



The *Fellrunner* Magazine

June 2001



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National Park Authority

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FOOT & MOUTH DISEASE

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Vowel
Round**

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The way to
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The Fellrunner Magazine

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Well, little did I think as I put the last edition of "The Fellrunner" to bed that I would soon be presiding over the publication of the slimline, low-cholesterol, fat-free magazine you are now reading. It's a bit difficult to produce a sporting magazine about a sport that has virtually temporarily ceased to exist, so I apologise if this edition doesn't have quite the variety it should – many thanks to those contributors who rallied round and sent material in.

I don't know what state the Foot & Mouth outbreak will be in by the time you read this; I suspect that things will have improved somewhat in some areas and hardly at all in others but, if the outbreak has done one thing only, it's certainly made us all appreciate what we're missing – however much we try to convince ourselves that Woodbank Park (Stockport), Eccleshall Woods (Sheffield) or British Steel Slag Heaps (Workington) are acceptable substitutes, or however much we maintain that the new regime of road running/cycling will undoubtedly improve our performance we know it's all really a delusion. Nothing can compensate for the open spaces and the fells and until we can get back on them we are existing in a state of total sporting frustration. Some people have turned their energies to other activities while others have virtually given up training altogether – one Lakeland Superstar ruefully remarked recently

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that he could only bring himself to do a one-mile road run every two days! There are going to be some very fat and very unfit fell-runners around when this is all over!!*!

Our loss, though, is clearly nothing compared to the loss of livelihood and earnings being suffered by the farming community, the tourist trade and innumerable associated businesses throughout the affected areas. In certain parts of the country, especially Cumbria, things are unlikely to be the same again – noises are already being made about possible changes to the whole structure and nature of upland farming and the balance of priority between farming and leisure activities is already the subject of much discussion.

However, enough of despair and despondency – even though the Championships have been cancelled and therefore there won't be any Presentations at the Dinner, it will still be a good social opportunity to meet all the people you normally see on the hills but haven't this year and could be a really good "get-together". Details are inside the magazine but a complete day of fell-running activities has been planned, so get your ticket applications in early!!

Data Protection Act

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

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The "Fellrunner" will be published three times a year in the second half of February, June and October.

Please send in any articles, letters, etc. which you feel may be of interest – if possible send them in Word format, either on disc or by email. Photographs of runners and events are particularly welcome; please give details of the subject of the photo and your address if you want it returned.

Photos published in the magazine will be paid for at £7 per photo (£20 for a front cover)

Deadline for the next edition is **Sunday 9th September**

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Chairman's Chat

from Alan Barlow

This edition comes to you all during a period when there is little access to training and racing on the fells. I would like to take this opportunity to thank you all for adhering to the restrictions that I feel will prove beneficial for the future of the sport. Given that we have already lost most of the championship races it is felt by the committee that we would be unable to hold suitable alternative races and consequently the English Championships have been cancelled for 2001. For the same reasons the PST have cancelled the British Championships, although it is hoped that the relay will take place.

With regard to medals, Robin Morris assures me that he continues to press UK Athletics to obtain an allocation of medals but has not been successful to date.

The FRA have formulated a development plan and are in the process of seeking lottery funding to bring it to fruition. Further details will follow in due course.

Those older competitors may have noticed the adverts for the European Veterans Championship in Poland this year but there have been no offers so far to put on the event next year. If any race organisers wish to apply to hold this race, which I am sure would be very popular, please contact Danny Hughes, who will be pleased to provide further information.

Alan Barlow, Chairman



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Calendar Update

As in the present circumstances any attempt at a Calendar Update would be out of date before it was even printed therefore there will not be a Calendar Update in this edition of "The Fellrunner".

As race organisers find alternatives to their usual races and as more areas become free of Foot & Mouth disease and are opened up, organisers have been asked to contact the FRA with details of races which will definitely be taking place.

These details will be placed on the FRA Website, which should be regarded as the only authoritative source of information concerning races.

Certain magazines (Athletics Weekly, Today's Runner, et. al.) have continued to print details of races which have been cancelled, despite having had the situation explained to them and FRA members should treat anything appearing anywhere other than on the Website with deep suspicion.

Hence, even if you haven't got access to the Web yourself, please try to enlist the help of a technological friend to get the information for you.

Things are changing quite rapidly at the time of going to press, so the Website will be changing frequently and (hopefully) adding races in ever-increasing numbers - roll on the day when we can publish that all races in the Calendar can be considered as on (excepting those who have unfortunately had to definitely cancel whatever the status of the epidemic).

The Website address is :- www.fellrunner.org.uk

It was around 1st April when the next contribution arrived but I am prepared to believe its provenance as the story of the greatest Long-Distance Challenge ever imagined - it is truly amazing to read of the extent to which fell-runners are prepared to push themselves to achieve their goals!!

The Vowel Round

The story of the ultimate long-distance challenge!

Like most great enterprises this one had its beginnings in an idle discussion in a pub.

The four Alans (to be exact Alan, aLan, alAn and alaN - not quite their real names) were not a group of callow, beardless novices - one of them had failed on the Bob Graham Round, two more clearly recollected having read articles on the Ramsay and Tranter Rounds, while the fourth had once seen a photograph taken on the Everest Marathon - this was a group to be reckoned with! Everything that was worth doing, these men had done, so, after some discussion, they decided that they would commit themselves to the creation of no less than the greatest long-distance event yet conceived. Arguments about the parameters of such an event raged for weeks - how long, which areas, under what stipulations, what time limits, etc., etc. - until they were all intellectually exhausted but they did at least have the beginnings of a concept.

Firstly they agreed it must have a snappy, memorable name ("The Alans Round" seemed to lack something), secondly it ought to include summits with a degree of international acclaim; thirdly it ought to stretch the limits of human endurance and fourthly (although they were later to compromise this a little) it ought to be achievable purely by naked human endeavour.

This was difficult but they persevered and finally emerged with -

"The Vowel Round" - a circuit of five summits, each beginning with one of the five vowels in the alphabet, to be visited in the correct alphabetical order, within a radius of not more than 25 miles from Poynton, within 12 hours. The five summits (all identifiable on either the White or Dark Peak 1:25000 maps but more clearly on the good old 1" Peak District Map) were -

| | |
|----------------------------|--------|
| 1. Andrew's Knob | 961792 |
| 2. Eccles Pike | 034812 |
| 3. Idle Hill | 972932 |
| 4. Ox Low | 126803 |
| 5. Upper Dead Edge | 124017 |
| Start & Finish Boar's Head | 943834 |

Having, with some trepidation, decided their route, they then settled down to detailed route planning and support logistics and it was not long before they became appalled at their own daring - this route was 54.5 miles long as the crow flies and took in some fiendishly difficult terrain. It was obviously more than mortal flesh and blood could tolerate and even, perhaps, beyond their considerable abilities. Massive support would be needed to make the outcome at all likely and they reluctantly decided that they would have to seek sponsorship from both national and local organisations. Letters were written, phone calls were made and finally they had the sponsorship they craved - Tony Hulme of "Running Bear", truly the Great Merchant of Alderley, somehow found them 2,986 T-shirts (all printed with "Wilmslow Half Marathon 2001") and also contributed a pair of "Running Bear" socks each; Pete Bland Sports generously supplied them all with catalogues; Chester Zoo and British Aerospace (Woodford) agreed to provide support services (more about those later) and they felt that they were getting there.

Planning continued apace, physical conditioning improved and endless question and answer sessions ensured that, in theory, they all knew every inch of the route until, early in February, they stood nervously, ready for the off, surrounded by their support team outside the front door of the Boar's Head waiting for 11.00 O'clock to strike. They had chosen this time so as to give themselves the best possible incentive to complete the Round within the twelve hours - they could get back before closing time!!

Off they went - edgy but fairly confident that the first stretch of two and three-quarter miles was easily within their capabilities. Navigation turned out to be fairly straightforward, either along the canal or along the road - not wishing to push their luck so soon they decided on the road and, after a tricky moment at the left turn in Pott Shrigley, were soon confidently trotting onto the track underneath their goal and, a mere hour and three-quarters after leaving the pub they stood triumphantly atop the 1106' of Andrew's Knob, its vast bulk soaring majestically above Pott Shrigley.

Aware of the challenges to come they gulped down some fruit cake, egg sandwiches, croissants, Power Bars, dates, raisins and Staminade and braced themselves for the five miles to Eccles Pike, the next objective.

What can I say about the team on this second section? Superlatives are not enough to do justice to their astonishing skill and endurance as they raced without hesitation up the minor road to the A5002 and battled along it into

Horwich End. Here they were met by Tony Hulme, who rinsed out their socks, wrung them out and returned them and also allowed them to change their T-shirts. What a difference this made as they attacked the final mile and a half (the last two hundred yards off-road!*) up to the lofty 1216' of Eccles Pike, dwarfing the tiny hamlet of Whaley Bridge nestling beneath its colossal slopes. It was here that the first seeds of doubt began to be sown - aLan was worried about the schedule; it was 4.0'clock and he felt that there was a need to accelerate. Despite alaN's re-assurance that to have gone faster would have been both superhuman and suicidal he was still edgy and it was only when they shared some pasta, bratwurst, egg sandwiches, cauliflower cheese, Kit-Kats and coffee with him that he turned once again to the task in hand.

From here on the distances became incredible, eight and a half miles to the next objective, so the first of the support tactics came into play. Down they went at a helter-skelter pace, crossed the bypass and canal at Buxworth and, pausing only to change T-shirts at Tony's van, thundered into Chinley station just as the 4.30 pulled in. Snatching the tickets from the waiting support team member, they scrambled aboard and gasped for breath, attempting to recover some of their strength as the train sped through Furness Vale, Newton, Strines and Marple Bridge before drawing to a halt at Romiley. Instantly they were back into full competitive mode, drawing on those hidden reserves of strength only the truly fit can appreciate, and jogged briskly out of the station and into the waiting taxi. Off again, barely time to draw breath, as the taxi roared off through Greave and up to Werneth Low, tumbling them out at the end of the track to drag their weary bodies to a sprint over the final twenty yards to the top of Idle Hill - from the dizzying height of 900' they stared precipitously down on Hattersley and Broadbottom, seeming to cower beneath the immensity of their vertiginous perch. Hardly a moment to spare to change T-shirts, have their socks rinsed and returned and wolf down some pepperoni pizza, egg sandwiches, sardines in tomato sauce, fetta cheese and olives, chocolate fudge cake and mint tea before being shepherd back into the taxi and hurtled off towards Hayfield on the next leg of the adventure.

"I think we're doing OK, aren't we - I just hope he's there," muttered aLan. It was a feeling they all shared but they need not have worried, for as they climbed out of the taxi at Bowden Bridge carpark in the gathering gloom the welcome shape of Mohammed from Chester Zoo came in sight, backed by the silhouettes of six camels - thank the Lord for sponsorship!! It was 5.30, five and a half hours to go, but as they swung aboard the exotic steeds and they lurched upright, swaying from side to side as they strode into the Derbyshire night, they felt their confidence growing. It had been alaN's notion to use the camels - "after all the top of Kinder's quite like the Sahara, only wetter", he had said and the idea had taken root, been nurtured and finally flowered splendidly. Mohammed switched on the battery of six quartz halogen lights strung on either side of the spare, lead camel and the Tunstead House track lit up as though it was midsummer's day; he turned on his pre-programmed GPS, checked that all the camels were tied in line, suggested they catch up on some sleep and calmly and competently set about guiding his unusual camel train up and over the Kinder plateau. Despite the novelty of the situation they were so fatigued with the stress and physical demands of the event so far, the foam-padded, leather-upholstered camel saddles were so comfortable and the steady



"Camels waiting at Bowden Bridge carpark"
(Photo Richard Topliss)

swaying of the camels so soporific that, pausing only to pop down a couple of chicken legs, an egg sandwich, a Greek yoghurt, a slice of Black Forest gateau and a flask of mushroom soup apiece, they fell gratefully into a deep and restful sleep.

While they slept Mohammed and the camels effortlessly paced over the appalling terrain - up to Edale Cross, over Brown Knoll, across Colborne, along Rushup Edge and across Old Moor and to a gentle halt a hundred yards before the top of Ox Low - to have gone further would have utterly compromised the integrity of the event and would have rendered all their efforts meaningless. It was 8.45 p.m. as Mohammed gently woke them from their slumbers with a cup of warm tea and a sheep's eye in batter, indicated the top and then, after accepting

their thanks and a gift of 1500 "Wilmslow Half Marathon" T-shirts, turned the camels round and padded smoothly away into the night with only the blaze of the six halogen lights to mark his passing.



"The helicopter arrives!!" (Photo Pete Hartley)

Eagerly, with enthusiasm rekindled, they hurried the hundred yards to the top of Ox Low, 1450' of it towering over the twinkling lights of Peak Forest and stood, humbled by it all, for a few awestruck moments before Alan, ever efficient, snapped them back to serious reality - "So far, so good, but we're not there yet. Come on, lads, let's get on with it!" As one they unshouldered their daysacs, rummaged inside them and, thankfully, all

found and extracted the Pete Bland catalogues. Quickly, yet carefully, they unfolded them, tore them into strips, knotted the strips, piled them together, set light to them with Alan's swiftly proffered lighter, stepped back and stared expectantly into the sky. Almost immediately the air was rent with a thunderous roaring, four mighty searchlights stabbed downwards and the welcome sight of a SeaKing helicopter with "British Aerospace" prominent on its underside and sides swept down towards the blazing beacon. They excitedly dragged themselves through the open door, to be greeted by Tony's grinning face as he proffered the now familiar bowl of lukewarm water and helped them to change their T-shirts. The pilot gestured to them to close the door and soared up into the sky and headed north. In no time at all they were down again a hundred yards from the trig column at Upper Dead Edge and, as British Aerospace thundered away into the night, they turned to face the greatest test so far.

The hundred yards to the trig column were no problem and they stood in a tight little bunch on the very peak of the gigantic massif that rears fearsomely for 1663' over nothing in particular with apprehension tightening their stomachs and a very real sense of the climactic. Here they were, at 9.02 p.m., after more than ten hours of unremitting effort which had taken its toll of even their well-prepared physiques; they had kept it together throughout all the moments of doubt; they had supported each other in times of temporary weakness and the ordeal had forged a bond between them which it is hard for people who have not survived such a testing experience to understand. After all this they had to summon up even deeper reserves of skill, co-operation and courage, for between them and the haven of the A628 was a full one and a quarter miles of pathless wilderness - and it was dark! In the haste to change their T-shirts in the helicopter only two of them had had the time to take on board the vital sustenance needed for this ultimate challenge, and then only a hurriedly snatched mouthful or two of lobster bisque, prawn omelette with chips and side salad, egg sandwiches, vanilla cheesecake and a Perrier water, so all were on the alert for the first signs of blood sugar deficiency. To add to the seriousness of their plight, they had failed to obtain sponsorship from any major battery suppliers and so the sole means of illumination was Alan's lighter - the details of their battle with nature at its most raw and savage as they coped at the same time with their own failing reserves of courage and stamina are too harrowing to put down in print but, after an hour and twenty minutes during which, at one time or another, all of them displayed qualities which would have made Arnold Schwarzenegger look like a wet nappy, they literally crawled, muddy, wrecked but undefeated onto the tarmac of the A628.

10.22 - they could still do it, if Hardly had the thought occurred when two sets of headlights appeared from the west and two vehicles slid to a standstill; the gallant and trustworthy support team had done it again. Out of the first vehicle leapt the familiar figure of Tony, bowl at the ready with a stack of clean T-shirts over his arm and in no time at all, exhausted but clean and presentable, they were ushered into the second car, which screeched round on the dark tarmac and slammed them back in the seats as it accelerated off towards Manchester. Could they do it?? Could their bodies take any more ?? The car skidded round the bends past the reservoirs, broke every speed limit known on the way through Hollingworth and then, as the doughty driver (also, curiously enough, called Alan) reached the M67 all they could do was huddle in a terrified yet elated heap in the back. Down the M67, through a set of red lights and onto the M60, off onto the A34 and along it at a speed a mere half of which got David Beckham fined - left onto the by-pass, through Woodford and round into Poynton; past the church at a speed which made it a big, grey blur and finally, after a series of sickening lurches round the Anson Road bends they skidded to a halt in front of the Boar's Head with two minutes to spare - they had done it!!



"This is not the car they used, but is a Rickshaw they might have used if the car had broken down". (Photo Pete Hartley)

They grinned sheepishly at each other for a moment in the sudden stillness of the car and then, becoming aware of things outside, opened the door and stepped out into the most thunderous welcome imaginable - thirty feet above the pub roared a British Aerospace helicopter, its lights glaring down in a gigantic circle on the scene, in front of the door stood a line of six gaudily bedecked camels with a huge banner strung along them - "Well done the Vowel Team" it proclaimed. Pete Bland's van stood on the other side of the road with its horn blaring, its hazard lights flashing merrily and its headlights full on, while the landlord handed them a tray of four pints of bitter and all 37 of the support team, together with all of the pub clientele, snappily attired in "Wilmslow Half Marathon" T-shirts, applauded as one. They smiled diffidently, overcome by the warmth of it all, and after a few embarrassed waves of gratitude, managed to slip inside the pub and find a quiet corner to drink their pints in comradely silence and reflection.

Is there now anything left to do? Well, maybe not for them, who have lost much of their strength and resilience in overcoming the demands of the Round but perhaps, just perhaps, some day in the future a new and superfit generation may just find enough in itself to attempt the Consonant Circuit who knows

A date for your diary !

Saturday 24th November

All on the same day -

A Fell Race

The FRA Annual General Meeting

The FRA Dinner Dance

Come and meet all the old friends that you won't have seen all summer.

The Fell Race

a category AM in the Howgills at 12.00 noon from the People's Hall, Sedburgh.

The Annual General Meeting

at 5.00 p.m. at the Castle Green Hotel, Kendal, Cumbria.

The FRA Dinner Dance

from 7.30/8.00 p.m. at the Castle Green Hotel, Kendal, Cumbria.

Live Band - the fabulous "Picasso Brothers", one of the north-west's leading bands, plus Disco.

Tickets - £20

available from Pete Bland or Jon Broxap or your Club Representative

For further information contact Pete Bland or Jon Broxap,

c/o Pete Bland Sports, 34A Kirkland, Kendal, Cumbria, LA9 5AD.

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Orthotics - the way to happy feet

As far as I'm concerned the authors of the following article can walk on water !! Feet and the legs attached to them tend to be the most important bits of the body as far as runners are concerned; we pamper them, monitor them, stretch them, put creams and unguents on them, sometimes actually wash them and things going chronically wrong with them are one of our greatest dreads. In 1995 my own running was brought gradually and painfully to a complete halt by a foot problem which started as a nagging pain on my left heel and developed in intensity to the point where running more than a few miles was excruciating and longer and longer rest periods between runs were essential. This was finally diagnosed as a heel spur and a whole series of pointless treatments then ensued, including some singularly unpleasant injections into the heel itself. The utter futility of all this was brought home when I was forced to walk most of the second day of the KIMM in the October, thus stretching the patience of my long-suffering partner, Martin Mavin, close to breaking point, finishing way, way down the list and driving back to Manchester in the depths of black despair. Jill Docherty of Saddleworth Runners recommended Peter Bowden to me during a phone conversation and off I trotted to Salford clutching my depressing X-rays to be greeted by Peter's cheerful confidence and a re-assurance that things could probably be sorted. A couple of weeks later I set off from the Boar's Head with my prototype orthotics tucked inside my Walshes and Peter's instruction to "just go as far as you can until it stops feeling comfortable" tucked inside my head. I was convinced I'd manage about a mile and have to limp slowly back; however, nothing ventured Nine miles and 1200' later I arrived back at the Boar's Head in a state of complete euphoria. Orthotics are brilliant !! Maybe not for every foot problem but for those they are relevant to they effect an amazing transformation.

Many thanks to Peter Bowden and Phil Laxton. Lecturers at Salford University's School of Podiatry, for providing the material which follows - I hope it helps some of you out there to your own running resurrections.

Orthotics

The term "orthotic" is derived from the Greek word "orthosis", which means "to make straight". An orthosis or orthotic device fits inside the shoe to regulate precisely the amount of movement available at key joints within the foot and it also controls the timing of those movements during the running cycle. It's a bit like having the wheels on your car balanced. By cutting out unwanted vibrations the car runs smoother and tyre wear is reduced - the same basic principles are applied to the prevention and treatment of running injuries. The purpose of an orthotic is to maintain the function of the foot about its neutral position so that the foot can pronate/supinate normally. This is achieved by placing materials beneath the foot to provide wedging and/or support for specific areas.

Temporary orthotics can be readily constructed by modifying the existing insole found in most running shoes using pre-formed materials. More sophisticated devices require a Plaster of Paris mould of the foot to be taken and specialist vacuum forming and grinding equipment to finish and fit them.

The materials used for orthotic fabrication are selected according to the particular problem. As a general rule rigid, supinated foot types require softer materials such as low density EVA, while flexible, pronated foot types require firmer materials such as high density EVA, carbon fibre or plastics.

Generally we prefer flexible EVA orthotics because although they may not last as long as carbon fibre or plastic ones they are easier to "fine tune" to give an exact fit and should last at least two years. With flexible orthotics a runner should be able to go out and run straight away and expect the symptoms to improve within a week but rigid orthotics may take a little longer to bed in - if symptoms don't improve or if pains occur elsewhere then the orthotics may require adjustment.

Most sports orthoses are best extended to the full length of the shoe because this enhances comfort and allows for the incorporation of cushioning or pressure relief for painful metatarsals and/or corns or callouses, although as far as fell-running shoes are concerned, with their thin or non-existent insoles, it is more usual to make a half-length orthotic with a very thin heel so as to retain the close fit which is essential for this type of running.

It is even possible, although a touch tricky, to make some sort of orthotic for track spikes.

When can they be useful?

For many athletes, unlike any other form of treatment, the only pain likely to be involved with obtaining a pair of orthotics is to the pocket. Added to this is the difficulty of finding someone who can make an orthotic and ensure that it will work, i.e. cure the injury or condition. It is little wonder that many athletes look upon orthotics with some suspicion and generally turn to them as a last resort, however, most

common, chronic overuse injuries in runners can be successfully treated or managed with orthotics.

For example, two of the most common injury problems are anterior knee pain (runner's knee) and posterior shin splints. Both of these conditions can be triggered by abnormalities in the foot which produce abnormal movements in the limb above and hence can usually be treated with orthotics.

To start with there is a need to identify any acute injury problems or conditions which are non-mechanical in nature as they will usually not respond to orthotic therapy. Although some forms of lower back pain can be alleviated using orthoses, a general principle is that the higher you go up the limb the more likely it will be that there are other factors to consider.

How can you tell?

If you accept that at least 80% of runners over-pronate to some extent, then orthotics ought to form a pretty important injury treatment for athletes - but how does an athlete decide if his/her injury is being caused by a foot abnormality? Looking at the shape of the training shoes will give some clues because shoes will reflect what the feet inside them are doing. Over-pronation causes the throat of the shoe (where the foot enters) to become distorted on the inner side; if the shoe is placed on level ground this distortion will cause the heel to be everted (outside edge of the heel raised off the ground) while the forefoot remains on the ground and the shoe takes on a twisted appearance. Quite often the midsole of the heel is compressed on its inner border.

Over-supination problems, which are much less common, will have the opposite effect - the upper tends to collapse over the outside of the shoe and the heel counter distorts so that it is inverted



(inside edge of the heel raised off the ground). The shoe takes on a banana shape and the midsole is compressed along the outside edge of the shoe.

Where the sole of the shoe actually wears depends on the particular bit that touches the ground first and, to the inexperienced eye, may give confusing information. A common misconception is that wear on the outside of the heel indicates a supinated foot type - in fact all this indicates is the position in which the foot strikes the ground first but it gives no indication as to how the foot subsequently moves.

Although shoe wear marks can be useful, movements of the foot and leg are best viewed using video analysis where the position, extent and timing of foot movements may be analysed in slow motion.

What is a podiatrist?

Twenty years or so ago podiatrist was the term used exclusively in America for what we in the UK know as a chiropodist. The main difference between the two at that time was in the practitioner's scope of practice - American podiatrists having a wider understanding of lower limb biomechanics and foot surgery. Today the British Society of Chiropodists and Podiatrists, (which represents State-registered chiropodists in the UK) have adopted the name podiatrist to highlight the changes which have occurred in the education and scope of practice of the profession, which is now more in line with our American colleagues.

Podiatry is a more internationally recognised term and over the coming years we will gradually see the term "chiropodist" replaced by "podiatrist".

To become State-registered (SRCh) and work in the NIIS three years' full-time education to diploma/degree level is required at one of the recognised schools of podiatry. Not all those working in the private sector who describe themselves as chiropodists or podiatrists have the qualifications to become State-registered.

The modern practice of podiatry covers the diagnosis and treatment of a wide range of foot conditions. Biomechanical imbalance, which can cause corns and calluses as well as joint and muscle pains, can be managed using in-shoe orthoses. A growing number of podiatrists carry out foot surgery on problems such as ingrowing or deformed toenails, toe deformities and bunions.

Decisions

If you think you have an injury that may be treated with orthotics, how do you find someone who has the skill to assess the injury/condition and make a pair of orthotics if necessary? The usual method is the athletics grapevine - word of mouth - alternatively the Yellow Pages or running magazines will list podiatrists and physiotherapists specialising in sports injuries and foot gait problems - in the Yellow Pages State-registered practitioners will be clearly indicated and will have the letters SRCh after their names.

Sometimes the family doctor or orthopaedic specialist may have the contacts and, increasingly, private hospitals are including podiatry in the services they offer. Finally, the Society of Chiropodists and Podiatrists has a register of members throughout the country (phone 020 7234 8620 or access the webpage www.feetforlife.org to find one near you.)

How much will a pair of orthotics cost? Brace yourself, but expect to pay £250 plus - why are they so expensive?? Because you are paying for the skill and time of the podiatrist as well as for the production of the orthotics themselves; you will need an initial assessment of the problem and moulds of your feet will usually need to be taken, then the fabrication of the orthotics will take several hours and further appointments will be required to fit them to the shoes, "fine-tune" them and evaluate their effectiveness.

HOW IT'S DONE

1. Assessment of foot type and lower limb structure

Initially a non-weight bearing assessment of all lower limb joints is made. Measurements are taken on the weight-bearing limb to assess foot type and to determine the magnitude of any abnormality. These measurements are subsequently used to assist in the design of suitable orthoses.

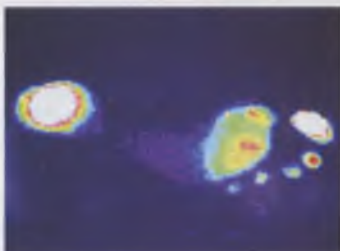
2. Dynamic analysis

Slow-motion video sequences taken from the front, back and sides are used to reveal abnormalities which occur during running. Additional video analysis may be undertaken at a later date to evaluate the effectiveness of the orthoses and to "fine tune" them.



3. Foot pressure maps/pedobaragraph

Pressure-related problems occurring beneath the foot can be confirmed dynamically using a pressure plate. High-pressure areas can be quantified in distribution and magnitude. This information may be used to incorporate pressure-relieving features into the orthoses.



4. Taking a cast

A precise mould capturing every foot contour in its neutral position is produced - some podiatrists send this mould and assessment details to an orthotics laboratory for manufacture. The mould is filled with Plaster of Paris to obtain a precise foot replica. Modifications may be incorporated to improve fit and control features of the orthoses.



5. Machining

Orthoses can be rigid or flexible, according to the specific foot requirements. Selected materials are heated and vacuum moulded to the cast. The device is then machined to the desired prescription to achieve an accurate fit within the shoe.

6. Checking the degree of rear-foot control

Prior to finishing and fitting the degree of control is checked and adjusted as necessary to achieve optimum balance and support, allowing each foot to function correctly about its neutral position.



7. Final adjustments

A correct fit within the shoe is essential for orthotic devices to ensure comfort and to prevent blisters. Minor modifications to rigid orthotic devices may be needed after initial use - this is easily done using a heat gun.

8. Forefoot extensions

Running shoe orthotic devices usually extend along the full length of the shoe, acting as a replacement for standard insoles. Forefoot extensions prevent unwanted movement, improve comfort and allow for the incorporation of pressure relief and/or extra cushioning. This does not apply to most fell-running shoes, which have hardly any insole at all and so a mid-length orthotic with a very thin heel is usually the most effective construction.



This next article was originally submitted by Graham Breeze as a gigantic labour of love and scholarship, encompassing both the subject of "Il Campionissimo" (if there can actually be such a creature in fellrunning - I'll leave that to the readership to decide !!) and the whole complex subject of Classic Long Races, the history of some of which is very varied and the future of some of which seems to be in doubt (we've already lost the Buttermere Race !!). I managed to persuade Graham that there was easily enough material for two separate articles and he agreed to split the production into two, the first and longest of which appears below (as we've the space for it in this edition !!) and the second of which will appear in the October edition.

CLASSIC FELL RACES Part 1:

Il Campionissimo

by Graham Breeze

Background

This article endeavours to:

- support *The Fellrunner* as a journal of record but also as a stimulating read
- record the winners of some classic races over the last 15 years
- identify from these race winners *Il Campionissimo*
- prompt discussion on the recorded heritage of classic races.

A Journal of Record

The Fellrunner should be a welcome and provocative read. Hopefully after the appeal to contributors from Dave Jones in the February 2001 edition it can "inform and entertain" as much as it did in the late 1980s and later when Dave and Eileen Woodhead's *Up and Down* provoked it into becoming more stimulating and less worthy.

The Fellrunner should also be a journal of record and report the key results of major fell races and in particular those races which are regarded as "classic" events. One might argue that if an event can justify inclusion in the *FRA Fixtures Calendar & Handbook* then the result should be included in *The Fellrunner* but the number of events now listed in the *Calendar*, some of which are not fell races although they may have silly names, make this impracticable. Indisputably the pages of *The Fellrunner* are where the winners of races regarded as classic, because of longevity, status or the heroism needed to complete them, should, without exception, be recorded.

Research revealed that the results of some undeniably classic events never appeared in *The Fellrunner*. There can be several reasons for this but it is fact. It is also true that race organisers change and do not necessarily have ready access to past records.

Data is being lost.

Does it Matter?

The FRA Annual Awards ceremony records the names of past Champions and the organisers of races such as the Ben Nevis and the Three Peaks produce programmes or extensive results which list previous winners suggesting that some people believe that past winners should be kept in the public eye.

Anyone who takes the slightest interest in the sport of cycling knows the past winners of *Le Tour de France*. Not because they remember every race in detail but because newspapers, books, magazines and CD ROMs repeatedly list past winners to illustrate the rich history of the event; and so it is in other sports.

Does fell running deserve any less?

FRA Membership

Fifteen years ago there were about 2000 FRA members. There are now over 5000 and even this huge net increase masks the number who leave every year and are replaced by new members. The majority of current FRA members have no real appreciation of the heritage of the sport.

A Starting Point: 1986

The "30 years of the FRA" nostalgia in the October 2000 *Fellrunner* prompted me to research the past winners of some classic races. For the exercise to be manageable I concentrated on the second half of the 30-year history, i.e. from 1986. National Championships (in addition to the British Championship) were first held in 1986 and it was around this time that fell runners other than Billy Bland or Kenny Stuart (who had won the British Championship in 1983/84/85) started winning races.

It was also in 1986 that I came to my senses and left road marathons behind for the fells and I remember how Skyrac AC members would recall, with awe in their voices and fearful memory in their eyes, tall tales of the "Long A" Lakeland classics. I had just completed my first "Short B" fell race so I believed every word. Well, perhaps most of it!

A starting point of 1986 means that there will therefore be no further mention of Mike Short or John Wild, both of whom won the Fellrunner of the Year award twice, or of the first winner Dave Cannon or other greats of the 1970s and early 1980s.

Eight Classic Races

Which races to choose as classics? The Skyrac anecdotes suggest that the events playing the biggest part in fell folklore are the long arduous mountain races. Of course there are classic short events and Bill Smith ("Studmarks on the Summits": 1985) has suggested that Rivington Pike dates to the 19th century and Burnsall back to at least 1882, but I decided to focus on the longer events.

Three English Lakeland races seemed obvious for inclusion; **Borrowdale**, **Ennerdale Horseshoe** and **Wasdale** plus the **Three Peaks**. Whilst the Peaks has an embarrassing amount of tarmac for a fell race, duckboards all the way up to Ingleborough and does not technically meet the criteria for an "A" category event; it is undoubtedly the most famous fell race in England and Yorkshire Television dedicated a full programme to the race in 1993 when Mark Croasdale went from first to fourth on the run-in.

Two Scottish races; **Ben Nevis** and the **Isle of Jura** and two Welsh events; the **Peris Horseshoe** and the **Welsh 1000 Metre Peaks**. I rejected the International Snowdon Race because, not surprisingly, it has too many international entries for comparative purposes but my choice of eight does include ascents of the highest peaks in all three home countries.

My choice excluded other events which have their supporters (e.g. Duddon Valley) but I was heartened to re-read the calculations of Roy Heselden ("Britain's toughest race" *The Fellrunner*: February 1992), which broadly supported my selection.

The male and female winners for my **Eight Classic Races** for the fifteen years since 1986 are set out separately and annotated to indicate the record times and when the events have been Championship events.

The One in Front is Winning: Again!

As I struggle to finish in the first quarter of the field in one of my **Eight Classic Races** my mind wanders to those at the front who are racing to win and maybe win yet again. The winner will usually be one of the stars of fell running although occasionally it may be an unfamiliar name. No one ever wins a "Long A" classic just by luck but there are some who win such an event just once. The front-runners may get lost, the stars may be elsewhere or maybe someone has the "run of a lifetime" and just never repeats their one-off victory. Sometimes an unfamiliar name and a slow winning time is a clue that the race was exceptional as with the 1995 Isle of Jura race held in atrocious weather.

The answer to "I wonder why he (or she) never won anything else?" may be interesting but what is more fascinating is to examine the *palmares* of those few individuals who have won the classic races year after year whilst not necessarily winning a Championship at the same time.

Championships can be won by runners tactically accumulating points from a variety of races including short, relatively mundane events which carry the same number of counting points as a long event. However this article focuses on those runners who have won the classic races, the supreme challenges in fell running, against any competition, year after year: **classic race winners**.

Influence of the Championships

The extent to which winning Championships has diverted runners from winning individual classic races has changed over the last 15 years. In 1985, which was the last year in which runners could compete in only the single British Championship, runners counted their best ten results from a choice of fifteen races of which the five "Long" events were the Edale Skyline, Langdale Horseshoe, Welsh 1000 Metre Peaks, Ennerdale Horseshoe and Wasdale. Effectively the classic races were the Championship!

Since then the creation of National Championships, the need to recognise International events including the World Cup and allow runners freedom to arrange their calendars without over-domination by

the Championships has led to a variety of approaches resulting in the current manageable arrangements of six counting events.

For reference, the years when any of the eight chosen races are known to have been included as Championship events are shown on the separate list of **Eight Classic Races**, excluding the Isle of Jura race which has never been (nor is likely to be) included because of its isolation, time restraints and the necessary restriction on entries. However whatever the influence the Championships may or may not have had in any one year, this article focuses on the record of winners and not on "maybe if only..."



"Billy Bland at Borrowdale".
(Photo Allan Greenwood)

Billy Bland

In the late 1980s a number of runners won one or two Championships but did not win any of the chosen eight classic races at that time; or if they did it was the Three Peaks. On the other hand Billy Bland, after 1986 and towards the end of his active racing career, still won five of the eight classics listed long after 1980 when he won the British Championship at 33 years of age. Neil Shuttleworth ("The Best of British": 1990) wrote that Bland was "likely...the greatest fell runner to date" not least because of his long reign and Bill Smith felt that he had proved to be "one of the finest athletes in the history of the sport".

These descriptions are undeniable. Billy Bland epitomised the all-round fellrunner in that he had tremendous climbing strength, pace over rough ground and a devastating ability to descend; and he trained to ensure his supremacy did not just rely on talent. Billy Bland may be high in the pantheon but his place should not overwhelm any discussion of events over the last fifteen years, which have yet to produce a better story than Neil Shuttleworth's account of Bland setting off five minutes after the field in the 1980 Ennerdale and passing everyone except Hugh Symonds, who took the victory. A great story about a great fell runner.

A List of Eight Classic Races: So What?

So do the names on the list of **Eight Classic Races** prompt any conclusions? Excluding further discussion of Billy Bland beyond noting that to win any Championship is an achievement but to win the Wasdale nine times is simply stupendous, three male names stand out as the runners dominating their era:



"Colin Donnelly at the Edale Skyline". (Photo Woodhead)

Colin Donnelly, Gavin Bland & Ian Holmes

No runner has won all eight of the classic events but Gavin Bland has won seven, with only the Isle of Jura missing, and a total of thirteen victories. Clearly there is a "horses for courses" factor and twelve of the seventeen victories listed for Colin Donnelly were in the two Welsh races, including a stunning seven consecutive Welsh 1000 Metres wins, but it should be noted that Donnelly also won his first classic as a student in 1979 at Ben Nevis which he then won again in 1986. Ian Holmes has ten victories from five events including winning Ben Nevis four times in the last seven years and as his current English and British Champion status demonstrates, he is in superb form.



"Gavin Bland".
(Photo Allan Greenwood)

Angela Brand-Barker (Carson), Sarah Rowell, Helen Diamantides & Carol Greenwood (Haigh)

In general the range of lady winners is broader than for men and this is illustrated by the Welsh 1000 Metres race where only Carolyn Hunter-Rowe has had a double victory in the last 15 years whereas only seven men have won the event in the same period.

Overall no woman has won more than four of the eight events. This has been achieved by Angela Brand-Barker (Carson) with nine wins, Sarah Rowell (seven wins) and Helen Diamantides (six wins). However four of Sarah Rowell's wins were in the Three Peaks race, which is perhaps the odd one of the eight races under consideration, and three of



"Ian Holmes, still full of beans at the end of the Ennerdale".
(Photo Woodhead)



"Angela Brand-Barker at the 1993 Ian Hodgson".
(Photo Allan Greenwood)



"Carol Greenwood, Thieveley Pike 1997".
(Photo Pete Hartley)

Helen Diamantides wins were in the Borrowdale, although impressively spanning a nine-year period. One might conclude that Angela Brand-Barker (Carson), who also won Ben Nevis in 1985 just before my 1986 cut-off, is the outstanding female fell runner of the era under review.

But what of Carol Greenwood (Haigh)? Although not now competing Carol still holds over fifty of the records listed in the *Calendar* which is more than Angela Brand-Barker, Helen Diamantides and Sarah Rowell added together, and you can include the total held by Ian Holmes as well. In her element Carol was unbeatable but the eight classic races

chosen for this article (except for the Three Peaks) were not really Carol's metier.

Il Campionissimo?

Sports enthusiasts enjoy debating "who is the best?" Italians describe their greatest cycling hero, Fausto Coppi, as *Il Campionissimo*, the Champion of Champions. Can such a supreme champion be identified from the list of classic race winners over the last 15 years? Is it possible to compare the current performance of Ian Holmes with Colin Donnelly at his best in the early 1980s?

Ian Holmes is 35 this year and perhaps the finest fellrunner today but perhaps only in those races that are not too long and allow him to use his devastating descending skills to secure victory. Gavin Bland is still only 29 and could readily return to his earlier all-conquering form unless Simon Booth (33), who has already won four of the eight classic races under consideration, eclipses both him and Holmes.

Can one identify the supreme champion of the past fifteen years? Well at the moment it looks like Colin Donnelly (42 this year) and as his record of World Cup appearances prove, he has retained his high level of performance well through his second decade as a fellrunner but perhaps, as with assessing the significance of the French Revolution on world history, it is still too early to say.



"Angela Mudge, 3 Peaks 1999".
(Photo Pete Hartley)

La Campionessa?

Can a female supreme champion be identified? With three consecutive British Championship victories and wins in the Ben Nevis, Three Peaks and Welsh 1000 Metres, Angela Mudge must currently be the finest all round female fellrunner and she is still only 30. However Angela Brand-Barker (Carson) with nine victories in the Ben Nevis, Isle of Jura, Peris and Wasdale races since 1986 (and three British Championships since 1986 (plus 1983)) must be the champion female fellrunner of this generation.

Classic Races: A Future?

Researching this article revealed a paradox. Whilst the status of some "Long A" races is undeniably that of "classic" status, it is these very races that fellrunners are entering in fewer numbers. For example in 2001 by the closing date (which preceded the foot and mouth epidemic) the Three Peaks Race had only attracted 358 entries against its limit of 600. The survival of the "Long A" classic races will be further discussed in part 2 of this article in the October *The Fellrunner*.

And So?

My purpose in this article was to report on past events and stimulate debate. I believe that the Editor of *The Fellrunner* should regularly allocate space to printing the record of past winners of the major fell races. Perhaps the Langdale Horseshoe, Three Shires, Burnsall or Edale Skyline? However he needs reassurance that this is of more interest to readers than, say, yet another account of a Bob Graham Round and, of course, he needs race organisers to provide the data.

Some reassurance about the heritage of fellrunning might be the publications planned to capture the history of Rivington Pike, the Lake District Mountain Trial or the Welsh 1000 Metre Peaks race. Internet sites such as those for Eryri Harriers and the Cumberland Fellrunning Association are making the results of historical races more generally available, but electronics are no substitute for perusing *The Fellrunner*.

As Allan Greenwood has said about the forthcoming 35th and final Gale race "when this race has gone the only person who will know about the past winners will be the one hanging on to the inscribed trophy."

Does it matter? Please let "The Fellrunner" know.

With Thanks To:

Allan Greenwood, Howard Sawyer, Dave Woodhead and patient members of Skyrac AC.

