average age of FRA members will stabilise in mid 40's, depending on the number and age profile of those joining and leaving the FRA.

*- Brian Martin FRA Statistician*



*Thieveley Pike Junior Selection Race, Winning u/16 girl Kate Ingrain and boy, Raymond Edgar Photograph: Peter Hartley*

# NEWS AND VIEWS

Dear Sir,

Thank you for publishing my contributions to the October *Fellrunner*. However, I'd like to point out that the photographs of the Turnslack race credited to me on pages 23 and 38 of "Results and Reports" were actually taken by my Clayton-le-Moors clubmate, John Francis. Similarly, the picture of Chris Knox fording the river at the end of the Borrowdale race on page 7 of the June, 1998 issue, submitted by Chris at my request to illustrate the "One-Armed Fell Runners" article, was not one of mine, either. I don't know who the photographer was.

Yours in Sport,

*Bill Smith*

## THE THREE PEAKS RACE

The Three Peaks Race Association was offered sponsorship of the year 2000 race by the 1999 sponsor, Multiflight Pic, and the race was advertised in the FRA Calendar on that basis.

However, since the calendar's publication, Multiflight has requested many wide ranging changes in the race organisation which the Association felt unable to accept. Multiflight has, therefore, regrettably withdrawn its sponsorship offer. We are grateful for Multiflight's support of the 1999 event and wish the company well in the future.

Planning for the 2000 race, which is an English Championship event, is well in hand and efforts to find a news sponsor will be made. If anyone knows of a potential sponsor for this prestigious event please contact me direct. The absence of sponsorship may lead to some changes but we are confident that the race organisation in 2000 will be of the usual high standard.

The AGM of the Three Peaks Association was unable to elect a new Secretary to succeed Doug Croft, who has retired after 25 years service. This means that the duties of Secretary are currently being carried out by myself as Chairman. This is clearly unsatisfactory and we are anxious to fill the vacancy for a Secretary as soon as possible. The vacancy does provide an opportunity

for one of the many who have enjoyed competing in the Three Peaks Race over the years, to contribute towards the future of this well established, popular event, which is organised by an experienced and motivated team.

*Graham Maud, Chairman/Secretary,  
Three Peaks Race Association. Tel:  
0113 2169112.*

Dear Sir,

## 11TH BRITISH FELL & HILL RUNNING RELAY CHAMPIONSHIPS: ALVA

The twelve members of Skyrac AC who competed in the above event, and the partners who also made the trip to Alva, would like to congratulate Carnethy Hill Running Club and Ochil Hill Running Club for arranging a marvellous 1999 relay.

Every aspect of the day was superb; the venue, the courses, the organisation ... and particularly the weather.

We hope that all those involved in organising the event were equally delighted, non only in terms of the race itself but also by providing the impetus for visitors to enjoy their first experience of the Ochil hills.

Regards,

*Graham Breeze (on behalf of Skyrac  
AC Fellrunners)*

## CHAMPIONSHIP SCORING THE WAY FORWARD INTO THE 21ST CENTURY

Please note that future Championship results will not be based on runners' positions in the race. Contenders must register prior to January 1st with details of height, weight, date and place of birth plus inside leg measurement in centimetres. Prediction results will be calculated based upon the above multiplied by a percentage square root coefficient of course difficulty in relation to degrees of climbing, underfoot conditions, width of path together with wind speed, precipitation and temperature on the day.

All of the above will be fed into a computer. Organisers of championship races are therefore required to attend the one week intensive training course, sponsored by the F R A, to enable them to set up and operate this new results system.

It is hoped that the above will encourage more overweight ageing competitors from Norfolk to travel and take part in what must remain a mainly truly amateur sport.

Yours, old and knackered and once scored one over 50s Championship point,

*Andy Todd*

PS If you really want to do well why not live near some hills, train hard and commit yourself to running all of the counters. On the day beat as many of the other buggers as you can.

Congratulations to all previous championship winners - you thoroughly deserved it!

## PPS WORLDCUP

Apparently next year is a downhill-only year and the exciting venue is Baffin Island. Trials will start at the top of Scarr Eithe Ben Toppe, 3 am January 15th to simulate probable conditions. First three down - automatic selection.

Note: there will be no toilets at this venue.

Dear Sir,

## SURVEY ON BOB

I am doing a survey on the Bob Graham round regarding the following points:

- Background Experience
- Training prior to B.G.
- Weather
- Food/Drink
- Bad Spells?
- Age

I would like to hear from people who have run CW or ACW in a time between 20hrs to 24hrs in the last five years. Please ask me for a survey form at race meeting or Tel 01706 873412 and I'll send you one. Thank you for your co-operation.

Mike Sadula  
Rochdale Harr's A.C.

# CALENDAR UPDATE

As usual following the production of the Calendar there is a lot of information in this Calendar Update - everything is in chronological order and apologies (only two, I'm pleased to say !) are included where necessary.

British/English Vets Over 60 Championship - a reminder that the counters in these championships will be the best four from six, **including** the Long races.

SAT. FEB 19. WOUND WITHER WOOD WELAY WACE. This race has had to be postponed to Sat October 21st.

SAT. MAR 4. CYBER FELL RACE. This race has been cancelled because of an unforeseen clash of local fixtures.

SUN. MAR 5. BENSON KNOTT FELL RACE. CS. 12.00 noon from Kendal Rugby Club (GR 520939). £3 on day only. Teams free. PM. Over 16. Details: W. Atkins, 19A Bleaswood Road, Oxenholme, Kendal, Cumbria, LA9 7EY. Tel: 01539 731124.

## ENGLISH CHAMPIONSHIP

SUN. APR 2. WREKIN FELL RACE. AS. 2.00 p.m. ladies, 3.15 Men 5.5m/1700' from Ercall Wood School, Golf Links Lane, Wellington, Telford. £3 to organiser or on day. PM. Over 16. Also junior races: U12, U14, U16, U18(Ladies). Records: 34.27 J. Wild 1980; f. 40.47 C. Greenwood 1986. This event will also be the Trial Race for Knockdhu. Details: Louvain Gatford, 12 Ley Brook, Oakengates, Telford, TF2 6SR. Tel: 01952 403926.

SAT. APR 8. PEN Y FAN. AS. 1.00 p.m. 3.5m/1900' from Cwm Llŵch (GR 006245) near Brecon. £2 on day only. Teams free. ER/LK/NS. Over 18. Please note there are no toilet facilities at this race venue. Records: 30.00 K. Anderson 1992; f. 38.15 P. Calder 1992. Details: Pete Maggs, Hill House, Pwllmeyric, Chepstow, Monmouthshire, NP16 6LE. Tel: 01291 627867.

WED. APR 26. WHANGIE WHIZZ. BS. 7.30 p.m. 4m/800' from the Queen's View Carpark on Drymen Road at

GR NS511808. £2 on night only. Teams free. PM. Please note there are no toilet facilities at this race venue. Records: 26.38 I. Murphy 1999; f. 34.49 A. Farrell 1999. Details: Manny Gorman, 24D Parkfoot Street, Kilsyth, Glasgow, G65 9AB. Tel: 01236 822928.

SAT. MAY 6. BEN LOMOND. AM. 1.00 p.m. 9m/3000' from Rowardennan (GR NS360983). £4 to organiser by 27th April - no entry on day. PM. Also junior uphill only race; 2m/1500'; entry on day. Records: 6.16 J. Wild 1983; f. 71.57 B. Redfem 1990. Limit of 150 runners. Details: Brian Bonnyman, 39 Carrington Street, Glasgow, G4 9AJ. Tel: 0141 332 5708. email - BBonnyman@compuserve.com.

SAT. MAY 6. MOUNT FAMINE FELL RACE. AS. 11.00 a.m. 5m/1700' from the Scout Hut, Hayfield. £3 on day only. Teams free. PM. Over 14. Records: 40.01 G. Bland 1991; f. 46.24 S. Rowell 1991. Compulsory counter in the Hayfield Championship. Details: John McCall, Ashlar, Market Street, Hayfield, High Peak, SK22 2EP.

Tel: 01663 741882. email - JMcCallArc@aol.com.

SUN. MAY 7. SAILBECK. The race will now take place on this date and not on 14<sup>th</sup> May, so as to avoid a clash with Fairfield. Cheques should be made payable to the race organiser and not, as stated in the Calendar, to CFRA.

SAT. MAY 20. LLANGORSE LOOP. The race will now take place on this date and not on 27<sup>th</sup> May, so as to avoid a clash with Cadair Idris.

WED MAY 24. STANDAGE STRUGGLE. This race will now be run in the Autumn. Details in June Fellrunner

THU. JUNE 1. BEACON HILL FELL RACE. The race will now take place on this date and not on 8<sup>th</sup> June.

SAT. JUN 3. PEN Y GHENT. AS. 3.00 p.m. 5.5m/1650' from Horton in Ribblesdale (GR 806727). £3 on day only. PM. Over 16. Records: 42.54 M. Roberts 1997; f. 50.03 C. Greenwood 1993. Details: Nick Percival, 10 Station Road, High Bentham, LA2 7LH. Tel: 015242 61432.

SUN JUNE 4. YETHOLME FESTIVAL. Will now be on 11<sup>th</sup> June.

WED. JUN 28. CORT MA LAW. AS. 7.30 p.m. 5m/1400' from Crow Road Car park, near Lennoxton at GR NS613801. £2 on night only. Teams free. NS. Over 16. Please note there are no toilet facilities at this race venue, records: 48.16 J. Stevenson 1999; f. 54.37 T. Brindley 1999. No changing facilities at this venue. Details: Manny Gorman, 24D Parkfoot Street, Kilsyth, Glasgow, G65 9AB. Tel: 01236 822928.

SAT. JUL 8. CHARLESWORTH & CHISWORTH CHALLENGE. BS. 2.30 p.m. 3m/500' from the Recreation Ground (GR 004925). £2 on day only. PM. Over 14. Also junior race. Records: 19.49 A. Trigg 1994; f. 23.20 S. Boam 1997. Details: Bill Deakin, 19 Sherwood Fold, Charlesworth, Glossop, SK13 5HW. Tel: 01457 855029.

THU. JUL 13. BULL HILL FELL RACE. BS. 7.15 p.m. 5.5m/830' from Boardman's Farm, Hawkshaw lane (GR 739166). £2 on night only. Teams free. PM. Over 14. Records: 34.52 J. Logue 1999; f. 44.38 L. Whittaker 1999. Registration is at the "Wagon & Horses" pub on Bolton Road West, Hawkshaw. Details: Alan Sumner, Lower Grainings, Hawkshaw Lane, Hawkshaw, Bury, BL8 4LD. Tel: 01204 884799.

SAT. JUL 15. FLAN FELL RACE. BS. 12.30 p.m. 1.75m/375' from the Gill car park, Ulverston, Cumbria. £2 on day only. Teams free. NS. Over 13. Also junior race; 1 m/200', £1. Records: 11.27 C. Doyle 1999; f. 14.25 V. Halligan 1999. Part of the Furness Tradition Festival. Details: Damian Jones, White Coppice, Sunbrick Lane, Baycliff, Ulverston, Cumbria, LA 12 9RQ. Tel: 01229 482383 (Daytime only).

SUN. AUG 13. BOUNDARY STONE BLAST. BM. 11.00 a.m. 6m/850' from Paddock Lane, Kettlethulme - just off the B5470 Macclesfield-Whaley Bridge road. £2 on day only. PM. Over 16. records: 38.03 D. Neill 1999; f. 46.15 C. Greenwood/C. Greasley 1998. Details: Mr. P. Chappell, Broadcarr farm, Kishfield Lane, Kettlethulme, Cheshire, SK23 7RA. Tel: 01663 733175.

SAT. SEP 2. BEN NEVIS RACE. My apologies to the organiser for incorrect information printed in the Calendar - apparently the entry fee of £7 **does not** include a meal.

SAT. SEP 9. CHELMORTON 5 MILE CHASE. BS. 11.15 a.m. 5m/1000' from the Primitive Hall, Chelmorton, Derbyshire. £3 to organiser or £3.50 on the day. Please note there are no toilet facilities at this race venue. Records: 33.15 A. Wilton 1998; f. 39.13 P. Leech 1999. Details: Tracey Worth, Primitive Hall, Main Street, Chelmorton, Derbyshire, SK17 9SH.

SAT. SEP 9/SUN. SEP 10. CAPRICORN. O. Two-day orienteering event for individuals and junior pairs. Figure of eight courses, returning to the main campsite overnight. Four classes - 15 miles to 30 miles - plus two Score classes. The short Score event is also available for junior pairs with a combined age of over 27 years. £15 for adults and £6 for juniors, which includes campsite fees and map. Venue will be the South Pennines. Send an SAE after 29th February for an entry form. Details: Carole Pilling, 4 Peel Place, Barrowford, Nelson, BB9 6BE. Tel: 01282 618592. email - brian.pilling@virgin.net.

TUE. SEP 19. WIDDALE FELL END. AS. 2.00 p.m. 4m/1540' from Moorcock Showfield, three miles west of Hawes on the A684. £2.50 on day only. Records: 34.44 S. Oldfield 1998; f. 43.02 J. Jones 1998. Two-lap course. Details: Graham Moffat, Owertbrig, Thoms Lane, Sedbergh, Cumbria, LA 10 5LD. Tel: 015396 20907.

SAT. SEP 23. LANTERN PIKE. BS. 3.00 p.m. 5m/1050' from Spray House farm, Little Hayfield (GR SK035890). Pay entry to sheepdog trials - race entry free. PM Over 16. Also junior race; U16, 2.00 p.m. Records: 29.12 R. Wilde 1977; f. 34.50 C. Greenwood 1984. sheepdog Trials, Country Show. Final counter in the Hayfield Championships. Details: Mel Cranmer, 1 Park Crescent. Little Hay held. High Peak, SK22 2NP. Tel: 01663 745809.

SUN. SEP 24. STANHOPE COMMON FELL RACE. The race will be held on this date and not on 24th. June - my apologies to Keven Shevels, I entered the date incorrectly on my computer and didn't spot it on the final check.

SUN. SEP 24. WHERNSIDE FELL RACE. AM. 11.00 a.m. 11.6m/3000' from dent Playing Field (GR 707871). £3 to organiser or £3.50 on day. Teams (4) free. NS. Over 18. records: 1.27.26 P. Sheard 1999; f. 1.40.50 C.Greenwood 1997. Details: C. Gardner, Stonehouse, Cowell, Dent, Sedbergh, LA10 5RL. Tel: 015396 25380.

email - cgardner@clara.co.uk.



## Secretary's Corner

### Annual General Meeting, Shap Wells Hotel, Cumbria, 30 October 1999

1. 34 members attended the AGM, though in view of the number of motions on the agenda we had expected more. Or were members put off by the length of the agenda? We assume that the silent majority are quite content with the way our sport is managed. (Full minutes are reproduced elsewhere).

2. A motion endorsing efforts to bring the World Trophy to England in 2001 was carried unanimously. We lost the bid to Italy, but it is hoped to submit another bid for 2003. (See article elsewhere).

3. The meeting voted to create three new officer posts: Assistant Secretary, Championships Co-ordinator, and Coach.

4. Officers and committee were elected and delegates to other bodies were appointed, all as listed at the front of the magazine.

### Committee Meeting, Castle Garth Hotel, Kendal, 4 December 1999

1. Sub-Committees appointed as follows.:

a) Championships. Jon Broxap (Chairman), Brian Martin, Tony Hulme.

b) Internationals and English Team Selection. Sarah Rowell (Chairman), Malcolm Patterson and Robin Bergstrand (Joint Team Managers), Dave Richardson, Pete Bland and two Assistant Managers when appointed.

c) Disciplinary. Richard Day (Chairman), Alan Barlow, Peter Dyke.

d) Finance. Richard Day (Chairman), Tony Varley (Treasurer), Alan Barlow.

2. Motions referred by the AGM were considered:

a) Motion H calls for job descriptions. The roles of officers are largely self explanatory, but it is agreed that job descriptions are desirable, if only to guide new incumbents. The matter will be addressed when time allows.

b) Motion I refers to unrepresented championships awards. The secretary and committee have no knowledge of the awards referred to.

c) Motion K seeks an apology for the way Dave Woodhead's resignation was reported in the June 1999 magazine. The committee is sorry that Dave Woodhead is offended by these items.

d) Motion L. The motion arises from the selection of the Welsh 1000m Peaks Race as a British Championships event in 1999, because it finishes on a mountain summit. The FRA has no problem with this event, but in any case, British Championships are not decided by us. No English Championships race has ever finished on a mountain summit.

e) Motion M asks that Dave Woodhead's booklet, 'A Helping Hand for Race Organisers', be distributed to the organiser of every race published in the calendar. In the committee's opinion, the booklet is unsuitable for experienced race organisers, and in any case, widespread distribution would not be cost effective. Dave Jones is preparing suitable Guidance Notes to be available to novice organisers on request.

f) Motion N refers to eligibility for championships. The committee is content with the present wording that 'runners should not compete in more than one national championships'.

g) Motion O. It is established practise for the Committee to address matters raised at the general discussion following an AGM.

h) Motion P. The motion seeks to regulate the way the FRA handles issues raised by members. We believe our current practises are satisfactory and we are not prepared to be tied to rigid procedures and time scales.

i) Motion Q. The matter of toilets is long standing and has been debated ad nauseum for at least 10 years. For some years now, venues without toilets have been noted in the Calendar. The sub-committee will review the issue again so far as championships are concerned. But see also item below.

3. Agreed to bid to host World Trophy at Sedbergh in 2003.

4. Noted Dave Richardson is planning an open Junior Training Weekend in Spring 2000.

5. Noted Athletics Registration Schemes. Mike Rose will be meeting NEAA shortly to discuss implications for fell running and will report in due course.

### TOILETS

A motion at the AGM proposed 'that Championships Races have adequate toilets for the number of runners anticipated.' This topic has been raised on and off for the past 10 years and there is no simple answer. What is 'adequate'?

Say there are 400 competitors and half want to use a sit-down toilet during the 30 minutes prior to the start of the race. Assuming three minutes each, one toilet caters for 10 people. It follows that 20 portaloos are the minimum required at say £80 each, equals £1600, or to put it another way, an additional £4 on the entry fee. An expensive visit to the toilet!

Surely it is more realistic to encourage competitors to use toilets before arrival at the venue. For the desperate, most venues have minimal facilities, say 1 WC and 2 urinals for men, and 2 WCs for ladies. Because we recognise the problem, we have always given sympathetic consideration to requests for modest financial help towards the provision of additional facilities at championship races.

The committee believes that rather than make rigid, impossible demands on race organisers, it is sensible to consider problem venues individually.

*Mike Rose, General*

# MINUTES OF THE ANNUAL GENERAL MEETING

held at The Shap Wells Hotel, Cumbria, on Saturday 30 October 1999.

1. 34 Members **PRESENT** and **APOLOGIES** from N. Berry, W. Dodds, N. Denby, L. Hannah, P. Bland, J. Blair-Fish, E. Rennie, L. Hulme, B. Waine, A. Scholey, T. Varley, T. Lambillion-Jameson, P. Sanderson, D. Neill, P. Cadman, B. Dearnaley, L. Horton, B. Lawton.

## 2. MINUTES OF THE 1998 AGM.

Adoption prop. M. Patterson, sec. B. Martin.

3. **CHAIRMAN'S REPORT.** Referred to some of the major issues: work of Chris Knox and access implications of the forthcoming Countryside Bill; restructuring of athletics with a Hill and Fell Policy and Support Team. Congratulated successful athletes in British and English Champs, also successes at Knockdhu and World Trophy. Thanked retiring committee members.

4. **SECRETARY'S REPORT.** A written report was distributed to all present.

5. **TREASURER'S REPORT.** Audited accounts distributed to all present. In absence of the treasurer, Alan Barlow, auditor, presented the report. Dave Hodgson mentioned recent expenditure from the Junior Fund for the Home International in Dublin. Adoption prop, Selwyn Wright, sec. Chris Knox.

## 6. MOTIONS.

**Motion A.** 'That this meeting endorses the action of the Executive Committee in bidding to bring the World Trophy to Sedbergh in 1001.' Proposed by Dave Hodgson who outlined the background and preparation of our bid. The bid has cost the FRA £1547 and we expect a Sports Council grant of £537 leaving a net expenditure of £1010. Dave commented that our 1988 World Trophy at Keswick made a surplus of £1560 for FRA funds.

Jon Broxap seconded and described the presentation in Malaysia where we lost to the Italians 11 votes to 10. Italy budgeted £150,000 with a trump card offering \$20,000 to help poorer nations with travel costs. He hopes the committee will agree to another bid for 2003 and thanked the small team which helped to prepare the proposals.

**Motion carried** unanimously.

**Motion B.** 'That the FRA Rules for Competition be amended to provide that English Clubs must be affiliated to a UK Athletics Regional A A in order to be eligible to compete in British and

English Championships.' Committee motion. Mike Rose outlined the historical reasons why several fell running clubs have not affiliated to a Regional AA. The committee feels that, if these clubs want team competition in the British and English Championships, then in fairness to the 265 affiliated clubs, they should also affiliate. Following brief discussion, **Motion carried**, for - 20, against - 4.

**Motion C.** That the FRA Constitutional Rules (3a) be amended to include an Assistant Secretary.' Committee motion. Mike Rose explained that his work load has increased significantly over the last few years and presently takes up an average of two full days per week. An assistant to deal with meetings, minutes and the like would leave the general secretary to give more attention to other matters. **Motion carried** unanimously.

**Motion D.** 'That the FRA Constitutional Rules (3a) be amended to include a Championships Co-ordinator.' Committee motion. Mike Rose put the committee's view that the domestic championships are of paramount importance, and this should be recognised by the AGM electing a Championships Co-ordinator rather than leaving the committee to appoint someone from the club and membership reps. **Motion carried** unanimously.

**Motion E.** 'That the FRA Constitutional Rules (3a) be amended to include a Coach.' Committee motion. Norman Matthews spoke of the increasing recognition of the coaching role and the advantages of ensuring the FRA always has a coach on the committee. Although several members wondered whether this move is premature, a large number spoke in support. **Motion carried**, for - 22, against - 4.

**Motion F.** 'That this meeting does not wish to consider Motions H, I, K, L, M, N, O, P and Q placed by D. Woodhead, and wishes them to be referred to the FRA Committee or appropriate sub-Committee at the earliest opportunity.'

Eileen Woodhead asked whether the motion is in order because it was accepted at the committee meeting held the day after the closing date. Mike Rose replied that all the previous motions had been decided at that meeting and the committee's hands should not be tied in the way suggested.

Dave Jones commented that the secretary had been advised of the motion before the closing date, though not in writing. **Chairman ruled the motion will stand.**

Dave Jones proposed the motion. He reasoned that motions for the AGM should deal with the Constitution and Rules, and any other matters of major interest to the membership generally. The topics raised are matters for the committee and should be referred. Jon Broxap seconded the motion on similar lines.

Dennis Quinlan argued for the democratic right of any member to put any motion to an AGM. Several members echoed this. Selwyn Wright spoke in support of the committee and officers. He believes Dave Woodhead's motions constitute a vote of 'no confidence'. Eileen Woodhead questioned Selwyn's assessment and again argued that the motion should have been ruled invalid. Neil Taylor supported this view. Jim Kelly wondered what on earth was going on. Dave Hodgson was uneasy about Dave Woodhead's motions because he believes there is an attempt to undermine the democratically elected committee and suggested it might be unwise to defeat this motion without considering the consequences.

After further discussion Geoff Howard requested the motion be voted upon and the meeting agreed. **Motion carried, for - 21, against - 4.** Therefore Motions H, I, K, L, M, N, O, P and Q are referred.

**Motion G.** 'That FRA Rules for Competition, Definition Three: Race Length Categories, be changed back to the old system'. The proposer, Dave Woodhead, did not wish to proceed. **Motion withdrawn.**

**Motion J.** 'That allocation of English Championship Medals be extended down to the first ten men. Also that the allocation of medals to the ladies be extended down to the first six.' The proposer, Dave Woodhead, did not wish to proceed. **Motion withdrawn.**

## 7. ELECTION OF OFFICERS AND COMMITTEE

i) **Officers.** The following officers were **elected unopposed:**  
Chairman - Richard Day. Secretary - Mike Rose. Treasurer - Tony Varley. Membership - Pete Bland. Fixtures - Dave Jones. Editor - Neil Denby. Statistician - Brian Martin. Press - Bill Waine. Environment - Chris Knox. Juniors - Dave Richardson.



ii) **Officers** to be elected in accordance with Motions C, D and E.

Committee has nominated: Assistant Secretary - JoAnne Prowse. Championships - Jon Broxap. Coach - Norman Matthews. The meeting agreed further nominations could be taken from those present but none were forthcoming. Therefore committee nominees were **elected unopposed**.

iii) **Club Representatives**. Four seats, three nominations. One seat will be unfilled. The following were **elected unopposed**. Jackie Smith, Dark Peak FR. Wilf Brindle, West Pennine R. Alan Barlow, Altrincham and Dist AC.

iv) **Membership Representatives**. Four seats, two advance nominations. Two further nominations from those present. The following were **elected unopposed**. Brett Weeden (Keighley and Craven), prop J. Prowse, sec J. Airey, Linda Hannah (Rossendale), prop D. Jones, sec. M. Rose, Peter Dyke (Dark Peake), prop J Smith, sec S. Wright, Neil Taylor (Ilkley).

#### 8. OTHER APPOINTMENTS.

Delegates to other bodies were appointed **by general consent** as follows: World Mountain Running Association, Norman Matthews. AAA of England, Richard Day. North of England AA, Mike Rose. Midland Counties AA, Bill Waine. South of England AA, Sam Kirkpatrick.

9. **AUDITOR**. Alan Barlow appointed as Auditor **by general consent**.

#### 10. CHAIRMAN CLOSED THE MEETING.

A general discussion followed the formal business. Topics included: international competition, safety and kit requirements. Unfortunately time ran out before the North of England registration scheme could be discussed, but the committee will be addressing the issue after your delegate to the North of England AA has had a meeting with their officers.

## ANNUAL GENERAL MEETING 1999 Secretary's Report

Generally our activities during the year have been reported elsewhere, but there are a few matters for special mention.

In March, Dave Woodhead resigned from the committee because he disagreed with some of its decisions. He also resigned from his roles as Trophies/Awards Officer and organiser of both Senior and Junior Awards Ceremonies. There was no response to a general letter of thanks and a plea to

reconsider. He has spent the last 6 months seeking to get democratic committee decisions reversed culminating in the long list of motions for the AGM. If these sort of motions are allowed, it means, in effect, that the FRA will not be managed by the Executive Committee, but by the general meeting of members. No organisation can efficiently run its affairs in this way and we look to the good sense of members to clear the air so that the new committee can focus on more constructive and important issues in the coming year.

Volunteers to take on the roles left vacant by Dave's resignations were not queuing up and there was no response to an appeal in the June magazine. Following a little lobbying at Snowdon, Barry Slater and Brett Weedon (Keighley and Craven) got together with Alastair Scholey to organise the Junior Do. More recently JoAnne Prowse kindly stepped in to pull the Senior Do together, and Wynn Cliff (Anniversary Waltz Race) has agreed to organise next year. Trophies and medals have been assembled by Debbie Thompson (Keswick) and Jon Broxap, but a volunteer is still sought for next year. Our grateful thanks for their help in ensuring these important and enjoyable social events will take place.

Tony Hulme and Angela Brand-Barker, both long standing committee members, are not seeking re-election. Alastair Scholey took on the post of Junior Co-ordinator last year, but has found it difficult to fit in with his work and decided to stand down. We record our thanks for their valued services to fell running.

After 10 years as England Team Manager, Pete Bland has decided to call it a day. We acknowledge the huge amount of time and effort Pete has dedicated to this job, and record our appreciation and thanks. Because the number of events and work load has increased in recent years, we have appointed Malcolm Patterson and Robin Bergstrand as joint managers for 2000. An advertisement has appeared in the October magazine seeking volunteers for two Assistant Manager posts.

Dave Hodgson has been chairman of the international sub-Committee for a number of years and will not be seeking re-appointment. Most of you will be unaware of the time spent seeking funds for international competition involving hours of liaison with such organisations as the Foundation for Sport and Arts, the

Sports Council, the AAA of England and so on. Dave's dedicated work in this field goes largely unnoticed and deserves our sincere thanks.

Bill Waine (Press Officer elect) is setting up an FRA Website which he hopes to have operating by the New Year. Initially it will include information about the FRA and how to join, information for juniors, updates on championships and rankings etc. It will not include our calendar of races which will continue to be available only to members and Regional AA affiliated clubs. Many members will not have access to this medium and may feel excluded, so it is emphasised that those using this service will simply get information more quickly than traditional methods.

At the World Mountain Running Association Congress in September, the FRA bid to host the 2000 World Trophy at Sedbergh, and we were disappointing to lose to the Italian bid, 11 votes to 10. Perhaps we shall try again? The comprehensive bid document was prepared by a small team led by Jon Broxap. Our thanks for their efforts and an excellent presentation.

Two excellent Safety and Navigation Courses were held - at Kettlewell in April and Elterwater in September. Activities are in small groups, mostly on the hill, and the weekend is not only instructive, but very sociable and enjoyable. Those who want to brush up their navigation, learn about safety in races, the latest gear, mountain marathons, training, or any other aspect of fell running, are urged to book for a course next year - especially all those competitors who recently discovered the Western Lakes when they should have been following the Langdale Horseshoe route. Thanks to Lyn Eden and Margaret Batley (admin) and John Gibbison and Steve Batley (course leaders) and all the instructors.

As we look forward to the new millennium the FRA celebrates its 30th birthday in April. The Association developed from the ideas of Eddie Leal, Gerry Charnley and Jim Smith, primarily to assemble a calendar of events. Interest in fell running has increased considerably since those days, and the FRA is now recognised by UK Athletics as the English governing body. We owe a huge debt to the early pioneers.

*Mike Rose, General Secretary.  
28 October 1999.*

# JUNIOR TRAINING

## Growth Spurts: Easy on the Joints

Most junior runners will already have experienced a growth spurt and possibly the consequences of training when the joints ache. Minor growth spurts start between 5 and 7 for girls and 6 to 8 for boys. Thankfully at this age little training or running is done. But by the major or pre-pubertal growth spurt, which starts - on average - in girls of 9 or 10 and 12 to 13 for boys, these juniors can already be involved in running several times a week. The problem with growth spurts is anticipating their arrival, as they can vary from one junior to another. This growth period usually stops on average in girls around the age of eighteen but can go on to twenty-two in the boys. The growth rate peak on average is around 12 for girls with the boy's two years later at 14.

This not only creates a problem for the young athlete but also one for the parent or coach. In the first place the normal aches and pains from training and racing have to be identified separately from those of a growth spurt. It pays to keep a record of the youngster's height by taking it regularly - about once a month - and putting a little sticker with the measurement and date on when there is growth. I use the little stickers from a Sascio planner, and use a different colour for each junior - I find a door frame a handy spot. This information of early growth is essential if you are to avoid problems.

It's important to know that growing bone is softer than mature bone but has less bending strength. That is, it will tend to bend or distort under pressure but will not readily return to its previous shape. Growing bone is more likely to react adversely to excessive stress in training. Either high quality training or high quantity training can cause such stress. The major problem lies in the fact that under severe stress it is possible that the growth plate (Epiphysis) will cease to be active and growth will cease irrevocably. This does not mean that training has to be avoided, but that care is taken when you are aware of a growth spurt and curtail the training load accordingly. This is the time to switch the emphasis of training onto a bike. If the youngster complains of aching especially in the knees - and also of feeling lethargic and tired, these are the classic symptoms of a growth spurt. One of the most obvious signs of rapid growth is that the youngster can become less co-ordinated and appear clumsy.

This is the time to have patience and understanding and spend a little more time with the skill element of training, in trying to regain good control and co-ordination. Pedalling on a mountain bike on the hills, or for those juniors fortunate enough to have the use of a turbo attachment for indoor cycling, the benefits are great, and every opportunity should be taken to cross train when the growth spurts are around. It is also important to build the muscles that have

lagged behind the bone growth and good circuit work using body weight is ideal. It is wise to avoid any downhill running or limb jarring sports such as netball and basketball if in a growth spurt, even football is not wise if the joints are aching. Good cushioned trainers in the school gym - if it has not got a wooden floor.

All juniors should immediately tell their parents or coach if they have persistent pains or dull aches around their joints, especially the knees, and not wait until it appears that trousers or skirts have shrunk in the wash!

## Junior Championships. 2000

This year it is good news for the 10-year-olds who can now officially compete in the U/12 age group. UKA have agreed the insurance cover that was not available previously.

The first championship race this year will be held at Wrekin the same as last year, so those who have attended in previous years are well acquainted with the courses. Now is the time to look back in your diaries for any notes that you made on how you performed.

## RACE PREPARATION

Unless you are training just to keep fit and healthy, you are training to race - which seems pretty logical. But what is not logical is that after putting in all your hard training you jeopardise your race performance with poor race preparation. Check out the following, and see if any bells ring!

Do you ease back enough in your training for a race? If you are racing on a Saturday are you still doing a tough session on Thursday? *Try to ease the intensity and duration of any running after Wednesday. Most juniors benefit from a rest day the day before a race, and depending on age and experience, should be doing an easy to steady run on the last training day.* If you are looking at a major championship race then a gradual taper all week can sometimes help race performance - but this does depend on what training has gone before and how you have performed previously to such tapers.

Do you take into account the level of exercise or games that you play at school - plus your training - in your run up to an important race? For those with paper rounds do you still run them on race day?

If you have raced the previous weekend do you take that into account with the following weeks training, especially if it was a tough race? Do you get to the race venue in good time for a reconnoitre of the course? If it is an early race start do you get up early enough to eat breakfast at least three hours before the race. When you do have a meal is it the right kind of food - or are you eating food that is hard to digest?

Do you keep hydrated on the way to the race - by having a drinking bottle in the car with you?

Do you take enough clothing and shoes to accommodate any and all race and weather conditions? *Try not to race in new shoes or clothing that has not been worn before in training.*

*It is handy to walk the course in an old pair of studs and keep your racing pair dry.* If you know the course, it is not necessary to walk all of it, especially if it is very hilly *just walking a tough hilly course can sometimes take the edge off your performance.*

*If you do not know the course and arrive late reconnoitre the back section of the race route as a priority.*

When you register do you check to see if there are any late race instructions or route changes from previous years?

Do you have a set routine and warm up procedure? - or do you just do a twirl of the arms and lean against the nearest tree for a quick stretch?

Most junior races are of necessity short and usually very fast early on. You must acclimatise your body to what you will experience in the first 800m.

*Keep warm and find a nice quiet area for your pre-race stretch routine. Make sure that you have raised your body temperature sufficiently with easy running first and then some quicker short strides close to race start.*

Do not over stretch before a race, but use this time of relaxation - when stretching - to think about the race and plan your tactics. Think about the course and where you feel you can do well. Realistically plan your tactics with several options depending on how the race develops. Sectionalise the course in your mind and congratulate yourself in the race, as you run through each section. If you are a particularly good descender, then use this ability to your advantage, be positive, go for it.

Try hard not to become too dispirited if you get stitch or passed by another runner. All athletes at some time go through a bad patch in a race don't imagine it is only you who are finding the going tough. Try hard not to set off too fast, learn from previous races. Although it is important to set off well and get a good position, be realistic in your judgement.

## In Conclusion:

Do not feel to be under any pressure to do well in your racing by anyone other than yourself. In the final conclusion unless you find your racing fun and exciting you will not stay in the sport long. If you don't do as well as you wanted to, always remember there are many more races to come, and with the right race preparation and some good training behind you - **Who Knows!** Enjoy your running.

*Norman Matthews  
England Junior Coach  
Tel: 01204 468390*

**October 24  
UK ATHLETICS  
BRITISH AND  
IRISH JUNIOR  
CHAMPIONSHIPS**

**Brockagh,  
Co Wicklow,  
N Ireland**

ENGLAND enjoyed a gold rush in the UK Athletics British and Irish junior fell running championships by securing all four individual and team titles on offer, Gareth Webb reports.

English U18 champion Andrew Symonds underlined his undoubted potential by taking the U19 title in an England 1-2-3 from Lee Siemaszko and Jonathan Parker with team-mate Stephen Savage in fourth. Symonds, who has been working in London of late, has been training with one of Britain's leading endurance runners, Keith Cullen, in recent months. And the benefits were there for all to see as he led from start to finish to produce arguably his best performance to date.

Alex McVey also served notice of his huge promise by taking the steep climbs and punishing downhills in his stride to lift his first British title. McVey, who admitted to slight stomach problems on the eve of the race, showed no ill-effects as he moved away - particularly on the

downhills - to win by 16 seconds from Scotland's Chris Watson. Ireland's Peter Dalton finished just four seconds adrift to take bronze.

English U18 champion Kate Bailey, a bronze medallist in last month's World U20 Mountain Trophy Race in Malaysia, demonstrated true world class by running away from a quality field to win the U19 women's race by nearly two minutes.

Natalie White, runner-up again behind Bailey in the English U18 championships, was also well clear in second for England with Kate Rogan - concentrating in the main on BOFRA competition this season - taking a well-deserved bronze.

English U16 gold medallist Laura Hughes won the U17 title in impressive fashion to add to her increasingly growing portfolio of domestic and international honours. At just 15, Hughes - seventh in the World U20 Mountain Trophy Race - clearly has huge potential on the fells and mountains as well as possibly many more titles to win before she reaches senior level. Noted for her strength over longer distances, Hughes demonstrated good speed over this 2300m course to hold off English U14 champion Kate Ingram for silver.

UK Athletics confirmed that they have already earmarked October 10/11 as the date for next year's British junior championships. The venue will be Sedbergh in Cumbria.

*... results in centre section ...*



*Top left: Under 17 Boys Ray Edgar, Mark Buckingham, James Mason, Alex McVey  
Top right: Under 19 Girls Rhiannon Matthews, Kate Bailey, Natalie White, Kate Rogan*

*Bottom left: Under 19 Boys Jonathan Parker, Lee Siemaszko, Andrew Symonds, Stephen Savage*

*Bottom right: Under 17 Girls Laura Hughes, Katie Ingram, Lisa Richardson, Kelly Roberts  
(Photographs: Norman Matthews)*



*Future champions? - U14s and u12s at the Charlotte Slater Memorial Kelbrook Race Photograph: Peter Hartley*

# THE GALE FELL RACE LIVES ON!

The Gale Inn is now gone, after 33 years of playing host to the famous Gale fell race.

Jim Grounds, the cheerful friendly Landlord for over 25 years finally managed to sell the pub after running the establishment until well into his seventies. Alas however, no one could be persuaded to keep it as licenced premises so The China Palace restaurant and take-away now watches over the start and finish area, on the A 6033 Littleborough to Todmorden road near Rochdale in Lancashire.

We had feared that the race would have to be scrapped as there was no longer any shelter for registration or toilets available, but thanks to Kevan Shand, who contacted the local school headmaster, we have a great venue with those facilities, not far from the start and finish area so, at least for the time being, the race will continue.

## A bit of history

The event first started as the result of a friendly argument between locals at The Gale. One such regular recalled an old - time local athlete named Halliwell Clough who among other feats, was reputed to have run from The Gale to the White House Inn on Blackstone Edge (where The Pennine Way crosses) and back in under 30 minutes. The then Publican, Rochdale Harrier Tommy Smythe, originally from Belfast and a good class cross country runner during his time in the forces, overheard this and declared that it could be done faster.

To prove his point, he said he would organise a race at the end of October and the locals offered to put up the prize money, should Clough's record be broken.

And so on a chilly October morning in 1967, the Gale race was born. First back was Colin Robinson of Rochdale Harriers, in a shade over 24 minutes, to take the first of his seven Gale victories.

(Colin, along with his wife Brenda and local athletics coach Joe Salt, were, as usual, taking numbers and times at this year's (1999) race)

Colin also triumphed the following year, however in 1969, a bus load of Birmingham University lads came over, having heard about the good 'crack' to be had, especially at the post-race social in the Gale.



Long time record holder Andy Holden - Photograph: Mike Kelly (Allan Greenwood Collection)

Andy Holden - later of Tipton Harriers, who became one of Britain's foremost marathon runners - won the race, setting a new record of 23 min 52 seconds, a time which would stand for 26 years, becoming the longest standing record in the fellrunners' handbook.

## Notables

Each year, the top runners of the day would do battle over the famous Gale course, but no one could eclipse that elusive mark. Altrincham's Commonwealth and Olympic marathon runner Jeff Norman, the Three Peaks record holder and six times winner, won the Gale race four times during the mid 1970's, with his first victory just two seconds outside Holden's mark despite taking a wrong turning !

Other notable winners include Clayton runners John Reade (1981) and Mark Aspinall ( 1983 & 1992), John Taylor (1988 - then of Holmfirth, now Bingley), Craig Roberts of Kendal in 1993, Todmorden's Sean Willis (1994) and Rob Jackson (now Salford) who took victories in 1990, '91 and '96 running under the colours of Horwich.

In 1995, Ian Holmes of Bingley Harriers, the British fell champion of that year, decided that he had won everything else that season and he might as well run a race he'd never tried.

