



The Fellrunner Magazine

October 2002



*The late John Taylor at the 1995
World Trial Race in Keswick
(Photo Pete Hartley)*

John Taylor

30 Years Ago

The Club Foot

SPORTident Timing

The Booth Knot

Pete Bland Sports

WINTER WARMERS

DON'T BE LEFT OUT IN THE COLD!!



RON HILL ACTIVE JACKET

PU coated ripstop nylon shell with polyester lining. Front and back vents for increased ventilation.

WAS £49.99 NOW £19.99

COLOURS: NAVY/STEEL & FLUO YELLOW/NAVY SIZES: S, M, L, XL



ASICS TRACKSTERS

Performance training legwear. 100% polyester. Great comfort and performance. Internal fob pocket for the small necessities.

1 PR £9.99, 2 PRS £15.00,
3 PRS £20.00, 4 PRS £25.00

COLOURS: NAVY/RED & BLACK/RED
SIZES: S, M, L, XL



RON HILL ENDURANCE ELITE JACKET

The ultimate runners waterproof jacket for all seasons, no matter what the weather.

WAS £79.99
NOW £49.99

SIZES: M, L



LOWE ALPINE ADRENALINE PANT

Ultra-light, high-performance pant for high-activity mountain sports. Fully waterproof.

WAS £49.99
NOW £34.99

COLOURS – BLACK ONLY.
SIZES – S, M, L, XL.



LOWE ALPINE FELLRUNNER BUMBAG

The lightweight, simple backpack that continues to be a firm favourite with hill and mountain runners. It packs away small and makes a great additional 'day-pouch'.

WAS £14.99 NOW £10.99

COLOURS: ALL BLACK, COBALT/BLACK, RED/BLACK & ORANGE/BLACK



LOWE ALPINE ADRENALINE JACKET

Ultra-light, high performance jacket for high-activity mountain sports such as fell running, trail running and mountain biking. Unlined, ultra-lightweight Triplepoint fabric with taped seams – light, compact, waterproof and highly breathable.

WAS £79.99 NOW £59.99

COLOURS – VENETIAN RED & ADRIATIC BLUE. SIZES – S, M, L, XL



LOWE ALPINE ADRENALINE ANORAK

Ultra-light, high-performance pull-on for high activity mountain sports such as fell running, trail running and mountain biking.

Unlined, ultra-lightweight Triplepoint fabric with taped seams – light, compact, waterproof and highly breathable.

WAS £69.99 NOW £49.99

COLOURS – VENETIAN RED & ADRIATIC BLUE. SIZES – S, M, L, XL

WALSH RANGE

PB X'TREME	(4 – 5½ - £51.99)	(6 - 13 - £59.99)	RAID X'TREME	(4 – 5½ - £51.99)	(6 - 13 - £59.99)
PB TRAINER	(4 – 5½ - £46.99)	(6 - 13 - £54.99)	PB BOOT X'TREME	(6 - 13 - £69.99)	
PB RACER X'TREME	(4 – 5½ - £51.99)	(6 - 13 - £59.99)	JNR PB TRAINER	(1, 2, 3, 3½ - £39.99)	

We also stock the Adidas Swoop (6-13 - £59.99)



No 1 Stockist of Walsh Fell Shoes, 10% discount to FRA members. Free Postage on Walsh Footwear (telephone orders only)

Mail order, Switch, Visa, Mastercard, Delta, Connect and Solo.

Telephone orders taken. Postage, Clothing - £1.00 per item, Shoes - £3.00

All the above items can be ordered on our web site, or checkout our extensive range of Autumn/Winter clothing.

Visit our on-line shop at www.peteblandsports.co.uk

34A KIRKLAND, KENDAL, CUMBRIA, LA9 5AD TEL/FAX 01539 731012



The Fellrunner Magazine

Editor: Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL.
Tel: 0161 485 1557 Mobile: 07950 440972 Email: djonesfra@aol.com

The subject which must open this editorial is the sudden and completely unexpected death of John Taylor. Not only was John an athlete of considerable prowess, he was also blessed with a generous and dynamic personality which impressed itself on everyone with whom he came into contact. Our sincere condolences go to Kirstin Bailey, his fiancée, and to his family. This issue contains an appreciation of John, together with information about the Trust which Kirstin is establishing, and also a short piece from Dr. Phil Wallace explaining the condition which led to John's death.

The problems alluded to in the last edition concerning safety at races have, unfortunately, led to alterations to the FRA Safety Requirements, operative from 1st January 2003 - in summary these mean that at **ALL** category AL and AM Races, whatever the time of year or the weather conditions, it will be mandatory for runners to carry the gear specified in Safety Requirement 9 and, although AS organisers will have the option to waive some of the requirements if the weather has been relentlessly fine in the days before the race and is forecast to remain so, it is best to assume that full kit will be required at AS races as well.

Being realistic, this is hardly a terrible burden on runners - most people take a bumbag with the gear in it as a matter

of course and as organisers of category B and C races may also (as many already do) insist on gear being carried it would be prudent for all runners to get into the habit of automatically taking their bumbags with them to every race - that way there should be no more problems, either for runners or for organisers.

One problem that bothers me more than a bit is the apparent total apathy amongst most of the FRA membership about anything to do with the organisation of their sport - the questionnaire in the last edition elicited a response from a paltry 5% of the membership. The replies were very interesting indeed but the small number of them hardly informed the Committee about the views of the membership as a whole - other than that we could probably all pack it in, quietly substitute a Committee of trained gerbils, all get a lot more running in and have a lot more free time, and no-one would give a damn - until they didn't get their Calendar, Magazine, Championships, Courses, Race Insurance, etc., etc. !!*#! It's **your** sport and unless you get involved in it we'll finish up like the much-maligned UKA - run by a bunch of superannuated Blazers happily making their own decisions blissfully out of touch with any real athletes !! End of rant - have a good Winter.

Editorial Team

Access & Environment

Chris Knox, 38 St. John's Street,
Keswick, Cumbria, CA12 5AG.
Tel: 017687 72922.

Championships

Jon Broxap, 32 Castle Garth,
Kendal, Cumbria, LA9 7AT.
Tel: 01539 721603.

Coaching

Norman Matthews, 8 Snowdon Drive,
Horwich, Bolton, BL6 7DG.
Tel: 01204 468390.

FRA

Mike Rose, 15 New Park View,
Farsley, Leeds, LS28 5TZ.
Tel: 0113 2556603.

Ireland

Ian Taylor, 52 Bladon Drive,
Belfast, BT9 5JN.
Tel: 02890 280790.

Juniors

Ian Smith, 128 Brownlow Road,
Horwich, Lancashire, BL6 7EII.
Tel: 01204 691951

Long Distance

Martin Stone, Sleagill Head Farm,
Sleagill, Penrith, Cumbria, CA10 3HD.
Tel: 01931 714106.

Results

Dave Weatherhead, 16 Birchlands Grove,
Wilsden, Bradford, BD15 0HD.
Tel: 01535 273508
Email: resultsfra@aol.com

Scotland

Mark Rigby, 5 Springfield Lane,
Aberdeen, AB15 8JE.
Tel: 01224 324785.

Wales

John Sweeting, Lower Lodge, Cynghordy,
near Llandovery, Carmarthenshire,
SA20 0LD. Tel: 01550 721086.

Website (www.fellrunner.org.uk)

Bill Waine, 36 Blandford Drive,
Coventry, CV2 2JB.
Tel: 02476 603813.

Contents

- 2 *Chairman's Chat*
- 3 *Calendar Update*
- 4 *Championships 2002*
- 8 *Rambling Rose*
- 9 *John Taylor*
- 12 *The Future is Electronic*
- 13 *Book Review 'Grasmere Sports'*
- 14 *Thirty Years Ago*
- 15 *Team Manager's Report*
- 16 *Club Foot*
- 18 *Management Questionnaire*
- 19 *Life on the FRA Committee*
- 20 *Lantern Pike Fell Race*
- 21 *A Long Day Out on the Hills*
- 22 *Another Jura Adventure*
- 23 *Results*
- 59 *Junior Page*
- 61 *Celtic Corner*
- 62 *Blast from the Past*
- 63 *FRA News*
- 64 *Letters*
- 66 *Dr. Martyn's Problem Page*
- 68 *PST Notes*
- 69 *Records Tumble...*
- 70 *The Scottish Island Peaks Yacht Race Revisited*
- 72 *Book Review 'Fifty Years Running'*
- 73 *Yorkshire Mourns Champion*
- 74 *Wendy's Lakeland Triumphs*
- 75 *Fell Training*
- 76 *Welsh Championships*
- 77 *The Access and Environment Bit*
- 78 *Joss Naylor Challenge*
- 80 *Long Distance News*

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.

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 **Friday 10th January 2003**

Please send material to:

Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL. Tel: 0161 485 1557
Mobile: 07950 440972 Email : djonesfra@aol.com

Please send Results and Race Reports to:

Dave Weatherhead, 16 Birchlands Grove, Wilsden, West Yorkshire, BD15 0HD.
Tel: 01535 273508 Email : resultsfra@aol.com

Please send Advertising Copy to:

Tony Hulme, Running Bear, 5 London Road, Alderley Edge, Cheshire, SK9 7JT.
Tel: 01625 582130

Chairman's Chat

from Alan Barlow

Well done to all the runners who have taken part in the Championship races this year. The British Championships have been decided and the English Championships will have been decided by the time you read this. Jon Broxap and his team are well advanced in their plans for another set of challenging courses for next year.

As the magazine goes to press our international team will be contesting the World Trophy in Innsbruck, Austria. This year for the first time we have an English team at the World Masters event, which takes place at the same venue on the following weekend. I look forward to seeing the results.

Frustratingly our plans to bring the World Trophy back to England are 'on hold' as our bid for lottery funding has once again been refused. Dave Hodgson continues to work hard to change the bureaucrat's minds and I trust that he will be successful.

Many of our members attended the sad occasion of John Taylor's funeral, giving a strong indication of the high regard in which he was held. I am sure you will all join me in extending our sympathy to Kirstin together with John's family and friends.

Whilst I am well aware that most members have safety in fell races uppermost in their minds there still seems some confusion regarding the safety rules. These are primarily aimed at category 'A' long and medium races but other events should incorporate relevant parts to suit their needs.

A sub committee has recently carried out a review of the safety rules and you will see in another part of this magazine the changes that they have recommended. In line with precedent which was set in previous years the Executive Committee have after some debate decided to implement these changes with effect from the 1st January 2003.

In particular you will note the intention to take away the race organiser's ability to waive the carrying of emergency kit detailed in Safety Requirement 9.

I look forward to seeing many of you at the AGM and the annual 'Do' afterwards, especially as we shall have some medals to present this year.

OFFICERS AND COMMITTEE MEMBERS 2002

FRA OFFICERS 2002

Chairman Alan Barlow (Altrincham)
Tel: 0161 4839330

12 Redcar Close, Hazel Grove,
Stockport, SK7 4SQ.

Secretary Mike Rose (Ambleside)
Tel: 0113 2556603

15 New Park View, Farsley, Leeds, LS28 5TZ.

Assistant Secretary Alan Brentnall (Pennine)
Tel: 01663 746476

8 Leygate View, New Mills, High Peak,
SK22 3EF

email - alan@abrentnall.freeserve.co.uk

Treasurer Tony Varley (Horwich)

Tel: 01204 669570

1 Kensington Drive, Horwich, Bolton, BL6 6AE.

Membership Secretary Pete Bland (Kendal)

Tel: 01539 731012

34A Kirkland, Kendal, Cumbria, LA9 5AD.