EIGHT CLASSIC RACES

Ben Nevis : AM : 10m : 4400ft

| | | | | | | |
|------|-----------------|-------------|---------|-------------------|---------------|---------|
| 86 B | Colin Donnelly | Eryri | 1.25.48 | Angela Carson | Eryri | 1.47.51 |
| 87 | Mark Lindsay | Carnethy | 1.29.25 | Angela Carson | Eryri | 1.52.27 |
| 88 | Gary Devine | P&B | 1.30.10 | Sara Taylor | Fellandale | 2.05.23 |
| 89 | Keith Anderson | Ambleside | 1.27.41 | Beverley Redfern | Carnethy | 2.03.10 |
| 90 B | Mark Rigby | Westerlands | 1.26.08 | Lesley Hope | Lochaber | 1.56.58 |
| 91 | David Rodgers | Lochaber | 1.33.33 | Ros Evans | Lochaber | 2.03.57 |
| 92 | Gavin Bland | Borrowdale | 1.27.02 | Carol Greenwood | Calder Valley | 1.53.25 |
| 93 | Graeme Bartlett | Forres | 1.33.38 | Julie Farmer | Lochaber | 2.02.18 |
| 94 | Ian Holmes | Bingley | 1.30.17 | Gill Barnes | Lochaber | 2.13.22 |
| 95 S | Ian Holmes | Bingley | 1.28.08 | Ros Evans | Lochaber | 2.02.27 |
| 96 | David Rodgers | Lochaber | 1.31.23 | Angela Mudge | Carnethy | 2.03.08 |
| 97 | Gavin Bland | Borrowdale | 1.27.45 | Angela B-Barker | Keswick | 1.56.27 |
| 98 | John Brooks | Lochaber | 1.27.24 | Kate Beaty | CFR | 2.09.56 |
| 99 | Ian Holmes | Bingley | 1.28.14 | Maggie Creber | Carnethy | 1.59.21 |
| 00 | Ian Holmes | Bingley | 1.28.47 | Sarah Rowell | P&B | 1.54.31 |
| 84 | # Kenny Stuart | Keswick | 1.25.34 | # Pauline Howarth | Keswick | 1.43.25 |

Borrowdale : AL : 17m : 6500ft

| | | | | | | |
|--------|---------------|------------|---------|-------------------|-----------|---------|
| 86 E | Billy Bland | Keswick | 2.52.38 | Sarah Haines | York Univ | 4.29.17 |
| 87 | Billy Bland | Keswick | 2.41.18 | Sarah Haines | York Univ | 3.50.23 |
| 88 | Billy Bland | Keswick | 2.42.50 | Sarah Haines | Ilkley | 3.38.26 |
| 89 | Dave Spedding | Keswick | 2.50.37 | Sue Mackay | CFR | 3.53.17 |
| 90 | Mark Rigby | Ambleside | 2.40.07 | Sarah Haines | Ilkley | 3.29.19 |
| 91 B E | Gavin Bland | Borrowdale | 2.40.37 | Helen Diamantides | Ambleside | 3.26.05 |
| 92 B | Gavin Bland | Borrowdale | 2.43.33 | Helen Diamantides | Ambleside | 3.30.31 |
| 93 | Gavin Bland | Borrowdale | 2.47.43 | Mari Todd | Ambleside | 3.53.40 |
| 94 | Ian Holmes | Bingley | 2.42.22 | Nicola Davies | Unatt. | 3.37.31 |
| 95 | Simon Booth | Borrowdale | 2.49.33 | Menna Angharad | Eryri | 3.25.33 |
| 96 E | Ian Holmes | Bingley | 2.45.56 | Sarah Rowell | P&B | 3.15.34 |
| 97 | Jonny Bland | Borrowdale | 2.42.04 | # Menna Angharad | Eryri | 3.14.36 |
| 98 | Simon Booth | Borrowdale | 2.40.18 | Louise Osborne | Keswick | 3.46.05 |
| 99 B E | Simon Booth | Borrowdale | 2.35.18 | Helen Diamantides | Carnethy | 3.14.45 |
| 00 | Simon Booth | Borrowdale | 2.42.46 | Janet King | CFR | 3.17.19 |
| 81 | # Billy Bland | Keswick | 2.34.38 | | | |

Ennerdale Horseshoe : AL : 23m : 7500ft

| | | | | | | |
|--------|----------------|------------|---------|-----------------|--------------|---------|
| 86 | Hugh Symonds | Kendal | 3.38.59 | Winky O'Neale | Keswick | 5.12.17 |
| 87 B E | Billy Bland | Keswick | 3.23.54 | Vanessa Brindle | CLM | 4.21.31 |
| 88 | Hugh Symonds | Kendal | 3.34.48 | Sarah Haines | Ilkley | 4.43.57 |
| 89 | Ian Ferguson | Bingley | 3.39.43 | No finisher | | |
| 90 B E | Colin Donnelly | Eryri | 3.31.16 | # Tricia Calder | Edinburgh | 4.06.41 |
| 91 | Ian Ferguson | Bingley | 3.36.35 | Alison Wright | Macclesfield | 4.43.54 |
| 92 | Gavin Bland | Borrowdale | 3.37.51 | Ruth Pickvance | Kendal | 4.43.35 |
| 93 B E | Gavin Bland | Borrowdale | 3.30.13 | Ruth Pickvance | Kendal | 4.23.49 |
| 94 | Gavin Bland | Borrowdale | 3.46.23 | Jean Shotton | Fellandale | 5.55.06 |
| 95 | Jonny Bland | Borrowdale | 3.42.55 | Kate Arnold | CFR | 5.06.51 |
| 96 | Lee Thompson | CLM | 4.00.36 | Jan Cave | Dark Peak | 6.32.41 |
| 97 | Simon Booth | Borrowdale | 3.43.35 | Emma Moody | Keswick | 5.12.46 |
| 98 | Lee Thompson | CLM | 3.58.14 | Nicky Lavery | Ambleside | 5.23.32 |
| 99 | Andrew Davies | Borrowdale | 3.47.23 | Jane Jones | Keswick | 5.27.09 |
| 00 B E | Simon Booth | Borrowdale | 3.21.24 | Sally Newman | Glossopdale | 4.29.52 |
| 85 | # Kenny Stuart | Keswick | 3.20.57 | | | |

Isle of Jura : AL : 16m : 7500ft

| | | | | | | |
|-----|-------------------|-------------|---------|---------------------|------------|---------|
| 86 | Del Davies | Eryri | 3.20.19 | Winky O'Neale | Keswick | 4.18.20 |
| 87 | Billy Bland | Keswick | 3.19.06 | Angela Carson | Eryri | 4.12.09 |
| 88 | Colin Donnelly | Eryri | 3.07.05 | # Angela Carson | Eryri | 3.50.22 |
| 89 | Colin Donnelly | Eryri | 3.11.59 | Christine Menhennet | Bella | 4.16.15 |
| 90 | Ian Ferguson | Bingley | 3.15.28 | Stel Farrar | Eryri | 4.28.16 |
| 91* | Andy Curtis | Claremont | 3.59.46 | Kathy Gott | CLM | 6.04.14 |
| 92 | Andy Trigg | Glossopdale | 3.27.25 | Tricia Calder | Edinburgh | 3.59.45 |
| 93 | Ian Holmes | Bingley | 3.26.29 | Clare Kenny | Kendal | 4.25.20 |
| 94 | # Mark Rigby | Ambleside | 3.06.59 | Helen Diamantides | Ambleside | 3.53.56 |
| 95 | Duncan Richardson | Jura | 4.26.04 | Dorothy Dundas | Jura | 5.29.21 |
| 96 | Ian Holmes | Bingley | 3.14.16 | Yvonne Williams | Pennine | 4.55.31 |
| 97 | Mark Rigby | Ambleside | 3.08.17 | Nicola Davies | Borrowdale | 4.03.38 |
| 98 | Andy Trigg | Glossopdale | 3.45.41 | Liz Cowell | Keswick | 4.56.54 |
| 99 | Robin Lawrence | Bingley | 3.38.02 | Christine Creswell | Notts AC | 4.21.20 |
| 00 | Mark Rigby | Ambleside | 3.16.14 | Jennifer Rae | Ambleside | 4.15.38 |

Peris Horseshoe : AL : 17.5m : 7500ft

| | | | | | | |
|--------|----------------------|------------|---------|---------------------|------------|---------|
| 86 | (First held in 1987) | | | | | |
| 87 | Colin Donnelly | Eryri | 3.19.55 | Angela Carson | Eryri | 4.14.48 |
| 88 B W | Colin Donnelly | Eryri | 3.08.09 | Angela Carson | Eryri | 4.05.08 |
| 89 | Huw Parry | Eryri | 3.29.39 | Stel Farrar | Eryri | 4.02.38 |
| 90 W | Colin Donnelly | Eryri | 3.25.17 | Stel Farrar | Eryri | 4.39.38 |
| 91 W | Paul Brownson | Pennine | 3.25.02 | Lydia Kirk | MDC | 4.12.00 |
| 92 B W | Colin Donnelly | Eryri | 3.13.30 | Clare Crofts | Dark Peak | 4.13.03 |
| 93 | Colin Donnelly | Eryri | 3.23.13 | Katherine Harvey | Altrincham | 4.16.23 |
| 94 B W | # Gavin Bland | Borrowdale | 3.02.49 | Angela Brand-Barker | Eryri | 3.45.22 |
| 95 | Adam Haynes | Eryri | 3.21.48 | Menna Angharad | Eryri | 3.33.45 |
| 96 B | Ian Holmes | Bingley | 3.05.41 | # Menna Angharad | Eryri | 3.28.14 |
| 97 | James McQueen | Eryri | 3.11.00 | Menna Angharad | Eryri | 3.45.26 |
| 98 | Mark Kinch | Bingley | 3.20.20 | Polly Gibb | P&B | 4.15.29 |
| 99* | James McQueen | Eryri | 2.50.24 | Helen Diamantides | Carnethy | 3.09.21 |
| 00 | Trefor Jones | Eryri | 3.35.15 | Gill Harris | Mercia | 5.04.25 |

Three Peaks : AL : 24m : 4500ft

| | | | | | | |
|----|----------------|------------|---------|------------------|--------------|---------|
| 86 | Sean Livesey | Rossendale | 2.56.40 | Carol Walkington | Horwich | 3.49.12 |
| 87 | Hugh Symonds | Kendal | 3.00.01 | Vanessa Brindle | CLM | 3.44.05 |
| 88 | Ian Ferguson | Bingley | 2.57.29 | Vanessa Brindle | CLM | 3.37.16 |
| 89 | Sean Livesey | Rossendale | 2.51.45 | Vanessa Brindle | CLM | 3.32.43 |
| 90 | Gary Devine | P&B | 3.00.51 | Ruth Pickvance | CLM | 3.44.18 |
| 91 | Ian Ferguson | Bingley | 2.51.41 | Sarah Rowell | Leeds City | 3.16.29 |
| 92 | Ian Ferguson | Bingley | 3.01.11 | Sarah Rowell | Leeds City | 3.19.11 |
| 93 | Gavin Bland | Borrowdale | 3.05.17 | Carol Greenwood | Calder Vall. | 3.39.50 |
| 94 | Andy Peace | Bingley | 2.56.52 | Sarah Rowell | P&B | 3.21.50 |
| 95 | Andy Peace | Bingley | 2.52.52 | Jean Rawlinson | Rossendale | 3.48.00 |
| 96 | # Andy Peace | Bingley | 2.46.03 | # Sarah Rowell | P&B | 3.16.17 |
| 97 | Ian Holmes | Bingley | 2.52.28 | Carol Greenwood | Bingley | 3.34.39 |
| 98 | Mark Roberts | Borrowdale | 3.03.31 | Carol Greenwood | Bingley | 3.34.16 |
| 99 | Mark Croasdale | Bingley | 3.04.48 | Angela Mudge | Carnethy | 3.20.17 |
| 00 | E Simon Booth | Borrowdale | 2.52.43 | Sally Newman | Glossopdale | 3.38.11 |

Wasdale : AL : 21m : 9000ft

| | | | | | | |
|----|--------------------|-------------|---------|-------------------|-------------|---------|
| 86 | B E Billy Bland | Keswick | 3.42.31 | Angela Carson | Eryri | 4.36.47 |
| 87 | Billy Bland | Keswick | 3.33.07 | Nicola Lavery | Unatt. | 4.50.23 |
| 88 | B E Billy Bland | Keswick | 3.34.33 | Claire Crofts | Dark Peak | 4.45.20 |
| 89 | B E Colin Donnelly | Eryri | 3.41.33 | Ruth Pickvance | CLM | 4.42.57 |
| 90 | Mark Rigby | Ambleside | 3.37.08 | Helen Diamantides | Ambleside | 4.28.35 |
| 91 | James Bulman | Borrowdale | 4.20.18 | Sue Ratcliffe | Saddleworth | 5.14.52 |
| 92 | Phil Clark | Kendal | 3.57.18 | Wendy Dodds | CLM | 5.20.51 |
| 93 | Jonny Bland | Borrowdale | 3.57.31 | Sarah Rowell | P&B | 4.33.51 |
| 94 | Gavin Bland | Borrowdale | 3.53.56 | Ruth Pickvance | Kendal | 4.31.12 |
| 95 | Jonny Bland | Borrowdale | 3.51.15 | Emma Moody | WCOOC | 5.20.53 |
| 96 | Gavin Bland | Borrowdale | 4.11.55 | No finisher | | |
| 97 | E Jonny Bland | Borrowdale | 3.48.18 | # Mari Todd | Ambleside | 4.22.10 |
| 98 | Jim Davies | Borrowdale | 3.46.07 | Liz Batt | Buxton | 5.39.59 |
| 99 | Simon Booth | Borrowdale | 3.44.50 | Wendy Dodds | CLM | 5.28.19 |
| 00 | Andy Trigg | Glossopdale | 4.13.00 | Wendy Dodds | CLM | 5.29.57 |
| 82 | # Billy Bland | Keswick | 3.25.21 | | | |

Welsh 1000 Metre Peaks : AL : 21 m : 9000ft

| | | | | | | |
|----|-------------------|------------|----------|---------------------|------------|---------|
| 86 | Billy Bland | Keswick | 3.37.27 | Winky O'Neale | Keswick | 4.13.56 |
| 87 | * W Emlyn Roberts | Eryri | No time. | No finisher | | |
| 88 | Emlyn Roberts | Eryri | 4.11.13 | Shiela Bennett | Eryri | 7.21.30 |
| 89 | John Darby | MDC | 4.25.30 | Stel Farrar | Eryri | 5.03.12 |
| 90 | Steve Jones | Eryri | 4.28.59 | Carolyn Hunter-Rowe | Unatt | 4.50.53 |
| 91 | Colin Donnelly | Eryri | 3.49.43 | Carolyn Hunter-Rowe | P&B | 4.44.58 |
| 92 | Colin Donnelly | Eryri | 3.37.56 | Lydia Gould | MDC | 4.41.54 |
| 93 | W Colin Donnelly | Eryri | 3.40.26 | Shiela Bennett | Eryri | 6.18.28 |
| 94 | Colin Donnelly | Eryri | 3.46.35 | Kath Harvey | Altrincham | 4.48.59 |
| 95 | Colin Donnelly | Eryri | 4.19.24 | Serena Wagg | Unatt. | 5.48.01 |
| 96 | Colin Donnelly | Eryri | 3.37.55 | Sarah Brown | Unatt. | 4.57.16 |
| 97 | Colin Donnelly | Eryri | 4.08.21 | Eluned Dunnington | Eryri | 5.24.00 |
| 98 | James McQueen | Eryri | 3.45.42 | Menna Angharad | Eryri | 4.35.47 |
| 99 | B W # Gavin Bland | Borrowdale | 3.27.20 | # Angela Mudge | Carnethy | 4.02.39 |
| 00 | James McQueen | Eryri | 3.38.30 | No finisher | | |

Notes & Sources

Data: from *The Fellrunner, Up & Down* with help from Ann Bland, Andy Curtis, Richard Gilliane, Mike Hale, Harvey Lloyd and Alan Williams.
 Females: surnames are as shown in results. B:E:W:S- British/English/Welsh/Scottish Championship Event *: Bad weather amended route
 Record time: # and shown separately where not listed within last 15 years. Advice on errors appreciated.

THE CHAMPIONSHIPS

English - Male

| | | |
|----|----------------|---------------|
| 86 | Dave Cartridge | Bolton |
| 87 | Bob Whitfield | Kendal |
| 88 | Shaun Livesey | Rossendale |
| 89 | Gary Devine | P&B |
| 90 | Shaun Livesey | Rossendale |
| 91 | Gavin Bland | Borrowdale |
| 92 | Brian Thompson | CFR |
| 93 | Mark Croasdale | Lanc. & Morc. |
| 94 | Mark Kinch | Warrington |
| 95 | Mark Kinch | Warrington |
| 96 | Ian Holmes | Bingley |
| 97 | Mark Roberts | Borrowdale |
| 98 | Ian Holmes | Bingley |
| 99 | Gavin Bland | Borrowdale |
| 00 | Ian Holmes | Bingley |

English - Female

| | | |
|----|------------------|---------------|
| 86 | Carol Haigh | Holmfirth |
| 87 | Vanessa Brindle | CLM |
| 88 | Clare Crofts | Dark Peak |
| 89 | Clare Crofts | Dark Peak |
| 90 | Cheryl Cook | CLM |
| 91 | Cheryl Cook | CLM |
| 92 | Jacky Smith | Dark Peak |
| 93 | Carol Haigh | Calder Valley |
| 94 | Andrea Priestley | Fellandale |
| 95 | Sarah Rowell | P&B |
| 96 | Sarah Rowell | P&B |
| 98 | Angela B-Barker | Keswick |
| 99 | Janet King | CFR |
| 00 | Sally Newman | Glossopdale |

British - Male

| | |
|----------------------|---------------|
| Jack Maitland | P&B |
| Colin Donnelly | Eryri |
| Colin Donnelly | Eryri |
| Colin Donnelly | Eryri |
| Gary Devine | P&B |
| Keith Anderson | Ambleside |
| Steve Hawkins | Bingley |
| Mark Croasdale | Lanc. & Morc. |
| Mark Kinch | Warrington |
| Mark Kinch | Warrington |
| Ian Holmes | Bingley |
| Ian Holmes (joint) | Bingley |
| Mark Roberts (joint) | Borrowdale |
| Ian Holmes | Bingley |
| Gavin Bland | Borrowdale |
| Ian Holmes | Bingley |

British - Female

| | |
|-----------------|-----------------|
| Angela Carson | Eryri |
| Jacky Smith | Dark Peak |
| Clare Crofts | Dark Peak |
| Ruth Pickvance | CLM |
| Tricia Calder | Edinburgh South |
| Tricia Calder | Edinburgh South |
| Clare Crofts | Dark Peak |
| Angela B-Barker | Keswick |
| Angela B-Barker | Keswick |
| Sarah Rowell | P&B |
| Sarah Rowell | P&B |
| Angela Mudge | Carnethy |
| Angela Mudge | Carnethy |
| Angela Mudge | Carnethy |

TWENTY YEARS AGO

1981 was the year that John Wild came storming onto the fell racing scene to win the FRA championship at his first attempt, during the course of which he established seven new records. The 28-year-old Derbyshire-born Flight Sergeant from RAF Cosford, a talented all-rounder who had won both 1974 and 1978 Inter-Counties Cross Country Championships and reached the steeplechase finals of the 1978 Commonwealth Games, had previously triumphed in four short fell races (1977 Worcestershire Beacon, 1980 Wrekin, Eccles Pike and Withins Moor) and had run the fastest fell leg of the 1980 Ian Roberts Memorial Relay from Marsden. He had been so impressed by the pub prizegiving and general down-to-earth atmosphere and friendliness of the 1977 Stoodley Pike race, in which he placed 2nd to Ricky Wilde (Manchester Harriers), that he had there made a decision to become more involved in our sport at a future date. On December 27, 1980, Wild had finished a close 2nd to Kendal's Andrew Taylor in the Wansfell Race, only five seconds adrift.

Also choosing 1981 as his first – and, as it transpired, only – year of regular fell competition was another multi-talented serviceman, 43-year-old Tacwyn "Taff" Davies (Aldershot, Farnham & District) from North Wales, a regular soldier with five tours of duty in Ulster to his credit. Like Wild, he had been both a champion cross country runner and steeplechaser and had previously competed in fell races only on odd occasions, notably the Ben Nevis in which he finished 3rd in 1976 and 4th in 1979, having first entered in 1968 as a member of the 7th Parachute Artillery Team, with whom he'd also completed the 1975 Army Race over the Welsh 3000s. Taff had also been runner-up to Dave Francis (Westbury) in the 1976 inaugural Snowdon Race, and had won the Achmony Hill Race at Glenurquhart Highland Games in 1980, a week before the Ben Nevis was cancelled due to exceptionally bad weather.

A somewhat different situation existed in the Ladies' Championship that year, for most of the leading contenders were regular fell runners, and included two previous champions, Ros Coats (Lochaber) 1979 – now Mrs Ros Hope – and Pauline Haworth (Keswick) 1980 – later to become Mrs Pauline Stuart. Ros had come into fell racing from general mountaineering and orienteering, in which she competed at international level, including ski orienteering, while Pauline came from a fell walking background.

Fifteen races were nominated for the championship that year: five short, five medium and five long, but only ten were to count: three of each distance, while the tenth would be the competitor's best other result. There was then only the FRA championship, incidentally, no separate British and English competitions as there are now.

Saturday, April 4: When John Wild turned up at Barley to run the Pendle Fell Race, he had already set one new record three weeks previously for the Milford '21' cross country race over Cannock Chase, an event which had at one time been included in the FRA Calendar. The Pendle Race soon developed into a duel between Wild and Andrew Taylor, who had beaten him at Wansfell and though they were together on the summit, the Kendal runner's descent speed failed to match that of his rival on this occasion and Wild sped down to a 58-second victory in 29.27, thereby reducing Harry Walker's 1974 record by 62 seconds. Colin Donnelly (Aberdeen) took third place in 30.34, while six-times winner Walker finished 6th and 'Taff Davies 12th to claim a veteran's prize out of a 402-strong field. In the ladies' race Ros Coats sliced 26 seconds from Jean Lochhead's 1978 record with a time of 38.08, with her Lochaber clubmate, Fiona Hinde, chasing her to within 42 seconds at the finish and Gillian Pile (Sale) placing 3rd in 39.30 out of 22 finishers.

Sunday, April 12: Many competitors in the Kentmere Horseshoe went astray in

the thick mist which enshrouded the fells, including such highly experienced fellsmen as Jeff Norman (Altrincham), who eventually finished 101st, Mike Short (Horwich) 103rd and Harry Jarrett (Cl'R) 274th, while Andrew Taylor and Billy Bland (Keswick) failed to get back on course at all. No such plight befell John Wild, however, as his expert routefinding (after just one training run over the course the previous Sunday) and superb fitness led him to overcome the conditions in a new record time of 1.24.14, 32 seconds inside Andy Styan's previous mark from 1978. Jon Broxap, then running in Keswick's colours, was another who remained unaffected by conditions and he placed 2nd in 1.29.49, 19 seconds in front of Duncan Overton (Kendal), while Andy Philipson (Gosforth) was the first veteran home in 20th position (1.38.49). Ros Coats also broke another of Jean Lochhead's records in the ladies' race, 1.51.26 as compared to the Airedale runner's 1978 time of 1.52.26, with Bridget Hogg (Eryri) 2nd: 1.52.47 and Pete Bland's wife, Anne (Kendal), 3rd: 1:57:30. Six juniors contested the 3-mile junior race to



"John Wild at Ben Lomond 1981" (Photo Bill Smith)



Jon Broxap (2); John Wild (1); Duncan Overton (3) at Kentmere 1981
(Photo Bill Smith)

Kentmere Pike and back, with Simon Parker (Pendle Forest OC) being first back in 51.31, 34 seconds outside the 1980 record of Nigel Weaver (Clayton), while C. Adams (South Ribble OC) came home 2nd: 53.38 and Mark Sutcliffe (Kendal) 3rd: 55.30.

Saturday, May 9: Perfect conditions prevailed for the Ben Lomond Race, in which John Wild led from the start in his typically aggressive style and drew further and further from his pursuers both going up and coming down the mountain. He had three weeks earlier eclipsed Ron McAndrew's 10-year-old record for the Rivington Pike Race (from 16.30 to 15.53) and on this day set his fifth new record of the season by reducing Mike Short's 1980 mark by 16 seconds to 1.03.18. Harry Jarrett completed a consecutive hat-trick of runner-up placings in the event, 2.17 in arrears, with Clayton's John Reade 3rd: 1.07.06 and Taff Davies 4th: 1:07:37 to claim his second veteran's victory. Yet another of Jean Lochhead's records (1.22.26: 1979) fell to Ros Coats, who was exactly one minute faster, with Fiona Wild (nee Hinde) almost 5 minutes adrift in second place and Pauline Haworth 3rd: 1.29.14.

Sunday, May 17: A cool, windy day, interspersed with brief showers, saw John Wild storming round the Fairfield Horseshoe in 1.10.05, 81 seconds faster than the previous record holder Ricky Wilde had taken in 1979. Welsh farmer Andy Darby (Newport), winner of both Llanbedr to Blaenavon and Edale Skyline races in March, came 2nd: 1.13.02, 1975 Fairfield winner Harry Walker 3rd: 1:13:39, and Taff Davies, the 1st veteran, 20th: 1:19:22. Jean Lochhead's 1979 time of 1.30.45 withstood the onslaught of Ros Coats' record attempt this time, the Scots lassie coming home in 1.31.22, followed by Fiona Wild 2nd: 1.32.01, orienteer Jean Ramsden (Deeside OC) 3rd: 1.32.16 and Pauline Haworth 4th: 1.35.49.

Saturday, May 30: The 20 miles/8000 feet Snowdonia course of the Welsh 1000m Peaks Race, the shore at Aber to Snowdon summit via Carnedd Llewellyn, Carnedd Daffydd, the Glyders ridge and Carnedd Ugain (Crib-y-ddysgl), was uncharted territory for John Wild: "I was very apprehensive before the start. The longest I'd been on my feet while running before this was just over two hours and I didn't know

if I was capable of nearly doubling that. I was very pleased therefore with 10th, having lost seven places going up Snowdon." Mike Short scored his fifth consecutive win in the event with a time of 3.38.55 (record 3.21.35, 1978), with John Reade 2nd: 3.43.17, Jon Broxap 3rd: 3:44:25, and the late Ray Aucott (Dark Peak) 4th: 3:44:50 and 1st veteran, nearly 11 minutes faster than Taff Davies in 9th position. Ros Coats set her fourth championship race record over the shorter ladies' course from Ogwen to Snowdon summit with a 1.48.04 clocking ahead of the tenacious Fiona Wild 2nd: 1.51.17 and Pauline Haworth 3rd: 1.52.51.

Saturday, June 14: Rain, mist and high winds added to the ruggedness of the Ennerdale Horseshoe course but in no way deterred Billy Bland, who was well used to the conditions. John Wild had to miss the race due to service commitments but it is unlikely that he would have been any match for the long, rough Lakeland specialists. Billy had already won three tough races this year – the Chew Valley Skyline (jointly with his "navigator", Bob Ashworth), the Duddon and the NCAA championship race from Honister – and was obviously in good form. He dropped his rivals between the second checkpoint on Red Pike and the third at Black Beck Tarn, where he was around 4 minutes to the good, having stretched this to 10 minutes at CP7 on Haycock, reached via Green Gable, Kirkfell and Pillar. However the chasing bunch of Jon Broxap, Bob Whitfield (Kendal), Jos Naylor (nine times Ennerdale winner) and Frank Loftus (Horwich) began to whittle down his lead over the easier ground beyond here and halved his advantage by Iron Crag (CP8). Broxap and Whitfield continued to gain ground approaching the final control on Crag Fell, so the final results read: Bland 1st: 3.50.59 (half an hour slower than his previous year's record), Broxap 2nd: 3.53.18, and Whitfield 3rd: 3.54.00. Naylor meanwhile managed to drop Loftus over the latter stages and came in over 2 minutes ahead of him in 4.14.21 to claim 4th place and the veteran's prize, while Taff Davies gamely battled on to arrive in 12th position as 2nd veteran with a time of 4.30.16. Billy Bland next day finished 2nd to Harry Jarrett in the Muncaster Fell Race. Alison Crabb (CFR) won the ladies' race up and down Crag Fell in 49.00, 93 seconds ahead of her Lakeland rival, Annette Mikkelsen (Keswick), while Colin Valentine (Keswick) finally triumphed in the junior race over the same course after twice placing 2nd to Albert Sunter (Horwich). His time was 35.05, 27 seconds faster than that of runner-up Paul Mitchell (Bingley). The Ennerdale Horseshoe claimed its first – and, hopefully, only – victim in Bob English of Warrington. Bob was making his debut in the race but was an experienced fellsmen and had completed the Bob Graham Round the previous year. He had apparently strayed off-course heading for the last checkpoint on Crag Fell, had fallen, and was later found suffering from serious head injuries above Angler's Crag. He died on his way to hospital.

Saturday, June 21: John Wild arrived at Grasmere to face some formidable opposition in Pete Bland's amateur Butter Crags race over the Guides Race course, on a warm, sunny day. Mike Short, one of the strongest climbers in the sport, was first to the top but lost his advantage coming down to the fast-descending Wild, who won by 11 seconds in 13.06. Clayton-le-Moors' highly promising junior, Shaun Livesey, claimed 3rd place in 13.29, 5 seconds ahead of Billy Bland. Ros Coats fell coming down but recovered in good style to retain 1st place in the ladies' race with a time of 15.44, only 3 seconds ahead of Fiona Wild, with 1980 winner Pauline Haworth taking 3rd place in 18.03. The 15 competitors in the junior race contained a fair sprinkling of regular junior guides race competitors, among whom was Mark Sutcliffe (Kendal) in 10.13, followed home by a future senior champion guides racer, John Atkinson (Ireth) in 10.23 and Kevin Bateman (Warton) 3rd: 10.26. Pauline Haworth's future husband, Kenny Stuart, won the Grasmere Guides Race two months later in 12.46.01.

13th BRITISH FELL AND HILL RUNNING



RELAY CHAMPIONSHIPS LLANBERIS, SNOWDONIA



Sunday 21st October 2001

Organised by Clwb Rhedwyr Eryri Harriers

The event will be based in Llanberis at the heart of Snowdonia. The terrain is fast and runnable with steep ascents and descents.

DETAILS

The race will start from the Community Centre in Llanberis at 10.30am. Registration will be from 8.30am to 10.00am.

ELIGIBILITY

The Relay is open to Clubs affiliated to UK Athletics or one of its constituent area Associations. All runners must be first claim members and over 18 years old on the day. Each team must consist of six runners who may run only one leg for one team - i.e. no "doubling-up" within or amongst teams is permitted.

EXPERIENCE

All runners must have recent experience of fell racing and have competed in at least 2 AM category races. All Clubs that enter will be vetted for experience of this type of event. The Organisers reserve the right to refuse entries from Clubs not meeting this requirement.

SAFETY REQUIREMENTS

In accordance with FRA safety requirements, the following equipment must be carried by all runners:

- Windproof full body cover
- Map and compass (suitable for navigating the course)
- Hat and gloves
- Whistle
- Emergency food

Kit will be checked and non-compliance will result in disqualification of the team. Passing equipment to the next leg runner is not allowed.

ROUTE DESCRIPTIONS

The course area is covered by OS Outdoor Leisure Map 17 "Snowdonia" and by Harvey's "Snowdonia West" maps. Black and white photocopies will be supplied for legs A,B and D and a colour photocopy for leg C.

- LEG A - Solo, marked route - 6 miles / 1100' ascent
- LEG B - Pairs - 7 miles / 2500' ascent
- LEG C - Pairs, navigation - 6 miles / 2000' ascent
- LEG D - Solo - 6.5 miles / 2000' ascent

For legs B, C and D, navigational experience will be essential.

CATEGORIES

Clubs may enter teams in three categories:

- 1) Open (this may include members of both sexes)
- 2) Veteran Men (40 or over)
- 3) Ladies

ENTRIES

There is a limit of 100 teams for this event. Each Club is guaranteed one team in each category. Clubs may enter additional teams, but acceptance cannot be guaranteed.

The entry fee is £30.00 per team, cheques payable to "Eryri Relay 2001". All entries must be submitted on the official entry form to Ross Powell, Pen y Buarth Farm, Y Fron, Upper Llandwrog, CAERNARFON, Gwynedd LL54 7RD. Entries must be received by Saturday 1st September 2001.

ACCOMMODATION

There is plenty of accommodation available locally. You may contact the Llanberis Tourist Office Tel. 01286 870765 (Fax 01286 872141) or email www.llanberis.tic@gwynedd.gov.uk or use the Freephone Booking Line 0800 834 820.

FURTHER INFORMATION

More detailed information will be sent to competing clubs shortly after the closing date.

For further enquiries regarding the event, contact Ross Powell, tel: 07949 895250 (mobile).

Further details and a copy of the entry form are available on the Eryri Harriers' website www.eryri.org.uk, which also has links to additional local information.

13th BRITISH FELL AND HILL RUNNING

RELAY CHAMPIONSHIPS

Sunday 21st October 2001



Organised by Clwb Rhedwyr Eryri Harriers

Official Entry Form

| | |
|---|--|
| Club | |
| Name of Club Official Responsible for Entries | |
| Address and Postcode of Club Official | |
| Telephone Number | |
| email address | |

Team Entries: Each Club is guaranteed one entry in each of the categories. You may enter as many teams as you like. However, if there is more than one entry in any category, the organisers reserve the right to refuse the extra entries if the race limit of 100 teams is reached. Extra teams will be distributed as fairly as possible across Clubs who require them.

Category Number of Entries

| | |
|---------------|--|
| Open | |
| Ladies | |
| Male Veterans | |

| | |
|--------------------------------|---|
| Total teams entered | |
| Total Amount @ £30.00 per team | £ |

Cheques payable to "Eryri Relay 2001".

Entries to: Ross Powell, Pen y Buarth Farm, Y Fron, Upper Llandwrog, CAERNARFON, Gwynedd LL54 7RD.
Entries to be received no later than Saturday 1st September 2001. Receipt of entries will be acknowledged either by post or email. Late entries will not be accepted.

Why do we love relays??

Because we definitely do; it doesn't matter what time of year it is, in fact most of the major relays are held at times of the year which virtually guarantee atrocious conditions, the mere mention of the word "relay" seems enough to bring every runner in the club out of the woodwork vying for a place on a team. Some people only ever appear for relays, presumably spending the rest of the year training in glorious isolation, and nothing is more certain to cause spectacular disagreements and discussions than the selection of "the team". Not only is it "the team", it's also who would be best on which leg and running with whom - the permutations are endless and the one sure fact is that once everything has been settled some crucial person in the scheme will be injured two days before the event and the phone calls will start all over again. All the selection process takes place weeks before the actual race, then there are the essential recesses of the particular legs, indispensable even if the runners have done them twenty times before, necessitating co-ordination with partners, lengthy car journeys, problems with where to leave the vehicle so as to get back to it easily afterwards and finally the vital post-reece analysis in the pub comparing one thirty-yard short cut with another.

Some poor soul has to organise the logistics of getting runners to the start, then of shuttling different leg pairs to the appropriate takeovers without leaving soaking wet, exhausted team mates stranded at the end of their leg and it doesn't matter how smooth it all sounds in theory, in practice someone will at some point either be stranded or, worse, will arrive at the changeover to find the previous runners standing there furious, having arrived some two minutes earlier than they were ever expected to do !



"The joy of relays, Sharon Taylor and Ruth Whitehead on the British Relay." (Photo Pete Hartley)

The actual day of the event is usually, from a competitor's viewpoint, mostly pleasantly organised chaos punctuated by a sublimely simple interval when they are actually running their leg and, usually, putting more into it than they would consider doing in a normal race - I have seen more genuinely knackered fellrunners at the end of relay legs than I have ever seen at an ordinary event !

All the above features are what makes relays so special - they involve everyone in the club in a collective effort in a way an ordinary event can never do. Even if there are team prizes on offer at a race, runners are basically out there running for themselves and their own position - if the team does well then that's a bonus. At a relay event people are genuinely running for each

other, the early leg runners are striving to give the next ones as good a position as possible and the last leg runners are in the unenviable position of not letting everyone else down after all their efforts - no wonder everyone tries so hard and, in the end, the final position is largely irrelevant compared to all the concentrated exertions that have gone into it. Add to that the facts that, again unlike an ordinary race, lots of people are engaged in the pre-event planning and preparation and that competitors can actually follow the progress of their club throughout the race and it's no wonder that runners like relays - they bring clubs together in a way no other event can. That probably explains why so many of them are over-subscribed and have to have strict limits on the number and categories of teams; we would all probably like to do at least a relay a month but their very scarcity makes them even more desirable and when you consider what goes into the organisation of a relay over and above the organisation of a normal race it's a wonder that there are as many as there are !!

With this in mind I asked the organisers of two of the biggest and most popular relays, the Ian Hodgson and the Rossendale Way, to put down their thoughts on relays from an organiser's perspective and then rounded it off with a contribution from Halifax Harriers, who have done the Calderdale Way since time immemorial, so it obviously matters to them!

Fell Race Relays

by Dave Hodgson

Relays have become an increasingly popular part of the fell racing scene in recent years. Whilst not strictly speaking a fell race, I think the Calderdale Way Relay was the catalyst of the growth in fell relays. This event was first held in 1984 and I first competed in 1985, the year in which I joined the FRA Committee. Having previously enjoyed the camaraderie and team spirit of relay events when competing in road and cross country relays, I discussed the possibilities of a Fell Race with some other Committee members.

The outcome was that I asked Hugh Symonds if he would plan a suitable course in the Howgills, which I felt would be a suitable location. Hugh did design a course but when I formally raised the possibility of a relay championship at an FRA Committee meeting there was little enthusiasm and the idea was dropped.

However, one of my sons, Ian, was killed in a road cycling accident in late 1985 and our family decided that we would try to organise an event in his memory. Because Ian always liked team events and had competed in the KIMM in the Patterdale area the day before he died we decided to make the event a relay, run in pairs, and to plan the course around Patterdale in the Lake District. This was the start of the Ian Hodgson Mountain Relay which was first held in October 1986.

The race proved to be popular and within two years was attracting an entry of over 50 teams. Likewise the Calderdale Way Relay was becoming increasingly popular. The FRA Committee, recognising the growing popularity of relays, reconsidered the possibilities of a relay championship and in 1989 nominated the Ian Hodgson Mountain Relay to be the first FRA



"Mike Wallis and A. Black above Kirkstone on the Hodgson!" (Photo Steve Bateson)

Relay Championship. Since then the FRA Relay has become a separate event and has changed its name to The British Fell Race Relay Championship.

There are now several fell race relays with varying numbers of legs, course lengths and differing rules. All are invariably well supported because they bring into the basically individual sport of fell running many of the attractions of a team sport. I suggest that the additional elements of a relay which add up to enhanced team or club spirit are :-

1. The satisfaction of doing your best for the team and being able to compare your leg time with others and calculate positions gained or lost on your leg.
2. The tactical element of deciding which runners in the team are best suited to run legs of varying lengths and difficulty and, where appropriate, which make up the best pairings.
3. The satisfaction of knowing your team's progressive position compared to other club teams. (Incidentally, large massed starts on any leg detract from the relay concept and distort finishing results.)
4. In the case of races which are run in pairs, runners enjoy the companionship of a partner and the satisfaction of achieving the best performance as a team pairing. It can also help navigation.
5. The need to run as well as possible, even if off form, in order not to let the team down.
6. The pleasure of being able to follow the progress of the race as a spectator after or before running, to encourage other team members and see the star performers of other teams.
7. There is often a social side to relays because the event is more spectator friendly. Family and friends can follow the progress of the race via take-overs much more than with normal fell races where runners start then disappear into the distance until the finish. Many race organisers try to encourage this by providing up to date information on the race progress and good value refreshments at the finish.
8. Runners will often retrace the route of a relay so as not to jeopardise the team's performance, whilst they would rarely bother to check a normal fell race route. These retrace trips can provide enjoyable outings which are good for club spirit.

There is of course a downside to all these team bonding attractions. This is caused by runners dropping out of teams at a late stage due to illness, injury, or unforeseen commitments. The team captain's job can become a nightmare during the week before the event and clubs owe an enormous debt to those who take on this task. Perhaps relay race organisers should consider a special prize for all team captains !

The Relay Phenomenon

by Graham Wright

What is it that makes fell relays so popular? At the time of writing it's that time of year for me, my brain is stuck in Relay Mode – for some strange reason I volunteered to sort out our teams for the Calderdale Way Relay after a break of several years and, coming up in February, it's our own Rossendale Way relay, which I organise. Although this is a mammoth task, catering as we do for some seven hundred runners, it's a stroll compared to sorting out our teams for the Calderdale Way – club captains and team managers will know exactly what I mean; it's a thankless task and only the dedicated or insane should subject themselves to it!

We entered five teams this year, that's sixty runners from an active membership of not many more than that in total – several people will not have run in another race this year, they seem to appear from nowhere with their names somehow making the notice board list only at relay time. What is it that makes people want to train for and run in a relay as perhaps their only race of the season? Most Pennine-based fell races attract perhaps on average a hundred or so runners but relays attract staggering numbers – OK, the various legs are mainly both testing and interesting but, given the sometimes horrendous logistics of getting to and from the leg starts and finishes, are they really that good?? There must be more to it.

As a veteran of too many KIMM's I think there is a lot to be said for the "running in pairs" concept; it certainly adds to the appeal and, as far as relays are concerned, the one perk of picking the teams is that you get to choose your own partner and leg and, if you are cunning, select someone who is currently less fit than you but who may have given you a hard time on previous occasions (sorry about that Jim)!

Throughout the season most runners are competing on an individual basis, generally running for themselves in the various categories – in a relay, by definition, individual performance comes second to the overall team performance and some runners simply perform far better running in a relay for their club than they ever would as an individual. My partner for this year's Calderdale, Jim Cooper, hasn't done a race for over two years because he just gets too nervous, yet he will happily turn out and perform well at a relay.

There is also, without doubt, a keen rivalry between the clubs for "top dog" and clubs are always eager to put out their best runners for a relay – Bingley will always like to put one over on Pudsey as far as the Yorkshire clubs are concerned, whilst the Lancashire clubs such as Clayton, Horwich and Rossendale keenly contest for position on the west side of the Pennines. Without a doubt the best regular Fell Relay in our Calendar is the Ian Hodgson Relay, superbly organised by Dave & Shirley Hodgson & family & friends, which is surely the ultimate test of a club's all-round fell-racing ability and is the relay any club with fellrunning aspirations wants to win.

I think for me it's definitely the team or club aspect that makes fell relays so popular – running for the collective good for a change, rather than as an individual, is what gives them that extra appeal.

Halifax Harriers Celebrate Two Decades of Running the Calderdale Way

by Martin Haigh

In 1978 the Calderdale Way was founded as Britain's first long distance recreational footpath. To commemorate the opening, a team of Halifax Harriers ran the route in relay in 1981. Twenty years on almost the same team has repeated that feat.

The Calderdale Way is a 52-mile network of country paths round the Calderdale boundary and was officially opened by Lord Winstanley in September 1978. The Way incorporates the outstanding scenery of Ripponden, Cragg Vale, Lumbuts and Heptonstall. The Senior members of the Harriers, always ready for a challenge, decided to run the new boundary way by running a team of 10, in pairs, round the route in stages of about 9 miles. The Harriers, pictured, completed the course in December 1981 in **6hr, 24min, 31seconds**. (this time, incidentally, would have put them 9th in the 2000 event).

The first two runners, Graham Bell and Dave Smith, covered their 10.5 mile stretch to the Hinchcliff Arms, Crag Vale in 1hr:13:30. A rapid



"The Team as they were then." (Photo Martin Haigh)

change of the baton sent Peter Mason and Adrian Spilsbury on the difficult 12.5-mile section to Blackshaw Head. On the way down into Todmorden torrential rain hampered the runners but they completed the stint in 1hr:5:30. From Blackshaw Head, Keith Midgley and Peter White set off to Heptonstall via Hardcastle Crag and Pecket Well. They reached their destination, Jerusalem Farm, in 1hr:4:30 for the 9.5 miles. John Dowlan and Bob Lord completed their 10-mile section to Shelf in 1hr:06:30 to hand over to Martin Haigh and Peter Lynch for the last leg. They ran so fast that the support party had difficulty keeping pace with them. They headed through the Kosset Carpet complex and up through the woods to Southwram before putting on a final burst to reach Clay House in 1hr 9 min and 31secs.

The Harriers threw the race open in 1984 when 22 teams completed the challenge. The race has since grown and exceeded all their expectations to a point where over 100 teams enter the event each December. This means 1200 runners pounding round the Calderdale footpaths through mud, rain and snow. The race attracts teams from Scotland to Oxford and is now the biggest fell race in Europe.

As the anniversary of the 20th running approached, Race Director, Peter White, had the idea of entering the original 1981 team in the December 2000 event. Therefore, with the help of fellow Harrier Martin Haigh, they began tracking down members of the original squad who got into training for the big day. The team, which was called 'The Halifax Originals', wore a commemorative T-shirt designed for the occasion.

The team members who are nineteen years older now and not all are running regularly, had great aspirations and gave of their best on the day. However, they knew they were unlikely to beat their 1981 time of just over six hours. 'Halifax Originals' runners are pictured below.



"The Team as they are now." (Photo Martin Haigh)

The Originals team, comprising nine of the original squad, completed their run in **9hrs 15mins and 22secs**, giving them 85th position overall.