Ian ran a superb race and was timed by Colin, Brenda and Joe at 23;49, a mark which I am sure will stand the test of time.

## Women's race

Women were not allowed to run in fell races, or indeed *any* races, until the late 1970's. Brenda Robinson won the first Gale Women's race in 1977, the first of eight victories, a feat which is possibly unsurpassed in any other fell race. A Rochdale local Glynda Darnell won the 1986 race, (then running under her maiden name), returning to win in 1990 after her marriage to John Cook. 1988 saw Clayton's Carol Walkington (now Campbell) added her name to the list of victors while the following year, young Sally Haigh, an Intermediate from Holmfirth Harriers set a new record of 31 minutes 10 sec. The former World fell running champion Carol Greenwood made her first appearance in 1991, running under the colours of Calder Valley fellrunners, and set a new record time of 29-20, becoming the first woman to break the magical half hour barrier.

However, it wasn't until after the prizegiving, during the traditional post-race analysis, that the summit marshal owned up to having turned all the runners back as they reached the top of Lydgate track, around ten yards before

the White House !! After a good deal of consultation, and a fair amount of gentle 'leg-pulling' it was decided to let the result stand, though the record would not be altered in the handbook.

Carol returned the following year to set the record straight and in absolutely appalling weather conditions, held a top four placing (among the men) at the summit point, returning to set a new official record of 29-22. In 1993 amid fine dry conditions, Carol took the third of her five victories, with a supreme run to put the record beyond any doubt, and set the existing mark of 27min 38 sec. World cup mountain runner Janet Kenyan (Horwich) won the following year, while in 1996, Lisa Lacon of Holmfirth was first woman back.

### Officials

Mention must be given here to the organisers of the Gale race who have kept the race alive for these 33 years. Tommy Smythe who instigated the race and who staged the race for many, many years has now returned to his native Ireland.

Kevan Shand, who himself was a long distance fell runner of some standing, staged the Gale race as well as other Rochdale races The Hades Hill event at Whitworth, now promoted by local Whitworth supervet Derek Clutterbuck, and The Blackstone Edge and Turnslack races, both of which, along with the Gale, form part of the immensely successful South Pennines Grand Prix series.

Kevan, who had played football for most of his youth, with much success - including a spell during his time down under when he was picked to represent West Australia under 21's for their Tour of Indonesia - has fond memories of the race as, he remembers, in 1976 having been back in England for three years, the football match he was due to play in had been cancelled because it clashed with the Gale.

He had heard about the race and "always fancied having a go but was always busy playing footie somewhere..." That year, he seized his chance to run and finished about half way down the field, "feeling really knackered - but great too !". From then on, he said farewell to football and got hooked on running.

Likewise, other notable Rochdale Harriers Geoff Read and Andy Maloney have taken their turn at organising the race in order to keep the



Organiser Allan Greenwood with Brenda Robinson, landlord Jim Grounds, Pauline Dore, Colin Robinson and Jamie Dore  
Photograph: Steve Bateson

event alive. Geoff had "been dragged kicking and screaming onto the fells" by Kevan during the early 1980's, and himself experienced a degree of success, particularly over the longer rough Lakeland events.

### Flags

However, Geoff will want to forget the year that he had spent weeks hand-making a load of flags to mark the route, using material from an old white bed sheet. He marked the course with his dazzling white beacons on Saturday afternoon and awoke Sunday morning to find that the village and surrounding moors were covered in snow.

Andy needs no introduction to readers of *The Fellrunner*, with many wins and top 10 placings to his credit over recent years. Andy organised the race for a time during the mid 1990's and was in charge in October 1995, on the day Ian Holmes' impressive record breaking run was witnessed.

So for the time being, the race will go on. With a superb new registration venue at the school, just a short warm up jog away on Barnes Meadows, with toilets and washing facilities, and a warm welcome at The Summit Inn for the prizegiving, all the race needs is your presence on the last Sunday in October and we will have another winning combination.

Allan Greenwood

The author wishes to acknowledge reference to Bill Smith's fine book "Studmarks on the Summits, a history of Amateur Fell Racing 1861-1983" for much of the historical information in this article.

## FOCUS ON STEPH CHARMAN

### GLAMOUR ON THE FELLS

In August 1999 Steph from Hale Village, Liverpool picked up her second prize of the week; at the Rhewl Rough Run where she was first over 45 lady. Steph would have been about 2 minutes faster had she not suffered a small set back on the steep descent under some low spruce trees. Her expensive hair piece caught in a branch and she retraced her steps to retrieve it!

Some of Steph's athletic achievements include a silver medal in the Northern Vets over 45's Javelin. With no previous experience, she used all her considerable strength to hurl the javelin at least 9 metres. Steph is also a past Welsh Half Marathon lady vet champion achieved at Lake Vyrnwy, qualifying through her Welsh father.

Steph's husband of 30 years, Mick, was not at Rhewl since he was busy catering for their evening dinner party guests. The generous prize of 4 cans of lager from Rhewl would no doubt have contributed to the aperitifs had they remained unopened on the return journey. On the mini-bus home, and still in her running kit, Steph was as usual busily applying lipstick ready for her triumphant return.

Steph has won the Helsby Club Vet Female championship many times, often being the only competitor to complete the necessary races.

Next year she is rumoured to be in the over 50's category, still competing on road, cross country and fell. More often than not she will no doubt be picking up prizes, always looking especially glamorous in her hair piece, pink velvet Calucci lipstick and personally tailored cut down club vest.



Steph showing the cutaway at Rhewl

# BIG PRIZE

## Ted Maden

It seemed it might soon be time to retire. I had started fellrunning about ten years ago as a V50. Coming from a background of hillwalking, rock climbing and road running I had thought I was reasonably fit. But I soon found I was not destined for stardom as a fellrunner. In my early races I was among the most chasing of chasing packs. Lately I had been soldiering in splendid isolation at the very back, or else closely followed by sweepers and their dogs and small sons chattering at leisure. But I was still enjoying the challenge and the new horizons and the surprise views fleetingly glimpsed. If the time to retire was approaching, I should aim to go out on some good ones. Such was my frame of mind when I saw the ad for the South Pennines Grand Prix. The series offered everything I could want: a great combination of not too formidable courses, reasonably easy access from Liverpool, and a "quality memento" to all who finished eight of the twelve races. I was on!

I was unavailable for Ovenden, so that was one of my four spare races gone. All was well for Ogden Moors, which I had also run the previous year, although incorrectly at the golf course as I now discovered. This time loud hails and waving of arms by the two sweepers kept the tail enders on course, and I won a sprint for the finish to come in last but one. An unexpected bonus was a race certificate with a little logo of those windmills!

Three weeks later, the White Holme Circular. If I recall correctly, this was first advertised as a pleasant half-marathon on upland paths. In the Calendar it had grown to 15 miles and 1000 ft. From now knowing the course I reckon the cumulative climb is 1500 ft. Race Day was at the end of February, the sky was blue, and down at the start by the Gale Inn it was a pleasant morning. On the long run along the tops from the White House to Stoodley Pike a stiff wind had sprung up from behind. At the London Road checkpoint and possible bale-out I was in reasonable time and announced that I would continue. (For any readers who do not know the delectable London Road, a muddy welcome awaits!) Back on the tops the wind was now head-on and growing stronger. After an age on increasingly muddy tracks I reached the checkpoint at White Holme Reservoir, and from then on I was barely able to sustain the motions of running into the teeth of the gale. Not until I had descended most of the way to the finish at the aforementioned and (as it now seemed) aptly named Gale Inn did the wind ease. Consequently I took quite a bit longer on the second half of the course than on the first half. My time was 3.34; I have done full road marathons in less! White Holme is a quality course, but tough in winter.

The next weekend was distinctly wintry, but this did not deter some 350 runners from assembling for the English Championship Race at Noon Stone, which was also race four in the Grand Prix. I had done this race

last year and had been vaguely in contention at the tail end. However this year the field seemed to explode out of Mankinholes and I was soon in an all too familiar class of my own, to the concern of the two sweepers. Luckily, by Stoodley Pike I had settled into a steady rhythm, and fears of being required to retire subsided. The wild part of the course crosses the White Holme course at right angles and is all rough moorland. Last year, mist had necessitated compass checks, but today a few inches of snow lay on the moor and the footsteps were (relatively) easy to follow. But the slushy snow was cold on the feet, and it was good to descend from the heights to the finish, even though I was 346 places adrift of Gavin Bland! I should like to say a word of thanks to the two sweepers, who unobtrusively kept me in their sights and generously remarked afterwards that I had been running better at the end than at the start.

I had now ticked three Grand Prix races, including the two toughest ones. I decided I could afford to omit Flower Scar. But then in early May I pulled a leg muscle and had to miss Blackstone Edge as well. With still only three races run the balance was now swinging ominously the wrong way.

I kept my hopes for the series alive by completing the next three races, Stoodley, Turnslack and Crow Hill, which came in a bunch in high summer. Then two months intervened before High Brown Knoll in October. I did some training races and remained injury free. High Brown Knoll, which was unfamiliar ground to me, loomed in my imagination like some great mountain that had to be climbed on the path to Salvation.

On race morning I was dismayed to enter mist while driving up the A56 from Littleborough. As a backmarker I would

certainly have difficulty route-finding in such conditions on the open moor. Then a breeze sprung up and, like a magic wand, cleared the mist before the start of the race. So clear was the air up on the moor that for a few brief, memorable seconds on the return leg I actually stopped and took in the view of the great sweep of surrounding skyline, an almost unprecedented thing to do on a fell race! Beyond the depths of Hebden Bridge I could pick out Widdop, scene of some of my early rock climbing days in the 1950s. Having taken this panoramic mental snapshot I dashed down the hill to Mytholmroyd, where Alan Greenwood, the series organiser, was manning the finish. He had noted that I was a possible series contender. He was giving away no clues as to the nature of the "quality memento". I also learned that I was the only V60 in contention. That news put a whole new angle on the proceedings, and for the next three weeks I was almost paranoid about avoiding people with sniffles, tripping over loose paving stones or otherwise blowing my chances.

On the morning of the Gale Fell Race I set off from Liverpool almost ridiculously early to avoid possible traffic jams on the M62, and was soon at the former Gale Inn, which at that very moment was being transformed into a Chinese restaurant. Registration had been arranged at a nearby school. I duly completed the race second to last. Last was Jack Riley, who won a highly deserved prize and round of applause for completing as a V75.

I had now qualified, and the pressure was off, but I still wanted to do Shepherd's Skyline, preferably somewhat faster than last year, and to be at the presentation to receive my quality memento and the age-group award that I certainly had not expected during the early stages of the series. On a brilliantly sunny but bitterly cold afternoon I set off up the hill in trailing pursuit of more than 200 runners. I failed to beat my time of last year and came in last, but I had completed the series with a final tally of nine races. I went into the Shepherd's Rest Inn and awaited my big moment, "...the V60 winner, the redoubtable Ted Maden of Penny Lane." A memorable accolade! I stepped up and collected my prize, a handsomely etched glass tankard, and the quality memento, an equally handsome coaster of Stoodley Pike. I had run past the famous monument in four of the nine races, and the coaster was indeed a quality memento.

Many thanks to Alan and Carol Greenwood and the many individual race organisers and marshals who made this excellent series possible.

Time to retire? I have already noticed that there are some new races in next year's programme!



537 runners seeing out the old year. Photograph: DI E Woodhead

## Millennium Kid

Four-month-old Louie Lloyd Holmes became the star celebrity for a day when he was brought in as 'starter' for the Auld Lang Syne fell race, on the last day of the 20<sup>th</sup> Century.

Louie is the son of runner, Ian Holmes, who has dominated this event with seven straight wins, including the ghost race of 1996, and only his name graces the hand pump perpetual trophy. "It was great to have Louie as the official starter, as an emblem for youth as we move into the next Century. Hopefully one day he will be able to take over the mantle his dad has set for him. We had our biggest ever turn out with 537 runners a record for any race we have ever organised, which was a fantastic finale for fell running to end the year". Organiser Dave Woodhead remarked.

Earlier on in the year a competition was run in this magazine to design a fitting label for the beer that was being presented to each finisher. This was a closely guarded secret until race day. The first glimpse of the winning design was when in true fell running spirit a chain gang of runners man handled the 43 crates around to the finish area. Boff Whalley for his brilliant design, which captured the whole essence of the race, collected his prize of a crate of 'THE ORIGINAL HAPPY NEW BEER! BRISCOE'S *auld king syne ale*' at the prize giving. Paul Briscoe owner of Briscoe's Brewery would like to thank all the competition entrants, and found it a hard task to choose a winner amongst all the witty, weird and wonderful ideas. Thank you all!

One apology has to be made. Sorry to those few runners that missed out on a bottle of this superb beer, and instead received two bottles of a North Eastern brew. This was solely down to the

organisers oversight in not expecting more than 500 runners, any participants that didn't get one on the day, please contact the organisers, and it will be rectified.

To the race, for the first time ever the race was run in the opposite direction for safety reasons, mainly because of severe ice on the 'Top of Stairs'. The general consensus of opinion was that although this made for a tougher race - the peaty skyline section now comes in the latter stages - this is a better route. "It flows more as a race", according to race winner Ian Holmes, and now looks likely to be used in future years, although it has been suggested a coin be tossed on the start line, to determine which way round the route is run.

Top Yorkshire athletes Ian Holmes and Matthew Whitfield both broke away early on, and ran neck and neck until the boggy descent off the Stoop where Ian gained a few yards. Matthew, soon to join the RAF in February, in true die hard fashion pushed Ian all the way back to Penistone Hill, and only failed by seven seconds. Louie accompanied by mum Zina enthusiastically spurred Ian all the way to the finish, along with all the supporters that had congregated on Penistone Hill, to experience this unique once in a lifetime atmosphere.

Top Yorkshire lady athletes Lucy Wright and Sarah Rowell proved their race to be only marginally less competitive, although both commented that neither were at their best on the day. Part time librarian Lucy, a World and European cross country competitor held the 20 second winning margin throughout the race, admitting she expected Sarah to be coming past at any time. If there was any consolation to be had for Sarah it was slicing over 3 minutes off last years over 35 record. Youngster Kate Rogan and not so youngster Sylvia Watson - broke two

other records under 18's and over 50's.

Husband and wife, Steve and Pauline Oldfield dominated the over 40's, and by far had the biggest boozy prize haul to take home, which amounted to 63 bottles of different beers, including cake, giant cracker, tin of biscuits, yard of Crunchie, etc.

In fact Lucy Wright, Sarah Rowell and Ian Holmes' crackers were pulled at the stroke of midnight at various party locations, along with copious amounts of their alcoholic prizes being consumed.

The prize giving was a Mammoth Millennium Mayhem, with stacks of cases of lager, bitter, stout, cider and real ale on offer to virtually everybody within the confines of the Old Sun Inn. The video of the race that day proved a huge success, and looks like it would be appreciated as a permanent feature, and with platters of free sandwiches and Sarah Rowell's own special recipe chocolate cake the party was in full swing.

Obviously several felt the need of a challenge after all this, so the half-yard of ale was exceedingly well supported with 14 so called athletes participating, and several doing it twice! Borrowdale's Scoffer Schofield and Dave McGuire, Clayton, shared the £10 prize with seven seconds dead, whilst in third Bob Whitfield got faster as he progressed. The ladies decided on a relay event, two per team, Bingley versus Clayton, with Bingley's Sharon Taylor and Esther Cotton easily beating Marie Jackson and Catherine Howell by 35 seconds to 73 seconds respectively.

We hope everybody enjoyed this event in the true spirit it was meant to be, testing, fun, entertaining and a chance for Auld and young to show fell running bottle.

A happy new millennium to you all!

M. T. Glass



Ian Holmes and official starter Louie Lloyd Holmes  
Photograph: DI E Woodhead



*Training for the next World Cup - downhill only?  
J Somerville at Wansfell Photograph: Steve Bateson*

## **WORLD TROPHY 2001**

### **- THE ENGLISH BID (or how to play dirty by the Italians)**

England's bid for the 2001 World Trophy was like most good fell running plans, conceived in a bar after a race - this one being in the Czech Republic after their attempt at staging it. The thought, of course, after a few beers being that we can do better than this. Once sober the sages with the great schemes were on the look out for someone to take on their plans, so it was that I got roped in.

I must admit to feeling somewhat overawed and daunted by the thought of bidding for a World Trophy when first asked by Richard day but it soon became clear that we had both an excellent venue and the management team to create a very strong bid.

I was very much in the dark as to the procedure for bidding for a World Trophy but can now identify four stages:

- a declaration to the World Mountain Running Association of the intention to bid
- finding a suitable venue and getting its approval by WMRA
- producing a bid document for WMRA countries and lobbying them for support
- presenting the bid at WMRA Congress.

As the next up and down World Trophy is in 2001 our bid had to be presented at the World Trophy in Sabah in September 1999.

Sedbergh was soon chosen as a suitable venue as it has a unique combination of first class facilities in close proximity to the fells. The plan was to use Sedbergh School as the Event Centre and to create an Olympic village style site where athletes, officials and supporters could mix and socialise. All the race courses would be on Arant Haw and Winder which give superb mountain running terrain and are very spectator friendly. The School, town and landowners were all very enthusiastic and supportive. All in all we thought that we had a strong bid.

WMRA requires a site inspection of all facilities and courses and we paid for Wolfgang Munzel, the Deputy Director of Competition, to come over from Germany to inspect our bid. Fortunately it was a beautiful sunny day and Sedbergh was shown off to its best. Wolfgang was very impressed and expressed his entire satisfaction and did not request any changes.

It was around this time that we learnt that we were no longer the sole bid and that Alto Terme in Italy was also bidding. Given the Italian domination of WMRA the picture had changed altogether and we felt that we were definitely up against it. Knowing that we had a strong bid probably strengthened our resolve to continue.

As a response to the Italians declaration and the closeness of the impending European Trophy in Austria to Alto Terme, where it was obvious that the Italians would be lobbying, we decided to produce a document highlighting the advantages of our bid aimed specifically at team managers. We did this in under two weeks and it was given out in Austria by Pete Bland and Robin Bergstrand. The Italians were indeed there lobbying, dishing out t-shirts and general tourist brochures with no specific relevance to their bid. We too should possibly have been less specific or less naive about what the Italians would do with our brochure! The main bid document had a deadline of 50 days prior to WMRA Congress - in effect the end of July.

It was produced mainly by Mike Rose and myself and translated into French and German. The document is a very detailed and comprehensive declaration of what we were offering and contains several innovative items specific to our bid that we had identified as being of particular importance. It was sent out on time.

The Italian bid document was received by myself several weeks later having been sent out by Danny Hughes. What was immediately obvious was that they must have liked ours! Large sections of the main document or possibly the European document had been plagiarised! A complete section on communications was a direct copy. This we found particularly galling as it was an area that we had emphasised in our bid - to say nothing of the cost involved in a translation that was lifted verbatim. The other fact that really annoyed us was that their venue and courses were inspected by Raimondo Balicco, their team manager rather than an independent party such as Wolfgang who remember we had paid to fly over from Germany. Not quite the level playing field that we thought we had!

At Dave Hodgsons' suggestion and with the support of the "organising committee" it was decided that I should present the bid at the WMRA Congress. I viewed this as a bit of a poisoned chalice - it would be a great place to visit - climb Kinabalu, see the orang-utans etc but also involved the rather nerve wracking prospect of giving a presentation to 50 delegates most of whom would not speak English. Not something I do in my everyday job too often. I travelled as part of the England team party and we arrived on the Wednesday prior to the Congress on the Friday and World Trophy on the Sunday. We spent the next couple of days lobbying and it quickly became apparent where people's allegiances lay - these actually being very much as we had anticipated. The Italians had strong backing from the European nations particularly those of the old Eastern bloc who viewed England as the expensive option and would vote with that very much in mind. Conversations with the Slovenian and Slovakian officials confirmed that after costly trips to Reunion and Sabah a short minibus trip to Italy would win their vote. It was also clear that there was a considerable element of political voting and that Italy held the aces here.

The presentations to Congress were made at the end of formal business and after a meeting notable for Douglas Barry's attempts to goad answers out of Danny, I gave our presentation first with the invaluable help of Norman Matthews. Although we had produced a video in the end we stuck to a few selective slides of Sedbergh and gave a better



presentation than the Italians. They had however saved their joker to the end in the form of \$20,000 to assist Asiatic nations to travel to Italy. They also had a budget of £150,000 compared to our £60,000! The voting went 11 -10 to Italy with Australia and Malaysia both voting for Italy when we thought that we could count on at least one of their votes - in effect they were bought. We did get the votes of Germany and the Czech Republic who at least voted on merit. It was obviously very frustrating to come so close but it clearly indicated the strength of our bid.

I hope that the above gives some indication of the lengths we went to, to get the World Trophy and just how close we got. We learnt a lot this time - principally that a precedent has been set and however much we dislike it we must up the anti-possibly to offer 4 nights accommodation or cheap or assisted transport and that we must start lobbying as soon as possible.

The WMRA is not quite the TOC but it's working on it! We have done the hard work and the basis has been laid for us to bid again in 2003 - after all even the Italians had to bid twice. At its December meeting the FRA Committee endorsed a bid for 2003 and hopes that the membership will also support another try.

My memories of Sabah 1999 are not all negative - the people were really open and friendly, Kinabalu was absolutely magnificent, the Trophy racing was special and the head hunters dancing at the closing ceremony started off a great night. I just wish I knew what it was I ate in Kota Kinabalu that gave me the complete Sabah experience.

## COSMICS COME TO PARTY

From nowhere to 6th in the FRA Relays in six years emphasises only one aspect of the success of Cosmic Hillbashers!

Formed in August 1993 with eight paid up members they now boast a membership of over a hundred but it is the style with which they have achieved it that arguably make Cosmics the best club in Britain.

Founder members Brian Lawrie, Phil Kammer and Ewen Rennie once lined up at Ben Nevis as numbers 2,3,& 4 but found that being very much a minority within Scotland's biggest athletics club (Aberdeen AAC) was not to their taste. So was conceived Cosmic Hillbashers - very much Brian's idea as far as the name went - but with a joint philosophy that to participate was to win; to be in the hills was the name of the game.

Another crucial inaugural member was Steve "social secretary" Pryor. Initially self-appointed, (after all the initial club constitution, demanded that the club be run with the minimum of officials - a secretary and a treasurer and no formal committee), Steve became part of the inner quartet who ran the club for the first five years.

Steve's forte was the club trips and social occasions! "Cosmics come to party" was the theme song long before it became "Cosmics beat Carnethy"! The Sligachan Hotel and Glamaig Race still reel from the Cosmic clothes swapping party of 1998 whilst the same venue the previous year saw Cosmics beat the Rest of the World at football thanks to the special contributions of Katie "draped on the crossbar" Boo and Margaret "Webb Ellis" Stafford.

However any aspiring club also wants success on the track. First featuring in the 1994 FRA Relays they finished 43rd. 1995 and the trip to Wales proved too far for even this intrepid bunch of travellers but in 1996 they improved to 29th with the Cosmic quines leading at the end of leg two only to fade to 6th at the end.

1997 and Cosmics improve to 13th whilst the Women's team was well in contention until a navigational error on leg three. Just to show what might have been Tracey Brindley runs the fastest last leg by some five minutes!

So to Keswick and 1998 with Cosmics finishing sixth overall, sixth "B" Team and 5th Ladies Team. Given this rate of improvement who would bet against them winning some medals in 1999 despite being denied the opportunity to take the event to their own backyard at Glenshee. (The powers that be decided that it would be too far to travel for the southern wimps and opted for Alva instead!).

And win medals they did - second in the Ladies Race, third in the Open Race, fourth in both the Veterans and 'B' team races - yes Cosmics have arrived! Will the Comet soar in the new millenium? Given the level of vocal support

available to them at Alva, Cosmics must surely soar ever upward.

Such team successes have been also been reflected in individual recognition with Cosmics making up three of the four lady members of the Scottish Ladies team at Knockdhu in 1998 as well as having a young impostor in the male vets. In 1999 it was only two Cosmic Ladies and different grey beard for Knockdhu (but it should have been two)!

1999 and Tracy Brindley and Sonia Armitage were part of the Scottish Bronze Medalists at the World Trophy Mountain Race - a fitting reward for their efforts and dedication over the years!

Yet even that was eclipsed by Cosmics having more runners than any other club in the World in the World Orienteering Championships held earlier in the year in Inverness - British (1), Norwegian (1), Spanish (2), and New Zealand (1)! They're a cosmopolitan lot and since then another New Zealand orienteer has joined them whilst Cosmic Coach Rennie raves about the uphill prowess of another new recruit (female).

*Greybeard*

### THE OUTWARD BOUND MOUNTAIN SCHOOL, ESKDALE, CUMBRIA

*John Lagoe (1952-1961), Tom Price (1961-1968), Roger Putnam (1968-1988), Bob Barton (1988-1995)*

We have set up an Archive in the Cumbria Record Office, covering the first 50 years from the opening of Outward Bound Eskdale in 1950, as a memorial to the vision of the first warden, Adam Arnold-Brown, whose work established the ethos and practice of the Outward Bound experience for young people through mountains.

The Archive holds a large amount of formal material transferred from Eskdale. We would like to add personal records such as course diaries, letters, recollections of expeditions, photographs, which past staff and students may wish to contribute.

Everything will be catalogued by the Cumbria Archive Service, and confidentiality is assured.

If you have anything to contribute, original copy, now or later, please contact:

**John Lagoe, Helm End, Grasmere, Ambleside, Cumbria LA22 9QN.**

# ISLE OF MAN

## MANX MOUNT AIN MARATHON

### Raas Mooar Ny Sleitvn

(HELD UNDER F.R.A. RULES)

**EASTER SATURDAY 2000      31 MILES, 8,000ft OF ASCENT**

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# Results & Reports

*Spanning two millennia!*



*Never too soon, or too late!*

*Top: 72 year old Bill Fielding at the Scout Sear Seven;  
bottom: juniors start the Charlotte Slater Memorial Race.*

*Photographs: Bill Smith, Peter Hartley*

## GREAT LONGSTONE CHASE

### Derbyshire

BS/4.8m/950ft 3.9.99

The weather was wonderful so we had no problems. We had 111 runners - a few down on last year but unfortunately there were two or three more races in our area and from what I can gather, we came off best!

Lord Roy Hattersley now lives in the village so he kindly brought his dog, Buster, along and started the race and presented the prizes. He really enjoyed getting involved.

We have had some of the best marshals in the country with Edale Mountain Rescue looking out for our runners. We present eight trophies and two junior trophies 13-16 years.

Also, the medals.

#### Peter Askew

1. D. Teasdale	Hallam	28.23
2. M. Bishop	Hallam	28.24
3. M. Fowler	Saif	28.31
4. P. Deaville	Kinder	28.49
5. G. Morson	Bux	29.21
6. L. Footitt	Bux	29.39
7. J. Chambers	NDerby	29.48
8. A. Whittingham	Bux	30.04
9. N. Bassett	StaffSM	30.12
10. A. Whittaker	Matlock	30.17

#### VETERANS 0/40

1. R. Whittaker	Matlock	30.17
2. T. Hargreaves	Stock	31.20
3. M. Beecher	Bux	31.26
4. A. Moor	DkPk	32.27
5. P. Addison	GtLong	32.33

#### VETERANS 0/45

1. G. Morson	Bux	29.21
2. R. Eagle	MDC	30.58
3. K. Holmes	Unatt	31.32
4. J. Oldfield	DkPk	32.32

#### VETERANS 0/50

1. R. Marlow	DkPk	32.49
2. R. Defaye	DVO	35.03
3. G. Revell	Bradwell	35.15
4. J. O'Donnall	Siemens	37.49
5. R. Canty	Unatt	38.14

#### VETERANS 0/55

1. D. Haynes	NthDerby	36.31
2. P. Wignall	'Altrinch	38.05
3. J. Titterton	Matlock	41.36

#### VETERANS 0/60

1. B. Howitt	Matlock	37.44
2. J. Clarke	BPFR	38.02
3. C. Henson	DkPk	38.18

#### LADIES

1. S. Orridge	Notts	33.10
2. P. Leach	DkPk	33.38
3. D. Pelly 0/40		36.49
4. J. Gardner	Bux	37.48
5. K. O'Brien	Bux	38.31
6. J. Welbourne 0/50	Bux	38.59
7. L. Bland	DkPk	40.05
8. E. Bent	Totley	42.16

#### JUNIORS

1. T. Edgerton	15 Traff	
2. C. Oldfield	14Bakewell	

## FESTIVAL OF SPORT FELL RACES

### Cumbria

BS/3m/787ft 4.9.99

Excellent turnout for both male and female, very hot day. All competitors enjoyed the gruelling event set out by the Leisure Links staff. From the feedback given over the full weekend, we are hoping and looking for record entries next year.

#### John MacNamee

1. A. Bowness	19.25
2. B. Taylor	21.18
3. D. Allaway	21.36

#### LADIES

1. S. Carson	23.27
2. T. Woodford	25.03
3. D. Kitchen	28.23



Grisedale Horseshoe winner Mark Roberts on Swirral Edge Photograph: Peter Hartley

## CAFOD GRISEDALE HORSESHOE

### Cumbria

AM/10m/5000ft 4.9.99

A well attended race. Scorching conditions did not allow any records to be broken. Mark Roberts led all the way with team-mate Andrew Schofield taking second place. Many runners suffered with heat exhaustion and dehydration.

Louise Osbourn ran well in the ladies race to finish first lady and thirtieth overall. Eight runners retired.

A big thanks as usual to all who helped to support the race marshals, Raynet and sponsors, also Louise Alpine who generously donated prizes.

#### Colin Jones

1. M. Roberts	Borr	1.51.30
2. A. Schofield	Borr	1.55.40
3. S. Livesey	Clay	1.58.30
4. N. Sharp	Keswick	2.01.10
5. G. Schofield V	Horw	2.09.40
6. L. Orr	Bow	2.10.15
7. L. Warburton V	Bow	2.10.48
8. M. Davies	Unatt	2.11.25
9. M. Seddon	Gloss	2.12.06
10. W. Sullivan	Unatt	2.13.19

#### VETERANS 0/40

1. G. Schofield	Horw	2.09.40
2. L. Warburton	Bow	2.10.48
3. T. Houston	Bow	2.15.09
4. K. Delaney	Unatt	2.18.42

#### VETERANS 0/45

1. L. L'Anson	Borr	2.18.54
2. H. Nicholson	Clay	2.23.06
3. P. O'Hara	Kesw	2.27.20
4. P. Booth	Clay	2.28.07
5. N. Hambrey	Kend	2.31.11

#### VETERANS 0/50

1. J. Hope	AchRat	2.23.50
2. M. Crook	Horw	2.28.22
3. B. Martin	Amble	2.32.29
4. G. Breeze	Skyrac	2.34.54
5. N. Hambrey	Kend	2.31.11

#### VETERANS 0/55

1. B. Martin	Amble	2.32.29
2. T. Peacock	Clay	2.37.55
3. D. Gibson	Sadd	2.52.25

#### VETERANS 0/60

1. W. Smith	Clay	2.56.00
2. B. Leathley	Clay	3.01.36
3. K. Gresty	Wesh	3.05.58

#### LADIES

1. L. Osbourn	Kesw	2.25.36
2. V. Peacock 0/40	Clay	2.30.15
3. D. Thompson 0/40	Kesw	2.43.32
4. K. Mather	Sadd	2.47.15
5. W. Dodds 0/50	Clay	2.56.45
6. J. Robertshaw	Spec	3.21.03

**BEN NEVIS RACE****Highlands****AM/10m/4400ft 4.9.99**

1. I. Holmes	Bing	1.28.14
2. R. Jebb	Bing	1.28.56
3. S. Booth	Bon-	1.31.19
4. J. Davies	Bon-	1.32.12
5. G. Bland	Borr	1.32.59
6. J. McQueen	Rhed	1.36.09
7. E. Roberts	Rhed	1.36.29
8. J. Bland	Borr	1.36.56
9. M. Kinch	Bing	1.37.50
10. D. Rodgers	Loch	1.38.04
11. M. Hayman	DKPk	1.39.32
12. D. McNeilly	N'castle	1.41.51
13. S. Jackson	Horw	1.42.15
14. J. Hepburn	Loch	1.42.20
15. R. Gallagher	W'lands	1.42.57
16. M. Holroyd	Borr	1.43.15
17. R. Cant	Loch	1.43.29
18. L. Taggart	Bux	1.43.34
19. S. Hicks	Borr	1.43.46
20. J. Wright	Tod	1.43.57
21. M. Donnelly		1.44.06
22. A. Craig	Loch	1.44.35
23. A. Keith	Unatt	1.44.39
24. S. Bottomley	Eccles	1.44.48
25. J. Stewart	Loch	1.45.18
26. S. Macina	Eccles	1.45.56
27. A. Beaty	CFR	1.46.05
28. G. Gough	Clay	1.46.47
29. S. Fairmaner	Traff	1.47.26
30. D. Duxbury	Amble	1.47.29

**LADIES**

1. M. Creber	Cam	1.59.21
2. A. Reid	Loch	2.03.58
3. B. Me Wade	Clay	2.06.32

**FIRST LADY VETERAN**

1. K. Beaty	CFR	2.09.08
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**FIRST VETERAN 0/40**

1. E. Roberts	Rhed	1.36.29
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**FIRST VETERAN 0/50**

1. K. Carr	Clay	1.50.07
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**BULLOCK SMITHY****Cheshire****BL/56m/7000ft 4/5.9.99**

On possibly the hottest weekend in the Bullock Smithy Hike's 24 year history, the traditional anvil was struck by Group Scout leader Brian Dooley, in Hazel Grove, Stockport, at noon on Saturday 4<sup>th</sup> September to start one hundred and fifty two runner on the fifty six mile cross country event. The heat in the early stages took its toll with a number of retirements, but in the evening and through the night the conditions were excellent, resulting in a less than average failure rate.

Congratulations to all who completed the route through the Peak District check points at Bow Stones, Chinley, Edale Cross, Edale, Castleton, Peak Forest, Millers Dale, Near Chelmsorton, Earl Sterndale, Axe Edge, Cat & Fiddle, Pym's Chair and Moorside returning to Hazel Grove.

The Group Scout leader Brian, not only started the event, he then walked in a pair of boots purchased the day before!, and arrived back in Hazel Grove in plenty of time to present the awards and certificates. Well done Brian and thanks to his wife Val for dispensing rice pudding and other goodies at Edale. Our thanks to all the many helpers, over 100 including the ATC, who helped to make the weekend such a success. During the presentations Dave Barry, a BS walker, spoke for a couple of minutes about the Ribbon of Light and presented candles to those assembled.

A record. The ladies record, standing since 1990 was smashed by thirty one minutes by Helene Diamantides to take the Chinley Trophy. Tony Okell (fastest man) for the second year running, won the Bullock Smithy Trophy. Windgather Trophy for the fastest open team going to Dark Peak Fell Runners.

The fastest scout was Mark Bradbury from the 25\*<sup>th</sup> Huddersfield to win the Shining Tor Trophy and with fellow scouts Matthew Dempsey and Matthew Mills won the Axe Edge Trophy for the fastest scout team. Local scout Christopher Lincoln from 20c\* Hazel Group Scout Group won the Bullock Smithy Cup. Congratulations to all who completed the course, commiserations to those who had to retire but do not despair, better luck next year!

Next year will be our twenty fifth and we are planning some changes to the route so are marketing the millennium event as 'The New Bullock Smithy' - 2/3 September 2000.

**SHELF MOOR FELL RACE****Derbyshire****AS/5.9m/1500ft 5.9.99**

A very hot day and a congested fixture list resulted in a lower than usual turnout for this years race. However, the Yorkshire contingent ensured that it would be tough for anyone who might have been hoping for a more relaxed outing.

The two Garys, Oldfield and Devine were together at the Shelf Moor trig point. Oldfield got away on the descent to win the race, with Devine finishing thirty eight seconds later, giving him his second victory on the bounce. Nicholas Bassett finished well in third place, improving over his sixth place last year.

Sally Newman won the ladies trophy with an excellent thirteenth place overall in a time of fifty two minutes and fifty seconds, nearly five minutes ahead of Lisa Lacon in second place.

The team prize was wrapped up very convincingly for Pudsey and Bramley by Boff Whalley, who finished in seventh place. Boff's race entry was snapped up afterwards by one of the organisers in an unlikely item of rock/pop memorabilia. Now, if anyone has any swaps.....

The day was not one for the record book, and times were well down on previous year. Colin Donnelly's record of thirty nine minutes and forty five seconds set in 1989 easily survived its tenth anniversary. The heat was clearly too much for some finishers. The stream next to the finish provided welcome respite from the sun and the opportunity to join members of the creche in watersports.

**Andy Fox**

1. G. Oldfield	P&B	44.06
2. G. Devine	P&B	44.44
3. N. Bassett	Staffs	47.00
4. M. Fowler	Saif	47.23
5. G. Watson	Alt	48.32
6. G. Bergin	Spec	48.46
7. B. Whalley	P&B	50.24
8. S. Burthem	Spec	50.37
9. B. Johnson	Macc	51.40
10. D. Collins V	Tod	52.05

**VETERANS 0/40**

1. D. Collins	Tod	52.05
2. S. Wyatt	Penn	52.15
3. K. Bowskill	P'stone	53.00
4. J. Reeve	Kend	53.50
5. C. Gilmore	Ross	54.29

**VETERANS 0/50**

1. J. Leary Man	YMCA	62.02
2. A. Stafford	Kend	62.12
3. G. Wilson	Spec	64.15
4. M. Morrison	Gloss	66.47
5. D. Cartwright	P'stone	67.33

**VETERANS 0/60**

1. D.O'Leary	ManYMCA	80.04
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**LADIES**

1. J. Newman	Gloss	52.50
2. L. Lacon	Holm	57.40
3. J. Burthem	Warr	59.27
4. K. Forester	Spec	63.59
5. R. Hilton	Macc	67.42
6. A. Jorgensen 0/40	Penn	67.55
7. D. Madden 0/50	Gloss	70.08
8. A. Lindop 0/40	P'stone	72.14



Gary Devine - pipped at Shelf Moor  
Photograph: Allan Greenwood

**BARREL INN FELL RACE****Derbyshire****BS/5.5m/900ft 5.9.99**

A very hot eighty degrees with a field of eighty. Eight Kimberworth runners ran the Totley Terminator in the morning, and our fell in the afternoon. Also three runners ran the Chesterfield Half Marathon and our run.

**John Fox**

1. B. Charlton	40.52
2. A. Duceley	43.40
3. J. Chambers	44.02
4. R. Marlton	44.50
5. R. Wilson	44.58

**FIRST VETERAN 0/40**

1. K. McGrath	46.59
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**FIRST VETERAN 0/50**

1. R. Marlow	47.10
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**LADIES**

1. J. Smith	47.25
2. L. Whittaker	52.10

**JUNIORS**

1. B. McDonald	54.37
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**Peter Wood**

1. T. Okell	08.45
2. H. Diamantides	09.21
3. M. Hartell	09.35
4. P. Rushworth	11.52
5. S. Jackson	11.56
6. C. Wood	12.43
7. K. Murtagh	12.50
7. M. Cochrane	12.50
7. P. Elliot	12.50
10. J. Matuszewski	13.56
11. R. Hampton	13.56
12. R. Clarke	13.56
13. M. Brown	13.56

**BRADLEY FAMILY DAY FELL RACE****North Yorkshire****BS/4.5m/675ft 5.9.99**

Birthday boy Colin Shuttleworth had double reason to celebrate. He chalked up his forty-first birthday and clocked up fell race success with another veteran, Robert Hamilton, being his closest challenger.

Runners wilted in temperatures into the late 70s but women's race leader, Helen Johnson, just lapped it up. The Ilkley club runner is off to Malaya in the next fortnight to run for her country so she needs all the heat she can get.

Helen bettered Carol Greenwood's two year old record by two seconds in finishing seventh overall.

Victory in three of the four other races went outside the area - Johnny Walker won the under 9s, and then upped and did the under 12s, coming seventh.

**Kevin Hopkinson**

1. C. Shuttleworth	Preston	27.10
2. R. Hamilton	Wharf	27.21
3. P. Brannon	Clay	27.31
4. R. Waddington	Sils	27.39
5. C. Miller	H'gate	27.55
6. M. Keegan	Clay	29.04
7. H. Johnson	F Ilkley	29.10
8. R. Grillo	K&C	29.52
9. J. Wootton	Unatt	30.32
10. N. Bush	G'houses	30.36

**U/17**

1. J. Carter	Spenn	26.20
2. M. Cherryholme	Spenn	26.21
3. C. Baxter	Unatt	31.25

**U/14**

1. R. Whitaker	Nelson	12.07
2. S. Watson	W. Marton	12.32
3. S. Hunn	Skip	12.38

**U/12**

1. C. Wetherell	Cowl	05.50
2. J. Walker	Kesw	05.55
3. M. Parker	Cross Hills	06.20
4. J. Darling	Cowl	06.30
5. J. Kelly	Skip	06.35

**U/9**

1. J. Walker	04.10
2. E. Thompson	04.30
3. A. Rutherford	04.35
4. R. Shuttleworth	04.40
5. F. Hamilton	04.45

**LARA CHEVIN FELL RACES  
Derbyshire  
BS/3m/600ft 7.9.99**

Junior International, Daniel Yates, looked so smooth as he ran away from the field on the popular Chevin Hill course in Milford, Derbyshire.