Fixtures Secretary/Magazine Editor

Dave Jones (Pennine) Tel: 0161 4851557

12 Victoria Avenue, Cheadle Hulme, Stockport,
Cheshire, SK8 5DL.

email - djonesfra@aol.com

Press Officer Bill Waine (Leamington)

Tel: 02476 603813

36 Blandford Drive, Coventry, CV2 2JB.

FRA website at www.fellrunner.org.uk

Junior Co-ordinator Ian Smith (Horwich)

Tel: 01204 691951

128 Brownlow Road, Horwich, Bolton, Lancashire,
BL6 7E11.

Championships Co-ordinator Jon Broxap
(Kendal)

Tel: 01539 721603

32 Castle Garth, Kendal, Cumbria, LA9 7AT

email: jonathan@dbroxap.freeserve.co.uk

Statistician Brian Martin (Ambleside)

Tel: 017684 84156

Barn How, Brow Top Farm, Hutton Roof, Penrith,
Cumbria, CA11 0XS.

email: brian_martin16@btopenworld.com

Environment/Access Chris Knox (Keswick)

Tel: 017687 72922

38 St. John's Street, Keswick,
Cumbria, CA12 5AG.

Coach Norman Matthews (Horwich)

Tel: 01204 468390

8 Snowdon Drive, Horwich, Bolton, BL6 7DG.

COMMITTEE 2002

CLUB REPRESENTATIVES

Sam Kirkpatrick (Milton Keynes)

35 Courtman Road, Stanwick,

Wellingborough, NN9 6TG.

Tel: 01933 625309

Jackie Smith (Dark Peak)

140 Hunter House Road,

Sheffield, S11 8TY.

Tel: 0114 266 4702

Brett Weeden (Keighley & Craven)

Highbridge House, 87 Main Street, Cononley,

Keighley, W. Yorkshire, BD20 8LJ.

Tel: 01535 635937

MEMBERS' REPRESENTATIVES

Graham Breeze (Skyrac)

Uplands, Odda Lane, Hawlksworth,

Leeds, LS20 8NZ.

Tel: 01943 874046

Peter Dyke

Flat 11, Graham Knoll, Graham Road,

Sheffield, S10 3GR.

Tel: 01142 630094

N. IRELAND FELLRUNNERS ASSOCIATION

Ian Taylor Tel: 028 9028 0790

52 Bladon Drive, Belfast, BT9 5JN.

SCOTTISH HILL RUNNERS

Keith Burns Tel: 01620 860257

21 The Dean, East Linton,

East Lothian, EH140 3ED.

ATHLETICS ASSOCIATION OF WALES:

ENDURANCE COMMITTEE

Adrian Woods Tel: 01495 791754

Ty'r Mynydd, 7 Coed Cae Uchaf, Blaenafon,

Torfaen, NP4 9JA.

email: adrian.woods1@vigin.net

UK ATHLETICS - POLICY AND SUPPORT TEAM

Robin Morris Tel: 0131 447 8846

33 Morningside Road, Edinburgh, EH110 4DR.

DELEGATES TO UK ATHLETICS ASSOCIATIONS

AA of England and Midlands AA Bill Waine

Tel: 02476 603813

36 Blandford Drive, Coventry, CV2 2JB.

North of England AA Mike Rose

Tel: 0113 2556603

15 New Park View, Farsley, Pudsey, Leeds,

LS28 5TZ.

South of England AA Sam Kirkpatrick

Tel: 01908 263107

33 Crosby Court, Crownhill,

Milton Keynes, MK8 0DD.

NORTH OF ENGLAND AA

Roger Lawton Tel: 01484 536066

5 Jim Lane, Marsh, Huddersfield, HD1 4QS.

CHAIRMAN OF THE WMRA

Danny Hughes Tel: 019467 25366

Hallsteads, Gosforth, Cumbria, CA20 1BJ.

BOFRA

Mrs. Pat Sturton

53 Westburn Crescent, Keighley, West Yorkshire.



Advertising Rates:

£160 Full Page. £100 Half Page
£55.00 Quarter Page. £30 Eighth Page

Classified Advertisements:

These are not for people seeking commercial gain but designed to be runner to runner ads.

£2.00 for the first ten words, 15p per word thereafter.

Advance payment necessary.

Colour Rates

Available on request from Tony Hulme

Calendar Update

This has to be the briefest Calendar Update in the history of the FRA :-

Saturday 26th October. Wound Wither Wood Welay Wace. After a couple of date changes already, the race will now DEFINITELY take place on this date. All details as in the June 2002 "Fellrunner".

Saturday 9th November. The Blorenge. AS. 2.00 p.m. 2.5m/1400' from the Llanfoist Inn, Llanfoist, near Abergavenny (GR SO286133). £1.50 on day only. Teams free. PM/NS. Over 14. Records: 24.00 M. Palmer 1997; f. 32.13 R. Pickvance 1999. Details: E. Meredith, Ti Craig-Wen, Garndiffaith, Gwent. Tel: 01495 775030.

Saturday 7th December. The Garth. AS. 2.00 p.m. 3m/900' from Gwaelod Y Garth Inn, near Taffs Well, Cardiff (GR ST117839). £1.50 on day only. Teams free. PM/NS. Over 14. Records: 16.02 G. Patten 1991 f; ?? J. Teague 1991. Details: D. Thornley, 5 Bryn Siriol, Pentyrch, Cardiff, CF4 8QU. Tel: 029 20891172. email: delboy@thethornleys.fsnet.co.uk

British & English Championship 2003

The following races will make up the British Championship 2003.

Usual format - best four from six which must include one race at each distance.

Saturday 5th April - Slieve Bearnagh - Ireland - Short

Saturday 3rd May - Stuc A Chroin - Scotland - Long

Saturday 17th May - Moel Eilio - Wales - Medium

Saturday 7th June - Pen Y Ghent - England - Short

Sunday 6th July - Skiddaw - England - Medium

Saturday 16th August - Brecon Beacons - Wales - Long

The British Relay Championships will be held on Sunday 19th October at Church Stretton.

The organising club will be Mercia and the organiser Richard Day.

The following races will make up the English Championship 2003.

Usual format - best four from six which must include one race at each distance.

Sunday 16th March - Lad's Leap - Short

Saturday 19th April - Anniversary Waltz - Medium

Saturday 7th June - Pen Y Ghent - Short

Sunday 6th July - Skiddaw - Medium

Sunday 27th July - Holme Moss - Long

Sunday 11th October Langdale Horseshoe - Long

Note: the above dates are provisional and should be confirmed in the 2003 FRA Calendar.

Many Happy Returns Sarah Louise Rowell

On 19th November 2002 Sarah at last reaches her 40th birthday - and as you can see from the photo she hasn't changed one bit !! \$!*



(Framed copies of this photograph, 5' x 5', are obtainable from David & Eileen Woodhead on receipt of a 50p Postal Order or cheque.)



“Running Bear” British Fell-Running Championship 2002.

MEN OPEN

1	Simon Booth	Borrowdale	201
2	Ian Holmes	Bingley	195
2	Rob Jebb	Bingley	195
4	Nick Sharp	Ambleside	185
5	Colin Donnelly	Eryri	183
6	Mark Roberts	Borrowdale	172
7	Morgan Donnelly	NFR	161
8	Dave Neill	Staffs Moor.	160
9	Gary Devine	P&B	158
10	James McQueen	Eryri	151
11	Simon Stainer	Ambleside	150
12	Brian Ervine	Ballydrain	142
13	Joe Blackett	Middlesbro	137
13	Phil Davies	Borrowdale	137
13	John Taylor	Bingley	137
16	Robert Hope	P&B	134
17	Tim Werrett	Mercia	133
18	Andy Peace	Bingley	130
19	Jonny Bland	Borrowdale	129
20	Andrew Schofield	Borrowdale	128
21	Graham Patten	Ambleside	100
21	Garry Wilkinson	CleM	100
23	Andy Kitchin	Lothian	93
23	Nicholas Spence	Borrowdale	93
25	Ben Bardsley	Borrowdale	90
26	Gary Thorpe	Ambleside	88
27	Mark Fleming	Ambleside	83
28	Steven Barlow	Horwich	79
29	Martin Amor	CFR	72
29	John Hunt	CFR	72

LADIES OPEN

1	Andrea Priestley	Ilkley	85
1	Louise Sharp	Keswick	85
3	Sally Newman	Glossopdale	75
4	Sharon Taylor	Bingley	58
5	Pauline Munro	Bingley	55
6	Sara Carson	CFR	51
7	Kirstin Bailey	Bingley	49
8	Hilda Bransby	CFR	45
8	Hilde Krynen	Keswick	45
10	Helen Johnson	Bingley	43
11	Lucy Whittaker	Saddleworth	42
12	Liz Cowell	Keswick	40
13	Maureen Laney	CleM	34
14	Alison Weston	Ilkley	33
15	Victoria Musgrove	Eryri	26
16	Lyn Wilson	Carnethy	25
17	Sharon Forsyth	Keswick	22
18	Tracey Brindley	Carnethy	18
19	Shileen O’Kane	BARF	17
19	Natalie White	Holmfirth	17

MEN VET 40

1	Colin Donnelly	Eryri	128
2	Mark Roberts	Borrowdale	122
3	Dave Neill	Staffs Moor.	114
4	Steven Barlow	Horwich	97
5	Mark Fleming	Ambleside	93
5	Steve Jackson	Horwich	93
7	Michael Walsh	Kendal	79
8	Jeff Winder	Calder Valley	76
9	Nicholas Spence	Borrowdale	67
10	Ian Greenwood	CleM	65
11	Graham Schofield	Horwich	62
12	Geoff Ayers	CFR	55
13	Ronnie Gallagher	Westerlands	52
14	William Procter	Helm Hill	51
15	Mike Wallis	CleM	50
16	Geoffrey Gough	CleM	48
17	Adam Ward	Carnethy	47
18	Jack Holt	CleM	45
19	Jackie Winn	CFR	44
20	Phil Clark	Kendal	43
20	David Spedding	Keswick	43

MEN VET 50

1	Michael Walsh	Kendal	84
2	Jeff Winder	Calder Valley	79
3	David Spedding	Keswick	66
3	Jackie Winn	CFR	66
5	Jack Holt	CleM	62
5	Ken Taylor	Rossendale	62
7	Kieran Carr	CleM	58
8	Dave Tait	Dark Peak	57
9	John Blair-Fish	Carnethy	39
9	Tony Hesketh	Horwich	39

MEN VET 60

1	Paul Murray	Horwich	45
2	Brian Waldie	Carnethy	41
3	Barry Johnson	CFR	24
4	Peter Norman	Wrexham	22
5	Roger Grimshaw	FRA	16
6	Bill Booth	Keswick	12
6	Stephen Cromar	Dundee Hawk	12
8	Ross Jaques	CleM	11
9	Mike McDonald	Northern Vets	10
10	Keith Burns	Carnethy	9
10	Pete Jepson	Rossendale	9

LADIES VET 40

1	Sally Newman	Glossopdale	48
2	Victoria Musgrove	Eryri	25
3	Maureen Laney	CleM	24
4	Wendy Dodds	CleM	17
5	Mary Edgerton	Pennine	15
5	Jane Smith	Todmorden	15
7	Lindsay Buck	CFR	14
7	Jo Anne Prowse	K&C	14
9	Nicola Davies	Borrowdale	12
10	Katy Thompson	CleM	10

MEN OPEN TEAM

1	Bingley	45
1	Borrowdale	45
3	Ambleside	34
4	Eryri	27
5	Cumberland FR	23
6	Pudsey & Bramley	22
7	Horwich	21
8	Clayton le Moors	17
9	Carnethy	15
10	Shettleston	12