The team and their leg times for the 20th run on 10th December was:

Leg 1: Peter White and Keith Midgley (Copley to Cragg Vale): 1.45.35

Leg 2: Paul Frechette and Peter Lynch (Cragg Vale to Centre Vale Park): 1.31.27

Leg 3: Dave Smith and Brian Burgin (Centre Vale Park to Blackshaw Head): 0.59.46

Leg 4: Philip Hellowell and Martin Haigh (Blackshaw Head to Wainstalls): 2.08.01

Leg 5: Adrian Spilsbury and Peter Mason (Wainstalls to Bridle Stile, Shelf): 1.18.12

Leg 6: Raymond Holdsworth and Richard Rowlands (Shelf to Copley): 1.32.21.

Over the years, the men's event has been won six times by Bingley Harriers, six times by Pudsey and Bramley, twice by Clayton-le-Moors and on three occasions by Rossendale. The women's prize has gone to Clayton-le-Moors Harriers on seven occasions.

An innovation in the last couple of years has been the advent of mixed teams, in which a minimum of six athletes must be female. Another change in the last two years has been the start/finish location. The race is now run from Old Rishworthians Rugby Club at Copley, instead of Clay House in West Vale. The organising committee believes that the atmosphere is good at Copley and spectators have a grandstand view of the finishing funnel. The runners agree with this and return to the clubhouse for the prize giving in greater numbers than ever before.

The organisation of the Calderdale Way event is a mammoth task requiring over 80 marshals to man the 110 different locations around the course. The organisation of the marshals is carried out by Harriers' stalwart, Eric North. There is also a lot of work done before, during and after the race. Peter White is responsible for taking entries, John and Linda Keighley do an excellent job with rapid results processing and the Harriers' ladies do a fantastic job supporting the catering staff. Can you imagine cooking 1200 portions of pie and peas?

The event has become so popular that the organisers have had to impose a limit of 100 teams. The Harriers' hope that with support from Athletics Clubs and with help from Calderdale Council and the West Yorkshire Police, the race should continue for another twenty years.

CELTIC CORNER

In which we are kept up-to-date with developments around the UK via articles from our International Correspondents

NIFRA News

By Ian Taylor

Update

Last year at this time we had completed half our Championship – this year most of our members have not been on a mountain since February. More positively, by the time you read this, mountain running should have started in Southern Ireland from 11th May and we expect to follow in June. In the meantime we organised a series of four midweek forest trails, followed on by the regular "Hill and Dale" series but forest-based. Our Web site and email circulation lists proved their worth in getting information out to runners. One benefit of the forest series has been the participation of more road runners and cross-country athletes, providing them with a safe taster of fell running. However while most of us can keep generally fit through road and forest training we are seriously lacking in training for long climbs, fast descents or longer mountain days.

European Championship

We expect that after the European Athletic Association Congress in October, following many years of discussion, we will finally have a European Championship for Mountain Running. Fell runners in Northern Ireland have never had the resources to send a full team to the European Trophy in the past, so in the ongoing debate in the UK we have kept a low profile. We recognise the need to improve the status of our discipline through Championship events but sympathise with the Scots and Welsh who feel they will miss out on representative opportunities. To compensate we could create other representative opportunities. One area where we do compete as four nations is in the Commonwealth Games – perhaps we ought to be putting on a demonstration race for Manchester with a view to getting fuller involvement in later years. Another option is to add a third Home International in addition to Knockdhu and Snowdon. For example Carnethy in Scotland in February has a classic course and a first class organisation that could cope with the team implications of being a Home International. Such a race early in the year could be used to try out possible new team members. For a European Championship we also need to address the selection process. At present for the UK mountain running teams in the European Grand Prix, individuals put themselves forward for consideration by the selectors. For the European Championship a more transparent system is needed, with a selection race where athletes under consideration can be compared. For the European Championship at the beginning of July, Knockdhu is a possibility for such a selection race.

Junior Development

In NIFRA we welcome the PST ideas on the development of juniors, primarily master-minded by Norman Matthews. Each region needs to see how to apply the model as appropriate in context, based on events at club, region and UK level. In Northern Ireland our problem has been getting juniors involved at all, with most having other athletic, sports or social interests, not to mention coaches who discourage juniors from participation in this "dangerous" activity. Another gap is in the 20+ age group, with former junior athletes used to representative honours now struggling to make it beyond club teams. We could learn from other sports such as orienteering in a development of an all-age sport, rather than the present trend to veteran fields.

Registration

In recent issues of the *Fellrunner* there has been considerable discussion of registration of athletes with their regional association (NIAF in our case). To add to the debate I outline our position. All our athletic clubs are registered with NIAF but only a very small proportion (10%?) of fell runners are individually registered with NIAF. Such registered athletes are primarily ones who wish to be considered for teams in other disciplines, e.g. cross-country, or whose club registers all as a matter of policy. About 60% of fell runners are registered with NIFRA and so are eligible for participation in our Championship, selection for teams and regular mailings. Only a small number are also FRA members. In theory fell race organisers are supposed to charge a levy to non-NIAF entrants but in practice this never happens. Unlike SAF in Scotland our regional association, NIAF, imposes no levy on race organisers. Indeed NIAF takes a "hands-off" approach to fell running, allowing NIFRA freedom to select teams etc but providing very limited financial support. Perhaps we are unlikely to make progress on this debate until UK Athletics decides on a model for registration that recognises the different needs of each region and of each discipline.

Fell and Hill Running Policy and Support Team

In the February *Fellrunner* Mike Rose sounded off about the above group, with the implication that only a couple of the people on it were really necessary! In Northern Ireland we have valued the contacts that the PST and its predecessor in BAF, the Fell and Hill Running Commission, have provided. Through such contacts our Home International was developed, we participate in many more races "across the water" and more recently have organised both junior and senior British Championship events. Through BAF and the PST, the British Championship is becoming representative of the four nations, rather than just an alternative version of the English Championship. Wearing the hat of a PST committee member, at recent meetings we have discussed championships, rules, coaching, sponsorship, junior development, risk assessment and international issues, on all of which a collective input from a variety of UK regions and backgrounds is required. In a sense the PST looks two ways – one to the fell running community and its development – the other to the wider athletic world of UK Athletics. To the latter we try to build up the profile of fell running at a UK level, in the same way that our regional associations do with SAF, AAW, NIAF or the English Regions. We have to try to ensure that any UKA initiatives make sense in the context of fell running. Years ago we decided to be part of athletics, rather than going our own way like the orienteers. The PST is the link at national level between fell runners and the rest of the athletics community. We need such a group both to discuss common issues and to promote our case within UKA.

Unfortunately the PST does not have the financial resources for development that the former BAF Commission had. We have no money to support Home Internationals, encourage extra facilities in Championship events or provide the medals we require. Indeed we are not supposed to develop the sport, merely make suggestions for policy, with the final decision for that now resting with the UKA Executive. It is ironic that as a Policy and Support Team we have no money for support and no final say on policy. In fact all the PSTs of the different disciplines seem to have a low profile within UKA. There seems little recognition of the importance of

strategic thinking backed up with some resources to implement development.

In his article Mike also comments on the appointment of the PST, with no automatic representation of the regions. I am not aware of a long queue of applicants for the PST positions but would agree that it is unfortunate that there is no Welsh member on the committee. However, no matter how appointed, we would be unwise to go forward with recommendations that had not been discussed at regional level. Even the controversial European Championship decision has been discussed over two or more years within each region and at BAF and PST meetings. As the PST is likely to be re-appointed within the next year, that provides an opportunity to join the committee and try to change the system.

Scottish News

by Keith Burns

The end of the Scottish Athletics Federation.

Long live Scottish Athletics Ltd. (?) - What's it all about ?

At an EGM on 24th March SAF secured approval for changing to a limited company called Scottish Athletics Limited (SAL). The main significance of this for affiliated clubs is that the greatest financial liability of a member club is £1 (rather than unlimited under SAF).

The much unloved affiliation membership scheme was unchanged by the EGM. However, SAL has a company Memorandum and Articles of Association which replace the old SAF Constitution. These have lots of detail changes which, apart from the liability issue, are of no particular interest to most hill runners. However, for those interested in continuing the process of trying to improve SAL's customer friendliness to hill runners, there is one small but significant detail which will make future changes potentially easier to secure (or it would if top hill runners could be motivated to take more interest in their own future). Those clubs wanting to support change proposals but unable to attend a General Meeting can now lodge their open ballot mandates with a chosen representative who is at the meeting. This might seem a point of boring and obscure detail, but if we had had this freedom two years ago we could by now have had a fair membership. This change was won despite the Board of Management's attempt to ignore the unanimous recommendations of its own constitution review working party, of which I was a member. Following the EGM outcome, the administration tried to claim credit for this reform! So you can see there's still more reforming to do.

Hill runners (particularly Carnethy Hill Running Club) did their bit to fight for the changes we need, with limited but very important success in killing SAF's stupid attempt to close hill racing to non SAF club members. It's now time for other clubs to pick up the initiative and continue the change process; preferably a road or cross-country dominated club. The membership scheme issue is not just of concern to hill runners.

The really significant change over the past two years for hill runners is subtler. It is that the hill race "permit" mentality has been demolished forever. This doesn't mean that SAL "permits" will vanish; but SAL now realises (I think) that it must compete in an open market and show race organisers that its "permits" have value. SAL should also get rid of the silly term "permit" because it neither permits nor denies anything. For the serious racers, despite the hated membership scheme and fees, membership of SAL is still value for money for some - for at least two reasons. Whether we like it or not, SAL controls access to significant public funding (through SportsScotland) which is the right of our top hill runners. The Hill Running Commission will control a budget of at least £9000 for hill runners this year. It is good value for money to join a SAL affiliated

club for any hill runner who competes in more than about ten SAL "permitted" races a year, or who wishes to have access to public grant-aid and international selection.

The new Scottish Athletics Limited will survive only by listening to its customers better than it has in the past. Can they learn fast enough to avoid being discarded by hill runners? Time will tell; but early signs are not promising for SAL. Meanwhile, the Hill Running Commission needs some new blood to keep moving things forward. It would be very unhealthy for the present members to stand unopposed at the next AGM.

Some people wonder whose side I'm on these days. It's quite simple; along with a few others I'm on the side fighting for a fair deal for hill runners through whatever legitimate processes we can use. Hill racing in Scotland is far more important than SAL's corporate navel gazing. The tail wagged the dog for too long - not any more though.

Carnethy Hill Racing Club (not to be confused with Carnethy Hill Running Club (disaffiliated)), Scottish Hill Runners, SAL Hill Running Commission.

Welsh News

by John Sweeting & Martin Lucas

Decisions, decisions...

by John Sweeting

Anyway, now that fell-running is a thing of the past, perhaps it would be a good time to pick over the historical bones and see where it all went wrong. Like how did we in Wales arrive at the situation (see Fig. 1) where fell-running is (theoretically) being run by an organisation with its main focus on Track and Field, plus the more or less comfortable add-ons of Cross Country and Road Running. And whose idea was it that the FRA should just look after England? Bizarre!

But just as I'm getting comfortable with a bit of idle speculation, an e-mail arrives from the PST (Fell and Hill Policy and Support Team), giving details of proposed UKA/PST revised fell and hill running rules.

And since there is nothing like a deadline to concentrate the mind, PST want comments or proposed changes to this document by July 22nd, after discussion in local committees. Which raises a bit of a problem in Wales, as we don't have such a committee!

So, just to start the ball rolling:

proposed Rule 403 states in part:

"All official UKA Fell Races must be registered with one of the National Committees. The registration shall be effected by supplying to the nominated officer of the relevant body details of the race...."

and, for the purpose of these rules the term - National Committees - refers to:-

- Fell Runners' Association (England),
- Scottish Athletics Ltd. Hill Running Commission,
- Athletics Association of Wales,
- Northern Ireland Fell Runners Association.

I don't wish bore anyone further (for now), so suffice to say that I think we need a proper debate in Wales rather urgently, and to put my own opinions on the table, Fig.2 is the direction I think we should be heading in.

Thanks to "Greybeard" (Martin Lucas) for the one direct response to this column in the last issue - hopefully his material appears elsewhere in this one, and should stimulate some lively debate!

Celtic Corner...

by Martin Lucas

'Celtic Corner'? More like Celtic Cauldron from the major issues raised by John Sweeting in his first column. He and Adrian Orringe deserve praise for their efforts to get a fair deal for the mountain runners in the brave new world of the AAW and in the face of general apathy from those to whom 'blazer' and 'committee' are terms of abuse. I would like to add a few points that may be of interest to the non-Celts who have yet to battle with Registration.

In theory, mountain (not fell!) running in Wales is administered by the AAW. All races must have 'permits' and all runners must be Registered (£10 per year) or pay an additional levy on top of the race entry fee which the organiser must pass on to AAW. For this the race gets the benefit of AAW insurance. Seems simple in the warmth of the committee room, I'm sure. But...

What are the criteria for the issuing of permits? There are no elected mountain running representatives on the AAW Endurance Committee to give advice, the AAW has not issued any safety guidelines for mountain races and I'm sure no-one pushes a bicycle round the race routes (I hebog, anyone?) to ensure the distance is accurate!

What happens to runners who won't pay either the Registration fee or additional levy and decide to run round the course anyway? A recipe for disaster at AL/NS races with an unknown number of runners on the course, some of whom have not entered the race.

Why should Sion or Sian Organiser, who is usually struggling with wet entry forms in the back of their car, have to identify and collect extra fees from unregistered runners (what about non-Welsh runners??) and then pass on the 'extras' to the AAW when they get nothing in return? Some of our races are still self-financing at '50p on the day': charging unregistered runners an extra pound seems grossly unfair!

What is 'AAW insurance' and who does it cover? John and Ade struggled long and hard without much success to get a straight answer to this, but I gather that it covers races organised 'under FRA rules' (!). But the FRA don't control the sport in Wales... also no answer has been forthcoming on whether unregistered or 'foreign' runners are covered. Attempts to actually view a policy have been fruitless.

Incidentally, there is no 'official' (i.e. AAW sanctioned) Welsh Mountain Running Championship this year but they still want us to be registered. International mountain running is a separate matter (there's no choice but to be registered if you want to run for Wales) but apart from two Team Managers and one assistant (all appointed by AAW) there appear to be no selectors... Also, only about 10% of my club's (Mynyddwyr De Cymru) 110 members are registered (and what about the 30 of them who live in England??), and one active Welsh club has already been 'disaffiliated' by the AAW for having no registered members!

In practice, it seems there are almost as many races in Wales as there are sheep, and as someone who races fairly often I have so far found only one (race, not sheep!) that has a permit, charges extra etc. Otherwise, Sion and Sian carry on as they always have, organising races 'under FRA rules' over routes they think people will enjoy, insuring them through the FRA scheme - absolutely essential - charging minimal entry fees to cover costs and relying on the heroic band

of volunteers to man checkpoints. This year, due mainly to sterling efforts by John Sweeting despite him no longer being an AAW official, we have a sponsored Welsh calendar and a six-race Welsh Mountain Running Championship which is not sanctioned by AAW and is open to all. The AAW is an irrelevance to the average Dai-the-Dap fellrunner, who at the moment is continuing to enjoy his sport as he always has and who sees no reason to pay a levy to a remote body which appears to have no interest in promoting or supporting the domestic sport.

For the future, individual races seem secure under the current 'FRA' arrangements and the AAW bureaucracy is an irrelevance to them. Similarly, Dai-the-Dap who enjoys his fell running at club level and does not race on the road, track etc will see no benefit for his £10 registration fee. What is needed urgently is some low-key organisation to formalise the work currently being done by John Sweeting on championships and the calendar and to address any other issues affecting domestic mountain running such as encouraging juniors, race insurance and rights of way problems. Some steps have already been taken to reinstate the defunct Welsh Mountain Runners Association as a sub-committee of the AAW to do this, but my personal view is that any connection with the AAW will be seen as endorsing the 'registration and blazers' set-up and will not be supported by Dai the Dap and his mates. An independent body, with representation from all the Welsh mountain running clubs and controlling the domestic sport with as informal a touch as possible, would hopefully have widespread support in Wales (and the west of England from where many of our members and competitors come) and would encourage participation.

There, that's off my chest and I'm off for a run. I look forward to reading contrary opinions! See you at my Heads of the Valleys race on 19th May - definitely not under AAW rules!

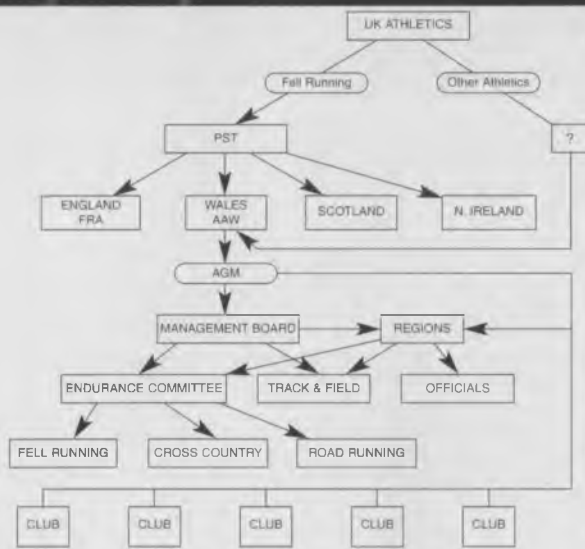


Fig. 1: democracy in-action

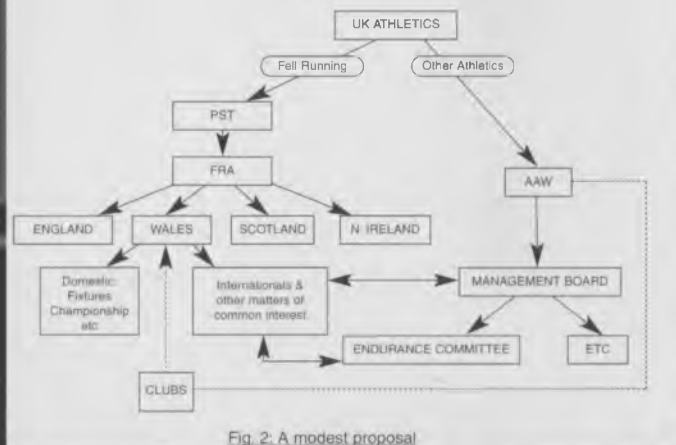


Fig. 2: A modest proposal

GUCCI TRAINERS SET AN ALTITUDE RECORD ON ACONCAGUA?

by Martin Stone

First a little bit of background about the big mountain and how it is usually tackled. Aconcagua is situated in the Argentinian Andes, close to the border with Chile. The summit of Aconcagua is 6960 metres/23,000 feet and it is the second highest of the Seven Summits (highest mountains on each continent). It is the highest mountain in the world outside the Himalayas. There are a number of climbing routes on the mountain but the easiest, on the north west side, is little more than a walk with a little bit of scrambling up a knackered scree couloir for the final 500m. In the best part of the summer season there is little or no snow to impede one's progress on this route and it is just about the highest point on earth one can walk to without ice axe and crampons.

The north west side of the mountain is attempted by hundreds of people each year. They are often booked with commercial organisations such as Karakorum Experience who make it easier for those who don't have the confidence or experience to organise their own expedition. The tactics are simply to hang around at the basecamp for about ten days, gradually acclimatising by making trips part way up the mountain and positioning tents and kit at intermediate campsites.

THIS CAN BECOME A BIT TEDIOUS AFTER A FEW DAYS but if you aren't well acclimatised, you're very unlikely to make it to the summit. So you begin to think your side of the mountain is just a big slagheap and can't wait to be up and away. That, linked with the frequent severe storms that arrive in the area without much warning, mean the mountain has achieved a reputation in the climbing world for not being a bundle of laughs.

However, we can honestly say that the mountain can be enjoyed and that lightweight is beautiful, to not quite coin a phrase.

After an unsuccessful trip to Aconcagua with Karakorum Experience in 1999, Rex Stickland came up with an alternative approach – Rex's cunning plan. It required a number of friends (guinea pigs) to accompany him to the region and see if we could tackle the mountain in a different way. So in late January 2001 fell runners Mark McDermott, Paul & Jo McClintock, Debbie Thompson and I met up with Rex and two Scottish friends of his in Quito, capital of Ecuador. Under Rex's unique style of management we spent the next two weeks acclimatising on the Paramo at about 4000m before attempting the highest volcano summits in the country. Cayambe at 5,700m was (very nearly) climbed in poor conditions and a few days later we climbed Chimboraze, which at 6,300m is the highest mountain in Ecuador.

In Ecuador it was a month later than the main climbing season and weather conditions weren't always ideal. A more serious problem however was the revolt over huge fuel price increases by local farmers, the Campacinos. They were busy blocking every major road in the country, especially the Pan American Highway, which carries the lifeblood of South America. Trees and lighting systems were felled across these roads and lorry loads of building materials were emptied with gay abandon. These people didn't mess around as we found when we were caught in a tear gas attack between the Ecuadorian army and thousands of angry Campacinos as we drove towards the Chimboraze region. We were very keen to have the opportunity to climb the mountain but this was a little bit worrying!

Ecuador had been ideal preparation for what was to come. A few days later the group, minus Paul and Jo who had run out of holiday, flew 1700 miles south to Santiago, capital city of Chile. From here we drove about 200 miles across the Andes into Argentina to purchase climbing permits from Mendoza. That US\$120 peak fee was the best 120 dollars I ever spent. Before setting off from the road near the village Puente del Inca we handed over 60kg of team kit to a company who shifted it the sixteen miles in half a day up to base camp by express mule. The six of us enjoyed a more leisurely one and a half day walk as we gained 1,300m between impressive Andean mountains up the length of the Horcones Valley and reached Aconcagua basecamp, Plaza de Mulas, at 4,300m late on the afternoon of 13th February. Basecamp was a clean, well-organised tented village and I was pleasantly surprised that it wasn't too crowded. Most people come to the area at Christmas and New Year but the most settled weather is normally in February, by which time activity on the mountain is winding down.

Debbie and I spent all of a couple of minutes erecting our basecamp tent, a tiny Phoenix mountain marathon tent. It was surrounded and dwarfed by all the high tech do-deca-doodle four-seasons Himalayan mountain tents that belonged to the big brash American groups. Wandering round basecamp we didn't really feel that we were on the same wavelength as most of these other groups and wondered if we had overlooked something significant and important. It almost appeared that these people were enacting some drama, imagining themselves to be part of an expedition, attempting a long and serious route on a major Himalayan peak. Throughout the early evening, people were arriving back from the higher camps or, if they were lucky, from the summit and it all seemed a bit surreal. We tried to reassure ourselves that we understood the seriousness of our undertaking. An American couple resting in the tent next to us engaged us in conversation. "How's it going?" we asked. "Well, we've established Camp One now at about 5,300m and we've got gaz in there now and food. We're all set to move up any day now. We'll establish Camp Two next week at 6,300m and then make our summit bid from there". Phew – heavy. We hardly dared to tell them our plan for fear of being branded totally mad, irresponsible and naive.

Our team manager Rex had decided that as we should already be acclimatised from Ecuador when we arrived at basecamp, we ought to be able to leave early the next morning and make it direct to the summit and back in a day. This would involve a continuous climb of 3,000m and I could see from the bemused look on the Americans' faces that they were neither impressed with us or our plan. We were far too embarrassed to tell them what we intended to wear and carry!

It had been corking weather for days now and those we had met and interrogated as they headed back to civilisation confirmed that you could make it to the summit and only tread in a few patches of snow. McDermott had made a hasty purchase of a pair of Gucci looking trainers in Mendoza to replace a pair that were well overdue for the bin. He and I made a reasoned decision to attempt the summit in trainers, moving quickly enough to return from the summit before darkness fell the next evening. The only disconcerting thing was that the whole tented community seemed to be wearing plastic boots all day, everyday, even when sunbathing at

basecamp. Would we suffer frost-nipped feet? Debbie didn't really agree with our decision to climb to 7,000m in trainers and she wasn't over-impressed by the plan to do the round trip from basecamp in a day. "Why can't we be like normal people for once?" she asked. I didn't really have a sensible answer and in my mind's eye I imagined the critics having a field day when the day went pear-shaped.

At 3 a.m. the next morning there was a lengthy "shall we or shan't we" debate in our tent which lasted forty-five minutes before both Debbie and I set off up the scree slopes behind basecamp (wearing trainers). Mark McDermott was a short way ahead of us while Rex and the Scotsmen decided to delay for a day so that they could fully recover from the walk in. Although travelling relatively lightweight we were still wearing more clothes than on any previous outing in the mountains. Thermal vest, Powerstretch top, thick fleece and Goretex gaiters, balaclava, 2 pairs of mitts, thermal tights, Powerstretch tights, Buffalo trousers, trainers and snow gaiters. We gained height quickly and by 7 a.m. we had climbed about 1500m. There was a stiff icy breeze and despite the growing daylight it was now the very coldest part of the night at about minus 25 Celsius. We had recently crossed a plateau at 5,300m and passed the tents of Camp One, Nido de Condores. We were making excellent progress but now felt decidedly chilled as fingers and toes were beginning to turn a bit wooden. Some hand warming was necessary and we prayed that the sun would reach us before our extremities deteriorated any further. The route now climbed more steeply from the plateau on a faint zigzag path.

The sun remained hidden behind the bulk of Aconcagua until nearly 8 a.m. when the first rays struck us as we approached Camp Two, Berlin, at about 5,800m. We felt the warmth immediately and over the next hour our bodies thawed. We never felt too warm or removed any item of clothing that day and if we ever stopped, we would feel chilled within a few minutes. At Berlin we saw signs of life for the first time, but those attempting the summit from Camp Two had already left a few hours earlier. People didn't appear to be making very early starts for the summit, probably because it was so bitterly cold at these higher camps until the sun arrived. We soon spotted the first of many climbers ahead at about 6,000m and although our own pace was now slowing due to the altitude, we reeled in about twenty people with relative ease. Although no one was carrying a big pack, to us they appeared clumsy in their plastic boots as we "skipped" past in our Gucci trainers. Most of us were using trekking poles and these were handy to rest on when heart and lungs refused to go any further.

The people we were passing were probably no hoppers and I had set us a summit deadline of 3p.m., which would allow five and a half hours to descend before it became dark. The mountain is dotted with tiny wooden bivouac shelters that contain shelves (for sleeping on) and resemble chicken coops. We reached the highest Bivouac, Independencia, 6,400m, at about 11 a.m. and by now I was concerned that we were going to run out of time. I stashed a few litres of water and our Petzls under rocks before we continued on a long traverse to the foot of the final and most arduous climb to the summit, the notorious Canaleta. This is a 500m couloir filled with

loose scree - everything from gravel to boulders. It is a truly gruesome scramble at this altitude and most people who fail high on the mountain turn back on the Canaleta. It is hard to believe that this final section usually takes people at least five hours but these are the effects of altitude (6,500m) and arduous terrain.

About half way up the couloir we met Mark McDermott who was descending from the summit. He appeared fairly weary and dismayed us with, "I'm afraid it's still about three hours from here". The altitude was now kicking in with a vengeance and Debbie proved her ability to cope with it better than me. She would gradually draw ahead as she sussed out bits of path on the right hand side of the couloir. Every fifteen minutes or so she would wait a few minutes and I would arrive, gasping and on my last legs. Despite my apparent slowness, we pulled out of the top of the Canaleta onto the summit dome at about 3 p.m., having passed all but about half a dozen people. Despite climbing 1,600m more than anyone else on the mountain that day, our strategy appeared to have worked. There was hardly a breeze on the summit and strange to say, it seemed the warmest place on the mountain. Two Argentinean soldiers who arrived just before us took our pictures and we spent about ten minutes relaxing in the sunshine.



"Martin and Debbie on the summit."
(Photo Martin Stone)

It was time to descend and for about 250m we were meeting groups who were still ascending. Some would be arriving on the summit as late as 6 p.m., however they didn't have such a long descent ahead of them. It was essential for us to get back to basecamp, as we didn't have sufficient warm kit to risk a bivvy even in the bivouac huts. We had heard stories during the day of people suffering minor frostbite the previous night at Berlin Bivouac 5,800m. Our poles helped make the descent quite tolerable, even for my dodgy knees and once down the Canaleta the rest of the descent was fast and quite pleasant. Lower down the mountain one got the sensation of almost being able to "taste" the oxygen and as the sun dropped behind distant mountains we arrived back safely at basecamp. It had been a sixteen-hour day but Rex's cunning plan had worked. We spent the next day mooching around basecamp, soaking up the rays but never let on about our secret weapon - the Gucci trainers. Next day the weather turned sour and we made our escape back to civilisation.

We returned home tanned, light and fit through the benefits derived from being at altitude to be greeted two days later with the news that Foot and Mouth had invaded our shores. Needless to say, Aconcagua (and hill fitness) are little more than dream now.

Stop Press just as this article was going to Press, news was received that Mark McDermott (one-time holder of the Lake District 24-hour Record) successfully completed an ascent of the North Face of Everest on 22nd May - Congratulations, Mark.



Mountain Running Coach

The Fell Runners Association are seeking to appoint a **Mountain Running Coach** for senior athletes.

The successful applicant will work as part of a small team including a junior coach and team managers, to support and develop the performance of English runners in international mountain running competitions.

Remit:

- To develop interest in mountain racing amongst English endurance athletes.
- Where required to give encouragement and coaching advice to senior athletes and their coaches on matters to do with training and racing for mountain running.
- To assist with the planning of selection races.
- To attend international events when it is deemed appropriate.
- When attending international races to assist the Team Manager as required.
- To give advice to the international committee as required.
- To organise performance seminars and weekends for aspiring international runners, in association with the appropriate team manager.
- To help identify and develop talent.

Interested applicants should apply in writing to Sarah Rowell at 6 Claremont Court, Leeds, LS6 4DP. Tel: 0113 2754459 email: saz@srowell.demon.co.uk by Saturday 7th July, giving details of their background and experience as well as initial thoughts as to how they would develop the position.

The position is an expenses only one.

hebridean challenge

Due to Foot & Mouth Disease, the new dates are
Monday 27th – Friday 31st August

A FEW PLACES STILL AVAILABLE FOR TEAM OR SOLO COMPETITORS

Please visit www.hebrideanchallenge.com

Have you got what it takes to participate in an exciting 4 day adventure race on the magical islands of Scotland's wild and beautiful Outer Hebrides? The Hebridean Challenge will take you on a journey of discovery from the southern islands of the Outer Hebrides to Stornoway on the Isle of Lewis.

The sports that members of your team will undertake are:

- Hill Running
- Mountain Biking
- Road Biking
- Sea Kayaking
- Swimming

Your team will include 5 members and to be eligible for a prize it must be of mixed sex. The event will be tough but not all members will be participating at the same time. This means that hill running, mountain biking and sea kayaking specialists can all be part of your team. You will be able to snatch a few rest periods during each day of competition.

At the end of each day there will be a focal point where teams can meet, eat and socialise - if you still have enough energy left!

Solo Event - This is open to experienced competitors and requires all the above multi-sport skills (apart from swimming). Each day will be continuous and your course will be arduous.

If you are runners and cyclists who would like help to find a suitable sea kayaker for your team or for further details please visit www.hebrideanchallenge.com or contact:

Martin Stone
Event Director
Sleagill Head Farm
SLEAGILL
PENRITH
CA10 3HD
martin@staminade.co.uk

Tel: 01931 714106

Stephanie Sargent
Event Co-ordinator
Brocair
POINT
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HS2 0EZ
stephanie@hebrideanchallenge.com
Tel: 01851 870716

Grand Poetry Competition

I was a little worried to start with - nothing arrived and my faith in the literary abilities of the readers of "The Fellrunner" was beginning to wane but it was clearly a case of the Poetic Muse gestating for a bit before producing the goods. By publication date there were lots of entries of all standards - some were philosophical, some were narrative, some were serious, some amusing, in fact there were all sorts. Very few people attempted to base their offering on the original in terms of length and structure but those few made a good job of a difficult task. Most people made life easy by sending their work via email but some preferred the old-style typescript and it was clear that electronic technology hasn't yet penetrated to the far reaches of Lochaber as the winner's entry arrived hand-written on cowhide with a burnt stick!!

The highly qualified selection committee finally and after a lot of discussion narrowed it down to five entries - it was even more tricky to select a winner but we finally settled on Leen Volwerk's submission - he stuck firmly to the verse structure of the original, although the nature of his anecdote made the poem longer and he combined a strong narrative line with humour and moments of insight into the fellrunning mentality - it was a good-'un!!

Leen's poem, together with the other four poems are published on these pages. They also appear, with the best of the rest, on the FRA website - if Leen gives me a ring we can sort out his Fellshirt.

Thanks to everyone who had a go for all their hard work and for taking part in the competition - which won't be the last!!

I wandered lonely as a slug by Frank Mallinson

*I wandered lonely as a slug on pavements wet with rain;
I ran the roads around my home again, again and again,
Then one day I took a moorland path and discovered tracks I never knew;
I could run the hills and countryside with no car or house in view.
I bought a pair of "Walshies" a bumbag and cagoule;
A whistle and a compass, my navigating tool,
I progressed through "short" and "medium" then someone mentioned "long";
"But that's sixteen miles!" I protested to the after-training throng,
"You can do it," "Piece of cake," said the members of my club;
Oh beware camaraderie and friendship from fell runners in the pub.
So duly motivated I set off on long category A;
Not realising just how high or how many times I had to climb that day.
Taken in by lakes and hills, intoxicated by the view;
Fortified by Jelly Babies and the thought of a pint or two,
I went up a hill and down a hill and up a mountainside;
My head swimming with vertigo and a fear I couldn't hide.
I tiptoed down a rocky face being passed by runners that couldn't stop;
Runners that I hasten to add I had just beaten to the top,
And when I reached the bottom too numb to feel the pain;
Came the sudden realisation that we had to go up again!
An hour and twenty minutes later, wet and muddy from a stream;
I finished something that was more nightmare than a dream,
But later in the pub something had woken in my brain;
The "thing" that makes us want to go and do it all again.*

Not lost - merely misled by Leen Volwerk

*I wandered lonely as a slug
That has no business on the hills;
An isolated, misled mug
With dodgy navigation skills;
Denying at whatever cost
That I was well and truly lost.*

*The race had started clear and fine,
A hundred entered on the day,
They stretched in never-ending line
As youth and fitness pulled away
From aged dossers such as me
Who had no business there to be.*

*At least I had no need for maps
To verify where I should go;
The multi-coloured line of chaps
Was my reward for being slow.
The way was clear with just a glance,
Thanks to the others' swift advance.*

*But, consternation, what is this
Sliding slow across the sun?
Just when I thought, "A piece of piss"
The cloud came in to spoil my fun
By moving much more fast than me
Till past my nose I could not see.*

*And with this cloud, a loss of sound,
No cries of "Eeh, lad" or "Ba goom"
From those who must still be around,
Their vests and voices lost in gloom.
No handy marks of spike or stud,
For once I cursed the lack of mud.*

*Some moments' pause, then commonsense
Was brought to bear upon my plight,
The route follows a rusty fence
That must be somewhere on my right.
A search showed something rather weird -
The bloody fence had disappeared!*

*But what is this? A hazy figure up the hill,
A distant runner, all in white;
I pounded upwards with a will,
"I won't give up without a fight!!"
Breathing hard, I caught him up -
My white-clad runner was - a tup!
The beast looked scornfully at me,
It saw me as beneath contempt.
Faced with grim reality
My hillman's confidence was spent;
I knew that I was nearly done -
Which brings us neatly to Verse One.*

*In such a case what can you do?
Let boldness (rashness?) be your friend;
Mountain tops should give a view,
Best to continue to ascend -
And swiftly fate then proved me right;
A two-legged figure came in sight.*

*The guy was moving at a walk;
With a bit more effort in from me
I'd catch him up and have a talk
And find out just where I should be.
Boy, was I left feeling thick -
"He" was a nice old lady with a stick!*

*At least she had a ready smile
And a quick grasp of my awful plight -
"Lost? The top's less than a mile;
The most of them are too far right
And haven't found out their mistake;
Just follow up that grassy rake."*

*With hope renewed I battled on once more,
Paused at the checkpoint near the top,
Was told, "You're runner twenty-four" -
I plummeted off the fearsome drop.
This was no time to slacken pace;
With a hundred runners in the race!
The finish scene was one to treasure;
Top third of the field in my old age,
And what gave most especial pleasure
Was seeing all the wanderers' rage.
"How did you do it?" was the cry.
"Experience," came the easy lie.*

The Bog Fairy

by Phil Hodgson

I wandered lonely as a slug with B.O.
My mind in confusion as to which way to go,
All the other fellracers had vanished from sight.
Was it up? Was it down? To the left or the right?

You all know the feeling stood alone on the fell,
What path do you follow? You really can't tell.
A common experience all fellrunners fear
When innate navigational skills disappear.

There's no explanation for such blankness of mind
Apart from the weird supernatural kind,
It's as if some strange creature whose path you
have crossed
Has got you completely and utterly lost.

So beware the bog fairy that resides on the moor
As the unwary runner the wrong way it will lure,
It achieves this ambition by cunning and guile.
If you're one of its victims you'll be gone quite a while.

The run that you thought should only take you an hour
Might take twice as long as it's not in your power
To run twice as fast once you've found the right path,
Unknowingly duped by malevolent wrath.

This muddy and hairy and winged combination,
A result of inbreeding and genetic mutation,
If you hear the faint sounds of this Siren's sweet song
The path disappears and you go disastrously wrong.

Its voice is seductive and leads you astray,
Part male and part female in a peculiar way!
Its promise of fulfillment of inner desire
Will inevitably end in a bog or a mire.

It strays far and wide from its wild moorland lair,
I'm sure you would too, if you lived up there.
At FRA Relays its call is the source
Of many a team's long and meandering course.

There's only one thing that can give you protection
From disorientation and loss of direction,
It's certainly practised by most of our club -
We follow our nose and head straight for the pub.

I wandered lonely as a slug

by Andy Todd

*I wandered lonely as a slug
thro' August dust, no slime, to fry;
feeling foolish, just a mug,
for I had drunk my bottle dry.
Five miles to go, all checkpoints passed,
will Kinder brown see my last gasp?*

*The purple gods have finished all,
Dark Peak and Mercia in their wake;
but meanwhile I have hit the wall,
in summer heat harsh thirst to slake.
No studmarks pierce the sun baked peat
to show a route to my tired feet.*

*But what is this I hear behind
me, panting like a birthing ewe?
In Clayton vest, with visage kind,
a runner from his bumbag drew
a bottle - bottle - yet quite full
and said - "You're knackered, have
a pull."*

*Now oft when in my house I sit
'front Millionaire and some such stuff,
reflecting on the thought to quit
or carry on when times are tough;
kind Clayton up on Kinder Scout
removes all sedentary doubt.*

The Beast

by Nigel "Sam" Fitzpatrick

I wandered lonely as a slug, to meet with a few hundred more,
Who went to that place from all over the north, there's some of the best, they all go.
The Wadsworth Trog, it's a bit of a slog, to say that's a mere misconception,
It's twenty mile plus and a few thousand feet, the plus is for poor navigation.
Some Dashers went over the border, a few of us all made the trip,
We'd done it before a number of times, so exchanged sound advice and good tips.
We knew that the course was so hilly, quiet trails form the bulk of the miles,
We'll be out of the town, in the country, isolation, the view, Farmer Giles.
We got there early for a look at the course, so drove to Cock Hill on the tops,
There hid lots of water and energy bars, and jam on some giant "doorstops".
The wind at this point was brutal, so strong, standing upright's a feat in itself,
We didn't need telling what kit we'd to wear, the lot! for the good of our health.
We then took the car down to Old Town, to register, that's our intent,
We meet up with trackster clad hopefuls, offer jokes, have a laugh, merriment.
With Lucozade sports drinks and biscuits, our bum-bags are filled to the brink,
Waterproofs, whistle, compass and map, only missing - my mum's kitchen sink.
So it's up to the start for the meet of the clans, when a slight feel of panic spreads round,
Some runners are called to parade at the front, and lay out their kit on the ground.
The panic subsides as the tested all passed, and the final instructions are read,
But the people who shelter with me at the back, cannot hear a word that is said.
The workmanlike way that this race as been planned, bears the hallmark of Military precision,
And just a glance round at balaclava clad heads, SAS men, if I'm not mistaken.
Then came the shout, and the cheers from the group, and the feet then proceeded to pound,
It's the usual slow walk, then a quick step, like a hare being chased by a hound.
The one who devised this wondrous race is probably sadistic, I fear,
The start goes downhill, away from the moor, to make up the miles, to be sure.
We now swing a Tory, a U-turn that is, and it's off up a thumping big hill,
Where runners walk, or slow to a jog, and above us some runners are still.
These early stages are sprinkled with stiles, which accounts for the people stood still,
This may be a godsend in such a tough race, energy saving, on everyone's bill.
The climb it continues over 1200 feet, with people stretched out in a line,
Then the welcoming sight of a fluorescent dressed man, the first check point, and I am on time.
A Dam at Dean Head bears the next assault, with a run down a slope that is steep,
Here I slip and I slide on the peat-blackened soil and roll over but land on my feet.
It's time to start loading with carbo's and drinks, as we scramble the side of Bob Hill,
I take off my windproof to cool myself down, they say dehydration can kill!
The hill's top is reached with a sense of relief, a temporary feeling I fear,
For the barren waste of the moor beckons now with its wind and the mud and no beer.
This part is a slog with no ease from the wind and progress is slower by far,
To make matters worse are the "Turks Heads" that move, an old boy says that's what they are.
Through check number 3 that was up at Cock Hill, the wind's there, the worst that we meet,
We follow the road for a few hundred yards, the firmness respite for my feet.
The route now is flagged down to Howarth Old Road, a cut-off at point number 4,
But I managed to get there with time in the bag, though the next takes us back to the moor.
I'm then running along with my eyes to the ground, a woman comes past the wrong way,
She's cursing and swearing and spitting with rage, I ask her if she is O.K.
She says there's a checkpoint that she didn't see, our card we'd to punch with a clip,
I too do some swearing as I retrace my steps, going backwards is not in the script.
The return now it isn't so funny, condolence from people we've passed,
There's some that I've overtook in the race, I think of the time that I've lost.
The check-card is clipped and it's back to the race, with more moor to contend in our sights,
It's now time to follow young Emily's trail, to Old Withins, (that's Wuthering Heights).
The Pennine Way is now host for a while, I team up with a couple of blokes,
We pass through a checkpoint at Black Clough Hill, exchanging old stories and jokes.
We pass through the hamlet of Walshaw, and encounter another great rise,
I leave my new pals, who walk for a while, I keep running, now that's a surprise!
Shackleton Knoll, the 7th we meet, then a slide, down a hill to a track,
Through a beautiful valley with babbling beck, a waterfall, icy, and black.
A cut-off now at check number 8, I've a good half an hour to spare,
But my rations are gone and I'm not feeling good, oh dear, the cupboard is bare.
There's now a long hike to supplies that I left, at Cock Hill, that doubles as 9,
I pick up my water, but greatest of all, it's the "doorstop", and all of it's mine.
Now, it is back on the moor that we found near the start, with the cold and the wind and the peat,
Though I don't give a monkey's what lies there ahead, as I jog with my "Buttie" - I eat.
This life giving "Sarney" it gives me a lift, gives aid through the next couple of miles,
I accomplish both 10 then 11, feeling good now, I'm happy, all smiles.
Through number 11, I begin a decline, legs hurting, they're giving me gyp,
And a pain spreading up from my toes to my knee is not helped with a momentary slip.
Now legs are heavy, I'm staving off cramp, this part of the race seems a blur,
I remember a nod to the Marshall, ask at 12, "Am I nearly there?"
His comforting words that, "There's not far to go", coincide with a nod and a wink,
And to help me to get to the end of the race, a young lad gives me water to drink.
As I now near the end, approach 20 miles, an incident makes my chin drop,
The muscles seize up at the back of my leg, the cramp brings my race to a stop.
I'm stopped in my tracks and I'm holding my thigh, cursing and feeling quite bad,
An old chap looks over and says with a smile, "It's a Yorkshire race that you've done lad!"
I acknowledge his wit and I start to walk on, with a grimace, break into a trot,
And I manage to run as I'm really quite near, I notice my car on the "lot".
I now meet some folks going back to their cars, and I enter the Cricket Field Gate,
A short, steady jog, round the field, through the finish, I can now celebrate.
The "Slugs" race is over and it's into the club, that's when everything's starting to ache,
But that doesn't matter, it is part of the fun, now it's grub time - MEAT PIES AND CAKE!