Yates, from the Matlock club eventually won the Chevin three mile race in eighteen minutes and eleven seconds, just ten seconds ahead of the 1998 Champion, Steven Penney of Chesterfield.

**D. Denton**

1. D. Yates	Matl	18.11
2. S. Penney	C' field	18.21
3. J. Chambers	NthDerby	19.04
4. J. Selby J	Matl	19.11
5. K. Spare V	D&CAC	19.15
6. P. Hands V	Leic	19.31
7. J. Wainwright	D&CAC	19.58
8. A. Roberts	Derby	20.10
9. A. Metaxax	Matl	20.24
10. D. Comer L	Eaton	20.44

VETERANS 0/40		
1. K. Spare	D&CAC	19.15
2. P. Hands	Leic	19.31
3. P. Pittson	E'wash	21.37
4. N. Lander	E'wash	22.27
5. P. Walters L	Eaton	22.28

VETERANS 0/50		
1. R. Marlow	DkPk	21.27
2. B. Warwick	Derwent	24.33
3. H. Pymm	C'ville	25.00

VETERANS 0/60		
1. B. Howitt	Matl	24.56
2. A. Bourne	Staffs	29.57
3. T. Long	RR	30.03

LADIES		
1. L. Tomaney	C'wood	23.08
2. L. Pymm	C'ville	23.21
3. R. Heath	C'wood	25.09
4. A. Crouch	C'wood	25.55
5. L. Lohman J	Macc	27.08
6. F. Flavin	Derby	28.18
7. A. Read 0/40	Shelton	29.06
8. D. Armstrong	Derby	31.12

JUNIORS		
1. J. Selby	Matl	19.11
2. C. Young	Matl	20.48
3. L. Lohman	Macc	27.08

**HADES HILL RACE  
Lancashire  
BS/5m/1200ft 9.9.99**

1. S. Hawkins	Bing	28.44
2. D. Lewis	Ross	29.00
3. M. Kinch	Bing	30.03
4. G. Patten	P&B	30.57
5. M. Lee	Ross	31.26
6. S. Fairmaner	Traff	32.03
7. N. Hatchard	Ross	32.05
8. D. Keeling	Traff	32.44
9. R. Griffiths V	Holm	32.50
10. A. Maloney	Roch	32.57

VETERANS 0/40		
1. R. Griffiths	Holm	32.50
2. J. Hargreaves	S'port	34.35
3. I. Aitchison	Roch	34.49
4. K. Delaney	Unatt	36.50
5. K. Masser	Ross	36.52

VETERANS 0/45		
1. C. Davies	Sadd	34.28
2. B. Waterhouse	Sadd	34.48
3. A. Ratcliffe	Sadd	35.02
4. D. Beels	Roch	35.13
5. I. Holloway	Roch	36.34

VETERANS 0/50		
1. N. Griffiths	Spec	38.38
2. M. Standring	Roch	40.11
3. M. Sadula	Roch	40.27
4. D. Banks	Mid'ton	41.15
5. B. Grant	Unatt	41.28

VETERANS 0/55		
1. J. Nolan	RR	38.10
2. T. Peacock	Clay	40.05
3. G. Royle	Sadd	40.18

VETERANS 0/60		
1. G. Arnold	Preston	44.21
2. A. Campbell	RR	46.19
3. B. Pycroft	Unatt	47.38

LADIES		
1. V. Peacock 0/45	Clay	35.48
2. L. Whittaker	Sadd	38.18
3. K. Mather	Sadd	39.08
4. K. Rogan U/18	Wharf	39.15
5. G. Cook 0/45	Roch	39.24
6. S. Whilde	Roch	39.28
7. J. Rawlinson 0/45	Ross	41.04
8. C. Ashton	Unatt	41.43
JUNIORS U/18		
1. L. Leishman	Ross	37.32
2. I. Harvey	Tod	40.31
3. A. Godwin	Ross	41.21

**CHELMORTON CHASE  
Derbyshire  
BS/5m/1000ft 11.9.99**

1. R. Crossland	B&A	35.34
2. P. Clapham	Unatt	35.56
3. D. Tait	DkPk	37.19
4. A. Brentnall	Penn	37.26
5. C. Speight	Kend	37.46
6. A. Rewfree	Unatt	38.47
7. J. Coates	RR	38.53
8. S. Wyatt	Penn	39.05
9. P. Leech	DkPk	39.13
10. E. Batt	Bux	40.31

LADIES		
1. P. Leech	DkPk	39.13
2. E. Batt	Bux	40.16
3. J. Phizackelea	Bux	44.34
4. A. Brentnall 0/35	Penn	48.26
5. S. Taylor	Cheadle	53.05

**PENGWELY ROUND THE  
RESERVOIRS  
Shropshire  
CM/6m/700ft 11.9.99**

Good day for weather, kinder than in 1998. The entry slightly down owing to other events on same weekend all fairly local. See you all in the Millennium.

**Doug Morris**

1. R. Edwards	Bangor	38.40
2. J. Rogers	Bristol	39.48
3. H.Jones	W'pool	40.10
4. S. Beilis V	Wrex	40.22
5. G. Norgrove	Wrex	42.00
6. T. Rogers	Unatt	42.07
7. G. Manson V	OswOly	42.36
8. N. Jones V	Shrews	43.47
9. I. Hayes	Eryri	43.51
10. M. Cortvriend V	Macc	44.24

VETERANS 0/40		
1. S. Beilis	Wrex	40.22
2. N.Jones	Shrews	43.47
3. D. Jenkins	FRA	46.01
4. M. Cook	ShropSh	50.46

VETERANS 0/45		
1. G. Manson	OswOly	42.36
2. M. Cortvriend	Macc	44.24
3. D. Owen	ShropSh	45.46

VETERANS 0/50		
1. L. Stephenson	Kend	45.56
2. R. Frost	Wrex	46.41
3. D. Ormerod	MDC	47.01

VETERANS 0/55		
1. B.Jackson	BrodiSyn	48.44
2. J. Buckley	W.Brom	63.55

VETERANS 0/60		
1. P. Norman	Wrex	48.50
2. K. Mathews	Shrews	52.04

LADIES		
1. W. Walton	ShropSh	46.39
2. E. Teece	Telf	48.38
3. T. Turner	Unatt	49.27

JUNIOR LADY		
1. L. Lohman	Macc	57.46

**HODDER VALLEY SHOW  
FELL RACE  
Lancashire  
BM/6.5m/800ft 11.9.99**

This year's Hodder Valley Show Fell Race from the picturesque village of Slaidbum was very well attended with one hundred and thirty nine finishers out of one hundred and forty one.

This year's winner in what will go down as a record time of forty seven minutes and forty one seconds, was International runner Dave Lewis, who runs for Rossendale, showing that he can do the business on the fells too.

The winner of the Ladies race was Gill Robinson of Garstang in a time of sixty four minutes and twenty seconds. Jill was also first lady over forty.

Thanks to all the marshals for turning out, and giving up their time and opportunity to race. Also thanks to the local landowners for allowing the race to cross their land.

Next year's race is from Dunsop Bridge, we hope to put on something special for the Millennium Show, so see you all there - FRA Calendar for details.

**Alex Livesey**

1. D. Lewis	Ross	47.41
2. C. Roberts	Kend	49.21
3. S. Scott	NFR	51.14
4. A. Black	Clay	51.17
5. W. Sullivan	Clay	51.28
6. S. Sweeney	Bow	51.39
7. I. Greenwood	Clay	52.52
8. J. Wright	Tod	53.20
9. G. Cunliffe V	Clay	53.36
10. P. Taylor V	Ross	53.45

VETERANS 0/40		
1. G. Cunliffe	Clay	53.36
2. P. Taylor	Ross	53.45
3. R. Griffiths	Holm	53.50
4. N. Holding	W.Penn	57.03
5. D. Collins	Unatt	57.09

VETERANS 0/50		
1. B. Schofield	Tod	55.51
2. Bramham	Kly&C	59.03
3. A. Mellor	Tod	60.44
4. N. Bush	Wharf	61.26
5. B. Barlow	Tod	64.32

VETERANS 0/60		
1. A. Shaw	Tod	64.00
2. J. Dearden	Helsby	67.59
3. B. Smith	Clay	70.43

LADIES		
1. J. Robinson 0/40	Garstang	64.20
2. B. Me Wade	Clay	65.02
3. A. Rees 0/40	Tod	65.16
4. A. Martin	Clay	66.51
5. A. Smith	Clay	69.05
6. K. Taylor 0/40	Ross	69.16
7. K. Thompson 0/40	Clay	69.23
8. L. Richardson	B'bum	70.9

**CREG-NY-BAA FELL RACE  
Isle of Man  
AM/10m/2700ft 11.9.99**

Island Fell Champion Tony Rowley brought the curtain down on the 1999 Isle of Man fell running season, with victory in the Creg-Ny-Baa race, so enabling him to retain his title. Conditions for the ten mile race were quite frankly dreadful, dense thick mist, accompanied by the frequent onslaught of heavy showers. Full credit therefore to all those hardy souls who competed the distance. It soon became clear after the first climb of Snaefell that the Onchan Man was in no mood to hang around, quickly opening up a comfortable lead over the chasing field. Despite the continued bad weather, there was no stopping Rowley as he eventually came home over five minutes clear.

The runner up spot went to Phil Cain, the forty three year old postman, shaking off the challenge form visiting athlete, Kendal's John Quine and fellow veteran Dave Young.

Congratulations must go to Lonan's Rose Hooton, who like Cain, claimed her first ever Manx Fell crown.

**Philip Cain**

1. T. Rowley	MFR	1.20.28
2. P. Cain	NAC	1.25.42
3. J. Quine	Kend	1.26.10
4. D. Young 0/40	MFR	1.26.14
5. I. Ronan	MFR	1.29.57
6. R. Moughtin 0/40	WAC	1.34.42
7. D. Corrin 0/50	MH	1.38.16
8. A. Postlethwaite 0/50	NAC	1.38.19
9. A. Bagley 0/40	MH	1.41.36
10. R. Callister 0/50	MFR	1.48.23

FIRST VETERAN 0/60		
1. I. Chrystal	MFR	1.57.32
FIRST LADY		
1. R. Hooton	NAC	1.51.11



LDTMA winner Gavin Bland obviously enjoying himself  
Photograph: Peter Hartley

## LAKE DISTRICT MOUNTAIN TRIAL Cumbria 0/20m/8000ft 0/14m/5500ft 12.9.99

This year's Lake District Mountain Trial was the first with a new sponsor - The Climbers Shop - Ambleside. Start and finish for the three courses was the Grasmere Sports Field. A marked route led to Silver Howe where course details were revealed. In addition to the two classic courses for men and women, last year's experimental Open Trial for novices and veterans was retained. The courses covered a good variety of terrain, the savagery of Nethermost Cove contrasting with the gentle grassy descent from Fairfield. While the women's and open courses were about the expected length, the planner's desire to give value for money perhaps resulted in a slightly overlong course for the men. The fact that it was only eighteen miles straight line proves that straight line distances mean little.

Route choices presented themselves immediately, with some going below Blindtam Moss (Joss Naylor), some returning to Grasmere and Easedale and the leaders staying high over Silver Howe. Then for the Women and Open over Calf Crag or more direct by Far Easedale and Greenbum. Surely Calf Crag is better. The final stage from Deepdale or Link Cove was also crucial: Martin Stone (open course) finding what looks a good traverse line below Great Rigg. Sue Parkin had a runaway win - her seventh Women's Trial victory.

For the men there was a superb tussle between Gavin Bland and Andrew Davies. Not much in it to Dunmail, except that Gavin gained a bit by going down into Langstrath immediately on leg 2/3. His over the top route to Nethermost was clearly better (for him!), and they were almost together at the checkpoint. Andrew's round-the-coves route to Link Cove gained him back eight minutes over Gavin's Fairfield route. The rest is history and we were treated to the most exciting finish for several years.

The finish for all courses from Alcock Tam to the sports field via the guides race route provided good spectacular interest.

Instigator of the Open course, Chris Brasher, supplied prizes for men and women under 21's and veterans. The Open course was as for the Women's, but missing control four - Link Cove.

### Dick Courchee & Tony Richardson

#### - MENS COURSE

1. G. Bland	Borr	4.42.43
2. A. Davies	Borr	4.46.28
3. A. Schofield	Borr	5.01.14
4. J. Smallwood	Unatt	5.18.21
5. N. Bunn	TVOC	5.31.11
6. L. Warburton 0/40	Bow	5.35.56
7. A. Powell	P&B	5.39.04
8. A. Miller 0/40	Kend	5.39.08
9. S. Birkinshaw	WCOC	5.39.59
10. R. Woods	DkPk	5.47.04

#### - OPEN COURSE

1. P. Edgerton	Rucsac	3.22.21
2. M. Stone	Unatt	3.53.20
3. B. Martin	Ambleside	4.06.54
4. J. Armistead	DkPk	4.21.00
5. D. Pasley	DkPk	4.23.48
6. A. Kitchener	Unatt	4.26.20
7. A. Lowe	Chor	4.32.14
8. M. Cudahy	Unatt	4.35.19
9. E. Swift	Horw	4.43.06
10. P. Hamilton	Kesw	4.43.07

#### - WOMENS COURSE

1. S. Parkin	Kend	3.57.54
2. E. Moody	WCOC	4.28.52
3. S. Chaffey	DVO	4.37.43
4. M. Edgerton	Unatt	4.38.32
5. W. Dodds	Clay	4.42.55
6. J. Ligema	LOC	4.47.10
7. I. Blunk	Rucsac	4.47.34
8. C. McNeill	Ambleside	4.48.33

## HOLLINGSLOUGH FELL RACE Derbyshire BS/4m/700ft 12.9.99

In contrast to the gentler rolling hills surrounding Hollingsclough, Chrome Hill is a jagged spike of limestone which draws increasing numbers of fell runners from near and far to battle up the rugged path to its imposing summit. The race commences from the Sheepdog Trials showground, and this year right from the start, eighteen year old Daniel Yates charged ahead of the field, opening up a substantial lead within the first half mile. He later explained that he was trying to bum out the chasing pack, but his brave attempt failed with a clutch of more experienced runners pulling him back before the top of Chrome Hill. Lloyd Taggart finished very strongly over a minute ahead of Dale Gartley who outsprinted Andy Whittingham to the line while Nick Bassett in fourth place might have done even better had he not tried to find a more direct downward route (vertical?!). The dry conditions ensured records in both male and female categories, Liz Batt being pushed by Lisa Lacon into breaking her previous record by over a minute. Meanwhile the regular diehards are praying for a return to the thick boggy conditions of previous years!

### Martin Cortvriend

1. L. Taggart	Bux	28.19
2. D. Gartley		29.29
3. A. Whittingham	Bux	29.32
4. N. Bassett	Staffs	29.47
5. G. Morson 0/40	Bux	30.08
6. D. Yates	Matl	31.00
7. M. Beecher 0/40	Bux	31.06
8. A. Metaxas	Matl	31.08
9. I. Warhurst 0/40	Penn	31.09
10. C. Fray 0/40	Penn	31.16

#### VETERANS 0/50

1. G. Revell	Brad	36.23
2. R. Campbell	Chead	40.37
3. M. Edwards	Burton	40.39

#### VETERANS 0/60

1. B. Howitt	Matl	38.59
2. P. Grundy	Bux	41.57
3. A. Bourne	Staffs	49.25

#### LADIES

1. E. Batt	Bux	33.28
2. L. Lacon	Holm	33.39
3. J. Phizacklea	Bux	37.07
4. D. Madden 0/50	Gloss	42.15
5. J. Morson 0/40	Bux	44.44
6. Y. Morson	Bux	45.10
7. C. Fordham	Ivanhoe	45.23

#### JUNIORS U/16

1. M. Hudson	Goyt	33.00
2. N. Morson	Bux	36.31
3. L. Orritt F	Bux	49.59

## LYON EQUIPMENT WHERNSIDE FELL RACE North Yorkshire AM/11.6/3000ft 12.9.99

Beautiful weather on the day was only marred by the low turnout - eighty two started with last years winner, Paul Sheard, again always in the leading group. Paul came home to win for the second year running in a new course record. Second place man, G.Patten, also came in under the old record.

Former joint winners, Gary and Steve Oldfield, yet again had an excellent run coming third and fourth respectively.

Pudsey and Bramley took the team prize, packing eight out of the first ten places. The organisers can state now that this race will revert to its old tried and trusted date of the last Sunday in September.

### Colin Gardner

1. P. Sheard	P&B	1.27.26
2. G. Patten	P&B	1.28.01
3. G. Oldfield	P&B	1.29.36
4. S. Oldfield V	BradAire	1.30.30
5. S. Neil	P&B	1.34.04
6. G. Devine	P&B	1.34.14
7. S. Green	P&B	1.35.06
8. G. Ayers	CFR	1.36.02
9. J. Deegan	P&B	1.36.15
10. J. Hemsley	P&B	1.36.26

#### VETERANS 0/40

1. S. Oldfield	BradAire	1.30.30
2. T. Taylor	Ross	1.44.42
3. P. Tuson	Kend	1.46.31
4. J. Griffin	Unatt	1.51.22
5. J. Fisher	Howg	1.53.55

#### VETERANS 0/45

1. J. Winder	CalderV	1.43.36
2. H. Nicholson	Clay	1.48.08
3. V. Peacock	Clay	1.48.08

#### VETERANS 0/50

1. J. Coulson	H'gate	1.43.30
2. K. Taylor	Ross	1.47.15
3. G. Howard	Ilkley	1.49.34
4. J. Hoffman	BradAire	1.51.30
5. G. Houghton	CalderV	1.52.21

#### LADIES

1. H. Bransby	Unatt	2.09.58
2. S. Jollie	Eccles	2.26.27
3. S. Perry	CFR	2.35.04
4. R. Duncan	Unatt	2.35.53

## YORKSHIREMAN OFF ROAD MARATHON West Yorkshire CL/26m/3000ft 12.9.99

### MALE INDIVIDUALS

1. A. Meskinmon	3.24.32
2. S. Shoemith	3.28.42
3. F. Makin	3.34.22
4. N. Rickard	3.38.13
5. J. Marsh	3.38.21
6. M. Wittering	3.43.19
7. E. Cusack	3.47.54
8. M. Springer	3.48.49
9. G. Williams	3.55.57
10. R. Burton	3.58.18

### FEMALE INDIVIDUALS

1. J. Orritt	4.29.13
2. S. Finnerty	4.37.48
3. G. Markham	4.40.55
4. F. McArthur	4.41.31
5. S. Wade	5.38.41
6. J. Koman	6.22.27
7. E. Parker	8.07.49
8. M. D'Souza	9.14.10

### MALE PAIRS

1. Shuttle worth/Nixon	3.37.08
2. Sykes/Harbisher	3.37.40
3. Grant/Healey	3.43.41
4. Atkinson/Boynon	3.43.54
5. McArthur/Hill	3.47.44
6. Beasley/Ferris	3.55.16
7. Thompson/Helliwell	3.56.22
8. Duxbury/Richardson	3.58.18
9. Ely/Harland	3.58.53
10. O'Callaghan/Hum	4.00.15

### MIXED PAIRS

1. Green/Dennison	3.44.14
2. Hesketh/Jones	3.59.00
3. Baxter/Baxter	4.14.11
4. Watson/Mannion	4.28.16
5. Wright/Watson	4.29.35
6. Cook/Atkinson	4.31.11
7. Croasdel 1/Hayles	4.32.00
8. Greenwood/Beconsall	4.38.00
9. Fryer/Crabtree	4.39.55
10. Sharpies/Barrett	4.40.11

### FEMALE PAIRS

1. Kent/Harley	3.56.43
2. Kaiser/Wilde	4.05.20
3. Green/Smith	4.09.50
4. Newman/Glover	4.17.10
5. Gooch/Liuba	4.32.57
6. Bletherwick/Slight	4.33.46
7. Lawton/Molyneux	5.08.51
8. Bumell/Didcock	5.23.22

## LOW FELL Cumbria AS/2.5m/900ft 16.9.99

This race forms part of the annual Loweswater Show, a traditional Lakeland agricultural show, which is very well supported by both the local community - the village school being given the day off. The race has a fast start and finish over country lanes and fields with a steep climb through bracken and heather to the summit of Low Fell. Rain in the morning resulted in slippery conditions underfoot, particularly on the descent, and in general times were slower than last year.

### Lyn Thompson

1. J. Bland	Borr	19.53
2. R. Lawrence	Bing	21.08
3. S. Savage	Amble	21.20
4. J. Archbold	CFR	22.04
5. C. Taylor	Merc	22.19
6. A. Life	Clay	22.31
7. M. Litt V	CFR	22.34
8. A. Brand-Barker	Kesw	23.14
9. J. Slater	WCOC	23.16
10. C. Flower	Unatt	23.23

### VETERANS 0/40

1. W. Rawling	Derwent	25.08
2. S. Kempt	Kesw	25.13
3. W. Harrison	CFR	25.20

### VETERANS 0/45

1. M. Richardson	Amble	23.25
2. I. Block	CFR	23.39
3. S. Butler	W'field	24.44

### VETERANS 0/50

1. M. Litt	CFR	22.34
2. J. Knox	Teviot	23.57
3. D. Bridge	Borr	25.05

### VETERANS 0/55

1. B. Johnson	CFR	29.36
2. J. Knox	C'mouth	32.36

### LADIES

1. A. Brand-Barker	Kesw	23.14
2. D. Thompson 0/40	Kesw	28.22
3. M. Bridge 0/50	Kesw	30.25

## THREE SHIRES RACE Cumbria AL/12m/4000ft 18.9.99

Bad weather forecast: good turnout: classic race. Jim and Andrew Davies finished well clear of the field in conditions which were not as bad as they were supposed to be. So the 'Three Shires' good weather record goes on!

First 'non-baldy' was Nick Sharp and Cumberland Fell Runners won the team prize on countback.

As we now have more veterans than seniors in the race, next year we will have a veterans team prize. Willy Bell finished a couple of minutes clear of Richard Crossland and Allan Millee for the individual prize. Nicola Davies got in front of Jenny Rae on the descent of Blisco to win the ladies' race.

There were not many juniors but they all ran well and took a race mug home for their trouble.

### Selwyn Wright

1. J. Davies	Borr	1.51.30
2. A. Davies	Borr	1.51.40
3. N. Sharp	Kesw	1.56.49
4. A. Kitchen	L'ston	2.01.07
5. M. Amor	CFR	2.02.25
6. D. Duxbury	Amble	2.02.40
7. J. Hunt	CFR	2.03.22
8. W. Bell V	CFR	2.03.40
9. D. Nuttall	Clay	2.03.54
10. P. Singleton	Amble	2.03.57

### VETERANS 0/50

1. J. Hope	AchRat	2.15.25
2. J. Nuttall	Clay	2.18.29
3. R. Futrell	Holm	2.25.17
4. G. Breeze	Skyrac	2.27.06
5. T. Peacock	Clay	2.27.38

### VETERANS 0/60

1. K. Gresty	Wesh	2.56.14
2. P. Knott	B'pool	3.04.17
3. L. Pollard	AchRat	3.05.21

### LADIES

1. N. Davies	Borr	2.14.29
2. J. Rae	Amble	2.20.19
3. L. Osborn	Kesw	2.27.17
4. K. Beatty V	CFR	2.29.42
5. T. Ambler	P&B	2.29.53
6. S. Ratcliffe V	Sadd	2.30.03
7. L. Cowell	Kesw	2.36.31
8. S. Clough	Amble	2.37.56

## WIDDALE FELL END Cumbria AS/4m/1540ft 18.9.99

1. S. Oldfield	BradAire	33.47
2. S. Livesey	Clay	35.03
3. M. Walsh	Kend	36.28
4. G. Moffat	Howg	37.21
5. C. Seddon	Horw	38.44
6. A. Sheard	Sett	39.49
7. F. Livesey	Howg	40.48
8. P. Brittleton	Howg	41.45
9. A. Haynes	Kend	42.03
10. J. Fisher	Howg	42.39

### FIRST VETERAN 0/50

1. P. Jackson	Tod	44.12
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### LADIES

1. P. Oldfield	BradAire	46.58
2. J. Hindle	Clay	51.44

## SIMONSIDE FELL RACE Northumberland BM/6.75m/1 200ft 18.9.99

In spite of the advent of the quad bike, Coquetdale is still producing its own heroes. Neil Dunn, Brian Robson and David Milburn have been up there with some of the best fell runners in the north, but in the history of the race we have never had a local placed, until this year with twenty one year old Daniel Wood at third!

Saltwell have been great supporters of our race and it was good to see their John Larkin as a deserved winner. John was leading the field to the Top Road, but coming up to the summit crags, Andy Green pipped him to the top. Paul Taylor a veteran, had been number two most of the ascent and was still third at the summit. As always the courage needed for a fast descent adds a new factor to the race. By Little Church, Andy was in the lead with Daniel Wood, the new local hero asserting himself as second. John and Paul were still very much in contention. By Great Tosson the race was decided as John took the lead to the finish with Andy and Daniel second and third. Paul had run a powerful race to finish first veteran and fourth overall.

The first women Karen Robertson was a creditable winner at 22<sup>nd</sup>\* overall! She maintained this position throughout the race. Alison Raw also had a constant position and although she kept Karen in her sights she could not close the gap. Further down the field a private ladies' race was going on for third place. This was between Susan Milburn, Sian Porteous and Marian Fletcher, but it was Jane Saul that carried the day. Eileen Armstrong deserves a special mention as not only our very first women veteran over sixty ever to run, but in an excellent time of sixty four minutes and fifty three seconds.

The running legend Martin Hyman is a much valued supporter of the Simonside and usually brings some surprising protege from Livingstone. This year it was a spectacular winner of the under 16's race, Iain Donnan, a lad with a great future ahead of him.

In spite of the dire forecast we had another great race which was the centre point of Throptons great show.

### Ian Webb

1. J. Larkin	Salt	44.26
2. A. Green	Tyne	44.58
3. D. Wood	Unatt	45.18
4. P. Taylor 0/40	Sunder	45.57
5. J. Blackett	Mand	46.03
6. I. Twaddle	N.Shlds	46.26
7. P. Gaines	Tyne	47.12
8. M. Broadhurst 0/40	Tyne	47.34
9. P. Milburn 0/40	NewAyc	47.50
10. B. Johnson	CalderV	47.57

### VETERANS 0/50

1. B. Lowdon	NFR	61.58
2. P. Lancaster	N.Shlds	53.50
3. D. Cockburn	Morp	56.17
4. W. Campbell	NFR	56.31
5. R. Hayes	NFR	57.47

### LADIES

1. K. Robertson	NFR	51.19
2. A. Raw	Dari	52.29
3. J. Saul	NFR	60.58
4. S. Milburn 0/40	NewAyc	61.58
5. S. Porteous	Morp	62.10
6. M. Fletcher 0/40	Unatt	62.22
7. B. Renwick	Saltwell	64.45
8. E. Armstrong	Blay	64.53

### INTERMEDIATES U/18

1. A. Wilson	Unatt	53.49
2. T. Burden	Unatt	56.12
3. Alex Watson	Unatt	62.06

### SHORT COURSE - BOYS U/16

1. I. Donnan	L'ston	44.10
2. P. Larkin	G'head	56.24
3. J. Wilson	Unatt	58.30
4. A. Cann	NFR	58.39
5. J. Hunter	Ain	64.43

### SHORT COURSE - GIRLS U/16

1. L. Hamilton	Unatt	95.02
2. A. Porteous	Morp	95.08



**DALEHEAD RACE****Cumbria****AS/4.5m/2210ft 19.9.99**

Despite the awful weather there was still a good turnout of runners and excellent runs by Nicola & Ben together with Jon & Scoff meant a clean sweep by Borrowdale Fell Runners on home territory. Thanks to everyone who turned up and those who helped in any way. See you next year.

**Billy & Ann Bland**

1. B. Bardsley	Bon-	43.58
2. J. Bland	Bon-	45.40
3. A. Schofield	Borr	46.30
4. D. Troman	Kesw	47.04
5. N. Sharp	Kesw	47.34
6. S. Jackson V	Horw	49.54
7. S. Collett	Borr	50.17
8. M. Melvor	Kesw	50.24
9. S. Hicks	Borr	50.48
10. A. Kitchen	L'ston	52.04

**VETERANS 0/40**

1. S. Jackson	Horw	49.54
2. A. Beaty	CFR	52.20
3. D. Allen	DkPk	53.06
4. C. Speight	Kend	53.49
5. R. James	CFR	54.18

**VETERANS 0/50**

1. D. Spedding	Kesw	56.15
2. M. Litt	CFR	57.29
3. D. Milligan	Solway	57.57
4. D. Bridge	Borr	60.56
5. I. Charlton	Kesw	61.11

**VETERANS 0/60**

1. K. Gresty	Wesh	72.05
2. H. Blenkinsop	Kesw	91.27

**LADIES**

1. N. Davies 0/40	Borr	56.30
2. L. Osborn	Kesw	60.17
3. K. Beaty 0/40	CFR	66.36
4. K. Hoffman	Unatt	70.09
5. L. Back	Kend	70.51
6. S. Leyland 0/40	Unatt	73.08
7. M. Bridge 0/50	Kesw	77.38
8. D. Madden 0/50	Gloss	83.33

**INTERMEDIATES U/18**

1. B. Marsh	Teviot	66.08
2. W. Clark	Grasmere	67.37

**PASSING CLOUDS FELL RACE****Staffordshire****BM/9m/1 800ft 19.9.99**

The morning of the race started wet and miserable and got progressively worse. Despite the weather there was an increase in entries - eighty five runners taking part.

Dave Neill and Barry Charlton set the early pace with Charlton fading after three miles to allow Neill to pull away. Lloyd Taggart was able to overhaul Charlton to take second place. Phil Bratby was first veteran over fifty finisher for the third year in a row.

There was a new course record in the Ladies race with Christine Cresswell finishing well clear of last years winner, Joanne Phizacklea.

Host club Staffordshire Moorlands AC won the men's team event with Buxton taking the ladies team award.

Thanks to Barry and Teena at the Winking Man for providing facilities for entries and the presentation.

Special thanks to all the marshals and helpers who endured the foul weather throughout the race.

**N. Heath**

1. D. Neill 0/40	Merc	1.06.44
2. L. Taggart	Bux	1.10.23
3. B. Charlton	Merc	1.12.23
4. N. Bassett	Staffs	1.13.38
5. S. Barlow	ManYMCA	1.14.31
6. K. Webster	Matl	1.14.46
7. A. Carruthers	Crawl	1.14.46
8. B. Willis 0/40	Rois	1.14.48
9. C. Fray 0/40	Penn	1.17.14
10. B. Carr	Cong	1.17.29

**VETERANS 0/50**

1. P. Bratby	Cong	1.18.42
2. T. Hulme	Penn	1.19.41
3. R. Marlow	DkPk	1.21.26

**LADIES**

1. C. Cresswell	Nott	1.26.15
2. J. Phizacklea	Bux	1.29.40
3. R. Cole	Bux	1.31.13
4. H. Bloor 0/40	DkPk	1.32.55
5. J. Gardner	Bux	1.40.36

**FIRST LADY 0/50**

1. E. Brown	Warr	2.05.52
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**SANDSTONE TRAIL RACES****Cheshire****RaceA CL/16.5m/1 750ft****RaceB CM/9.5m/950ft 19.9.99**

Even at nine forty five on the morning of the race people were telling me that it never rained actually during the race and as I walked up to start the 'A' Race, I could have been convinced it was going to brighten up. Not so! Things started wet and got wetter. From the comments and enthusiasm of many of you I can only assume it was more fun running the race this year than trying to produce results. As my printer went up in smoke and we reverted to the manual system, my stress levels were rocketing. At this point I must apologise to members of Helsby AC and Vale Royal. I was determined that prize giving should still take place at reasonable time on the day and, in the 'B' race, failed to notice that the first three home from Vale Royal pipped Helsby by a little minute - thus Helsby AC were wrongly announced as 'B race' team winners on the day and Vale Royal were denied their moment of glory.

This was not a year for records; the undergrowth on the first few miles of the A Race route got a second life about three weeks before the race and conditions underfoot were progressively harder for everyone. Nevertheless, there were some excellent performances and some close fought competition in both races. The leading group of four through Beeston had split up just a little by the time they reached Rock Farm, Mathew Lynas from Thames Hare and Hounds had a six second lead over Philip Nichol but it was not enough and Philip finished strongly, thirty four second ahead, in a time of one hour fifty two seconds and thirty four minutes. In the over fifty category, Neville Griffiths was tousling with Brian Russell but couldn't quite match the pace and finished just under two minutes down. Tattenhall provided both lady and lady veteran winners, Sarah Hammond and Sandra Owen respectively, and neither looked threatened.

In the B Race, two people broke the hour which is particularly good in the conditions. For the Over 40 category, Geoff Rawlinson had traded down from the A Race this year, but there are probably a few who wished he hadn't as positions 6,7,8,9 and 10 were all over forty and were having a fine battle. In the ladies, Heather Johnson was initially right up there with Birgit Eyke challenging for first lady but slipped back a little to finish just over a minute down.

On the day I kept the presentations as short as possible due to the weather but I would like to record here the efforts of the many many people who help to make this race possible and to offer them thanks on your behalf. Mr Bennett who provides the B Race parking, Mr Ryder who provides the B Race start, moves stock and turns off the electric fences!, the National Trust at Beeston Castle and on Bickerton (Dave Morris) for removal of the gates, three police forces who provide manpower for the A-road crossings, Raynet and St John for our safety systems, around fifty members of Deeside for all the support jobs on the day, Chester County Council and Forest Enterprise for facilities at the finish.....even now I have probable forgotten a few.

**Mark Hartell****-A RACE**

1. P. Nichol	Alt	1.52.34
2. M. Lynas	TH&H	1.53.06
3. M. Hinson	Hels	1.53.30
4. P. Frodsham 0/40	Hels	1.54.23
5. S. Burthem	Spec	2.00.46
6. J. Norgrove	Wrex	2.02.02
7. A. Gething	Dees	2.03.56
8. I. Lancaster 0/40	Tatten	2.04.30
9. P. Thomton 0/40	K'minster	2.04.47
10. A. Clague	W.Chesh	2.05.065

**VETERANS 0/50**

1. B. Russell	Tipton	2.08.05
2. N. Griffiths	Spec	2.09.57
3. M. Whiteside	Hels	2.14.28
4. T. Burke	PLS	2.16.11
5. B. Hastings	W.Chesh	2.23.26

**LADIES**

1. S. Hammond	Tatten	2.17.05
2. R. Isaacs	Pensby	2.21.03
3. S. Owen 0/40	Tatten	2.29.03
4. J. Jackson	Warr	2.38.22
5. A. Pritchard 0/40	Spec	2.44.41
6. E. Corbett 0/40	Unatt	2.46.04
7. L. Arrowsmith 0/40	Tatten	2.48.37
8. J. Searle 0/40	Unatt	2.52.16

**- B RACE**

1. J. Duncan	Warrior	0.58.42
2. M. Crosby	Alt	0.59.23
3. G. Rawlinson 0/40	Warr	1.01.07
4. J. Kettle	ValeRoy	1.02.35
5. J. Edwards	Alt	1.03.07
6. M. Jones 0/40	HercWim	1.03.13
7. R. Wood 0/40	Hels	1.03.39
8. P. Maher 0/40		1.04.26
9. R. Stradling	Hels	1.06.02
10. M. Walker 0/40	Hels	1.06.02

**VETERANS 0/50**

1. M. Griffin	Tatten	1.08.50
2. J. Dobie	Pemb	1.09.14
3. F. McHale	Tatten	1.12.08
4. L. Crawley	Warr	1.14.07
5. G. Large	N.Vets	1.14.44

**LADIES**

1. B. Eyke	Alt	1.20.07
2. H. Johnson 0/40	Alt	1.21.20
3. S. Ellis	Tatten	1.23.43
4. R. Bailey 0/40	Tatten	1.23.44
5. L. Dobson	Hels	1.26.08
6. C. Hill	Dees	1.27.17
7. K. Proctor 0/40	Unatt	1.30.19
8. A. Talbot	Osw	1.31.28

**BLACK MOUNTAINS****Gwent****AL/17m/5200ft 25.9.99**

The usual hectic registration saw myself running in the race on time with help from Mrs Rick Ansell and John Sweeting with computer. Past winner Julian Bass likes the race so much that he won again. Second place for Powell getting fit for the forthcoming Karmore. First veteran Adrian Orringe was third, followed by first lady Helen Diamantides who I think could break the ladies record. Yiannis Tridimas won again the over fifty's prize an dour own Clewyn Jones with 'ice axe' won the over sixty's. Unlimited tea and biscuits for afters dished out by Sue, Marisa and Nan, topped up by drinks at the 'Red Lion' Inn. Thanks again to all the marshals and other helpers. I will have to take on board more water next year.

**Out of Steam - Puffing Billy (W J Darby)**

1. J. Bass	FofD	2.41.40
2. I. Powell	W'bury	2.44.10
3. A. Orringe 0/40	MDC	2.52.25
4. H. Diamantides	Cam	2.55.33
5. J. Whitaker	Eryri	2.58.09
6. A. Duncan 0/40	Bowl	2.58.34
7. C. Kelsey 0/40	Wells	2.59.02
8. P. James	MDC	2.59.40
9. J. Darby 0/40	MDC	2.59.50
10. R. Ansell	DkPk	3.00.17

**VETERANS 0/40**

1. A. Orringe	MDC	2.52.25
2. A. Duncan	Bowland	2.58.34
3. C. Kelsey	Wells	2.59.02
4. J. Darby	MDC	2.59.50
5. L. Gwilym	MDC	3.11.26

**VETERANS 0/50**

1. Y. Tridimas	Unatt	3.19.16
2. D. Ormerod	MDC	3.50.30
3. T. Davies	CroftA	3.52.12
4. D. Gwilym	MDC	4.04.06
5. G. James	Mercia	4.12.57

**VETERANS 0/60**

1. C. Jones	MDC	4.12.31
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**LADIES**

1. H. Diamantides	Cam	2.55.33
2. A. Bedwell	MDC	3.25.23

**VENTNOR ISLE OF WIGHT FELL****RUN SERIES**

Entries for the 1999 Isle of Wight Fell Running Series of races held at Ventnor were encouragingly higher this year and were particularly enhanced by the incorporation of the Southern Counties Fell Running Championships.

Blessed with fine weather and the sponsorship and interest of Southern Water and Ventnor Town Council, the series was spread over three races in two days.

With runners converging from all over the country, it was Dark Peak Fell Runners who provided the overall winners in both men's and ladies' events.

**Eddie Leal**

## THE ST BONIFACE FELL RACE

AS/3m/775ft 25.9.99

1.M. Hayman	DkPk	17.36
2. K. Leitch	Worth	18.26
3. K. Masson	Worth	18.35
4. P. Aked	Reading	18.41
5. J. Priest	Worth	18.46
6. C. Taylor	Mercia	18.50
7. J. Lowden	Worth	18.55
8. D. Tibbals	Crawley	19.35
9. K. Kemp	MuswH	19.38
10. A. Leal	Ryde	19.40

### VETERANS 0/40

1. J. Priest	Worth	18.46
2. C. Taylor	Mercia	18.50
3. J. Lowden	Worth	18.55

### VETERANS 0/50

1. D. Barry	Worth	20.55
2. G. Newton	Tadwth	21.17
3. N. Geeson	Ryde	21.45

### VETERANS 0/60

1. J. Cash	Loughton	25.07
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### LADIES

1. P. Leach	DkPk	20.07
2. M. Green 0/40	Bing	23.04
3. C. Daniells 0/50	MiltK	25.49
4. M. Stephens 0/50	Worth	28.14

## THE VENTNOR HORSESHOE

BM/7m/1 500ft 25.9.99

1. K. Leitch	Worth	54.01
2. M. Hayman	DkPk	55.17
3. J. Priest	Worth	56.24
4. C. Taylor	Mercia	56.44
5. J. Lowden	Worth	56.55
6. K. Masson	Worth	57.42
7. P. Aked	Reading	57.52
8. D. Tibbals	Crawley	59.01
9. S. Powell	Worth	60.05
10. C. Mason	Reading	60.17

### VETERANS 0/40

1. J. Priest	Worth	56.24
2. C. Taylor	Mercia	56.44
3. J. Lowden	Worth	56.55

### VETERANS 0/50

1. D. Barry	Worth	61.45
2. G. Newton	Tadw	62.50
3. N. Geeson	Ryde	63.04

### VETERANS 0/60

1. J. Cash	Loughton	75.02
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### LADIES

1. P. Leach	DkPk	66.35
2. M. Green 0/40	Bing	73.47
3. C. Daniells 0/50	MiltK	78.43
4. L. Simpson 0/40	Worth	79.27

## THIEVELEY PIKE FELL RACE

Lancashire

AS/4m/900ft 25.9.99

For the past few years the Thieveley Pike Fell Race has suffered access problems and runners were routed along a main road near the start. A Todmorden Harrier, Eric Wrathall, who lives in Cliviges, suggested an alternative route that avoided any road running and included two steep rough climbs. With the kind co-operation of four local landowners, this is the course that was used this year. As the new organiser of the race, I hope that we can use this race, unchanged, for the foreseeable future.