LADIES OPEN TEAM

1	Bingley	45
1	Keswick	45
3	Ilkley	32
4	Cumberland FR	28
4	Clayton le Moors	28
6	Eryri	21
7	Carnethy	17
8	Ambleside	8
9	Gala	5
9	Pennine	5

MEN VET 40 TEAM

1	Horwich	48
2	Clayton le Moors	38
3	Cumberland FR	33
4	Eryri	26
5	Kendal	24
6	Carnethy	14
7	Bowland	12
8	Fife	9
9	Westerlands	8
10	BARF	7

English Championships 2002

MEN OPEN

1	Ian Holmes	Bingley	198
2	Robert Hope	P&B	197
3	Rob Jebb	Bingley	186
4	Nick Sharp	Ambleside	185
5	Mark Roberts	Borrowdale	184
6	Jonny Bland	Borrowdale	175
7	Dave Neill	Staffs Moor.	171
8	Gary Devine	P&B	160
9	Simon Stainer	Ambleside	155
10	Simon Booth	Borrowdale	148
11	Craig Roberts	Kendal	145
12	Tim Werrett	Mercia	139
13	Andy Peace	Bingley	138
14	John Taylor	Bingley	136
15	Nicholas Spence	Borrowdale	133
16	John Hunt	CFR	122
17	Danny Hope	P&B	120
18	Joe Blackett	Middlesbro	117
18	George Ehrhardt	Todmorden	117
20	Lloyd Taggart	Buxton	116
21	Steve Jackson	Horwich	113
22	Phil Sheard	P&B	107
23	Jon Deegan	Ambleside	106
23	Andrew Schofield	Borrowdale	106
25	Simon Bailey	Staffs Moor.	101
25	Ged Cudahy	Stockport	101
25	Jason Hemsley	P&B	101
28	Gary Thorpe	Ambleside	98
29	Phil Davies	Borrowdale	90
30	Tim Davies	Mercia	85

LADIES OPEN

1	Andrea Priestley	Ilkley	128
2	Sally Newman	Glossopdale	119
2	Louise Sharp	Keswick	119
4	Hilde Krynen	Keswick	102
5	Sharon Taylor	Bingley	100
5	Lucy Whittaker	Saddleworth	100
7	Pauline Munro	Bingley	93
8	Mary Edgerton	Pennine	82
9	Alison Weston	Ilkley	80
10	Maureen Laney	CleM	75
11	Helen Johnson	Bingley	73
12	Hilda Bransby	CFR	65
13	Kirstin Bailey	Bingley	63
14	Sue Beconsall	Bingley	62
15	Wendy Dodds	CleM	57
16	Emma Barclay	Ilkley	55
16	Sara Carson	CFR	55
18	Karen Mather	Saddleworth	53
19	Jo Anne Prowse	K&C	52
20	Jane Smith	Todmorden	49

MEN VET 40

1	Dave Neill	Staffs Moor.	125
1	Mark Roberts	Borrowdale	125
3	Steve Jackson	Horwich	109
4	Kevin Harding	Tring RC	103
5	Steve Barlow	Horwich	98
6	Mark Fleming	Ambleside	97
7	Tony Okell	Manx	91
8	Nicholas Spence	Borrowdale	82
9	Jeff Winder	Calder Valley	81
10	Graham Schofield	Horwich	76
11	Mike Walsh	Kendal	74
12	Tom McGaff	Pennine	71
13	Julian Rank	Holmfirth	70
14	Tony Hesketh	Horwich	62
15	Ian Greenwood	CleM	57
16	Geoff Gough	CleM	55
17	Andrew Shaw	Holmfirth	51
17	Colin Shuttleworth	Preston	51
19	William Procter	Helm Hill	50
20	Shaun Addison	Kendal	49

MEN VET 50

1	Mike Walsh	Kendal	84
2	Jeff Winder	Calder Valley	82
3	Tony Hesketh	Horwich	73
4	Jack Holt	CleM	62
5	Ken Taylor	Rossendale	60
6	Kieran Carr	CleM	58
6	Dave Tait	Dark Peak	58
8	David Beels	Calder Valley	47
9	Jackie Winn	CFR	44
10	Paul Murray	Horwich	37

MEN VET 60

1	Paul Murray	Horwich	45
2	Norman Bush	Ilkley	34
2	Pete Jepson	Rossendale	34
4	Fred Gibbs	Bingley	30
5	Ross Jaques	CleM	27
6	Peter Dowker	Kendal	22
7	Brian Waldie	Carnethy	20
8	William Wade	Holmfirth	18
9	Bill Booth	Keswick	15
10	Billy Wilson	Dark Peak	13

LADIES VET 40

1	Sally Newman	Glossopdale	88
2	Mary Edgerton	Pennine	72
3	Maureen Laney	CleM	68
4	Sue Beconsall	Bingley	62
5	Wendy Dodds	CleM	61
6	Jane Smith	Todmorden	59
7	Jo Anne Prowse	K&C	48
8	Katy Thompson	CleM	45
9	Rachael Gooch	Ilkley	38
9	Alison Harding	Tring RC	38

LADIES VET 50

1	Wendy Dodds	CleM	48
2	Muriel Leeming	Ambleside	32
3	Alison Brentnall	Pennine	26
4	Jean Rawlinson	CleM	20
5	Karin Goss	CleM	17
6	Margaret Chippendale	Pennine	13
7	Jan Atkins	Chorley	9
8	Sheila McNulty	Radcliffe	7

MEN OPEN TEAM

1	Borrowdale	43
2	Ambleside	38
3	Pudsey & Bramley	36
4	Bingley	34
5	Horwich	25
6	Mercia	24
7	Cumberland FR	21
7	Kendal	21
9	Clayton le Moors	15
10	Bowland	10

LADIES OPEN TEAM

1	Keswick	48
2	Bingley	39
3	Ilkley	36
4	Clayton le Moors	31
5	Cumberland FR	25
6	Pennine	20
7	Todmorden	17
8	Saddleworth	11
9	Calder Valley	8
10	Chorley	7

MEN VET 40 TEAM

1	Horwich	48
2	Clayton le Moors	38
3	Kendal	35
4	Cumberland FR	27
4	Pennine	27
6	Calder Valley	18
7	Holmfirth	14
8	Bingley	13
8	Bowland	13
8	Ilkley	13

MEN VET 50 TEAM

1	Clayton le Moors	48
2	Calder Valley	39
3	Horwich	37
4	Kendal	23
5	Bingley	21
6	Todmorden	17
7	Ilkley	13
7	Rossendale	13
9	Pennine	12
10	Cumberland FR	11

FRA Annual Presentation
 *& Dinner Dance* 

Saturday 9th November 2002

at

The Castle Green Hotel, Kendal

7.00 p.m. for 7.30 p.m.

Live band - "Off the Record" plus Disco

Tickets are limited, so book early to avoid disappointment. £20 per head from Pete Bland Sports, 34A Kirkland, Kendal, Cumbria, LA9 5AD. Tel: 01539 731012.

Accommodation list available on request.

Note: The FRA AGM is on the same day at the same place, starting at 5.00 p.m.

"Be There"

ANNUAL GENERAL MEETING

THE CASTLE GREEN HOTEL, KENDAL,

SATURDAY 9 NOVEMBER 2002 AT 5.00 PM.

Agenda

1. Apologies for absence.
2. Adoption of Minutes of 2001 AGM.
3. Chairman's Report.
4. Secretary's Report.
5. Treasurer's Report.



6. Motions.

- a) That subscriptions be increased and family membership be introduced –
- Individual senior membership – £12 (previously £9)
 - Individual junior membership – £8 (previously £6)
 - Family membership – £18
 - Life membership – £150 (previously £100)

Family membership comprises 2 adults and their children all living at the same address. Each named family member to receive a personal copy of the Handbook and Fixtures Calendar, but only one copy of "The Fell Runner" to the family address.

Proposed by The Executive Committee.

- b) That the FRA Rules for Competition be slightly re-arranged so the numbering matches that in the UKA Rule Book. There is no change to the meaning of the Rules.

Proposed by the Executive Committee.

- c) That FRA Rules for Competition, RULE TEN, be amended to add –

Under 8 years – 0.5 mile (0.8k). Under 10 years – 1 mile (1.6k).

Amend the minimum age to read – The minimum age for competition is 6 years on the day of the race.

The Fell and Hill Policy and Support Team has adopted these age groups and they appear in the UKA Rule Book (for Fell/Hill Running only). The FRA is being asked to fall in line.

Proposed by the Executive Committee.

7. Election of Officers and Committee.

- a) In the absence of other nominations, the meeting is asked to elect the following unopposed:

Chairman – Alan Barlow, Secretary – Mike Rose, Assistant Secretary – Alan Brentnall, Treasurer – Tony Varley, Membership Secretary – Pete Bland, Magazine Editor/Fixtures Secretary – Dave Jones, Championships – Jon Broxap, Statistician – Brian Martin, Environment and Access – Chris Knox, Press and Publicity – Bill Waine, Coach – Peter Shields, Juniors/ Intermediates – Ian Smith.

- a) Club representatives: Four seats. 2 nominations received – Graham Breeze (Skyrac), Brett Weeden (Keighley and Craven).

- b) Membership representatives: Four seats. Nominations will be accepted from the Meeting.

8. Other Appointments.

- a) The Meeting is asked to appoint FRA delegates to the following organisations:

World Mountain Running Association; Athletic Association of England; North of England Athletic Association; Midland Counties Athletic Association; South of England Athletic Association.

- b) The Meeting is asked to appoint an Auditor.

9. Close Meeting.

A GENERAL DISCUSSION ON FELL RUNNING MATTERS MAY FOLLOW THE FORMAL BUSINESS IF DESIRED.

RAMBLING ROSE

The views expressed in this column are personal and do not necessarily represent the views of the Fell Runners Association.

SAFETY AD NAUSEAM - RISK ASSESSMENT

In 1977 Chris Brasher called a meeting of fell runners at the Lullswater Hotel to put forward ideas for staging an International Competition. At that time it was seen as premature, and the long list of proposed rules generated the comment from Pete Walkington that the rules of fell running should be capable of being written on a postage stamp.

We have moved away from the postage stamp era yet try to keep bureaucracy to a minimum. But nowadays, with the vast range of championships, we have to ensure fair competition and we have to organise our events with safety in mind. As a result of incidents during the past few years (not necessarily relating to athletics) and subsequent litigation, UK Athletics have produced an 'Approved Code of Practice for the Safe Conduct of Endurance Events'. This is a hefty and onerous document which would drive many of our race organisers into premature retirement. And it is interesting to note that 'athletes are advised that Health and Safety regulations (whatever they are) recommend that you should examine the course for potential hazards before competing'.

Fortunately the Fell and Hill Policy and Support Team have successfully argued that it is quite unrealistic and unreasonable to expect a fell race organiser to carry out a formal written risk assessment exercise as set out for other endurance disciplines. The document accepts that if a fell race organiser agrees to strict implementation of the FRA Safety Requirements, then the event can be registered as an Official FRA Race with its associated insurance. Failure to carry out these requirements will put the insurance at risk and, if an incident occurs, the organiser could become personally liable. There have been four fatalities at races since the formation of the FRA and it is worth reminding ourselves of the circumstances.

The 1978 Three Peaks Race took place on a day of thick mist, bleak winds and light drizzle. Seasoned runners were not particularly distressed – it could have been a lot worse – but Ted Pepper of Blackheath Harriers, inexperienced on wild terrain, died from hypothermia after getting lost coming off Ingleborough. Rescue teams and runners searched for 18 hours before his body was found near Gaping Gill. The direction for leaving the summit of Ingleborough has been indicated by tape ever since.