Results

ROWBOTHAMS ROUND ROTHERHAM South Yorkshire CL/50m/500ft 09.12.00

99 participants set out to run or walk this popular traditional Christmas event in the long distance calendar. After the wettest autumn on record starters anticipated plenty of glorious mud and were not disappointed, although this probably reflected the low numbers of entrants this year.

The men's race set a cracking pace from the start until eventually they were left with only three runners including last year's winner Andy Shelton and runner up Martyn Gaynor, these two along with Mandale runner, Brian Roberts, set the pace for another few miles until eventually the conditions took their toll on Andy Shelton and he dropped back. Gaynor and Roberts continued to run together until the finish when Martyn just edged ahead to gain victory by a few seconds over Brian with Andy Shelton finishing in 3rd place overall.

The women's race was not as competitive as the men's with last year's winner, Sharon Gaylor not showing due to injury which left the race wide open and victory eventually went to last year's runner up Kendra White with Shirley Hume in 2nd place.

Sharon Burton

| | | |
|----------------|---------|------|
| 1. M. Gaynor | Kimber | 7.11 |
| 2. B. Roberts | Mand | 7.11 |
| 3. A. Brooks | Shelton | 7.15 |
| 4. I. Anderson | RRC | 7.38 |
| 5. K. Booth | Rother | 7.54 |
| 6. P. Gwilliam | LDWA | 8.11 |
| 7. B. Harvey | Rother | 8.12 |
| 8. W. Watson | Rother | 8.21 |
| 9. P. Roberts | Rother | 8.54 |
| 10. P. Rooney | Kimber | 8.57 |

LADIES

| | | |
|---------------|---------|-------|
| 1. K. White | Quakers | 9.23 |
| 2. S. Hume | LDWA | 11.16 |
| 3. H. Killick | | 12.19 |

WHINBERRY NAZE DASH 2000 Lancashire BS/4.5m/750ft 26.12.00

| | | |
|----------------|----------|-------|
| 1. P. McCavity | P&B | 23.39 |
| 2. A. Wrench | Tod | 24.06 |
| 3. G. Ehrhardt | Tod | 24.14 |
| 4. B. Cole | Horw | 25.16 |
| 5. I. Bruijn | P&B | 25.09 |
| 6. S. Jackson | Horw | 25.16 |
| 7. M. Aspinall | Clay | 25.33 |
| 8. N. Thai | AchilleR | 25.46 |
| 9. K. Robinson | Roch | 26.05 |
| 10. G. Sumner | Ross | 26.10 |

VETERANS O/40

| | | |
|--------------------|------|-------|
| 1. (6) S. Jackson | Horw | 25.16 |
| 2. (7) M. Aspinall | Clay | 25.33 |
| 3. (14) P. Taylor | Ross | 26.41 |

VETERANS O/50

| | | |
|-------------------|----------|-------|
| 1. (20) B. Sibob | AchilleR | 27.23 |
| 2. (26) K. Taylor | Ross | 27.48 |
| 3. (28) P. Booth | Clay | 27.56 |

LADIES

| | | |
|------------------------|------------|-------|
| 1. (47) D. Gowans | Accrington | 29.51 |
| 2. (65) L. Whittaker | Sadd | 31.45 |
| 3. (59) K. Ingram Jun | Chorley | 30.57 |
| 4. (62) M. Dew | Ross | 33.05 |
| 5. (88) K. Taylor O/40 | Ross | 33.34 |

JUNIORS

| | | |
|----------------------|------------|-------|
| 1. (19) J. Carter JM | Spem | 27.19 |
| 2. (59) K. Ingram JL | Chorley | 30.57 |
| 3. (138) J. Aird | Capenhurst | 44.57 |

OGDEN MOORS FELL RACE South Pennines CM/6m/700ft 03.01.01

The final chapter of my forthcoming book about a decade of fell running at Ogdenwater was played out on Saturday 3 February. The 10th anniversary Ogden Moors fell race was blessed with typical Ogden Moors weather. A recipe of wind and light drizzle was almost inevitable really, especially after the Whole Hog pub landlord had decided to move out on the day of the race, giving me only a few days' notice even though I had booked the pub the previous October and checked the booking twice since Christmas.

On the day, improvisation became the watchword. I had hastily made enquiries with Chris, Landlord at the nearby Goose Inn, who having only taken over the premises the previous week was over the moon at the prospect of having around a hundred or so runners and their wives and girlfriends invading his hostelry.

Peter Jebb brought his tent to the Whole Hog, making for an excellent makeshift registration facility. A queue of entrants stretched across the car park in the light rain but spirits seemed high despite the need to fill in soggy registration forms as they were passed down the line.

I wish I'd taken a photo of the three or four runners simultaneously leaning on each other's backs to complete their entry slips!

A very high-class field at the front ensured that times would be quick. Steve Oldfield was the first to show on the initial bridleway just ahead of Leeds city's Paul Dobson, winner for the past two years and record holder and a former winner at this Ogden venue in the Ovenden race a few years ago, Altrincham's Nick Leigh and John Taylor of Bingley made up the leading half a dozen.

As this group ran over the rising moorland above Rock Hollow, approaching Ogden Clough, Siggy and Phil moved to the front, Taylor and Oldfield just behind. Sensing that newcomer to the area Taylor was possibly running cautiously, and knowing of his immense talent over fast runnable terrain, Steve commented, "Don't hang around for us lads John, you won't get lost on this well flagged course".

England World Cup man Taylor, fresh from a fine fifth place in the north of England cross country championships at Blackburn's Witton Park the week before made his move on the loop to the Withens Inn, taking Siggy with him for a short while, until his relentless pressure took him clear of the 210 strong field. A magnificent display of solo power running saw Taylor smash Dobson's 12-month-old record by a minute and a quarter. Siggy held onto second place fourteen seconds clear of Nick Leigh with Steve taking the veteran's prize in fourth. Mike Walsh of Kendal travelled down to make what I believe was his debut here, the supervet's prize making the long journey worthwhile, ahead of Ogden regular, Rossendale's Ken Taylor.

Jo Prowse of Keighley and Craven, another England international showed her class to win the women's section in 43.36, with former winner Kath Drake of Spenborough second in 44.09 and Bingley's Helen Jackson, who had cycled to the event, third around a minute behind.

Though I don't believe anyone has completed all ten races in the series, I know of quite a few regulars among the line up on Saturday, notably Clayton le Moors runner Michael Frost who completed his eighth Ogden Moors race and Linda Bostock who bridged a ten year gap after having won the inaugural event back in 1992.

Chris at the Goose Inn laid on a crock of soup and a mountain of sandwiches but was overwhelmed by ravenous runners who snaffled the lot before (he says) he had a chance to impose a charge. He told me of his predicament on my arrival for the prize-giving and declining to go around with a collection pint pot, I hastily offered to 'stand' the cost out of the race proceeds. Imagine the shock I got when later he landed me with a bill for A HUNDRED QUID!

Many thanks as usual to all my helpers on the day, whether on registration, marshalling, finish recording, handing out the certificates or sweeping/flag gathering. A special note of thanks to my Mum who spent about two hours inserting the specially printed certificates into to plastic bags "to keep them clean and dry" and to Bill Smith who travelled down from Liverpool on public transport to help me out on the finish. Cheers Bill, I know you had a great day despite the poor weather.

See you all again next year.

Allan Greenwood

| | | |
|-------------------|----------|-------|
| 1. J. Taylor | Bing | 33.31 |
| 2. S. Gould | Bing | 34.32 |
| 3. N. Leigh | Altrinch | 35.46 |
| 4. S. Oldfield | BfdAire | 36.01 |
| 5. P. Dobson | LeedsC | 36.32 |
| 6. I. Taylor | Keighley | 36.39 |
| 7. Phillip Sheard | P&B | 36.55 |
| 8. Paul Sheard | P&B | 37.06 |
| 9. A. Osbourne | Longw | 37.13 |
| 10. T. Werrey | Mercia | 37.24 |

VETERANS O/40

| | | |
|--------------------|------------|-------|
| 1. (4) S. Oldfield | BfdAire | 36.01 |
| 2. R. Haworth | Middleton | 37.58 |
| 3. P. Levell | Birchfield | 38.00 |

VETERANS O/50

| | | |
|--------------|--------|-------|
| 1. M. Walsh | Kendal | 39.03 |
| 2. K. Taylor | Ross | 40.52 |
| 3. S. Moss | Spenn | 41.25 |

VETERANS O/60

| | | |
|----------------|----------|-------|
| 1. R. Jaques | Keighley | 43.36 |
| 2. K. Gresty | Wesham | 51.15 |
| 3. A. Fitchett | RedR | 55.55 |

LADIES

| | | |
|-------------------|----------|-------|
| 1. J. Prowse O/40 | Keighley | 43.36 |
| 2. K. Drake O/40 | Spenn | 44.09 |
| 3. H. Jackson | Bing | 45.12 |
| 4. K. Bailey | Bing | 45.17 |
| 5. S. Taylor | Bing | 45.35 |

**LLANGYNHAFAL LOOP
Denbighshire****AS/4.5m/1500ft 13.01.01**

A poor life this and not very fair, if we fell runners can't take time to stand and stare, might well have been the thoughts of those who lifted their eyes and looked across the Vale of Clwyd and Denbigh moors to the snow capped tops of the Carneddau and Snowdon ranges, on a clear, sharp, sunny day, which blessed the second Llangynhafal Loop race.

The rain and snow had left ultra wet ground, but the last few days of frost had 'firmed' things up nicely, although making greasy conditions in places.

With 74% of entries over 40 it was perhaps not surprising that the vets took the honours - first man home being Yorkshire's Steve Oldfield who pushed last year's winner, James McQueen, into second place. Third place going to V40 Adam Hayes and, whilst not reaching the heights of last year, V50 Don Williams still finished in an enviable sixth place. The V60 category going once again to Pete Norman who took over four minutes off last year's time.

Overall, entries were well up on last year and it was pleasing to see an increase in the number of ladies and here again the over 40's 'swept the board' with last year's winner, Victoria Musgrove, first lady with an improved time.

I am indebted to: G E Tools, Rhyl; The Golden Lion Inn; Running Bear; Prestatyn Running Club; all who donated prizes; marshals and officials and last but not least, all who ran. Thanks to all concerned, £162 was raised for St. Kentigern's Hospice, Llanelwy.

Brian Evans

| | | |
|----------------|-------|-------|
| 1. S. Oldfield | BfdA | 37.02 |
| 2. S. McQueen | Eryri | 37.21 |
| 3. A. Hayes | Eryri | 40.25 |
| 4. T. Jones | Eryri | 41.08 |
| 5. E. Roberts | Eryri | 41.09 |
| 6. D. Williams | Eryri | 41.29 |
| 7. D. Jones | Eryri | 41.30 |
| 8. S. Bellis | Wrex | 41.58 |
| 9. M. Jones | Eryri | 42.27 |
| 10. K. Delaney | Ross | 43.31 |

VETERANS O/40

| | | |
|--------------------|-------|-------|
| 1. (1) S. Oldfield | BfdA | 37.02 |
| 2. (3) A. Hayes | Eryri | 40.25 |
| 3. (5) E. Roberts | Eryri | 41.09 |

VETERANS O/50

| | | |
|--------------------|-------|-------|
| 1. (6) D. Williams | Eryri | 41.29 |
| 2. P. Jepson | Ross | 46.01 |
| 3. M. Blake | Eryri | 48.06 |

VETERANS O/60

| | | |
|---------------|---------|-------|
| 1. P. Norman | Wrex | 49.35 |
| 2. P. Webster | Hels | 55.59 |
| 3. B. Pycroft | FRABury | 61.15 |

LADIES

| | | |
|---------------------|---------|-------|
| 1. V. Musgrove O/40 | Eryri | 49.59 |
| 2. C. Lorimer O/40 | Cosmics | 51.10 |
| 3. G. Cross O/40 | Prest | 57.07 |
| 4. S. Bennell O/40 | Eryri | 57.15 |
| 5. G. Roberts O/40 | Mercia | 58.28 |
| 6. S. Charman O/50 | Hels | 59.59 |

ELBRIMIC DASH**Grampian****AS/3m/800ft 14.01.01**

Dan made it a hat trick of victories but girlfriend Clare (see last year's report) was unable to defend her title due to injury.

Ronnie Gallagher combined a visit to his Cosmic Girlfriend with the race and produced a Cosmic result despite going off course (and adding extra distance).

In Clare's absence Sonia recorded an easy victory over a disappointingly sparse women's field making the prize allocation difficult especially after giving all the Juniors a prize.

Ewen Rennie

| | | |
|-----------------|---------|-------|
| 1. D. Whitehead | Cosmics | 20.13 |
| 2. H. Lorimer | HBT | 21.22 |
| 3. R. Gallagher | Westies | 21.39 |
| 4. J. Buchan | Cosmics | 21.44 |
| 5. A. Smith | Deeside | 23.23 |

VETERANS O/40

| | | |
|---------------------|---------|-------|
| 1. (3) R. Gallagher | Westies | 21.39 |
| 2. (4) J. Buchan | Cosmics | 21.44 |
| 3. (5) A. Smith | Deeside | 23.23 |

VETERANS O/50

| | | |
|----------------------|---------|-------|
| 1. (22) W. Watson | Cosmics | 29.41 |
| 2. (28) N. Robertson | S&Dash | 30.17 |
| 3. (35) B. McIntosh | S&Dash | 33.43 |

LADIES

| | | |
|--------------------------|----------|-------|
| 1. (14) S. Armitage O/40 | Cosmics | 25.39 |
| 2. (26) L. Noble | Cosmics | 30.11 |
| 3. (31) M. Robson | KingsTri | 32.32 |

**LARA SHINING CLIFFS FELL RACE
Derbyshire****BM/715m/1100ft 14.01.01****3.5 MILE RACE**

| | | |
|-----------------|------------|-------|
| 1. M. Kenworthy | Belper | 31.50 |
| 2. A. Smith | RRC | 36.31 |
| 3. A. Wilson | SheltonStr | 37.49 |
| 4. S. Humphries | Fritchley | 38.41 |
| 5. H. Walker | Heage | 39.35 |

VETERANS O/40

| | | |
|---------------------|-----------|-------|
| 1. (2) A. Smith | RRC | 36.31 |
| 2. (4) S. Humphries | Fritchley | 38.41 |

LADIES

| | | |
|------------------------|-----------|-------|
| 1. (5) H. Walker O/40 | Heage | 39.35 |
| 2. (7) L. Orritt | Bux | 40.51 |
| 3. (10) A. Knight O/40 | LongEaton | 46.36 |

7 MILE RACE

| | | |
|-----------------|--------------|-------|
| 1. S. Penney | Chesterfield | 50.19 |
| 2. D. Cross | SuttonAsh | 52.50 |
| 3. G. Whalley | P&B | 53.16 |
| 4. J. Chambers | Stock | 53.26 |
| 5. P. Timmons | Ripley | 53.41 |
| 6. J. Duckworth | DVO | 54.00 |
| 7. C. Rowe | Matlock | 54.37 |
| 8. L. Banton | Clowne | 55.59 |
| 9. M. Long | Hatton | 56.09 |
| 10. R. Edwards | Gloss | 56.36 |

VETERANS O/40

| | | |
|--------------------|-------|-------|
| 1. (3) G. Whalley | P&B | 53.16 |
| 2. (14) S. Cliff | Leire | 60.10 |
| 3. (15) P. Addison | DVO | 60.20 |

VETERANS O/50

| | | |
|---------------------|-----------|-------|
| 1. (55) G. Smith | MilltownM | 69.47 |
| 2. (56) B. Nicholas | Mercia | 70.34 |
| 3. (65) N. McGraw | Gloss | 73.26 |

VETERANS O/60

| | | |
|-------------------|----------|--------|
| 1. (79) K. Brown | BellHarp | 81.01 |
| 2. (85) P. Dilkes | RollsR | 110.17 |

LADIES

| | | |
|-------------------------|-------------|-------|
| 1. (28) W. Roethenbaugh | SheltStr | 63.53 |
| 2. (43) V. Butler | Form1 | 67.20 |
| 3. (58) M. Mills | HolmePierre | 71.22 |

BOX HILL FELL RACE**Surrey****BM/7.5m/1700ft 20.01.01**

Thank you all for coming and making it a bumper entry. That was the largest field since I've been organising it, and as it was only just over the entry limit we ought to get away with it. However that could be a problem for next year. Once the 180-limit entry was reached on the Tuesday before, I was telling telephone and email enquiries that we were full. This obviously creates disappointment and therefore more demand. So next year you may be more determined to enter; we may reach the limit sooner and have to be firmer about having no entry on the day. Dick and I did nothing different to publicise the event, although looking at the huge entries from some clubs, we can guess that the extra numbers was a result of you all doing our publicity for us. Thank you for that.

At the sharp end of the race there was no change. Chris Beecham got away early on, and that familiar running style (now easily recognisable by the finish team) rounded the final hill as 50 minutes approached and Chris strode in for his 10th victory in the race. His record is quite remarkable. Since his first attempt as a 19-year-old in 1989 when he came third, he has had two second places to add to the ten wins. Ray Foley beat him two years ago when Chris had a cold. Where has he disappeared to?

Maybe his crown will go to one of the next four places, all of whom were running the race for the first or second time and look to have age on their side. Well done to them and we hope to see them back next year.

The veteran prize was won for the second year by Kevin Harding from John Lowdon who was also beaten into second place last year. Kevin's club-mate, Rick Ansell, also made the top ten as third vet. Ken Griffiths comfortably made it as first super-vet from last year's winner, Paul Oates.

There were excellent performances from the two 18-year-olds in the race, as both made the top 15, Thomas Byrne finishing less than a minute ahead of home club's Ed Catmur.

Sarah Rollins has finished second before but this time she won comfortably. Yvonne Hill led her to the top of the first hill, but after that had to settle for second place. Tracy Apps and Harriet Fisher put our two biggest participating clubs into the prize list.

Worthing Harriers took the team prize with Kenny Leitch leading them in for the umpteenth year in a row, certainly every year that I have been organising and that's nine. If only David Rollins, recently a second-placer in this race, had not been carrying such an injury.

Thank you to all the usual suspects. The National Trust for permission to run on the hills. Sandra Dunlop and all those at Friends Provident for use of the car park and building. And of course, the loyal band of regular helpers-Dick (entries), Mike (signs, flagging and patrol), Chris, Heather and Ann-Marie (registration and finish), David (sweeping), Alan, Di, Sue and Jeremy (road crossings) and Paul (car park).

Finally a plug for the Hill Races formerly known as Silva on the other side of Dorking on 3rd June. See the Fell Runner's Calendar on the SLOW website or email Jeremy Dennv-IBDennv@cs.com.

See you then or here again next year.

Andy Robinson

| | | |
|----------------|--------------|-------|
| 1. C. Beecham | Highgate | 50.22 |
| 2. W. Sullivan | Clay | 51.44 |
| 3. M. Forrest | Frontrunners | 52.53 |
| 4. J. Creak | BAOC | 53.07 |
| 5. P. Woodisse | Serpentine | 53.21 |
| 6. K. Leitch | Worthington | 53.43 |
| 7. K. Harding | Tring | 54.01 |
| 8. I. Murray | Norwich | 54.41 |
| 9. J. Lowden | Worthington | 55.00 |
| 10. R. Ansell | Tring | 55.18 |

VETERANS O/40

| | | |
|--------------------|-------------|-------|
| 1. (7) K. Harding | Tring | 54.01 |
| 2. (9) J. Lowden | Worthington | 55.00 |
| 3. (10) R. Ansell | Tring | 55.18 |
| 4. (13) S. Powell | Worthington | 55.49 |
| 5. (14) N. Bateson | BAOC | 56.03 |

VETERANS O/50

| | | |
|-----------------------|----------|-------|
| 1. (28) K. Griffiths | StubbGr | 60.15 |
| 2. (39) P. Oates | Croydon | 61.54 |
| 3. (57) D. Clarke | Tadworth | 64.09 |
| 4. (63) M. Mitchell | Tring | 64.50 |
| 5. (73) P. Blair-Fish | ThamesHH | 65.40 |

VETERANS O/60

| | | |
|----------------------|---------|-------|
| 1. (155) R. Grimshaw | Unatt | 79.24 |
| 2. (170) P. White | Reading | 87.51 |

INTERMEDIATES

| | | |
|-------------------|------|-------|
| 1. (11) T. Byrne | BAOC | 55.36 |
| 2. (15) E. Catmur | SLOW | 56.35 |

LADIES

| | | |
|--------------------|-----------|-------|
| 1. (48) S. Rollins | BAOC | 62.42 |
| 2. (65) Y. Hill | SLH | 64.59 |
| 3. (78) T. Apps | SpringStr | 66.37 |

**KEITH MUNTON BOULSWORTH HILL
FELL RACE
Lancashire
BM/6.5m/1200ft 20.01.01**

The 2001 race was held as a memorial race to Keith Munton who died last June in a tragic drowning accident aged 56. Keith was a regular at races during the 80s and 90s and had a great many friends.

It was nice to see so many old friends (some of who I haven't seen for a good few years) swelling the field to 216 starters, the highest figure since 1993.

Weather conditions were ideal for running but the underfoot conditions were treacherous. A really cold spell interspersed with snow showers created 'arctic-like' underfoot conditions.

The leading 4 runners were together at the bottom of the major climb. It was here that Siggy Gould made his move. By the bottom of the descent from Boulsworth he had a 2-minute lead. This was opened up to almost 2.5 minutes by the finish over local favourite, David Walker, who only lives a pre-breakfast jog away from the Fell. 3 times winner



"Linda Crabtree of Halifax at Boulsworth" (Photo Woodhead)

and race regular, Gary Devine, who made up the 'podium positions'.

In the ladies' race, Pauline Monroe also enjoyed a 2.5-minute win advantage over her nearest rival, Lisa Lacon. Anne Buckley made up the leading trio. A total of £370 was raised and will be donated to Rossendale Fell Rescue.

Duncan Thompson

| | | |
|----------------|---------|-------|
| 1. S. Gould | Bing | 47.10 |
| 2. D. Walker | Clay | 49.34 |
| 3. G. Devine | P&B | 50.07 |
| 4. S. Neill | P&B | 50.08 |
| 5. I. Ferguson | Bing | 50.16 |
| 6. P. Pollitt | Bolton | 50.41 |
| 7. B. Whalley | P&B | 51.04 |
| 8. C. Moses | Bing | 51.24 |
| 9. T. Mason | Wharfe | 51.28 |
| 10. D. Gartley | Glossop | 51.31 |

VETERANS O/40

| | | |
|---------------------|---------|-------|
| 1. (5) I. Ferguson | Bing | 50.16 |
| 2. (7) B. Whalley | P&B | 51.04 |
| 3. (10) D. Gartley | Glossop | 51.31 |
| 4. (19) B. Goodison | n/a | 54.00 |

VETERANS O/50

| | | |
|-------------------|------|-------|
| 1. (20) K. Taylor | Ross | 54.15 |
| 2. K. Carr | Clay | 55.04 |
| 3. D. Tait | DkPk | 56.00 |
| 4. B. Mitchell | Clay | 57.42 |

VETERANS O/60

| | | |
|--------------|--------|-------|
| 1. M. Coles | Skyrac | 65.00 |
| 2. R. Jaques | Clay | 66.32 |
| 3. R. Orr | Clay | 70.57 |

LADIES

| | | |
|-------------------|-----------|-------|
| 1. P. Monroe | Unatt | 58.16 |
| 2. L. Lacon | Holmfirth | 60.40 |
| 3. A. Buckley | Salford | 62.38 |
| 4. K. Wallis O/40 | Clay | 63.10 |

**ASHURST BEACON RACE
Lancashire
CS/5.0m/950ft 20.01.01**

My thanks to all those who helped with the organisation, the landlord Alan Williams and Burtonwood Brewery support. I'm sorry I couldn't be there in person due to being abroad with work commitments, and I'm sorry I missed seeing all those friends that turned up to support the race.



"Neil Wilkinson of Salford on his way to winning Ashurst Beacon" (Photo Bill Smith)

Congratulations to husband and wife Neil and Sarah Wilkinson for their runaway victories. Neil was so close to Mark Croasdale's record that, if he hadn't hesitated on the top road because he was unsure of the course, he would have broken it for sure. Sarah went even better, smashing 4 minutes off the ladies' record.

Thank you also to everybody that turned up, I hope you all enjoyed the race.

Andy Quickfall

| | | |
|-----------------|---------|-------|
| 1. N. Wilkinson | Salf | 35.13 |
| 2. S. Sweeney | Bowland | 37.01 |
| 3. G. Schofield | Horw | 37.49 |
| 4. S. Williams | Salford | 37.59 |
| 5. N. Ashcroft | Amble | 38.05 |

| | | |
|-------------------|----------|-------|
| 6. S. Wilkinson | Salf | 38.11 |
| 7. P. Cadwallader | Pembroke | 38.27 |
| 8. S. Wilkinson | SWAC | 38.30 |
| 9. A. Hauser | P&B | 38.39 |
| 10. M. Boardman | Newburgh | 39.49 |

VETERANS O/40

| | | |
|---------------------|----------|-------|
| 1. (3) G. Schofield | Horw | 37.49 |
| 2. (4) S. Williams | Salf | 37.59 |
| 3. (9) A. Hauser | P&B | 38.39 |
| 4. (15) C. Pedder | Newburgh | 39.54 |

VETERANS O/50

| | | |
|--------------------|------------|-------|
| 1. (13) T. Hesketh | Horw | 39.28 |
| 2. (34) C. Pooley | L&M | 42.33 |
| 3. (41) D. Lee | Chorley II | 43.30 |

VETERANS O/60

| | | |
|--------------------|-------|-------|
| 1. (134) G. Arnold | Prest | 55.17 |
|--------------------|-------|-------|

LADIES

| | | |
|-------------------------|-----------|-------|
| 1. (6) S. Wilkinson | Salf | 38.11 |
| 2. (54) L. Whittaker | Saddle | 45.36 |
| 3. (64) J. Shutter | P&B | 46.18 |
| 4. (79) J. Coleman O/40 | Chorley H | 47.30 |

**GARTH WINTER LEAGUE
South Glamorgan
AS/3m/1000ft 20.01.01**

This might surprise those of you used to overcrowded races in Northern climes but a field of 46 entrants is not only a record for this race, but a pretty large field for any South Wales Winter League race. Some would argue a little too large for this fine but delicate course.

After my moans of last year about no juniors, no ladies and too many old gits, it was good to see competition in every category, with senior men making up the largest group. (Last year it was male vet 50+) Despite a glorious cold but sunny day bringing out a record number to race in perfect conditions, the winners could only manage just under a minute outside the course records. Steve Brown made it to the summit first (sorry Steve, no prize) but Ifor Powell (3rd at the top) took two minutes out of him on the descent to win comfortably. Chris Taylor also made up 3 places in the second half to come home first vet, second overall, just managing to sneak past 17-year-old Martin Fielding who came in first junior, a magnificent 3rd overall. Roger Day seemed to maintain the same position from the start to finishing first 50+ (14th overall). The ladies' race was a tight tussle at first, Alice Bedwell only just beating Sharon Woods to the summit with Elaine Mullan close behind, but Alice was then able to take more than two minutes off the others on the descent. Ian Turnbull performed a similar feat in his over 60 class, only months before moving up a class where he will give John Battersby, who romped home in the over 65s, some competition.

Many thanks to Jenny, Clive and Fred who marshalled and cleared the course, Shirley and Rachael who did the paperwork and thanks to the good people of Gwaelod-y-Garth who lent us their village hall, school playground and much needed support.

Derek Thornley

| | | |
|------------------|--------------|-------|
| 1. I. Powell | Westbury | 26.44 |
| 2. C. Taylor | Mercia | 27.16 |
| 3. M. Fielding | Westbury | 27.17 |
| 4. D. Adlam | MDC | 27.46 |
| 5. S. Brown | MDC | 28.29 |
| 6. N. Lewis | MDC | 28.51 |
| 7. S. Ryall | Cardiff Iarl | 29.29 |
| 8. J. Darby | MDC | 29.54 |
| 9. S L. Williams | Neath | 29.57 |
| 10. C. Cheshire | MDC | 30.05 |

VETERANS O/40

| | | |
|------------------|--------|-------|
| 1. (2) C. Taylor | Mercia | 27.16 |
| 2. (5) S. Brown | MDC | 28.29 |
| 3. (8) J. Darby | MDC | 29.54 |

VETERANS O/50

| | | |
|-------------------|---------|-------|
| 1. (14) R. Day | Mercia | 31.05 |
| 2. (17) K. Buckle | Chelten | 31.25 |

VETERANS O/60

| | | |
|---------------------|-----|-------|
| 1. (33) I. Turnbull | FOD | 36.46 |
| 2. (36) C. Jones | MDC | 37.47 |

LADIES

| | | |
|-------------------------|----------|-------|
| 1. (23) A. Bedwell O/40 | MDC | 32.14 |
| 2. (29) S. Woods O/40 | Eryri | 35.20 |
| 3. (35) A. Ashton O/40 | Chepstow | 37.38 |

THE ESTON NAB NEE NOCKER

Cleveland

BM/6.5m/1200ft 21.01.01

Well, it was a foot of snow in places with a frozen crust underneath. Andy Capel flew off to be well ahead at the halfway point. Pressing on he left Paul Lowe and a number of others over 100M. behind. He was the first to the 'Nab' but then completely cocked it up following the Junior course back to the finish. This allowed Paul and others to be in the leading pack at the 'Pig Fields' and Cross Keys Gate! Unfortunately a whole group misnavigated here and continued either towards the farm at the earlier check or towards the Guisborough road descent. In the mean time Brian Roberts enjoying an outing on his home territory had closed from 9th at half way to fifth at the 'Pig Fields' through to leading at the Pyg Bank descent. When he finished he asked me who had won? Therein lies the tale! It was much the same in the women's race. Claire Lowe had to make up for her husband's poor navigational performance and had a good tussle all the way round with Kendra White. She did not seem to know if she had won or not, particularly as both women came down the last descent in a crowd of men with very slippery conditions underfoot. The opportunity to navigate on the common seems to have been an attractive feature of the new course. However I simply did not have enough marshals to disqualify a whole group of at least 12 runners who were out of bounds near 'The Nab'.

David Parry

| | | |
|-----------------|---------|-------|
| 1. B. Roberts | Mand | 35.24 |
| 2. K. Maynard | Quakers | 36.08 |
| 3. S. Kelly | Ashford | 36.10 |
| 4. J. Blackett | Mand | 36.10 |
| 5. P. Wilkin | Mand | 36.18 |
| 6. R. Pollard | Mand | 36.21 |
| 7. P. Lowe | Mand | 36.49 |
| 8. S. Houghton | CaldV | 37.37 |
| 9. M. Willis | Ind | 38.28 |
| 10. B. Atkinson | Knaves | 38.43 |

VETERANS O/40

| | | |
|-------------------|---------|-------|
| 1. (1) B. Roberts | Mand | 35.24 |
| 2. (2) K. Maynard | Quakers | 36.08 |
| 3. (5) P. Wilkin | Mand | 36.18 |

VETERANS O/50

| | | |
|---------------------|---------|-------|
| 1. (15) R. Firth | Mand | 39.46 |
| 2. (17) G. Houghton | CaldV | 40.47 |
| 3. (18) J. Bunn | NMarske | 41.02 |

VETERANS O/60

| | | |
|---------------------|---------|-------|
| 1. (24) R. Sherwood | NMarske | 41.37 |
| 2. (48) K. Hildore | NMarske | 45.10 |

LADIES

| | | |
|------------------------|---------|-------|
| 1. (29) C. Lowe | Mand | 42.10 |
| 2. (33) K. White | Quakers | 42.20 |
| 3. (49) M. Gibbs O/50 | Thirsk | 45.14 |
| 4. (51) S. Jemson O/40 | NMarske | 45.37 |

SOREEN STANBURY SPLASH

West Yorkshire

BM/7m/1200ft 28.01.01

48-year old Joanne Prowse has shown remarkable dedication, courage and sheer prowess to come back to running after a catalogue of injuries and two road traffic accidents. So to see her 3rd overall win over the 40 category and set a new record of 56.26 at this the 18th Soreen event was extra special.

Her mishaps started at the 10-mile Rivock edge event in November 1998, only five days after being crowned English and British veteran ladies' champion at the Skipton dinner 'do'. That night her medal haul was a very impressive 5 medals, including English silver and British bronze in the ladies' open category and an English silver team medal. She took a bad fall while negotiating a descent which put her out for 4 months while her torn ligaments and other injuries responded to treatment. This curtailed any ambitions towards the 1999 championship, running only a few events Jo incredibly managed to finish bronze medallist in the English and British veteran category and also managed to collect a gold medal in the English team competition with her club Keighley and Craven, before the R.T.A's and stairs accident. She had two car accidents in August and early December in 1999 and add to this falling down the stairs at home whilst suffering from positional vertigo in late December, you can't imagine the despair Jo was going through. This not only threatened her running career but her whole way of life, with the prospect of being wheelchair bound. After an intensive rehabilitation programme, due to injuries to her back and head, Jo's first venture back was at a Bunny run. "It was a major success just to get round, but so wonderful to be back amongst so many fell running friends. The amount of people that said it was so nice to see me back made all the physical and mental effort of recovery so worth the while. It was also where the belief came about, YES, I CAN DO THIS."

Jo then decided to regain fitness and confidence by running the road running circuit, and progressed to winning the Otley 10k, Bolton 10k, Skipton 4.5m and the Holmfirth 15 amongst others, but not without great trepidation. It was the Holmfirth race with its very hilly circuit which persuaded Jo that she could return to the fells and it was the fells that she loved.

Jo intends to chase the English and British championships again and the WMRA Veterans World Mountain Running Championships in Poland, of course if an England vest happened along it would be the icing on the cake... 'touch wood' no more accidents come her way!



"Jo Prowse climbing hard at Stanbury" (Photo Dave Brett)

The actual ladies' winner was Pauline Munro, the recent winner at the Auld Lang Syne and Boulsworth hill, who by the time you read this will be running in the Bingley Harriers colours. "Stanbury was a great route, right up my street, a mixture of terrains with very enjoyable stream crossings, hence I assume the Splash comes into the name. The worst section was after the vertical hands and knees climb to the trig point, that open heather moorland with very wet bogs was so sloppy and with my short legs the deep heather made it challenging and awful". Recovering from illness last year's winner Helen Johnson a creditable second.

Even Ian Holmes, seven times the Soreen champion now, found this part of the route 'diabolical', and this wasn't down to his excellent 14th in the Northern cross country the previous day.

In fact it was later revealed that local man Colin Moses had rearranged the flags on the moorland stretch away from the sheep trod, which it normally follows, and had been flagged on earlier in the day by the organisers. His reason was to aid in his challenge to keep the local's trophy away from his rival - this failed miserably, with 'Iffy' winning the trophy for the 7th time. So all you 263 runners owe Colin Moses a debt of gratitude for his kind flag rearrangement which cost you a great deal more sweat, toil, effort and a few verbals. Stop being a pain in the arse Colin, think of your fellow runners and organisers, flags are put out by organisers for a reason, who wish them to stay where they have been put!

Be warned - action next year.

This actually makes Jo Prowse's and over 50 Ollie Drury's new female course records even more remarkable.

Five times English and twice British veteran fells champion, Dave Neill settled in behind Steve Oldfield up until following Ponden Beck toward the vertical climb of Ponden Kirk, where he slowly pulled away. By the trig turn his lead was 30 seconds, and he decided third was the best he could achieve, having only seen Ian Holmes and Robert Hope in the distance. "After a few injury niggles this was my first fell race since the autumn, although I'd helped Staffs Moorlands win promotion in the Birmingham League. This was ideal terrain for this time of year, no really big climbs, and plenty of good fast running, plus I've fancied a Woodentop race", commented the Kerry Gold II manager.

It was with great delight that Naomi Biddle won the Under 16's race outright from Daniel Cutts, to emulate Anne Smith the only other girl to have this distinction. Naomi, 15, has always been a regular at the Stoop, Withins Skyline and of course Soreen Stanbury junior quarry races run around Penistone hill. Now in her last year at Haslingden High School, she intends staying on in the sixth form to study sociology, English literature, tourism and travel and what else but Physical Education! Last year saw her finish fifth in the FRA championships, but working Saturdays causes problems because several FRA junior championship races always seem to be on the Saturday. She has however collected a BOFRA silver medal in their under 17 championship last year. The Biddle clan are avid runners right from 47 year old dad Andrew, Naomi, Grace, 11, Kyle, 10, and Faith a mere 5 years old, of course someone has to support this far too energetic family and that responsibility belongs to mum, Lorraine.

The actual winner of the combined under 9, under 12 and under 14 Quarry race was Mark Addison, another regular, who won in 5.53, 3 seconds ahead of Daniel Rawcliffe of Hyndburn, before the surprise of Ryan Gould the under 9 boy in third. Mark Addison's efforts were rewarded when he was

asked to start the senior race, and be acknowledged in front of the amassed runners who cheered and applauded his earlier success. This will be a feature of all Woodentop events; the junior winner will start the senior race, to recognise their achievements.

Mark's sister Jenny, showed her running ability by not only being the first under 9 girl in 6.54 but also beating Grace Biddle and Lindsay Agg, the under 12 and under 14 girl winners respectively, from the 42 starters.

Hope you once again enjoyed the Soreen maltloaves, which every finisher was presented with at the finish line, now 98% fat free you can eat even more! Try Soreen slices toasted, the organisers recommend it.

Darby and Joan

| | | |
|-----------------------|------------------|-------|
| 1. I. Holmes | Bingley | 45.13 |
| 2. R. Hope | P & B | 46.31 |
| 3. D. Neill (V40) | Staffs Moorlands | 46.56 |
| 4. S. Oldfield (V40) | Brad/Airedale | 48.19 |
| 5. T. Mason | Wharfedale | 48.36 |
| 6. J. Helmsley | P & B | 49.17 |
| 7. P. Sheard | P & B | 49.31 |
| 8. I. Ferguson (V40) | Bingley | 49.45 |
| 9. G. Schofield (V40) | Horwich | 49.48 |
| 10. M. Horrocks | Clayton | 50.23 |

VETERANS

| | | |
|-----------------|-----------------|-------|
| V40. D. Neill | Staffs Moorland | 46.56 |
| V50. A. Hesketh | Horwich | 51.20 |
| V60. R. Jaques | Clayton | 63.37 |

LADIES

| | | |
|---------------|-----------|-------|
| 1. P. Munro | | 55.12 |
| 2. H. Johnson | Bingley | 57.31 |
| 3. L. Lacon | Holmfirth | 58.30 |

LADY VETERANS

| | | |
|-------------------|---------------|-------|
| LV40. P. Oldfield | Brad/Airedale | 62.25 |
| LV50. M. Jagan | Epcoc | 69.59 |

TEAMS

| | |
|--------|-----------|
| Men | Bingley |
| Ladies | Rosendale |

JUNIORS

| | | |
|------------------|------------|-------|
| U9 R. Gould | E.Cheshire | 6.32 |
| U9 J. Addison | Helm Hill | 6.54 |
| U12 D. Rawcliffe | Hyndburn | 5.56 |
| U12 G. Biddle | Pendle | 7.07 |
| U14 M. Addison | Helm Hill | 5.53 |
| U14 L. Agg | Radcliffe | 7.12 |
| U16 N. Biddle | Pendle | 13.31 |
| U16 D. Cutts | Leeds City | 13.39 |

CHARNWOOD HILLS RACE

Leicestershire

CL/12.5m/1200ft 4.02.01

| | | |
|-----------------|-----------|---------|
| 1. J. King | Vege | 1:23:16 |
| 2. M. Munday | Leicester | 1:23:35 |
| 3. A. King | Charnw | 1:23:58 |
| 4. D. Pearce | Le Cor | 1:25:09 |
| 5. D. Cross | Sutton | 1:25:42 |
| 6. I. Mant | Unatt | 1:25:48 |
| 7. M. White | Nuneaton | 1:26:19 |
| 8. J. Maddocks | Wreake | 1:26:58 |
| 9. H. Davies | Rugby | 1:27:42 |
| 10. M. Williams | Kenilw | 1:27:53 |

VETERANS O/40

| | | |
|---------------------|---------|---------|
| 1. (3) A. King | Charnw | 1:23:58 |
| 2. (6) I. Mant | Unatt | 1:25:48 |
| 3. (10) M. Williams | Kenilw | 1:27:53 |
| 4. (15) J. O'Flynn | Huncote | 1:30:53 |

VETERANS O/50

| | | |
|-----------------------|---------|---------|
| 1. (20) M. Sandford | Huncote | 1:33:21 |
| 2. (25) M. Whittering | Huncote | 1:37:05 |
| 3. (30) M. Jelley | Stilton | 1:38:41 |

VETERANS O/60

| | | |
|--------------------|---------|---------|
| 1. (46) T. Illston | Bowline | 1:41:32 |
| 2. (63) R. Grove | Stilton | 1:43:45 |

LADIES

| | | |
|-----------------------------|----------|---------|
| 1. (44) L. Whittaker | Sadd | 1:40:55 |
| 2. (81) S. McDowell | Bistall | 1:46:25 |
| 3. (85) J. Payne | Shepshed | 1:46:47 |
| 4. (98) A. Green | Spenn | 1:48:52 |
| 5. (115) D. Ecklesly-Wright | Wreake | 1:51:36 |
| 6. (118) J. Bishop | Wooton | 1:52:02 |

TIGGER TOR FELL RACE

Derbyshire

BM/9.5m/1700ft 11.02.01

The early message from the marshals on Tigger Tor was "driving rain with temperatures just above freezing, be prepared".

How right they turned out to be. This year was the wettest in the 15 year history of the race. There was plenty of excitement before the race with runners trying to find full windproof cover in order to pass the kit-check (an essential safety part of any fell race especially at this time of year) runners arriving late to register and vehicles parked blocking the field-exit!!

After a few minutes' delay we were soon off and running, me included after having had a bout of flu 4 weeks earlier. Glennis won't let me stay at the race start, she says I have to run and let off steam, also keep an eye on the race progress from a runner's point of view!!!

Steve Penney from Chesterfield, a regular Tigger Tor competitor was on top form. He led all the way, closely followed by Tim Austin and Ian Smith. It was encouraging to see only three veterans in the first 32 runners, well done seniors. Two of them were, Dale Gartley, first vet this year and past winner, finished 5th overall and Dave Tait, first super-vet and 25th overall. Congratulations to Dark Peak for having an outstanding entry of 57 runners. They won first and second team prizes first female team, first female (Christine Howard) and first female vet (Jacky Smith).

Well done to Pete and his team dealing with the inevitable task of kit check. A few runners may have been upset by their decisions but in spite of two sprained ankles no one suffered hypothermia. Sorry for the weather, especially to Ryde Harriers who travelled up for the weekend. As a runner the weather wasn't too bad but I'm glad I wasn't the marshal writing numbers down on Stanage Edge or timekeepers at the finish. I thank them most sincerely for their help.