Probably because of the championship race at Scaffell Pike, entries were down - 134 plus 27 juniors - but there was some excellent racing, notably the Under 16 Boys where three seconds covered the first three runners. The weather was good and the feedback from runners was that they enjoyed the new course.

Sincere thanks are due not only to the local landowners but also to the many members of Clayton-le-Moors Harriers who supported me with registration, start and finish and marshalling - truly a team effort! I had such a good time I'll be doing it all again next year. See you on 30 September 2000!!

### Peter Booth

1. A. Wrench	Tod	25.40
2. C. Roberts	Kend	26.02
3. S. Oldfield	BfdA	26.11
4. L. Siemaszko	Kend	26.21
5. S. Savage	Amble	26.38
6. A. Leek	LancesM	26.48
7. S. Reid	Kend	27.04
8. P. Stevenson	P&B	27.08
9. D. Yates	Matlock	27.12
10. S. Fairman	Traff	27.14

### VETERANS 0/40

1. S. Oldfield	BfdA	26.11
2. R. Crossland	BfdA	28.02
3. S. Shepherd	Settle	28.41
4. H. Symonds	Kend	29.45
5. P. Tuson	Kend	29.47

### VETERANS 0/50

1. P. Lyons	Ross	29.37
2. D. Bramham	Kghly	31.08
3. P. Jepson	Ross	32.09
4. A. Mellor	Tod	32.21
5. T. Peacock	Clay	33.31

### VETERANS 0/60

1. H. Johnson	NewburghN	38.26
2. J. Swift	Chorley	39.04
3. K. Matthews	Shres	39.32

### LADIES

1. V. Peacock	Clay	30.24
2. T. Sloan	Saif	31.48
3. N. White U/18		32.11
4. S. Corbin	P&B	33.16
5. K. Rogan U/18	Wharfe	34.13
6. A. Martin 0/35		36.01
7. R. Matthews U/18	Shrews	36.18
8. L. Hayles 0/35	Unatt	38.04

### JUNIOR MEN U/18

1. L. Siemaszko	Kend	26.11
2. S. Savage	Amble	26.38
3. S. Reid	Kend	27.04
4. D. Yates	Matlock	27.12
5. M. Kent	OWLS	28.10

## SCAFELL PIKE FELL RACE

Cumbria

AS/4.5m/3000ft 25.9.99

After all the bad weather I just had to organise some sunshine! Conditions were almost perfect on the day. English Championship status boosted the field to 186 starters with 87 Gent Vets and 31 ladies (15 Lady Vets).

Ben Bardsley led from the start and turned well ahead at the summit. As Ben crested Lingmel nose descending, the race record was in sight and he finished over 30 seconds inside Ian Holmes' 1993 record. Jim Davies ran in second about a minute and a half behind. Jonny Bland turning ninth at the summit, stormed down to take third place, a minute down on Jim, making it a Borrowdale 1, 2, 3. The Gent's team prize was easily won by Borrowdale (5 to count) with only 18 points.

In the ladies' race, not to be outdone, Nicola Davies ran brilliantly coming home in 37<sup>th</sup> position overall to smash Janet King's 1998 record by almost a minute. The second lady was Louise Osborn with Polly Gibb coming home third. The ladies' team prize was won by Keighley & Craven with 343 points.

It was a great day for us race organisers and for the runners with only two retired; none hurt save a few scrapes and bumps. The only thing that marred the day was that because of the limited entry and many people not informing us that they were no longer competing, our large list of reserves didn't get a chance to compete. So, in limited events, please let organisers know if you're not coming so that your place can be given to someone else, please!! Finally, thanks to all our helpers on and off the fells, the NT and Wasdale Head Hall Farm, without whom the race could not exist. Hope to see you all again next year.

### R. Eastman

1. B. Bardsley	Borr	51.12
2. J. Davies	Bon-	52.44
3. J. Bland	Bon-	53.45
4. P. Sheard	P&B	54.24
5. A. Schofield	Borr	54.43
6. R. Hope	P&B	55.12
7. M. Roberts	Borr	55.44
8. N. Sharp	Kesw	56.34
9. M. Wallis	Clay	57.10
10. J. Archbold	CFR	57.19
11. J. Wright	Tod	57.54
12. W. Bell	CFR	58.06
13. M. Hill	P&B	58.08
14. N. Ashcroft	Amble	58.21
15. S. Hicks	Borr	58.26
16. G. Oldfield	P&B	58.31
17. G. Devine	P&B	58.43
18. S. Jackson	Horw	59.05
19. A. Ward	DkPk	59.09
20. S. Bottomley	P&B	59.25

### VETERANS 0/40

1. M. Wallis	Clay	57.10
2. J. Dickinson	Tyne	62.10
3. K. Delaney	Unatt	66.48
4. B. Horrocks	Clay	67.49
5. A. Beaty	CFR	68.14

### VETERANS 0/45

1. W. Bell	CFR	58.06
2. S. Jackson	Horw	59.05
3. J. Winn	CFR	62.34
4. R. James	CFR	62.50
5. I. Block	CFR	66.25

### VETERANS 0/50

1. M. Walsh	Kend	60.33
2. K. Taylor	Ross	62.56
3. J. Holt	Clay	64.38
4. J. Hope	AchR	65.07
5. K. Carr	Clay	65.16

### VETERANS 0/55

1. B. Martin	Amble	74.29
2. J. Ely	CFR	75.20
3. P. Dowker	Kend	75.45

### VETERANS 0/60

1. B. Waldie	Cam	65.28
2. F. Gibbs	Bing	77.08
3. R. Jaques	Clay	77.26

### VETERANS 0/65

1. H. Catlow	Dallam	85.09
2. B. Leathley	Clay	87.07

### LADIES

1. N. Davies	Borr	63.24
2. L. Osborn	Kesw	66.55
3. P. Gibb	Mercia	68.18
4. S. Newman	Gloss	68.50
5. K. Slater	Kghly	69.02
6. B. Me Wade	Clay	72.28
7. L. Lacon	Holm	72.51
8. K. Beaty	CFR	75.19

### LADY VETERANS 0/40

1. N. Davies	Borr	63.24
2. K. Slater	Kghly	69.02
3. K. Beaty	CFR	75.19
4. E. Tomes	Kghly	77.21
5. J. Smith	Bing	78.22

### LADY VETERANS 0/45

1. A. Brentnall	Penn	81.14
2. K. Thompson	Clay	81.45
3. M. White	Horw	84.39

### LADY VETERANS 0/50

1. S. McNulty	Radc	83.03
2. M. Chippendale	Penn	91.34

### JUNIOR RACE

1. S. Clifford U/11		10.56
2. J. Hartley U/17		11.23
3. C. Hindmoor U/16		11.27
4. A. Winder U/16		11.50
5. D. Hawley U/16		12.00
6. R. Lightfoot U/15		12.09



Thieveley Pike junior starters Photograph: Peter Hartley

## STANHOPE COMMON FELL RACE

### County Durham BM/10m/1500ft 26.9.99

With 79 entries, this is the largest field assembled for this event. Unfortunately, a slight course change proved necessary this year. Due to a date clash with a car boot sale on the same car park normally used for the race, both the finish and car parking had to be moved over to the other side of the ford. This added about an extra 300 metres, plus a river crossing, to the race. Hopefully, next year we can return to using the swimming pool car park normally used.

Steve Murdoch led the race from start to finish closely followed by Joe Blackett. However, when it came to the final river crossing through the ford, Steve, probably thinking that he had more time over Joe than he had, opted to take the lower stepping stone crossing. Joe, thinking that he had already lost the race, couldn't believe his luck and putting his head down, stormed through the water of the ford to beat Steve by ten seconds.

In the ladies' event, Karen Robertson, just as in the Chapelfell Top event, again dominated the race. She led all the way round which, despite the extra distance and the river crossing, smashed the existing course record.

#### Keven Shevels

1. J. Blackett	Mand	1.09.49
2. S. Murdoch	Border	1.09.59
3. B. Stephenson	Quakers	1.12.33
4. B. Harrison	N'castleU	1.12.40
5. G. Nash	N'castleU	1.12.53
6. W. Henshaw	N'castleU	1.13.10
7. M. Townend	N'castleU	1.14.01
8. N. Taylor	N'castleU	1.14.28
9. K. Maynard	Quakers	1.14.49
10. P. Milbum	Aycliffe	1.15.08

#### VETERANS 0/40

1. K. Maynard	Quakers	1.14.49
2. P. Milbum	Aycliffe	1.15.08
3. S. Lumb	Quakers	1.15.22
4. I. Warhurst	Penn	1.15.40
5. M. Mallen	Crook	1.16.45

#### VETERANS 0/50

1. A. Laybourn	Evenwood	1.26.28
2. L. Stephenson	Kend	1.30.47
3. T. McNamee	AchR	1.31.59
4. B. Campbell	NFR	1.32.28
5. R. Hayes	NFR	1.32.42

#### VETERANS 0/60

1. B. Hood	Mand	1.36.36
2. J. Garbarino	NFR	1.36.43
3. R. Laverick	ChestLStr	1.42.02
4. A. Purvis	Elvet	1.47.33

#### LADIES

1. D. Tunstall 0/35	Teesdale	1.31.26
2. S. Lewsley 0/35	Kesw	1.31.49
3. S. Rouse	Quakers	1.33.34
4. J. Saul 0/35	NFR	1.36.48
5. J. Young 0/35	Elvet	1.40.25
6. S. Milburn 0/35	Aycliffe	1.43.45

## THE WROXHALL ROUND

### CL/13m/1500ft 26.9.99

1. M. Hayman	DkPk	1.36.43
2. P. Aked	Reading	1.40.14
3. C. Taylor	Mercia	1.42.35
4. J. Lowden	Worth	1.44.19
5. D. Tibbals	Crawley	1.44.47
6. K. Masson	Worth	1.45.13
7. K. Rowdon	WightTri	1.45.39
8. D. Perkins	WightTri	1.47.52
9. J. Priest	Worth	1.48.39
10. A. Cooper	Truro	1.50.12

#### VETERANS 0/40

1. C. Taylor	Mercia	1.42.35
2. J. Lowden	Worth	1.44.19
3. J. Priest	Worth	1.48.39

#### VETERANS 0/50

1. N. Geeson	Ryde	1.50.38
2. D. Barry	Worth	1.52.51
3. D. Longley	Totley	1.53.45

#### VETERANS 0/60

1. J. Cash	Loughton	2.19.21
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#### LADIES

1. P. Leach	DkPk	1.50.17
2. A. Smith	S'hampton	2.14.17
3. M. Green 0/40	Bing	2.16.36
4. C. Daniells 0/50	MiltK	2.20.52

#### VICTOR LUDORUM

1. Mark Hayman	DkPk	4pts
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#### VICTRIX LUDORUM

1. P. Leach	DkPk	3pts
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## LONG MYND HIKE

### Shropshire BL/50m/8000ft 2.10.99

1. K. Smith	9.22
2. D. Davies	10.00
2. I. Cowie	10.00
4. T. Longman	10.02
5. C. Banks	10.26
6. A. Yapp	
7. M. Wittering	10.50
7. C. Lancaster	10.50
9. M. Lloyd	10.57
10. A. Houston	11.01

#### LADIES TROPHY

1. G. Harris	11.10
2. W. Walton	13.41
3. S. Butcher	14.18
4. A. Limbert	14.47
5. L. Langford	17.20
6. D. McCart	17.22
7. J. Pitt-Lewis	17.35
8. M. Spurling	17.54
8. Rachel Slater	17.54
8. Rebecca Slater	17.54

#### LONGMYND SCOUT STAFF

1. C. Banks	10.26
2. T. Davies	11.10
3. S. Underhill	13.49

#### JUNIOR LONGMYND STAFF

1. S. Underhill	13.49
2. S. Faulkner	16.02
3. T. Middleton	17.54

#### NOVICE TROPHY

1. D. Davies	10.00
1. I. Cowie	10.00
3. C. Banks	10.26

#### WEST MERCIA POLICE CUP

1. W. Walton	13.41
2. Rachel Slater	17.54
2. Rebecca Slater	17.54

#### SWAIN SHIELD

1. J. Hughes	11.10
2. M. White	11.19
2. J. Marsh	11.19

#### 2ND LONGMYND STAFF

1. T. Davies	11.10
2. S. Faulkner	16.02

#### ERIC BROOM STAFF

1. T. Davies	11.10
2. S. Faulkner	16.02

#### RAVEN TROPHY

1. Rachel Slater	17.54
1. Rebecca Slater	17.54

#### OVER-THE-HILL TROPHY

1. P. Steer	15.41
2. B. Eglesfield	18.19
3. M. Brown	19.48

## MERRICK HILL RACE

### Galloway AM/9m/3300ft 2.10.99

The new route proved popular, proving to be about twenty minutes longer for the fastest. New records were therefore created. The men's race was won by John Coyle, chased home by Duggie Gillespie. Helen Diamantides took the ladies' title. Congratulations to Gary Baum for winning his first veterans' event.

The junior race was also a new route and won by Richard Goldsworthy with Tompny Bums in second. Thanks again to Girvan Breakers for their marshalling and radio support. Thanks to Forest Enterprise and the Galloway Mountain Rescue Team and all the volunteers who made the event possible.

Next year's event will be on Saturday 16 September 2000 at 12 noon - the junior race at 11.00 a.m.

*Jo and Paul McClintock*

1. J. Coyle	Solway	1.27.36
2. D. Gillespie	Solway	1.29.17
3. P. Rastrick	Unatt	1.29.59
4. C. Brash	Girvan	1.32.30
5. D. Cummins	Shettle	1.35.44
6. I. Reeve	Ochil	1.35.54
7. G. Baum	Kesw	1.36.15
8. D. Brown	Solway	1.37.14
9. J. Goldsworthy	GallH	1.38.51
10. D. Milligan	Solway	1.39.05

#### VETERANS 0/40

1. G. Baum	Kesw	1.36.15
2. D. Brown	Solway	1.37.14
3. J. Goldsworthy	GallH	1.38.51
4. T. McCulloch	AyrS	1.41.07

#### VETERANS 0/50

1. D. Milligan	Solway	1.39.05
2. D. Miller	Irvine	1.54.10
3. A. Stafford	Kend	1.54.21
4. A. Anderson	Solway	1.58.03

#### LADIES

1. H. Diamantides	Cam	1.39.11
2. J. McLintock	Unatt	1.55.01
3. S. Agnew	N/A	2.26.15
4. A. Miller 0/35	Irvine	2.28.05

#### JUNIORS

1. R. Goldsworthy	GallH	25.47
2. T. Bums	AyrS	29.56
3. H. Smith	Girvan	35.54
4. O. McAmmon	GallH	48.13

## OPEN COUNTRY MOUNTAIN

### MARATHON

#### Cumbria

### 03.10.99

The event is a one day score event similar to the score classes at the KIMM. The day threatened to be wet but remained just windy and overcast, in fact quite a good day for running.

This year 100 pairs took part starting and finishing at Munsgrisdale Village Hall. The course had controls around Blencathra, Bowscale Fell and Great Calva and printed on a specially produced map. Most teams returned just before their allotted five hours was up with only a few being tempted further than their ability would allow.

Everyone seemed to enjoy the course. The race was very competitive with the first four teams very closely matched and the first mixed team not far behind. Congratulations to John Hunt and John Smallwood on their second consecutive win.

#### Stuart Gasgoyne

1. J. Hunt/J. Smallwood	220pts
2. K. Harding/Q. Harding	21 Opts
3. S. Boume/A. Ward	210pts
4. D. Gillespie/J. Coyle	21 Opts
5. H. Diamantides/P. McLintock	190pts
6. J. Wright/A. Horsfall	190pts
7. G. Pettengell/M. Scotney	180pts
8. A. Harmer/B. Berzins	180pts
9. C. Lumb/S. Lumb	176pts
10. P. Vesey/A. Cuddy	170pts

#### VETERANS

1. A. Harmer/B. Berzins	180pts
2. C. Lumb/S. Lumb	176pts
3. P. Cox/P. Gorvett	160pts

#### SUPER VETERANS

1. D. Sleath/M. Sleath	164pts
2. Y. Tridimas/R. Baines	156pts
3. T. Smith/J. Ashton	150pts

#### MIXED

1. H. Diamantides/P. McLintock	190pts
2. S. Mead/S. Mead	140pts
3. R. Shaw/J. Phizacklea	140pts

#### MIXED VETERANS

1. P. Jagan/M. Jagan	170pts
2. I. Morris/C. Morris	140pts
3. R. King/S. Wood	140pts



Edale Ladies Cheryl Lloyds and Sally Spence at Ian Hodgson Photograph: Steve Bateson

## IAN HODGSON MOUNTAIN RELAY

**Cumbria**  
**25m/8500ft 3.10.99**

The weather on race day was generally good and several runners commented on the clarity of the atmosphere which gave spectacular views from the tops. Our problem as race organisers was the torrential rainfall on the Friday and Saturday before the event which left the ground in the valley waterlogged and made setting up the start/finish area very hard work.

When it came to the race the British Champions, Borrowdale, once again showed their strength in depth to win the relay for the fifth year in succession in a new record time. It is tempting to credit their consistent success to local knowledge but, in fact, I believe old fashioned Team Spirit is the main factor. They invariably get their best runners out for this event, partnerships are well chosen and each pair runs as a team. Add to this the obvious talent in the club well below the veteran threshold and it becomes difficult to see them being beaten in the immediate future.

Pudsey and Bramley were given a good start by Rob Hope and Graham Patten but Borrowdale pairings set new records on Legs 2 and 3 to give Gavin Bland and Simon Booth a lead of 3 mins.45 at Kirkstone. Though still jet lagged from their success in the Kinabalu race in Borneo the previous week, the 4\*1\* leg pairing achieved second fastest leg to extend the lead to over eight minutes at the finish. Bingley's all-international team edged out Pudsey and Bramley in a tight finish for second place, thanks to the fastest leg time by Ian Holmes and Steve Hawkins.

The Ladies' race was won by Clayton with a solid performance on all legs of the race. Their main rivals, Pudsey and Bramley, were never able to make up a deficit of almost 13 minutes on the first leg. Kendal retained the Veterans' title despite being eight minutes slower and one place further back than last year and the Mixed Team prize went to Cumberland

Fell Runners in 20<sup>th</sup> place overall. It was pleasing to see some of our leading Junior runners featuring prominently and Steven Savage, Michael Caton and Lee Siemazcko all recorded times in the fastest five on their respective legs.

We think that the general standard of team in the race has improved and this year only one team was involved in the "mass starts" at Patterdale and Kirkstone. However, we do sometimes wonder whether some runners look at either map or the control point details when we learn of a team's chances being sacrificed by the unaccountable negligence of a pair visiting a "control" last used five years ago!! Our kit checks were on the whole satisfactory with only minor transgressions but we do not like the growing practice of passing bum-bags on at take-overs. This will not be permitted in future.

### Dave, Shirley, Michael, Neil, Chris and Sara Hodgson

1. Borrowdale	3.28.32
2. Bingley	3.37.02
3. Pudsey & Bramley	3.37.20
4. Keswick 'A'	3.55.28
5. Ambleside	3.56.40
6. Kendal Vets	3.58.30
7. Horwich	3.58.43
8. CFR Vets	4.03.37
9. Dark Peak	4.07.02
10. CFR	4.12.26

### VETERANS

1. Kendal	3.58.30
2. CFR	4.03.37
3. Wharfedale	4.46.41

### LADIES

1. Clayton	5.07.01
2. Pudsey & Bramley	5.10.00
3. Horwich	5.52.56

### MIXED

1. CFR	4.25.26
2. Dark Peak	4.36.30
3. Keswick	4.40.59

## LANGDALE HORSESHOE FELL RACE

**Cumbria**  
**AL/14m/4000ft 9.10.99**

My second year of organising a Lakeland 'A' long was much less hectic. Everyone was familiar with their jobs and everything seemed to be running smoothly but we hadn't banked on the Langdale fells being blanketed in thick Lakeland mist! Plenty of navigational errors kept runners and marshals entertained. Cockley Beck and The Three Shires Stone were popular extra checkpoints but the navigational error of the day went to the runner (who anonymity can remain!) who arrived at Brother Ilkeld at the foot of Eskdale! At least, he 'phoned race control to let us know his whereabouts.

Thanks again to the race team, Langdale farmers, St John's Ambulance, Achille Ratti and the ODG.

Congratulations to all competitors this year who completed the event. See you all again next year.

Check out the race website at [www.xldh.demon.co.uk/lhs.htm](http://www.xldh.demon.co.uk/lhs.htm)

### Jonathan Fish

1. J. Bland	Borr	2.12.41
2. J. McQueen	Eryri	2.12.52
3. A. Schofield	Borr	2.18.12
4. S. Shuttleworth	Amble	2.24.00
5. J. Hunt	CFR	2.24.18
6. H. Diamantedes	Amble	2.25.07
7. D. Duxbury	Amble	2.26.23
8. M. Holroyd	Borr	2.26.25
9. S. Bourne	Altr	2.26.56
10. D. Gillespie	Solway	2.27.22

### VETERANS 0/40

1. A. Beaty	CFR	2.27.55
2. A. Miller	Kend	2.28.02
3. B. Clough	Amble	2.29.22
4. L. Warburton	BFR	2.31.25
5. J. Houston	BFR	2.31.32

### VETERANS 0/50

1. D. Tait	DkPk	2.26.27
2. T. Peacock	Clay	2.52.05
3. D. Mitchell	Kend	2.53.29

### VETERANS 0/60

1. D. Brown	Clay	3.08.38
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### LADIES

1. H. Diamantedes	Amble	2.25.07
2. S. Ratcliffe 0/40	Saddle	3.01.56
3. J. Smith 0/40	Bing	3.09.05
4. K. Robertson	NER	3.10.24

## MANOR WATER HILL RACE

### Borders

**BM/10m/2300ft 9.10.99**

This was the 8<sup>th</sup> annual race and is held in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley and under the auspices of Camethy Hill Running Club.

The race starts at Haswellsykes Farm and follows the ridge between Manor Valley and Dawyck as far as the hill known as The Scrape, at 2,348feet, returning by the same route. There is a shorter race for juniors. This year's event attracted 55 competitors, one fewer than the best ever turnout, comprising 38 men, 16 ladies and one junior man. The weather was mild but there was fog and drizzle on the higher ground.

The race takes place with the kind permission of The Wemyss Estates, Robert Balfour of Dawyck, The Forestry Commission Forest Enterprise, Jim Currie of Haswellsykes and Robert Barr of Woodhouse. I would also like to thank the all race sponsors, without whose support it is doubtful if the race could be run successfully.

The prizes were presented by Sue Nash, widow of the late John Nash of Castlehill Farm, who initiated the race and organised it for the first three years. The winner also received a silver cup engraved as The John Nash Memorial Trophy. Next year's race will be on Sunday 14 October 2000.

### Graham Pyatt

1. T. Brand	Liv	78.12
2. S. Whittle	Cam	78.44
3. A. Mudge	Cam	79.04
4. M. Johnston	Cam	79.47
5. C. Eades	Liv	85.13
6. D. Theaker	Helens	86.23
7. W. Mykura	Cam	86.27
8. D. Milligan	Solway	88.19
9. R. Hope	HaddELoth	88.59
10. J. Goldsworthy	Gall	89.24

### VETERANS 0/40

1. J. Goldsworthy	Gall	89.24
2. S. O'Malley	EKilb	90.16
3. M. Myant	Unatt	94.26
4. S. Knowles	Fife	95.33
5. N. Priestley	Annan	96.47

### VETERANS 0/50

1. D. Milligan	Solway	88.19
2. D. Adams	Hamilton	97.41
3. C. Pritchard	Cam	99.29
4. D. Smith	W'lands	102.11
5. B. Duff	Carnegie	102.24

### VETERANS 0/60

1. B. Kettles	Lasswade	103.10
2. C. Lane	RoadR	121.55

### LADIES

1. A. Mudge	Cam	79.04
2. K. Jenkins	Cam	90.20
3. G. Tait	Unatt	98.48
4. A. Ostman	Liv	101.30
5. L. Eades	Liv	103.29
6. D. MacDonald 0/40	HBT	104.12
7. A. Nimmo 0/40	Cam	106.18
8. G. McKelvie	Portobello	107.30

### JUNIORS

1. R. Goldsworthy	Gall	53.39
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Steve Oldfield leads Gary Oldfield and Sean Willis; High Brown Knoll Photograph: Steve Bateson

## PENTLAND SKYLINE HILL RACE

### Midlothian

AL/16m/6200ft 10.10.99

Seventy seven runners started, seventy six finished, seven were ladies and more than half of the field was under 40 years old. Last year ninety seven started, nine of them ladies - so there were fewer ladies this year but they finished much higher up the field.

The weather was cool with a strong westerly wind and good visibility. There were dry conditions for about two hours followed by heavy showers and strong gusts of wind. The temperature dropped and the showers tended to join together. There were two dozen prizes - all liquid!!

#### Richard Robertson

1. A. Davies	Borr	2.26.05
2. A. Kitchin	Liv	2.31.08
3. J. Davies	Borr	2.31.39
4. J. Coyle	Solway	2.36.03
5. J. Heap	Hallam	2.41.58
6. M. Johnston	Cam	2.42.05
7. A. Davis	Carn	2.44.42
8. M. Higginbottom	Cam	2.47.26
9. N. Wright	JOK	2.49.57
10. A. Mudge	Cam	2.50.09

#### VETERANS 0/40

1. K. Adams	W'lands	3.03.32
2. J. Blair-Fish	Cam	3.03.47
3. P. O'Brien	KF Ccorst	3.05.56
4. L. Anderson	Fife	3.06.13

#### VETERANS 0/50

1. C. Love	Dundee	3.07.48
2. G. Robinson	W'lands	3.15.44
3. K. Bums	Cam	3.20.16
4. R. Dalitz	Cam	3.31.46

#### VETERANS 0/60

1. J. Little wood	Cam	3.23.04
2. W. Gauld	Cam	3.31.46
3. J. Wilkins	Arbroath	4.25.28

#### LADIES

1. A. Mudge	Cam	2.50.09
2. M. Creber	Cam	3.02.16
3. K. Jenkins	Cam	3.06.22
4. K. Powell	Cam	3.14.48
5. J. Higginbottom	Cam	3.19.25
6. K. Boocock	Cosmic	3.37.46

## HIGH BROWN KNOLL FELL RACE

### West Yorkshire

BM/6.5m/1050ft 10.10.99

Steve Oldfield led a record field of one hundred and forty five in this second running of the High Brown Knoll race from Mytholmroyd. Steve had clearly done his homework as far as receiving the route is concerned, and after leading in the early stages over the flagged section to checkpoint one at Sheepstones Edge, he hung back, allowing local hero Sean Willis to do the spadework on the navigational section to the Trig point at High Brown Knoll.

Former British champion, Gary Devine, held second place at this point, just ahead of last year's winner Gary Oldfield, Steve's nephew. Veteran International, Steve, turned at the trig point in fourth place, then proceeded to let the others run themselves ragged while he got the best lines, returning to Mytholmroyd in a new record time of 44.27, taking 24 seconds from Gary's twelve-month old record.

Gary Devine held second place after a set with the flying postman, and with support from Paul Stephenson who, incidentally, is the bloke responsible for introducing me to this superb sport of ours, Pudsey ran away with the team prize.

Seventh placed, Chris Seddon, did enough to take the lead in our South Pennines Grand Prix from long time series leader, Ken Taylor. With two races to go, it looks at this stage as if we could be on for a thrilling climax in that "best 8 from 12" year-long series.

Sally Newman had a relatively untroubled race, increasing her lead of around three minutes at the summit of High Brown Knoll by a minute over International Kath Drake, who in turn beat Lisa Lacon by 18 seconds, revenge for their last encounter at Mytholmroyd in the Crow Hill race last August.

Lucy Griffiths won the Junior race (over the flagged section to checkpoint 1 and back).

Lucy returned in 31 minutes exactly, 18 seconds ahead of Lyndall Lohman.

Everyone appeared to have enjoyed the race, with the navigation section adding a bit of spice, along with the free beer at the finish - 'High Brown Knobber Ale' courtesy of Briscoe's Brewery, Otley, and the mountain of free sandwiches in the pub afterwards.

Once again, summit positions were recorded on High Brown Knoll, courtesy of Mike Wardle and Dave Collins, with some very interesting positional changes.



Kate Thompson took second lady at High Brown Knoll Photograph: Steve Bateson

Thanks to everyone who helped me out in any way with this event, either with flagging the route, marshalling or helping out in any way on the day, to the land owners and The Dusty Miller for making us welcome again and of course our sponsors, Longcroft Engineering Ltd of Walsden, who paid for the prizes.

A special thank you must go to Dave and Eileen Woodhead for their guidance and reassurance when I thought we were on the verge of calling out the Moorland Rescue for the "runner" who by all accounts did not get lost, but wandered round the route in 2 hours and 20 minutes, coming in almost a hour after the penultimate finisher!

#### Allan Greenwood

1. S. Oldfield	BfdA	44.27
2. G. Devine	P&B	44.38
3. G. Oldfield	P&B	45.06
4. P. Stephenson	P&B	45.25
5. S. Willis	Tod	45.26
6. J. Wright	Tod	46.39
7. C. Seddon	Horw	48.13
8. D. Keeling	Traff	48.16
9. K. Smith	Tod	48.19
10. C. Oliphant	P&B	48.22

#### VETERANS 0/40

1. S. Oldfield	BfdA	44.27
2. P. Grimes	Hfx	48.46
3. R. Crossland	BfdA	49.01
4. S. Gelsthorpe	StBedes	49.37
5. R. Griffiths	Holm	49.45
6. T. Taylor	Ross	49.50

#### VETERANS 0/50

1. K. Taylor	Ross	50.30
2. G. Newsham	Clay	54.16
3. F. Reilly	Stock	54.30
4. G. Breeze	Skyrac	55.20
5. P. Bramham	Kghly	55.31
6. A. Mellor	Tod	55.36

#### VETERANS 0/60

1. R. Jaques	Clay	59.05
2. G. Arnold	Prest	69.31
3. D. Clutterbuck	Roch	72.27
4. K. Mitchell	Roth	80.09
5. B. Hargreaves	Tod	80.21
6. J. Newby	Tod	81.18
7. T. Maden	PennyL	90.30

#### LADIES

1. S. Newman 0/35	Gloss	52.57
2. K. Drake 0/35	Spem	56.51
3. L. Lacon	Holm	57.09
4. A. Rees 0/40	Tod	61.15
5. C. Young	Unatt	62.08
6. L. Hayles 0/40	Hfx	66.14
7. C. Rodgers	Tod	72.36
8. K. Thompson 0/40	Clay	73.30

## BREIDEN HILLS RACE 1999

### Shropshire

AM/7m/2300ft 17.10.99

1. A. Davies	Mercia	53.37
2. C. Lancaster	Telf	54.52
3. P. Cadman	Mercia	55.17
4. R. Lamb	Mercia	56.16
5. I. Hughes	Unatt	57.10
6. A. Rogers	Unatt	57.31
7. T. Hulme	Penn	57.40
8. H. Jones	Mercia	57.45
9. P. Gibb	Mercia	57.49
10. T. Rogers	Unatt	57.59

#### VETERANS

1. A. Rogers	Unatt	57.31
2. T. Hulme	Penn	57.40
3. P. Martin	ShakesN	58.15
4. B. Gregory	Stock	58.47
5. S. Daws	Shrews	59.35
6. B. Couth	Mercia	59.50
7. J. Coombs	Mercia	60.26
8. N. Hindle	Altr	61.44

#### LADIES

1. P. Gibbs	Mercia	57.49
2. S. Newman	Gloss	59.19
3. L. Whittaker	Saddle	65.18
4. V. Musgrove 0/35	Eryri	69.34
5. R. Matthews	Shrews	70.31
6. P. Goodall 0/35		71.16
7. E. Clayton	WalCh	72.15
8. J. York	ShropSh	72.50

#### JUNIORS

1. R. Boulton	ShropSh	67.31
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## BRITISH HILL AND FELL RELAY CHAMPIONSHIPS Alva, Scotland 17.10.99

It all started at the 1998 race at Keswick, talking to Mike Rose when he came out with his normal straight talk, "about time you Scots put on this race"! So that was it ... we were committed. We always had the idea of holding the race in the Ochils as it was convenient to the motorway network to the south, consisted of runnable steep sided hills and had a string of towns right at the foot. Surely one of these would be suitable and provide all the facilities required. Once we had asked Ochil Hill Runners to join Camethy Hill Running Club as organisers, we had the local contacts necessary and soon homed in on Alva. With direct access to the hills, a large school (for changing, food etc), playing fields at the foot and a very helpful local council in Clackmannanshire (Scotland's smallest and keen to get better known by hosting a British event), it appeared the ideal venue.

We were worried that not many clubs would make the long trek up to Scotland but in the end received 106 entries, which shows the popularity of the event these days. We wanted to put on an event that made the traveling worthwhile with good varied courses, good quality maps, plenty of food, a race memento, good weather etc. and I hope we succeeded even though the last was down to the gods!

So to the race -

Both the 1998 Open and Ladies' winners pulled out leaving the second placers from the previous year to take the honours. In the Open race, champions Bingley, unfortunately pulled out the day before due to illness which really left the way open for Borrowdale, although whether Bingley would have challenged a strong Borrowdale team that has dominated fell running this year is very debatable. In the ladies it would have been a big upset if the current British Champions, Camethy, had been beaten. However there was plenty of exciting racing, particularly for the runners-up positions.

Borrowdale came in a few seconds down to Aberdeen's Cosmic Hill Bashers (6<sup>th</sup> last year) on the first leg, but from then on dominated the race to win by over 11 minutes. However, they didn't dominate the leg splits as they didn't record a fastest time amongst them. Such is their consistency that they were 2<sup>nd</sup> fastest on each leg! There was much honour at stake for the minor places as Cosmic had expressed confidence of finishing top Scottish club and were looking

good at when they set off in 2<sup>nd</sup> place on the last leg. Livingston, however, had always been quietly confident and they showed why with a storming run in the navigational (3<sup>rd</sup>) leg, recording the fastest time and pulling up to 3<sup>rd</sup>, and then did enough on the final long leg to pass Cosmic and keep in front of a fast finishing Pudsey & Bramley, twenty seconds separating the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> teams after four hours of racing! But well done Livingston (the highest ever position by a Scottish club in the open event?)

There were equally close results in the Veterans' race for the minor places, but Kendal led the race all the way, although never far enough in front to completely relax. Cumberland came within 20 seconds on beating Mercia as they chased and nearly caught up on the last leg but ran out of hill before they could close the gap completely.

In the Ladies' race Camethy, like Borrowdale, won by a large margin but in this case they didn't move into the lead until the navigational (3<sup>rd</sup>) leg when the decision to put their best four runners on the last two long legs paid off. There was an exciting race for 2<sup>nd</sup> place, down to a sprint finish round the field with Cosmics narrowly getting the better of Dark Peak. This result, arguably, made Cosmic the most successful club as they were also 4<sup>th</sup> in the Vets and 3<sup>rd</sup> in the Open.

Thanks to the clubs who wrote expressing thanks, it's nice to get some feedback and appreciation after putting in so much effort. Thanks, also, to all the helpers, marshals etc from both the clubs (and other clubs) and also sponsors Maclays Brewery and Clackmannanshire Council. We hope you enjoyed the day. As for me, I look forward to traveling down to the Peak District for the next race, it's so much easier than organising!

### Andy Spenceley

1. Borrowdale	3.46.56
2. Livingston	3.58.11
3. Cosmic Hill Bashers	3.58.29
4. Pudsey & Bramley	3.38.33
5. Cumberland FR	4.02.44
6. Carnethy HRC	4.04.02
7. Clayton	4.07.08
8. Hunters Bog Trotters	4.08.46
9. Keswick	4.11.34
10. Ambleside	4.12.48



Withens Skyline Jane Benham leads Charlotte Roberts  
Photograph: Allan Greenwood

### VETERANS

1. Kendal	4.15.35
2. Mercia	4.19.08
3. Cumberland FR	4.19.27
4. Cosmic Hill Bashers	4.27.36
5. Dark Peak	4.28.23

### LADIES

1. Camethy	4.45.04
2. Cosmic Hill Bashers	4.58.53
3. Dark Peak	4.58.59
4. Livingston	5.25.56
5. Horwich	5.27.35

## SALTERGATE GALLOWES HILL RACE Cleveland BM/8m/1200ft 17.10.99

A fascinating start to the "New Balance Winter Series". The men's race was won by P. White and P. Stevenson respectively. They led throughout the event but both being visitors to the "Heartbeat" area, were notably cautious throughout. This was perhaps just as well, as they were about to cross the railway, along which all those steam trains run and particularly at weekend, they had to wait to allow one of these large metal beasts through. So, having had to pause, they shot up the last ravine with some alacrity!! As I was a little short of marshals, I had had to marshal "Hudson's Grif" myself and as I returned to the finish area on foot, I also had to make an appropriate effort towards the finish, otherwise they would have had to take their own times!

The ladies' race was an excellent contest with Margaret Curran and the highly rated, Helen Johnson both beating the previous course record and being only yards apart throughout the race.

### Dave Parry

1. P. White	LeedsC	58.48
1. P. Stevenson	P&B	58.48
3. S. Backhouse	Scarb	59.55
4. M. Wynne	Saltwell	60.10
5. R. Burn	ThirskS	60.18
6. M. Bum	ThirskS	60.42
7. A. Normandale	Nestle	61.59
8. P. Buckby	Mand	62.50
9. C. Choules	ThirskS	63.07
10. I. Ellmore	Scarb	63.24

### VETERANS 0/40

1. R. Bum	ThirskS	60.18
2. A. Normandale	Nestle	61.59
3. P. Buckby	Mand	62.50
4. I. Ellmore	Scarb	63.24
5. G. Lucas	Scarb	63.49

### VETERANS 0/50

1. G. Coulson	Hgte	64.45
2. J. Robinson	R&Z	66.59
3. M. Hetherton	Nestle	70.03
4. D. Hearn	Scarb	72.57
5. M. Brooks	R&Z	74.14

### VETERANS 0/60

1. R. Sherwood	NMarske	73.42
2. B. Hood	Mand	78.48
3. D. Reading	Scarb	80.02

### LADIES

1. M. Curran	Safrica	67.23
2. H. Johnson	Ilk	67.30
3. A. Raw	Darling	70.32
4. S. Jemson 0/35	NMarske	83.41
5. M. Gibbs 0/35	ThirskS	84.19

## SETTLE SCRAMBLE North Yorkshire CL/25m/2200ft 23.10.99

This year's Settle Scramble attracted its lowest ever turnout of 103, of which 37 entered the race, the remainder walking.

The twenty five mile circuit is an undulating route with approaching 3,000 feet of climbing. Conditions underfoot were very soft and the race began under the threat of atrocious weather - heavy rain and gales. Fortunately, the weather predictions proved somewhat off the mark and most competitors returned before the heavy rains arrived, though conditions on the fell tops, particularly Fountains Fell, were difficult due to thick mist and low cloud.

First person was Anthony Radcliffe in a time of 3.45.00, closely followed by John Marsh and Greg Houghton in 3.49.00. First lady home in 4.16.00 was Karen Mather.

Plans are in place for a special Millennium Settle Scramble in 2000 on 22 October, though unless support and demand increases, it may be the last time the event is held.

### Ian Parker

1. A. Radcliffe	Saddle	3.45.00
2. J. Marsh	TarrenH	3.49.00
3. G. Houghton	CaldV	3.49.00

### LADIES

1. K. Mather	Saddle	4.16.00
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## 8TH WITHINS SKYLINE West Yorkshire 7M/1000ft/BM 23.10.99

To the literati Top Withins may evoke thoughts of Emily Bronte and Wuthering Heights, but to fell runners it means that winter is nearly upon us. Because the Woodentops organisers will be mounting the first of four fell races over the often wet, muddy, windy and bitterly cold Haworth Moor.

175 runners turned up for the 8<sup>th</sup> Withins Skyline race, in dry but bracing weather and duly followed Ian Holmes home to his third victory in the event in 41-27. "Gary Devine quite surprised me, today with his fitness. I had to push quite hard to finally break him beyond Bronte waterfalls. Up until then, he'd been 20 yards behind. But I've had three weeks relative easy running since coming back from Malaysia, and the Kinabalu mountain race, so I'm happy." Ian normally misses this race due to racing at the "Vanoni" Morbegno relays in Italy, but couldn't because of work commitments; hence his victories are wide spread i.e. 1992, 1996 and this year. He did run in 1995 but Graham Patten beat him to set the current record of 39-39.

Pudsey and Bramley athletes dominated the team competition taking both first and second teams.