The 1981 Ennerdale Race took place on a day when conditions could hardly have been worse with strong winds, intermittent driving rain and mist down to 500 feet all the way round the course. Bob English was competing in the race for the first time but was an experienced fellsman. He was a voluntary National Park Warden and had completed the Bob Graham Round the previous year. He recognised the severe weather and was well equipped with long sleeved shirt, cagoule, whistle, map, compass and emergency food. Bob never arrived at the finish, having strayed off course while making for the last checkpoint on Crag Fell. He was later found above Anglers Crag, unconscious and suffering from serious head injuries and died on the way to hospital. I don't have the inquest details, but if Bob died as a result of his injuries, I guess the effect of hypothermia did little to help his chance of survival.

The inaugural Welsh Water Reservoir Relay, held on 1st April, 1991 was marred by the tragic death of Carol Matthews of Penarth and Dinas Runners, a 41 years old mother of two competing in her first fell event. Carol went astray on the 4th of a 7 leg relay in poor visibility, but on what was said to be a marked route (never describe a route as 'marked' unless the marking is foolproof) and an intensive search in worsening conditions did not discover the body until the following morning. Carol was reported to be inadequately clad and had died of hypothermia.

The 20th Kentmere Fell Race ended in tragedy when, in pretty horrendous conditions, 45 years old Judith Taylor died. Judith was experienced, was well clad (better than most) and was a capable navigator. Near blizzard conditions on High Street with blowing spindrift created almost whiteout conditions. When she failed to finish, searchers found her body later that evening just below The Knott on the way to Hartsop, some way from the race circuit, but on what her husband Philip said was a preplanned escape route. Judith died of hypothermia.

From these brief descriptions, it will be noted:

- Two of the victims were experienced and well equipped (by fell race standards) yet still succumbed to the extreme conditions.
- All four were found away from the race route. Once the route is lost, there is little chance other runners will stumble across the competitor in distress.
- Three died from hypothermia which was probably a contributory factor in the other case.

Following the Ennerdale tragedy, a CFRA group, which included Danny Hughes, prepared an extremely comprehensive safety report which forms the basis of the FRA Safety Requirements adopted by the Executive Committee in 1982. These requirements were reviewed and amended where appropriate following the Welsh Water and Kentmere incidents. They have been amended again this year to make equipment and clothing requirements mandatory at all category A long and medium races, but still allowing some discretion at short races.

Current requirements are set out in the annual Handbook and Fixtures Calendar sent to all race organisers in December each year. Organisers should also note the Rules for Competition, particularly the mandatory requirement to notify the FRA (within fourteen days) of any retiring competitor who fails to report to the finish.

It is my opinion that the final responsibility for the safety of anyone going on the fell – be they runner, walker or climber – lies squarely with the individual. But increasingly, the courts and coroners are saying that the organiser must do everything reasonably possible to ensure the safety of competitors at an organised event. At Judith Taylor's inquest (reported in *The Fell Runner*, February 1995) the Coroner recommended that an organiser should:

- Have an alternative low level route for bad weather.
- Ensure all competitors are aware of the local weather forecast.
- Have predetermined criteria for abandonment of the race in dangerous conditions. (What criteria defines dangerous conditions?)
- Ensure all competitors recognise the symptoms of hypothermia, and the courses of action necessary to reduce the effect.

I have written this in the hope that a reminder of these tragic incidents – fortunately very rare – will lead to both organisers and athletes paying more attention to the weather, protective clothing, navigational skills and, last but not least as far as the athletes are concerned, their own fitness for the fells as distinct from road and cross country. Please re-read the FRA Safety Requirements and acquaint yourselves with the dangers of hypothermia. And finally, may I recommend one of our excellent Safety and Navigation Courses.



The FRA Secretary in Wilderness Experience mode, including beard - a rare archive shot allegedly from the 1938 Tilman Everest Reconnaissance Expedition.

When, as happens in any sport, one of the Senior Citizens of fell-running passes away there is, despite the regret at their passing, a sense of inevitability, of time, as it does, marching on. There can be no such sense of inevitability when someone as young as John Taylor dies, especially when there is no indication or warning that such an event is likely. There is instead a sense of shock, of tragic loss and of tremendous potential wasted - and not just in athletic terms because John was not just an exceptionally good runner, he was a very dynamic, thoroughly decent young man whose loss the world could well have done without.

In his fell-running he went everywhere and did everything - he was 3rd Junior at the 1988 WMRA Trophy in Keswick, he was both the British and English Champion when he was an Intermediate, he was 1st in the 1994 Swiss Alpine Mountain Marathon, he was National Duathlon Champion in 1995 and in the same year was a member of the National 12-Stage Team who won Gold, he was 7th in the 1996 Lanzarote "Powerman" competition and he holds a number of records in the FRA Calendar, as well achieving numerous other distinctions in a variety of disciplines along the way - if it was fun to do, then John would have a go and, in all likelihood, come out at, or very near, the top.

A mere recital of his achievements, although impressive enough, would come nowhere near doing him justice and, to give something of the sense of what he was like Chris Beadle, who has been a friend of John's since they were both teenagers, and Kirstin Bailey, John's fiancée, have very kindly sent us the contributions which follow.

John Taylor

by Chris Beadle

I first met John on the Holmfirth Harriers' bus to the National Cross-country Championships at Milton Keynes in March 1985. This was his first Holmfirth outing since recovering from M E - having only been a member of Holmfirth for six months I knew of him but had never met him. Because we were not old enough to run Geoff Hall and I had gone to watch so the three of us ended up watching the races together; well, that was the intention but during the first race we got split up from Geoff or did he run off and forget about us? This was the start of a long friendship.

Many of you will know John because he won a lot of races but not so many of you will have known that the weekend's race was just a small part of that weekend's activities. When I learnt to drive this gave us even more freedom to race or train anywhere we wanted to and not have to rely upon lifts from our parents or from Roger Bradley, who inspired us to go travelling around Europe doing races.

On one of our trips with Roger and Alan we had driven for nearly two days from England to the Italian side of Switzerland. John was warming up for the race along the wrong side of the road for Europe and nearly got run over. Needless to say the car drivers weren't very happy but it didn't bother him. He still ran well and won the junior category and was interviewed at the Prizegiving and, not knowing what he was asked, he just spoke about how he felt during the race in a broad Yorkshire accent that only we could understand.

On the same trip Roger and myself found what we thought was some nice cheese, so we bought in bulk at least one kilogram to share, as it seemed to be good value. Well, as you can imagine, when there are four of you camping, after a week or so smells start to develop in the car. Roger thought it was the cheese, so we lived on cheese for the next day to get rid of the smell and not waste the cheese. The smell did not go away and after some further investigation we discovered it was John's trainers (that he wore without socks) which had been kept in a plastic bag, tied up and left in the sun in the back of the car. I'm sure he knew but didn't say - it must have been entertaining watching us eat all that cheese.

We have all seen the TV programmes about holidaying on a shoe string budget - well imagine going away and coming back with

more money than you went with (John, not me) and we didn't rob any banks!

In the late eighties you couldn't get flights to Europe for £25 as you can today so most of the time we went in the car; this cost us about £100 for the ferry crossing then maybe another £100 in fuel. Or, when we did fly, we hitched lifts and walked the rest. Whichever way we went we camped off the beaten track, usually in the middle of nowhere so there was no accommodation cost. It must have been hard for John to train properly with me when we were away because of the difference in our running abilities. I used to train hard for weeks prior to going away so I could try and keep up. I used to miss out on the morning training run in order to save myself for the day ahead. If I had anything left at the end of the day I sometimes joined in the evening run but more often it was at my full racing speed. Any of you that have been away with him will know what I mean; he never seemed to get tired.

On our first trip abroad together on our own we were in Lenzerheide the night before the race and we were just deciding what we were going to do when a lady who was walking past and had seen the GB sticker just pulled up and invited us to her house. Unfortunately she couldn't speak English nor us German and after some waving of arms and pointing we sensed that we might be getting something for free and went. It turned out that she was putting up an English runner on a AAA's expenses paid trip (Les Presland from Aldershot - vet 50 at the time) and thought he'd like some one to talk to and also her sons were running as well. We got free tea and breakfast and she also sorted out accommodation in the village hall for us with all the other runners!!

After this experience we decided that we'd always go and see the race organiser and see what we could get. We always got treated well because they liked to see British runners in the races, mainly because it added another nationality to the race and they were pleased that we'd made the effort to get there. The only thing was that they always seemed to think that we were both good runners, so at the end of the race I always pretended that I'd had a bad run even if I'd had a good one because I was always so far behind John and quite often we'd been treated so well and we couldn't let on that I was not as good as they seemed to think. We never thought it was misleading the organisers because we never claimed to be good. John was never one to boast about his achievements. At most of the races that we did over the years we managed to get put up by somebody or slept on someone's floor.

At one race in Altdorf we went to see the race organiser and asked him where we could put our tent up, hoping that we'd get a better offer. Well, he said we could put our tent up but on this occasion we were shown a piece of grass outside the cable car station but it was raining extremely heavily so we had to find somewhere else. The cable car was used like a bus in this village to get up the hill to the village at the top because there was no road due to the appalling steepness. The last cable car was at midnight, so potentially we could get six hours of solid sleep inside the cable car station before the first morning cable car, so we just kipped on the floor and ignored everything. The next day we did the race and word must have got round in the village up the hill, because when the race went through the village they were all shouting, "England!! England!!" as we ran past. Because of the language barrier we will never know if they thought we were raving mad or merely desperate to sleep on a concrete floor the night before a race. There was another Brit at the race



*John in fine form in Switzerland
(Photo Kirstin Bailey)*

with a Clayton vest on who lived out there, so we ended up going back to stay at his house that night for a proper, comfortable sleep.

At another race in Saas John won a trophy which was in the shape of a club with spikes sticking out of it because the race went over an area that had seen a battle a few hundred years previously. Although it was nice to win this it

would not fit in our rucksacks, which were only twenty litres capacity because we had flown that particular year. Travelling light helps when hitching lifts but not with a club sticking out of the top of your rucksack - it certainly took some disguising!!

Later on that trip we got a lift off an old chap up this pass and he very kindly bought us a German sausage each in the café at the top. We swapped plates when he was not looking - at the time John was a veggie!

Ten years ago we had a trip to Boulder, Colorado. We got the plane to Denver, then the bus to Boulder, then we were going to go the rest of the way on foot. For those of you who haven't run at altitude, it's very hard work and after two days I'd been run into the ground. I picked up shin splints so we stopped in a proper camp site in Esters Park where we managed to talk the owners round to keep on refreezing my packet of frozen peas which I was using on my shin splints - the only injury that I've had in eighteen years of running. Later on that trip we were thumbing a lift back over the 12,000 foot high pass back to Esters Park. We got a lift from this old couple in a pick up and, to make our trip more comfortable, John had the idea to put up the two deck chairs that they had with them in the back. Off we went, with us facing to the rear and although it was cold and exposed we certainly had the best views and also some very funny looks from the cars behind.

Eventually, after a few more lifts we got back to Boulder and luckily we went straight to a sports shop to find out if there were any races on. On the wall in this shop there were some press cuttings of Jay Johnson, who happened to be the only American fell runner that we had heard of and by chance John happened to know him. As it turned out he worked in that shop so we got looked after very well (no need for the tent any more). But then disaster struck - John fell in the shower and it brought back an old back injury. So we were both out of action and there was a 10K road race the coming weekend. John was definitely out but we tried with different bandages on my leg to get me into some sort of action. It must have looked like a scene from Monty Python. No luck - I just couldn't limp 10K, although John thought I gave in too early. The rest of the week before we went back we hired an estate car to double up as a camper van at no extra cost and we travelled around for a few days. This then gave me an idea and I bought a Maestro van when I got back and blacked out the back windows so we could then stop anywhere we chose.