Any confusion or delay with results, I am going to put the blame "fair and square" on the few runners who were disqualified at the kit check but continued to run without a number, two runners even ran through the finish causing confusion. Tigger's front row will be marshalling the finish next year, watch out, any mindless acts like that again and they will tackle you before you reach the finish or maybe you could be drowned in the mud on the touch-line!!!

Finally thanks to all 306 runners for entering the race and to all the helpers who made the race possible.

See you all next year - second Sunday in February.

Have a great injury-free year.

Don Longley

| | | |
|---------------|-----------|---------|
| 1. S. Penney | Chestfld | 1:09:38 |
| 2. T. Austin | DkPk | 1:10:00 |
| 3. I. Smith | DkPk | 1:10:11 |
| 4. K. Webster | Matlock | 1:10:55 |
| 5. D. Gartley | Gloss | 1:11:17 |
| 6. A. Jenkins | DkPk | 1:14:23 |
| 7. A. Wright | Penistone | 1:14:24 |
| 8. N. Bassett | Staffs | 1:14:31 |

VETERANS O/40

| | | |
|--------------------|--------|---------|
| 1. (5) D. Gartley | Gloss | 1:11:17 |
| 2. (16) D. Allen | DkPk | 1:16:00 |
| 3. (33) M. Beecher | Buxton | 1:18:41 |

VETERANS O/50

| | | |
|------------------|-------|---------|
| 1. (25) D. Tait | DkPk | 1:17:14 |
| 2. (28) T. Hulme | Penn | 1:18:06 |
| 3. (43) R. Hope | Stain | 1:21:33 |

VETERANS O/60

| | | |
|--------------------|----------|---------|
| 1. (198) J. Clarke | SheffTri | 1:42:20 |
|--------------------|----------|---------|

LADIES

| | | |
|--------------------|------|---------|
| 1. (58) C. Howard | DkPk | 1:23:48 |
| 2. (67) J. James | DkPk | 1:25:23 |
| 3. (109) J. Mellor | Penn | 1:30:24 |
| 4. (118) L. Bland | DkPk | 1:31:14 |
| 5. (121) W. Barnes | Barn | 1:31:26 |

31st TISO CARNETHY 5 HILL RACE

Midlothian

AM/6m/2500ft 17.02.01

Two atrocious weekends with sleet and snow had us worried but once again the Carnethy Five luck held and the weather for the race was perfect, sunny, warm and (for once) no wind.

The field was slightly down on last year's record (which was boosted by the 30th year memento) but with 400 runners, this race had more finishers than the Ben Nevis race and has therefore become Scotland's biggest fell race (Ben Nevis had 385 starters last year)!

There was no clear favourite this year for the men's race but there were about 10 names that were in with a chance. Andrew Schofield dropped the pace after a fall, just before the long climb up Carnethy, leaving his club-mate Jim Davies to fight the lead with Mark Rigby and Tim Lenton. At the top of Carnethy Mark held a slight lead but Jim flew down to open a half minute gap and take the race with Tim finishing fast to get close to Mark.

With Angela Mudge away in New Zealand for the winter, the women's race was the most open for years, however, the money was on Borrowdale's Nicola Davies to just sneak it and this she did. Carnethy's new find, Lyn Wilson, led for most of the race, but Nicola, following her brother's example, used her experience and took the lead as they descended from Carnethy to make it a family double.

The men's team race also had no clear favourites this year and looked close all the way round. Carnethy were the first team to get their four runners home, but this eventually only got them 3rd team behind Ambleside and Cosmics. So for the second year running, the famous Claymore trophy heads South of the border. There were no such problems for the Carnethy women who, even without Angela, once again easily won the team prize.

Andy Spenceley

| | | |
|-----------------|--------|-------|
| 1. J. Davies | Borr | 49.56 |
| 2. M. Rigby | Amb | 50.23 |
| 3. T. Lenton | Loth | 50.31 |
| 4. A. Kitchen | Loth | 51.24 |
| 5. D. Whitehead | Cosmic | 51.30 |
| 6. A. Schofield | Borr | 51.33 |
| 7. R. Gallagher | West | 51.37 |
| 8. S. Stainer | Amb | 51.55 |

VETERANS O/40

| | | |
|---------------------|------|-------|
| 1. (7) R. Gallagher | West | 51.37 |
| 2. (16) B. Procter | Kend | 53.30 |
| 3. (19) M. Laing | Fife | 54.09 |

VETERANS O/50

| | | |
|------------------|------|-------|
| 1. J. Blair-Fish | Carn | 59.13 |
| 2. G. Robinson | West | 61.10 |

VETERANS O/60

| | | |
|--------------|------|-------|
| 1. B. Waldie | Carn | 63.02 |
|--------------|------|-------|

JUNIOR MEN (U20)

| | | |
|--------------|------|-------|
| 1. S. Taylor | BARF | 59.41 |
|--------------|------|-------|

LADIES

| | | |
|-------------------|------|-------|
| 1. N. Davies O/40 | Borr | 61.35 |
| 2. L. Wilson | Carn | 62.02 |
| 3. K. Jenkins | Carn | 62.05 |
| 4. J. Rae | Amb | 63.38 |
| 5. K. Powell | Carn | 66.13 |

WADSWORTH TROG

West Yorkshire

BL/20m/4000ft 17.02.01

The clear blue sky and calm, increasingly mild conditions did serious damage to the reputation of the Wadsworth Trog as 'The Beast'. So much so that we nearly had to call it off on the grounds that the weather was unsuitable for the race! It was a double win for Bingley Harriers. Congratulations to Ian Ferguson who broke his own race record by 37 seconds, and also to Sharon Taylor for a good, but close win over the first female vet, Kath Wallis of Clayton, and last year's winner, Jane Smith of Todmorden. As well as providing the overall winner, Ian, the veterans made up 62% of the starters, though three 'youngsters' from Clayton (Paul Thompson, William Sullivan and Andrew Orr) took the team prize.

The prize-giving was held outside in the glorious warm February sunshine. See you all next year when, no doubt, normal service will be resumed from the weather.

Rod Sutcliffe



'Sharon Taylor, hops and skips her way to victory at Wadsworth'
(Photo Woodhead)

| | | |
|----------------|-----------|---------|
| 1. I. Ferguson | Bing | 2:50:32 |
| 2. P. Thompson | Clay | 2:52:01 |
| 3. A. Shaw | Holmfirth | 2:55:27 |
| 4. W. Sullivan | Clay | 2:58:19 |
| 5. B. Coles | Horw | 2:59:02 |
| 6. J. Rank | Holmfirth | 3:01:37 |
| 7. D. Naughton | DarwinD | 3:07:15 |
| 8. D. Hyde | CalderV | 3:07:52 |
| 9. A. Orr | Clay | 3:08:20 |
| 10. J. Parsons | P&B | 3:10:08 |

VETERANS O/40

| | | |
|--------------------|---------|---------|
| 1. (1) I. Ferguson | Bing | 2:50:32 |
| 2. (7) D. Naughton | DarwinD | 3:07:15 |
| 3. (8) D. Hyde | CalderV | 3:07:52 |
| 4. (13) I. Cowie | Mercia | 3:19:02 |

VETERANS O/50

| | | |
|--------------------|----------|---------|
| 1. (15) P. Booth | Clay | 3:19:59 |
| 2. (37) G. Breeze | Skyrac | 3:43:24 |
| 3. (52) A. Knowles | Keighley | 3:55:29 |

VETERANS O/60

| | | |
|-------------------|--------|---------|
| 1. (36) M. Coles | Skyrac | 3:41:52 |
| 2. (44) R. Jaques | Clay | 3:48:32 |

LADIES

| | | |
|------------------------|----------|---------|
| 1. (30) S. Taylor | Bing | 3:35:26 |
| 2. (31) K. Wallis O/40 | Clay | 3:35:56 |
| 3. (53) J. Smith O/40 | Tod | 3:55:58 |
| 4. (64) C. Preston | Keighley | 4:20:08 |

TITTERSTONE CLEE RACE

Shropshire

AS/2.5m/750ft 17.02.01

Paul Cadman of Mercia dominated this year's Titterstone Clee race to win by 11 seconds from 18-year-old Iain Glendinning of Cannock and Stafford A.C. Paul was first to the summit trig point, the highest point in Shropshire, and increased his lead on the descent to finish in 19 minutes 57 seconds, his best time since 1992. Andrew Carruthers of Halesowen, last year's winner, was second at the summit but lost four positions on the way down with Roger Lamb and Peter Vale of Mercia and Julian Simpson of Coventry Godiva passing him. Andrew, however, held onto the M40 title.

Conditions were heavy underfoot but the clear skies and spring-like conditions meant that runners were able to pick a fast line through the bracken and the rocks to and from the summit ridge.

In the women's race Polly Gibb was an easy winner finishing 12th overall and knocked 30 seconds off her best time for the course. 18 years old Joanna Dagnan of Coventry Godiva was second woman home. Keith Robinson of Blackburn Harriers took the M50 title. 14 year old Ben McDonald of Telford AC was first Junior home in an excellent time of 21minutes 53seconds followed by Matthew James of Hereford Couriers.

Mike Day

| | | |
|-------------------|-----------|-------|
| 1. P. Cadman | Mercia | 19.57 |
| 2. I. Glendinning | C&S | 20.08 |
| 3. R. Lamb | Mercia | 20.15 |
| 4. P. Vale | Mercia | 20.35 |
| 5. J. Simpson | CoventryG | 20.40 |
| 6. A. Carruthers | Hales | 20.49 |
| 7. C. Taylor | Mercia | 21.20 |
| 8. N. Lewis | MDC | 21.45 |
| 9. B. McDonald | Telford | 21.53 |
| 10. R. Milton | SpringStr | 22.03 |

VETERANS O/40

| | | |
|----------------------|--------|-------|
| 1. (6) A. Carruthers | Hales | 20.49 |
| 2. (7) C. Taylor | Mercia | 21.20 |
| 3. (11) K. Delaney | Ross | 22.21 |
| 4. (14) R. Mapp | Mercia | 22.43 |

VETERANS O/50

| | | |
|----------------------|----------|-------|
| 1. (18) K. Robinson | Black | 23.01 |
| 2. (19) G. Whitmarsh | CroftAmb | 23.04 |
| 3. (23) R. Day | Mercia | 23.13 |

VETERANS O/70

| | | |
|------------------|-----------|-------|
| 1. (91) L. Myers | DeadRScty | 41.52 |
|------------------|-----------|-------|

LADIES

| | | |
|------------------------|-----------|-------|
| 1. (12) P. Gibb | Mercia | 22.24 |
| 2. (25) J. Dagnan | CoventryG | 23.22 |
| 3. (38) R. Kendall | CoventryG | 24.01 |
| 4. (43) T. Apps | SpringStr | 24.18 |
| 5. (65) G. Harris O/40 | Mercia | 26.01 |

LONG MYND VALLEYS RACE

Shropshire

AM/10.5m/4500ft 18.02.01

165 runners lined up for this year's Long Mynd Valleys race which was also the fourth race in the Shropshire Fell Running Winter series. A hard frost gave way to bright, mild and clear conditions making ideal conditions for Fell running. The race starts and finishes in the Carding Mill Valley in Church Stretton and is 10.5 miles long but manages to include 4500feet of climbing making it a tough medium fell race.

James McQueen dominated the men's race. James first ran the race in 1996, finishing 5th and was a runner-up in 1997. This year he was the early leader at control 1 in Johnathans Hollow and by control 2, having crossed the top of the Long Mynd and descended into Ashes Hollow, he already had a commanding lead, which he maintained at control 4 at the top of Minton Batch. The sting is very

much in the tail of this race as the course traverses across each of the deep valleys that dissect the Long Mynd with some severe climbs and descents. There is also plenty of opportunity for route choice and local knowledge helps. In previous years James has suffered at the steep climbs to control 6, the summit of Callow, and control 7, the summit of Yearlet. This year, whilst being pushed hard by Paul Cadman of the Mercia club he was able to use his increased strength to the full. Coming down the spectacular finish into the Carding Mill Valley he had built up a lead of just over 2 minutes ahead of Paul to finish in 1 hour 43 minutes and 56 seconds. John Hunt of the Cumberland Fell Running club finished 3rd.

The women's race was dominated by Telford-based Polly Gibb running for Mercia. She recorded her second successive victory and was some 13 minutes ahead of Laura Kent from Oswestry Olympians. Polly finished in 30th place overall in a time of 2 hours 3 minutes and 18 seconds.



'Trevor Longman (Macc. V50) at Boiling Well in the Long Mynd'
(Photo John Cartwright)

Adam Haynes of Eryri (M40) was first veteran home followed by Dave Allen of Dark Peak fell runners and Dave Tait of the same club who was the first M50 home. Victoria Musgrove of Eryri was first lady vet and fourth overall in the womens race. The Eryri club won both the men's and vets' team races.

The weekend also has an overall prize whereby three times the Titterstone Clee time is added to the Long Mynd time. 56 runners ran both days and the top 25 all received special T-shirts. Paul Cadman and Polly Gibb were the overall winners.

Mike Day

| | | |
|----------------|--------|---------|
| 1. J. McQueen | Eryri | 1:43:56 |
| 2. P. Cadman | Mercia | 1:45:59 |
| 3. J. Hunt | CFR | 1:46:16 |
| 4. J. Hay | Warr | 1:47:37 |
| 5. S. Bourne | Alt | 1:50:41 |
| 6. G. Thorpe | Amble | 1:50:43 |
| 7. A. Haynes | Eryri | 1:50:59 |
| 8. P. Woddisse | TVH | 1:51:12 |
| 9. T. Jones | Eryri | 1:51:29 |
| 10. D. Allen | DkPk | 1:51:33 |

VETERANS O/40

| | | |
|-------------------|-------|---------|
| 1. (7) A. Haynes | Eryri | 1:50:59 |
| 2. (10) D. Allen | DkPk | 1:51:33 |
| 3. (14) A. Hauser | P&B | 1:54:59 |

VETERANS O/50

| | | |
|--------------------|------|---------|
| 1. (11) D. Tait | DkPk | 1:51:43 |
| 2. (13) T. Longman | Macc | 1:53:01 |
| 3. (15) P. McWade | Clay | 1:55:18 |

VETERANS O/60

| | | |
|-------------------|--------|---------|
| 1. (80) P. Norman | Wrex | 2:25:29 |
| 2. (110) R. Masa | Totley | 2:38:05 |

VETERANS O/70

| | | |
|-------------------|-----------|---------|
| 1. (160) L. Myers | DeadRScty | 4:41:28 |
|-------------------|-----------|---------|

LADIES

| | | |
|--------------------------|------------|---------|
| 1. (29) P. Gibb | Mercia | 2:03:18 |
| 2. (53) L. Kent | Oswestry | 2:16:09 |
| 3. (64) T. Apps | SpringStr | 2:21:35 |
| 4. (65) V. Musgrove O/40 | Eryri | 2:21:38 |
| 5. (71) J. Shotter | P&B | 2:23:30 |
| 6. (89) C. Mills | Kenilworth | 2:27:28 |
| 7. (92) S. Woods O/40 | Eryri | 2:28:47 |
| 8. (95) G. Evans O/40 | Shepshed | 2:31:14 |

**SHROPSHIRE WEEKEND
17-18 FEBRUARY 2001**

**Combined results of two races (3 times
Titterstone Clee+Long Mynd Valleys race)**

| | | |
|------------------|--------|---------|
| 1. P. Cadman | Mercia | 2:45:50 |
| 2. P. Vale | Mercia | 2:57:42 |
| 3. A. Carruthers | Hales | 3:02:46 |
| 4. C. Taylor | Mercia | 3:06:10 |
| 5. R. Lamb | Mercia | 3:10:22 |

VETERANS O/40

| | | |
|----------------------|--------|---------|
| 1. (3) A. Carruthers | Hales | 3:02:46 |
| 2. (4) C. Taylor | Mercia | 3:06:10 |

VETERANS O/50

| | | |
|----------------------|-----------|---------|
| 1. (25) D. Fisher | Cambridge | 3:41:01 |
| 2. (26) A. Clare-Hay | Mercia | 3:41:41 |

VETERANS O/70

| | | |
|------------------|-----------|---------|
| 1. (56) L. Myers | DeadRScty | 6:47:04 |
|------------------|-----------|---------|

LADIES

| | | |
|-----------------------|-----------|---------|
| 1. (6) P. Gibb | Mercia | 3:10:30 |
| 2. (19) T. Apps | SpringStr | 3:34:29 |
| 3. (39) G. Evans O/40 | Shepshed | 3:54:59 |

**DANBY BEACON
Cleveland
BM/7m/1000ft 18.02.01**

It was a new route a sunny day and an excellent turnout. The wet ground had dried out more than expected, otherwise it would have been 'in deep,' as this is one of the wettest areas on the North Yorks Moors. A group of six soon broke away led by the Burns brothers. They had established a lead of about 200m by the first road. This group more or less stayed together until the turn at the 'Beacon' road. At this second road 'crossing' the Burns brothers retained the lead closely pursued by Dave Troman and Brian Roberts. After this the 3rd and 4th placed runners surged past the leading pair up to Clitherbeck. Here Brian Roberts was in the lead. He was overtaken by Dave Troman before the final woodland section, who went on to win by some 39 seconds.

In the women's race Alison Raw established an early lead which she was able to consolidate through the race. A good return to form after recent injuries. Sharon Gayter might not have featured very highly in the results but did run 10 miles to the event and 10 miles home!

Best wishes

David Parry

| | | |
|---------------|------------|-------|
| 1. D. Trodman | Kesw | 56.13 |
| 2. B. Roberts | Mand | 56.52 |
| 3. M. Burn | T&S | 57.12 |
| 4. R. Burn | T&S | 57.32 |
| 5. C. Miller | Hgte | 57.35 |
| 6. P. Wilkin | Mand | 57.45 |
| 7. R. Hall | T&S | 57.58 |
| 8. P. Kelley | Darlington | 60.52 |

VETERANS O/40

| | | |
|-------------------|------------|-------|
| 1. (2) B. Roberts | Mand | 56.52 |
| 2. (4) R. Burn | T&S | 57.32 |
| 3. (6) P. Wilkin | Mand | 57.45 |
| 4. (8) P. Kelley | Darlington | 60.52 |

VETERANS O/50

| | | |
|---------------------|---------|-------|
| 1. (19) R. Firth | Mand | 64.33 |
| 2. (23) P. Shields | Ilkley | 65.47 |
| 3. (24) G. Houghton | CalderV | 66.07 |

VETERANS O/60

| | | |
|---------------------|---------|-------|
| 1. (40) M. Coles | Skyrac | 70.38 |
| 2. (46) R. Sherwood | NMarske | 71.31 |

LADIES

| | | |
|-------------------------|------------|-------|
| 1. (22) A. Raw | Darlington | 65.35 |
| 2. (38) K. White | Quakers | 70.13 |
| 3. (42) A. Hayward O/40 | T&S | 70.55 |
| 4. (50) S. Kempson | NMaske | 71.38 |

**WOUND WITHER WOOD WELAY WACE
West Yorkshire
CL/12m/1200ft 24.02.01**

Billed as the weal millennium wace (with a special brew from Briscoe's for the occasion) this may go down as the last fell race to take place in the weal new millennium year of 2001. I am fairly certain that it will be the last event reported in the pages of The Fell Runner for some time as the curtain came down on any pursuits that impinged on the country side.

When the Chinese New Year was celebrated a few weeks before the wace we moved into the Year of the Snake. According to the Chinese view of things, reported at the time, problems, catastrophes and natural disasters would make this particular cycle. Immediately there were earthquakes, floods, landslides, war, famine and George Bush cheating his way into the White House. In the UK we had incessant rain causing floods, train crashes (several) and the return of Crossroads. After the floods, as in Biblical Egypt, comes the plague, as foot and mouth disease took hold from its starting point in Heddon-on-the-Wall. The spread of the disease - and the fear that it engenders in farmers - was set to put paid to the Wither Wood Welay, along with many other less important sporting and social fixtures like the Cheltenham Festival and the Crufts Dog Show. We toyed with the idea of going all high tech, and holding the race in video format over the Internet (as they apparently did with the dog show) but eventually decided to approach the farmer to see if we could find a solution or, failing that, to alter the course to keep it off farm land.

The local farmer, however, agreed to let us run over his land providing we disinfected Walshes in the tub of disinfectant that he was good enough to provide (there were only half a dozen reported cases at this time, in Northumbria). A voluntary levy on the race meant that each team contributed towards both disinfectant and towards a drink for the farmer (no, he didn't drink the disinfectant, you dope, that was the lads from Barnsley, he had a nice bottle of malt for his trouble). This did not mean the race was unaffected of course. The entry was well down on previous years - in particular in the junior categories which have always proved popular thanks to the general Walsh prizes - due to people not knowing whether the race would be on or not (the organiser wasn't 100% sure even the night before). By the time we were sat in the bar afterwards it had become apparent that this would likely be the last race for some time to come. There were calls coning through of cancellations (including the following day's events) as the countryside gradually began to close down. At the time of writing no fell race has taken place since the Welay, the championship is in disarray and we've all had to turn into either coach potatoes or road runners (some choice!). The sooner the disease is eradicated and we can get back to normal

the better, but remember, in 1967 it was a full 8 months from the first outbreak to the final 'all clear'. That would mean - just as we are looking to those long summer evenings on the country - no more races until October. The 35th and the final Gale Fell Race could be the next event on the calendar to be contested (Sunday October 28th)!

Still, our event, albeit with a strict rule of disinfectant dunking, took place successfully; thanks are due to all those who helped on the day. We have very generous sponsors for this race, including Tony Hulme at Running Bear, Pete Bland Sports, Walsh and Greens chocolates. Individual members of the club also dip into their pockets or persuade their employees to part with prizes so that the table was laden with everything from real trees to chocolate trees to lots of chocolate. With a reduced entry, a couple of cases of a special label Weal Millennium Ale and the Wither Wood Welay T-shirts you were unlucky indeed if you went home without a prize of some description. Even though people running in a different order to that which they entered in is a tried and tested way to cock up the prizes, most people went home with something, the majority with the correct something!

All Saints were first team home but immediately disqualified due to the suspicion that they had failed to field the required team of four. This sort of thing is looked on at this event, in a particular light-hearted manner, and reports about their conduct will not be forwarded to the disciplinary committee of the FRA. A couple of pints to the organiser seems a fit enough punishment. I hope that they will learn their lesson from this severe lack of criticism and bring more people in future.

The real winners were Pennine men whose anchor runner managed the fastest time on the day; those who know the course will realise that this is even more of a feat on the last leg, the fastest leg traditionally belonging to the opener. There then opened up a fair old three-minute gap to Barnsley Harriers A team. Wakefield A brought up a respectable 3rd with anchor man Nick Mannion overhauling their own vets to beat them by just 7 seconds. This pushed Wakefield vets into 4th place but 1st veteran slot - no respect for the old, these whippersnappers. 1st ladies team was Pennine ladies, although they didn't manage the fastest ladies time, this honour going to Lucy Whittaker of Saddleworth in a time of 25.07. No complete junior teams this year, so the Walsh kit bags went to some of the fastest runners. My congratulations to the Green team, who once again supported this event and managed at least two Greens - the day when it's once more an all-Green-Green Team can't be far off (look at Penistone and DDT, they've got spare Greens and who would ever know the difference....). This year the Green team succeeded in bagging three of the 'fastest category' prizes with Amy fastest junior lady, boyfriend Dave Sproston (an honorary Green), the fastest junior man and Andrea Dennison fastest lady veteran.

Despite my cock ups at both the prize giving and in the Daily Telegraph report, the fastest veteran man was, indeed, Denby Dale's own Mike Egner, once more back into running.

The shadow was quick to fall over this part of Yorkshire even though no cases in the county had yet been reported. Saturday afternoon and Sunday's Ilkley Moor race is called off; by Sunday many more cancelled; by Monday all races put under interdict via the Fellrunners Association website. By the end of the week, all races had been called off for the foreseeable future. By the Wednesday of the following week Wither Wood had been closed by the Woodland Trust and the farmer had closed off all his paths. By the following Saturday, every footpath, field and bridleway that the race runs over had been summarily shut and an eerie silence settled over the usually busy springtime lanes.

Spring is my favourite time of year, when winter withdraws, the days begin to lengthen and the countryside starts to turn green again. One of the choicest runs of my year is in early spring sunshine through crowds and clouds of bluebells and wild garlic in the ancient woodland. Not this year, I'm afraid, they will have to bloom unloved and unseen. Even more sadly I find myself contemplating buying some new road shoes while my Walshies atrophy in the garage.

Next year's race will be held on or around the same weekend, foot and mouth permitting. We will try not to clash with the cross-countries, but they are a law unto themselves, and anyway, our event is much more fun and rewarding! Look forward to seeing you.

Neil Denby

1. Pennine (89.54)
(M. Williams 21.55, C. Fray 23.10,
R. Taylor 23.48, D. Dunne 21.01)
2. Barnsley Harriers A (93.03)
(P. Hinchcliffe 22.29, S. Clarkson 23.23,
S. Sumnan 22.38, A. Shelbourne 24.33)
3. Wakefield A (94.00)
(B. Horsforth 22.23, T. White 24.31,
P. Young 21.15, N. Mannion 22.51)
4. Wakefield Vets (94.07)
(D. Brailsford 23.02, M. Logan 23.57,
S. Wilkinson 23.43, S. Butler 23.25)

LADIES

1. Pennine

REDCAR & SALT BURN SEA CHANTY AND BEACH RACE Cleveland 8/9.04.01

We managed to put a race on to complete the 'Winter Series' I can only say that this was organised at two weeks' notice and apologise to anyone we could not get in touch with who might have wanted to do it. It was the same with the Winter series cumulative scoring of points. We decided after much debate that 5 out of 8 was the nearest we could get to 6 to count out of 10. I realised that no matter what decision was taken some people wanted different options. I often wish I had the judgement of Solomon! Nevertheless Champions in the categories were:-

Senior Men; Merv Burn Vet 40 Men; Brian Roberts. Vet 50 Men; Bob Firth

Vet 60 Men; Ronnie Sherwood.

Women; Alison Raw. Vet 1. No Qualifiers. Vet 2. Sandra Jemson Vet 3; Maureen Gibbs.

Well done to this elite group of runners. The overall winter champion was Brian Roberts whose average points in his best five was 3.6 just edging out Merv Burn average 4.2.

The overall women's champion was Alison Raw.

Many thanks to all competitors we couldn't do it without you. If you are interested in coaching or training at any level I would be pleased to hear from you.

Hope to see you once we have live races again.

David Parry

Sea Chanty

- | | | |
|------------------|---------|-------|
| 1. M. Openshaw | Birchf | 62.08 |
| 2. B. Stephenson | Quakers | 64.42 |
| 3. A. Tatham | Quakers | 67.03 |
| 4. A. Capel | Knives | 67.19 |
| 5. S. Everett | DurhamC | 68.26 |
| 6. B. Roberts | Mand | 69.05 |
| 7. J. Blackett | Mand | 71.38 |
| 8. B. Atkinson | Knives | 72.01 |

VETERANS O/40

- | | | |
|-------------------|---------|-------|
| 1. (5) S. Everett | DurhamC | 68.26 |
|-------------------|---------|-------|

VETERANS O/50

- | | | |
|------------------|------|-------|
| 1. (18) R. Firth | Mand | 77.28 |
|------------------|------|-------|

VETERANS O/60

- | | | |
|---------------------|---------|-------|
| 1. (38) R. Sherwood | NMarske | 87.39 |
|---------------------|---------|-------|

LADIES

- | | | |
|--------------------|---------|-------|
| 1. (21) A. Raw | Darling | 78.59 |
| 2. (40) K. White | Quakers | 88.20 |
| 3. (46) S. Kempson | NMarske | 91.04 |

Beach Race

- | | | |
|-------------------|--------|-------|
| 1. P. Lowe | Mand | 32.23 |
| 2. P. Lewis | Mand | 35.18 |
| 3. G. Barnes | Mand | 35.55 |
| 4. R. Burn O/40 | Thirsk | 36.30 |
| 5. R. Howard O/50 | Loftus | 39.05 |

LADIES

- | | | |
|------------------|-------|-------|
| 1. (9) C. Lowe | Mand | 41.00 |
| 2. (18) L. Laird | Elvet | 46.11 |

THE COPPICE FELL RACE Lancashire 10.04.01

- | | | |
|-----------------|-------|-------|
| 1. S. Livesey | Unatt | 32.28 |
| 2. W. Sullivan | Horw | 32.40 |
| 3. B. Cole | Horw | 33.11 |
| 4. I. Greenwood | Clay | 33.47 |
| 5. C. Watson | Clay | 34.01 |
| 6. J. Wiczorek | Clay | 34.13 |
| 7. P. Thompson | Clay | 34.20 |
| 8. G. Gough | Clay | 34.29 |
| 9. A. Hartley | Clay | 34.36 |
| 10. D. Hope | AchR | 34.36 |



"W. Sullivan puts in some hard work at the Coppice race"
(Photo Steve Bateson)

VETERANS O/40

- | | | |
|---------------------|---------|-------|
| 1. (8) G. Gough | Clay | 34.29 |
| 2. (17) D. Naughton | DarwenD | 35.52 |
| 3. (18) N. Holding | WPenn | 36.00 |

VETERANS O/50

- | | | |
|---------------------|------|-------|
| 1. (12) T. Hesketh | Horw | 35.10 |
| 2. (25) P. Booth | Clay | 37.37 |
| 3. (43) G. Thompson | Clay | 42.23 |

VETERANS O/60

- | | | |
|-------------------|------|-------|
| 1. (45) R. Jaques | Clay | 42.36 |
| 2. (70) T. Aspin | Clay | 48.29 |

LADIES

- | | | |
|-------------------------|----------|-------|
| 1. (26) V. Peacock O/45 | Clay | 37.41 |
| 2. (33) L. Whittaker | Saddle | 39.16 |
| 3. (55) J. Robertson | Spectrum | 44.32 |

CLACHNABEN HILL RACE Grampian AM/10.5m/3500ft 21.04.01

Although the race had to be officially cancelled to dissuade people travelling from F&M infected areas, with the blessing of Fasque Estates an informal race was held over the course for local runners. The

conditions were pleasantly warm although snow was visible on parts of the course.

With no marshals or markers and the aftermath of timber extraction around Miller's Bog, the course proved more of a challenge than usual. Indeed the first three runners all came back from different directions! So much for local knowledge!

Former Scottish Champion, Hayden Lorimer took advantage of a bonk by long term leader Dan Whitehead as they came off Mount Shade for the second time. Indeed Hayden took so much out of Dan that he managed to get lost in the last half mile and detour almost back to the car park and still win. With Dan reduced to walking in Tim Griffin used his orienteering skills to steal second place.

Keith 'Roadrunner' Varney found the last half mile of track back to his liking to pull clear of fellow vet Rick Allen for the O/40 prize, while Elaine Stewart could take as much time as she liked to be first lady and first lady vet (being the only lady to the toe the starting line).

E. Rennie

- | | | |
|--------------------|---------|---------|
| 1. H. Lorimer | HBT | 1.29.08 |
| 2. T. Griffin | Cosmic | 1.34.57 |
| 3. D. Whitehead | Cosmic | 1.39.18 |
| 4. D. McDonald | Cosmic | 1.40.30 |
| 5. K. Varney O/40 | Cosmic | 1.44.13 |
| 6. R. Allen O/40 | Cosmic | 1.46.38 |
| 7. A. Jackson | Cosmic | 1.48.03 |
| 8. B. Preece O/50 | Deeside | 1.50.52 |
| 9. D. Hobson | Cosmic | 1.53.08 |
| 10. F. Duguid O/50 | Deeside | 2.00.26 |

LADIES

- | | | |
|--------------------|--------|---------|
| 1. E. Stewart O/35 | Cosmic | 2.29.25 |
|--------------------|--------|---------|

OAKWELL SPRING CHICKEN RUN ONE West Yorkshire 09.05.01

This event was organised, initially to save me from going up the wall after all our road running exploits to combat boredom and fell running withdrawal. As it happens, the hilly woodland, bridleway and parkland course proved to be a fine substitute and, oh boy, it felt good to get our studded fell shoes wet and muddy again!

The course is ideal for spectators as it comprises a four mile circuit over four small loops, each varying in terrain, in a clover leaf pattern from the Stately home of Oakwell Hall.

The first section takes runners round former agricultural land, then down a bridleway past Oakwell Hall and along and down an embankment to the stream jump over Scotland Beck. A circuit of parkland, encircling the wooden sculpture, takes us back, via a steep punishing climb up the embankment to the Hall, from where we run a long loop of woodland with two nasty little climbs on the way. The final circuit of beck jump and wooden sculpture really sorts you out if you have set off too quickly, I can vouch for that.

After advertising the event with leaflets at road races and at Dave Woodhead's Urban Bunny Runs I was pleased with the quality of the competition.

John Taylor was a class apart in the men's field, making use of his cross country running experience over the early farmland section before opening up an unassailable lead around the park. His winning time of 22 minutes was a bit slower than my predicted nineteen but I guess with a lead of almost a minute, he was able to take it easy.

Huddersfield based Holmfirth Harriers brought a good contingent over, their first man Andy Shaw placing second in 22-56, with John Mason (Woodkirk) just ahead of Shaw's clubmate Julian Rank for third. First veteran John Wooton of Wharfedale came next, just in front of sixth placed James Carter who was first under 18 junior.

My workmate, Stewart Thompson, took the vet 50s' prize and Brian Wilson was first over 60.

A truly international field was completed as England World Cup runner Kath Drake won the women's section in 26-48, ahead of Lisa Lacon and Kirsten Bailey.

Many, many thanks to my good friends at Calder Valley fellrunners who came to help with marshalling and course marking enabling me to join in and have a run, especially Thirza and Linda who did a great job on registration and finish recording, and Henry on stopwatch.

£50 was donated to MacMillan Nurses as a result of this race in memory of my late Grandmother who passed away a few weeks before the event.

The race was so well received that we will be doing it all again, every few weeks, until the Foot and Mouth epidemic allows us back onto the moors and fells. Phone me on (01422) 375682 / 07866 043572 (mobile) or keep watching the website for details at www.ogdenwater.freesev.co.uk

Allan Greenwood

| | | |
|---------------|----------|-------|
| 1. J. Taylor | Bing | 22.08 |
| 2. A. Shaw | Holm | 22.56 |
| 3. J. Mason | Woodkirk | 23.23 |
| 4. J. Rank | Holm | 23.41 |
| 5. J. Wootton | Wharfe | 24.21 |
| 6. J. Carter | Spenn | 24.50 |

VETERANS O/40

| | | |
|----------------|--------|-------|
| 1. J. Wootton | Wharfe | 24.21 |
| 2. W. Brown | CaldV | 25.02 |
| 3. R. Hamilton | Wharfe | 25.10 |

VETERANS O/50

| | | |
|----------------|--------|-------|
| 1. S. Thompson | Bing | 26.40 |
| 2. G. Breeze | Skyrac | 27.05 |
| 3. D. Benney | Unatt | 43.47 |

VETERANS O/60

| | | |
|--------------|-------|-------|
| 1. B. Wilson | Unatt | 43.26 |
|--------------|-------|-------|

LADIES

| | | |
|-----------------------|-------|-------|
| 1. K. Drake O/40 | Spenn | 26.48 |
| 2. L. Lacon | Holm | 27.02 |
| 3. K. Bailey | Bing | 27.37 |
| 4. R. Dorrington O/35 | Bing | 28.13 |
| 5. J. Carter O/35 | Spenn | 43.25 |

URBAN BUNNY RUN ONE

Lancashire

CS/3m/500ft 05.04.01

| | | |
|-------------------|-------|-------|
| 1. J. Taylor | Bing | 18.01 |
| 2. I. Holmes | Bing | 18.14 |
| 3. S. Gould | Bing | 18.25 |
| 4. R. Jebb | Bing | 18.29 |
| 5. M. Buckingham | Holm | 18.35 |
| 6. S. Oldfield | BfdA | 19.30 |
| 7. A. Shore | Holm | 19.54 |
| 8. M. Chrysanthou | Unatt | 20.04 |
| 9. C. Watson | Clay | 20.05 |
| 10. M. Pierson | Holm | 20.16 |

VETERANS O/40

| | | |
|---------------------|--------|-------|
| 1. (6) S. Oldfield | BfdA | 19.30 |
| 2. (13) R. Griffith | Holm | 20.55 |
| 3. (14) G. Phillips | PudPac | 20.59 |

VETERANS O/50

| | | |
|-------------------|--------|-------|
| 1. (22) S. Moss | Spenn | 21.47 |
| 2. (39) G. Breeze | Skyrac | 23.23 |
| 3. (56) P. Jagan | Bing | 25.08 |

VETERANS O/60

| | | |
|--------------------|--------|-------|
| 1. (54) M. Coles | Skyrac | 24.46 |
| 2. (1530) R. Cutts | Longw | 32.44 |

LADIES

| | | |
|--------------------|-------|-------|
| 1. (21) P. Munro | Bing | 21.46 |
| 2. (31) S. Dugdale | Skip | 23.01 |
| 3. (40) H. Glover | Kghly | 23.23 |
| 4. (41) H. Johnson | Bing | 23.36 |
| 5. (46) K. Bailey | Bing | 23.57 |
| 6. (47) L. Lacon | Holm | 23.59 |

JUNIOR BOYS U/16

| | | |
|----------------------|------|-------|
| 1. (5) M. Buckingham | Holm | 18.35 |
| 2. (10) M. Pierson | Holm | 20.16 |
| 3. (20) L. Leishman | Pend | 21.43 |

JUNIOR GIRLS U/16

| | | |
|---------------------|------|-------|
| 1. (58) S. Slater | Skip | 25.11 |
| 2. (66) K. Woodhead | Holm | 25.21 |
| 3. (87) J. Hartley | Pend | 26.46 |

URBAN BUNNY RUN TWO

Lancashire

CS/3m/500ft 12.04.01.

| | | |
|-----------------|-------|-------|
| 1. J. Taylor | Bing | 17.15 |
| 2. I. Holmes | Bing | 17.17 |
| 3. S. Gould | Bing | 17.19 |
| 4. R. Hope | P&B | 17.21 |
| 5. R. Jebb | Bing | 18.01 |
| 6. G. Devine | P&B | 18.08 |
| 7. W. Smith | Kghly | 18.10 |
| 8. M. Hawkins | Bing | 18.14 |
| 9. P. Sheard | P&B | 18.21 |
| 10. S. Oldfield | BfdA | 18.35 |

VETERANS O/40

| | | |
|---------------------|--------|-------|
| 1. (10) S. Oldfield | BfdA | 18.35 |
| 2. (25) J. Wootton | Wharfe | 19.54 |
| 3. (26) G. Phillips | PudPac | 19.54 |

VETERANS O/50

| | | |
|----------------------|-------|-------|
| 1. (39) S. Moss | Spenn | 20.48 |
| 2. (58) L. Haynes | Bing | 21.55 |
| 3. (62) B. Parkinson | Bing | 22.09 |

VETERANS O/60

| | | |
|-------------------|--------|-------|
| 1. (85) M. Coles | Skyrac | 23.12 |
| 2. (146) S. James | Clay | 26.12 |

LADIES

| | | |
|-------------------------|-------|-------|
| 1. (41) P. Munro | Bing | 20.52 |
| 2. (53) S. Dugdale | Skip | 21.47 |
| 3. (57) V. Peacock O/40 | Clay | 21.54 |
| 4. (68) L. Lacon | Holm | 22.18 |
| 5. (69) H. Glover | Kghly | 22.19 |
| 6. (70) S. Taylor | Bing | 22.22 |

JUNIOR BOYS U/16

| | | |
|-----------------------|---------|-------|
| 1. (12) M. Buckingham | Holm | 18.46 |
| 2. (19) C. Heart | Burnley | 19.22 |
| 3. (22) M. Pierson | Holm | 19.38 |

JUNIOR GIRLS U/16

| | | |
|--------------------|--------|-------|
| 1. (91) L. Livesey | Chor | 23.32 |
| 2. (92) L. Kemp | Holm | 23.37 |
| 3. (105) A. Pyrah | LancsM | 24.07 |

URBAN BUNNY RUN THREE

Lancashire

CS/3m/500ft 19.04.01.

| | | |
|------------------|----------|-------|
| 1. I. Holmes | Bing | 17.28 |
| 2. J. Taylor | Bing | 17.37 |
| 3. R. Hope | P&B | 17.54 |
| 4. G. Devine | P&B | 18.17 |
| 5. C. Hart | Burnley | 18.25 |
| 6. W. Smith | Kghly | 18.29 |
| 7. S. Oldfield | BfdA | 18.32 |
| 8. P. Sheard | P&B | 18.35 |
| 9. C. Stead | Saltwell | 18.37 |
| 10. G. Wilkinson | Clay | 18.48 |

VETERANS O/40

| | | |
|-----------------------|------|-------|
| 1. (7) S. Oldfield | BfdA | 18.32 |
| 2. (14) J. Cordingley | Bing | 18.57 |
| 3. (26) R. Crossland | BfdA | 20.09 |

VETERANS O/50

| | | |
|---------------------|-------|-------|
| 1. (52) L. Haynes | Bing | 22.00 |
| 2. (72) M. Cronshaw | Unatt | 22.56 |
| 3. (80) S. Thompson | Bing | 23.21 |

VETERANS O/60

| | | |
|--------------------|--------|-------|
| 1. (82) M. Coles | Skyrac | 23.23 |
| 2. (109) R. Jaques | Clay | 24.42 |

LADIES

| | | |
|----------------------|--------|-------|
| 1. (33) P. Munro | Bing | 20.46 |
| 2. (53) S. Dugdale | Skip | 22.01 |
| 3. (57) L. Whittaker | Saddle | 22.11 |

| | | |
|--------------------|-------|-------|
| 4. (63) H. Glover | Kghly | 22.36 |
| 5. (71) K. Bailey | Bing | 22.54 |
| 6. (73) L. Livesey | Chor | 22.57 |

JUNIOR BOYS U/16

| | | |
|-----------------------|---------|-------|
| 1. (5) C. Heart | Burnley | 18.25 |
| 2. (15) M. Buckingham | Holm | 19.04 |
| 3. (19) M. Pierson | Holm | 19.12 |

JUNIOR GIRLS U/16

| | | |
|--------------------|---------|-------|
| 1. (73) L. Livesey | Chor | 22.57 |
| 2. (77) L. Kemp | Holm | 23.17 |
| 3. (83) D. Walker | Burnley | 23.25 |

URBAN BUNNY RUN FOUR

Lancashire

CS/3m/500ft 26.04.01.

| | | |
|------------------|---------|-------|
| 1. R. Hope | P&B | 18.09 |
| 2. G. Devine | P&B | 18.34 |
| 3. M. Buckingham | Holm | 18.34 |
| 4. R. Ward | Sheff | 18.38 |
| 5. P. Sheard | P&B | 18.47 |
| 6. I. Taylor | Kghly | 18.54 |
| 7. J. Mason | Bing | 18.56 |
| 8. S. Oldfield | BfdA | 19.03 |
| 9. A. Shaw | Holm | 19.07 |
| 10. C. Hart | Burnley | 19.10 |

VETERANS O/40

| | | |
|-----------------------|--------|-------|
| 1. (8) S. Oldfield | BfdA | 19.03 |
| 2. (11) J. Cordingley | Bing | 19.15 |
| 3. (23) J. Wootton | Wharfe | 20.27 |

VETERANS O/50

| | | |
|-------------------|--------|-------|
| 1. (38) S. Moss | Spenn | 21.33 |
| 2. (50) L. Haynes | Bing | 22.27 |
| 3. (60) P. Rogan | Wharfe | 22.54 |

VETERANS O/60

| | | |
|--------------------|--------|-------|
| 1. (83) M. Coates | Skyrac | 23.44 |
| 2. (107) R. Jaques | Clay | 25.03 |

LADIES

| | | |
|-------------------------|---------|-------|
| 1. (34) P. Munro | Bing | 21.18 |
| 2. (45) V. Peacock O/40 | Clay | 22.09 |
| 3. (48) L. Whittaker | Saddle | 22.19 |
| 4. (58) L. Lacon | Holm | 22.49 |
| 5. (66) L. Kemp | Holm | 23.09 |
| 6. (70) D. Walker | Burnley | 23.16 |

JUNIOR BOYS U/16

| | | |
|----------------------|---------|-------|
| 1. (3) M. Buckingham | Holm | 18.34 |
| 2. (10) C. Hart | Burnley | 19.10 |
| 3. (15) M. Pierson | Holm | 19.39 |

JUNIOR GIRLS U/16

| | | |
|--------------------|---------|-------|
| 1. (66) L. Kemp | Holm | 23.09 |
| 2. (70) D. Walker | Burnley | 23.16 |
| 3. (76) L. Livesey | Chor | 23.29 |

URBAN BUNNY RUN RELAYS

West Yorkshire

CS/1.75m/250ft 3.05.01

| | |
|----------------------|-------|
| 1. Ho-Lord | 26.35 |
| 2. Hawkins H | 27.11 |
| 3. Kewighley | 28.07 |
| 4. Yellow Gloves 15 | 28.15 |
| 5. Clayton | 28.23 |
| 6. Come on Bambi | 29.40 |
| 7. Mongrels | 30.52 |
| 8. Wadsworth | 30.54 |
| 9. Skipton Older'uns | 31.10 |
| 10. The Poodles | 31.29 |

LADIES

| | |
|------------------------|-------|
| 1. Strongest Link U/16 | 34.23 |
| 2. Bingley | 35.29 |
| 3. KayandSee Kittens | 36.22 |

FAMILY

| | |
|------------------|-------|
| 1. Wadsworths | 30.54 |
| 2. Peacy's | 32.04 |
| 3. The Mountains | 34.35 |

MIXED

| | |
|----------------------|-------|
| 1. Skipton Older'uns | 31.10 |
| 2. GB Team | 31.44 |
| 3. Grinning Goblins | 33.39 |

Kidnap Catastrophe K.O.'s Keighley Bunny runs marred by Mob violence

Fell-running, one of the last bastions of civilised behaviour in an ever-increasingly turbulent world has been hit by an unprecedented wave of crime, which has swept unheralded over the quiet Yorkshire town of Keighley, leaving the town shaken and appalled.