A staggering 15<sup>th</sup> overall in the race was 29-year old Lucy Wright and despite the heavy conditions finished only nine seconds outside runner up Sarah Rowell's 4-year old record of 46-09. Lucy was in amongst the main contenders at the Oxenhope Stoop boundary stone, but found the tussocky section before Top Withins interesting. Tongue in cheek Lucy declared "my coach, Bud Baldaro, would have killed me if he'd seen me running over and through those tussocks - my ankles were turning here, there and everywhere!" This tussocky section is only 300 yards; otherwise the course is very runnable as it takes in the Stoop, Top Withins, Bronte Bridge and Bronte waterfalls before returning to Penistone Hill.

Three times a winner here, 1992, 1995 and 1996, Sarah Rowell finished with a new over 35's record of 50-04 and a minute ahead of Helen Johnson, who has had a sparkling year on the fells and mountains.

Helen also led likely to the ladies team prize, with Emma Barclay 5<sup>th</sup> and Rachael Gooch 9<sup>th</sup>.

In the junior races it has been decided that due to few under 16 competitors, i.e. only British orienteer Anna Jagan ran and won the under 16s race that for the year 2000, the under 16s will run one lap with the under 9s, 12s and 14s, before embarking on their second lap. In the other races a healthy 43 competed, with no less than 22 under 9s thoroughly enjoying the occasion. Mark Addison crossed the line first, and left the under 14s in his wake, along with Aiden Gibson. Freya Jagan emulated her sister by winning the under 14s girls race and in fact finished an impressive 5<sup>th</sup> overall and first girl to cross the finish line.

Certainly the kids and parents love the prize giving, which takes place while the seniors are out competing in their race. The gleeful expression on the kids faces when the yards of chocolate, cuddly toys, games, videos (Independence Day and Chitty Chitty Bang Bang), Kilo bars of chocolate etc, makes the whole event worthwhile.

### Darby and Joan

1. I. Holmes	Bing	41.27
2. G. Devine	P&B	42.33
3. S. Oldfield	BfdA	43.06
4. G. Oldfield	P&B	43.45
5. S. Gauld	LeedsC	44.47
6. C. Seddon	Horw	45.03
7. K. Smith	Tod	45.07
8. J. Hemsley	P&B	45.19
9. S. Neill	P&B	45.25
10. R. Hudson	Imp	45.37

#### VETERANS 0/40

1. S. Oldfield	BfdA	43.06
2. C. Speight	Kend	46.03
3. S. Addison	Clay	47.30
4. M. Pickering	Ilk	47.59
5. D. Asquith	Skyrac	48.30

#### VETERANS 0/50

1. A. Brentnall	Penn	49.53
2. G. Howard	Ilk	52.09
3. R. Marlow	DkPk	53.03
4. P. Bramham	Kghly	53.05
5. P. Helliwell	Bing	53.19

#### VETERANS 0/60

1. R. Jaques	Clay	56.56
2. D. Brown	Clay	58.00
3. B. Thackery	DkPk	60.17

#### LADIES

1. L. Wright	LeedsC	46.18
2. S. Rowell 0/35	P&B	50.04
3. H. Johnson	Ilk	51.04
4. S. Taylor	Bing	56.40
5. E. Barclay	Ilk	57.08
6. J. Smith 0/40	Bing	58.26
7. J. Mellor	Penn	58.47
8. J. Wilson	Hallam	60.34

#### JUNIORS U/18

1. M. Hounslow	Wharfe	59.17
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#### JUNIOR RACE U/16

1. A. Jagan	EPOC	15.54
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#### JUNIOR RACE U/14,U/12,U/9

1. M. Addison U/12		6.22
2. A. Gibson U/12	Holm	6.31
3. A. Foster U/14	Settle	6.33
4. D. Hassell U/14	Settle	6.49
5. F. Jagan Girl U/14	EPOC	6.51
6. L. Agg Girl U/12	Radc	6.53
7. R. Beresford Girl U/12	Traff	6.58
8. A. Rutherford U/9	Clay	7.08

1. J. Blackett	Mand	2.17.32
2. G. Owens	NFR	2.19.28
3. K. Maynard	Quak	2.20.08
4. P. Figg	Swale	2.26.34
5. M. Mallon	Crook	2.29.34
6. J. Finnigan	Unatt	2.29.46
7. M. Harbisher	Crook	2.29.54
8. S. Rouse	Quak	2.34.00
9. J. Humble	NFR	2.39.30
9. D. England	Quak	2.39.30

#### VETERANS 0/40

1. G. Owens	NFR	2.19.28
2. M. Mallon	Crook	2.29.34
3. J. Humble	NFR	2.39.30
3. D. England	Quak	2.39.30
4. C. Pattison	Unatt	2.44.10

#### VETERANS 0/50

1. A. Laybourn	Evenwood	2.43.20
2. M. Coles	Skyrac	3.10.23
3. M. Horan	Quak	3.12.16
4. B. Johnson	Unatt	3.12.18
5. D. Gordon	Swale	3.14.10

#### LADIES

1. S. Rouse	Quak	2.34.00
2. K. White	Quak	2.53.31
3. J. Young 0/35	Elvet	3.13.00
4. M. Burton 0/35	Unatt	3.14.25

## GALE FELL RACE

### Lancashire

### CS/4.5m/800ft 31.10.99

After our fears to the contrary, the future of the Gale fell race is safe, at least for the foreseeable future. All our thanks are due to Ian Heys, the Headmaster at Stansfield Hall Primary School, who stepped in at short notice to provide us with shelter for registration and toilet facilities - without these we couldn't have had an event. Ian has very kindly offered to again give up his Sunday morning at the same time next year.

Please don't take this for granted. Tell all your mates and do your best to support the event in 2000, and please, do bring some juniors.

England International Fellsman, John Brown, made a late decision to compete and made light work of the testing conditions, pulling away from a good class field and recording 24.11 to add his name to the distinguished hall of fame. To have recorded a time just 22 seconds outside Ian Holmes' 1995 record was a superb piece of solo running, underlining John's immense talent.

1994 winner Sean Willis placed second ahead of regular supporter of The Gale, the former Horwich Harrier Rob Jackson, now running under the colours of Salford. Rob in fact holds the distinction of having run every Gale race throughout the 1990s, which includes three victories.

However, despite their first and third positions, the Salford lads lacked another counter and were beaten to the team prize beer by their Yorkshire rivals, Pudsey and Bramley.

If fact, if Rob had stuck with his old club he would have led home an easy team win for Horwich!!

Lucy Whittaker was the last person to enter the race and the first woman to finish, clocking a remarkably fast time in those wet and windy conditions of 31-55, placing her inside the top 50 out of one hundred and twenty three. Sue Becconsall took second place a minute and a half adrift, with Jane Smith in third.

My thanks must be recorded here to all the willing volunteers who turned out to help with the race, Jamie Dore who made a grand job of sweeping the piles of wet leaves from those notoriously treacherous stone steps, Colin Robinson and Joe Salt, Sue and Alec Becconsall, Eileen Bumip, Andy O'Sullivan and especially Brenda Robinson who recorded positions from her wheelchair after breaking a bone in her foot while out training for this "last" race.

The new venue for our prizegiving in The Summit Inn, just a mile along the road, proved a very popular choice, especially as Louis and Collette offered the 'free soup and rolls to all' while I set up my prize table. Watch out for an additional race from this excellent venue at the end of May ("Race You To The Summit").

Allan Greenwood

1. J. Brown	Saif	24.11
2. S. Willis	Tod	26.07
3. R. Jackson	Saif	26.27
4. C. Seddon	Horw	26.35
5. R. Haworth	Middle	26.36
6. A. McVey	Horw	26.37
7. K. Smith	Tod	26.50
8. J. Hemsley	P&B	27.06
9. B. Whalley	P&B	27.17
10. J. Feeny	Bing	27.22

#### VETERANS 0/40

1. R. Haworth	Middle	26.36
2. J. Butler	Kghly	27.30
3. R. Hamilton	Wharfe	28.51
4. B. Waterhouse	Saddle	29.08
5. N. Pierce	Ilk	29.10
6. R. Holdsworth	NthnV	29.23

#### VETERANS 0/50

1. P. Lyons	Ross	28.37
2. K. Taylor	Ross	29.19
3. G. Breeze	Skyrac	30.45
4. P. Jepson	Ross	31.09
5. D. Scott	Clay	31.15
6. A. Mellor	Tod	31.37

#### VETERANS 0/60

1. R. Jaques	Clay	33.15
2. T. Shaw	Tod	33.25
3. G. Arnold	Prest	36.24
4. M. Seward	Unatt	37.53
5. J. Smith	Tod	47.03
6. T. Maden	PennyL	51.39

#### VETERANS 0/75

1. J. Riley	Clay	63.37
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#### LADIES

1. L. Whittaker	Saddle	31.55
2. S. Becconsall 0/40	Tod	33.26
3. J. Smith 0/40	Bing	34.27
4. J. Haworth	Middle	35.57
5. L. Hayles 0/40	Hfx	36.00
6. C. Rogers	Tod	37.35
7. L. Lohman U/16	Macc	38.10
8. R. Whelan 0/35	Bing	38.42

#### JUNIORS - 2 MILES

1. R. Whittaker	Unatt	14.28
2. L. Sumner	Ross	15.21
3. S. Holden	Darwend	15.24

#### YOUNG JUNIORS

1. G. Biddle	Pend	3.35
2. K. Biddle	Pend	3.41
3. J. Watts	Unatt	3.35

## ALAN LAMB MEMORIAL FELL RACE

### County Durham

### BL/16m/3000ft 24.10.99

Firstly, apologies to all the runners in the race for the missing markers and the confusion and general aggravation that they caused. Between 5.30 p.m. on the Saturday when I finished marking the course and 10.00 a.m. the following morning when the race started, some twisted individual not only removed a number of key markers but also resited others in a deliberate attempt to disrupt the race. Subsequent talks with Forest Enterprise revealed that this has also happened in the past with other events. Whilst they strongly suspect a certain resident in the forest, they have no proof and so can take no over action other than have a few well chosen words with that individual.

Any of you who have competed in any other of our races know how well we organise them and so can understand how we, as a club, are particularly upset by these events. This situation will not happen again, talks are already being held with Forest Enterprise on how we can avoid this problem in next year's race. If necessary, we will even take the race out of the forest and stage it elsewhere.

Anyway, back to the race. Due to forestry operations which put a section of the course under about three feet of fallen trees, the route was shortened to 16miles and 3,000 feet of climbing. With the weather conditions prevailing on the day, I think most people were quite glad of this.

Joe Blackett won the race, arriving back at the finish covered in blood and scratches. For some strange reason, he's decided to take a detour through a bramble bush and this was on a properly marked part of the course towards the finish. As if the race wasn't hard enough, he'd obviously let his masochistic tendencies show!

Second home and first Veteran Over 40, was Gary Owens.

Gary had been trailing Joe for quite a distance but could just not catch him although he himself was in danger of being overtaken as Ken Maynard was just 30 seconds behind him.

Keven Shevels



John Brown, Gale Fell winner, pictured leading Shepherds Skyline  
Photograph: Allan Greenwood

## DUNNERDALE FELL RACE

### Cumbria AS/5m/1800ft 6.11.99

1. A. Bowness	CFR	38.13
2. R. Jebb	Bing	38.47
3. R. Hope	P&B	39.42
4. S. Stainer	Amble	40.00
5. N. Sharp	Kesw	41.03
6. M. Amor	CFR	41.30
7. M. Laitthwaite	WiganP	41.39
8. N. Spence	Borr	41.57
9. M. McIvor	Kesw	42.15
10. M. Fleming	Amble	42.23

#### VETERANS 0/40

1. W. Bell	CFR	42.52
2. A. Beade	CFR	43.21
3. H. Jarrett	CFR	44.06
4. J. Winn	CFR	44.15
5. P. Clark	Kend	44.32

#### VETERANS 0/50

1. M. Walsh	Kend	42.28
2. J. Hope	AchR	46.10
3. M. Litt	CFR	46.18
4. B. Laycock	Amble	51.52
5. D. Fell	Wharfe	51.58

#### VETERANS 0/60

1. D. Brown	Clay	53.19
2. R. Booth	Kesw	54.18
3. P. Taylor	BorderH	55.46

#### LADIES

1. J. King	CFR	46.30
2. L. Osborn	Kesw	48.59
3. K. Beattie 0/40	CFR	51.48
4. S. Taylor	Bing	56.34
5. J. Hindle 0/40	Clay	58.44
6. M. Leeming 0/50	Amble	58.58

## SHEPHERD'S SKYLINE FELL RACE

### West Yorkshire BM/6m/1150ft 6.11.99

A beautiful, clear, sunny day. Great for getting married or doing a fell race, and some people managed to do both! Mandy Goth and Phil Hodgson of host club Todmorden Harriers got hitched in the morning, had the marriage blessed on top of Stoodley Pike and then came back down the hill fortified with champagne and ran in the race before whizzing off to the reception. Best wishes to them both.

On to the race. A strong cold wind combined with sloppy conditions underfoot kept times down, but the race was as close as it gets. A week previously John Brown had won the Gale comfortably by a margin of 2 minutes. It looked like he was going to repeat the feat but he twice went wrong on obvious and well marked sections of the course. John will be a force to be reckoned with when he gets used to more fell race routes. This left it open for the chasing bunch, who were now in the lead. It became a battle between Sean Willis and the two Oldfields, with Gary hanging on to take a well deserved victory. Steve Oldfield in third was a clear winner in the veterans' section. The finish was well worth watching, with both Gary and Sean doubled up, puking their guts out all over the funnel area. It's not easy is winning races!

Sheila Whilde claimed the famous Jack Riley trophy with an impressive win in the ladies' race. The men's team event was dominated by a strong contingent from Pudsey & Bramley and in the women's event, the home club, Todmorden (including the newlywed) triumphed.

The Skyline was also the final and deciding race in the South Pennines Grand Prix series, where cumulative points are scored according to how fast you run in your best 8 out of 12 races. Chris Seddon eventually triumphed over Jason Feeney by 0.3 of a point - equivalent to only a few metres of distance after a competition lasting most of the year!

#### Keith Parkinson

1. G. Oldfield	P&B	42.00
2. S. Willis	Tod	42.12
3. S. Oldfield	BfdA	42.27
4. G. Devine	P&B	42.50
5. S. Gould	LeedsC	42.53
6. J. Brown	Saif	43.31
7. K. Smith	Tod	44.09
8. S. Neill	P&B	44.28
9. J. Feeney	Bing	44.37
10. P. Dobson	LeedsC	45.11

#### VETERANS 0/40

1. S. Oldfield	BfdA	42.27
2. R. Crossland	BfdA	46.08
3. R. Griffiths	Holm	46.09
4. T. Taylor	Ross	47.14
5. N. Holding	WPenn	49.01

#### VETERANS 0/45

1. B. Waterhouse	Saddle	48.59
2. N. Pearce	Ilk	49.14
3. C. Davies	Saddle	50.02
4. R. Kersey	Holm	50.33
5. L. Sands	Unatt	51.10

#### VETERANS 0/50

1. K. Taylor	Ross	48.10
2. P. Lyons	Ross	48.32
3. K. Carr	Clay	48.41
4. D. Tait	DkPk	49.53
5. A. Judd	Felland	52.20

#### VETERANS 0/55

1. P. Jepson	Ross	56.01
2. D. Quinlan	Bing	57.20
3. D. Gibson	Saddle	57.28

#### VETERANS 0/60

1. R. Jaques	Clay	58.15
2. G. Arnold	Prest	62.39
3. D. Clutterbuck	Roch	68.24

#### LADIES

1. S. Whilde	Roch	54.05
2. C. Young 0/35	Unatt	54.41
3. K. Mather 0/35	Saddle	56.38
4. J. Smith 0/40	Bing	57.16
5. H. Allcock 0/35	Tod	58.16
6. J. Rawlinson 0/45	Ross	58.40
7. K. Thompson 0/45	Clay	60.31
8. C. Preston 0/35	Kghly	61.19

## FFORD Y BRYNIAU Mid Glamorgan BM/9m/2000ft 7.11.99

Despite atrocious conditions, Ruth Pickvance was able to take ten seconds off Claire Knox's year-old course record. She was placed sixth overall to hold off Welsh International Alice Bedwell, who finished ten seconds outside the old mark. This is the second year in succession that the ladies' course record has been broken after Claire Knox, last year, erased Jane Coker's time of 67.28.

The misty conditions did Julian Baker, running the event for the first time, no favours as he ran considerably over the advertised distance of nine miles. Julian, seventh in the Gwent cross country league 24 hours earlier, found himself well adrift of Phil Holder until the final climb. Even then, he did things the hard way taking the longer line as he came home to win.

#### Algy Morgan

1. J. Baker	Les Croup	63.37
2. T. Gibbs	MDC	65.10
3. P. Holder	CardQu	65.21
4. A. Jones	Aberdare	65.55
5. S. Johnston	LesCroup	66.16
6. R. Pickvance	Unatt	66.18
7. A. Bedwell	MDC	66.38
8. S. Jones	MDC	66.49
9. N. Lewis	MDC	67.18
10. G. Parsons	Chepstow	67.26

#### VETERANS 0/40

1. S. Jones	MDC	66.49
2. G. Parsons	Chepstow	67.26
3. M. Lucas	MDC	69.10

#### VETERANS 0/50

1. S. Johnston	Les Croup	66.16
2. G. Hicks	Islwyn	73.26
3. R. West	Unatt	89.25

#### LADIES

1. R. Pickvance 0/35	Unatt	66.18
2. A. Bedwell 0/35	MDC	66.38
3. J. Harrison	Unatt	92.23

## DRUIM FADA CHASE

### Lochaber

### 6.5m/1100ft 14.11.99

Apart from Nicky MacDonald, who bashed her knee, everyone came through unscathed.

John Coyle was in a class of his own in the men's race winning by over four minutes. In the ladies' race, Emma Pearce broke into the big time and wasn't far behind the winner, Nicola Forster. There are a hell of a lot of fit women in Lochaber right now, maybe something to do with the very well attended regular women's training nights which take place every Tuesday and Thursday from the Leisure Centre!

#### Roger Boswell

1. J. Coyle	Solway	47.58
2. S. Bums	Lochab	52.05
3. T. Smyth	Lochab	52.29
4. D. Paterson	Lochab	52.35
5. R. Boswell	Unatt	53.39
6. G. MacNab	Lochab	53.40
7. G. Robinson	W'lands	54.03
8. E. Orr	Lochab	55.37
9. D. Forster	Lochab	56.06
10. S. Gray	Lochab	56.34

#### VETERANS 0/40

1. R. Boswell	Unatt	53.39
2. M. Milmoie	Forres	57.10
3. J. Stewart	Lochab	59.43

#### VETERANS 0/50

1. G. Robinson	W'lands	54.03
2. E. Orr	Lochab	55.37
3. R. Collins	H'land	59.01

#### VETERANS 0/60

1. R. Gorman	W'lands	66.23
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#### LADIES

1. N. Forster	Lochab	60.08
2. E. Pearce	Lochab	60.59
3. S. Byrne	Lochab	65.00
4. N. MacDonald	Lochab	65.52



Start of Shepherds Skyline Photograph: Allan Greenwood



**COP HILL FELL RACE****West Yorkshire****BM/7m/900ft 14.11.99**

A strong field of 81 runners started the race in wet, windy conditions. Dave Watson led from the start and held a comfortable lead throughout the race over both Alan Crossland and Andy Whitworth. Alan and Andy battled hard throughout the race with Alan stretching his lead over Andy during the second lap. Nevertheless, Andy ran a fine race beating his personal best on this course by over two minutes.

A quality ladies' race was won by Lisa Lacon over Kath Drake. Christine Couch made a welcome return to the Cop Hill Race and took the ladies' Over 40 Prize.

**Martin Sturdy**

1. D. Watson	Holm	43.19
2. A. Crossland	Traff	44.34
3. A. Whitworth	Melth	44.51
4. A. Kirk	Gloss	45.24
5. A. Shaw	Holm	45.35
6. R. Haworth	Middle	45.43
7. J. Chambers	N Derby	45.59
8. P. Grimes	Hfx	46.10
9. R. Griffiths	Holm	46.40
10. J. Rank	Holm	47.47

**VETERANS 0/40**

1. R. Haworth	Holm	43.19
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**VETERANS 0/45**

1. P. Grimes	Hfx	46.10
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**VETERANS 0/50**

1. R. Futrell	Holm	50.16
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**VETERANS 0/55**

1. G. Howard	Ilk	51.39
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**VETERANS 0/60**

1. K. Bamforth	HolmeV'	55.25
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**LADIES**

1. L. Lacon	Holm	52.45
2. K. Drake 0/35	Spenn	53.06
3. T. Carney 0/35	Dews	53.40
4. C. Couch 0/40	HolmeV	58.58
5. J. Haworth	Middle	60.14
6. L. Moume	HolmeV	65.04
7. J. Hoyle	Meltham	66.26
8. D. Ardron	Meltham	69.39

**PENMAENMAWR FELL RACE****Gwynedd****CL/11m/1400ft 20.11.99**

1. J. McQueen	Eryri	1.08.01
2. C. Donnelly	Eryri	1.09.59
3. E. Roberts	Eryri	1.11.20
4. R. Owen	Eryri	1.14.04
5. G. Williams		1.15.44
6. A. Carruthers	Crawley	1.16.14
7. H. Matthews	Shrews	1.16.31
8. M. Forrest	Frontr	1.17.06
9. I. Barber	Saddle	1.17.38
10. R. Crane	CLC	1.21.02

**VETERANS 0/40**

1. C. Donnelly	Eryri	1.09.59
2. E. Roberts	Eryri	1.11.20
3. R. Owen	Eryri	1.14.04

**VETERANS 0/50**

1. D. Williams	Eryri	1.21.13
2. T. Hulme	Penn	1.26.33
3. I. Jones	WrecTri	1.27.45

**VETERANS 0/60**

1. M. Ward	OswestO	1.33.40
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**LADIES**

1. L. Whitaker	Saddle	1.27.28
2. J. Lloyd	Eryri	1.27.52
3. R. Isaacs	Pensby	1.35.31
4. K. Mather	Saddle	1.36.37
5. A. Williams	Camedd	1.36.58
6. K. Hatton	Eryri	1.39.49
7. E. Dunnington	Eryri	1.40.45
8. V. Ronald	ColwynB	1.41.25

**KIRKBYMOORSIDE FELL RACE****Cumbria****BM/8m/1600ft 20.11.99**

1. M. Laithwaite	WiganP	55.29
2. C. Valentine	Kesw	56.22
3. S. Addison	Clay	56.29
4. S. Neimarljia	Wignap	56.38
5. J. Chadwick	HoadH	57.26
6. R. Unwin	CFR	59.19
7. J. Bolt	Bux	60.17
8. J. Hope	AchR	60.45
9. M. Knowles	LOC	61.03
10. C. Davis	Unatt	61.13

**VETERANS 0/40**

1. S. Addison	Clay	56.29
2. R. Unwin	CFR	59.19
3. M. Knowles	LOC	61.05
4. D. Owen	Amble	64.10
5. R. Tiley	Unatt	64.48

**VETERANS 0/50**

1. J. Hope	AchR	60.45
2. J. Laycock	Amble	64.15
3. P. Dowker	Kend	66.05
4. K. Lindley	BCR	67.03
5. J. Ely	CFR	67.05

**VETERANS 0/60**

1. H. Catlow	Dallam	74.26
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**VETERANS 0/70**

1. J. Peel	BCR	100.24
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**LADIES**

1. E. Batt	Bux	63.07
2. D. Thompson 0/40		67.40
3. M. Leeming 0/50	Amble	74.32
4. M. Smith 0/40	Kend	74.37

**TOUR OF PENDLE****Lancashire****AL/17m/4250ft 20.11.99**

After just missing the record last year on his first time doing the race, Rob Jebb returned this year and knocked 2 minutes 20 seconds off the record set in 1988 by Dave Cartridge.

Conditions on the day were excellent with clear skies and a cool breeze. The field and entries were down but 127 set off.

Rob moved to the front from the start and attacked the course obviously with the record in mind and finished five minutes in front of second placed Andrew Davies, who was chased by his club colleague and former race winner, Andrew Schofield.

Congratulations to Vanessa - won again, repeating her success of last year.

Clayton members turned out in force and won both the men's and ladies' team event.

Congratulations to Mike Wallis winning the Veteran Over 40 for the third time in a row, Tony Hesketh the Veteran Over 50 race and Ross Jaques the Veteran Over 60.

My grateful thanks to the marshals on the course and at the start and finish - the response from Clayton was again tremendous! Thanks also to Pete Bland Sports for the numbers and help with the prizes and Rossendale Search and Rescue for their presence. Next year's race will be Saturday 18 November 2000.

**Kieran F Carr**

1. R. Jebb	Bing	2.11.52
2. A. Davies	Borr	2.16.50
3. A. Schofield	Borr	2.17.24
4. M. Palmer	ForDean	2.17.54
5. M. Wallis	Clay	2.25.50
6. S. Jackson	Horw	2.25.54
7. D. Walker	Clay	2.26.54
8. J. Logue	Horw	2.27.35
9. M. Can-	Clay	2.27.49
10. S. Bottomley	P&B	2.28.36

**VETERANS 0/40**

1. M. Wallis	Clay	2.25.50
2. G. Schofield	Horw	2.34.33
3. L. Warburton	Bowland	2.37.30
4. B. Honocks	Clay	2.40.53
5. K. Delaney	Ross	2.43.22

**VETERANS 0/45**

1. S. Jackson	Horw	2.25.54
2. H. Nicholson	Clay	2.45.40
3. J. Rusins	Pendle	2.48.33
4. D. Schofield	Ross	2.48.48
5. B. Horseley	CaldV	2.49.41

**VETERANS 0/50**

1. T. Hesketh	Horw	2.37.09
2. K. Carr	Clay	2.38.24
3. M. Crook	Horw	2.59.05
4. G. Breeze	Skyrac	2.59.23
5. S. Moss	Spenn	3.02.34

**VETERANS 0/55**

1. J. Nuttall	Clay	2.50.38
2. T. Peacock	Clay	3.01.57
3. D. Scott	Clay	3.17.08

**VETERANS 0/60**

1. R. Jaques	Clay	3.02.59
2. B. Leathley	Clay	3.28.48
3. J. Swift	Chorley	3.53.47

**LADIES**

1. V. Peacock 0/45	Clay	2.47.14
2. S. Jones	Horw	3.02.52
3. D. Gowans	Acc	3.05.53
4. K. Thompson 0/45	Clay	3.09.14
5. M. White 0/45	Horw	3.28.14
6. R. Sharpies	Kghly	3.38.54
7. C. White 0/40	Horw	3.47.52
8. S. Middleton	Clay	3.48.12

**ROACHES RACE****Cheshire****BL/15m/3700ft 21.11.99**

Conditions were good for this very tough route over the Roaches to Shutlingloe, including two crossings of the River Dane. Mark Hartell set a fast early pace to open a substantial lead but tired on the return route to finish less than a minute clear. A storming run from Barry Blythe in 6<sup>th</sup> place to take the Veteran Over 50 prize and helped Macclesfield to first team.

A ladies' team prize will be introduced next year and in a keen battle Macclesfield just overcame Dark Peak.

Many thanks to all the helpers and apologies for the late change in date due to a clash of events at the Village Hall.

**Andrew Addis**

1. M. Hartwell	Macc	2.10.25
2. A. Carruthers	Crawley	2.11.16
3. P. Cadman	Mercia	2.13.03
4. M. Cuddy	Gloss	2.13.17
5. G. Morson	Bux	2.13.35
6. B. Blythe	Macc	2.14.38
7. C. Fray	Penn	2.14.50
8. T. Longman	Macc	2.14.59
9. B. Can-	Congle	2.15.18
10. M. Wynne	DkPk	2.16.51

**VETERANS 0/40**

1. G. Morson	Bux	2.13.35
2. C. Fray	Penn	2.14.50
3. T. Longman	Macc	2.14.59
4. M. Wynne	DkPk	2.16.51
5. M. Beecher	Bux	2.21.20

**VETERANS 0/50**

1. B. Blythe	Macc	2.14.38
2. D. Tait	DkPk	2.17.41
3. J. Kershaw	Macc	2.21.14
4. R. Marlow	DkPk	2.30.18
5. P. Bratby	Congle	2.31.23

**LADIES**

1. C. Cresswell	Notts	2.30.14
2. L. Batt	Bux	2.34.45
3. R. Pleeth	Macc	2.35.46
4. J. Smith 0/40		2.36.53
5. S. Hales	Macc	2.37.08
6. P. Leach	DkPk	2.39.41
7. A. Calvert	Macc	2.45.36
8. R. Hilton	Macc	2.54.18

## THE 10th ELRICK RELAYS

Scotland

3.5m/670ft 21.11.99

With thanks to Forest Enterprise and Aberdeen City Council for access and to Davie Grubb and Laura Rivers for their assistance. Muddy in places but good conditions overhead.

### Ewen Rennie

1. G. Barbour/S. Rivers/D. Armitage	48.29
2. J. Buchan/R. Taylor/P. Cowie - Veterans	49.20
3. W. Law/S. Mason/B. Rajabian	51.21
4. J. Strachan/P. Jennings/A. White	52.03
5. C. Smith/R. Prathlingham/N. Prathlingham	55.02
6. B. Sheridan/C. Millar/D. Gooch - Mixed	55.12
7. G. Legg/P. Kalsary/N. Scales	57.51
8. G. Gutteridge/P. Littlefield/G. Ritchie - Veterans	59.33
9. A. Jones/C. Kynaston/G. Taylor	31.15
10. G. Marks/P. Leslie/J. Stephen - Veterans	61.12

## BOLTON BY BOWLAND FELL RACE

Lancashire

CM/8m/800ft 5.12.99

Heavy rain, gales and snow in the week leading up to the race promised heavy conditions, but the morning of the race dawned bright and crisp after an overnight frost.

The conditions seemed to suit Craig Roberts who had an eleven second victory over last year's winner, Paul Dobson, with Will Sullivan in third.

Previous winner, Vanessa Peacock, placed first of the ladies followed by Jean Rawlinson and Judy Hindle. Chris Miller was first Junior in a very respectable 14<sup>th</sup> overall.

The proceeds of the race totalled £432 which goes towards the upkeep of the Village Hall. Thanks to all who helped on the day and to the co-operation of the farmers.

### Roger Dewhurst

1. C. Roberts	Kend	47.26
2. P. Dobson	LeedsC	47.37
3. W. Sullivan	Clay	48.16
4. J. Logue	Horw	48.19
5. S. Sweeney	Bowland	48.33
6. C. Seddon	Horw	48.44
7. G. Schofield	Horw	49.00
8. T. Hesketh	Horw	49.53
9. B. Whalley	P&B	50.25
10. G. Cunliffe	Cclay	50.34

### VETERANS 0/40

1. G. Schofield	Horw	49.00
2. G. Cunliffe	Clay	50.34
3. G. Moffat	Howgill	50.40
4. S. Addison	Clay	50.57
5. N. Stone	Stoke	51.50

### VETERANS 0/45

1. S. Hounslow	Wharfe	53.50
2. M. Green	Clay	54.36
3. J. Singleton	Clay	54.59
4. P. Rogan	Wharfe	55.52
5. J. Rusius	Pendle	56.32

### VETERANS 0/50

1. T. Hesketh	Horw	49.52
2. P. Bramham	Kghly	53.52
3. G. Fielding	Ross	53.53
4. B. Hargreaves	L'pool	54.28
5. G. Breeze	Skyrac	55.28

### VETERANS 0/60

1. R. Jaques	Clay	59.31
2. P. Newsome	Kghly	64.02
3. J. Swift	Chor	66.22

### LADIES

1. V. Peacock 0/40	Clay	56.13
2. J. Rawlinson 0/40	Ross	63.23
3. J. Hindle 0/40	Clay	63.23
4. S. Norris 0/40	Horw	64.17
5. W. Dodds 0/40	Clay	65.23
6. L. Platt	Clay	68.29
7. S. Shepherd Jun	Settle	69.45
8. J. Taylor	LancsM	69.50

### JUNIORS

1. C. Miller	Hgte	51.48
2. M. Hounslow	Kghly	64.02
3. D. Glover	Unatt	67.23

## HEXHAMSHIRE HOBBLE

Northumberland

CM/10.5m/1220ft 5.12.99

Once again a nice morning for the record field of 81 competitors, although many were surprised by the thick snow and icy conditions on parts of the route. The race direction alternates each year, this year running anti-clockwise from Allendale Town over the circular North Pennine course

The local clubs, Northumberland Fell Runners and Tynedale Harriers were strongly represented, with N.F.R.'s. Shaun Scott winning for the second year running. Tynedale's ever improving Morgan Donnelly who last year's Hobble was his first ever fell race, gained 11 places, finishing second.

Previous twice winner, veteran international triathlete, Barry Jameson, his clockwise record still intact, finished in 3rd. position despite losing his spikes en route and running the last mile or so in stocking feet.

James Dickinson, Roy Dawson and Ray Hayes all won their categories for the second year running, with N.F.R. Chairman, Ray, celebrating his 60<sup>th</sup> birthday the day before.

Karen Robertson, won the ladies race impressively, with last years victor, Liz Cowell in second place. Karen can now add the Hobble to her formidable list of victories in North East fell races. Tynedale Harriers regained the team prize from N.F.R.

### Stewart Beaty

1. S. Scott	NFR	1.07.59
2. M. Donnelly	Tyne	1.09.10
3. B. Jameson	Tyne	1.10.32
4. M. Wynne	Salt	1.12.42
5. S. Coxon	Tyne	1.12.44
6. J. Dickinson	Tyne	1.12.52
7. M. Broadhurst	Tyne	1.13.07
8. S. Birkinshaw	NFR	1.13.52
9. J. Winder	Unatt	1.14.28
10. A. Green	Tyne	1.14.57

### VETERANS 0/40

1. J. Dickinson	Tyne	1.12.52
2. M. Broadhurst	Tyne	1.13.07
3. S. Brown	Tyne	1.15.22
4. G. Owens	NFR	1.15.55
5. T. Forster	Salt	1.18.58

### VETERANS 0/45

1. B. Jameson	Tyne	1.10.32
2. N. Cassidy	Tyne	1.15.37
3. J. Marsh	Teviot	1.17.21
4. A. Curtis	NFR	1.18.50
5. J. Humble	NFR	1.20.23

### VETERANS 0/50

1. R. Dawson	NFR	1.18.32
2. T. Dodds	Morp	1.27.28
3. R. Cooke	Unatt	1.28.16
4. B. Campbell	NFR	1.29.35
5. E. Watson	NFR	1.32.57

### VETERANS 0/55

1. D. Gordon	Swale	1.37.58
2. J. Wilkinson	NFR	1.59.05

### VETERANS 0/60

1. R. Hayes	NFR	1.30.22
2. J. Garbarino	NFR	1.40.23

### VETERANS 0/65

1. D. Wright	Tyne	1.59.05
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### LADIES

1. K. Robertson	NFR	1.21.12
2. L. Cowell	Kesw	1.26.23
3. J. Saul	NFR	1.35.19
4. C. Roberts 0/40	CaldV	1.41.47
5. H. Dickinson 0/40	Tyne	1.45.42
6. S. Davis 0/40	Unatt	1.45.51
7. S. Leyland 0/40	Unatt	1.49.43
8. E. Bartholomew	Unatt	1.50.00

## CALDERDALE WAY RELAY

West Yorkshire

50m/6000ft 12.12.99

Bingley Harriers had a double misfortune this year following their disastrous Leg 6 last year. After leading by 2 mins 43 secs at the end of Leg 2, their Leg 3 pairing were not ready for the change over and lost 3 minutes. They regained first place on leg 4 from Pudsey & Bramley and maintained it on Leg 5 to lead by 3 mins 40 secs. Unfortunately, with the withdrawal of John Taylor through injury, the weakened Leg 6 pair could not hold off Pudsey & Bramley's internationals and were beaten into second place. The controversy did not end there, the Bingley pairing objected to Pudsey & Bramley taking the wrong route between Bailiff Bridge and Brighouse. Pudsey admitted going wrong but ended up running through brambles and negotiating barbed wire fences. After discussions with both team captains, we let the result stand. All credit must go to Salford Harriers for an excellent third place on their first outing, though last year's winners, Clayton-le-Moors, were close to catching them if it had not been for a botched change over at Shelf.



Billy Bums and Neil Wilkinson, of Salford - Calderdale Way Photograph: Peter Hartley



D Flynn and M Fryer - Halifax A - Calderdale Way  
Photograph: Peter Hartley

Dark Peak Ladies had their second win in three years after a close fought battle. Keighley & Craven led for the first two legs but an outstanding run by Dark Peak on Leg 3 pushed them into second place. After Leg 4, Dark Peak had only a ten second lead over Clayton-le-Moors with Bingley third and the run of the day by the Pudsey & Bramley pair with 23<sup>rd</sup>\* leg place overall, now in 4<sup>th</sup>\*1. Cut-off time now spoilt the closeness of the true race. Dark Peak consolidated their lead on Leg 5 and although Clayton-le-Moors closed the gap on Leg 6, they had to settle for second place, with Bingley a consistent third.

Kendal AC Veterans also had their second win in three years; after a mediocre start they gained the lead on Leg 2 and held on until the finish, being pushed all the way by Clayton-le-Moors in the closest fought category of the day.

Todmorden Harriers took the decision to forego their 'A' team for a mixed team and went on to win in style with 18<sup>th</sup> place overall. With three pairs of men and three pairs of ladies, they were within the rules, unlike many of the initially declared mixed teams.

#### Phil Hellawell

1. Pudsey & Bramley 'A'	5.52.12
2. Bingley 'A'	5.55.56
3. Salford Harriers	6.02.36
4. Clayton 'A'	6.03.40
5. Rossendale 'A'	6.03.58
6. Dark Peak 'A'	6.07.56
7. Horwich 'A'	6.08.52
8. Keighley & Craven 'A'	6.19.06
9. Kendal Vets 'A'	6.25.44
10. Clayton Vets 'A'	6.27.02

#### VETERANS

1. Kendal	6.25.44
2. Clayton 'A'	6.27.02
3. Dark Peak	6.53.53
4. Clayton 'B'	7.03.08
5. Todmorden	7.03.48

#### LADIES

1. Dark Peak	7.44.57
2. Clayton	7.47.50
3. Bingley	7.52.11
4. Pudsey & Bramley	8.15.02
5. Keighley & Craven	8.42.11

#### MIXED

1. Todmorden	6.45.21
2. Saddleworth	7.22.16
3. Holme Pierpoint	7.27.59
4. Valley Striders	7.56.18
5. Rochdale	8.24.58

### SIMONSIDE FELL RACE Northumberland BM76.75m/1 200ft 18.9.99

In spite of the advent of the quad bike, Coquetdale is still producing its own heroes. Neil Dunn, Brian Robson and David Milburn have been up there with some of the best fell runners in the north, but in the history of the race we have never had a local placed, until this year with twenty one year old Daniel Wood at third!

Saltwell have been great supporters of our race and it was good to see their John Larkin as a deserved winner. John was leading the field to the Top Road, but coming up to the summit crags, Andy Green pipped him to the top. Paul Taylor a veteran, had been number two most of the ascent and was still third at the summit. As always the courage needed for a fast descent adds a new factor to the race. By Little Church, Andy was in the lead with Daniel Wood, the new local hero

asserting himself as second. John and Paul were still very much in contention. By Great Tossion the race was decided as John took the lead to the finish with Andy and Daniel second and third. Paul had run a powerful race to finish first veteran and fourth overall.

The first women Karen Robertson was a creditable winner at 22<sup>nd</sup> overall! She maintained this position throughout the race. Alison Raw also had a constant position and although she kept Karen in her sights she could not close the gap. Further down the field a private ladies' race was going on for third place. This was between Susan Milburn, Sian Porteous and Marian Fletcher, but it was Jane Saul that carried the day. Eileen Armstrong deserves a special mention as not only our very first women veteran over sixty ever to run, but in an excellent time of sixty four minutes and fifty three seconds.

The running legend Martin Hyman is a much valued supporter of the Simonside and usually brings some surprising protage from Livingston. This year it was a spectacular winner of the under 16's race, Iain Donnan, a lad with a great future ahead of him.

In spite of the dire forecast we had another great race which was the centre point of Throptons great show.