One of our trips was up to the Two Breweries Race. At the time I was working in High Wycombe, so I left at about five o'clock on Friday night, picked John up at home at about eight and rang a favourite pizza restaurant of ours in Kendal to book a table for later on. We had to be there before ten o'clock, so off we went, arrived with two minutes to spare, sat down and had our food. At the table next to us there was a couple who were not really getting on too well and who hadn't eaten much of their meal. John commented that it was a waste of a salad which had not been touched and, unfortunately, this comment was overheard by the couple. The woman put the salad on our table and snapped, "Well you have it then!" - trying no doubt to embarrass

us. "Thanks," we replied and eagerly ate the lot. We spent that night at Tebay Service Station, where we had breakfast the following morning before going to Scotland. When we got there the weather was not good but this didn't stop John setting a course record. The only map he had was a very poor photocopy but neither this nor the mist stopped him setting the record, which, like many others of his, still stands today.

The Love Story

By Kirstin Bailey

My first recollection of John was some 18 years ago, he was 15 and I was 12. The venue was a track meeting at Longwood. I later found out that this was John's first and probably only track race of his younger days. So why would I have picked him out of the crowd back then? Well I have an older brother, Paul, who competed in the same races as John and that was the connection.

It's amazing really how much I had in common with John. We both had a ferret in our early days, mine was called Snowy and John's called Flash - even at thirty-three he used to mimic his ferret while sprawled out on the lounge floor. Talking about being sprawled out on the lounge floor, he would frequently spend ages doing his stretching and massage - anyone who has shared a room with John will know what I am getting at, it was a routine and a half!!

We also liked making dams and he could tickle trout. Those were the days!

Seven years later (1991) I was really into photography and drawing and I took some rather nice pictures of John running at Sedbergh. That day he was second behind Keith Anderson.

In the year 2000 we had done a West Yorkshire Cross Country at Peel Park in Bradford, John won the men's race and then proceeded to take off his vest and strutted past with a silly look on his face and I thought, "He fancies me!" After the Calderdale Way Relay the same year he came over for a chat and decided to join us all on the annual Bingley Harriers' Club trip. Our club trips involve a run, a meal and lots to drink. He decided to run with me most of the way (at the back) and I can remember bumping into Mick Hawkins and Robert Hudson who were just out training, running in the opposite direction. Anyway at the pub we ended up sitting on different tables but later on he became my view for the whole evening, if I looked right he was there, if I looked left he was there again, talking away, making conversation with me. Just before we left the pub he asked me out. I said, "Yes, give me a ring sometime." (He didn't have my number though!)

Two days later he rang me a couple of times and left some messages on the answer-phone, so I rang back and arranged to go out on Christmas Eve in Ilkley, the meal must have cost John a fortune (for all those who know how careful he was with his money!). After that we only ever went to Asda for tea! I let John stay at the house - in the spare room. This arrangement soon became our routine (we knocked the spare room thing on the head after a while!).

I lived with John while at Huddersfield University doing my PGCE and weekends we lived in Addingham, the "country retreat" (as he used to call it).

At Easter 2002 we became engaged and shortly after I put my house on the market as I secured my first teaching post just seven minutes' drive from our future home. John was a Greenkeeper at Bradley Park Golf Course and our home was situated at the bottom of the golf course. He told me that he wanted to ask to marry me the week before while we were walking around Coniston; but apparently I was cold, so we didn't hang around at the top! The announcement to our parents was fun. We took everyone to the top of Nab End with the video camera and John Blurted out, "I've asked Kirstin to marry me." His mum (June) let out a real ladylike laugh and his dad (Antoni) said, "What did she say?" Later that evening we let some fireworks off.

John told me a lot of things about his past, but it is very difficult to mention everything. Back in his younger days he was the Junior co-ordinator for the FRA - on one occasion he proceeded to show me an article he had written, I read it and was quite impressed. I later discovered his mum gave him a lot of help! He also during this time arranged trips for the juniors. I had an e-mail from Charlotte Sanderson explaining how he had the whole of the England team, while waiting for a plane, laid on the floor with their legs up a wall, letting the blood flow out of their legs; he would say to me, "It's as good as you will get to a new pair of legs!"

When John was in his early 20's he moved away to Sussex, where he competed frequently for a local club and also did many duathlons, including the Europeans and Worlds, for which I believe he travelled as far as Mexico. During this time John didn't work and became a full time athlete; he later told me that he became lazy and was glad when he moved back north to take up his old job at the golf club.

John was John, down to earth, consistent with everything and everyone. John kept his life simple, he didn't even have a television. His favourite food was plain uncooked porridge oats, skimmed milk, fruit and Longley Farm yoghurt (all together), by all means try it - you might run faster! He also loved his mum's lasagne and needed chocolate at least once in the day. He didn't drink much tea or coffee, just gallons of water. He was the healthiest person I knew. He was modest and conscientious in most areas of his life. He was my best friend and put right all the wrongs. The day John died his eyes were sparkling, his skin ever so radiant and he was in good spirits. I will miss John a lot, for the things that only I know. He had a really hairy chest and some girls at an international even pinned him down once and shaved it off! I'm sure it came back like a forest.

I used to watch John sleeping, he looked like a young boy. His heartbeat was very powerful, his body heat like a hot water bottle and he didn't snore either! I have wonderful memories of a very special person who was always very supportive and, given his own talent in running, never belittled me. He taught me so many things and he will continue to live through those things, not just in me but in all the lives that he touched.

A formal charity is being set up in John's name, this trust is to help create an awareness about John's condition (Cardiomyopathy) at club level and also to fund athletes who may wish to sample some of the things John did while a young athlete. I have also been making enquiries regarding top class athletes getting better care. Italian athletes cannot compete for the country unless they have a medical that includes an ECG - if John was Italian he would still be here.

Enquiries/Donations: The John Taylor Foundation for Young Athletes, c/o 7 Moorpark Crescent, Addingham, Ilkley, West Yorkshire, LS29 0PX. Tel : 01943 830503 e-mail : NitsrikB@aol.com.

Subsequent to John Taylor's death there was an unnecessary amount of inaccurate reportage in a number of papers concerning the condition from which he died. This has led to some concern among members of the fell-running community and, to set the record straight and allay any fears, Phil Wallace of Pennine has agreed to write a short, explanatory piece about the condition.

Cardiomyopathy

by Dr. Phil Wallace

What is cardiomyopathy?

Cardiomyopathy is a heart muscle disease that can affect males and females of any ethnic origin. At the present time over 200,000 people in the UK are believed to have the condition. Although it is incurable, it can be treated with medication, pacing devices and surgery where appropriate.

There are three main types of cardiomyopathy:-
Hypertrophic cardiomyopathy.
Dilated cardiomyopathy.
Arrhythmogenic right ventricular cardiomyopathy.

In cardiomyopathy the muscle of the heart is abnormal in the absence of an apparent cause. Excessive thickening of the heart muscle may occur (hypertrophy literally means "to thicken"). Heart muscle may thicken in any case in a normal individual as a normal physiological response to prolonged athletic training - the so-called "athlete's heart". The structure and function of such hearts is absolutely normal; intense training in the absence of underlying heart disease and/or other medical conditions such as viral illnesses will not pose a threat to health.

Unfortunately, sudden death does occur in young, fit adults from time to time and a percentage of these will have hypertrophic cardiomyopathy. The cause is not yet known. In the majority of cases the condition is inherited, in others there is either no evidence of inheritance or there is insufficient information about the individual's family to assess inheritance.

How does hypertrophic cardiomyopathy affect the heart?

The walls of the heart are made of specialised muscle known as myocardium. It is this part of the heart which is abnormal in cardiomyopathy. Every heartbeat in a normal heart results from an electrical signal starting at the top and passing down through the heart - the contraction of the heart follows the same course. The abnormality of the heart muscle in hypertrophic cardiomyopathy can sometimes

interfere with this normal electrical activity. In abnormal segments of the heart the electrical signal may become unstable as it crosses areas of scarring and disarrayed cells. This in turn can lead to disorganised electrical impulses that generate fast or erratic heart rhythms. Some of these rhythms can be life-threatening.

When does hypertrophic cardiomyopathy develop?

Rarely, it is present at birth. However, hypertrophy more commonly develops in association with growth and is usually apparent in the late teens and early twenties. Children and adolescents with the condition are usually identified when family screening is performed after an adult in the family is found to be affected. Of these adults 50% will have experienced symptoms; in the remainder the diagnosis is made during family screening or following the detection of a murmur or an abnormality on routine electrocardiography/echocardiography.

What symptoms does hypertrophic cardiomyopathy cause?

There is no particular symptom or complaint which is unique to hypertrophic cardiomyopathy. The reason for the onset of symptoms is often not clear, although they may occur at any stage in a person's life even though the condition may have been present for some time.

Symptoms may include:-

Inappropriate shortness of breath.

Chest pain.

Palpitations (awareness of the heart beating irregularly or very fast).

Light-headedness and blackouts.

Hypertrophic cardiomyopathy may be suspected because of symptoms, a murmur or an abnormal ECG. An individual may present any of the symptoms described above but, because such symptoms could be caused by a large number of other conditions, further tests are necessary.

What is the outcome for affected persons?

The severity of symptoms and the risk of complications vary greatly between patients. It should be emphasised that many people never have any serious problems related to this condition. Each person, however, must be carefully assessed and advised by a cardiologist.

Hypertrophic cardiomyopathy is NOT caused by athletic training!!

The John Taylor foundation for young athletes from Kirstin Bailey

The idea came initially from June, John's mum; we were arranging the funeral and deciding on flowers or donations - donations to what? So now, a bit down the line, it looks like a very successful idea.

A post mortem revealed that John died from Cardiomyopathy - there are about four different types of this condition but we do not know for sure which one John suffered from. John's heart was almost twice as big as it should have been, and basically stopped beating and would not re-start. When this happens you die, often known as "sudden

death syndrome". John was asleep when this happened, so I am almost sure he thinks he went to sleep and is still asleep. We cannot be sure if the condition was all genetic or viral (viruses are genetic matter anyway). The doctors did explain to me that even if John was in the hospital at the time they couldn't have done anything. I am a trained first aider and also thought that this would mean the difference between life and death, how wrong I was, as that night I did everything I could to save John, but his life just seemed to slip through my fingers.

However, if the condition had been detected some time ago, even a week before his death, he would still be here. He would have had to make lifestyle changes and possibly had to take drugs, but if he had have known, he would have had that choice and, given what happened, he didn't have any choice. This is where I and many others agree that some authority needs to take responsibility for looking after athletes of John's calibre. John didn't have any symptoms at all, that fact he was so healthy possibly disguised his condition. John didn't over train, he was naturally talented, his heart rate was only 28 beats per minute. In fact he couldn't ever over-train or plan too far in advance as he would get injured. I strongly believe your own health is primarily your own responsibility; but if John had been Italian he would not have been allowed to compete for his country without a regular medical that includes an ECG, just a 10 minute scan. Why are our British Athletes not cared for in this way? Who is going to take the responsibility for looking after our top class athletes? If we are to compete at the sharp end successfully we need to look after our talent. We drug test athletes for cheating, but do not look after their basic health.