Well-known fell-runners and race organisers Dave and Eileen Woodhead were recently heavily engaged in attempting to salvage something from the Foot & Mouth outbreak by re-siting their series of Bunny Runs when disaster struck without warning.

On top of the hassles of re-locating the races, and informing the runners, it was with great distress and dismay that the Woodheads

discovered that their pair of extremely rare and valuable "Barnsley Brown" rabbits, mascots and perpetual trophies for the Bunny Run Series for a number of years, were missing. The Woodheads instantly contacted the Police, Mountain Rescue, Fire Service and Interpol and a nationwide search swung into action but to no avail.

Negotiations to free the 'Keighley fluffy ones' were put in motion and the National Rabbit Liberation Front was put on the case, along with Mrs. Woodhead's Private Dick, to find the men's and ladies rabbit trophies but still with no result.

Two days later the Woodheads were shocked to receive a ransom note and accompanying

horrific photograph which left them in no doubt as to the seriousness of the intentions of the fiends who had kidnapped the rabbits. Utterly distraught, the Woodheads felt they had no choice but to pay the ransom demand - as a tearful Eileen Woodhead said, "They were part of the family; they were both fully toilet trained and David had been teaching them to read. I can't understand how anyone could be so heartless!!"

The ransom was duly paid and the bunnies mysteriously turned up at Bunny Run One - however the perpetrators of this hideous crime are still at large and free to strike again! Who knows what atrocities such callous brutes may be capable of. The search by the Authorities still continues but, in an attempt to help, the Woodheads, now happily reunited with the rabbits, have issued the poster below. Please offer any help you can - fellrunning can do without this sort of dastardly deed and the sooner the culprits are brought to book the sooner innocent rabbits can sleep easy in their hutches.

REWARD

Eileen and David Woodhead would appreciate any information which will lead to the apprehension of the individual(s) responsible for the recent kidnapping of the "Barnsley Brown" Bunny Run rabbits.



If you have seen any individual in possession of and/or behaving suspiciously towards either of the two animals in the photograph above, please contact the Woodheads as soon as possible.

If this information leads to an arrest then there will be a Reward of Three Yards of Cadbury's Chocolate.

The Show Must Go On

by Norman Matthews

The foot and mouth problem has certainly dealt a devastating blow to our sport. I have heard all sorts of comments, from those fully supporting the farmers in their plight, to those who think that there has been an over reaction by closing down everything green. No matter what your opinion the truth of the matter is that we can't run the fells and we have to find other ways of keeping motivated and maintaining fitness.

For those of you who regularly run high mileages over the fells now is not the time to maintain such mileage on the road. If the outbreak keeps us off the fells late into the summer, unless you adapt your training in other ways there will be more than the usual crop of injuries around.

The cross training aspect is a useful means of maintaining your aerobic base, getting the bike back into action is the first move. I know that mountain bikes also don't like the road but climbing up good steep road hills can be just as invigorating as a fell if you put some effort into it. Those who have cycle turbo trainers in the garage are well able to do a wide variety of quality sessions, which if done with purpose and planning, can have near equal training effect to running the fells - although I must admit it's not as enjoyable. If you are fortunate enough to have the use of a gym or fitness centre, then it's a nice change to get stuck in to some of the latest machinery to get your heart rate up.

When looking at the many facets of training it's important to visualise the comprehensiveness of all that is required to become a better athlete and not just the time spent running miles. Yes, you can run well without having great speed, style or flexibility, but if you did have these extra qualities I can guarantee that you would run better. Perhaps now is the time to ease back on the road mileage and re-evaluate just what is required to become a better runner and if you are doing all you can to maximise your performance.

The following five elements are the basis for your running performance.

Speed - Strength - Stamina - Suppleness - Style

Speed. Most fell runners do little in the way of true speed work, only those enlightened in the ways of true progression venture on the track or do serious fartlek training. The adaptations that take place physiologically happen much more quickly when the pace is high; working at or around 90% of maximum heart rate over short distances is a great way to improve cardiovascular fitness. Dr Woldemar Gerschler - the renowned German coach - went one further by saying that an athlete could achieve in 6 weeks what would take 12 weeks of steady running to achieve.

It is not the speed of running that you are trying to achieve but the physiological improvement that this type of session brings. It is not necessary to wear a heart rate monitor or to be particularly clued up on times or distance - coaches do have many controlled sessions that are monitored by heart rates for their individual athletes - it is simply a matter of running short distances under 400 metres faster than your short race pace, with short recoveries - starting with about eight and working up to twenty.

Typical session: 8 x 200m @ 34sec? - 1 min rec. (200 metre time value 6 secs slower than fastest time) Working towards 2 x 10 x 200m @ 30sec? - 1 min rec.

3 minutes between sets. Ease into the sessions and do just one a week. Progression over many weeks is the key, adding a slight increase in stress with each new session.

Strength. You can never have too much strength, and in times such as these finding time for a leg strengthening routine will eventually reap rich rewards. You do not want to gain muscle mass but what you have got needs to be conditioned to respond to the demands of your sport and if that means climbing 3000ft in a race then additional strength work to cater for that can be a major boost to your form.

It does take discipline to do short hill reps once a week, or some form of regular leg strengthening exercise. Lunges, step-ups, single legs are all capable of enhancing your leg strength.

Stamina. There are ways to improve stamina without the necessity of doing a three-hour Sunday run. When there are no restrictions, taking to the fells for hours at a time is possibly the best way to gain race stamina - that's if you have the time. If you are looking for a less time consuming way, then long intervals can be very effective.

VO2 max levels can be increased considerably, again it means running quicker than usual. There are many sessions that can be used, the following is just one of them. If you can find a park or softer running it would be helpful.

First run at maximum speed for five minutes, and note the distance, rest five minutes, and then run the same distance 20 per cent slower. (six minutes). Take 30 seconds rest and repeat four times.. The pace will be approximately your 10k pace. Again ease into the sessions with progression to ten intervals. It will take a couple of sessions to find the right pace. Allow a recovery day either side of the session, with steady running.

Suppleness. There is no doubt that regular stretching should be an integral part of every runner's training regime.

The majority of runners have a few token stretches that they do before a race - more out of conformity than a commitment in preparing the muscles for rigorous exercise. Running fast or doing high mileage puts great stress on muscles and connective tissue; muscles contract thousands of times on every run, which creates a tightness that sometimes manifests itself later in pulls and niggles. Spending fifteen minutes stretching after a run - when the muscles have thoroughly warmed up - can be a welcome addition for staying injury free and maintaining a good range of movement.

Style. A good running style does not always guarantee a great running performance, but you can guarantee that a poor running style can certainly be detrimental. Both over and under striding waste energy, the biomechanics of a good running style not only show a good running action but also demonstrate an economical style. When you consider that on average an athlete running ten miles will have over five thousand landings per foot, carry this forward over the weeks and months and it is easy to see that any biomechanical problem - no matter how small - can over time create problems. This current lull in races allows you the time to have your gait checked by a coach and action taken. Small discrepancies in leg length, or over-pronating can easily be corrected with inserts.

This is also a good time to consider a well-cushioned pair of road shoes.

There are course other facets to a training regime, like mental preparation, body conditioning, diet and the use of rest within the training programme. All these elements are invaluable in giving a more holistic approach to your training programme.

So why not pause for a moment in your training - while you have the time - and see if you are doing all you can in becoming a better runner.

Enjoy your training.

Norman Matthews
FRA Coach

You don't have to have a stretch as well as this!!

Natalie White - the current British and English U/18 Champion - demonstrates what can be achieved with hard work.



Dark Peak Wrecks !!

by Julian Rank

From 1937 to 1963 sixty-three planes came to their end in the Dark Peak, leaving fifty-six crash sites, fifteen of which have been cleared, leaving little or no trace of disaster at all. Having known about one or two of these sites for quite some time now I was quite surprised when I got copies of "Dark Peak Wrecks books 1 & 2" by Ron Collier to find just how many sites there are. It didn't take long to figure out it would be one hell of a run to visit all the sites in a continual round, so I and fellow Holmfirth Harrier Andy Shaw decided to give it a go.

We began a three-year search for what was left and also began to link it all together in a continuous route - a route that looked like an 80 mile warm up for the Edale Skyline! So, after countless days, in all weathers, looking for anything that could once have flown we established a route which would give us 100 miles, 16000ft of ascent and some extremely rough terrain to deal with. As many of the sites are not close to footpaths or distinctive landmarks our navigation was to be tested time and time again. Support on this grovel was mostly provided by Cheryl, my wife (who knows all about our somewhat dubious ETA's) and my son Sean. They would be providing food and drink along the route at road crossings. With four colleagues from Holmfirth Harriers, one with his leg in plaster, to feed us on the moors, we couldn't fail!

Clad in thermals and wind-proofs we left the Great Western Hotel above Marsden at 10 a.m. into the low-lying fog and drizzle, just the sort of weather you expect in July. A quick out and back to the top of Red Brook Clough and our first objective, the remains of a Barracuda aeroplane lying among a few stones forming a simple memorial. Marsden is not the place to be hanging around in at any time of day so off down to the Wessenden Valley using the out and back leg of the Ian Roberts race and our first climb of the day to a Flying Fortress which crashed on Meltham Moor towards the end of WW2. The weather was not improving as we made solid progress, finding a good line through Issues Clough onto Holme Moss for our next two objectives. Onto the Holme Moss car park and a quick re-fuel, but where was our fuel? A quick decision to run onto the next wreck site was made and sure enough eighteen minutes later they had arrived. The reason for missing the appointed time? "I've nipped home to put a load of washing in". Suitably re-fuelled and knowing I would have a clean pair of jeans for work on Monday morning we continued.

We skirted around Black Hill down to Sliddens to find two Meteor wrecks. In 1952 the pilots of these two ill-fated jets saw a built up area through cloud. Thinking it was Leeds they flew through the cloud straight into Sliddens Moss - unfortunately they had seen Stockport. Heading west the weather was now on the mend, which was what we really needed, as our next few objectives could be quite tricky. After these, there followed a quick descent to the Chew road to meet Dave Overend with

refreshments. He said, "I'll be wearing my Holmfirth vest". From our vantage point on high we could only see one person in the right place, clad in black. It was not until we got closer that he ripped open his jacket, Superman style, to reveal his amber Holmfirth vest. Refreshed, we bid Dave farewell and with a click of heels and a flick of his cape he limped off back to the car park.

Next followed the climb up to Whimberry Stones and the tragic point at which a Dakota struck the ground en-route for Manchester airport, killing twenty-nine. More bog-trotting now past the next few sites and a memorial to three Polish pilots who flew their Hurricanes into the hill-side above Longdendale together in poor weather. From this point we could see our support vehicle on the Glossop road and our first real stop and feed.

Well within our loose schedule, we moved on up Bramah Edge. Andy's ribs were still together, as it was at this point last year when things



"On the way past James' Thorn."
(Photo Pete Hartley)

started to go pear-shaped. We passed the fragments of a Beaver plane and carried on running into Torrside and across the Pennine Way. Over to James' Thorn and the second Lancaster of our trip, marked by a memorial stone to this and the Dakota Skytrain located 200 metres to the east. We picked up the Shelf Moor race route to the mother of all Dark Peak wrecks; "Over Exposed". A USAF Super Fortress, the scene of many small memorials and wreckage scattered over a wide area. It was here, in this scene of violent devastation that silent thoughts for all those killed during the war years crept up.

As we leapt in and out of the many ravines on Bleaklow we caught the sound of Jimmy Hendrix! I've heard of people seeing ghosts up here, but those of airmen, not rock stars !! We came across a group of youths looking for

Crowden, obviously doing the PW but well off track. We set them off on a bearing for Torrside and off they waddled to the tune of 'All along the Watchtower', I wonder if they ever made it? Several wrecks later we were heading east. The clag was forming again and it was beginning to drizzle but we were only minutes away from the top of Cut Gate and more sustenance. Arriving there we found the bag of food and drink under the cairn left by my old mate Pete Dolan and downhill sharpman Keith Wild. The food and drink were quickly despatched on the way up to Margery Hill. By now the clag was rolling around and great care was needed navigating to the Sterling on Upper Commons. We then ran on to the Strines road over our first few miles of welcome, easy running on Landrover tracks. Out onto the trig on Whitwell Moor and our third no show. With no reference to work from we used the trig as our marker.

The time was now 9.10 p.m., eleven hours and ten minutes into the run. Darkness was falling fast but the Bleaklow section had almost been conquered. As we made our way through the fields onto the Strines road we found our support duo parked in a lay-by under trees. After a change of clothing and the usual high carbohydrate intake, washed down with hot tea, we slipped into the darkness feeling full and quite weary as the rain rattled all around. But now the next few sites were all cleared, hence the 10.00 a.m. start time, giving us no wreckage to search for during the hours of darkness, just the pre-determined points closest to the crash sites. We eventually stumbled off the moor looking like an episode from the X-Files. A short jog to where the cattle grid used to be at the A57 end of the Strines road for a quick drink and the realisation that this unforgiving 8k section had taken two and a half hours. From another cleared site we dropped down to the A57 at Surrey Farm. It was raining here last year as well when we called it a day on our first attempt. With the rain abating, the dawn chorus beginning and the sight of our support duo, the feel good factor was starting to glimmer after a really awful night out.

The next piece of this romp was a very runnable trip out into the White Peak, as on White Moor Edge a Wellington bomber crashed in thick snow, failing to detonate its bomb load. The site was later cleared. Turning round a small tree at GR270770 we began our run for home. Back into the Dark Peak across Burbage Rocks to yet another cleared Wellington. The site lies so close to the road that retrieving it would have been no problem. On to Upper Burbage Bridge, to find our support trying to convince a Park Warden that they had not been camping overnight. Just as their explanation looked to be coming apart at the seams we slipped into view. The warden explained he was just doing his duty and drove off in disbelief. Our next objective was a Vampire jet, which hit the rocks on Stanage Edge in 1957. After reaching the point where a small piece of wreckage lies near the path, the

run off down to Jarvis Clough should have been straightforward. But now we learned a valuable lesson, the need for a map even on a short journey is a must. We ended up spending thirty minutes longer on this section than anticipated. Back on the A57 to the Ladybower reservoir and the hours were beginning to take their toll on Andy's hamstrings. After a short rest and re-fuel the sight of Kinder gave us both a lift.

The descent down to the Snake Pass via Rowlee Farm brought back what life there was to Andy's legs but our penultimate feed was slow. We left for the climb up to Madwomans Stones some twenty-four hours after we had started. No sooner had the stones come into view than the whole area became enveloped in clag. Again time was eaten away finding the two adjacent wrecks of the Wellington and Halifax, trusting our compass needle and not our instincts. Now the rain which had accompanied us most of the way had driven away the clag. The knee deep water was a clue to how much rain there had been over the weekend. We ran into Barber Booth for the last big re-fuel and the meeting with Mick Armitage who had volunteered to meet us with drinks at the top of Jacob's Ladder.

In the thunder and lightning we were escorted along the half mile of road towards Mam Nick by our faithful duo, the last time we would see them before the finish. Our line up Rushup Edge took us neatly past three cleared sites; an Oxford close to the road, a Hampden on Lords Seat and our only Spitfire right on the very top of Rushup Edge. Using the stile as our marker we picked up the Skyline route with a short detour to the scraps of a Thunderbolt. The run up to Brown Knoll was quite dry considering the rain, which was now clearing, though our pace was slowing as we had been on the move for twenty-eight hours. We took food, drink and encouragement from Mick and slid under the Swine's Back to the Cloughs. A careful start revealed a sheep trod which took us out below Crowden Tower, the site of a cleared Blenheim. The pain in my right knee, which I had kept at the back of my mind from Brown Knoll, was now starting to be a problem.

We were now beginning to steam, along with the peat, as summer had now arrived with a vengeance. Hopping from rock to rock to Kinder Downfall, I was just able to keep up with Andy who was setting a good pace. With the end in sight, the remaining pieces of a Hampden lie so close to the path above Cluther Rocks that no deviation was necessary. Following the PW to the eastern end of Kinder we passed the point where two Sabres hit each other. We climbed up to Mill Hill and the large pieces of the Liberator which belly flopped here in 1944. Our last pieces of aircraft wreckage and the feeling of euphoria, which we had been holding back for the last few miles, was beginning to show. We met our support team and, after emptying a can of freeze spray on my knee, we ran and grovelled to the top of the Monk's Road above Glossop. Somewhere in this area a Mustang crashed on private land, with no grid reference to go by we used the lay-by as our finish line.

After thirty-one hours and sixteen minutes without alcohol we were swiftly transported to the Grouse pub to raise a glass to our friends and family who helped make this epic a success; an epic which also raised approximately £1300 for Yorkshire Cancer Research.

New Yorkshire Junior Championship Race

Sunday 16th December -
The 12th Stoop

Junior races all £1 on day only as follows :-

Under 9 and Under 12 - 10.30 a.m. - 1 mile.

Under 14 - 10.30 a.m. - 2 miles.

Under 16 - 10.30 a.m. - 3 miles.

U14 and U16 - medals to the first three boys and girls.

Under 18 and Intermediates run Senior Race at 11.30 a.m.

Medals to first three men and ladies in both age categories.

Black Forest Teenager Games Trial Race

Because of the Foot & Mouth outbreak the Trial Race for the Black Forest Teenager Games will now take place in Kendal on the 24th June. The start time will be 1.00 p.m. and the venue will be the Old Sedbergh Road (Greyhound) a quarter of a mile west of the Castle Green Hotel towards Kendal Town Centre.

The course will be 1.2 miles and 165 metres of ascent - uphill only and all on tarmac road. Entry will be £2 on the day only.

For further information contact the Team Manager, Pete Bland, on telephone numbers 01539 731012 or 01539 821688.

Foot and Mouth in Scotland

by Keith Burns

The Scottish Highlands have mercifully escaped (to date) the worst effects of both the virus spread and access restrictions. The race programme was largely cancelled as an initial precaution. At the time of writing we are attempting some limited and cautious reconstruction, including a salvaged championship series if we can. For up to date race news try Dick Wall's valuable notice board at www.whillrunning.com - which hosts his Foot in Walsh campaign. For the latest information on the access situation try the excellent Mountaineering Council of Scotland site at www.mountaineering-scotland.org.uk/news/fam_update.html

The interesting thing about the reopening of access to the mountains is the way the big private estates have led the way in the north compared with Jurassic organisations like Scottish Natural Heritage and the Nature Conservancy. The private estates have a healthy interest in getting us all back into the hills of course because they tend to own the hotels, restaurants and guest houses as well. The best example of this to my knowledge was in Assynt, where at Easter, private estate owners provided designated access points with footpaths and welcome notices. By contrast, the Stac Pollaidh National Nature Reserve continued to bar access, for no good reason, to what must be the most spectacular pocket mountain in Britain.

If you're fed up with pounding the roads, come and run in the Highlands, where the Scottish Tourist industry is learning, now even faster, how to be nice to visitors. Make sure you put all your smelly kit through the wash first and give your shoes a good disinfectant scrub to avoid trailing F&M all the way up from your neck of the woods. The situation in the Southern Uplands is similar of course to Cumbria.

Believe it or not ...!!

Pudding & Bramble can't tell the time !!!

This was proved at the Wither Wood Welay Wace. Neil Denby had given his instructions - "Up the track to the stile, turn left and make a clockwise circuit of the wood". Off they went with C... S.... of P & B in the lead; by the time they reached the stile he was well in front and really motoring. Over the stile and the chasing group caught up with the bemused Pudsey runner standing stock-still. "Which way's clockwise ???" he asked, just as the field tore past him.

Oh well, maybe all the timepieces in Pudsey are digital, or then again

Dr Martyn's Problem Page

The magazine is often inundated with letters seeking advice and help on matters ranging from the athletic to the downright pathetic. In order to offer at least some form of limited solace I have asked a friend, a person I know to be second only to the late Mother Teresa in his capacity for kindness to their fellow man, to respond through these pages.

To be given the opportunity to advise and assist is a humbling request and one I was hardly in a position to turn down. After overcoming my initial surprise at being asked to take on this role of erstwhile "Agony Aunt" I began to critically assess my suitability for the job. My links with extreme right wing political groups were suitably balanced by my ability to make a nut cutlet, and I had addressed several letters Ms in the past. (Although at the time I just laughed it off as poor spelling). It was clear to me that I could see reason and both sides of the argument and what I lacked in sensitivity I could make up for with rudeness. I was slowly convincing myself that I was right for the role. My confidence fully established I decided to accept the challenge and establish a pseudonym for myself at once. I concluded on Dr Martyn's as it conveyed images of the caring and professional approach of the medical profession, whilst retaining a hint of skinhead's boot – balance you see is everything.

No motivation

Dear Dr Martyn,

For the past few years I have struggled with fitness for various reasons and I now find myself overweight, not running, and drinking and eating too much. Try as I may I cannot find the motivation to return to training and ultimately racing. Can you help in my quest for motivation?

Martin from Darlington

Martin,

An all too common occurrence I am afraid. Was it injury? Young children? Pressures of work? Just a few of the more common excuses used for the origins of this problem. My advice is to stick with the eating and drinking, you were probably a useless runner and I suspect you will be vastly more successful as a lardy.

Pre and Post Race Toilet Facilities

Dear Dr Martyn,

At the risk of waxing lyrical am I the only one who misses the days of the great toilet debate?

Elsan Raccasan

Elsan,

A lid best left down.

The world's most important and hardest job

Dear Dr Martyn,

As a teacher it is universally accepted that I have the world's hardest and most important job. And on top of this I now find my six weeks' summer altitude training abroad is becoming increasingly expensive. Do you know of a cheap way to travel overseas during the school holidays or should I start a campaign to get subsidised flights for teachers? God knows we deserve them.

Karntdo Soteach

Karntdo,

This year will sadly be remembered for the reduction in the number of bleating sheep, fortunately from a purely audible perspective it is amply compensated for by the teachers.

No water stations

Dear Dr Martyn,

My husband and I have been regular joggers for many years now and regularly train on the roads around our property. Whilst by no means elite athletes we do have our own treadmill and a sub 6 hour London Marathon to our credit, and accordingly we consider ourselves to be not unfamiliar with athletic endeavour. Whilst visiting the Lake District last year in a search for a suitable weekend home, an advert for a local "Fell" Race caught our attention. Complaining is not our wont but on this occasion we feel we must. The organiser, and we use that term lightly, appeared to be totally unfamiliar with the requirements of staging an event. The car parking was far from adequate, the course was muddy to the point of being dangerous and the complete lack of water stations was nothing short of scandalous. If this wasn't bad enough can you imagine our horror on discovering that medals for finishers were not provided. It's hardly surprising that you don't get many entrants in these races, our training shoes were still stained with mud after two washes. Suffice to say we won't be entering again.

Julian and Glynis

Dear Sir and Madam,

It is with a sense of virtually no sadness that I discover that you will not be returning to the world of fell racing, but knowing the resilience of the human spirit I feel sure that the fell running world will somehow come to terms with the news.

Inconsiderate elitists?

Dear Dr Martyn,

As an elite runner who often warms down by running back up the course I was dismayed to read in the last *Fellrunner* that my actions cause distress to others still racing. I can only say on my part that no slight was intended and in future I will be more sensitive to the issue.

Good Runner

Good,

Personally if I ever finished a race with sufficient energy left to run back down the course, I would do so singing, "I've finished - you ain't, you ain't!!" at the top of my voice in an annoying football anthem type of way.

Thank you for the pots

Dear Dr Martyn,

I was delighted to read the appreciation of Neil Denby's efforts as the former editor of the *Fellrunner* magazine in the last edition. Very much a case of praise where praise is due. However, I was amazed at the lack of mention of his skill as a potter. I for one have a super set of blue cups, bowls and dinner plates, all signed by Neil, from which my family and I have received a similar duration of excellent service.

Tim

Dear Tim,

Come to think of it I have a set of his coffee mugs.

Benefits of cross training

Dear Dr Martyn,

I have been struggling all year with my training, no matter what I seem to try I don't appear to be making any improvement. I am toying with experimenting with cross training but confess that I don't really know where to start. Can you help?

Anorak Trainer

Dear Anorak,

Of course I can help and don't be afraid, you are not alone in your desire to try this form of training. My advice is to start off lightly with a couple of sessions, say twice a week, utilising nothing more than a pair of socks or gloves and hat. Then, when you feel comfortable with this, move up to a T-shirt or pair of shorts, possible for some midweek speed work. I am sure that in no time you will be reaping the benefits of doing your hill reps in sports bra and matching comfortable lady's pants. I know it's worked wonders for my own training, providing inspiration to train where previously there was only apathy. Please let me know how you get on?

Engineers?

Dear Dr Martyn,

As a medical man I wonder if you could answer a question that I have been having with a colleague of mine. It relates to the origin of man, and in particular to who designed him. My friend, an electrical engineer by profession, swears blind it must have been a fellow electrical engineer due to the highly complicated network of electrical impulse utilised within the brain and nervous system. Whilst I on the other hand claim it to be a mechanical engineer, due to the breathtaking array of joints and complex moving parts within the body. Can you resolve our dilemma?

Zafira Mann

Dear Zafira,

I am sad to say that I have to disappoint you both. It was in fact a Civil Engineer. Who else would run a toxic pipeline through a recreational area!

Foot and Mouth Disease – Further Down the Line

by Chris Knox

A huge thank-you to all our membership and especially race organisers for help, co-operation and understanding through this crisis which has had, and will continue to have, such far-reaching consequences throughout the British Isles.

The first difficulty with this article was how to approach the evolution of an outbreak into the uncontrolled epidemic we have endured since February, whilst being assured (apart from a couple of days in March) all the time that the disease was under control.

The second problem was how to avoid some political bashing when minister after minister started telling us all that the countryside was open, confirmed weeks later by Mr. Blair, our Prime Minister, speaking from the City of York, then later from Durham City to prove that indeed the countryside was open. This all having been preceded by government information indicating that all footpaths, bridleways etc. along with all the national parks were closed - full stop.

The last problem was how to conclude the article when writing at the end of April with the current factual situation still being so unclear. Changes have been occurring throughout each day to official information altering previous "facts" the reader must bear this in mind when reading it a month or so later. Here goes!

The graph is a way of starting with the good news that indicates Foot and Mouth cases peaked in the middle of this period, the end of March, eliminating the jumps caused by changes in reporting times for outbreaks from MAFF. Two days on from creating this chart, 23rd April, outbreaks are still dropping close to single figure numbers. Projecting figures from this chart, which must be stressed is only an indication of the current picture, we could be down to literally one or two cases per week by mid May and clear of all cases by the beginning of June.

However don't get too excited, normal access onto the upland regions, especially Cumbria and Wales, may take months longer.

Back to the start, the first case of this outbreak, publicly confirmed, was on February 21st, in Brentwood Essex. Pigs in an intensive fattening unit were displaying classic FMD symptoms - blisters parting the hooves from the flesh, blisters in the mouth, no appetite, unwilling to stand or move - very unpleasant. Similar findings were found in an adjacent abattoir, case two. Farmers in the North were told not to panic, there was little chance of this local outbreak spreading beyond Essex, (I think the NFU spokesperson will regret that one for sometime) export movements were halted but national movements carried on until February 24th. At this stage subsequent cases were found in Northumberland, Welshpool, Cumbria and Devon, apparently at random.

Analysis of first casualties confirmed that FMD occurred around February 13th in Northumberland after diagnosis of stock sold and transported to Essex. Other stock was sold through markets in Cumbria, Wales and Devon, often using the same transport company over the following three days and hence onto numerous farms in each area.

Mission accomplished for the virus.

Several theories have been promoted regarding the origins of the virus getting into this country - by the time this article is published we may know which, if any, is correct.

Perhaps an immediate ban on all stock movement when the first case was reported would have helped, however everyone can be wise after an event, so why recommendations published by government in 1968 after nine months of analysis of the 1967 epidemic were not followed beats me.

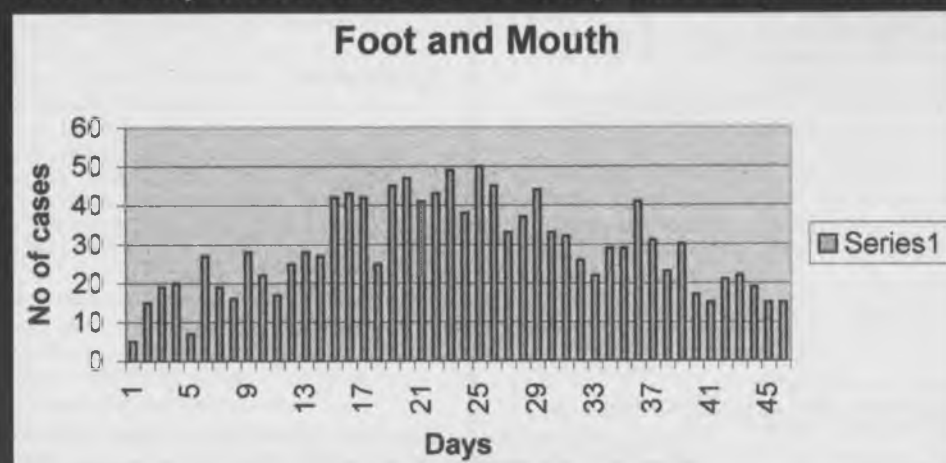
However, as the disease spread, we were reassured by the Ministry of Agriculture Food and Fisheries (MAFF), that they were in control and measures taken should prevent secondary infections from erupting. MAFF were tracing all the primary contacts and were also confident that this would not become an epidemic.

Despite this I consulted with Dave Jones recommending that the FRA advise race organisers to postpone events from the 24th for a couple of weeks to avoid being seen as irresponsible if the disease spread further afield. Ilkley Moor race was the first casualty, the Harriers had put a lot of time and money into the race knowing they would attract a large entry, it was a tough decision to cancel at such short notice.

Nearly all the cases up to the 2nd March had been primary infections, i.e. traceable contacts, a peak of outbreaks emerged as predicted on the following weekend, tailing off on the Monday and Tuesday.

At this stage a blanket closure, on access, was in force for the mandatory 21 days finishing on 19th March. I wrote to Dave Jones on the 6th with a positive outlook on access in unaffected

Trend of daily recorded outbreaks for 46 days from 6th of March 2001.



areas being restored after 14 days without any new outbreaks. Via MAFF information I understood that since the initial outbreak, very few animals had got beyond the developmental stage of the disease, control measures were working. Races were postponed up to the 18th March, the first English Championship race, Half Tour of Pendle 24th March, still looked possible

On the 8th of March I sent the following
E-mail :-

To: Dave Jones, INTERNET:
davejonesfra@barclays.net

Date: 08/03/101,21.36 PM

Re: FMD

Dave, the spread of the virus has not been contained, my car, staff and students are impounded on the campus because we have an almost certain case in our dairy herd. Two of us were off campus lecturing at a school, then barred from entering on our return. No contact with anyone or anything has been made with the herd (which is indoors for winter) other than dedicated farm staff. We can only presume that this is an airborne outbreak, yet to be confirmed, one of many throughout today.

I am coming to the conclusion that this may last for months rather than weeks, a worst case scenario, and that I may say some prayers before bed tonight. I hope I can find something more positive to say after tomorrow,

Chris

I make no apologies for including this because it summed up just how I felt after assuring many runners that things weren't too bad, the ministry (MAFF) had put control measures into place which we, as previously mentioned, were assured were working. Calls were made for the Army to be brought in to assist MAFF.

At this stage BBC Radio Cumbria had started putting in an occasional 'Foot and Mouth Update' slot into their schedule. By the end of the week the situation was changing so rapidly that information was being put out every hour, compiled from a mixture of anecdotal sources and 'official' information. Without this service it would not have been possible to

generate a true picture of the local conditions to counter the exaggerated picture seemingly being generated from the national press although, yes, towards the end of March Cumbria had 50% of the national total of cases, all occurring in the North of the county. True also that pyres were burning from Penrith through to Carlisle and onwards to Longtown, speed restrictions and headlights were often needed on the motorway, the stench of rotting, burning flesh seemingly everywhere. In fact being in the central Lakes or the south and west of the county there has been little to see, except numerous disinfectant mats and sealed wagons piling down the motorway through Lancashire to Cheshire and the rendering plant for disposal of carcasses not burned or buried. More questions on why the Army were not being used by March 10th, by March 17th practising county vets' advice on tracing animals was being totally ignored, as was the acknowledged world expert on FMD, Professor Fred Brown. Utter confusion with reasoning to slaughter healthy stock, hastily revised to exclude cattle. Worries expressed in some counties that local elections could not be postponed except by Government, rumours of intended General Election started to appear in the press.

The FRA decided that the rolling programme of postponing races was futile and intensive work, all races in the calendar would be cancelled until further notice, information would be put on the FRA web page and a press release to Athletics Weekly. AW, however, still included Fell race fixtures as being on - thanks, AW.

The damp, grey weather compounded the feeling of depression around the county, until the cold wind, regular frost and frequent snow showers turned the hills back into brilliant white. Blue skies and bags of sunshine, not a visitor in sight and absolutely no access off the road, unless that is you play golf or race horses. Rugby matches were cancelled in sensitive areas but football, apart from local leagues, was OK to carry on. Cycling and running road races were cancelled on MAFF advice, yet MAFF also advised that cycling, running and walking on tarmac in the countryside posed no threat to nearby livestock, so long as safety guidelines were followed.

This confusing state of affairs was no better for the farming community who were receiving conflicting information as to what would be slaughtered, when and how long it would take to remove carcasses. What could be done after all stock had gone?

Easter came with a vast amount of commercial pressure to open up some footpaths and areas of countryside with no livestock in. Risk Assessments done, paths, parks, lanes and forests started to open, but most car parks in rural areas remained closed. Mr. Blair's message that the countryside was "open for business" didn't seem to have been heard by many people, the Easter rush just didn't happen. It may be better to say that businesses in the countryside are still open, but hurry up to use them while they are still there, otherwise they may be gone forever

As I finish this article, it looks as though we will have an election in June, FMD is no longer national news, nothing radical will happen from Government or opposition because they will have far more important things to do than actually look after our welfare or run the country. There have been suggestions that we should be actively pushing for removal of restrictions in England and Wales, because large areas of Scotland are now open and a couple of events have taken place. Race organisers need permission from landowners/farmers to stage events, therefore the FRA must wait patiently and members should check our web page for any information, or pass on information if they hear of areas opening up. Nationally, in the region of 6600 farms have already been cleared of stock, many farmers will cope, some will not, tread carefully when access is regained.

The FRA were going to attend the Lake District National Park 50th birthday celebrations on 7th May with a stand (Pete Bland Sports) and an event, but due to a proposed demonstration against certain Park officials and lack of anything for us to celebrate in this climate we are not going to attend. Some sections of the press are trying to drive a wedge between farmers and the tourism industry, with stories of vast riches being made by rogue farmers while other businesses die on their feet. Let us hope that this passes us by and life can go on.

When restrictions are lifted, how many of us will be in fit enough shape to cope with the rigours of say Borrowdale? Peris Horseshoe? Or the Pentland Skyline? Think about your own training, there could be a lot of us, and marshals, at risk on these long events - be prepared to suffer.

Letters, views, opinions, etc.

Nine-month rule - time for a change from Tony Hulme

Having been involved in various disciplines of running for the past 30 years it has often seemed to me that one of the most contentious and frequently discussed rules is the nine month rule when changing clubs, which seems to create needless paperwork and endless hassle.

I would therefore like to propose a rule change for the AGM to fit in with the fell running season.

Some words may need to be altered but the basic principle could be as follows:-

A runner may change clubs during December of each year, with the change to come into operation on January 1st following. They may count for their new club in all team competitions and for no other fellrunning club (no exceptions).

The above subject to having paid their subscriptions to their current club and notifying the relevant FRA officer of their intentions.

I imagine there could be some controversy, as it would be out of line with the rest of UK athletics, but it could be a good chance for them to observe how it operates.

I am sure the wording will need some fine tuning so anyone with constructive criticism, etc. - all views welcome.

Tony Hulme, Running Bear

The Registration Debate from Ian Campbell

May I through the Fell Runner take the opportunity to respond to some of the debate published in February relating to the North of England AA Registration Scheme introduced just 12 months ago.

Representing my Club, Clayton-Le-Moors Harriers, I, along with others, attended most of the Road Shows and debates leading up to the proposal at the 1999 AGM of the N.of E.A.A. to introduce such a scheme. The proposal called for a fee of £3 per competing athlete and despite the pleas at that A.G.M. by representatives of Clubs, including myself, the proposal to introduce a scheme was carried. A short time later resistance came from some 38 clubs within the North and eventually, and probably to starve off an E.G.M. the N.of E.A.A invited some of the more vociferous representatives, including myself, to attend a Working Group at their offices in Leeds to reconsider the methodology.

I attended and hoped that I could also represent Fell Running as well as Clayton-le-Moors.

The Group after some long and often heated debate finally agreed to recommend to the N.of E.A.A Committee to reduce the Registration fee to its present level of just £1 per member. The scheme was duly introduced in May 2000.

The reasons for the scheme were quite properly reported in the last Fell Runner so it is not necessary to revisit that area. What is important is that all Clubs continue to monitor closely the activities of the N.of E.A.A and ensure that the extra income is proportionally spent for the betterment of all areas of Athletics within the North and that must definitely include our own discipline of Fell Running. Let's also not forget, of course, that we are not an isolated discipline with closed doors and that the majority of Fell Runners also compete in other disciplines, such as Road, Cross Country and a smaller number in Track & Field. I can certainly recall that former World Mountain Champion Martin Jones from Horwich also represented England in the Commonwealth Games 10,000 metres, and many of our present top Fell Runners figured well in the recent National Cross Country at Durham.

Just one year into the scheme it is difficult to make a definitive formal judgement of the N.of E.A.A 's performance in how they have used that extra money for developing our sport, but Fell Running needs to be proactive in ensuring that the proper financial benefits are directed towards the future of our sport. The sport can be reflected by a pyramid of

competing athletes - at the base there is the majority who just enjoy their running and competing or running on the Fells gives them added pleasure, the next tier is the category of good club runners who compete and represent their Club teams week in, week out. The third tier is probably the most important, those who are just below International standard and this includes our up and coming juniors, and the top tier is in the minority, namely our top stars who are already representing their Country in World, European or International events.

The direction of some of the new funding should certainly be aimed at promoting our future, developing the sport, providing better coaching, better facilities, and ensuring that our future stars develop in a meaningful way and leading towards International level, and hopefully honours. There is no doubt in the past some of our top Fell Runners have succeeded, probably in spite of National bodies rather than with support and encouragement.

Let's not spend time bickering and objecting to spending the equivalent of half a pint of beer on the Registration Scheme each year. Let's work collectively to ensure that a proper accountable proportion of the funding is put back into Fell Running and look forward to the time when our discipline can be truly recognised by our National and Regional Associations. Only time will tell if the Registration Scheme is proving to be worthwhile but the Fell Running fraternity can certainly assist by continuing to lobby Officials and supporting the F.R.A. Committee in its approach for funding. But such requests must be submitted in a proper based financial and business proposal - it is no use going to any National or Regional body asking for funds if there are no real proposals put forward as to what you are going to do with the money if or when they've given it you. There must be accountability on both sides or next time the application will not be successful.

One final point is the question of 'unattached runners' competing in fell races. The rules of UK Athletics are quite clear that athletes resigning from Clubs must join another Club within a limited period of time. This does not seem to be addressed in Fell Running and instead of encouraging the Club system we actively pay disregard for the rules. I also question the issue of insurance cover and liability for such unattached athletes who may be in breach of the UK rules. Might I suggest that the question of unattached levies is again discussed by the F.R.A. and that if such levies were to be recommended and introduced then a formal approach is made to the Committee of the N.of E.A.A for any such funding to come directly back into the Fell Running discipline. This could provide some additional funding and at the same time encourage individuals to join or rejoin their local Club.

In concluding you can rest assured that I for one will be closely studying the next balance sheet from our Regional N.of E.A.A to ensure that the money paid in Registration Fees by members of my Club is properly accounted for.

Ian E Campbell, Chairman, Clayton-Le-Moors Harriers

Boulsworth Hill Race - the spirit of fellrunning

from Jacqueline Carter

On 20th January I ran the Boulsworth Hill Race, as I did the previous year, but this year I was last, despite having someone with me all the way round (or most of it !). The marshals were great, they kept me going. Another chap was running home over the moors from the top of Boulsworth Hill and he really needed to get off but he stayed with me until the next marshal, slow as I was.

I would just like to say what a well-organised race it was and to give a big thanks to all the marshals - see you next year.

And, by the way, it's not the finish I dislike, it's the start at the bottom - everyone buggers off and I'm still standing there !!

Jacqueline Carter.

Dunnerdale Parking Problem

from Jane Hornsby

In this day of the motor car, we at BCR are concerned about parking problems that have arisen more and more frequently, especially at our annual Dunnerdale Fell Race, which is held every November.

After complaints from locals following the race in 1999, we planned ahead for the year 2000.

Well in advance we warned off local residents, informed the police and the milk collection tanker driver and, on the day of the race, taped and coned off essential passing places on the narrow road leading to the event start. In addition we organized extra parking in a local farmer's field and placed a 'nanny' note in the FRA handbook requesting competitors to follow any parking directions. Our efforts on organizing parking earned us compliments from all concerned prior to the event.