#### Ian Webb

1. J. Larkin	Salt	44.26
2. A. Green	Tyne	44.58
3. D. Wood	Unatt	45.18
4. P. Taylor 0/40	Sunder	45.57
5. J. Blackett	Mand	46.03
6. I. Twaddle	N.Shlds	46.26
7. P. Gaines	Tyne	47.12
8. M. Broadhurst 0/40	Tyne	47.34
9. P. Milburn 0/40	NewAyc	47.50
10. B. Johnson	CalderV	47.57

#### VETERANS 0/50

1. B. Lowdon	NFR	61.58
2. P. Lancaster	N.Shlds	53.50
3. D. Cockburn	Morp	56.17
4. W. Campbell	NFR	56.31
5. R. Hayes	NFR	57.47

#### LADIES

1. K. Robertson	NFR	51.19
2. A. Raw	Dari	52.29
3. J. Saul	NFR	60.58
4. S. Milburn 0/40	NewAyc	61.58
5. S. Porteous	Morp	62.10
6. M. Fletcher 0/40	Unatt	62.22
7. B. Renwick	Saltwell	64.45
8. E. Armstrong	Blay	64.53

#### INTERMEDIATES U/18

1. A. Wilson	Unatt	53.49
2. T. Burden	Unatt	56.12
3. Alex Watson	Unatt	62.06

#### SHORT COURSE - BOYS U/16

1. I. Donnan	L'ston	44.10
2. P. Larkin	G'head	56.24
3. J. Wilson	Unatt	58.30
4. A. Cann	NFR	58.39
5. J. Hunter	Ain	64.43

#### SHORT COURSE - GIRLS U/16

1. L. Hamilton	Unatt	95.02
2. A. Porteous	Morp	95.08

### MORTIMERS FOREST HILL RACE Shropshire BM/10m/1700ft 12.12.99

1. S. Bowler	Bromsgr	69.27
2. D. Turvey	Halesowen	70.24
3. P. Cadman	Mercia	73.05
4. P. Vale	Mercia	73.16
5. P. Dable	Leamington	73.53
6. R. Lamb	Mercia	74.04
7. R. Worth	WyeV	74.13
8. I. Hughes	Unatt	74.25
9. C. Lancaster	Telf	75.37
10. D. Gilbert	Ludlow	75.46

#### VETERANS 0/40

1. R. Burrows	Leamington	77.28
2. S. Payne	Kidd	78.13
3. P. Horgan	Unatt	78.32
4. P. Aird	Capenhurst	78.49
5. P. Morris	WyeV	79.20

#### VETERANS 0/45

1. S. Littlewood	HerefC	76.49
2. G. Farmer	Mercia	77.46
3. K. Cunneery	WyeV	79.00
4. G. Manson	Oswest	79.07

#### VETERANS 0/50

1. D. Wilde	Worces	79.41
2. D. Rose	TarrenH	81.28
3. B. Russell	Tipton	84.39
4. B. Davies	CroftAmb	86.06
5. M. Blake	Eryri	88.41

#### VETERANS 0/60

1. M. Ward	Oswest	88.19
2. E. Knight	Hales	89.21
3. L. Bailey	Worces	89.37

#### LADIES

1. N. Bedwell	Mercia	82.13
2. S. Hammond	TattenH	87.15
3. T. James	HerefC	90.05
4. A. Cooke	HerefC	90.28

### DAVID STAFF MEMORIAL FELL RACE Lancashire BS/5m/900ft 12.12.99

On a day when the previous week had done nothing but rain, 184 entrants took part in the fifth running of this race to the memory of David Staff, a 17-year old member of Darwen Dasher who died of a heart defect in 1994.

Paul Dobson became the first male to retain his title by some 18 seconds in a close race with local runner, Richard Thomas. While the ladies' race had a new name on the winners' list, that of Christine Jones, who just edged our Junior, Kate Rogan.

This year all runners received T-shirts thanks to generous sponsorship from Azol Nobel (Crown Paints). There was also a donation of £250 to the charity "CRY" in David Staff's memory. [PAR]

#### G. Taylor

1. P. Dobson	LeedsC	33.58
2. R. Thomas	DarwenD	34.16
3. R. Green	AchR	34.29
4. D. Norman	Altr	34.30
5. C. Seddon	Horw	34.59
6. D. Gartley	Gloss	35.26
7. K. Johnston	Chor	35.31
8. J. Wiczorek	Clay	35.52
9. D. Hope	AchR	36.14
10. R. Crossland	BfdA	36.28

#### VETERANS 0/40

1. D. Gartley	Gloss	35.26
2. R. Crossland	BfdA	36.28
3. D. Woodhead	Horw	36.46
4. N. Holding	WPenn	38.03
5. S. Jones	Lstock	38.31

#### VETERANS 0/45

1. T. Ryan	B'bum	38.32
2. J. Singleton	Clay	39.16
3. N. Hindle	Altr	39.30
4. R. Paul	Saif	40.14
5. E. Wilson	B'bum	40.32

#### VETERANS 0/50

1. R. Taylor	Penn	37.51
2. J. Hope	AchR	38.13
3. S. Fumess	B'bum	41.28
4. P. Gillham	Chorley	41.29
5. J. Highelt	Bury	45.22

#### VETERANS 0/55

1. G. Fielding	Ross	39.13
2. P. Heneghan	B'shaw	44.13
3. J. Devlin	RRC	44.48

#### VETERANS 0/60

1. D. Ashton	NthnV	42.17
2. J. Barker	Clay	47.42
3. G. Arnold	Prest	49.32

#### LADIES

1. C. Jones	Lstock	44.23
2. K. Rogan Jun	Wharfe	44.58
3. H. Sandelands	Newburgh	47.08
4. M. Dixon	WPenn	47.50
5. J. Coleman 0/40	Chor	48.20
6. B. Dickinson	Wesham	51.57
7. S. Cossini	Darwen	52.16
8. J. Chaplin	Chor	53.08



Ray Stuart and Craig Roberts - Kendal - Calderdale Way  
Photograph: Peter Hartley



Lewis Jones u/12 - Stoop junior quarry run Photograph: Peter Hartley

### THE 9th STOOP West Yorkshire BS/5m/800ft 19.12.99

The name Ian Holmes is rapidly becoming a legend in his own lifetime, especially in this race, since this was his ninth straight victory, he is the course record holder and also holds the top four slots of fastest times ever recorded.

Over treacherously icy ground, the 34-year-old stormed away at the start leaving behind 226 other runners, including the only other winner of the event, Allan Boff Whalley. It was the inaugural race that Boff got the better of Ian Holmes, remarkably on the descent, something which still today brings a wry smile to Ian's face. "It's the first time in quite a few years that it's been as fast as this, and I think road shoes are ideal on frozen ground like today. I always like to lead though, especially on home ground. Once you're away there's no pressure. I've had food poisoning, so it was pleasing to run as well as I did. I couldn't eat for two days - and only managed to eat from Friday onwards. My main aim was just to see how things went, and take it from there. The race is very special to me - not just because it's on home ground. Organisers David and Eileen always put on a good event. The atmosphere is brilliant, and once I've won a race I always like to defend it." Holmes commented.

43-year old Steve Oldfield defended the over 40s, and was presented with a new trophy which was donated by the GB squad of Mark Kinch, Neil Wilkinson and Ian Holmes after their second place in the 40<sup>th</sup> Trofeo Vanoni race in Morbegno, Italy.

Another new trophy went to over 50 Tony Hesketh courtesy of Keswick Olympic Challenge festival winner Paul Thompson, who donated the silver cup from that event to be recycled so to speak. Incidentally how often do you see a prizewinner forego cases of beer etc for a 3ft Orinoco wobble hot water bottle? Well Tony did!

Chris Miller won the under 18's race in 25<sup>th</sup>\*1 position from Ray Edgar, 34<sup>th</sup>\*1, who demonstrated his stamina - not to mention his keenness as only 20 minutes earlier he held off his brother Neil, in the under 16 quarry run.

Arguably the find of the season, Helen Johnson, recorded the fourth fastest ever ladies time with 34-33 and 43<sup>rd</sup> place overall, and all the apprehension about fitness beforehand were dispelled as she left Karen Slater nearly a minute behind.

This completes a first true fell season for Helen which includes victories at Snowdon, English Trials race, Holme Moss and the Yorkshire Championship etc, but more significantly obtained English and GB international vests at Snowdon, European Uphill Trophy, World Mountain Running Trophy and Kinabalu Mountain Race, the latter held in Malaysia. Which was an experience of a lifetime for Helen, and we're sure there's plenty more to come.

The only consolation Karen could gain was setting a new over 40's record of 35-22, beating clubmate Jo Prowse' 1997 time by 27 seconds, and leading Keighley and Craven ladies to team victory with Christine Preston (9<sup>th</sup>) and Rachel Sharpies (10<sup>th</sup>).

A staggering ....wobble, wobble....66 juniors competed in the ever increasing popular Quarry runs, and we had a first ever outright victory by a girl, Anne Smith of Park High School, Colne, Lancashire shocked everybody with her 3 second victory over all the field. Watch this name, our last girl to place in the top three, Victoria Wilkinson went on to become the Junior World Mountain Running champion, is an England international and is dabbling in mountain biking at the moment with success. So Anne Smith has possibly the World at her feet, and while we're fumbling for our Grecian 2000 in years to come, we might hear her name as a World champion one-day.

This year we replaced the Cadbury's chocolate puds, due to not being available, with goody bags like the junior runners collect on finishing, hope the crisps, chocolate and painter lolly were a crunchy, bitey, sucky affair.

So why not join the Woodentops and Ian Holmes on Penistone Hill for the 11<sup>th</sup> running of this popular pre-Christmas event, and let's see if 'our Ian' can score ten out of ten for his running. If he does succeed, then the Woodentops have plenty surprises up their sleeves for him, and you too can witness this jamboree of merriment.

#### Rudy and even Ruder

1. I. Holmes	Bing	27.47
2. Paul Sheard	P&B	28.41
3. R. Hope	P&B	28.54
4. K. Smith	Tod	29.56
5. S. Livesey	Clay	30.02
6. S. Oldfield	Bf&A	30.09
7. P. Stevenson	P&B	30.15
8. G. Oldfield	P&B	30.38
9. A. Whalley	P&B	30.57
10. A. Pyne	Unatt	31.00

#### VETERANS 0/40

1. S. Oldfield	Bf&A	30.09
2. G. Schofield	Horw	31.06
3. J. Butler	Kghly	31.20
4. R. Griffiths	Holm	32.06
5. C. Shuttleworth	Prest	32.25

#### VETERANS 0/50

1. T. Hesketh	Horw	33.13
2. G. Breeze	Skyrac	36.05
3. G. Newsam	Clay	36.10
4. T. McDonald	Bing	37.50
5. J. Hewitt	Bams	37.56

#### VETERANS 0/60

1. F. Gibbs	Bing	38.12
2. M. Mahoney	StBedes	41.16
3. P. Newsome	Kghly	42.59

#### JUNIORS U/18

1. C. Miller	Hgte	32.54
2. R. Edgar	LancsM	33.47
3. J. Carter	Spn	38.22

#### JUNIOR RACE U/16

1. R. Edgar	LancsM	10.35
2. N. Edgar	Unat	11.27
3. R. Whitaker	Unatt	12.47

#### JUNIOR RACE U/14, U/12, U/9

1. A. Smith Girl U/14 PkHigh		6.11
2. G. Wetherwell U/12	Kghly	6.14
3. M. Thwaites U/12	Skyrac	6.15
4. C. Wright Girl U/14	W'field	6.22
5. M. Bridge U/14	Pendle	6.27
6. M. Addison U/14	Unatt	6.38
7. T. Bolger U/12	Unatt	6.39
8. S. Thwaites U/9	Skyrac	6.42



Helen Johnson, Stoop ladies winner Photograph: Peter Hartley

### DEVILS CHAIR DASH Shropshire AS/3m/800ft 26.12.99

Although wet and windy, the visibility on the summit was good and Welsh running hero, Tim Davies, was again close to his best. Despite treacherous conditions, Tim finish two minutes ahead of the field. Steve Cale and Matthew Clewes finished close together to take the minor places. Last year's ladies' winner, Caroline James, had to give second best to Polly Gibb, who finished in the top twenty overall in an excellent time.

Once gain, three Veterans made the top ten with Andy Breeze and Russell Mapp finishing close behind Matthew Clewes. Roberts Evason was unable to defend his local's prize but it is unlikely he would have withstood Andy Yapp's rapid descent. Andrew had been out training on the course on Christmas Day and returned a personal best time.

In the Juniors' event Chris Rose pipped last year's winner, Joel Chidley, Alison and Jo Lavender maintained their supremacy and James Broadhead secured the boys' under 18 prize.

Many thanks to all who took part, helped or supported. The money is still coming in but it is already over £400. This year the money raised will go to a local family whose home was destroyed by fire shortly before Christmas.

A special thanks to the men on the summit checkpoint - I am not sure if they have returned yet but I am sure they will when the whisky runs out!!

#### John Sproson

1. T. Davies	22.38
2. S. Cale	24.23
3. M. Clewes	24.31
4. I. Hughes	24.51
5. A. Breeze	25.16
6. A. Yapp	25.22
7. R. Mapp	25.23
8. G. Middleton	25.26
9. H. Jones	25.53
10. J. Rogers	25.55

#### VETERANS 0/40

1. M. Clewes	24.31
2. A. Breeze	25.16
3. R. Mapp	25.23

#### VETERANS 0/50

1. P. Booth	29.03
2. A. Clavehay	30.21
3. J. Richards	31.03

#### LADIES

1. P. Gibb	26.48
2. C. James	29.47
3. V. Skelton	29.57
4. G. Harris 0/40	31.46
5. W. Walton 0/40	33.09
6. K. Preston 0/50	33.55
7. B. Butler	38.06
8. N. Wrighton	39.37

## Final standings - South Pennines fell racing Grand Prix 1999

1 Chris Seddon	Horwich		750.9
2 Jason Feeny	Bingley		750.6
3 David Keeling	TraffordAC		742.7
4 Jason Hemsley	Ilkley		734.2
5 Vincent Booth	Trafford AC		731.5
6 Ken Taylor	Rossendale	MV50	728.6
7 Robert Hamilton	Ilkley	MV40	717.0
8 Stefan Macina	Eccleshill		712.3
9 Peter Leighton	Horwich		679.0
10 Neil Holding	West Pennine		668.3
11 Keith Masser	Rossendale	MV40	663.5
12 Graham Breeze	SKYRAC	MV50	662.7
13 Carl Greenwood	Calder Valley		653.1
14 Andrew Cutts	Longwood		629.0
15 Geoff Haworth	Red Rose		627.4
16 Mike Moss	St Bedes	MV45	601.0
17 John McIntosh	Bury AC	MV40	598.6
18 Mike Smith	Bingley	MV40	586.0
19 John Agg	Radcliffe		577.3
20 Stuart Pound	Red Rose	MV40	573.1
21 John Devlin	FRA	MV55	566.1
22 Adam Baker	CalderValley		563.4
<b>23 Linda Hayles</b>	<b>Halifax</b>	<b>FV40</b>	<b>558.7</b>
24 Mark Grice	Todmorden		553.2
25 Vincent Brodrick	Clayton	MV40	549.0
26 Paul Turner	St Bedes	MV55	540.7
27 Neil Croasdell	Halifax	MV50	535.2
28 Jim Whalley	Clayton	MV50	511.6
29 Derrick Brown	Clayton	MV55	509.2
30 Sammy Wilson	Salford Mets	MV55	499.9
31 Jim Godwin	Rossendale	MV45	468.1
32 Mick Brown	Werrington	MV50	446.6
<b>33 Elma Brown</b>	<b>Werrington</b>	<b>FV50</b>	<b>442.7</b>
34 Ted Maden	Penny Lane	MV60	398.7

There are a few new races included for the 2000 Grand Prix.  
Why not give them a try ?

All Grid Ref's refer to O/S sheet 21 "South Pennines"

Sat Jan 8th	Tor Ovenden fell race	Ogden reservoir, Denholme	(GR 064 306)
Sat Feb 5th	Ogden Moors	Ogden reservoir, Denholme	(GR 064 306)
Wed May 3rd	Flower Scar	Hare & Hounds, Todmorden	(GR 929 250)
Wed May 10th	Blackstone Edge	Lydgate hamlet, Littleborough	(GR 951 165)
Sat June 24th	Tom Tiitiman	Wadsworth Old Town Gala	(GR 998 285)
Sat July 1st	Erringden Moor	Mytholmroyd Comm. Centre	(GR 011 260)
Tues July 11th	Stoodley Pike	Top Brink, Lumbutts	(GR 957 235)
Sat July 22nd	Turnslack	Calderbrook nr. Summit	(GR 942 182)
Sat Aug 5th	Churn Milk	Joan Wadsworth Old Town	(GR 998 285)
Sun Oct 8th	High Brown Knoll	Mytholmroyd (Dusty Miller)	(GR 013 261)
Sun Oct 29th	The 34th Gale race	Gale, Littleborough	(GR 943 174)
Sat Nov 4th	Shepherd's Skyline	Shepherd's Rest, Lumbutts	(GR 945 232)

Clockwise from top - over 45s champion Mike Moss,  
Chris Seddon of Horwich; trophies Photographs: Allan Greenwood

## BARF TURKEY TROT 1999

The long-range weather forecast had not boded well and we expected a repeat of the havoc wrought by gales last year, but in the event the storms swept south tearing through France and Switzerland. In contrast the winds on Turkey Trot day were a relatively low 25mph. hard going when faced on the uphill climb, but a great assistance on the run home. A light covering of snow gave the course a Christmas Card feeling.

A record entry of 64 Turkeys turned up; some stuffed, some frozen, some with a half-baked idea of what they were getting into. They all staggered off up the Trassey Track just after midday and before long Brian Ervine and Deon McNeilly were heading the gaggle.

By the time the first Col between Slieve Bemagh and Slieve Meelmore was reached, Brian had opened up a race-winning gap and the recently engaged Neil Carty was pumping his thighs to flutter Deon's feathers. The climb to this Col sorted out quite a few runners for beneath the crust of snow lurked a gravy of glutinous muck. More Turkeys were stuffed!

Lady fell running find of the year Shileen Donnelly had the ladies race to herself, well ahead of Scottish visitor Gronia Archbold, while vet 45 Peter McGookin was well ahead of the other veterans of all categories.

Brian cruised to a comfortable win as Deon McNeilly faded and a fast finishing Neil Carty plucked second place from under his beak. Further down the field Kieran O'Hara of Newcastle had a brilliant run to grab 8th place just ahead of James Coates, running well in a pair of trainers. It was great to see the toned (tonned) body of Darkey McNiff gracing this course again after years of special liquid training and his 42nd place demonstrated the ample success of the technique.

Once again we are grateful to the Tollymore Mountain Centre for allowing us to dish out mulled wine, mince pies, cakes and prizes. Thanks also to Jacksons, Tisos and Surf Mountain, the three local sports stores who provided the prizes.

So for the fourth time Brian Ervine will have the Martin McMahon trophy sitting proudly in his cupboard. Is there not a turkey out there that can trot past him next year?

### Open Race

1. Brian Ervine	Ballydrain AC	44.15
2. Neil Carty	N. Belfast AC	46.36
3. Deon McNeilly	Newcastle AC	46.52
4. Damian Brannagan	Newcastle AC	47.51
5. Steve Neil	P & B AC	48.15
6. Jeff Summerville	BARF	52.41
7. Jamie Thin	Camethy AC	54.28
8. Kieran O'Hara	Newcastle AC	54.34
9. James Coates	U/A	55.02
10. Chris Adgey	Albertville AC	55.48

### Ladies

1. Sheleen Donnelly	BARF	68.33
2. Gronia Archbold	U/A	94.49

### Vet 40

1. Ian McMurry	BARF	63.10
2. Fintan Quinn	U/A	70.35

### Vet 45

1. Peter McGookin	Acke	56.15
2. Bill Simpson	BARF	61.57
3. Mike Barton	Acke	63.05

### Vet 50

1. Kevin Quinn	Newcastle AC	62.21
2. Ricky Cowen	U/A	64.02
3. Robin Ferry	Cookstown H	67.38

### Juniors

1. Simon Taylor	BARF	57.21
2. Danny Hughes	U/A	59.49

## CRUIM LEACAIN HILL RACE

### Fort William

5.5m/800ft 26.12.99

Alastair MacLennan won it the hard way battling from start to finish against the elements, Stephen Cant and John Stewart. From the start, these three pulled clear of the rest, with John reaching the Trig Point summit first, with Stephen second and Alastair third. After a furious descent, Stephen just got the better of John, but had to give way to a determined Alastair. Stephen's dad, Robert Cant, ran a blinder to finish 1st 0/40, 1st 0/50 and 7th overall.

Julie Anderson showed she is in good form by winning the women's race, and beating Nicola Forster plus most of the men by 1 minute.

1. A. MacLennan	Lochaber	37.34
2. S. Cant	Penicuik	38.11
3. J. Stewart	Lochaber	38.32
4. D. Forster	Lochaber	39.10
5. G. McNab	Lochaber	39.31
6. G. Cairns		39.48
7. R. Cant Snr.	Lochaber	42.46
8. R. Boswell	u/a	42.30
9. D. Brown	Lochaber	43.15
10. J. Anderson	Lochaber	44.29
11. D. Ford		45.59
12. N. Forster	Lochaber	46.05
13. L. Volwerk	Lochaber	46.09
14. K. Dignan	Lochaber	46.47
15. J. Day	Lochaber	46.55
16. K. Rumgay	Lochaber	47.13
17. R. Collins	Lochaber	48.32
18. J. Dougan	Lochaber	52.08
19. J. Ness	Lochaber	52.33
20. S. J. MacLeod	Lochaber	56.43
21. K. Gray	Lochaber	60.27
22. A. Kitson	Lochaber	60.27
23. C. Paterson	Lochaber	60.27
24. S. Clause	Lapland	72.27

### VETERANS 0/40

1. R. Boswell	u/a	42.30
2. J. Day	Lochaber	46.55
3. J. Dougan	Lochaber	52.08

### VETERANS 0/50

1. R. Cant Snr	Lochaber	42.46
2. D. Ford		45.59
3. L. Volwerk	Lochaber	46.09

### LADIES

1. J. Anderson	Lochaber	44.29
2. N. Forster	Lochaber	46.05
3. J. Ness W35	Lochaber	52.33
4. K. Gray W40	Lochaber	60.27

## BRISCOE'S AULD LANG SYNE FELL RACE

### West Yorkshire

BM/6m/900ft 31.12.99

1. I. Holmes	Bing	35.07
2. M. Whitfield	Bing	35.14
3. Paul Sheard	P&B	37.38
4. S. Oldfield	BfdA	37.50
5. R. Jebb	Bing	38.08
6. A. Schofield	Borr	38.13
7. A. Peace	Bing	38.28
8. G. Wilkinson	Clay	38.34
9. J. Wright	Tod	38.37
10. D. Walker	Clay	38.39

### VETERANS 0/40

1. S. Oldfield	BfdA	37.50
2. G. Schofield	Horw	39.19
3. J. Butler	Kghly	39.41
4. S. Jackson	Horw	39.50
5. C. Shuttleworth	Prest	40.24

### VETERANS 0/50

1. J. Kershaw	Macc	42.16
2. R. Taylor	Stock	42.35
3. K. Taylor	Ross	42.40
4. B. Whitfield	Bing	43.32
5. K. Carr	Clay	43.35

### VETERANS 0/60

1. R. Jaques	Clay	50.10
2. D. Brown	Clay	54.46
3. M. Mahoney	StBedes	55.21

### LADIES

1. L. Wright	LeedsC	42.22
2. S. Rowell 0/35	P&B	42.44
3. S. Newman 0/35	Ross	44.45
4. S. Dolan 0/35	Imp	45.00
5. L. Lacon	Holm	45.40
6. L. Whitaker	Saddle	48.09
7. S. Whilde	Roch	49.13
8. R. Whitehead	Bing	49.32

### JUNIORS U/18

1. M. Carter	Spem	42.32
2. J. Carter	Spem	45.50
3. K. Rogan Girl	Wharfe	50.18
4. M. Hounslow	Wharfe	51.10
5. S. Hounslow	Wharfe	51.18

## HILL FORTS & HEADACHES

### FELL RACE

#### Northumberland

AS/3m/1020ft 01.01.00

Perfect weather but with so many other distractions, not a huge entry - this is sure to change. Some things don't! Shaun Scott in a hurry again set a time which may take some beating. Quality runs in all categories. First local to finish, B. Robson in 13<sup>th</sup> position, seemed to be the only one with a headache!

### Ray Hayes

1. S. Scott	NFR	22.32
2. A. Curtis	NFR	26.18
3. G. Owens	NFR	26.23
4. R. Hall	NFR	26.50
5. G. Davis	NFR	26.57
6. B. Lowdon	NFR	27.00
7. G. McWilliams	NFR	22.55
8. R. Phizacklea	Morpeth	29.24
9. G. Brosnan	Unatt	29.22
10. D. Duggan	NFR	29.47

### VETERANS 0/40

1. G. Owens	NFR	26.23
2. G. Davis	NFR	26.57
3. D. Duggan	NFR	29.47
4. S. Jones	NFR	29.51
5. R. McWilliams	Unatt	38.54

### VETERANS 0/45

1. A. Curtis	NFR	26.18
2. R. Hall	NFR	26.50
3. P. Reed	NFR	30.01
4. A. Barnes	Morpeth	30.34
5. K. Cooper	Morpeth	33.05

### VETERANS 0/50

1. B. Lowdon	NFR	27.00
2. G. Brosnan	Unatt	29.32
3. W. Campbell	NFR	31.01
4. J. Tomlin	Morpeth	31.05

### LADIES

1. J. Duggan 0/35	Morpeth	31.20
2. P. Cooper 0/35	NFR	34.12
3. S. Davis 0/35	Unatt	34.35
4. A. Mitchell 0/35	Morpeth	36.17
5. L. Brosnan 0/35	Unatt	37.08



Giant's Tooth - V50 Dave Tate of Dark Peak first footing  
Photograph: D/E Woodhead

## THE GIANT'S TOOTH West Yorkshire CS/3m/400ft 01.01.00

The Giant's Tooth is a large white-painted standing stone on Ovenden Moor, overlooking the beautifully picturesque Ogden Reservoir near Halifax, scene of my early season Ovenden and Ogden Moors races.

The eight miles Ovenden is usually held on the first Saturday in January, but as that day this year was New Year's Day, I didn't think there would be many people in a fit enough state to drive, let alone run that distance over the fells, especially with those additional "Millennium" celebrations.

Therefore, a fun three miler to The Tooth, from the reservoir, with a superb woodland descent - and a few more ups and downs along the way - was planned, and with 47 entries, we had a manageable low key race and an enjoyable event was had by all.

To be honest, after the non-appearance of the FRA calendar, I had fully expected to be running up to the monument on my own, but our leaflets, along with an announcement at the previous day's Auld Lang Syne apparently did the trick.

Paul Targett was first back ahead of Steve Bottomley and early leader Richard Crossland, who took the veterans prize, Lucy Whittaker coming in first among the women in front of Jennifer Burbidge and Jane Mellor.

The idea was mentioned that the course might make a suitable midweek evening race route, or perhaps a fun mid summer relay. We will have to see. Thanks to Amy Green and Barrie (Andy's dad) Peace for their help at the finish, and Peter Hey and Keith Masser (and son) for company de-flagging.

### Allan Greenwood

1. P. Targett	Clay	18.21
2. S. Bottomley	P&B	18.39
3. R. Crossland	BfdA	18.42
4. P. Hughes	Queens	18.48
5. D. Overend	Holm	19.14
6. D. Tate	DkPk	19.24
7. H. Sawyer	Skyrac	19.43
8. N. Pearce	Ilk	19.59
9. G. Breeze	Skyrac	20.08
10. D. Hird	Ilk	20.12

### VETERANS 0/40

1. R. Crossland	BfdA	18.42
2. P. Hughes	Queens	18.48
3. D. Overend	Holm	19.14

### VETERANS 0/50

1. D. Tate	DkPk	19.24
2. G. Breeze	Skyrac	20.08
3. S. Sanderson	BfdA	20.14

### LADIES

1. L. Whittaker	Saddle	21.14
2. J. Burbridge	Hfx	22.11
3. J. Mellor	Penn	23.03
4. J. Graham	Unatt	24.11
5. L. Hayles 0/45	Hfx	24.21
6. S. Watson 0/50	VallStr	25.01
7. R. Duncan	Unatt	25.36
8. S. Jollie	Eccles	26.03

## 'TOR OUTDOOR' OVENDEN FELL RACE West Yorkshire BM/8m/1 200ft 08.01.00

The decision to put the Ovenden race back a week, so avoiding New Year's Day, proved to be the right one as a record turnout of one hundred and twenty four runners set off from the beautifully picturesque setting of Ogden reservoir, on one of the best days we've had this winter.

We were worried all our efforts would be in vain after the non-appearance of the FRA calendar, but our flyers, word of mouth and the Internet obviously put the message about. With a slight nip in the air and bright, warm sunshine, conditions couldn't have been better for the runners, though the spectators and finish marshals had to keep moving to avoid the chill.

After losing out to record breaker Robert Jebb 12 months ago, veteran international Steve Oldfield made no mistake on this occasion, breaking Rob's record into the bargain and establishing an early lead in the South Pennines Grand Prix 2000.

Steve was the first to admit that his fast time was due in no small part to man-in form Karl Smith, who had done most of the spade work over the first half of the race, then battled hard to stay on terms after Steve had taken the lead on the big climb up Nab Rough.

"Karl was leading me after the first mile long climb past the Golf Course" said Steve afterwards. "As we turned onto the path towards Skirden Clough, he looked to be going easy while I was stuffed, and I started wondering how I would get back on terms".

Steve then took a spectacular fall on the descent down to Ogden Clough, ("It was worth an eight and a half out of ten!" quipped the Bradford man), knocking the stuffing out of himself and allowing Karl to stretch his lead further. Together with a speedy descent of Hambleton Lane, the Todmorden Bus driver was taking no passengers on this occasion... (it gets worse!).

However, Oldfield had other ideas, and having fully recovered from his tumble, made a hasty descent from Sawood down to the catchwater drain which marks the halfway point.

Along the drainside path, and up the short pull to Cold Edge, the 43 year old warehouseman had plenty of time to take stock of the situation (oh, dear!) and soon Steve had Karl in his sights.

The turning point of the race came on the severe pull from the road, (where Dave Woodhead had kindly added some tape and markers to replace the ones blown away during the night), to the giant standing stones on the skyline path which overlooks Oxenhope and the Worth Valley. Steve made his bid, took the lead, then had his work cut out as Karl battled to regain possession, held on to win by 22 seconds in fifty five minutes and twenty three seconds, to slice two seconds from Rob's mark.

Rob would no doubt take some consolation however, as his girlfriend, Sharon Taylor won the ladies' race in 72-55, almost a minute ahead of a welcome newcomer to our Ogden races. Marion Dixon.

Once again, our very generous sponsors TOR, or CLOISTER as they are now known, of Bradford Road Batley, supplied the first two men and women with prizes, over £200 worth of superb quality outdoor gear, (TOR Demon micro cagoule / trousers or fleece jacket.)

As always, thanks to all the helpers, especially Mandy Goth and Phil Hodgson on registration, Dave Rhodes and Thirza Hyde at the finish and Brian Horsley and Alan Jones who swept the field and gathered up the flags.

Please make a note in your current calendar FRA that this race will definitely be on next year - Saturday 6 January 2001. See you then.

### Allan Greenwood

1. S. Oldfield	BfdA	55.23
2. K. Smith	Tod	55.45
3. C. Seddon	Horw	58.11
4. R. Crossland	BfdA	60.53
5. P. Hughes	Queens	61.05
6. D. Young	Skyrac	61.12
7. J. Mason	Unatt	61.16
8. R. Hamilton	Wharfe	61.25
9. N. Holding	WPenn	61.51
10. M. Dransfield	Spenn	62.06

### VETERANS 0/40

1. S. Oldfield	BfdA	55.23
2. R. Crossland	BfdA	60.53
3. P. Hughes	Queens	61.05
4. R. Hamilton	Wharfe	61.25
5. N. Holding	WPenn	61.51

### VETERANS 0/50

1. A. Brontnall	Penn	63.59
2. P. Bramham	Kghly	67.31
3. R. Marlow	DkPk	68.15
4. D. Armstrong	StBedes	69.10
5. J. Laycock	Amble	69.37

### VETERANS 0/60

1. R. Jaques	Clay	73.15
2. D. Clutterbuck	Roch	84.25
3. T. Maden	PennyL	94.00

### LADIES

1. S. Taylor	Bing	72.55
2. M. Dixon	WPenn	73.48
3. A. Lloyd	StBedes	74.19
4. J. Smith 0/40	Bing	75.01
5. A. Brentnall 0/40	Penn	77.37
6. R. Gooch 0/45	Ilk	79.25
7. L. Hayles 0/45	Hfx	79.28
8. J. Courtney-Mumby	StBedes	84.14



Tor Ovenden, Steve Oldfield overtakes Karl Smith to win. Photograph: Steve Bateson

## ELBRIMICK DASH

### Scotland

#### AS/3m/900ft 16.01.00

Last year's winner, Dan Whitehead, might have hoped for an easy run this time round with last year's runner-up, Greg Barbour, away in New Zealand (where he won the World Rogaine Championship on the same weekend). However ex-girlfriend, Clare Miller, had other thoughts and enlisted the help of adventure racing specialist, Mark Laithwaite, to ensure Dan had to work for his chocolate.

Although he led all of the way, Dan had to break the course record to beat Mark who was also inside the old record - although erroneously attributed to Shug Ilgunas at 20.23 it actually belonged to Rob Herries at 20.09(1992) but both Dan and Mark came home inside the twenty minute barrier.

In the ladies' race last year's winner, Encama Maturana, was also away in New Zealand (with husband Greg and also winning a World Rogaine Title), so it was left to Clare to do what boyfriend Mark couldn't do and win her race. This despite a cautious start due in part, no doubt, to a wonderfully scared nose from a fall whilst skiing earlier in the week.

Surprisingly in this Cosmic-dominated event both Over 40s' prizes went to outsiders - Ian Mackay and Noreen Jennison but Ian Jolliffe restored Cosmic pride to take the Over 50s' title.

#### Ewen Rennie

1. D. Whitehead	Cosmic	19.46
2. M. Laithwaite	Wigan	19.58
3. D. Weir	Fife	20.34
4. H. Lorimer	HBT	20.56
5. A. White	Cosmic	21.08
6. P. Raistrick	Unatt	21.50
7. S. Terwey	KingsTri	22.45
8. B. Sheridan	Cosmic	23.01
9. D. Hobson	Cosmic	23.26
10. S. Rivers	Cosmic	23.34

#### VETERANS 0/40

1. I. Mackay	HBT	24.18
2. G. Milne	Cosmic	24.51
3. G. Ramsey	Cosmic	26.11

#### VETERANS 0/50

1. I. Jolliffe	Cosmic	25.53
2. A. Fulton	Aberd	28.21
3. R. Pratt	Cosmic	28.36

#### LADIES

1. C. Miller	Cosmic	24.08
2. L. Noble	Cosmic	27.37
3. N. Jennison 0/40	West	29.52
4. E. Stewart 0/40	Cosmic	30.51

## LARA SHINING CLIFFE FELL RACE

### Derbyshire

#### BM/7.5m/1 100ft 16.01.00

In the second running of this tough race, Steve Penney stormed to victory in record time. He was well ahead of Barry Charlton and Tony Caulton, who had a fine battle for minor places.

Mary Mills also took the course record in the ladies' race.

#### David Denton

1. S. Penney	Chest'field	47.45
2. B. Charlton	Mercia	49.08
3. T. Caulton	HattonD	49.54
4. S. Gregory	HolmeP	51.00
5. A. Dickenson	DkPk	51.01
6. T. Plant	Derby	51.58
7. G. Cresswell	Penn	52.08
8. P. Vale	Mercia	52.17
9. J. Chambers	NthDerby	52.26
10. G. Moffatt	HolmeP	52.54

#### VETERANS 0/40

1. T. Caulton	HattonD	49.54
2. R. Amor	Matlock	59.08
3. W. Alves	Totley	59.57

#### VETERANS 0/45

1. G. Cresswell	Penn	52.08
2. M. Harvey	BellH	60.50
3. A. Audsley	Wake	61.02

#### VETERANS 0/50

1. N. Oxley	Dronfield	59.38
2. P. Pittson	EreV	60.13
3. R. Defaye	DVO	60.45

#### VETERANS 0/55

1. B. Nicholas	Mercia	64.07
2. B. Allsopp	BellH	65.46
3. M. Edwards	Burton	77.55

#### VETERANS 0/65

1. K. Brown	BellH	81.45
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#### LADIES

1. M. Mills	HolmeP	63.24
2. J. Clowes 0/45	Ashbourne	66.14
3. D. Worthy 0/50	Vege	72.45
4. L. Abbott 0/40	BellH	73.28

## JUNIOR HOME INTERNATIONAL

#### U19 boys (6km, 440m ascent/descent)

1. A Symonds (ENG)	27:14
2. L Siemaszko (ENG)	27:50
3. J Parker (ENG)	28:09
4. S Savage (ENG)	28:20
5. A Lemoncello (SCO)	29:23
6. S Cassidy (SCO)	29:30
7. S Reid (ENG, open)	30:37
8. K English (IRL)	30:43
9. R Connelly (IRL)	31:00
10. J Budde (NIR)	31:01
11. G Mathieson (SCO)	31:12
12. P Ryder (WAL)	31:16
13. E Dunleavy (IRL)	31:17
14. R Neil (NIR)	31:44
15. M Bradshaw (IRL)	31:56
16. S McDonald (IRL, open)	32:39
17. D Hebb (WAL)	32:59
18. S Taylor (NIR)	33:33
19. T Rice-Owen (WAL)	34:59
20. C Pierce (WAL) DNF	

#### TEAM (3 to count):

1. England	6
2. Scotland	22
3. Ireland	30
4. Northern Ireland	39
5. Wales	49

#### U17 (4.4km, 350m ascent/descent)

1. A McVey (ENG)	21:00
2. C Watson (SCO)	21:16
3. P Dalton (IRL)	21:20
4. R Edgar (ENG)	21:36
5. J Mason (ENG)	22:14
6. D Watson (SCO)	22:16
7. J Newsam (SCO)	22:40
8. S O' Muirheartaigh (IRL)	23:09
9. M Gibbons (WAL, open)	23:14
10. M Buckingham (ENG)	23:36
11. L Pierce (WAL)	23:55
12. K Smith (IRL)	24:11
13. R Goldsworthy (SCO)	24:12
14. M Brady (IRL)	24:13
15. G Tapper (WAL)	24:16
16. G Williams (WAL)	24:49
17. P Davies (WAL)	24:55
18. S Higgin (NIR)	26:24
19. R Lowry (NIR)	26:41
20. W Clugston (NIR)	27:09
21. P Brady (IRL, open)	28:21
22. R McCreight (NIR)	28:40

#### TEAM (3 to count):

1. England	10
2. Scotland	15
3. Ireland	22
4. Wales	39
5. Northern Ireland	54

#### U15 open race (2.3km, 165m ascent/descent)

1. S Fraser (SCO)	10:34
2. J Doonan (WAL)	10:52
3. O Jones (WAL)	11:25
4. C Foyel-Fisher (IRL)	11:41
5. C Kelly (NIR)	13:38

#### U19 girls (4.4km, 350m ascent/descent)

1. K Bailey (ENG)	23:36
2. N White (ENG)	25:19
3. K Rogan (ENG)	26:21
4. A Hanly (IRL)	26:56
5. S Pritchard (WAL)	27:11
6. J McCrorie (SCO)	27:21
7. V Mumej (NIR)	22:31
8. R Matthews (ENG)	28:19
9. N O'Boyle (IRL)	29:40
10. R Rees (WAL)	29:59
11. R Penhorwood (WAL)	31:03
12. R Clarke (WAL)	31:11
13. A-M Gilensam (IRL)	31:44
14. C Hussey (NIR)	34:50
15. G McAnim (NIR)	34:50

#### TEAM (3 to count):

1. England	6
2. Wales	26
3. Ireland	26
4. Northern Ireland	36

#### U17 (2.3km, 165m ascent/descent)

1. L Hughes (ENG)	11:14
2. K Ingram (ENG)	11:26
3. L McDonnell (IRL)	11:34
4. F Murray (SCO)	11:35
5. K Roberts (ENG)	11:37
6. M Shiell (SCO)	11:38
7. B Curtis (SCO)	11:43
8. L Richardson (ENG)	11:44
9. M Gaskell (WAL)	12:07
10. E Sherard-Smith (WAL)	12:26
11. F Harrison (WAL)	12:32
12. M Slattery (IRL)	13:05
13. D Hopkin (IRL)	13:14
14. K Guthrie (IRL)	13:42
15. H Bees (WAL)	13:47
16. K Oakes (NIR)	14:51
17. N McCaughey (NIR)	15:28

#### TEAM (3 to count):

1. England	8
2. Scotland	17
3. Ireland	28
4. Wales	30
5. Northern Ireland (incomplete team)	

#### U15 open race (2.3km, 165m ascent/descent)

1. A-J Shiell (SCO)	13:55
2. E Brady (IRL)	14:28
3. C Shiell (SCO)	14:37



**NORTHERN RUNNER CLEVELAND  
MID-WEEK SERIES  
OVERALL REPORT**

The Senior Men's competition was very slow to start this year as Paul Stephenson was the early leader but had to retire from the series with injuries. Ret Harrison and Matthew Wynne gave an excellent account of themselves. In the Veterans 0/40 category, Rob Burn challenged his brother, Merv, for the overall title but just failed to oust him and had to settle for a category win. Positions at the top in this section changed throughout the summer with strong challenges from Ian Ellmore coming late in the season. Paul Kelly and Rob Pollard produced another strong challenge so that the lead two were under pressure throughout. In the Veterans 0/50, Mike Hetherton eventually managed to distance himself from Alan Wikeley with strong challenges from Mike Brookes and Ernie Huck. In the Veterans 0/60 section, Ron Sherwood did the incredible at his age and won all nine events in this section. Roy Bainbridge, the UK over 60s Trail Champion and Italian Marathon Champion in that age group had to settle for second.