The original idea for the foundation has come a long way and now it looks as though a formal charity will be set up, with trustees. These trustees will form the basic rules as to where to funding goes and this will be along the lines of creating an awareness program at club level about John's condition and also giving funding especially to young athletes to sample some of the things John did while a young athlete. John and I were also planning on purchasing a property at altitude and this may be an option as a training base for athletes. I may also write a book, as John kept an up to date training diary, so if anyone has any stories they would like to share about John, please forward them to the address below (the proceeds will be for the trust). The funding is not for any particular club or for only the best athletes - it will be open for all to benefit. We also would like to see formal monitoring of our top athletes and enquires are being made to this effect, including contacting our own government.

So put your hand in your pocket and forward your donations, enquiries or stories to: The John Taylor foundation for young athletes, c/o 7 Moorpark Crescent, Addingham, Ilkley, West Yorkshire, LS29 0PX. Tel: 01943 830503.

e-mail: NitsrikB@aol.com.

For most of us a checkpoint on a fell race means a couple of wet, cold, waterproof-encased stalwarts looming out of the thick mist through the lashing rain and endeavouring to write down our sodden or garment-concealed numbers onto a soaking wet piece of paper clipped to an ill-protected piece of board. However, on a few races recently competitors have been surprised to have been issued with little high-tech "dibbers" and to have discovered that their usual trusty marshals have been replaced with sinister little boxes for the dibbers to go into - they have been even more surprised to find that a micro-second after they've finished they have a printout of their position, split times and probably, if they wanted it, their blood group and DNA profile !! Regular KIMM competitors and aficionados of similar events will have come across these things before but there is something a little unnerving about the lack of human contact and the loss of a cheery, "Keep it going, mate, you're doing all right" from a sodden but friendly marshal. The new system undoubtedly has its advantages but it has its disadvantages as well - the leading protagonist of the system in fell-running is, of course, the well-known and respected techno-junkie, Martin Stone, who has kindly provided the piece which follows to explain to us electronic illiterates what it's all about.

THE FUTURE IS ELECTRONIC -SPORTident Timing

By Martin Stone

My apologies at the outset if you are really only interested in getting out on the hills and going for a run. I guess you may find this article a little on the "dry" side. I used to be like that until my knees packed up! However, I have been asked to write this piece, introducing both organisers and competitors to SPORTident Timing. This is an electronic timing system that has been used at a few of the longer fell races this year to automatically record the times of competitors at each checkpoint and at the finish. The software that comes with the system checks that all checkpoints have been visited by each competitor and allows results to be produced instantly, which show the split times at all checkpoints. The system has been used very successfully this year at the Dockray Fell Race, Sedbergh Hills Race and most recently at the Lake District Mountain Trial. It was also used last year to provide all the summit times on the Scottish 4000's Duathlon Race.

The SPORTident system was created about six years ago to manage orienteering events and most orienteering events worldwide now use the system. In Sweden, events with up to 15,000 competitors are managed using the system. We have spent the last year introducing SPORTident to other types of sporting event in the UK. You can expect to see it in use at many Adventure Races, Mountainbike Trailquest events, Long Distance Walkers Association Events, Mountain Marathons and also at corporate team building challenges. We hope that within a few years many of the longer mountain races and relays will be using the system.

How does it work? When a competitor registers for an event they are given an electronic tag, called an SI Card. This is a small and very robust plastic tag that contains a tiny memory chip. The SI Card



SPORTident in action at the Mountain Trial

has a unique internal number that identifies the runner and the memory chip stores information at each checkpoint visited along the route. The SI Card needs to be cleared to erase any data collected at an earlier event and then it is attached to the runner. When the runner reaches a checkpoint they will find one or more SPORTident stations located there. These are each about half the size of a brick and weigh 200 grams, so they're not too heavy for the person setting out the checkpoints to carry a number of them in a small rucksack. The runner dips their SI Card into a small cylindrical hole in the checkpoint station. Almost instantaneously, the checkpoint station beeps and an LED on the station flashes. This indicates that a radio signal emitted by the station has successfully transmitted information about the checkpoint, which has been stored on the runner's SI Card. The information stored on the SI Card is the checkpoint number and the time at that checkpoint. At the same time, information is stored in the checkpoint station - the number of the competitor and the time they punched at that checkpoint. If the runner disappears off the face of the earth, these checkpoint boxes can later be interrogated to find out the last known location of the runner. This may seem complicated but anyone who has used the system before will confirm that the procedure at each checkpoint is simple and completed in an instant. Having used the system once, the process is second nature to any competitor.

The runner arrives at the finish and dips their SI Card in a special finish station before proceeding under no time pressure to a place where the runner dips the card in a download station that "sucks" all the information off the SI Card into a computer. A point of sale printer attached to the computer generates a small printout on thermal paper, which can be given to each competitor there and then. The printout shows the time taken and lists each of the checkpoints with a split time at each. Every so often results can be printed using a conventional printer that takes A4 paper. These can be attached to a wall or board for all competitors to see. The results can either be in summary form, just displaying an overall time or showing a list of times to each checkpoint and highlighting the fastest competitor on each leg of the race. Reports can be created to help the organiser allocate prizes and a file can automatically be created that allows any of these reports to be uploaded onto a club or organisation's website. At any time a list of runners who are unaccounted for can be displayed.

How does it change the way an event is organised? Before the event the checkpoint stations need to be prepared for use and the SI Cards allocated to each runner. If the event accepts a significant number of entries on the day as was case at Sedbergh, the registration team need to be well organised. All the competitors need to be logged on the computer by the time the first finisher is arriving back. A few members of the organising group need to be computer literate and it helps if the group have access to a couple of notebook computers and an inkjet printer. A power source is required and a room or waterproof tent in which to process the runners just after they finish the race. The initial learning curve is quite steep but most fell running clubs should find that they know people in a local orienteering club who have already mastered the system. SPORTident are available to help make the system work until an organisation is up to speed.

What are the Advantages of the system? For the competitor it is easier to use the SI Card than to deposit a bread tag in a bin or use a pin punch at a checkpoint, especially when hands feel cold and wooden. A considerable amount of information is also available at

the finish of the race. Some competitors (and organisers) will find the amount of detail available on the reports showing split times at each checkpoint an attractive feature.

For the organisers there are a number of advantages. Checkpoints, especially those at exposed locations, don't need to be manned as all the information about who has been through and the time are stored in the checkpoint stations. Gone are the days when a marshal needs to stand in the driving rain, buffeted by the wind, trying to write down runners' numbers on papier mache. It is true that on the very rare occasion when it is necessary to get hold of the information stored in a checkpoint station, the station needs to be interrogated by a computer. This would usually only take place when the checkpoint station has been returned to the finish. This would still be helpful in the most serious cases where a runner has been missing long enough for the checkpoint station to be brought back to base. However, plans are in place for small pocket/palm computers to be used out on the fells to interrogate the checkpoint stations and produce a list of missing runners. A suitably equipped sweep team or Mountain Rescue team could collect a checkpoint station, use their handheld computer to check for a particular runner and then radio the results back to base. I believe that a number of Mountain Rescue teams are already using palm computers out on the fells with Ordnance Survey mapping systems linked to GPS so this would be a natural progression.

At the finish of the event, the availability of instant results is a boon for race organisers. When the event is over there is no need to type in any results, just write a race report. Results can be very easily uploaded to the Internet when the organiser gets home.

What is the Cost to purchase or hire the kit? These days people are competing in more than one type of event - some fell races, a few mountain marathons, an adventure race or two and maybe a bit of mountain biking. We foresee SPORTident being used at many types of event and if orienteering is anything to go by, most competitors will end up purchasing their own SI Card. SI Cards cost £17.50 and come with a 10-year warranty against malfunction, so not exactly a huge annual outlay. On the entry form for the event, the competitor will either specify their own SI Card number or will opt to hire one at an extra cost of 75p. It would pay the competitor to purchase an SI Card if they thought they were ever likely to take part in more than 23 events that used the SPORTident system. The event organiser would pass on the SI Card hire charges to SPORTident or whoever had loaned them the SI Cards.

The race itself needs to bear the cost of either hiring or purchasing the checkpoint stations from SPORTident. The hire charge for each race is £3 per station and it should be remembered that early checkpoints require more than one station in view of the large numbers or runners arriving close together. A few extra stations are required for tasks such as the FINISH and download.

Should a club have some funds available, the cost of each checkpoint station to purchase is £60 and each station carries a 2-year warranty. Batteries last approx. 400 hours and the special battery for the checkpoint station costs £2.20. A possible solution is for a group of local clubs in an area or even the FRA to make a purchase of equipment and to then hire out the equipment to events so that the kit has been paid for after it has been used 20 times.

On fell races, the SI Card is attached to a runner using a tamper-proof wristband, which is cut off at the end of the race. Wristbands cost 15p per competitor.

The club will need to make a once only purchase of the special software that manages the event and this costs £120. In recent years, athletics clubs have been quite successful in obtaining lottery funding for equipment and it would be worth club treasurers taking a look at the website www.awardsforall.org.uk.

If the use of the system takes off and there is sufficient demand, SPORTident will run a few hands on seminars. Each club that intends to use the system will be able to send along their most suitable computer geek for some intensive training!

For more information about SPORTident Timing please visit www.sportident.co.uk or contact: Martin Stone martin@sportident.co.uk, Sleagill Head Farm, Sleagill, Penrith, Cumbria, CA10 3HD. Tel: 01931 714106.

Book Review

"Grasmere Sports": The First 150 Years : by Roy Lomas.

Jointly published by Roy Lomas and MTP Publications Limited, The Sidings, Beeson Fields, Kendal, Cumbria, LA9 6BL. Clothbound with dust jacket; 11½ x 6¼" 290 pages of text and photographs plus index. £35.00 including p&p from the Publisher.

Subtitled "A Personal Compilation of Fact, Photographs, Documents and Opinion," this large, handsome tome draws in part on earlier publications like Machell's "Some Records Of The Annual Grasmere Sports" (1911) and Miller and Bland's "See The Conquering Hero Comes" (1973) but the author has also done a tremendous amount of original research himself, including interviewing many of the sportsmen and officials associated with the Sports, copying all the reports and results published in the "Westmorland Gazette" and amassing an impressive collection of photographs, many of which have never been published in book form before and undoubtedly some which have never been published in any form.

Roy Lomas comes from Barrow (though he has now retired to Spain) and his father and grandfather worked and lived in Grasmere. Roy made his first visit to the Sports in 1966 and has been a regular attender ever since, his hobby of photography resulting in many fine studies of the various disciplines, some of which are reproduced here, including the splendid wrestling scene on the dust jacket cover.

Following an "Author's Preface" and "A Show Director's View" by Dr. Chris Lane, Lomas opens his monumental work with a short general history of Grasmere and its annual Sports. This is followed by lengthy sections on Cumberland And Westmorland Wrestling, Guides Races and Hound Trailing, then by shorter treatises on Field Events and Sports officials and on pre-1852 sporting events held at Threlkeld, Ulverston (Old Flan) and Newcastle.

The bulk of the book is then devoted to a year-by-year coverage of the Sports from 1852 to 2001, excluding the War years, with both results and reports and also reproductions of Programme and Record Book pages (the latter relating to Committee business and extracts from "Westmorland Gazette" columns, with occasional reference to the "gentry" and tourists who have always been part and parcel of the Sports. (The author does state in his "Preface" his intention to "catalogue the Sports days as a whole.")

There are additionally numerous profiles of wrestlers, hound trainers, trail-layers, guides racers and other athletes, including John Greenop, Tom Conchie, Ernest Dalzell, Ronnie Robinson, Ronnie Gilpin, Bill Teasdale MBE, Fred Reeves, Tommy Sedgwick and John Atkinson. The text is greatly enhanced by the numerous superb photographs, both in colour and black-and-white, including one of a very youthful-looking Pete Bland at the 1957 Under 17s Guides Race.