All this hard work however, was jeopardized by the ten cars or so which had chosen to park in, and therefore block off, the clearly marked passing places, in several instances moving the traffic cones to fit their cars in. I suspect that the culprits were either late-comers rushing for the start or persons too lazy to walk the extra distance.

Race competitors must realize that these events frequently depend on the goodwill of the local community. Inconsiderate behaviour such as this, spoils the reputation of the organizing club and can place organizing officials in danger of police prosecution, as was the nearly the case in 1998.

If runners are late they must pay the penalty by parking further away as directed by parking marshals. For the vast majority of the competitors, who parked sensibly as instructed, a big thanks in helping to keep this race on the calendar.

Jane Hornsby, Club Secretary, Black Combe Runners

Championship Medals

from Martin Hirst

Re the Championship Medals issue and "What do our members think?"

Personally, I think that this is just the tip of the iceberg of problems as a result of the UKA/NoEAA set-up. The less we have to do with these people, the better.

What would it cost us to "go it alone"? I would far rather give £5 to the FRA than £1 to UKA.

If the costs of "going it alone" are reasonable then let us have a referendum; in any case I would much prefer to pay my £1 direct to the FRA!

Martin Hirst, Denby Dale Travellers

Borrowdale Fellrunners

from Andrew Hinde

We are all impressed with the achievements of Borrowdale Fell Runners ("Fellrunner" Feb. 2001). However they are not the only small club with unfeasibly large egos. Settle Harriers have even fewer members than the imperious purple cohort, numbering a select 24 seniors (14 on active service - 10 currently in detox) and a dozen juniors.

Borrowdale may have one well known and admired "big lad", but we can boast of almost 33% competing in the "heavy weight" division for Settle **AND** we've got more slap heads, ginger nuts and bandana headgear problems in our club. We've got louder club vests and our token woman is better looking than Cher.

In ten consecutive years competing in the Calderdale Way Relay we have yet to be beaten by Borrowdale. We don't need to bus in talent from outside the parish either and, what's more, we could drink them under the table!

Regards

Andrew Hinde, Hon Pie Sec. Settle Harriers

P.S. Settle juniors have been FRA Junior Team Champions for the last two seasons, an achievement that has gone completely unreported in "The Fellrunner".

Many of us have favourite runs we never tire of - some of them are regular outings near home, others are old friends situated further away which we may only do occasionally but look forward to immensely. Others, again, are a bit more challenging but, given the right frame of mind, are extremely rewarding - it is one of this last category which Stuart Smith writes about in the article below - I've never done the circuit he describes but after reading his article I think it might just feature in a future visit to the Lakes!

Round of the Four Passes

by Stuart Smith

Friday night, up to the ever beautiful Borrowdale valley made even more so by the addition of an icing sugar coating of the tops with snow, emphasising the gullies like wrinkles on an old man's friendly face.

The weather forecast in the pub predicted -1c at 3,000ft and wintry showers later on in the Saturday afternoon and surprisingly, unlike the famous 'Fish' forecast, it came true. Saturday morning dawned bright, cold, clear and gave a great tingling feeling in my toes, mainly because I was bivvying out next to the river and had to banish my Walshies and socks downstream/downwind.

The four passes in question are an eighteen-mile scenic circuit from Borrowdale YHA over Sty Head, Black Sail, Scarth Gap and Honister returning via the old road. After a bit of phaffing in the car park as to wear longs or short longs, along with a bit of head scratching as to what sustenance to carry i.e. exactly how many wine gums to carry before they would make me tipsy and if I needed a full bottle of water or not. As I was to be an unofficial entrant, which meant I was on the same paths but not taking on fuel at the check points I had to think a bit more, hence the head scratching!

Eight of the clock came along and the first of the official entrants i.e. the one's who had paid, were set off and so on every fifteen minutes after. The first of the joggers were to set off at ten o'clock and the runners at 12 o'clock but due to my economical enforcement of *persona non grata* I could be anarchistic enough to set off when I pleased. So after reading the forecast through the haze in the pub earlier, I decided to set off at 09:47. Not even in line with the quarter hour interval of the others ..oohh! This of course meant I had an empty track in front of me and free reign as to where I went so then I decided I needed to jog back and pick up a map, 'cos I'd forgotten it due to my fallible phaffability. Off again at 09:56 I jogged along toward Sty Head via the Allerdale Ramble route looking over at the earlier starters who had chose to travel down the road. Still through the farm I looked over at the line of bobbing rucsacs who insisted on the right hand side of the valley. This would mean a scramble up Taylorforth Gill later on, I think my route the better one, but then I would. On the climb up to Sty Head Tarn there were a lot of familiar faces to talk with which quickly turned into backsides to shout at as people disappeared into the distance. Again I made a mental note to do that training thing sometime. Jiggly jogging dropped us down to an intricately walled Wasdale, which was surprisingly still and warm. A quick turn-around as my mate checked in and off again uphill toward Black Sail pass. Passing me jelly babies, then passing me altogether, lycra tights on females make male runners do that uphill. **NB** try training malarkey sometime Stuart! I thought my eyes were playing up due to the incline but it was snowing and getting heavier as we rose up the newly laid path. A sad but inevitable dichotomy of a fact that paths have to be placed to preserve places that are geologically gravitating anyway. The wind had got up along with me, not literally even after the couple of pints and it was quite cold on the lee side dropping down to Black Sail YHA. Two hours to here and I was needing my own cache of wine gums so I sat down with the thousand mile stare reserved for such occasions, and pulled on my balaclava. I soon warmed up again on the ascent of Scarth Gap and found it difficult masticating and breathing so removed my balaclava. I started to cramp up on the descent to Buttermere but with only one remaining pass to clamber up I shuffled on. I wondered as I passed the ice-cream van how many Eskimos had been suckered into stopping and buying one on such a cold day. Hauling up Honister had me heaving, huffing, having a hell of a time as the approach to the quarry slated me.

Thankfully it was all downhill from here and I got my second second wind as gravity got hold of me and that competitive bit of clock watching compels and propels one to get it all over. After a thigh popping four hours I jogged past the flood plain that had been a bedroom to me the night before and finished.

Lake District Mountain Trial Publication

The LDMTA is going ahead with the preparation of a booklet to mark fifty years of the Mountain Trial. My letter in your February issue asking for photos and other items from past runners and helpers, for inclusion in the booklet, has produced much valuable material. We would welcome more!

The booklet will be ready for the 50th Trial, which will take place on Sunday 9th September 2001, if Foot & Mouth restrictions permit. If not, and we're not very hopeful at present, it will be in September 2002.

Further contributions may be sent to:- John Lagoe, Helm End, Grasmere, Cumbria, LA22 9QN

Telephone: 015394 35492. Email: johnlagoe@easedale.fsnet.co.uk

John Lagoe - Chairman, Lake District Mountain Trial Association



"Stuart Smith on the move."
(Photo Stuart Smith)

How to organise a championship race. It's easy isn't it!

by Dave Richardson -
Junior Co-ordinator

Given the onerous task of organising the FRA Junior Championship every year you would think that it gets easier. After all, there are now over 400 races in the current FRA Calendar. But believe you me, all is not what it appears to be. So how do you go about it?

First of all, let's look at what we are trying to achieve.

Well, it needs to be a series of 6 races spread over the spring, summer and autumn (April to October) which have a nice geographical spread, represent what fell running is about, are challenging, are the right distances, do not clash with anything else and have organisers who are sympathetic to the junior cause.

No problems, you may think, but let's delve into it a bit more deeply.

As previously mentioned, there are over 400 races in the calendar. But when you take out all those in the winter, those that occur during the week (an increasing number over the last few years), those that are outside England or in some more remote region of the country e.g. Devon, those that do not have or do not want to have junior runners and those that are totally unsuitable due to terrain, amount of road, etc., then the numbers start to come down very significantly.

So next you have to compile a list of all those races or race organisers who would be willing to accommodate us. On a good year this could be as many as 20, but, in all the years I have been organising the Championship, it has certainly never been more than this.

Armed with the list of races it is then over to the year calendar to see if you can get a good time spread over the summer, ideally one a month from March or April to late September, but this is not always feasible. In more recent years I have also tried to avoid the school summer holiday period (often without success). But when you then come to match the races up with the suitable dates you inevitably find that things are not as straight forward as you hoped they would be. So let's look at it from a different tack.

List all the races and their dates and see what sort of a series we can construct. Another factor to consider is the geographical distribution of the venues. More recently I have tried to use the format of 2 races in Yorkshire (where the most runners come from), 2 in Cumbria (the most popular area for many people), 1 in Lancashire (the most accessible area) and 1 in another area (recently Shropshire and Derbyshire). Again this is an ideal outlook and not always one which can be achieved. (You cannot use the areas if there are no suitable races there). Lots of families also like to go to a venue where there is something else going on such as a country fair, gala or show or sports, so this can be a popular requirement, although not a number one priority.

So, let's try again. We have now got 'X' races in the required areas, or just about, with a couple at shows and country fairs. Do the dates match? Only if we are very lucky.

In reality it boils down to what races there are!! This year in the end there were only about 12 to choose from (some on the same weekend). Fortunately they fitted reasonably well into the

format and I only had to call in a couple of favours! But then think again, there are the Senior Championships, the Internationals and Selection Races, Schools and other junior championships.

Oh, I give up!!!!

No, I must persist, so let's have another go, we are now down to 9 races with 2 races on consecutive weekends and 3 in Yorkshire (and one on the day Wigan play Saints!!) I have run out of favours to have one in S.Cumbria yet again, or I suppose I could organise one myself! No chance, I have enough on my plate as it is.

So we have to go with it. It's too late to do anything else as the FRA Calendar deadline is next week.

(The last 2 paras are only hypothetical)

Then there is the Inters Championship. A whole new set of problems. It must not clash with any British, English Championship Races or Internationals and Selection races, (unless they are to be part of it, not an idea I like for the selection races). There are also two schools of thought as to whether they should be in conjunction with the Senior English Championship Races or in with the Juniors. More recently it has been a bit of both as inters cannot run the long A courses, except the very elite ones. Which brings us on to another issue. When selecting races for the Inters and Juniors they should be suited to the less talented runners as well as the elite, which again can exclude more venues.

So there you have it, if you want to take on organising the Championships those are some of the trials and tribulations of doing so. There are, of course a lot more, but there is not space in this article to fit them in.

But despite it all, we do seem to get there in the end and it usually runs fairly smoothly. You can now maybe see why, if we get a good race and venue it tends to reappear several years in succession.

It has thus been sad but unavoidable that this year it seems to have all gone down the pan. Hopefully we will be able to salvage something for the season, which may be a fewer number of races over a shorter time span. Watch this space, or at least the FRA Internet space.

What age is too young?

by Norman Matthews

One of the problems we currently face in fell running is addressing the balance of the age gap from the increasing number of veteran runners to those juniors coming through to the senior ranks - my article in the last "Fellrunner" on the 'Majority Group' highlighted the increasing number of veteran runners enjoying our sport. The FRA has responded to this increase by extending the championship age groups. I am sure it will only be a matter of time before we add another five-year group to either the men's or women's age categories. In stark contrast to this trend the number of youngsters moving into the senior ranks has by comparison been negligible, especially the girls.

There are many reasons for this lack of upward movement; youngsters now have many more diversions to contend with, and some do get lost along the way. For our part (FRA) we currently support the junior championship and the occasional junior training weekend - at best once a year. The only other commitment we have is in support of those elite juniors who run internationally. If we are to improve on our junior/senior transfer then we have to find a way of encouraging the juniors to stay in the sport as

they move up through the age categories, or increase the base number of juniors competing. Whichever route we take we need more commitment from officials as well as coaches, parents and helpers, to increase their numbers.

An interesting development in Scotland on broadening the junior base is moving along the right lines. Martin Hyman has been asked to form a Junior Development Group by the SAF Hill Running Commission, to develop a plan for introducing a series of short hill races from 500 - 1500m for suitable U/11s and complete novices. I have asked UKA to investigate the insurance cover for this age group so that the current restriction of the minimum age for competing being 10 years old within the 'Rules for Competition' can be lowered.



"Stanbury U19 winner and 3rd Junior overall" (Photo Ryan Gould)

BOFRA for a long time has been encouraging the U/10 year olds to compete and, in my view, has been very successful but to compete in this younger age group means that you have to have races for them to run in - and the appropriate insurance cover.

I feel it is a route that we will have to take, if we are to attract and hold juniors in our sport. We have to convince race organisers that it doesn't take too much effort to put on a junior race whilst the seniors' race is in progress. It's not necessary to have big numbers competing or indeed expensive prizes; youngsters just like to compete. Dave and Eileen Woodhead have been very successful in doing just that. There must be many fell running parents whose children could be well occupied competing in a short race whilst the senior race is in progress, even the U/10s.

By comparison, I was asked to spend a day coaching the North West Junior Orienteering Squad, and was very impressed at the organisation. Fifty-five juniors turned up with about ten seniors, most of them coaches, including the newly appointed National Coach for the Start Program - a lottery funded plan to help dedicated juniors to excel in the sport. What really impressed me was that the squad met every month!

There are many schemes currently on the scene helping and encouraging youngsters to take up athletics of one form or another including the McDonald's league, Sportshall athletics, Star Track and the Shine Awards, which starts at 'Level One' catering for youngsters from the age of 3 to 8 year olds, up to 'Level Four' the performance level for the over 14 year olds.

I believe the time is now right to have such a scheme within fell running that not only encourages youngsters to try our sport, but will also help to redress the balance.

Unless we encourage the next generation of fell champions to come through from the junior ranks, we will be forever looking to other disciplines to fill our international places.

"RAMBLING ROSE"

being the personal thoughts and opinions of the FRA Secretary.

ATHLETICS WEEKLY

Some years ago we established a good relationship with the editor of Athletics Weekly. Our own magazine is published only 3 times each year and we thought the weekly reporting of our sport in AW was a useful service for our members. Gareth Webb of Horwich RMI was the main Fell Correspondent providing regular news items, profiles and results. We are very grateful to Gareth for this excellent work over several years.

About 12 months ago, along came new publishers who clearly failed to recognise that, north of Watford, the popularity of fell running is at least equal to that of cross country. Nowadays fell running has all but disappeared from the pages of AW, apart from continuing to advertise races which have in fact been cancelled due to foot and mouth. Last year, Scottish athletes voted Angela Mudge 'SAF Athlete of the Year'. How much coverage did this honour and her remarkable achievements get? A couple of inches tucked away in a news column. But of course, fell running isn't an Olympic sport - thank goodness!

I guess many members will have lost interest in AW. They can find up to date information and news about fell running on the FRA and Clubs Websites.

PRIZES

I, in common with the vast majority of members, have never won a prize at a fell race. My rewards were simply completing the course, being out and about in beautiful countryside, navigating successfully in adverse conditions, crossing the line before Dave Jones and Ken Peart, and a pint or two to finish the day in good company. Yet hundreds of runners appear content to pay entry fees which provide prizes for the same handful of whizz kids week after week. Do we need prizes? And are we attracted to races because the entry fees provide a T-shirt or a chocolate egg for every runner?

On a more serious note, how should the available prizes be distributed amongst the winners? It is of course up to the particular race organisation, but I wonder whether it is fair for one person to collect several prizes. Should an overall winner aged over 40 take both the winners prize and the over 40 prize or should the prizes be distributed more widely by specifying categories 18 - 39, 40 - 49, 50 - 59 and so on.

I often hear complaints about the way prizes are allocated and I am sure race organisers would appreciate some constructive feedback.



"The FRA secretary in competitive mode"
(Photo Dennis Beard)



NAVIGATION COURSE 2001

Learn the basics of navigation on the fells or come along and improve your navigation skills. We can help you at any level of experience and it won't cost you much.

Courses will comprise instruction and practical sessions on the fells, with discussions and talks on safety, fitness and training, two-day mountain marathons, equipment, the FRA and anything else you request us to cover. There will be low-key competitive events.

Ideal for anyone new to the sport of fell-running.

The Course will be held from Friday to Sunday, 21st to 23rd September 2001 and will be based at Elterwater Youth Hostel, near Ambleside, Cumbria.

For details write to:
Margaret Batley, 3 Banksfield Grove, Yeadon,
Leeds LS19 7LN.

Please enclose an SAE.

Championships (or not !*!) 2001

by Jon Broxap

At its meeting on 28 April in Meltham, the Committee unanimously decided on the cancellation of the English Championship for 2001.

With no early resumption of fell racing foreseeable, particularly in Cumbria, from where a significant number of this year's contenders would come - last year's men's team and vet 40 and vet 50 teams all came from within the county - the Committee thought that no meaningful Championship could be held in the time that might be available.

Although the possibility of holding an abbreviated Championship was discussed, it was felt that this would greatly undervalue the efforts of previous champions who had to maintain their fitness to contest a season-long campaign.

The problem of the demotivation of a large number of runners was also viewed as a serious factor.

The Committee agreed that the races selected for 2001 should be "rolled over" to 2002 and requested the Championships Co-ordinator to pursue this.

A similar decision, the cancellation of the British Championship, was made by the UK Athletics Policy and Support Team (now you know what PST stands for - if you know what it does or is meant to do, send a postcard to D. Moorcroft at UKA!).

With limited access available to Snowdon, Eryri Harriers are continuing to plan the UKA Fell & Hill Running Relay Championships at Llanberis - UKA should at least be able to provide medals for that this year! See the separate notice elsewhere in this edition of "The Fellrunner" for details of this event.

If you are **really** desperate to chase some points - go North; SHRA hope to hold a Scottish Championship - better check out where Granny was born though, as Border Raiders are not eligible! If still desperate to race, check out www.hillrunning.com - the SHRA's own website. It's all there - even Big Dixter's bit.

URBAN BUNNY RUN RACE REPORTS

RUN BUNNY RUN

From countryside to Keighley town centre and the 40 acres of terraced gardens, woods and grasslands of Cliffe Castle, that's how the Bunny Runs managed to overcome the nation-wide shut down brought about by the Foot and Mouth regulations. In fact that's why 'Urban' was added to the race name title.

Certainly the rumours that the course would be flat, boring laps on grassland were totally unfounded, in fact quote of the races was, "This is a race for studs", whether this lady meant the male runners or the course has yet to be answered but what did greet the athletes was more an old fashioned X-Country course with a few Woodentop variations.

Two flights of stone steps leading up to the finish by the "porte-cochere" outside the museum building.

A tunnel under the 18th Century Castle itself.

Some particularly technical wooded sections.

Plenty of grassy 'ups and downs', actually more than the Bunny Runs real hutch/home on Harden Moor.

Add into this all the normal features of the "Bunnies", Egg Stage, Crème eggs to all, guess winning time competition, pint of orange / beer drinking contests not to mention mountains of various Easter egg prizes. The highlight for most though is the post race frivolities of the famous chocolate throw out, where Crème Eggs and Chocolate Chunkies are literally thrown out to the ever eager and enthusiastic spectators. Just ask Robert Jebb, who failed to keep his eye on one!

There was bound to be something to suit all tastes.

"TAYLOR MADE".....Bunny Run One

32 year old John Taylor won his first ever Bunny Run, thereby collecting the much coveted perpetual trophy of a lifelike cuddly bunny, with all previous winners' names engraved down its belly. He also won the 4kg of Quality Street awarded for the Egg Stage in a time of 5-57, along with the masses of Easter Eggs, cakes, double chocolate beer, etc. Definitely the handling of prizes proved more technically difficult than beating the other 177 runners in the wet muddy conditions.

"This race was ideal for me, because it's just an extension of the X-Country season which has been reasonably ok, with 5th in the Northern and 21st in the National. Ian and myself both had colds, and after winning the Egg Stage I found my throat was very sore. He caught me on the second lap, and we ran together until we turned into the tunnel; on the descent I really let myself go on the soft grass this gave me the winning margin as Ian had given up, anticipating the National 12 stage at the weekend. I was also glad he had! Because I was thinking the same".

John has always been a class act and way back in 1986 in the World Trophy in Keswick he finished 3rd junior for England, he also was 10th at the Edinburgh event in 1995. In between he has been competing in Duathlons, is a former National champion and has represented his country in the European and World

championships. He has now virtually stopped cycling, which was always his weaker event in the duathlon, he also found it not beneficial for running especially downhill. This year was intended to be his comeback on the fells, until of course Foot and Mouth took hold of the country. Hopefully by now fell running is back to normal and John has fulfilled his ambition to gain international honours again and dominate the domestic scene.

Another first, was Pauline Munro who enjoyed the wet muddy conditions to collect the cuddly bunny with 21st overall, just one second ahead of the first over 50, Steve Moss, another newcomer. Now, a fully-fledged Bingley Harrier member, Pauline led her club to the ladies team award with Helen Johnson 4th and fells captain, Kirsten Bailey 5th. Evergreen over 50, Barbara Carney, also added to Bingley's tally of prizes, along with the men supplying the first four home. Before under 16 winner Mark Buckingham finished 5th, and in the process recorded his 5th under 16 victory, a minute elapsed before over 40 Steve Oldfield collected his Crème Egg and notched up his 13th Bunny triumph.

With an egg-cellent prize giving venue at St. Anne's Catholic Social Centre, an interesting course and enthusiastic runners, all rumours that it wouldn't work or that the event would be swamped with runners were totally unfounded. Just as the Woodentops had predicted to those of little faith.

"MUNRO BAGS ANOTHER".....

Bunny Run Two

Leeds solicitor Pauline once again left the prize giving nearly carrying her own weight in chocolate prizes for winning again. She described the virtual two lap route, "as a kind of uphill X-Country, and I certainly intend next year to do the X-Country season, which in the past has never appealed to me. I love running in woodland, so the technical, muddy section in the trees was ideal. The one thing I have discovered is at the end of a working day it's hard racing mid-week, you just don't feel like it, but then that problem is the same for everyone. Anyway, once there you always enjoy it".

John Taylor could echo what Pauline had said, since he'd been flymowing at Bradley Golf Club on the outskirts of Brighouse, as part of his job as a green-keeper there and felt very heavy-legged due to this strenuous activity. "With now the Egg Stage having been moved half a mile into the race, Mick Hawkins and I really went for it. Big mistake. My heart rate must have been unbelievable, I could even taste blood afterwards and we literally jogged until Ian caught us. Mick took the prize, with let's say a tactical block, as I chased him down. I thought I'd lost the race then, and blown it, because of the lactic build up. But surprisingly, I recovered and when Mick in his road flats fell and stumbled in the wood it encouraged me. On the second lap Ian and myself were contested by Rob Hope, until Siggy Gould caught us in the tunnel; up to here I'd been gathering myself. Siggy struck first out of the tunnel and I again was virtually out of control passing the aviary and found the slimy ground unnerving but I stole the winning yards there, just like last week".



"John Taylor (117); Ian Holmes (30) and Siggy Gould (16) battle it out at Bunny Run 2" (Photo Dave Brett)

This was the closest ever Bunny finish, with only 6 seconds separating the first four runners, much to the excitement and adulation of the large crowd on the terraced gardens in front of the museum.

John hasn't had his training too disrupted by the Foot and Mouth restrictions, because, although it's boring, he has been able to run 3 mile laps round the golf course which he tends, no road running there, notice!

Once again Bingley dominated both men's and ladies' team awards.

The pint of orange and yard of ale post race festivities provided Sean Rank and new Army recruit Lisa Richardson with orange victories in 49 and 56 seconds respectively. In the beer supping/dribbling dad Julian Rank finished in 65 seconds before Ian Taylor, John Egan, Zip Jones, Will Smith, Robert Jebb and Nathan Lawton provided the spectators with much entertainment.

"HOLMES OUSTS JINX".....Bunny Run Three

After being beaten twice in two weeks, Bunny run legend Ian Holmes put all his running ability, knowledge and 'lucky' items to good use to overcome John Taylor. Race number one was back on his vest, after a mistake last week by the organisers. Ian also wore his lucky black and white Walsh shoes, which had seen him triumph at the Soreen Stanbury Splash in January; these two omens weren't lost on John Taylor who quizzed Ian before the race. The brilliant tactician that Ian is, he played on all these omens. Even to the extent that while John carried out his full warm up session with interval sprints, etc., rival Ian could be seen just, well,.....chatting. In to the race he returned to his old tactic of taking the lead early and putting pressure on the chasers by giving them the task to catch him, the opposite to previous weeks.

All this obviously worked a treat as Ian won by 9 seconds, to record his 19th Bunny win; amongst his chocolate prize hoard was some Thorntons chocolate dyed and scented boxer shorts, just what the man about town wants?

A new name to the Bunny Runs after testing the water the week before was 15 year old Chris Hart of Burnley. He improved his time by a minute and finished 5th., only seconds behind former

British and English champion Gary Devine, in this his only fell race to date, to take the under 16's title. Now shod in proper fell shoes as against trainers it shows how beneficial proper footwear is on the right talent. An excellent all rounder he excels at X-Country, being this year the Red Rose and Mid-Lancs champion. On the track he's no slouch either with 2-04 for 800m, 4-15 for 1500m and 9-22 for 3000m.

Chris also went with Mark Buckingham in chase of the Egg Stage award but was beaten there with Mark recording 2-12. This effort certainly put paid to Mark's challenge in the rest of the race, as he suffered later on to finish 'only' 15th and 2nd under 16. Common sense told him not to go for it but young enthusiasm and race conditions got the better of this talented young Yorkshire man and his name now nestles easily on the Egg Stage honours list.

Second again to Pauline Munro, 20 year old Sarah Dugdale has each week been hanging on that little bit more at each race and has certainly enjoyed the competition. Not a particularly good downhill racer at her own admission, the grassland suited her more X-Country talent, where she is the reigning Yorkshire under 20 champion and has represented Yorkshire numerous times and run in all the major events. This Royal Mail post-lady loves the fells most and has won the Yorkshire Fells title at various ages and was 2nd in the FRA English championship last year.

As she is a self confessed chocoholic the prize awards couldn't have gone to a better home, although the question begs, how, with all the hoards of chocolate that is given out, no runners seem to put an ounce on in weight?

With 60 ladies competing in the 3 mile race and 211 runners altogether, the races seemed to be getting a little more popular and with even a contingency from Lancs & Morecambe finding Keighley it's obviously the place to be on a Thursday night.

"HOPE AT THE FINALE".....Bunny Run Four
With all Bingley's stars told not to run because of that weekend's National 12-Stage Relay; Holmes the series winner in '94', '95', '98' & 1999, dare not challenge, so John Taylor won overall.

But in front of 239 runners, P&B's Robert Hope collected the armfuls of chocolate goodies and other paraphernalia to finish 3rd in the series with Gary Devine 4th.

Having competed in the mini London marathon county challenge, Mark Buckingham, with another win here, ensured he took the under 16 honours for the third year running and in fact finished a creditable 3rd overall this evening.

Another bunny regular, V40 Steve Oldfield, took his 16th win and 5th straight series title, whilst Malcolm Coles won the over 60's, emulating his over 50's title in 1998. His choice of chocolate on each occasion, Lindt, must have kept his wife sweet as she's from the country of its origin. It was these Lindt Gold Bunnies that all category series winners collected, along with choice off the table.

In the under 16 girls the two lovely Lauras - Livesey and Kemp, both enjoy success on track and X-Country, where they have represented their schools and county. It was 14 year old Livesey's luck to accidentally get bitten by Angus, her pet border collie, days before the event. With her left hand bandaged and giving her a 'bit of jip' she could only manage third on the night but did win the pint of orange again. Meanwhile Kemp knew she had everything to run for in a nail biting finale, needing the win, having

missed BR1 because of year 10 school test week. Like Buckingham and Matthew Pierson, she also visited England's capital, London, to compete in the experience of the mini marathon and its occasion.

Over 60 bottles of the now famous and much sought after Briscoe's Brewery, 'Holmsies Bobtail Brew', went to the leading overall prize winners, this year saw the label change to a picture of a young Ian Holmes dressed as a cowboy complete with rifle and neckerchief. Lemonade was awarded to first under 16 Mark Buckingham, much to his shock, followed by raucous laughs as a bottle of beer was then handed to him, but not before a check that the parents were present. This race must be unique to be able to present these types of awards to under 16's, but strangely enough it's always the parents that acquire the contents.

Lady-wise Pauline made it 4 out of 4, while Sarah Dugdale unfortunately strained a calf muscle on the first lap, whilst challenging and couldn't continue but with three second placings she couldn't be beaten to the runner's-up spot.

With two prize-givings that night, BR4 and overall, some £800 worth of chocolate eggs and other merchandise found its way off the prize table and into the packed function room. In fact the prize givings take much longer than running the races but the evidence of 200 runners turning up to a park in Keighley on four consecutive Thursday evenings is testimony to the affection with which the Woodentops are held within the fellrunning fraternity.

That night's Egg Stage was about 300 yards from the start line, so potentially any of the 240 runners had a chance - 'haring' from the front Paul Crabtree hung on by the narrowest margin from Bingley team mate Jonathon Airey, in 45 seconds. These two then rapidly dropped down the field, to eventually finish up 64th and 65th respectively.

"EGG-FANTASTIC".....The Relay

The sunny weather brought the runners out for this the 'fun bun relay', where any concoction of teams is admissible, all the requirements are that 3 laps of the race route are completed carrying the relay egg baton.

The whole emphasis is on making teams up with your family, friends, rivals or if you're really sad you can compete the event solo. Prizes are on offer to the normal men, ladies, V40's, U16 boys and girls, but also to mixed, family and solo teams and of course it's all Easter Eggs they're competing for!

An amazing, and frightening for the organisers, 97 teams congregated on the lawn outside Cliffe Castle museum. After getting their green egg, yes the Woodentops painted them green, to ward off any funny business that might have been hatched beforehand. Leg one runners were lined up for the start in the massive rockery and grotto drive which dates back to 1878, (which probably has never seen the likes of), and set off for their one and three quarter mile circuit of the route. Near chaos ensued at the changeover as frantic incoming finishers tried desperately to safely hand their baton without breakage over to their jockeying teammate.

Team Jebbawacky didn't however have any such problem as Robert Jebb finished second in 8-57 to Ian Holmes 8-51, and handed over to his mum Anne for leg two. This is what the relay is all about, with a smile on her face she set off only to find that 66 teams overtook her before handing over, still with the smile, to husband

Peter for a time of 17-01, much to the delight and admiration of everyone watching.

This was by no means the only outstanding family team efforts, the Peacy's with brothers Andy and Martin along with dad Barry finished second family to the 8th placed Wadsworth clan; Richard, James and Sam who incidentally won last year.



"Pete Carr of K&C Fitboys holds off a chasing group"
(Photo Dave Brett)

Once again some great thought went into team names from a contentious, 'Come on Bambi light my pyre' to 'See u at the finish', 'Egg on legs wimmin', 'Kayandsee Kittens and Kats', 'Clayton Hens', 'Cool Running's' to the extreme like 'Iod Tossers', 'Billy No Mates' and 'The Sad Whittakers'.

The first under 16 girls' team, incredibly beat all the ladies' teams, so consequently collected a case of 'Auntie Stella' as well as Gold Bunnies and very large Easter Eggs. These young girls Laura Livesey, Victoria Snape and Danielle Walker claim to have a secret legitimate way of carrying the baton egg and maybe for a price will disclose it. Their team name 'The Strongest Link' was thanks to one of the girls' uncles who suggested The Weakest Link - much to their disgust. Victoria announced 'The Strongest Link' and so there it was born.

How Ian Holmes, John Taylor and Siggy Gould came up with 'Ho-Lord' only heaven knows but they easily had the edge on the 'Hawkins II' team of Robert Hudson, Steve Hawkins and Mick Hawkins, last year's winners.

As for the Napoleon Solo award, the Army's Dale Jessop won by 2 seconds from 'Beep, Beep' over 60 Malcolm Coles, who incidentally has been keeping race fit by competing in race walking events, desperate times seek desperate measures.

Last year Skulduggery reared its ugly head, (see Bunny's June issue 2000), it was here again, but in a different format of a mixed family team of dad Jeff, son Matthew and mum Jeanette trying to redeem themselves. They did so admirably to finish 51st team with times of dad 11-46, mum 14-21 and son 9-51, the latter having already run first leg for the first U16 boys team 'Yellow Gloves'.

You've now run around the park, why not visit the free museum with its extensive displays of Archaeology, Natural History, Crystals, Stained Glass, Bygones Rooms, Rocks and Fossils and Galleries. Well worth a visit, just like the races.

NB: In case anyone was wondering, all these races were carefully thought through and had the full backing of the Fell Runners Association and appropriate authorities regarding all aspects of the Foot and Mouth epidemic.

THAT'S ALL YOLKS!

"Runny Egg"



NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of The Fell Runners Association will take place on Saturday 24th November 2001 at 5.00pm at the Castle Green Hotel, Kendal (Grid Ref. 531921), prior to the Annual Dinner.

1. **Motions for the Agenda** must be notified to the Secretary by Friday 14th September 2001.

Details of the Agenda and Motions will be published in the October issue of "The Fell Runner".

2. Election of Executive Committee

- a) Nominations for Officers must be notified to the Secretary by Friday 14th September 2001.
- b) Nominations for Club Representatives (four seats) must be notified to the Secretary by Saturday 4th November 2001.
- c) Nominations for Membership Representatives (four seats) may be made at the meeting.

All members of the Executive Committee must be members of English Clubs affiliated (for Fell Running) to one of the UK Athletics Regions.

3. Voting

- a) Individual members of the Association who are present at the meeting have one vote each.
 - b) UK Athletics affiliated clubs which are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Saturday 10th November 2001.
4. **An Open Discussion** follows the formal business and is an opportunity to express views on any aspect of our sport.

Mike Rose, General Secretary

FRA News

**SATURDAY 3rd MARCH 2001
(THE GOVERNOR'S HOUSE,
CHEADLE HULME).**

Prior to the meeting proper, a discussion took place with Sheila Lloyd and Ross Powell, who described the proposed format of the British Fell and Hill Relay Championships, which are to take place in Llanberis on October 21 2001.

A major topic at this meeting was the foot and mouth epidemic, and the restrictions imposed in order to combat it. At this stage, it was thought that there was a possibility of holding some kind of English Championship, despite the cancellation of many of the races. The ultimate decision regarding the format would rest with the Championships subcommittee.

The subject of an English/International Senior Coach was discussed. It was anticipated that Sarah Rowell would be presenting the Internationals Subcommittee's views on this at the April meeting.

The possibility of asking race organisers to provide formal "Risk Assessments" on their races was discussed. Although this was thought to be mainly a workplace matter, the PST were considering the issue for all races. Committee members were asked to study the HSE pamphlets, and the UKA proposal entitled "Guidance on Events Safety & Risk Assessment", in readiness for a fuller discussion at the April meeting.

Proposed changes to the UKA Fell and Hill Running Rules, and Safety Requirements for Fell Races were distributed with the minutes, again with a view to discussion at the April meeting.

The format of Fell Runner's "Secretary's Corner" was discussed. It was explained that the intention was that this should reflect the personal views of the Secretary, in the same way that "Chairman's Chat" dealt with the personal views of the Chairman. The official FRA line was given in "FRA News".

**SATURDAY 28th APRIL 2001
(THE DURKER ROADS HOTEL,
MELTHAM).**

Sarah Rowell described the proposals for the Internationals Subcommittee and these were unanimously approved.

It was confirmed that the reduction in the number of English Championship senior men's medals from 6 to 3 had been recommended by the Championships Subcommittee, and, although the new number had been published in the Calendar, it still needed to be ratified by the FRA Committee. After a discussion, the Committee unanimously agreed with the recommendation.

Although £2500 has been received from the NoEAA, and accepted by the FRA, Mike Rose, with the backing of the Committee, intends to negotiate a more logical method of calculating the FRA's share of members' contributions.

Again foot and mouth restrictions formed a major topic of discussion. The Committee is indebted to Chris Knox who provided a detailed description of the current status. He

warned that, on resumption of racing (whenever that is), race organisers will need to be careful regarding safety issues, because of the general lack of training in fell country.

Because races are only held with the express permission of the landowners, it was generally agreed that the FRA should not support other organisations which are currently pushing for access restrictions to be reduced.

Planning for the British Fell and Hill Relay Championships is going ahead, assuming that access will be available by October 2001.

It was agreed that the English Championships should be cancelled for 2001.

Updates to the Rules and Safety Requirements were discussed (because a new edition of the UK Athletics Rulebook is to be published in 2002). Various recommendations were made, and passed to Norman Matthews for inclusion in the final revision.

The production of "Risk Assessments" for Fell Races was discussed. It was agreed that, as the requirement to provide these is purely work-related, and not mandatory by law, then adherence to the FRA's Safety Rules by race organisers should be sufficient.

The July FRA Committee meeting is to be rescheduled, the date and venue will be decided at the June meeting.

Regarding the World Cup 2003 bid, Jon Broxap is organising a meeting of interested parties in Skipton in May - date to be confirmed.

Chris Knox and Pete Bland are to organise a display on behalf of the FRA at the Lake District National Park's 50th birthday celebrations at Bowness in May.

It was agreed that the FRA Dinner should go ahead. The hotel and a band are already booked. It was also agreed that the AGM and (hopefully) a race will also be held on the same day, namely Saturday 24th November.

Joss Naylor Lakeland Challenge

I risk repeating myself, but some will be unaware that the Presentation Dinner to celebrate the 10th Anniversary of the first run in 1991 had to be cancelled. It was to have been held as usual in March at The Bridge Inn, Santon Bridge, but Joss felt that we could not risk possibly bringing FMD into Wasdale, travelling as we would have been from far flung areas. I'm sure that all will agree on this and we will meet again at a later date. Plain cancellation seems the best line to follow because other plans will have been made and there is only a slim chance of the original group being available together later on this year. We will inform everyone of any development and keep the new tankards polished for next time.

Meanwhile we have all suffered withdrawal symptoms and I feel deeply for those who had planned their great day on the hill this year, especially the men and women who have a significant birthday. Many enquiries are on file and they would normally have been training for months.

As for training on roads - words fail me! Just how do road runners survive all that hard tarmac? No views no route finding, no rocks, no bogs - no nothing!

However, don't give up on us and when we return to the fells don't go mad either. It is difficult finding big training ascents on roads for that 16,000' Joss has laid on, so go easy all you young vets. Remember too that we are only losing our fun, not our livelihood.

Information. SAE please to :- Monica Shone, Swyn Gwynnt, Penmynydd, Porthaethwy, Ynys Mon, LL61 5BX.

Tel: 01248 713789.
e-mail: shonecymru@talk21.com

Styhead

Where gill is spanned by ancient bridge,
where thrusting sun a pool of light
once splashed through woodland clearing
and warmed the shieling where valleys part,
begins the steepness of a mountain pass.
Aaron Craggs keep vigil on Taylor's roaring waters
as down the hurtling force they crash
and hurl their whitened crests
on jutting rowan where berries glisten
to drop as copious tears which fall from whence
they came, and so
ensure their immortality in derwent's vastness.
Aaron Slack, with downward lunge
cuts deep into the timeless Gavel
and heals the scar by Styhead's tranquil water.
A placid mirror, reflecting time itself,
to stir the minds of those whose spirits
engage the mystic quality of towering fell.

Peter Travis

Book Review

by Bill Smith



"Bill Smith at the Half Tour of Pendle" (Photo Allan Greenwood)

"RIVINGTON PIKE - HISTORY AND FELL RACE" by P.L. Watson (Sunnydale Publishing Company: Blackrod, 2001). 192 pages with 150 illustrations plus maps. £9.95 or £11.60 inc. p&p from P. Watson, Sunnydale, Grimeford Lane, Blackrod, Bolton, BL6 5LD. Please make cheques payable to "P. Watson".

The Rivington Pike race from Horwich in Lancashire is possibly the second-oldest amateur fell race of all, behind Yorkshire's Hallam Chase (1863), though in truth both are cross-country-style races in comparison to the rough, steep Lakeland events and other more severe Pennine courses. No matter: the Pike race has a highly colourful history and equally colourful atmosphere generated by the crowds of spectators lining the course even when the weather is bad.

Peter Watson, the author of the book, lives at nearby Blackrod and runs for Horwich RMI Harriers, as does his partner Carolyn Wright, who holds the club's female O/40 record for the race. Peter is, however, a Yorkshireman --but not to be confused with the Pudsey & Bramley runner of the same name who excelled on the fells during the 1950s/60s/70s -- and is the brother of the outstanding female fell runner, Sylvia Watson of Valley Striders. An interest in his local community and its history led him to research and write this book, the proceeds of which will go to the RMI Harriers.

The book's opening two chapters set the scene by tracing the history of the hill from its earliest use as a beacon site in the 12th century, to warn of Scots raiders, to the construction of the summit tower in 1733, and up to the present, with much additional history of Horwich itself.

Chapter Three provides a detailed historical and topographical survey of the various Pike race courses over the years, which brings us up to page 40.

The remainder of the book, 152 pages of text and illustrations, covers the history of the race itself, based largely on local newspaper reports, but also utilising Ron Hill's autobiography, *The Long Hard Road* (two volumes), Paul Dugdale's racing diaries and the odd report from *The Fell Runner*, among other sources.

Chapter Four, "Pike Racing to World War 1", deals with the Horwich Athletic Festival races, 1893-99,

over a longer course than the present one, and the solo record runs of Tommy Gill, referred to in one local newspaper report as "the noted 'guide' runner", and George Bromilow from a point much closer to the present race start.

The series of races promoted by Bolton United Harriers from 1929 to 1938, in which the legendary Pat Campbell of Salford Harriers scored a record number of nine victories, are reviewed in Chapter Five, followed by a coverage of the 1946 Victory Celebration race and 1947's War Memorial Gala event.

A report on the 1953/54/55 Horwich RMI-only races leads to Chapter Eight and the current open series of races first organised by the RMI Harriers in 1956.



"Runners on the Pike" (Photo Bill Smith)

Many of the Pike race competitors over the years have been road, track and cross country runners from the North West, including such winners as the late Jack Haslam (Bolton) 1947/56/58, Ron Hill (Bolton) 1961/65/66, Alan Blinston (Altrincham) 1967/8/9/77, Ron McAndrew (Reading) 1970/71/72, and Paul Dugdale (Horwich) 1986/87/88/89/90/91. However, the race has also attracted a large number of genuine fell runners and the 1971-80 section is in fact headed "The Emergence Of The Fell Running Specialists", though two Barrow runners, whose club then boasted a very strong fell running section, had actually triumphed during the '60s: Peter Hall in 1963 and Fred Reeves in 1964. Others who have since been Pike race champions include Jeff Norman (Altrincham) 1973/74, Harry Walker (Blackburn) 1975, Martin Weeks (Bingley) 1976, Jon Broxap (Kendal) 1983, Keith Anderson (Ambleside) 1992, Craig Roberts (Kendal) 1993/97/98, Mark Crossdale (Lancaster & Morecambe) 1994, and John Wild (RAF Cosford) whose 1981 record of 15.53 still stands. Prominent fell runners among winners of the ladies' race, inaugurated in 1978, have been Brenda Robinson (Bury) 1978/81, Clare Crofts (Dark Peak) 1988/90, Kath Drake (Spenborough) 1989/93/94, Janet Kenyon (Horwich) 1991/92/96, and Carol Greenwood (nee Haigh) 1982/83/86/87, whose time of 19.38 from her last victory is still the record.

The book is rounded off by short chapters on the 1977/78 Pike races from Rivington village and "Charity and Celebration Pike Runs", including RMI Harrier Steve Barlow's 1999 epic of traversing the Pike course twelve times non-stop (39 miles/8400 feet), without once dropping to a walk, to raise funds for Christies Hospital's (Manchester) cancer appeal after his fiancée, Deborah Crimes, died from the disease.

There are then two Appendices, one referring to race trophies, the other to race records, including the various veteran categories, a list of references and an "Index of Runners". There is also a wide selection of photographs and other illustrations ranging from round the turn of the century to the present day, including some reproductions of race programmes.