In the ladies' event, Alison Raw completed a winning summer by retaining her title. Her main challenges came from Kendra White and Sharon Gayter who managed to fit them in between ultra distance races on the international scene. In the Veteran 0/40 section, Sue Yardley, despite injury for half the season, managed to win the title. Sandra Jemson retained her veteran's title in the Over 45 section as did Maureen Gibbs in the Over 50 ladies' section.

Many thanks to all who made it a great series and hope to see you in the Winter Series.

**David Parry**

**OVERALL RESULTS**

1. M. Burn	288pts
2. R. Harrison	268pts
3. M. Wynne	267pts
4. G. Barnes	255pts
5. D. Tyers	248pts
6. P. Figg	247pts
7. I. Hodgson	239pts
8. S. Mechie	21 Opts
9. C. Choules	208pts
10. P. Stephenson	183pts

**VETERANS 0/40**

1. R. Burn	296pts
2. I. Ellmore	284pts
3. P. Kelly	271 pts
4. R. Pollard	269pts
5. K. Wilson	253pts

**VETERANS 0/50**

1. M. Hetherton	296pts
2. A. Wikeley	285pts
3. M. Brookes	273pts
4. E. Huck	267pts
5. D. Plews	265pts

**VETERANS 0/60**

1. R. Sherwood	300pts
2. R. Bainbridge	288pts
3. B. Hood	92pts

**LADIES**

1. A. Raw	300pts
2. K. White	285pts
3. S. Gayter	282pts
4. J. Sexton	265pts
5. L. Sproates	218pts

**LADIES 0/40**

1. I. Yardley	200pts
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**LADIES 0/45**

1. S. Jemson	300pts
2. P. Kirby	194pts

**LADIES 0/50**

1. M. Gibbs	300pts
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**OVERSEAS**

**October 24**

**TROFEO VANONI MOUNTAIN RACE**

**Morbegno, Northern Italy**

CRAIG ROBERTS became only the third Briton to win this prestigious race in the event's 42 year history leading Great Britain to team silver in the process, Gareth Webb reports.

Roberts joins an illustrious list of winners of this Italian classic - twinned with the International Snowdon Race (since 1980) and hosting the Italian national championships - which reads like a who's who of top international mountain runners and includes Britain's own inaugural world champion Kenny Stuart (1985) and two-times British and English champion Mark Kinch (1997).

After missing out on World Trophy selection during the summer, Roberts - who manages to get it right when it matters most - decided to make this "my World Trophy race" and, after preparing thoroughly for the race throughout the late summer and early autumn, came away with a convincing victory at the fourth time of asking.

Torrential rain over the weekend and throughout the race made for difficult conditions, however. And feeling confident against elements and terrain he faces on a regular basis back home in Cumbria, Roberts sat back in fifth early on content to let the race settle down and see who made the first move.

The 36 year old Kendal runner moved up into third on a slippery banking after roughly half a mile and made a bid for the lead on a treacherous "s" bend, just before half way, to open a 20 second advantage over the chasing pack.

The course became more runnable to the summit, though, and this was where Italy's Danilo Bosio began to reel Roberts in. "At this stage I decided to slipstream him telling myself 'there's no way you're going to get away'," recalls Roberts. "I was determined to stick with him. I knew him from running at Snowdon and felt confident I could hold him off if need be."

As they hit the descent, Roberts sat in behind and bided his time before making his decisive move. "I wasn't thinking about myself, only about winning for the team" says Roberts. "The organisers offered to double our money to £200 (200 pounds sterling) each if we won the race as CS Forestale (of Rome) have won the event for the last 13 years. Unfortunately we weren't quite able to do it."

Davide Milesi, the 1996 Mediterranean Games marathon winner - and course record holder (29:14) from 1992 - finished second 13 seconds adrift with former world champion Lucio Fregona taking third. "I'm delighted with the win," added Roberts. "Whether I'd have run faster in drier conditions is difficult to say."

Roberts was ably assisted by Alan Bowness and Paul Sheard as Britain emulated last year's silver medal winning performance. Bowness finished eighth with Sheard finishing five places further back.

**Men (7km, 500m up-and-down, single loop course!)**

1. CRAIG ROBERTS (GBR)	32:17
2. D Milesi (CS Forestale, ITA)	32:30
3. L Fregona (CS Forestale, ITA)	32:38
4. I Cavagna (3 Stelle Nautica Bolis, ITA)	32:45
5. D Zaviani (CS Forestale, ITA)	32:49
6. D Bosio (Recastello Radici, ITA)	33:02
7. B Novak (SLOVEN)	33:19
8. eq ALAN BOWNESS (GBR)/ M Agostini (CS Forestale, ITA)/ L Bella (Adlo Moro Paluzza, ITA)	33:20
11. F Ciaponi (Podista Talamona, ITA)	33:34
12. A Piccoli (Adlo Moro Paluzza, ITA)	33:52
13. PAUL SHEARD (GBR)	34:06
14. A Refazzoni (Valle Brembana, ITA)	34:09
15. FTomelleri (3 Stelle Nautica Bolis, ITA)	34:12

**TEAM (Italian teams unless otherwise stated):**

1. CS Forestale	1:38:28
2. GREAT BRITAIN	1:39:43
3. US Aldo Muro Paluzza	1:42:07
4. 3 Stelle Nautica Bolis	1:42:43



GB scorer Paul Sheard Photograph: Peter Hartley



Barnsley ladies in festive mood at the Stoop (caption anyone?)  
Photograph: Peter Hartley



Top runners Sarah Rowell and Lucy Wright in training for mountain work Photograph: D I E Woodhead

# Mountain Marathons

## A Blue Peter-type Guide

This simple guide was prepared for two work colleagues in preparation for their first Saunders Mountain Marathon, one of whom had never run a fell-race. I've yet to find out whether it was of any use-but it might be of some use to someone-it might even have helped me prior to my first effort! [It assumes that you travel to the Lakes on the Friday evening]. I certainly don't claim it to be in any way a definitive guide - we all have our own ideas on the best way to tackle these sort of things- but anyway, for what it's worth here it is:

Friday Night: Arrange for half-day or early finish at work if possible, to avoid M6 traffic jams [otherwise phone in sick but make miraculous recovery after lunch.]

A spare tent plus a nice warm sleeping bag [plus feather pillow-optional] is a good idea because:

a) - it might well be chucking it down [quite likely as it starts from somewhere in the LAKE district] ,or

b)- the camp site might well be in some farmers cow-pat ridden field, and you wouldn't want to sleep in your nice new state-of-the-art lightweight tent before setting off, or

c) - it might just be the last good night's sleep you get as on the following day you might go over some nasty pointed ridge thing and fall off to you're untimely death [worst case scenario].

The battered old wet tent can be slung in the back of the car on Saturday morning, with sleeping bags and pillows.

Alternatively you could do what some of the clubs wussies did last year and

book in the nearest Bed and Breakfast or clubby Guest house. Here, I'm told they have hot water bottles and warm duvets so as to ensure spanking good nights shut eye with no sheep or cows whatsoever to contend with [only hostile landladies]. This would appear to be an attractive option at first sight but will lead to much unwanted ridicule and banter at the midway camp where you would likely feel you made the wrong choice after all -[not good for macho hard man of the mountains image.]

Remember to bring enough money for fish and chips in Ambleside [recommended], or wherever else en-route plus a few pints of beer after pitching the tent on the Friday night [- both optional but could be potentially useful to psyche-out your opponents by consuming gallons of ale whilst still appearing fit, lean and raring to go next morning].

Breakfast Saturday morning:

Most of us take a double ringed gas-burning stove in order to cook up a hearty breakfast. The choice is yours but we usually take baked beans, fried eggs plus bread [bacon is optional but bacon rind jiggling up and down your oesophagus for the first few hours of a M.M. is not recommended.] All of this washed down with lashings of tea or coffee You need to eat plenty as you probably won't get another GOOD meal until you finish [assuming you do finish] on Sunday. On the other hand you don't want to start the event looking like Homer Simpson and ultimately puke the whole lot up when negotiating the first steep climb so use a modicum of self-restraint.

Remember that in order to cook such a meal you will need to bring a frying pan, matches for the stove. Spare plates, knives and forks too are recommended so you don't have to worry about washing-up.

This stuff can be then chucked into a box and taken home for your ever-loving spouse to wash up at a later date [this might sound all very obvious but from experience unless the obvious is pointed out then you might not remember half of the stuff needed!]

Rest of the weekend:

The necessary event maps can usually be bought on site on Friday night. A ten pound note [in a poly bag] is useful for the midway-camp for the milk, drinks and optional beer-depending how good you're feeling [or not.] This money might come in handy later on for mountain-rescue [see below.]

You will also need a stout pair of fell-shoes, as parts of the race may be a tad slippy and those racing-flats won't be of much use when descending something resembling Lowes Gully [quite likely if you do get lost at all (very likely if you've no idea with a map and compass)].

This too may sound obvious, but on the last one my nice new Walshies were left at home drying in our airing-cupboard after their test drive -we realised with about 10 minutes to go. On this occasion, fortunately, I was able to purchase another brand new pair on the start line from Pete Bland Sports van. [This is quite a good wheeze if you want 2 new pairs of fell-shoes in just one week! but make sure you have some sort of believable excuse ready when your spouse subsequently finds out on seeing your credit card account details].

Other things you will need:

- a pair of differently coloured marker pens for marking up your map [preferably with permanent ink that won't run in the rain]

- some vaseline for your feet, eyebrows and other vital bits that might get chafed. One of our club, who will remain anonymous, ended up with a [Cartwright] sore arse on day one and disappeared into his tent with my little tub of vaseline only to emerge triumphantly half an hour later with a grin from ear to ear looking eminently more comfortable -vaseline has a wide range of uses! We reckoned that he'd applied so much to his rear-end that had he slipped on the tops the following day he'd have been at sea level in 2 seconds flat.

- consider plasters, blister repair kit, do-it-yourself chiropodists handbook, ?small pair of scissors or mini swiss

army knife. ?mini-maglight off your friendly drug/sales -rep. [I told you they would have a use!]

My wife feels that wet wipes too are a good idea- she disappeared into the tent to use them at the midway camp-once again I didn't ask anymore!. Two Dark Peak runners, who'd obviously forgotten their wet wipes, last year stripped off and stark bollock naked proceeded to frolick merrily in the nearby babbling brook, so there is always that option too.

Other Essential items include:

- a lightweight sleeping bag[we got ours reduced from Saunders themselves, but other manufacturers are just as good]

- a lightweight tent-again we got a end-of-line one from Saunders for about 80 quid.[wigwams from Woolworths not much use here].The tent should preferably weigh no more than 2-3 lbs.

- a running rucksack - the general consensus seems to be that the K.I.M.M. sac is one of the best as it has lots of handy pockets for those essential little items you might need to be able to get to in a hurry.

- a decent pair of blister free guaranteed type of socks are worth the money[e.g. 1000 mile socks].I tend to use them on both days running but you might want the luxury of a dry pair plus two poly-bags to wear under your wet Walshies. When you subsequently end up with two whacking great blisters looking like a pair of King Edwards you can then seek legal advice re compensation on your return home.

- a thermal top of some sort is a good idea for the midway camp-you might not need it for running but it's often pretty cold at night.

- a mosquito hood [or insect repellent] could be useful. We spent one uncomfortable night by a river smoking them out with a fire and wet grass whilst all around us competitors were being eaten alive! [mosquitoes like sweaty runners more than they do Beanfeast.].

- a pair of thermal trousers or tracksters for the evening too are useful-you may or may not need them anyway for running in depending on what Michael Fish doles out for the weekend!

- a lightweight survival bag.

- a plastic lightweight cup -detachable from the outside of your rucksack, if possible, is useful for scooping water out of the streams wherever it looks drinkable! You can use it for your soup, tea or coffee at the camp and then wash it for use again on the 2<sup>nd</sup> day.

- You will need a lightweight stove [we have a mini-Coleman jobby-] plus one small gas canister that should just do the main meal and breakfast drinks etc. You need a cigarette lighter or waterproof matches to get this going. I've never found two twigs rubbed together with a bit of old straw actually worked for me, but you can try this if the other two don't work!] -A couple of lightweight cooking utensils [pans or billy-cans] plus spoons are needed for the midway camp.

-You will need some sort of dried food for a main meal at the overnight camp [unless you can assimilate enough glycogen from milk and beer so as not to need it]. Alternatively if the overnight camp is right by a local hostelry you could nip in and buy a sumptuous three-course meal, as happened on one occasion. This however can not be relied upon and in any case could be considered as cheating - those concerned on that occasion proceeded to eat their meal to a chorus of loud boing noises from fellow competitors!

Most of us here [in Penistone] take good old Batchelors Beanfeast -it's light to carry and even a culinary moron can cook it with added water. With boil in the bag rice or instant mash added you might even begin to think it's edible. **WARNING-** one of our club [likes vaseline] was once seen opening a can of Heinz baked beans with a ruddy great can opener -this practice can not really be considered good mountaineering as bean tins are heavy. The following year he was ostensibly awarded a prize for gurning as he and his partner attempted to consume one of those specially made Raven foods that come highly recommended by your local camping stockist. Take Beanfeast every time.

Beanfeast also conveys an added advantage - namely a laxative effect which means that you won't have to worry about whether you'll be able to go to the loo before setting off on day two - you won't actually have any choice, especially if you've gone for the Mexican variety. Plenty of others take a pasta meal that cooks up with boiling water. For pudding Birds instant crumble puds are nice [again these mix up with water.]

I have seen the odd sirloin steak and bottle of Chateaux Neuf du Pape emerge from various rucksacks but these would normally be considered luxury items by most [unless you're partnered by a Yak].

Other optional items include:

- bogroll in case a) the potaloo's provided run out, or b) you prefer the look of the nearest gorse-bush as more suitable location, or c) your nose runs a lot [spagnum-moss, I'm told, makes a good substitute if you forget or run out!]

- I once saw one of our club members' [likes vaseline ], produce a British Airways travel pack on a M.M.. Although I never did find out what advantage this item conveyed I wouldn't like you to think I hadn't told absolutely everything there is to know and then blame me when everybody else seems to be pulling them out of their rucksacks one and you haven't got one.

- Sunscreen is an option as I'm told the sun has been sited over The Lake District on at least one occasion.

- A sawn off toothbrush with a smidging of Colgate might be useful to remove last night's Beanfeast and stop your fido-breath from upsetting your partner and fellow competitors [A piece



Angela Mudge and Helen Diamantides at last years K I M M Photograph: Peter Hartley

of Wrigley's might be an alternative]. The effect of sawing off that two inch of plastic can make the difference between winning and losing and it is therefore vital to your overall winning strategy. I'm also told that by removing the zip from your sleeping bag and sewing it up, plus the use of nylon fishing-line for guy ropes can save you at least another 2g weight and again put one over on your competitors. However people who practice to such extremes I'm told tend to be anally-retentive types [allegedly] so for them a quick colonic irrigation might achieve the same weight saving, otherwise try trainspotting.

- Many competitors complete the first day in an old T-shirt and old socks with the intention of ditching these items at the campsite. Others choose to forgo this luxury, save 6 ounces and smell like a dead polecat all weekend- once again the choice is yours. [If you have none of these items contact Robert Saunders 'cos he must have thousands by now, having seen what gets dumped at overnight camp!] A light pair of gloves and balaclava might be useful.

Other things to bear in mind:  
If this is your first M.M. and you're used to using a road atlas to find you're way around The Lakes then I should recommend having a look at a Harveys' map as they rarely show Motorways

and service stations. [One of club members [likes vaseline] once made it to the M6 on a Saunders M.M. so a road atlas might actually be useful if you're not confident with a Harveys' map and compass!]

- An altimeter or even a G.P.S. navigational device might be an advantage but could be considered as cheating by your fellow competitors who can't afford one. If you're planning on being out a long time then I'm told a sextant and a sound knowledge of astronomy is invaluable too.

- A mobile phone or lap-top with E-mail facility together with the no. of the local mountain rescue team [with a ready donation for their funds] might be of use

- A catheter plus bag might be of some use for Saturday night, when having consumed too many tins of lager you find your bladder about to burst at 2am. It's likely to be lashing it down outside- the alternatives are to use one of the empty beer tins or brave the elements after all and accept the risk of frostbite where it hurts the most.

- Some food to eat on the way round is needed- we often take a few sandwiches, plus chocolate bars, dextrosol tablets or whatever you prefer. Jelly-babies are popular but weigh a bit. Energy bars e.g. power-bars can require more

calories to consume than they provide, especially if frozen, although "Go-bars" aren't too bad in this respect.

Having followed these instructions you will probably find your rucksack weighs in at about 60 pounds and when placed on your back you fall over backwards but don't worry, as this is quite normal until you get used to it. If your partner is way fitter than you then try to ensure that he carries the tent and most of the food, as these items tend to weigh most!

Finally I came across this little anonymous snippet of advice off the Internet entitled "Fellrunning-A simple guide to winning" which you could try out if you so wish:

At the start jostle yourself to the front line, vital seconds will be lost if you get caught behind slower runners in the opening stages, as most races seem to have a bottle-neck obstacle within the first half mile. After that it's a simple matter to apply the following two simple rules:

1. Run up hill as hard as you can and then concentrate on running faster.
2. When you reach the top don't even dream of surviving the descent, just leap off the steepest side and waggle your legs a lot.

*Dave Lindop  
Penistone Footpath Runners.*

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# THE MOUNT KINABALU CLIMATHON 1999

On Sunday, October 26th, I was privileged to see the Great Britain team participate in "The World's Toughest mountain Race." The title is well chosen and entails the ascent and descent of Mount Kinabalu in Sabah Malaysia. The summit, at 13,432 feet is the highest on the Island of Borneo. The mountain is awe inspiring. It is not supported by lofty ridges, there is no gradual build up, it is just one huge, singular block of granite, rising out of the rain forest.

The Great Britain team chosen was, arguably, their strongest. It comprised of Ian Holmes, the defending champion, and Robert Jeb from the Bingley Club and the two Borrowdale Fell Runners, Gavin Bland, the current British Champion, and Simon Booth.

Over the previous two years Great Britain had proved to be the most successful team but this year promised to be a much more severe test of their ability. Entrants were truly international, many having stayed on from the previous week's World Mountain Races. There were individuals and teams from global points as far apart as the U.S.A. and Hong Kong, Russia and South Africa, Europe and Australasia. Competition was bound to be fierce.

The race exceeded all expectations and turned out to be the most unbelievable, astonishing and dramatic Climathon in the race's history.

The main cause of all this was an unknown, unheard of dark horse from Slovakia, Marvel Mattinin. He had taken part in the World mountain Race the week before without drawing any great attention to himself. Be that as it may he climbed superbly and created large time gaps between better known athletes. At the summit he was 2 minutes clear of a more fancied Italian, Jean Pellisier. Ian Holmes in 3rd place was a further 4 minutes adrift while the next Briton, Simon Booth, was a further 1 minute behind and separated from Holmes by a Russian. No-one could remember any athlete achieving such a lead over 40 many recognised climbers.

The first checkpoint in the descent was the Sayat-Sayat Hut, at 12000 feet. There was only one change and that was that Simon Booth had moved into 4th place ahead of the Russian. The Labour Rota, at 10800 feet, was the next information point. The athletes were still in the same order although the British runners had reduced the gap

on the leaders by about a minute. News filtered down from the Paker Cave shelter, at 9550 feet, that the British runners were making a determined effort and had reduced the lead again. The next main checkpoint was at Carson's Camp, 8700 feet. The report from there was electrifying. Whilst there was no change in position Ian Holmes had the Italian in sight. News from the Telecom station shelter was even better. At point 7300 feet Holmes was now second and Booth had the Italian in sight. The last report from the mountain at 6500 feet was that Mattinin still had a comfortable lead of just over 2 minutes over Holmes and 3 minutes over Booth with the Italian dropping back. The final 3 k is on road. This is the part all athletes dread, a steep descent on unyielding tarmac. Mattinin still had a healthy lead of slightly over one and a half minutes. Everyone at the finish prepared to welcome home the new champion. Time and distance had run out for the two British runners.

The final bend on the road is some 300 yards from the finish. Spectators lined the road on both sides all eager to get a first sight of the race leader. The finish area was packed with officials, TV, press reporters and photographers, all trying to secure a prime position. Before too long cheers could be heard from those spectators further up the road and beyond the bend.

The police outrider appeared, followed not by Mattinin but by Ian Holmes. There were gasps of astonishment. Some 30 yards behind came an exhausted Mattinin with Simon Booth immediately behind him. Booth was finishing faster than anyone and at the time was only 2 secs behind Holmes with the Slovakian runner 6 secs further back.

What an incredible finish, Ian Holmes 2 hrs 43.20, Simon Booth 2 hrs 43.22, Marcel Mattinin 2 hrs 43.28. No-one there could recall such a massive lead being erased. Certainly there had never been a finish like it in the history of the Climathon. With Robert Jeb finishing 6th and Gavin Bland 8th, Great Britain had proved, once again, that they are the team to beat, and Ian Holmes' had proved himself a worthy champion. It took some of the officials and press some time before they could comprehend that Simon Booth and Ian Holmes had descended in 54.41 minutes and 55.12 minutes respectively, over 6 minutes faster than anyone else.

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**Entries Details:**

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**Tel: 01952 403926**

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### CLACHNABEN HILL RACE

(under FRA rules)

**Date: Saturday 15th April, 2000**

**Distance: 10'A miles**

**Category: A.M. Climb: 3500**

**Cost: £7.00 (includes meal and disco)**

**Relevant Map OS 1: 50,000 Stonehaven  
& Surrounding Area (Landrange 45)**

**Extensive Prize List -  
All Categories**

**Programme (approx. times)**

**Race Start: 12 noon**

**Meal (Burnett Arms Banchory): 3pm**

**Prize Giving: 4pm Disco: 8pm**

**Saturday should be a fun night**

**- plan to stay**

**Details from Brian Lawrie, 79  
Inchbrae Drive, Aberdeen AB10  
7AJ. Tel: 01224 323728**

**No entry on day - Entries in by  
Monday 10th April 2000**

In retrospect it is sad that a Great Britain team that has won a 'virtual' world championship over three consecutive years receives such scant "national" coverage. These athletes run for pride. Even though chosen to run for their country they are only partially helped financially. There are no sponsorship deals, no appearance money. They deserve much better.



The happy couple Photograph: Allan Greenwood

## THE SHEPHERDS SKYLINE SPECIAL!

### Mandy Goth & Phil Hodgson

November 6<sup>th</sup> 1999 - Shepherds Skyline Day - was to prove to be the most hectic day of our lives, (so far!!)

#### THE EVENTS :

- 10.30 Marriage at Todmorden Registry Office
- 12.00 'Blessing' and Toast up Stoodley Pike
- 14.00 Shepherds Skyline Fellrace
- 16.00 Afternoon Reception
- 19.30 Evening Reception & Ceilidh

Waking up to a beautiful sunny morning and a glass of Buck's Fizz, courtesy of 'Best Man' Ray Poulter, I checked the 'flowchart' one last time. The logistics of arranging transport, maps, car parking, six changes of clothes, and lugging lots of champagne and ageing relatives up Stoodley Pike was daunting (the race was the easy bit!) - Ray assured me he had it all under control.

Standing outside the Registry Office we were baffled to hear what sounded like a very loud roaring noise? The source of the noise soon manifested itself as Mandy arrived. Howard (he didn't have a chauffeur's outfit so he dressed as a cowboy instead!) piloted his American Coronet up the hill at breakneck speed having built the revs up to a crescendo at Todmorden roundabout. Mandy alighted, knuckles slightly white!

A new world record attendance at Todmorden Registry Office resulted in a struggle to fit everyone in. Mandy took control as usual and reorganised the seating and who sat where, who kneeled down, and who had to sit on

the floor etc?! Dorothy Clarkson the Registrar, (appropriately the first ever lady member of the FRA) conducted a very emotional ceremony. **We were Married!!**

Off to Mankinholes, the first quick change and a quick beer at Dave Rawlinson's, then off up Stoodley Pike in bright sunshine, long snakes of people converging on the monument from all sides. I'm sure there's never been as many folk up stood on Stoodley before! Budding movie director Dave Wilson was dangling one handed from the parapet doing aerial shots, whilst Tony 'Spielberg' Shaw filmed among the wind buffeted crowds. Addressing the throng from his soapbox, Jim Smith, a pillar of sobriety (this didn't last long!) was resplendent in black cassock, maternity smock, cardboard dog collar, big wooden cross, and to complete the authenticity, a black woolly bobcap? His irreverent and hilarious speech and blessing were one of the highlights of the day. Uncle Barry's fireworks display was followed by a symbolic donning of Tod Harrier vests, a champagne toast, and then a champagne shower as several Harriers did Nigel Mansell impressions. Having drunk four or five more glasses than intended we literally floated back down to Mankinholes.

Another quick change at the Shepherds and we were ready to do the Skyline. My one thought - 'if I don't beat the wife I'll never live it down!' The go faster headgear that Helen made us wear fortunately didn't last very long in the wind. I don't remember much about the race, just lots of mud, and passing Stoodley Pike for the second time that day! The rest was an (enjoyable!) alcohol induced blur.

Having rushed back to our house to remove the mud and change back into our Sunday best, we enjoyed some excellent food and speeches at the White Lion before another dash, and another change, took us to Mytholmroyd Community Centre. The ceilidh was soon in full swing with much stripping of the willow, doh se dohing and sweating - a good training event for runners! It proved to be an excellent evening with lots of folk joining in, some displaying an amazing lack of coordination, but enjoying themselves nonetheless!

The perfect day - even the weather smiled on us. Ray was heard to sigh contentedly over his bedtime glass of champagne 'there must be a God!'

I have tried to summarise the events of the day as we saw them, (the video is much funnier!!)

#### Why Shepherds Skyline Special? -

because it proved to be a very special day for Mandy and myself.

We would like to thank all the Todmorden Harriers and all the runners from many other clubs who were there at the various events, sharing the fun, and helping make it the most awesome day of our lives. We were amazed at the number of people who came and we were overwhelmed by everybody's generosity.

WHAT A DAY!!!

#### THANKS

**MANDY GOTH & PHIL HODGSON**



The blessing by Jim Smith at Stoodley Pike Photograph: Peter Hartley

## DANCE THE EARTH

No breath of wind to stir the struggling grass,  
grey peaks that shimmer through a gauzy haze,  
the day portends a pleasure to be fulfilled.

I have thrown off the nexus that binds us to a  
slavish world, demands our time  
that adulterates the spirit.

I dance the earth with laughter,  
guided by the strength of silence.

Here a sunlit silence soothes  
a cluttered mind. The present now the past.

I am strong - and I am free,  
oh that it would be forever!

Each mountain summit, the face of God,  
no one can closer be to deity  
than among the hills, my spirit is cheered,  
and I run the 'heedless ways' and I am fulfilled.

Peter Travis

# LE GRAND RAID

The "Grand Raid", described by the organisers as the "world's greatest mountain race", is a unique combination of length and ascent. The race takes place on Reunion Island, a French overseas territory (regarded as a region of France) lying between Madagascar and Mauritius. As such it is a subtropical island although as the majority of the race takes place at an altitude of above 1,200m there is some amelioration of temperature.

I'd heard about the race, 125km/8,100m at the mountain running championships in 1998, on Reunion. I'd found the interior of the island quite breathtaking and the thought of running through that remarkable scenery appealed to me. I gave thought to the idea of doing the 1999 event held in late October.

I knew that I could keep going for 24 hours - I'd finished eight 24 hour runs in the U.K. over the previous 10 years. All had been solo, most unsupported. What would it feel like to actually do a race over that sort of thing, all food and drink provided, masseurs, other runners as company (or pacemakers). Trefor Jones tackled the course in November 1998. Despite not finishing due to injury he gave very good reports of the organisation, atmosphere and degree of challenge. He wanted to try it again and two other club-mates showed interest. I made a 4th. That was it then!

My race preparation started late January. Work commitments subsequently kept my monthly mileage 190-210 miles, but I got a lot of climbing in as recommended by the organisers - January was the only month where my total ascent was below 30,000 feet. For psychological preparation in June I tackled the 73 mile/25,000 feet Meirionydd Round. I completed, but just failed to beat the 24 hours following a couple of embarrassing navigational errors in the last few miles of the challenge. Nevertheless, physically and mentally I felt that I could seriously reckon on a sub-24 hour Grand Raid.

I flew out alone on Monday 25th October, my other club-mates having gradually dropped out. The uncomfortable overnight flight saw me arrive at St. Denis, the island's capital at 10.00am on Tuesday 26th. I decided to make this my base, after all the race finished here. The first couple of night's sleep were poor due to the heat and the noisy air conditioning. Catch 22 - too hot to sleep without air-conditioning,

too noisy with it. The Tuesday and Wednesday had me doing easy one hour runs to recce the last descent (which would be in the dark).

Unfortunately the race started at 4.00am Friday morning and buses left St. Denis at 23.45hr to get there - so no sleep on Thursday night. My food preparation also seemed shot to pieces until I found out that the "petite dejeuner" at the start was quite decent and I scoffed baguettes until I couldn't face any more.

At 04.00hr, roughly 2,000 people shot off up gradually ascending tarmac. There was something slightly lunatic about it all. There was a half moon and the sky was clear. It was pleasantly warm and the sweat was soon flowing. My headtorch saw little but intermittent use before dawn at about 05.15hr. By this time I was in paradise. We were single file ascending a beautiful stoney path overhung and enclosed by small trees. The pace was gentle - jogging and walking. I settled in as it was difficult to pass anybody anyway. By the time we reached the rim of the active volcano, Piton de la Fournaise, the sun was warm. I donned my cap for protection. A few more gravelly kilometres and we were climbing out of the volcano past St. Teresa's Oratory. A long gradual descent from 2,330m on what resembled U.K. countryside, green fields, dairy cows, gorse, pine plantations - took me to La Plaine des Palmistes at 1,980m. With 50km behind me I had a massage here and tried to get a baguette down, but nearly threw up. I was okay sticking to the more digestible stuff.

A long gradual climb now which became more spectacular as we headed towards Coteau Kerveguen at 2,204m. An incredible descent from here, steep zig-zags, occasionally ladders. About 900m descent in under 3km. Four or five horrible kilometres on tarmac followed to Cilaos, 63km and just over half the ascent. Here I gobbled a hot meal and had a beer. The massage table beckoned like a siren, but I didn't have the time to waste to remove my socks and shoes and hose down my legs as requested.

Although uncomfortably full the meal did some good as I powered up the vicious ascent of the Col du Taibit, overtaking 7 or 8 runners. A short descent to Marla in the wonderful Mafete Cirque found me 21st. After being sixty-odd at Cilaos I felt quite baffled. Had a lot of runners packed up at Cilaos? From- here to Grande Illet

(92km) took an eternity on slow paths. I saw nobody else. Crossing la Plaine des Tamarinds, I asked a walker: "Il ya a coureurs pres d'ici?" "Loin", he replied then on reflection, "Plus loin", he laughed. Pity! Thought I might pick off a few to make the top 20. I sort of got quite negative after that - even more so when 3 passed me on the last 200m to the Grande Illet checkpoint. Just over 30km/1,560m ascent remained.

My right achilles was playing up, so after a meal I had a massage and took some brufen. Four of them worked me, one to each thigh and calf. After about 30 minutes spent at the checkpoint I was ready to do. Darkness had quickly descended and I was on the lookout for a meal ticket, or group of meal tickets for St. Denis. And there they were - three of them just 200m in front. The infamous ascent of Roche Ecrivain has an average gradient of 32%. I could have gone up a bit faster than the others - but for what reason? - to wait for my guides at the top? A lovely stretch over the Plain des Chicots in drizzle and mist (a bit nippy in a T-shirt) to the Gite des Chicots checkpoint. From here to Colorado (17km) was an endless succession of twisting, undulating forest paths. I soon learned what "attention, racines!" meant - there were numerous tree roots to trip over. Two of the party fell behind and we caught someone else. As we neared Colorado the descents became increasingly slippy and sometimes felt like a downhill slalom competition. Only 7km from Colorado to the finish - all downhill - but the worst path of the race. The local fellow who told me to my surprise that it would take an hour was spot on. He was a bit of a loud-mouth who had been boasting how he was 1st vet last year. I kept it up my sleeve that I was a vet too and was gleeful with my anticipated plan of sticking behind him on the descent and sprinting off on the last kilometre of road. In the event he was the faster descender and was 10 minutes clear of me at the end. In the last stages of the race I was anxiously looking at my watch getting perilously near to the 22 hour mark. However I managed to cross the line in 21 hours and 57 minutes - an incredible 4 hours and 7 minutes behind the winner. Incidentally, it was closely contested at the front with only 2 minutes separating the first three. Typically, Reunion runners constituted all but 8 in front of me (23rd).

A meal, foot massage, then a couple of miles walk to my accommodation. I had that cold beer I had been fantasising about, then crashed out in bed.

*Colin Donnelly, November 1999*



# How the F.R.A. was Formed

by Bill Smith

The Fell Runners Association was formed thirty years ago on Saturday, April 4th, 1970, following the Pendle Fell Race prizegiving at Whitehough Camp School, near Barley - though the race itself, incidentally, then started and finished outside the Bay Horse Inn at Roughtlee.

This inauguration came about as the result of a tremendous amount of hard work on the part of two men, Eddie Leal and the late Gerry Charnley. To give credit where it's due, it must be stated that the lion's share fell to Leal due to Charnley already being deeply involved with the Lake District Mountain Trial Association (LDMTA) as its secretary/treasurer and also with the still-developing new sport of orienteering, which he had helped to pioneer in this country.

Eddie Leal was a road and cross-country runner from the Isle of Wight who was then living near Doncaster, though still racing in the colours of his I.O.W. club, Ryde Harriers. He was for several years the Island cross-country champion and also won the Ennerdale Horseshoe Over-50 award on three occasions. Lancastrian Gerry Charnley had joined Clayton-le-Moors Harriers with his brother Wilf as a teenager and, as an extension of his interest in orienteering, became a co-founder and later chief organiser of the Two-Man Two-Day Mountain Marathon, now known simply as "The Karrimor". He was an outdoor pursuits training officer at the Police Cadet Training Centre near Preston, and was engaged in this capacity when he fell to his death from Swirral Edge, Helvellyn, on December 14th, 1982, after a cornice collapsed beneath him while leading a party of cadets.

## Kindred Spirits

Eddie Leal was in his late 40s when he became interested in fell racing but, referring to the state of the sport around 1969/70, was "amazed to find that some races were not even advertised and others only vaguely", as he wrote in a letter to Pete Duffy of Aberdeen AC on January 5th, 1970. "It was because of this that I decided that something should be done about it." In Gerry Charnley he found a kindred spirit, though the last fell race Gerry had then actually competed in was the inaugural Skiddaw in 1966, due to his orienteering commitments.

At the 1969 AGM of the LDMTA, it was suggested by Leal and Charnley that this body might like to consider

providing just such a service to fell runners, covering the sport on a national basis, not just within the confines of the Lake District. It was agreed that this motion would be discussed at the next committee meeting, though Charnley privately had his doubts that anything would materialise over this as his colleagues seemed to be reluctant to extend their activities outside the Lakes.

The two therefore began making tentative plans to go ahead and form an independent association themselves, and particularly to publish a fixture list of all known amateur fell races - guides races then being a completely separate sport and strictly barred to amateurs under the laws of the Amateur Athletic Association (AAA), the then-governing body for club runners.

It should be mentioned here, however, that in the August, 1966 issue of **The Climber** magazine, its editor, R.R. Butchart, had proposed the formation of a national fell running body: "Unfortunately, although there was considerable interest then, it didn't 'get off the ground,' presumably because it was expected that the new British Orienteering Federation (BOF) would have embraced the interests of fell runners....." (Butchart to Leal: March 11, 1970). Charnley was then the secretary of the BOF, incidentally, and also of the Northern (later Northwestern) Orienteering Association (NWOA).

## The West Cumberland Association

Frank Travis and Joe Long were two more orienteering pioneers, introducing the sport to West Cumberland during the years 1965/68. Travis was Manchester-born but then living at Seascale, and had previously been competitively involved in motorcycle racing, both on the track and in hill races, and had been introduced to fell racing in 1964 by his son-in-law, Jack Bloor, whose memory is preserved in the annual races on Ilkley Moor. Long was a native Cumbrian, living at St. Bees, who had been a professional grass-track runner at local sports meetings as a young man.

In 1968, they formed the West Cumberland Orienteering Club (WCO) and inaugurated the Ennerdale Horseshoe Fell Race. After the following year's events, however, the WCO as a body lost interest in the Horseshoe and Travis and Long therefore decided to form another organisation which they called the Fell Runners' Association,

the inaugural meeting taking place at the Golden Fleece Hotel, Calder Bridge, on December 11, 1969 - four months before the meeting at Whitehough. They felt that reference to West Cumberland in the title of the new association would restrict its activities and therefore decided against using it.

Exactly one month later, Eddie Leal wrote to Frank Travis to inform him of his and Gerry Charnley's plan to form a national organisation of fell runners, giving it the title of the Fell Runners Association, "a name which would be ideally suited to the proposed national body." Eddie had, however, also previously considered other titles, such as "The Fell Runners' Club", "The Fell Running Club" and even "The British Fell Running Club". He suggested to Frank that ".... Your title might have been better worded as perhaps 'The Cumberland (or Lake District) Fell Running Association'....."

Travis replied on January 15, 1970: "... We had no idea you were considering a publicity organisation ... I do not think we would run afoul of any set-up as you envisage: indeed, we would support it in every way ... I would suggest the inclusion of the word 'National' (in your name) ..." After discussing the subject at a committee meeting in early April, he wrote Leal on April 15th to the effect that the "... meeting felt that such a small change in name could be accepted and ... agreed to put it before the next AGM." It was there agreed to prefix the Association's name with the word "Cumberland" (CFRA).

Up to 1978, the CFRA served only as a promotional body in West Cumberland, organising the Ennerdale, Wasdale, Kinniside and Muncaster races, along with Joe Long's navigational exercises, the Copeland Chase, but during that year it branched out into an athletic club as well, the now highly-successful Cumberland Fell Runners, though athletes with other clubs could still subscribe to the promoting body, the CFRA, as associate members. Frank Travis and Joe Long are both now dead but their names will live on as men who made an enormous contribution to the development of amateur fell racing, not only in West Cumberland but all over the North West of England. Their respective wives, Janet and Hannah, will also be fondly remembered for their staunch support of the sport.

## The First Calendar

Meanwhile, back in 1969/70, Eddie Leal and Gerry Charnley were involved in gathering information on British fell races and associated events to be published in a fixture list for the 1970 season. Eddie sent out letters and forms



Eddie Leal at 70, competing in the Ben Nevis Race, 1992

to all known race organisers, the latter requesting such details as venue, distance and total ascent, and the time, year and holder of the course record. Several failed to reply, though one in particular, Jim Smith of Bury & Radcliffe AC, who was then organiser of the Three Towers Race over the East Lancashire Pennines, sent Eddie a lot of information on races he had competed in himself or had heard about. This was the start of a voluminous correspondence between them which led to Jim becoming prominently involved in the formation of the new association.

Two men who were very helpful in supplying Leal with details of Scottish hill races were Bill MacDonald of Glasgow and Pete Duffy of Wishaw, Lanarkshire, a member of Aberdeen AC who actually hailed from Lancashire. He had won several Scottish events during the '60s, also the 1975 Chevy Chase, while more recently he was joint-winner, with John Dearden of Helsby AC, of the 1996 Over-60s championship.

It may also be of interest to mention here that, in a letter of acknowledgement to Peter Cooper of Chinley, Derbyshire, organiser of the

Eccles Pike Fell Race (February 2, 1970), Eddie Leal discussed the possibility of promoting other races in the Peak District and even suggested a course for a long event which was virtually identical to the Edale Skyline Fell Race inaugurated four years later by Chris Worsell before he helped to form Dark Peak Fell Runners.

The fixture list eventually came out as four duplicated pages containing the details of 41 races, including such fringe events as the Fellsman Hike, the Punchbowl Marathon in Surrey (an LDWA-type event) and the Worcestershire Beacon Race from Malvern, which Leal referred to in a letter to the Editor of *Athletics Weekly* (February 9, 1970) as "the season's first fell race" as it was then held in March. Like the Punchbowl Marathon - and later, the Fellsman - it soon disappeared from the FRA Calendar, having come to be regarded merely as a hilly road/cross-country course - though it probably qualifies as a fell race as much as certain other events which make the Calendar nowadays. The Fellsman, however, is a very worthy event which still attracts entries from long-distance fell runners.



Jim Smith nears the top of the 'big end'; Pendle 1976 - Photograph: Bill Smith

This first fixture list was publicised in the March 14, 1970 issue of *Athletics Weekly*, resulting in several enquiries, mainly from Northwest England but also including a few from both the South and from Scotland. Names which will be familiar to many of today's FRA members included Chris Brad, Dave Cannon, Guy Goodair, Andy Harmer, Dave Hodgson, Jimmy Jardine, the late Alan Lamb, Paul Murray, Henry Thornton and Dennis Weir. Frank Travis also supplied Leal with a list of names and addresses of his own Association members to whom fixture lists and details of meetings could be sent.