The price may seem exorbitant but the book is sure to please anyone with an interest in traditional Lakeland sport.

Bill Smith

FOR SALE

**One pair Fell dancer Extreme fell shoes; size 8,
as new - £25**

**One baby jogger; 16" wheels; running/hiking
pushchair in excellent condition - £170**

Tel: 01427 787174

THIRTY YEARS AGO

by Bill Smith

Saturday, April 8: The Pendle Fell Race was run from the Bay Horse Inn at Roughlee on a dark, gloomy afternoon and quickly developed into a hardfought duel between Harry Walker (Blackburn) and Bob Harrison (Airedale & Spen V), who ran together nearly all the way. Walker, one of the strongest climbers in fell racing, was marginally ahead at the summit but Harrison plunged into the lead coming down the steep scarp of the Big End, though with Harry right behind him. And so they continued over the country tracks and paths alongside Pendle Water till they hit the final stretch of road, where Walker immediately shot into the lead and stormed home to a seventeen second victory (his first of seven in the event) with a time of 44.02. Jeff Norman (Altrincham), who had finished joint 3rd in the Manx Mountain Marathon the previous weekend, overtook Dave Farmer and Norman Carrington, both Sale Harriers, and also his own clubmate Alan Binston over the last two miles to again place 3rd in 45.33.

Sunday, April 30: Jeff Norman rounded off the month with a clearcut victory in the Three Peaks Race - the third of six consecutive wins. Rain, sleet and low cloud were the prevailing conditions but despite this he came within one second of the record he'd set the previous year in perfect weather. With the event then being run from a field behind the Hill Inn, Norman took the lead at the top of the climb up Ingleborough, with Harry Walker and Dave Cannon (Kendal) in close attendance, but he then took a bad line off the summit and consequently had to trail his rivals, who had now been joined by the 1969 winner, Colin Robinson (Rochdale), across to Sulber Nick. Descending to Horton, Norman again assumed the lead and really began to assert his authority on the ascent of Penyghent, eventually reaching Ribbleshead six minutes clear. It was here that Cannon's lack of long-distance experience caused him to retire and although Robinson and Walker continued to give spirited chase, Norman extended his lead over Whernside so that the finishing times read: Norman 2.36.27, Robinson 2.45.00 and Walker 2.50.38. Bob Harrison scored a twenty-second victory over Ray Rawlinson (Clayton) in the junior race up Whernside with a time of 37.39. Dave Cannon had won the previous two races.

Saturday, May 14: The Chevy Chase came at the end of Jeff Norman's highest ever week of mileage, totalling 140, and he was feeling shattered. Despite the clear visibility, however, the leading bunch of Pete Duffy (Aberdeen), Dave Cannon, Norman Carrington and Brian Finlayson (Lochaber) strayed off-course on the ascent of Cheviot, allowing the Altrincham runner to move into contention. Coming off Hedgehope, Norman took a different line from his rivals to Langlee Craggs but when he hit the final road section, Carrington and Cannon were still in with a chance. The latter's challenge faded here, however, while the Sale Harrier finished one minute behind Norman, whose third consecutive win gave him a new record of 2.11.00. (He was also to win the 1974 race.) Cannon managed to hang on to 3rd place but the following weekend set a brilliant new record of 1.08.30 for the Fairfield Horseshoe over a distance to which he was more comfortably acclimatised.

Saturday, June 10: It was cool and overcast on the outward route of the Ennerdale Horseshoe, though these conditions later gave way to warm sunshine. Joss Naylor (Kendal), who had won the first four events from 1968, had already claimed victories in the Manx Mountain Marathon and



Joss Naylor, Ennerdale winner, on the climb in the 1972 Fairfield (Photo Bill Smith)

Welsh 1,000 Metres Peaks Race this year and he quickly settled into his usual practice of front-running throughout, coming home with a new record (by almost 23 minutes) of 3.30.40, with Dennis Weir (Rucksack Club) gaining his third consecutive runner-up spot in the event some 20½ minutes adrift. Another Kendal AC runner with ambitions of winning the Horseshoe was young Dave Cannon, determined to improve on his previous two long-distance efforts in recent months. However, Naylor was already three minutes ahead at the second checkpoint on Red Pike, beyond which point he dropped down to contour the rough fellside above Ennerdale. Cannon, though, decided to follow the ridge path over High Stile and High Crag, believing this to be the standard race route, and only realised his error when he began the descent of Ganlin End and saw his rival well ahead in the distance. He gamely battled on but his inexperience began to tell once more in the latter stages when he virtually crawled up to the last checkpoint on Crag Fell and was lying there, knackered, when Dennis Weir came jogging up and moved into 2nd place. Cannon set off after him but was unable to catch him and finally had to settle for 3rd place in 3.54.40, 3½ minutes in arrears but forty seconds ahead of another Ennerdale debutant, Harry Walker. 57 finished out of 61 starters and Stan Bradshaw (Clayton), who came 44th at the age of 60, was afterwards presented with a silver salver by the Cumberland Fell Runners Association "in appreciation of his sportsmanship and to mark his 60th year", while his wife Ida presented the prizes. The inaugural Crag Fell Race for juniors was won by Colin Wappett (Kendal) in 36.25, twenty seconds ahead of Harry Jarrett (Barrow). Later in June, Joss Naylor added two peaks to his own Lakeland 24 Hour Record by traversing a total of sixty-three. Cannon, the short course specialist, in later years proved himself an outstanding long-distance man on the road by winning the 1976 British Marathon Championship.

Saturday, July 15: The first amateur Wasdale Fell Race was actually staged more in the nature of a trial run and was identical to the present course except that the descent from Scafell Pike did not touch Lingmell but went down Brown Tongue

and Lingmell Gill. Local favourite Jos Naylor was prevented from competing by an injury incurred on his farm earlier in the week, so he presented the prizes instead. Jeff Norman and Harry Walker were the eventual joint-winners in 4.25.10, reaching every checkpoint together but not always taking the same line between them. Alan Heaton (Clayton), the former Lakeland 24 Hour Record holder, took 3rd place in 4.44.20 while Stan Bradshaw finished in 19th position as 3rd counter in the prizewinning Clayton team. The day was clear and sunny but very warm, causing fourteen of the thirty-six starters to retire, and indeed some of those who did finish had actually retired at various checkpoints but then decided to carry on after a rest! Eleven days previously, Alan Heaton had set a new Pennine Way record of 4 days 5 hours 10 minutes in company with his Clayton-le-Moors clubmate, Mick Meath.

Saturday, August 19: A perfect day for Burnsall Sports, with fifty-nine runners toeing the line for the senior fell race. 1971 winner Harry Walker displayed his powerful climbing ability to reach the cairn first in 9.03, climbing the wall and going straight up the fell, which was then the usual route (later changed for safety reasons to accommodate the increasingly larger fields). Ace descender Dave Cannon, who had won Skiddaw the previous month, hurtled past Walker on the descent to clip nine seconds off his own two-year-old record with a time of 13.20. Walker was 2nd in 13.47 followed by Ray Rawlinson in 14.26 and seven times winner Pete Watson (Pudsey & Bramley) in 14.34 - Pete also having won Harden Moss eight times, incidentally. However, despite the new record, it must be stated that the fastest time run that day was the 13.11 achieved by Ricky Wilde (Manchester & District), who had not officially entered. This led to a warning being inserted above the entry list in future programmes: "Any athlete found competing who is not officially entered and wearing a number will be reported to the Northern Counties AA." A week later, Cannon triumphed in the Pendleton Fell Race, then run only to the Devil's Apronstones (first summit on the present course) and back.

Saturday, September 2: Another fine day, though for some runners the heat, combined with the severity of the Ben Nevis Race course, proved too much, resulting in several retirements. The race went pretty much the way of the previous year, with Dave Cannon leading down the scree, only to be overtaken at the Red Burn crossing by Brian Finlayson (Lochaber). Cannon managed to claw back the lead, however, and began to outdistance his rival to emerge a clear winner by 1.41 with a new record of 1.32.57, this being the second of his five victories in six years. Harry Walker, who was to defeat Cannon the following year, placed 3rd in 1.36.34, followed by 1970 winner Jeff Norman. Three weeks later, Cannon triumphed at Thieveley Pike and crowned his season by winning the first FRA championship over Walker and Norman.

Sunday, September 10: Conditions were cool, clear and overcast for the Vaux Mountain Trial, run this year from the Woolpack Inn, Eskdale, over a course of around sixteen miles with a minimum of 6,500 feet of ascent. The course initially headed north to a control on Great How, east of Burn Moor Tarn, before climbing northeasterly onto the Scafell range for No. 2 at Round How, overlooking Girta Gill and the Corridor Route. No. 3 was located in Hell Gill, below the eastern flank of Shelter Craggs, followed by No. 4 in Stonesty Gill, southwesterly above

TEAM MANAGER'S REPORT FOR GREAT BRITAIN BY ADRIAN WOODS

EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS MADEIRA, CAMARA DE LOBOS – 7th JULY 2002

The first European Mountain championships took place on the beautiful island of Madeira, a superb location for this event with its spectacular mountain landscape.

However, the relatively inaccessible mountain region of its interior offered the greatest challenge – to find the courses ! We knew we were in trouble when officials, bus drivers and local people were unable to locate them – even on the actual race day !

Apart from the steep descents on the roads leading towards the finish, the course was a challenging test for the mountain runners.

Upon arrival we were handed a glossy covered team manual full of instructions, rules and regulations and the amenities that would be available - this showed promise of a well organised event, sadly, none of it transpired and it became apparent that the glossy team manual had been photocopied from a Europeans Athletic Association rulebook, probably the criteria to hold the European Cross Country Championships.



Dave Cannon, 1972 FRA Champion, coming into the finish at Fairfield (Photo Bill Smith)

Mosedale. The final control was on Green Crag to the southwest of Harter Fell, most competitors taking the forestry track around the southern flank of the fell, though a few did opt for a contour of its northern slopes. Jos Naylor was the last man to start and the first to finish, thereby gaining the fourth of his ten victories in the event with a time of 3.40.32.

International orienteer Brian Barden (Lakeland OC) was runner-up in 4.01.15, followed by Naylor's early Karrimor partner, Allen Walker (Kendal) in 4.05.35 and his unrelated namesake Harry Walker in 4.08.58 on his Mountain Trial debut. Stan Bradshaw, who finished 95th out of 122 finishers, received a special award from the LDMTA in recognition of his age and contribution to the sport.

Saturday, September 30/Sunday, October 1: The Karrimor, then organised by the late Gerry Charnley and Lol Clarke and other members of the British Orienteering Federation, was held over the lonely hills of Ettrick Forest in the Southern Uplands of Scotland. Based at St. Mary's Loch Sailing Club, the night camp for both Elite and Standard classes (only two classes then) was situated by a sheepfold high up the Kirkstead Burn below Black Rig. The weather over the whole weekend was cool, clear and sunny and the Jos Naylor/Allen Walker partnership was expected to repeat its victories of the previous two years. However, this expectation did not allow for the superb fitness and navigational skills of the Norwegian orienteers, Stig Berge and Carl Martin Larsen, making their debut in the event. They completed the first day forty-eight minutes faster than the Cumbrian duo and although the pre-race favourites managed to reduce this deficit somewhat on the second day, the Norwegians still triumphed by thirty-two minutes with an overall time of 12.10.10. In 3rd place, almost a further one hundred and seventy-two minutes adrift, was the Bolton United Harriers team of Pete Walkington and Neil Shuttleworth, followed by John Richardson (Rucksack Club) and Pete Bland (Lakeland OC), then two more Rucksackers, Ted Dance and Dennis Weir. Walkington had earlier that year been the first man home in the Lakes 3,000s Marathon. Another Bolton team comprising Paul Murray and Neil Heaton won the Standard class after finishing the first day in 2nd place.