This book should be essential reading for all Pike race competitors and should also be of interest to fell runners in general.

After what seems like months and months and months of not racing and of battling to find alternative ways of getting at least some training in; of trudging round the roads or persuading oneself that Woodbank Park really is a bit like the Duddon Valley after all; of endlessly discussing the ramifications of Foot & Mouth - in general of being almost permanently frustrated and fed up, the following article came like a breath of fresh air and a really happy reminder of why we run at all - Thanks, Bill.

I Choose to Run

by Bill Waine

At first the descent from Pen Twyn Glas had me thinking. Below I could see it eased, soft springy turf, firm, although mid September rainstorms had damped the ground and filled the streams further on. Level, then a turn down through an avenue in the bracken, already showing a shading of autumn gold after its luminous summer greens. Six or so miles into the Black Mountain race, a summer of racing and training lay behind me. My body was enjoying the sensations of running. Ahead lay the climb of Gadair Fawr. Strung out up the climb you could see other runners as red, yellow, white, green and orange particles, their racing clothes showing clear against the green of the hillside. Some in groups, some battling the climb alone, each choosing his or her favoured line of ascent. Cool waters of the stream hit my legs as I plunged into it. I scooped some water up to cool me down. Three paces on and the climb hit me. Legs, arms, lungs feel the strain. Running becomes a futile exercise, all I can do is bend my back, put arms to legs and push on. WHY?

Why run, after all I am a middle aged, reasonably sane human; no one makes me do this. What I am doing seems absurd. This sense of the absurdity of fell running numbles around my head. What point does this activity take in my life?

In evolutionary terms this is a backwater doomed to extinction. After all even if I won this race it would not increase my potential to pass on my Genes. Maybe I am driven by some blind economic force compelling me to consume products to keep the system operating. But running was a choice to escape from commercial pressures. Then why do it?

As breathing gets harder the awareness of the smells of the hillside fills my senses, sweat, turf, damp earth, the scents of animals and human smells. I am conscious of what I am doing. I have awareness. I can think about what I am doing. I can choose whether to carry on climbing up this hill or I can turn round and walk down to the valley and never run again. Looking above the climb is steepening up and presents a choice of going or giving up. As with every run that we take we face this choice. Again I look up the climb and choose to run.

By making decisions in our lives we create our sense of ourselves. My sense of myself as a runner is because I choose to run. Through making the choice to run or not run I give sense to my life, through this I experience a sense of freedom. Each step of each race is a freely made choice. Summed together these choices create my sense of self as a runner.

The climb turns to a scramble, fingers digging into soft earth for support and traction. Then the land turns from steep to marshy levels. Legs aching with pain now have to deal with spongy bog, cotton grass waving in the wind. Running a few hundred metres on and the final climb to the summit checkpoint.

Now down hill, in widening strides, the Grwyne Fawr valley draws me on. Running over springy turf takes the climbing tiredness out of my legs. Beyond the valley bottom lies the next climb.

I had made the choice to run on; by doing this I had reaffirmed my sense of self to no other but me, there is nothing more to ask for.

I run, therefore I am.

As yet more proof that fell-running doesn't just have to be confined to this country, the article which follows recounts a very impressive outing by Brian Cunningham to Baffin Island - not perhaps appropriate for a quick weekend trip but nevertheless a piece reminding us that we can take our sport with us to more or less wherever we go, always provided there are hills !!

"ARCTIC FIRST"

Brian Cunningham

INTRODUCTION

In August 1999 Christine and I spent eleven glorious days hiking through the Auyuittuq National Park across Baffin Island's Cumberland Peninsula. This spectacular glacial valley is lined on either side by some of the world's most imposing granite walls, riven by glaciers which spill chaotically from the Penny Icecap. It was the most awe-inspiring scenery we'd ever seen and half-way through the trek I'd made up my mind to return and attempt to complete the route as a solo run in under 24hrs.

Our hike through Auyuittuq in 1999 was led by Paul Landry who, along with his long time partner Matty McNair, run NorthWinds Arctic Adventures from their delightful home in Iqaluit. Both are vastly experienced arctic travellers who have made many remarkable journeys in the arctic. Most notably, in 1997 Matty led the British Woman's Relay Expedition to the North Pole. Her book "On Thin Ice" brilliantly recounts this epic achievement. This year Paul and a friend from Iqaluit, Paul Crowley, became the first to retrace Peary's route to the North Pole. In stark contrast to the typical British sledge-hauling expedition, they did it in style. No drama, no frostbite, no starvation, no epic personality clashes - the two Pauls had fun and their friendship grew stronger during the 51 days they spent together on the polar ice.

Initially I think Paul viewed my idea of running through Auyuittuq with a degree of scepticism. I however, by the end of the trek we'd become friends and the seeds of a joint run had been sown. A month later Paul, Matty and their daughter Sarah spent a weekend with us in Bolton. Paul and I did a long hour run together on the South Pennine Moors on an unforgettable autumn day. A thin, cool breeze sighed through the stiff reeds and riffled the flaxen grass. Long brush strokes of blackness painted the landscape with contrast. There was magic everywhere. By the end of the run we were a team and the run was on.

Paul went back to Baffin to prepare for his epic dog-sledge trip to the North Pole and I began to grind out the miles on the moors with a light heart.

THE RUN

A huge weight lifted from our shoulders as we leapt ashore on to the shingle beach at the end of North Pangnirtung Fiord. After the uncertainties of the previous two days, it was a considerable relief to take the first step on the run that had occupied my thoughts for almost 12 months. At last we were in control of our own destiny. It was 7:30pm and the evening shadows were warmly illuminating the huge granite walls which towered above us. A delicious moment, full of excitement and anticipation. By the time we'd shouldered our KIMM sacks, the Inuit hunting canoe and its skipper had already started on its long and lonely journey back to Broughton Island. We had the world to ourselves.

Paul led off along the vestigial track which followed the eastern edge of the Owl River. The pace was fast but we were full of energy and

excitement. The track soon faded and we took a direct line up a gentle ascent over some rough terrain. The early flush of energy was quickly gone and within a few minutes I began to feel the pace.

"Paul, I think we're going too fast. Perhaps we should eat our 'Cudahy Butties' and settle down a bit," I said, hoping he wouldn't notice my heavy breathing.

(The Mike Cudahy recipe for a high energy butty is mashed bananas and honey. He swears by them. My version didn't look right so Paul suggested enriching the unappealing brown slurry with peanut butter. A large dollop was added and henceforth the mixture took on the consistency and texture of diarrhoea. We made up two sandwiches and stored them in airtight ziplock bags where they festered for about 48hrs before we consumed them.)

Paul looked at me a little incredulously. I knew what he was thinking. Only a short time ago on the boat we had consumed a huge pasta meal, a thermos of hot chocolate, a couple of inches of heavy duty salami, a large chunk of cheese and two bananas.

"I'm worried that we might run out of gas later in the run and we might as well stoke up early," I continued lamely. The truth was that I was finding the pace too fast and I knew that my best chance of slowing Paul down was by getting him to eat the huge leaden doorstep of a sandwich.

We walked in silence for five minutes while we chewed. Having downed our sandwiches I deliberately took the lead and set off at a measured pace. Five minutes later it was all too much for Paul. He pulled out of my slipstream and glided past on the pretext that he probably knew the route better than I did. The pace quickened significantly and I spent the next hour trying to work out alternative strategies to slow him up.

We made good progress on a perfect evening. The sun played peek-a-boo behind the mountains to our west as a gentle southerly kept us from overheating. Darkness crept over us and the head-wind gradually strengthened. For a while I busied myself doing the arithmetic - 10% reduction in speed for every 10mph of headwind. The wind was about 20mph so the run could take about 20% longer. I still reckoned we could do it in under the 24hrs but if the weather closed in and we had rain on the wind, then it would be nip-and-tuck.

In time we came to one of the emergency shelters which have been built by the park authorities as a safety precaution. These shelters are designed to keep out the polar bears which occasionally wander into the valley. On his previous hike through the valley Paul had stashed small caches of granola and chocolate bars at several of the shelters. As Paul fumbled around the eaves of the for the hidden food, an obviously alarmed face appeared at the tiny window. The door creaked open and a still-scared German gawked at us in amazement. The situation was bizarre and he displayed a strange mixture of relief - that we weren't a couple of polar bears snuffling around the hut; guilt - because he knew well enough that he shouldn't be spending the night in the shelter;

and utter bewilderment at the sight of two lightly clad runners who had appeared from nowhere and were now heading off into the night.

Fortified by the snack we carefully picked our way across the boulder-strewn terrain in the gathering gloom. A full moon briefly peeped over the Eastern wall of the Pass before dipping beneath it again. Soon we were running silently across small sand-dunes which glistened like snow in the moon's ghostly afterglow. Ahead lay Mt Asgard, its white icing cap gleaming bright in the night. For a while time stood still and the magic of the arctic filled my senses. We moved to the rhythm of land, playing our part in nature's orchestra. And our friendship grew in the silence.

The head-wind slowed us and we fretted a little. Then, to my surprise, there was a tiny lull - a moment of near stillness, hardly long enough to notice but a lull nonetheless. I moved up to Paul's shoulder and said:

"Paul, I think the wind is going to die away. While lying a-hull to a gale we always used to listen out for the first lull. After that the wind always faded."

He looked at me quizzically. We were a long way from the ocean. Ten minutes later there was another, longer lull and in a further half hour only a faint zephyr lingered.

Eight hours into the run we arrived at the Rundle River. Already the darkness was giving way to the new day. Exactly one year previously and three days into our hike I'd first broached the subject of a run through the Pass.

"How long do you think you'd take to get to the Rundle?" Paul asked.

"About seven and a half hours," I replied.

Considering we'd been running in near darkness for several hours, I was well pleased with our time of eight hours. Paul's pace had been spot-on and mine would have been too slow. Without a moment's hesitation Paul grabbed my arm and plunged into the foaming torrent. The Rundle was the first of the Pass's two rivers which needed respect. On this occasion it presented no difficulties and in a few minutes we were making our way up the overgrown moraine towards Glacier Lake. I'd hoped for a brief rest but Paul was on a mission so we pushed hard. The going became rougher underfoot as we crossed the moraines which bounded the Highway Glacier. Despite the nagging feeling that the pace was still too hot I was feeling no discomfort whatsoever. Clearly Paul's pace was spot on. In the twelve preceding weeks I'd done six ultras between 40 and 60 miles in length. Five of them had been solo and the 60 miler was done overnight. I concluded that I could trust the miles that were in my legs and the mental strength I'd developed during those long lonely runs. By contrast, Paul continued to give every indication of being completely "bonk" proof. It was hardly surprising; for 51 days on his epic polar journey he had run behind his dog sledge for about six hours every day.

The next three hours were very tough as we traversed the shores of Glacier and then Summit Lakes. This tortuous route entailed traversing beneath the Norman, the Turner and the Caribou

Glaciers, each with its pair of unstable lateral moraines and each with a freezing torrent issuing from its snout. The weather teased us for a while before settling down to a dull day with the wind kindly from behind. We were very glad to get to the end of Summit Lake. This stretch from the Rundle was the crux of the run. From here to the end at Mt Overlord was relatively straightforward and slightly downhill.

We called Christine on the Iridium phone and gave her an ETA of between 2:30 and 3:00pm at Overlord. I let Paul do the talking. She immediately set about arranging the boat while we sat in the lee of the Ranger's hut, contentedly eating our chocolate bars. We rested at Summit for 30 minutes. About twelve hours into the run and we'd probably not stopped for much more than 5 minutes at any one time. The rest did us good and when we set off along the track we were still remarkably fresh.

When we set off again, I took the lead for the first time for hours. We made good progress and quickly arrived at the second of the two worrying rivers. It looked low. In 1999 we'd had to wait until the following morning before we could safely cross. Without hesitating Paul grabbed my hand and we safely worked our way across. Mt. Thor's magnificent overhanging wall was now dominating the view and our minds drifted to the solo climber that was ensconced on the face. He'd already been there for several weeks and had the prospect of several more before he would gain the summit. What a grind that must be! By contrast we flowed lightly down the gently descending track with the prospect of finishing our run in a few short hours. The rain arrived along with a strengthening northerly wind so we donned our waterproofs, got our hoods up and settled down to a steady jog.

In time we saw a party of hikers ahead. As usual my pace began to increase. Propelled by pride we steamed past them with only the briefest of greetings. Only fear is a more powerful motivator. They were burdened down with huge packs and wore full waterproofs which gleamed wetly in the rain. They would still have another overnight camp before getting to Mt Overlord. The contrast couldn't have been greater. With luck we would be having a hot shower in the Auyuituq Lodge at Pangnirtung by mid-afternoon. I maintained the tempo until we crested a low rise and then immediately throttled back to a walk. Paul nearly collided with me from behind.

"What are you doing?" he asked. "We were going so well."

"Thought we could walk for a bit," I replied with a smile.

Paul strode off and was soon 100m ahead. I had arrived at that pleasant state where it was clear we would complete the run in less than 20hrs irrespective of how fast we chose to run. Somehow the urgency that had been our constant companion for so long had vanished. There didn't seem to be any point in pushing hard for the final three or four hours. This could well be my last visit to Auyuituq and I wanted to savour what remained of it. It was the sublime time of the run. Success was assured but a part of me didn't want it to end. Paul would have preferred to have continued running but he kept the lid on his frustration. For a while I was alone with my thoughts. Soon my mind was drifting serenely amongst treasured memories of other big runs. I concluded that this was probably the best.

Paul waited for me at the footbridge across the Weasel narrows before hurrying on again. The rain pattered on my hood. I was glad of the big anorak's protection. For a while the weather looked very threatening but once again it surprised us by lifting and thinning. Soon a

watery sun was brightening the day. After a while, Paul suggested I take the lead. He'd spotted the fact that I tended to dawdle when he was ahead. We set off again at a brisker pace which met with Paul's approval. Soon we were back to a respectable run/walk tempo which made short work of the final three hours. As we approached the emergency shelter at Overlord, Paul tentatively suggested we finish with a flourish. Chest out, knees up, we ran strongly for the final stretch. On reaching the deserted hut we hugged each other, grinning broadly with the satisfaction that we had done it in style.

Financial aid for WMRA Grand Prix hopefuls -

read on if you think you may be in the frame!! from Danny Hughes

UK Athletics have granted £3000 in support of athletes competing in the World Mountain Running Association (WMRA) Grand Prix mountain race series this summer.

Athletes who wish to be considered for selection to receive financial aid are invited to make their interest known by contacting Danny Hughes with details of recent form. (Telephone 019467 25366; e-mail 'dannyhughes1@cs.com; or by letter to 'Hallsteads, Gosforth, Cumbria, CA20 1BJ, enclosing an SAE to receive full printed information.)

Lack of any hill /fell running in the UK due to the foot & mouth crisis means that performances on the road, country or track over distances of 10Km or more will be taken into account. Typically, a recent sub 30 minute 10k time for men and 34 minutes for women would bring you into the reckoning.

Each mountain race has its own substantial prize list. In addition the overall Grand Prix winners will receive cash prizes starting at 4000 German marks (about £1350) for both men and women. The overall result will be calculated from the best three results from six races.

The races are in Austria (17th June; uphill only); Wales (July 28th; up & down); Italy (26th August; uphill only); Austria (2nd September; uphill only); Slovenia 6th October; uphill finish with some downhill).

In addition to these the World Trophy is the sixth race. This is on September 16th, up & down, but of course is not an open race but confined to athletes selected by their countries. England, Scotland, Wales and N. Ireland compete as separate countries in that competition.

Full details of the Grand Prix series can be also found on the WMRA web site at www.eaa-athletics.ch/wmra

The selection panel consists of Danny Hughes (Manager), Robin Morris (Chair >fell/hill PST), Dennis Quinlan (Coach), Brian Martin (Statistician) and Zarah Hyde-Peters (UKA).

Veterans World Mountain Running Championships in Poland

Entry forms may be obtained from Danny Hughes by sending an SAE to the address given in the previous item. Payment of entry fee is on arrival.

WMRA are inviting potential organisers to bid for the 2002 Vets event in time for the WMRA congress in September. Again, Danny can supply all details to any organisers interested in putting their races forward for consideration for this Championship event.

WILLIAM HILL MAN V HORSE MARATHON

by Mark Sandamas

ONLY FOOLS AND HORSES CHASE £22,000!

Mark Croasdale picked up another illustrious record in his distinguished career when he won a direct head to head race against a horse at last year's William Hill Man versus Horse Marathon!

Proving that two legs can be better than four over a tough 22 mile fell course in the mid-Welsh Mountainside, Mark picked up the Lord Sutch Memorial Trophy - named after the famous politician who was a regular visitor to the event, and who sadly took his own life just a few days after the 1999 race. Before anyone doubts the quality of the horse he was up against, Roama, ridden by Jackie Gilmore, had won the event for the previous two years by margins of up to 20 minutes against the individual runners.

Mark then had an anxious wait to see if any of the other horses in the main field would beat his time of 2hr 10min 9 sec. thus denying him the £21,000 bonus from William Hill awarded to the first runner to ever beat all the horses in the event. As the clock ticked away past the 4 minute gap which represented the closest a runner had ever come in the past there was still no horse in sight. However with just two minutes to go Royal Mikado ridden by Heather Evans came into view. With a swollen river to cross there was still a chance for Mark but Royal Mikado showed a sure foot and came through to cross the line in 2hr 8min 39 sec.

The Man V Horse is now an established classic in the running world, attracting competitors from Europe, the States and Kenya. They are all drawn by the wackiness of it all - trying to prove a bar-room bet that a runner can be quicker than a horse. The cash bonus for the first runner to do so also helps, certainly for the top runners - it is now worth £22,000 this year. For the majority though it is the unique atmosphere and the beautiful surroundings that make it a weekend to look forward to.

It is the richest fell race in the calendar with a total prize fund in excess of £3,000 cash plus a similar amount in free bets courtesy of long-time sponsor William Hill. This excludes the star bonus prizes for beating the horse.

Mark Croasdale has now won the individual run five times as well as leading home his relay team, Croasdale Crusaders, to victory on six occasions.

The race is firmly established in the sporting world often attracting national media attention. Last year was no different with articles in the Daily Express and on Sky Sports as well as the US version of Runner's World amongst others. Although the origins of the event may indicate it is a bit of a joke event, the quality of the entrants and the organisation and not least the prizes prove that it is anything but.

This year's event has unfortunately had to be postponed because of the Foot & Mouth epidemic and will now take place on October 13th. Anybody wanting an entry form or more details should contact organiser Gordon Green on 01591 610236. Alternatively view the following websites: www.greenevents.co.uk, www.williamhill.co.uk

"Is there life after Walshes??"

You only have to stand on the start line of any fell race to see brand loyalty in action - I would estimate about 96% of the field will be wearing Walshes of one sort or another and will have been doing since the dawn of time. There is of course a very simple reason for this - Walshes do the job they are designed for and are a completely known quantity - everyone is aware of their strengths, weaknesses (not many) and idiosyncracies but for one product to have such a massive share of the market would, in other fields of business, probably bring the Monopolies' Commission trumpeting out of the undergrowth. There have, of course, been various attempts to break into the fell shoe market - Reebok had a go, more successfully so did ETA, with a shoe which was easily the equal of the Walsh in performance but, unfortunately, had a distressing tendency to fall apart! Adidas have just launched their "Lightfoot", which has clearly been designed by someone with no experience at all of fell-running and is, I suspect, destined for a short and uneventful life. There are, however, three other shoes which have been spotted more frequently at races and below are printed three brief reactions to them by experienced runners who know what they're talking about - these are not intended to be exhaustive product analyses but comments about the shoes and how they compare to the ubiquitous Walsh.

Adidas Davos

by Phil Wallace



Having run in Walshes for the last fifteen years, apart from a short disastrous spell with Reeboks some years ago, I decided late

last year to try Adidas Davos. Two reasons prompted me to try them, the large number of people who were wearing them at last year's Open Country Mountain Marathon (all positive comments about design, wear etc.) and, secondly, the persuasive salesmanship of Mr Tony Hulme of the famed Running Bear empire who sold them to me (he assures me!!) at a knock down price!

The shoes themselves I have found to be extremely well made, the uppers being constructed of a reinforced nylon material well stitched to the main body of the shoe. I have worn them regularly for six months - none of the stitching has parted company to date and the uppers remain fully intact, with no splitting or separation from the sole. The soles themselves are made from an extremely hard rubber compound with numerous crescent shaped studs.

If I have one criticism of the shoe it is with the sole. No fell shoe is particularly good on wet rock, however I found Davos particularly slippery

on wet, rocky terrain presumably due to the hard, rigid, inflexible design of the sole. In the sole's favour, however, it has worn extremely well.

In my opinion this is a well constructed, hard wearing shoe with its main disadvantage being the sole, the design of which does not make it suitable for races which traverse rocky terrain.

Walshes remain the gold standard in terms of design, construction and performance!

Felldancers

by Gary Corbett

Let's all face the fact that not all shoes are the ideal fit for everyone. I certainly agree with that statement. Personally, I have a history of purchasing shoes, climbing boots, ski boots and running shoes that do not fit well.



Therefore, I now have a policy for "trying" all footwear at home for a few days to make sure they fit.

I remember buying my first pair of

Walshes, the mighty brand leader - it was like joining an elite club of runners. At home I admired their yellow dash, pyramid stud and blue fabric. Can you imagine my horror - argh - when I could not replace the standard insole with my own favourite Sorbothane insole prescribed by my very expensive physiotherapist to prevent knee injury and pain?

There was only one thing to do. Go straight back to Tony's shop and change them for something more accommodating. Tony was great, yes I could have an exchange or refund, whichever I preferred.

It was mid afternoon Friday and I needed to collect my KIMM partner at Prestwick Airport by 6pm - I was naturally in a hurry! Tony suggested some other shoes and I grimaced disapprovingly. Then a size 12 Felldancer appeared (£45). The stripe strangely reminded me of the "tiger" shoes we used at school and featured a removable insole. Romantically, some man and his wife in a garage in Rossendale made them. That appealed to me and I agreed to purchase. By the time I had agreed to put new Sorbothane insoles into the Felldancer the total was up to £65, yes, more than the Walsh, I know, and I was happy, content and relaxed.

Now the serious stuff, cruise control up to Prestwick then on to Ardentenny for KIMM 99.

The shoes were great, good grip from the conical stud and a truly marvellous insole with no serious blisters or pain. The shoes also lasted well, a full year of weekly use both training and racing without any need for repairs to the sole or uppers.

Each year I treat myself to a new pair in time for the KIMM, relegating old shoes to occasional training runs when the good ones are wet. My original pair are still knocking around for occasional use and the uppers are

still sound. I am now on my third pair, looking forward to the fourth.

Foot and Mouth has meant the latest pair has not had as much wear. The uppers are still in very good condition and I would consider arranging a resole for this year KIMM 01.

Suggested minor improvements. The last eyelet for lacing could be strengthened, since I successfully ripped it when wet. Otherwise, I find the shoe excellent. I have worn them in summer without socks and in a cold Sutherland winter on Cul Mor with 3mm neoprene socks instead of crampons (not recommended)! They continue to serve my needs well and I hope the factory in Rossendale keeps going.

A happy customer.

New Balance AX Terrain

by Ian Warhurst

Price: About the same as Walshes (otherwise known as the aforementioned!), could even now be a little bit cheaper

Reason for buying: Comfy and plenty of cushioning, especially for that bit of road work. They come in two width fittings, normal (which is still a bit too wide for my dainty narrow plates) and wide for the more burly, rugged Patagonians of this world.

Details of design and construction: Big heel tab that can give you blisters if you don't cut it off (although I didn't suffer from this on the second pair that I bought, which were half a size smaller), nice blue stuff for an upper that cleans easily and a sole similar in construction, but obviously not quite the same as the aforementioned.

Don't make my mistake, make sure you get the right size!

The uppers have worn relatively well, but have not been involved in many rough and rocky races so this is not a fair comparison to the aforementioned.

The soles have stood up to use admirably, but are of a harder compound than the aforementioned resulting in the fact that they can be a little bit unstable on wet, hard, sloping things. As most of us are unstable under these conditions, I hardly consider this a fair criticism. Just avoid wet rock!

Types of race to use them in: Those races with not too much rough terrain, but with plenty of track and road sections. I remember wearing them on Goat Fell in 1999 and thinking that they were a good choice due to the fact they gave quite a bit of cushioning and bounce on the road section, but were more than adequate on the path going up. However on the downhill bit from the top of Goat Fell they didn't quite inspire me with the same confidence as a pair of the aforementioned racer variation, but nothing ever quite does, does it?

Verdict: A good shoe to train in that is well constructed, comfortable and durable. Not quite stable enough for serious racing though, when the brain has been left behind in the car or at the top of the hill.



Stories of long ago

by Sarah Rowell

In thirty years time I'll be sitting there in my rocking chair, knitting, with hordes of great nieces and nephews running round my feet and one will ask, "Great Auntie, what did you do during the big storm of 2000?"

"Well children," I'll reply, "Gather round closely and I will tell you." and at that point my reputation as a great and wise being will fly out of the window faster than Ruth after a beauty treatment.

Regular readers of "Running Fitness" may well recall the editor's account of his attempt at the Lowe Alpine Mountain Marathon, complete with portable TV, phone and various other necessities. That might be all well and good if all you want to do is go for a walk in the hills and try to listen to the England score at the same time. Up the fast and hard end (trying to win the Elite class) things are just slightly different. Which brings us to the start of my tale - the 2000 Karimmor Mountain Marathon - and the obvious pun that Karriless is the name of the game here.

While the race itself did not take place until the weekend of 28/29 October, preparation had started long before. Strange as it sometimes seems, Polly (my partner to be) and I (hereafter referred to as the girls) are not completely stupid. Firstly we had opted for the "A" class and secondly we also concluded that as members of the more delicate sex, some degree of comfort was going to be needed (ie a waterproof tent). Paul and Graham (the boys) had greater designs however on the Elite class. Now at face value it might seem that this requires a high degree of fitness, excellent ability to read a map and make route choices and pretty hot navigational skills. This of course is all true. If however you are also out to win the darn thing then the lightest possible luggage which still meets the organiser's requirements is also needed. This of course means no TV, in fact not a lot of anything else either.

In the run up to the event therefore, while the girls were studiously out on the hills practising their navigational skills, the boys were:

- shopping - for the lightest stove, form of illumination and spoon (from McDonalds).
- testing - which type of fuel was most efficient in terms of weight required to boil a pan of water.
- sewing - there are lots of unnecessary heavy bits that can be removed from rucksacks.
- minimising - anything that could be.
- weighing - everything.
- eating (OK, so the girls joined in on this one - one of the perverse facts about this type of racing is that as your packs get lighter so the serious types aim to add bit round the middle in terms of reserves).

In fact at times it seemed the boys were doing everything but running round with a map and compass.



"Sarah not doing the KIMM" (Photo Pete Hartley)

So to the great day itself, the girls weighed in with rucksacks at 11lb each (remember this contains tent, sleeping bag, stove, food for 2 days and everything else), while the boys were under 8lb, most of which seemed to be food.

It might surprise some of you but the Saturday actually dawned bright, clear and windless and at 8.03 the girls picked up their map and headed off into the unknown (boys being boys, they did not have to start until later). Checkpoint One came and went with no problems, by Checkpoint Two bright clear and windless had changed to wet, misty and windy, we were both fully Goretexed and my fingers had already gone through the freeze/pain/unfreeze cycle once - only 6 more controls to go. By Checkpoint Four I was beginning to marvel at the fact that I was totally soaked but at the same time not cold.

This was all to change by number Six when on the top of Little Stand (people were not saying kind things about the organiser) we had to descend into the wind, having only finished climbing up into the wind (part wishing our rucksacks were heavier and would therefore offer greater hope of our feet staying on the ground). Here I will admit to being just a little naughty, as seeing two guys disappear off down hill, the girls, shameless as when on the pull on a night out in Leeds, set off in fast pursuit. At this stage in the proceedings we were both starting to get just a tad worried about our health. Relief at being down, a quick swim across a river, another rather large hill, a second swim and BANG it was time to test how long it takes a Mars Bar to kick in after bonking big time.

Forty minutes later the girls arrive at the overnight stop - ours is tucked nicely in the valley and, while the wind is pretty wild and wet, at least it is possible to heat food up. The

boys on the other hand were at the Elite camp in their big plastic bag (sorry tent) 500m further up the hill. Here things by all accounts were not so pleasant. Anyway back to us, never before have I been so glad to see a line of portaloos. For those of you unfamiliar with this kind of masochism, toilet habits are usually performed in a big trench surrounded by tarpaulin (which has a habit of blowing down). Nice, warm portaloos however meant that you could actually put on dry clothes without having to do some difficult limbo dancing in pairs in a very small tent. (Hint - for those wondering how come the boys' rucksacks

weighed less than the girls' see previous sentence and reference to dry clothes.)

The ritual of any overnight camp is pretty straightforward - tent up, change what clothes you can, put plastic bags in your shoes (to keep spare socks dry), eat, stare enviously at the big tents being used by those doing the lower classes, eat, pretend to sleep, eat, pack up tent, remove plastic bags and prepare to repeat the previous day. The only change may be a few more eat intervals.

Day 2 dawned wet and windy and, apart from some odd dry or haily patches, remained that way all day. After a shortened course, a second major bonking episode (hey at least we both bonked) and some seriously malfunctioning, numb feet we arrived back at the finish. At this point it was sort of strange, but the *never again what the hell am I doing this for* train of thought metamorphosed into *this is what we need to do next time*.

The good thing about KIMM's is that the fun does not end when the race does. Being quite proud of my car I made sure it got towed out of the field by the BIG tractor, not just the little buggy like one. Then it was back down the rather flooded A65 to Leeds trying to work out a rational way of explaining to friends and colleagues why both my feet/ankles had swollen up and I could not walk properly.

At this point in my story I will sigh, lean back in my rocking chair and smile down at the little children sitting at my feet and wonder why their parents never want me to baby sit for them.

What happened? - well, after some bother on day 1 the boys had a flyer on day 2 coming through for 9th overall in the Elite. The girls did better than last time out and found all the checkpoints in the right order, finishing first in their class and fairly high up overall.

THE LAKE DISTRICT NATIONAL PARK - 50th ANNIVERSARY PLANS

The Lake District National Park is 50 years old in 2001. It was given the status of a National Park in recognition of the importance of conserving its special qualities for future generations to enjoy.

Over 40,000 people live inside the National Park and over 14 million people visit it each year. So it is not only a place to live and work in but also it is an inspiring landscape, treasured for its sense of freedom, adventure and quiet enjoyment.

It is outstandingly beautiful with a unique combination of spectacular mountains and rugged fells, pastoral and wooded valleys and numerous tarns and lakes.

All are special reasons to celebrate its 50th anniversary.

The Lake District National Park Authority, set up to look after the National Park, has organised a wide variety of events and activities to mark this important milestone. In celebrating this anniversary we hope to show people how special the area is and how they can enjoy it now and in the next 50 years. The icing on the birthday cake will be the cash raised by a 50th anniversary appeal with the money being spent on things that will be of benefit in another 50 years.

There are four themes for the year encompassing all that is special and important about the Lake District. They are: "cool, clear water", which includes the lakes, tarns and rivers; "a place for people", which embraces the opportunity for quiet enjoyment and outdoor activities as well as the District's towns and villages and their legacy and traditions; "the wealth of wildlife" which includes the diversity of landscape and semi-natural woodlands; and "the fells, crags and dales", which unite spectacular natural features with the open nature of the fells and the freedom to enjoy them.

The Authority has organised a programme of approximately 900 events including a challenge to guided walks' participants to log up '50kms for 50 years' with badges and certificates awarded for achievement plus many other events for all ages, abilities and interests.

The birthday itself (designation day) on the 9 May was marked with a celebrity media event and an evening reception.

The celebrations wouldn't be complete without some competition, linked to the four themes; there's a photographic competition, held in conjunction with the Friends of the Lake District and a schools competition to design a postcard.

All in all we look forward to it as a party with a guest list of millions, in an exceptional location. It should be a year to remember in every possible sense.

If you would like to find out more about the 50th anniversary and our events programme please telephone 015394 46601 for a free copy of our events guide; or contact Emma Dewhurst External Relations Manager (Tel: 01539 792671).

Three other National Parks will celebrate their 50th anniversaries in 2001; they are Snowdonia (Tel: 01766 770274); Peak District (Tel: 01629 816200); and Dartmoor (Tel: 01626 832093).

Martin Stone's *Long* Distance News Summary - May 2001

The Foot and Mouth crisis has made it a weary time for fell runners, certainly those who enjoy running on the fells and mountains in England and Wales. Almost every Scottish Munro summit can now be visited and those with aspirations to complete 24 hour challenges in the mountains are turning their attention to the Scottish Highlands. A few attempts on the Charlie Ramsay Round (Ben Nevis, Grey Corries, Easains, and Mamores) are planned for the next few weeks. Coincidentally, the most amazing challenges last winter have also been attempted in the Fort William area - more about this later.

Apologies to Rob Woodall for my misleading comments about his attempt to extend the Paddy Buckley Round last September. Rob was hoping to add in all the 3000 foot peaks and the Lliwedd tops. I suggested that he had climbed fewer peaks and wasn't able to include all those in the basic round. He attempted the round at the height of the fuel crisis, which made it doubtful that his pacers would make it to the road support points. Despite very poor weather he did complete all the 47 peaks of Paddy's Round and although he wasn't able to add in the rest of the 3000 footers, he did add a further 8 minor tops along the way.

FRA LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, Sleagill, Penrith, CA10 3HD, Tel: 01931 714106. Fax: 01931 714107. Email: martin@staminade.co.uk*

TRANTER'S ROUND UNSUPPORTED IN WINTER - NICK CARTER

To the best of my knowledge, no-one has ever completed a continuous Winter Tranter's Round - please correct me if you know better! *This is an edited note from Roger Boswell.* The first sub 24-hour Winter traverse of Tranter's Round is still to be achieved. With the near perfect winter conditions prevailing in Lochaber in mid-January, Nick Carter and Dawn Scott, both instructors at Outward Bound Loch Eil, couldn't put the idea of giving this a go out of their minds. Tranter's Round is made up of all 20 Munros which form the Glen Nevis skyline hills and ridges. The 12 Mamores Munros are to the south of the glen. To the north of the glen, Stob Ban, the Grey Corries, the Anachs, Carn Mor Dearg and Ben Nevis are also included. This adds up to about 35 miles, with 21,000 feet of ascent. The summer record is 12hrs 50min set by Mark MacDermott who completed the round on 28th May 1990 as a solo-unsupported run but no-one has completed it in winter. Dawn set the ladies' record for Tranter's Round last Summer in a time of 15hrs 57 mins.

Dawn and Nick set off unsupported from Glen Nevis youth hostel at 09:15 on Saturday 13th January, carrying substantially more than Mark! It was soon clear that our hero and heroine

wouldn't break 24 hours. Crampons were strapped on early and not removed again. The pair reached the Glen Nevis cross over, Tom an Eite, in the early hours of Sunday morning. Dawn was feeling very tired, but she kept going, up and over Stob Ban to the Grey Corries bealach. Here they bivvied for about 50 minutes, both getting some sleep but also feeling cold. Dawn felt much refreshed mentally, but one of her achille's tendons was becoming sore, due to the inflexible boots and crampons. She carried on up Stob Choire Claurigh, after which she decided to quit and descended to Spean Bridge.

Nick wasn't having too many problems. He carried on by moonlight, and managed the last group of hills after the Grey Corries in about 6 hours, arriving back at Glen Nevis youth hostel at 14:45 on Sunday, 29 hours 23 minutes after starting. He said conditions were near perfect, but not quite. He believes that with less soft snow on the ridges a sub-24 hour round is possible.

TRANTER'S ROUND, SOLO UNSUPPORTED IN WINTER - GLYN JONES

The more I learn about Glyn's attempt, the more I realise what a most remarkable coincidence this is. Glyn also set off on Saturday 13th January at about 06:54, about 2 hours earlier and travelling in the same direction as Nick and Dawn. It was originally his aim to attempt Ramsay's Round but he changed onto the shorter Tranter's Round at the decision point half way round. Glyn is a fascinating character and I don't think he would mind me saying that his lifestyle as a small Galloway farmer doesn't allow him many luxuries of high tech kit. A pair of PB's would be considered such a luxury and Glyn usually purchases inexpensive trainers and screws bolts into the bottom to provide grip for steep fell terrain. On this occasion Glyn screwed six 3/4" bolts into each of his Adidas trainers, leaving about 1/2" exposed to act as crude crampons for the icy ground that lay ahead. Can you imagine your feet surviving the cold for almost 30 hours in a pair of trainers? Glyn is as tough as they come. Nick and Dawn must have noticed Glyn's unique set of footprints (or should I say bolt prints) on some of the more isolated sections as they followed his solitary journey. An interesting thing is that Glyn also rested awhile at the same col between Stob Ban and the Grey Corries.

This is an edited letter from Glyn: The round took me 29 hours 49 minutes and was more of a mountaineering experience than a run - I was using my ice axe for 90% of the time. But what an experience! Clear skies, deep snow, hard frost (-9 centigrade at night), stunning sunset and sunrise and, best of all, moonlight on the Grey Corries. Absolutely fantastic. Superlatives fail to describe what was the most brilliant experience I've ever had on the hills. The date in mid January with its short days fulfils my definition of winter (within 6 weeks of the solstice). I went anticlockwise with the intention of continuing with Ramsay's Round when I got to Luibeil only if conditions were possible for me to complete it inside 36 hours. But they weren't. I found the path heavily iced which would have meant much slipping and falling on the long trek round to Beinn na Lap before the moon rose -

certainly no running! Also the climbs had been frustratingly slow in the soft and powdery snow – often 3 steps to gain one step upward. It was the right decision to swap to Tranter's (which I had been wanting to do for the past 3 winters anyway), because exhaustion would probably have meant abandonment later on and I would have achieved nothing. Although it surpasses anything I've achieved before, because of the triumphing over difficulties on my own, I have niggling doubts about other people's views of how responsible this sort of activity is from the safety angle.

Glyn goes on to discuss the dilemma he has about describing the great enjoyment, the sense of endeavour and adventure he derives from these solo unsupported journeys. His attempt did land him in dangerous situations and he survived to tell the tale. Glyn doesn't want to be responsible for encouraging others to emulate something that has its inherent dangers. However, we feel it is always important to report on great achievements.

CHARLIE RAMSAY ROUND ATTEMPTS, SOLO IN WINTER – AL POWELL

While some were focusing on Tranter's Round, Alun Powell was taking an ambitious look at Ramsay's Round. Al is a top mountain marathoner, climber and mountaineer. With all these skills and his speed on snow and ice he is probably the ideal person to attempt a winter Ramsay Round. Until the two attempts he made last winter, Al's knowledge of the area was confined to the climbing of Ben Nevis and Aonach Mor. While most do quite a lot of reeving before attempting a summer round to suss out the 'shortcuts', Al decided to make his first ever attempt in winter, sight unseen.

Here are some notes from Alun: I set off on a clockwise attempt starting with the Ben on Xmas Eve at 07:00hrs. I reached Loch Treig dam in 8 hrs (*ed: this is a respectable time in summer!*) where my girlfriend was waiting with a food supply. It was very cold and quite windy on tops, but mostly clear (cloud increasing during the day). Ski pole and instep crampons were carried (not worn), well frozen conditions and some hard neve on the ridge lines made for good going. Extensive cloud on summits later in the day, no moon and hoar frost covering the paths made me decide to bail out at this point as I reckoned I would lose too much time with the route finding. I missed a good weather window in early January as I was heading out to the Alps climbing and ski touring for 3 weeks (but this was a good training regime).

My second attempt was on Monday Feb 19th. After pre-placing food dumps at Loch Treig Dam and above Kinlochleven the previous day, I made a 6 a.m. start. Clear weather, extensive cover of hard neve above 800m made conditions very fast, but somewhat serious in the event of a fall.... A light ski touring axe and instep crampons (put on in Ben Nevis summit shelter) proved essential. The traverse of Carn Mor Dearg Arete was very fast and there were a couple of dicey sections crossing the col to Aonach Mor. The Aonach Beag descent turned out to be quite straightforward. I was 10 minutes up on previous attempt at Stob Ban, but lost time especially down climbing steep snow on the final shoulder above Loch Treig dam.

I lost some time on the next section, especially in deep snow on the south facing slopes coming off Chno Dearg, the second one in this group. I removed my crampons for the fast run down off Beinn na Lap to the track near Corroul, only to arrive at 6 p.m. (12 hrs total) and discover I'd lost my map which had been tucked into my waist belt for the descent. Now it was dark and with no knowledge of the terrain or a map, this was very bad news. I decided to try and find the way back to my car in Glen Nevis, rather than go

north through the Lairig Leacach to the A86 at Roy Bridge and hitch round. This proved a bad move as without map or any moon I lost the main path and had to retrace my steps back to the track at Loch Treig.

I was cold, tired, late and low on food so I decided to head for the nearest shelter, so I set off to find the Lairig Leacach bothy below Stob Ban but stumbled across the old farmhouse Creaguineach Lodge at the SW head of Loch Treig after 100 metres. Luckily it had recently been used for an illicit party and amongst the beer cans and spliffs there was quite a bit of unopened food, so I found some old blankets and spent the night there. Next morning I then jogged westwards and found the way back to Glen Nevis in poor weather, which had deteriorated overnight.

Being very good on snow and ice is pretty essential for speed and especially safety, but with similar conditions, a clear night and preferably a moon then the round is a goer. I will be in Scotland for an extended period next winter, so will be able to devote some more time to the project. I'll let you know about the secret weapons I've been using after I've done it!

THE 4 GALLOWAY CORBETTS RECORD – COLIN BUTLER & DUGGIE GILLESPIE

This is a route that links together the four Corbetts of SW Scotland into a run of 27 miles and 7,500ft ascent through the heartland of the Galloway hills. On 16th February Colin Butler and Duggie Gillespie completed the route in 7hrs 5mins, bettering the 1997 time of Glyn Jones and Paul McClintock by 35 minutes.

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 2000/2001

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 to 30th April and 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 2000/2001 award should be sent by June 2001 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586

An alternative to road running - races abroad par le Grand Marchand

With the foot and mouth epidemic cancelling so many races and putting large areas of the country out of use, it may be of interest to take a look at what is on offer in other countries.

A publication called the Berglauf Journal lists the mountain races in Germany, France, Switzerland and Italy.

Le Bipede is a French publication listing 5000 events, including mountain races, road races etc. from the Alps to the Pyrenees. From personal experience I have found the races in the Pyrenees to be the most similar in terrain to those in Britain, with some quite rough terrain both up and down.

Listed below are a few sample events but there are many more.

| June 24 | Laruns | 24Km | 1320 metres ascent Record 1hr 43min |
|---------|-------------------------------|--------|-------------------------------------|
| July 1 | Chamonix Cross de Mont Blanc | 23Km | 1360 metres ascent |
| July 7 | Montegnevre | 8.5Km | 550 metres ascent |
| July 15 | St Gervaise | 20Km | 1800 metres ascent |
| July 22 | Les 2 Alps St Genest Malifaux | 36 Km | 2800 metres ascent |
| July 29 | La Plagne | 55 Km | 3000 metres ascent |
| Aug 5 | Termignon | 16 Km | 625 metres ascent |
| Aug 11 | St Martin La Port | 9.7 Km | 700 metres ascent |
| Aug 26 | Veynes | 47 Km | 2500 metres ascent |

Full details of the above races plus several thousand more can be obtained by filling in the form below.

The list usually arrives within 10 days.

NOTE THIS IS THE FORM FOR 2002 so make sure you specify that you want the 2001 Book ASAP.

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