Some runners were confused by the existence of two FRAs, and I must admit that I joined the Cumberland organisation during the summer of 1970 after being given a membership form by Jos Naylor, but didn't become aware of the Leal/Charnley aggregation till the first magazine came out the following year, when Frank Travis sent me a copy.

#### A Memorable Year for Fell Runners

On December 12, 1969, Gerry Charnley had written to Eddie Leal, apologising for not being more actively involved in the planning of the new Association as he was "still tied up with the NWOA and the BOF", not to mention also the LDMTA. He did, however, make a positive statement towards the evolution of what came to be known as the FRA: "Let's make 1970 - the start of a new decade - a memorable year for the fell runners . . ."

On Sunday, March 22nd, a meeting was held at the Cross Keys Hotel, Skipton, starting at 2.30pm, the object being to discuss "with a nucleus of interested parties, the possibility of a formation of a British Fell Running Association ...." Invitations were sent by Leal and Charnley to thirteen people and nine actually turned up, including themselves, with apologies being received from four others. Present were Leal, Charnley, Frank Travis, Jim Smith, Stan Bradshaw, Alf Case (Three Peaks Race Association Secretary), Ken Smith (Pendle Fell Race Secretary), Eddie Roberts (Rossendale Fell Race Secretary) and Tony Schindler of the Burnsall Fell Race committee, standing in for its secretary, David B. Smith, who had already arranged to go to the Rugby International in Scotland.

The outcome of this meeting was that a decision was made to hold an open

meeting following the Pendle Fell Race prizegiving at Whitehough Camp School a fortnight later, on Saturday, April 4th. The day after the Skipton meeting, Charnley wrote to Leal: "After Saturday week, we might well consider this fixture list to be a facility restricted to paid-up members of the Association ...." His suggested agenda for the Whitehough meeting was: (1) Opening address - the purpose of the Fell Runners Association; (2) Resolution for the formation of the FRA; (3) Adoption of constitution, including a fee for 1970; (4) Election of officers; (5) Election of committee; and (6) Any other business.

The meeting was chaired by Gerry Charnley, who gave an opening address relating chiefly to reasons why it would be practical to form an association for fell runners, and also to people and developments involved in bringing about this meeting. He distributed copies of a draft constitution which he had prepared for the meeting to study. A general discussion followed, the outcome of which was that it was unanimously agreed to inaugurate a Fell Runners Association. The draft constitution was then discussed and ultimately approved, following various suggestions. Subscriptions were fixed at 25p for individuals and £1 for patrons.

One important topic which Charnley emphasised was something he had previously pointed out to Leal in a letter dated February 11, 1970: "Some runners have got the understanding that the proposed/prospective formation of a Fell Runners Association would endeavour to become an independent governing body and conceivably operate in opposition to the AAA. This, of course, is not my own wish. I personally feel that our sights must primarily be set at providing a service to fell runners and other kindred activities. We would not oppose anyone and readily acknowledge the jurisdiction of the AAA....."

Finally, officers and committee were elected, comprising: Alf Case (chairman), Eddie Leal (honorary secretary); Jim Smith (honorary treasurer/registrar), Frank Travis, Gerry Charnley, Ken Smith, Eddie Roberts, Pete Duffy, John Barlow (Sale), Mike Davies (Reading), John Haworth (Clayton) and Colin Robinson (Rochdale).

### **Into the '70s**

Jim Smith was becoming increasingly involved in the development of the FRA. He arranged a committee meeting at the Cross Keys Hotel, Skipton, in January, 1971, and a special emergency meeting after the Burnsall Fell Race on August 21st that year. This followed

Eddie Leal's declaration to Gerry Charnley in March that he would have to vacate the Secretary's post due to personal problems, with Gerry volunteering to assume the post himself if no-one else could be found (GC to EGL: July 7, 1971).

"The purpose of this meeting is to appoint a new Secretary or someone else who would be willing to undertake the compilation of next year's Fixture List," Jim wrote in his circularised notice to members. "Eddie Leal, whose efforts and enthusiasm largely influenced the formation of the Association, has recently indicated that his circumstances currently prevent him from continuing as our Fixtures Secretary....."

The following day, Jim penned a letter to Eddie to let him know how the meeting had progressed: "... Not a great deal was decided at the Fell Runners' meeting .... Only about eight or nine people attended: F. Travis, J. Haworth, J. Barlow, K. Smith, M. Meath, B. Baistow, H. Walker (who won the race) and H. Thornton." The proposition of a championship award for the "Fell Runner of the Year" was "very enthusiastically received. One suggestion (which was generally approved) was to select a number of races - ten were put forward - and allocate points to the first ten finishers: Three Peaks, Burnsall, Pendle, Fairfield, Ennerdale, Skiddaw, Thieveley Pike, Ben Nevis, Rossendale and Chevy Chase." (Rossendale was the original 8fl mile course over Cribden, Cowpe Low and Seat Naze).

In fact, an anonymous contributor to **Athletics Weekly** of reviews of both the 1968 and '69 seasons had already devised one scoring system of awarding ten points to a race winner, nine to 2nd, eight to 3rd and so on down to one for tenth, which he admitted he'd adopted from a scheme previously inaugurated by Sam Ferris of the Road Runners Club. Under this system, the first three places for 1968 were achieved by Mike Davies (Reading) with 72 points, Pete Watson (Pudsey & Brambly) 60, and Chris Fitt (Kendal) 38 ("Fell Running in 1968": A.W. December 28, 1968). The following year, Watson was a clear champion with 96 points to Davies' 53 and Jeff Norman's 52 ("Fell Running in 1969 - A Review": A.W. January 3, 1970). To continue with this system for the 1970 season would have resulted in Jeff Norman (Altrincham) winning the championship with 74 points over Dave Cannon (Kendal) with 58 and Trevor Proctor (Rochdale) with 45, while in 1971 the major placings would have read: Dave Cannon 67 points, Harry Walker (Blackburn) 66 and Pete Watson 43.

A similar system was outlined in the 1971 FRA magazine, with only "classic" fell races to count and the ten suggested being identical to those listed in Jim Smith's letter about the Burnsall meeting. Suggestions and criticisms were invited from members. However, a completely different scheme, devised by Mike Davies, emerged for the first official championship in 1972, with the A, B and C categories being introduced and all races in the FRA calendar qualifying for points, though varying totals were awarded accordingly: 22 for the winner of an "A" race, 19 for runner-up, 18 for 3rd and so on down to 1 for 20th; 16 for a "B" winner, 13 for runner-up, 12 for 3rd and so on down to 14th; 4 for a "C" winner, 2 for runner-up and 1 for 3rd. Dave Cannon was the outright winner with 207 points to Harry Walker's 166 and Jeff Norman's 141.5. Walker triumphed the following year and Norman in 1974. The championship system has, of course, been modified several times since.

A new Secretary was finally elected on May 20, 1973 at an "informal" AGM organised by Jim Smith after the Fairfield Horseshoe race. 25 members attended and Jim said he was sure they would "sympathise and wish Mr. Leal well and a return to good health", while emphasising his "strenuous efforts to get the Association off the ground in 1970." The new Secretary was George Broderick, not a fell runner himself but a very keen fellwalker and early organiser of both the Manx Mountain Marathon and the Bens of Jura Fell Race, which courses he had also devised.

Both Jim Smith and Gerry Charnley remained involved up to and including the 1978 season, but then stepped down to allow for the infusion of "new blood". Jim now runs for the "sociable" Todmorden Harriers and has recently joined the Over-60s ranks. Eddie Leal finally gave up running in 1998, aged 76, following a bout with cancer four years previously, but remains involved in promoting the sport on his native Isle of Wight, where he organises the annual Ventnor Isle of Wight Fell Run Series, involving three events over one late September weekend. His sons, Clive (48) and Andrew (39) are both keen fell runners, Clive now living at Mansfield while Andrew is still based at Ryde.

**Acknowledgements:** I would like to thank Eddie Leal and Jim Smith for their help in compiling this short history, also Mike Rose who kindly made Eddie Leal's files available to me, not to mention also being the original instigator of this article.



Ovenden runners Martin Roberts, Geoffrey Howarth, Roy Marlow and D O'Regan Photograph: Steve Bateson

## "By the skin of his teeth !!"

### The South Pennings Grand Prix 1999

When a group of fell race organisers in the Yorkshire and Lancashire borders decided to pool their resources for the 1999 season, forming a year-long grand prix series, they could not have imagined that it would create such an overwhelming degree of interest and fierce competition.

The "best-eight-from-twelve" South Pennines Grand Prix was so named because all the races appear on the Ordnance Survey (sheet 21) of that name. The series of already established and well organised, value for money, low-key fell races, would not only provide a stern challenge of fitness and stamina for the more serious fell racer, but also a test of endurance, over the season-long series whatever the competitors' ability.

Added to this, there would be awards to the winners, male and female, including all five year veteran categories, and the promise of a worthwhile memento as a reward for persistence, to all those who were willing to make the effort to complete the qualifying eight events. No additional charge would be made to competitors, it would simply be a case of turning up, completing the race in accordance with FRA rules and organiser's kit requirements, and if a runner's name appeared in more than one set of results, he was in !

The series organisers sat down and discussed the requirements of such an operation and examined the workings of existing setups. The FRA championship is fine for the elite racer, but gives little in return to those further down the field - some of whom in fact are top club runners! (You need to be of race winning calibre to get just one point in the English Championship.) The South Pennines would have to utilise a system whereby everyone who entered would be in with a better than even chance of success, whatever their ability.

Keith Parkinson, Todmorden Harrier's Club Championship statistician has a tried and trusted scoring system. First, Keith calculates the average time of the first three runners to finish, then each subsequent finisher's time is worked out as a percentage of that average.

With this system, if the last runner to finish takes twice as long as the winner, the winner receives roughly 100 points, while the last gets about 50.

Complete a few events and those points soon accumulate, rapidly moving you up the league table. The more events you run - the better your chances. Run in more than the required eight counters and your "worse" performances will be discounted.

### 1999 - a prototype series

The 1999 races were of widely varying distances and severity of terrain, starting in January at the beautifully picturesque setting of Ogden reservoir near Halifax, West Yorkshire, with the 8 mile "TOR" Ovenden fell race.

Here, England International Robert Jebb of Bingley Harriers took maximum points, from veteran international Steve Oldfield of Bradford Airedale, Clayton Supervet Peter McWade leading Ken Taylor Of Rossendale in the V50's Category. Bingley's Carol Greenwood took her customary place at the head of the league table ahead of Holmfirth's Lisa Lacon, while Halifax Harrier Linda Hayles started a trend which would only improve for her as the season wore on, as she lifted the veteran's prize, placing sixth lady overall.

Oldfield took the lead after finishing in fourth place in race two, the six mile Ogden Moors race, at the same venue four weeks later. Carol Greenwood further increased her lead in the women's, from constant Lisa Lacon, Linda Hayles holding her position in the veteran ladies, while Pete McWade did likewise in the supervet's, still ahead of Ken Taylor.

However, as the venue crossed the border into Lancashire for the longest race, the 15 miles White Holme, things were to change things dramatically.

## Taylor nips in

Three entirely new competitors led the field home here, all non veterans, leaving the evergreen supervet Ken Taylor to sneak into the lead ahead of Ilkley veteran Rob Hamilton and Rossendale's Keith Masser.

Linda Hayles was third woman home, lifting her points tally further, while Elma Brown of Werrington Joggers came into the picture in the FV 50 category after having completed two events, just ahead of Radcliffe AC's Sheila McNulty.

Some of the top International fell runners in the land made their mark on the South Pennines series after the English championship opener, Noon Stone, over 9 miles at the beginning of March, even though some of them may not have noticed it. The 350 plus field swelled the grand prix results print-out to bog roll length, now coping with more than 600 names.

There must have been many a wry smile as the league tables were pinned up at races during the following weeks, as regular mid-field runners found themselves streets ahead of the Blands, Booths and Holmes's - though the Jebbs and Oldfield's weren't doing too badly.

The classic 'A short' races of Todmorden's tough 4 miler Flower Scar and Kevan Shand's former English champ's race Blackstone Edge over a rough three and a half miles, near Rochdale soon followed, after which, the league table began to settle and whittle it'self down as any newcomers to the series from here on wouldn't be able to achieve the required eight races.

Ken Taylor had established a commanding lead by now, a position onto which he would cling throughout the whole of the Summer. Likewise, Linda Hayles, another prolific racer and regular FV40 prizewinner held pole position in the women's class, a tribute to her fine run of good form as well as just reward for her dogged persistence.

However, an unexpected and thrilling climax was about to develop. A trio of good class club runners, Jason Feeney of Bingley, Trafford's David Keeling and Horwich RMI Harrier Chris Seddon had been quietly competing in occasional grand prix races, and fairly regularly filling top ten placings.

In the following analysis I will mention finishing positions. It is important to remember however, that the grand prix is all done on TIMES.

After taking second place behind Steve Oldfield at Crow Hill from Mytholmroyd near Halifax in August, Seddon shot to second place overall in the league just seven points adrift of Ken Taylor. Oldfield held a lowly 16th place overall, despite his victory, through having only completed five events, while Feeney and

Keeling, both on six races, held onto 8th and 9th spots respectively.

## All change

The High Brown Knoll from the same West Yorkshire venue was to provide the turning point in the championship as the famous navigational section on Midgley Moor provided the expected "interesting" choice of return routes.

Oldfield produced another superb win, in new record figures, moving him up to eighth place. But close behind in that race, the gloves were off as far as Seddon and Keeling were concerned, the pair sprinting down the steep descent of Wadsworth Banks Field, the Horwich man taking the verdict by one position and three seconds in seventh place, but more importantly, over two minutes ahead of the great Supervet from Rossendale.

With two races remaining, Seddon was in first place, eleven points clear.

Keeling jumped from ninth to fifth in the league table while Feeney missed the race and slid to 12th. Jason had hinted that he had planned to complete the prescribed eight races. But now he was going to have to produce something rather special to be in with a shout.

Back to Lancashire for the Gale race on the last Sunday in October and on a wet and windy day, Seddon ran out of his skin to place fourth behind a crack trio of Lancastrian speed merchants. Feeney took tenth spot with Keeling just behind in 13th, though both in very fast times. Popular favourite Oldfield missed the race and had therefore blown his chance of qualifying.

## A thrilling climax

The final race was Keith Parkinson's own production, The Shepherd's Skyline over six miles of tracks and Pennine Way muck very close to the Noon Stone venue.

In a real thriller, Jason Feeney ran a stormer to take 9th place in a class field, with Chris Seddon coming in two places and 41 seconds behind. It seemed that the Horwich man had done enough to take the overall title.

In the Shepherd's Rest the tension was mounting as the pub filled with runners and the runners were filled with good home cooking and fine ales. Keith Parkinson worked frantically, taking times from the results board to punch into his laptop computer. Then the announcement was made.

"The Grand Prix awards will be made just ahead of the race prizegiving".

Keith took the microphone while Allan and Kevan prepared to dish out the awards. "And the winner, by the slender margin of 0.3 of a point... Chris Seddon of ..." his club was drowned out by the roar and subsequent applause as Chris

stepped up to take his engraved glassware and rather attractive wall plaque-come-teapot stand memento.

Jason Feeney was the most deserving runner up, though having left his late surge just a little too late. David Keeling finished third nine points further back, followed by another pair of late surgers, Ilkley's Jason Hemsley and Vincent Booth of Trafford AC, while Ken Taylor finished a very fine sixth to lift the V50'S award ahead of all the other veterans, with Skyrac AC's Graham Breeze second placed in that age category.

## Roll of honour

Rob Hamilton (Ilkley H) won the V40's tankard ahead of Rossendale's Keith Masser, with Mike Moss of Bradford's St Bedes AC winning the V45's from stalwart Jim Godwin of Rossendale. In the V55's John Devlin (FRA) took the engraved glassware ahead of consistent Paul Tuner (St. Bedes AC) who competed in all 12 races, en route to achieving his ambition of completing 52 races during 1999. Liverpool's Ted Maden (Penny Lane) was a popular recipient of his age category prize as he lifted the V60's tankard.

Linda Hayles took a well deserved overall award in the women's class, lifting the beautifully etched wine glass, while Werrington's Elma Brown won the female over 50 award.

The reaction to our first attempt at a mini championship series has been most encouraging and the organisers are all set to rise to the challenge again this year.

A slightly different selection of races will make up the Grand Prix for 2000, with one or two brand new events included. Whatever your ability or level of competition, there will be something to interest you in this series, and you never know, you might just enjoy it.

Allan Greenwood



Paul Turner of St Bedes completed all twelve races  
Photograph: Allan Greenwood

# Meirionnydd by Moonlight

The Meirionnydd Round involves some of the best mountain scenery in Wales, taking in such jewels as Cadair Idris, the Rhinogs, Arenigs and Arans. It was inaugurated on 8-9 May 1998 by Yiannis Tridimas (Fellrunner October 1998), and has yet to be repeated in under 24 hours.

## *Night manoeuvres*

With the weather set fair and frosty, and the moon 90% full on Friday 19 November, I can't resist having a go. Leaving Peterborough at 6 p.m., I have food and water caches in place at road crossings before 11 p.m., but am not due to start up Cadair Idris until 1 a.m. With the moon bright I am restless for the off, so elect to start with the Dyfi Forest section, at the pleasingly memorable time of 23:23. In no time I have scrambled up the splendidly steep Moel Cwm yr Eglwys and am plodding up the summit slopes, with Orion's belt straight ahead. It is brilliantly clear and the puddles on the path over Maen Du are frozen over. At the Boundary Stone above Gribyn Fawr I join Yiannis's original route. The steep climb up Waun Oer is in shadow, and as I emerge on the summit slopes I am temporarily blinded by the moon. I'm disturbed to note that cloud has formed on Cadair Idris - a complication I could well do without. I'm soon at Mynydd y Waun, with the well-rehearsed descent to the A470 pass lying below. On the final descent I find myself on the wrong side of a steep grassy gully. Jumping across in the moonlight I misjudge the distance and my fingers and torch sustain superficial damage. Nevertheless I'm at the road within 5 minutes of my scheduled time. The schedule is a fast one and (in my dreams) involves several extra tops in addition to the five new ones in the section just completed.

Gau Craig is the first step on the Cadair ridge, and in the depth of the moonshadow I miss the initial part of the last rocky ascent, wasting a few minutes. Once on the ridge I'm in freezing fog and with a fresh NW breeze it is very cold. Mynydd Moel is covered by a thin layer of snow, and I'm glad of the intermittent trail of bootprints. I waste more time investigating the way off a false summit before the frost-white trig point of Pen y Gadair rears ahead. I don't know the terrain well enough for these conditions and the schedule is slipping away. Then my torch fails (possibly still suffering from concussion): I'm glad I have a

spare. Map and compass get me off Pen y Gadair and Cyfrwy is easily found. However, in nil visibility I fail to find the path off Cyfrwy, and pick my way down icy boulders for what seems like an eternity before the grassy saddle is reached. I'm nearly an hour down on schedule now, and the moon has set. I make my way along to Braich Ddu at the western end of the ridge, without further mishap. Now the moon is gone, the stars are brighter than ever. Street lights mark Newquay and the distant south-western arm of Cardigan Bay, while to the north-west is the dark undulating profile of the Llyn Peninsula, with the Bardsey Island lighthouse visible at its tip, some 40 miles across the water.

Five hundred metres below me are the lights of Barmouth. The ingenious route down steep mountainside, across pasture and through woodland is negotiated without incident and soon I'm crossing the Mawddach footbridge. Railtrack are currently investing in its refurbishment and the bridge is technically closed, but passable. Once safely ashore at Barmouth I plod up a complex of roads and tracks, munching food, before emerging onto rocky pasture then fighting my way up rock and heather to the fine little rocky summit of Garn Corllwyn. Two meteors trail dimly across the sky, presumably Perseids left over from Tuesday night's show. In the eastern sky is the first glow of the new day. It is 6:30. A pleasant network of grassy tracks leads through the patchwork of tiny sheep fields to emerge at last on the open ridge of the southern Rhinog.

## *Wales for the Connoisseur*

As the light improves and I want to pick up speed, alas my body is intent on catching up with lost sleep, and time and again I find myself sleepwalking. Several times I lie back on the frosty grass and take in the view across the Mawddach estuary to the cliffs of Cadair Idris, surely one of the loveliest panoramas in the land - schedule or no schedule. The way is easy now, and I make my sleepy way over a succession of un-named summits as the sun rises and paints the landscape with an outrageous series of reds, oranges and browns before finally settling on a sensible colour scheme for the day.

Diffwys is the first 'proper' mountain on the ridge, its trig point perched on the edge of sheer cliffs. The view back to Diffwys from Y Llethr across Llyn

Hywel is quite superb; the mountainside a tasteful autumn combination of greens, greys and browns. On the steep descent I finally wake up and start to motor, up and over the steep rough rocky Rhinogs. Beneath the north cliffs of Rhinog Fawr is the first water supply - I refill my drinks bladder with another 2 litres of Hi-5. Short of time, I elect to bypass a number of 'extra' peaks which I normally take in. To my annoyance, it seems that these tops are harder to bypass than to include. A network of boggy little paths threads the complex of castellated tops to reach Craig Wion's compact rocky summit, which opens up a view of the excellent rocky peaks soon to come. This is connoisseur's country - a wonderland of bare rock plateaux, scrambly climbs and tiny pools. Suddenly among the heather, Moel Ysgyfarnogod rears a steep grass-and-scrub flank just above the 2000 ft contour, closely followed by the rocky tor of Foel Penolau. Below is Llyn Trawsfynydd with its brooding nuclear power station. Beyond, and just out of reach of the Round, the Moelwyns lie plastered in snow.

## *Cold Feet*

This demanding 7+ hour section traverses two more tops, then obscure paths lead out through a wilderness of rock, bog and heather to the Trawsfynydd service road and a waiting food cache at the A470. It's now 1:30 p.m. and I tuck into rice and tinned fruit, and renew the torch batteries against the coming night. Another neat little footpath ducks under the railway, through oak woodland and across pasture and past the striking Roman camp remains at Tomen-y-Mur before heading up to the attractive grassy summit of Foel Goch. Now the terrain changes to the bog tussock and marsh of the Migneint. Graig Wen and Foel Cynfal are welcome islands in the morass, but it's heavy going to the Ffestiniog-Bala road, then a depressing tract of boggy heather and plantation leads to seldom-visited Carnedd Iago. Progress is now satisfactory but there is no real prospect of hauling back the 2 hour deficit gained in the small hours. Crucially, my feet are starting to feel like blocks of ice and as the sun sinks the temperatures are set to plummet, and with a few hours more bog-trotting to come, I do not consider it safe to go on into a second night. This is Tridimas country, no place for a man from Peterborough with a tendency towards cold feet better suited to 25 miles of dry tarmac which are the alternative return route.

Leaving the Migneint to its loneliness, I take to the road, settling into a leisurely jog-walk as the feet dry out. I plunder the next cache of food - the bag slightly sheep-nibbled but food intact. The moon rises, early evening clouds gather then disperse to leave the mountains bathed in her cold loveliness. In a tiny village I sit under a street lamp, get the map out and consider my position. A network of lanes bypasses Bala to join the Dolgellau road. Then after a further five footsore miles of quiet main road I succeed in flagging down a bus - possibly the best 90 pence I've ever spent. I sleepwalk through Brithdir (literally - to the extent of walking into the roadside wall !). Once on the A470 bound for Dinas Mawddwy, an angel in a white van gives me a lift back to my car. Evidently a fairly liberated class of angel as he points out there's still half an hour to closing time at the Red Lion at Dinas Mawddwy. In the event I settle for a rapid feet-up leg-massage food-and-drink binge in the frosty car before thankfully pulling on the sleeping bag and falling into a deep sleep. Excluding lifts, I've covered 60 miles and 17,000 feet in 23 hours.

### Post mortem

Another sharp clear morning, so ignoring the mild protests of a pair of sore feet I amble up Cadair Idris for a post mortem. My legs feel surprisingly fresh, and the scenery lends wings to the spirit, a patchwork of fields and hills opening up as I ascend the well-constructed pony path from Ty Nant above Dolgellau. A man from Ruthin teaches me how to pronounce Cyfrwy (Cuv-roowie - stress the first syllable). It has a couple of reasonable descent routes, neither of them anywhere near the painstaking beeline I took last night. I make my way round the magnificent northern cwm to Cader's populous summit, then head off to retrieve the remains of my food caches.

There is no doubting the attraction of a winter running, with its clear air and rich colours. There is no doubting the quality of the Meirionnydd, a succession of fine hills linked by often-challenging terrain and intricate routefinding which make the Round a tough one compared with the BGR and PBR, despite its having slightly less climbing (24,000 feet in slightly over 70 map miles). The liberal supply of boggy ground adds to the challenge of the MR, especially in winter.

I wouldn't have missed my weekend flirting with the moon. A Meri time was had, indeed.

Rob Woodall, Peterborough,  
November 1999

## THE JOSS NAYLOR LAKELAND CHALLENGE

As we have yet to witness a winter attempt on the run, there are no fresh successes to report since the October issue, though some might say that with the conditions prevailing in the mountains for much of the summer of 1999, they might have been better off in the winter, despite short daylight.

I wish to offer an apology to Jack Escritt and to Fellandale. Jack was accorded Bingley as his club in the October issue and it was entirely my fault. Sorry, Bingley, but this star veteran is not on the transfer list, at any fee! By the time the mistake had been forcefully pointed out to me by a Fellandale member at the FRA AGM it was too late to correct.

The Presentation Dinner will be held at The Bridge Inn, Santon Bridge on Saturday March 18th. It is a fact of life that clashes will occur and some have to make a choice between two events dear to their hearts. Nevertheless, we look set to have a good attendance to make tankard presentations to the six new recipients.

A new address is below. Having gone home to Wales at last I may be able to point fellow Welsh vets in the direction of the Lakeland Challenge. Bryswch Eryri!

Information, S.A.E., please:

Monica Shone, Swn y Gwynt, Penmynydd,  
Porthaethwy, YNYS MON. LL61 5SX. Tel  
& Fax: 01248 713789.

## WHICH TRIG?

ANSWERS:

Here's a change from guessing whose muddy (c) CALF is whose. Try to (b) PLACE the right names etc. Can it be where (a) PUNTERS KEEP THEIR EQUIPMENT? Have you experienced the last (e) EXIT from Majorca. Will your inspiration come from (d) THE SAME SOURCE AS THE EXPLORING CAPTAIN..

Send your answers etc. to Andy Todd of (f) HELSBY Running Club.

- A - Pole Bank
  - B - Place Fell
  - C - The Calf
  - D - Roseberry Topping (Capt Cook's inspiration to explore)
  - E - Teix
  - F - Helsby Hill
- Unsurprisingly - very few entrants -  
No Prize-winner

Thinking of an easier one. \_\_\_\_\_

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# The One with the Ferry in it (Or Not)

Mike Fry

Freedom - at the risk of sounding like Braveheart - that is one of the reasons I'm a fell runner. I love the freedom of running around the hills, without controls; the freedom of being allowed to get covered in mud; to splash in puddles; to drive yourself beyond your limits and still be part of civilised society. There is a bit in Peter Travis' book *The Round* which seems to illustrate this - the hero just freely chooses 4 points on the Lakes map, works out a route to cover them and then nips out of the house and does them. Great.

But in real life our freedom is constrained. Maybe a loving consort would be happy to drop you off at point A - nip off to the shops, refuel you at point B, go and find a tea shop, put up the tent and put on the dinner, drive to point C, read a book, listening to music in the car and pick you up, even if you arrive late and at a different point on the road, carry you to the showers, cook for you and care for you. My friend Paul has a fiancée, Charlotte, who is such a wonder. But most of us are not engaged to Charlotte (more's the pity!) And for most of us the freedom of the hills has certain limitations even before we slip on our Walshes and KIMMsacs. We need food. We need a route that is challenging and yet not impossible. We need meeting. We need someone to make sure we haven't got lost under a tree or fallen under something or into somewhere. We need someone to look over us. And that is where Joe comes in.

I first met Joe last Saturday - a week ago - and I'm still recovering. He was standing at the gate of Patterdale Junior School, looking a bit like a Jolly Green Giant. He was actually surveying all the people who had signed up for the Great Lakeland Challenge (or GLC as Ken Livingstone knowing Southerners might abbreviate it.) What did he make of us, I thought as all the phone calls of the past weeks acquired flesh and blood and rucksacks and needs. I arrived with Ashley and Anna and Phil, from the camping barn. I was actually more concerned about - what did he think about just me - as I was half man, 2/3 rucksack (I'd been a bit rushed at school that week and muddled up the weight and size specifications.) Lindsay who was in charge of the luggage was wonderfully helpful - It's meant to be fun, she said, with a grin.

And that was the cue for Joe to distribute the route cards. Well, I've done a few challenging events but the sheer scope and boldness of this concept took my breath away. We were headed for Coniston (South West) - so the first check point was Loadpot Hill - North East. Then the route round Kentmere and Ambleside looked difficult. Jo dropped a hint as to how to bring this off "Take the ferry" - a great idea as it opened up all the lower Windermere fells and the Coniston hills around Grizedale." But would it be in the spirit of the thing?" I timidly asked. But this event is unique - one of its own - sui generis. This is a new sort of event. "It's not a competition" said Joe (a lot) - it was an organised opportunity for us to do a lot of running in the Lakes and still survive. The challenge of the route was part of the event - not a competition except with the old foe - yourself and your body - Brother Ass and his/her built-in limitations. The sheer scale of the route made part of me think it would be good to say "Sorry, mate, made a mistake" and turn in my route card. BUT we all have that part in us that responds to an impossible challenge by saying Why Not! (I meet it in kids all day long) - so I thought - Why Not! Go on - seize the day - Set out and have a go and see what happens. After all the weather was very pleasantly warm.

So I had a go. Now this isn't going to be a blow by blow account of an epic journey as I want to commend the whole concept to you. But for the record - and to show the scale of the thing - the journey took me over into Boardale and Martindale, then up Loadpot. Along to High Street (glorious views of the mammalian backs of the Lake Mountains, dappled in the sunlight), then over to Harter Fell and the Gatescarth Pass. A heat dragged attempt on Tarn Crag, then down to Joe in the sun at Sadgill. It was getting very very hot, but I got over to Kentmere - then got a bit hot. In all my huge rucksack - back in Lindsay's van - there was copies of Peter Ackroyd on Thomas More and J K Rowling on Harry Potter - but Sun hat or Sun cream there was none. I now started to wilt. I got overtaken by two girls near Ings, one with long flowing hair having a great time, and the other with short hair suffering badly from the heat "I seem to have lost all interest". The tracks down to

Bowness and Lake Windermere were fast but hard to get a sense of - mainly because the heat nicely roasted us here - fell running in a microwave.

A ghastly crossing by compass of Bowness (interesting smells) to get to the ferry was followed by meeting up again with Anna and Ashley. I mean, I hardly saw anyone of my fellow eventers the whole time. I saw Phil's vanishing hat, a bloke from Leeds, and the two girls. Ashley and Anna and I interweaved. No matter how hard I tried to give them space, and they tried to move on, we always ended up together - Huis Clos of the hills - Fells are other people.

Mind you, Ashley and Anna were excellent companions - full of cheer and nut mix as the ferry dog - a brown lab called Brown Windsor - licked the salt off Ashley's legs. The Ferry was a great moment of luxury in the whole trip. But the smell of petrol mixed badly with the sugar of the energy drink and the Freusli Bars. You can't be sea-sick in a fell event. But once on the other side the new start gave me a fresh burst of energy. At the site of a Grizedale Forest sculpture I realised I was doing OK. I had a smashing time running over the Coniston fells, until I got near Carron Crag, the last checkpoint. I couldn't find the way in and I panicked and just fought the local trees to a standstill, getting in some experience if I ever am called into rescue Sleeping Beauty in her thorn bush surrounded castle. Rough and ready. Once on the top I could spy the two girls behind, so raced down, pausing only to vomit whenever I tried to eat or drink (the sun. don't you know). I got round the head of Coniston lake and so to the camp site. I got the tent up and a brew on. I felt even better after a shower.

But the sun had done for me and in the morning I was still dizzy. I should have kept going but I was ashamed and frustrated and just wanted to make for home. Joe had had a worrying night too - after I and the girls got across the ferry had gone home for the night, so everyone behind us had had to be lifted to Coniston and get an extra 2 hours rest and refreshment. Tough eh. The ferry's early bath was an unexpected development, not planned two days before when Joe receded the route. There was a glorious moon in a clear sky - slashed with a cloud bar - like the Zanussi sign.



The others were heading for Grey Friar and Ennerdale - then camp at Loweswater and onto the slopes of Lonscale Fell and the Dodds and back to Patterdale for Monday pm. I felt sorry to miss this - but I wanted to get my marking done. Which shows you how stupid I am.

I should have stuck around, helped out for a bit and got myself sorted out - then ran again on the Monday. But the sun had got to me - and to the girl with short hair - I was just not me. This allowed me to miss the last two days of a magic event.

The whole thing doesn't really fit into the traditional headings - not a race - or a mountain marathon - just a great time to be free on the fells. There was a smashingly light touch - a couple of self clips - and a few Trig Point base plate numbers to write down, plus the cultural high light - a tour of the wood sculptures of Grizedale Forest (alas, removed a week or so before !). It was like a glorious Sunday Long Run - only without having to get back to mow the grass - or paint the door panels.

Part of me is reluctant to tell you all about this - it's the Wainwright dilemma - by popularising something do you destroy it's essential character ? However, the sheer difficulties and challenge of all this, must act as a self-limiting device. However, I think it is a pretty special event in all senses. Mainly because Joe and Co (all jolly happy people, made jollier and happier by the fact that they have good excuses for not having to run 33 miles a day on the May weekend) maintain it as an event that fits with the fellrunners' mindset. A superb support network for fell runners' to be free to run in the fells. Next year, as Easter is early, Joe is going for Easter (rats, I'm Corbeteering then). This is no picnic - but it is an Adventure.

Further details from Joe Faulkner, Post Box Cottage, Kirkland, Penrith. CA10 1RN

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# BOB GRAHAM ROUND

## 19/20 DEC 1999

Scott Umpleby & Brian Meakin

Out for a run last summer, the conversation went something like:

Brian: *"I fancy giving the Bob Graham Round a go"*

Scott: *"Already done a Summer Round, but I've been thinking about trying it in Winter."*

Brian: *"Shall we have a crack in December then?"*

Scott: *"OK"*

Twelve hundred training miles and 2 pairs of running shoes later we set off from the Moot Hall, Keswick with our first set of pacers (Jon Broxap, Billy Proctor and Andy ?). 21:00 on the 19 Dec 1999 saw the sky clear with a full moon but the temperature was dropping rapidly. Skiddaw and Great Calva passed uneventfully (apart from the stupendous views) without head torches. The first real obstacle was the River Caldew. Freezing feet had not thawed by the time we reached Blencathra summit but the fear of ice covered rock on Hall's Fell Ridge was thankfully unfounded. Down in Threlkeld, a change of socks and a change of pacers (Jonathan Lagoe, Ian Simpson and Nigel ?) had us refreshed and ready for the next section.

Once up Clough Head the summits seemed to come thick and fast. Still relatively fresh and the moon still full we were an hour up on our 23:55 schedule by Helvellyn. However, by 04:30, down at Grizedale Tarn, the moon had set along with our spirits. It was that time in the morning when the body should be asleep, not being forced up the steep side of Fairfield. Going up Seat Sandal Scott was retching up all the food he hadn't eaten. And by the time we reached Dunmail (06:00) we had lost our first half advantage and were greeted by gas stoves that wouldn't light because of the cold (-160C apparently).

Dunmail to Wasdale is probably the crux of the round and we were fortunate to have some very experienced help (Chris Lumb, Richard Lamb, Yiannis Tridimas and Alan Miller). Their navigation was almost as good as their company. Coming off High Raise we were treated to a glorious heart warming sunrise. And just off Rosset Crag an even more warming cup of tea by Richard Knight, who had spent a chilly night camped on Bowfell. The weather was still holding out with very little wind and a small amount of high level cloud; the only problem was the patches of sheet ice (one of the few things PBs don't stick to). Sea Fell proved interesting. Having already had an epic on Broad Stand during a previous training run, we had decided to go up Lords Rake and Deep Ghyll. If it hadn't been for Andy Plimmer cutting steps up the iced gully and laying a fixed rope we could be there still.

At Wasdale we were 37 minutes ahead of schedule, although 15 hours running in sub zero temperatures was beginning to take its toll. Perhaps it was a good thing this was the only time road support (Jane Cooper, Alex Doherty and Craig Whistun-Faye) saw us in daylight. We feasted on carrot soup, potato wedges and lashings of hot sweet tea. Scott decided not to carry all this extra weight up Yewbarrow and deposited his lunch in the river at Brackenclouse. Our new team of pacers (Pete Garson, Tim Richardson and Pete Brittleton) quickly settled into the routine of feeding us, noting down summit times and providing stacks of encouragement. The enduring memory of the whole round was descending from Pillar with the sun setting down Wasdale, the moon rising over Green Gable and being able to see the whole of the Round laid out before us, from Skiddaw, around the Helvellyn range to the Sea Fells.

It was dark by the time we arrived at Honister, still 35 mins up. Thankfully, road support had ignored the road closed signs at the bottom of the pass and slid their way up to meet us. Craig replaced Pete as pacer and we set off again for the final Section. As expected by now, the uphill were a respite from the tortuous descents, coming off Robinson seemed to take forever. At Littleton we changed into road shoes and zigzagged around ice patches back to Keswick. We were desperately pleased to see Moot Hall even though we had only been separated for 23 hours 48 mins. The celebrations lasted several minutes before being spooned, shivering into cars; transported home and poured into steaming hot baths.

*Do please keep sending me details of long runs for the record books and so that you may be considered for the 2000 Long Distance Award.*

## SCOTT UMPLEBY & BRIAN MEAKIN - WINTER BOB GRAHAM

On 19<sup>th</sup>/20<sup>th</sup> December Scott and his brother-in-law Brian completed a sub-24 hour clockwise Bob Graham round, setting off at 21.00hrs. Details of the run are reported elsewhere in this magazine. Scott and Brian have a solid mountain background and icy winter conditions that prevailed certainly tested their skills. They were gifted with high pressure and clear skies which helped the navigation through the 15 hours of darkness but this was countered by temperatures as low as -16C at Dunmail where gas bottles being used by the road support froze. They were supported and accompanied on the fells by a number of friends. One of the main problems was difficulty digesting food and drinking icy water. Their toil was rewarded with a glorious heart warming sunrise on High Raise and a beautiful sunset as they approached Great Gable. For Brian it was his first completion of the Bob Graham Round, so an especially noteworthy achievement.

## GLYN JONES - SOUTHERN UPLAND WAY FIRST SOLO-UNSUPPORTED COMPLETION AND IN WINTER

There can be few tougher individuals around than Glyn. A most modest and unassuming man who started running long distances on the fells relatively 'late in life'. Living in Galloway he has dreamed up all sorts of exciting events in his part of the world, some of which are races and others long 24 hour challenges. A few solo-unsupported attempts have been made on the Southern Upland Way in recent years, but without success. The route is 215 miles and crosses southern Scotland from Portpatrick on the coast near Stranraer to Cockburnspath on the east coast near Dunbar. Glyn certainly puts the pure into purist and for him solo-unsupported means foregoing all assistance between start and finish; no purchase, stealing or begging of food, drink or equipment; no sleeping or sheltering in structure built by mankind



*Long distance specialist Jon Broxap at Dunnerdale Photograph: Bill Smith*

such as a bus shelter or bothy. Glyn set out on November 13<sup>th</sup> carrying 331bs which included 191bs of food, a plastic sheet under which he would sleep rough, no sleeping bag or luxuries that a mere mortal would require to survive cold, wet Winter nights. Carrying such a weight it was difficult to run a large amount of the route. His time of 6days 5 hours is still quite remarkable and carries with it a true sense of achievement when one considers that Glyn completed the route against the odds - stiff fiery knees, sore feet, bronchitis, dud torch batteries and the full range of harsh winter weather, which made it too cold to sleep properly for four nights.

## LONG DISTANCE AWARD 1999

The panel of long distance 'enthusiasts' voted for **Rob Woodall** who completed a magnificent round on Skye on 31<sup>st</sup> May. His route was the longest 24-hour mountain traverse ever completed on Skye. The 'Much Greater' Cuillin Round linked together the Black Cuillin and Red Cuillin Munros and many other outlying peaks. The award was presented to Rob at the Lake District Trials Association AGM last November by Yiannis Tridimas, who was the previous recipient of the award

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed by supplying a schedule of times and a

short article about their run. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106/107 FAX, EMAIL: martin@staminade.demon.co.uk*

## BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1998/99

The Club presents an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May 1998 to 30th April 1999 and it was presented to **Yiannis Tridimas** who completed an inaugural round of 47 peaks, 72 miles and 24,000 feet in the Meirionnydd area of North Wales.

To be eligible for the award, the member **MUST BE NOMINATED** by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1999/2000 award should be sent by June 2000 to: *Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586*

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