Tim Davies, Simon Bailey and Alan Bowness proving it's not all glorious sunshine abroad!! (Photo Adrian Woods)

Hopefully lessons will be learnt for next year's competition, fortunately mountain runners are a hardy breed and their spirit soon made up for any difficulties encountered.

The Great Britain Team were a pleasure to work with, each athlete committed 110% to the task at hand, both Chris Robison, Team Coach, and Loretta O'Sullivan, Physiotherapist, worked tirelessly in assisting them; Loretta's skills in dealing with badly burned and blistered feet was evident after the ladies race - the pain expressed on Angela Mudge's face soon disappeared when she knew the ladies had won team Bronze.

All in all it was a solid start by Great Britain in this event and I'm confident many more medals will come in future years.

It was a great honour being chosen as the Great Britain Team Manager for this event and I have been supported in this role by many people - in particular I must thank Brian Martin for organising the trial race at Keswick and the selection team of Alan Barlow, Sarah Rowell, Chris Robison and Zara Hyde Peters.

Would you believe it!

A certain Mr Danny Hughes, who just happens to be President of the World Mountain Running Association and organiser of the Middlefell race, met the GB runners at Grabs in Switzerland for the 1st Grand Prix event.

He recognised Louise Thorp who won the ladies' race at Middlefell but, on meeting Rob Jebb, asked who the young lady was with him. He replied, "She's my girlfriend", to which Danny replied, "So she's not a runner."

It was of course Sharon Taylor - who finished second lady at Middlefell and is prominent in this year's British and English Championships.

One of the greatest disappointments of my life occurred three years ago at the age of 56 when my wife broke the devastating news to me that Father Christmas didn't really exist !! However, I still have some of my beliefs and dreams intact - I know that there are alien invaders because I've seen them on several occasions (granted, usually at the far corner of the Boar's Head carpark late on a Wednesday night !) and no-one, but no-one, will shake my belief in the Tooth Fairy. Therefore I really, really hope that the tale which follows is true

Club Foot

by Nigel Rose, with cartoons by Allan Greenwood

The Oxford English Dictionary defines club foot as : "(1) a deformed foot which is twisted so that the sole cannot be placed flat on the ground. (2) a woodland toadstool with a greyish-brown cap, primrose-yellow gills and a stem with a swollen woolly base." There is, however, another meaning of the phrase, which has escaped the attention of lexicographers.

Nobody knows where the Foot came from; it just turned up one Sunday morning during our run from Flotterstone. We were contouring round Turnhouse Hill, through the small wood halfway up on the south side, when Dave heard a funny flop-flopping sound behind him. He turned round and to his astonishment he saw a single foot hopping along the path behind him. He shut his eyes tightly and thought of all the malt whisky he had consumed the night before. When he opened his eyes again the Foot was still there, wriggling its toes in front of him. He was greatly relieved when Keith called out, "Hey, Dave, where did you find that foot?" We all gathered round to look and the Foot seemed to like being the centre of attention; it wriggled its toes some more and hopped up and down a little. We didn't know what to do and nobody wanted to touch the Foot. After a while we decided to continue our run. The Foot followed us back down to Flotterstone then it disappeared into the bushes at the side of the car park. You can imagine the conversation in the Inn afterwards; we just couldn't believe what we had seen. We were understandably reluctant to tell anyone else about the Foot.

The following Sunday the Foot was waiting for us in the car park. It was sitting under the bush where Eddie usually parked his car, slowly tapping its big toe on the ground as if it had been waiting for some time. The Foot seemed to enjoy our company and it followed us all around our usual route. It moved with a sort of bounding hop and could travel surprisingly fast when it wanted to. The only thing it didn't like was the big patch of bracken



near the bottom of the hill. It slipped on a muddy patch and slid down off the path. We could hear it crashing about in the bracken and occasionally we saw it leap above the vegetation as it tried to see its way out. Harry had to call to it to guide it out of the undergrowth.

The Foot became our regular companion on our Sunday runs. We tried to hide it as we ran past walkers but inevitably a few people would see it. We got used to seeing people gaping open-mouthed and rubbing their eyes as we ran past. Whenever it rained the Foot would leave its print in the mud on the paths. Before long there were strange rumours of a one-legged vagabond living wild in the Pentlands. Unfortunately the Foot didn't help much with club recruitment. I well remember when two very attractive sisters wanted to join the club. They were very keen to accompany us on our regular Sunday run. We tried to dissuade them but they wouldn't take no for an answer. They turned up early the following Sunday but as soon as the Foot hopped out from under its usual bush one of the girls gave out a blood-curdling scream. The pair of them ran off as fast as they could and they never came back again.

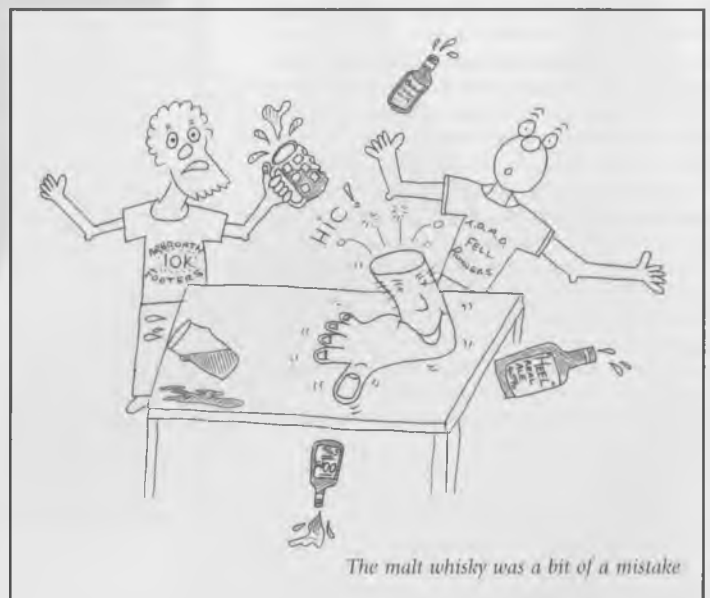
Our relationship with the Foot changed as the season turned to autumn. We decided to humour it by having our first night run of the season from Flotterstone. Sure enough, the Foot was waiting for us when we arrived. It really seemed to enjoy running in the dark; every so often it would jump for joy with a little pirouetting hop into the air. We also noticed that the Foot seemed to have an uncanny ability to find its way in the dark. This was to prove a vital skill later in the winter.

The run was such a success that we decided to have all our night runs of the season in the Pentlands. The Foot really enjoyed the runs and we didn't have to worry about anyone else seeing it. Of course, we tried to vary our routes, which took us to some parts of the Pentlands we hadn't been to before. During the February run we got into bad trouble. We were a long way out in unfamiliar territory and the weather began to deteriorate rapidly. At first it got very misty but before long it began to snow heavily. Although the leader had brought a map, no-one had thought of bringing a compass. Before long we realised that we were lost and getting colder by the minute; our situation was becoming serious. It was Jim who had the idea of getting the Foot to help us back. He gently tied his head torch around the Foot's ankle and waited to see what would happen. The Foot began to hop slowly forwards into the mist so we all followed it. We seemed to follow the bobbing light for a long time and we were all praying that the Foot was going in the right direction. Eventually we saw other lights through the mist ahead - it was the Flotterstone Inn.

We were so thankful that we took the Foot into the Inn with us. We lifted it up onto a stool in the corner so that no-one else could see it. The Foot had a sort of little mouth on the top of its ankle so Willie tentatively tried to give it a few drops of beer. This went down very well and the Foot wriggled its toes with pleasure. The evening developed into a memorable event. Much beer was drunk by all and we adopted the Foot as our club mascot in appreciation of our rescue. Its official title became "The Club Foot".

The malt whisky was a bit of a mistake. Moira had some cask strength with her and decided to see if the Foot would like it. It did, very much so. Before long, the Foot became totally intoxicated. It jumped up onto the table and broke several glasses. Fortunately, before anyone else had time to see what was going on, the Foot fell off the table, bounced off the stool and dropped onto the floor. We lined a sports bag with a couple of jerseys and rested the Foot in the bag. Bill took it home to sober up. Apparently it woke up in the middle of the night and kicked at the door until Bill let it out.

I'm not sure who first had the idea of entering the Foot into a hill race. It was one of those crazy ideas that are thought up during a good night's



drinking and are still around the next day. Chapelgill seemed a good idea as it was a short race and not too far away. We picked up the Foot from Flotterstone the following Saturday morning and took it to the race. It seemed to enjoy the ride and hopped up onto the dashboard to see where it was going. This wasn't too good for the driver but Ian managed to get it onto the back window ledge, where it hopped back and forth for the rest of the journey.

Hilary had knitted the Foot a special yellow sock with the name "Carnethy" in red around the top. We decided not to register the Foot in the race as there was nowhere on it to pin a number. We lined up for the start with the Foot in the middle of our group. When the starting gun went off, we all surged forward. At first the Foot followed Andy up the hill. Soon it seemed to get the idea of racing and began to pull ahead; it began to catch up with

the leaders. Fortunately Richard had walked up to the top of the hill beforehand to spectate. When he saw the Foot hopping towards him, he managed to turn it round and send it back down the hill again.

The end of the race was an unforgettable disaster. The Foot turned out to have an astonishing descending speed. It came hopping down the hillside in great bounds. Even when it tripped, it just rolled over the right way up again and continued bounding down the hillside. The second runner, John, heard the Foot coming down behind him. As it passed, he took one look and fell down in a dead faint. The leader, Colin, half turned to see what the commotion was and saw the Foot coming up beside him. He totally lost his concentration and crashed head first into a thick clump of heather. Frank was manning the clock at the finish. He was so dumbfounded at the sight of the Foot bounding across the finish that he forgot to look at the clock and



time anyone else across the line. Afterwards he refused to give out any prizes for the race and went home for a stiff drink. Word quickly spread through the hill running community that a single Foot had won the race. Most people thought that it was an elaborate joke but shortly afterwards the FRA rules were changed to stipulate that every competitor must have two feet in order to qualify in the race results.

The Foot continued to run with us as Winter turned to Spring and the leaves began to appear on the trees. It used to enjoy chasing any lambs that we ran past. One Sunday the Foot was not waiting for us in its usual place under the bush. We waited about for a while then decided to go on without it. Halfway up the hill, on a muddy patch, we saw the Foot's distinctive left footprint in the mud. Beside it was a perfectly-formed right footprint. We never saw the Foot again but sometimes, when I come down through the little wood on the side of Turnhouse Hill, I think I can hear the patter of tiny Feet.

Would you believe it !

The volunteer helpers at the Commonwealth Games - who numbered a large Clayton-le Moors contingent among their number - were given a booklet of Rules and Hints to help them make the multitude of foreign visitors feel at home in the intimidating north of England.

Prominent in this booklet was the instruction to greet our visitors with a cheery smile and the hearty, well-known Northern phrase "Hiya, our kid!"

Anyone on a race passing, or being passed by (or for that matter, standing next to in the pub or at registration) a member of Clayton-le-Moors now knows what to say to make a friend for life!!!



NAVIGATION COURSES 2003

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 will only cost you £50 for the weekend, inclusive of full board.

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 fellrunning.

SPRING COURSE

Friday to Sunday 11th to 13th April 2003.

To be based at Kettlewell Youth Hostel in the Yorkshire Dales.

AUTUMN COURSE

Friday to Sunday 19th to 21st September 2003.

To be based at Elterwater Youth Hostel, near Ambleside, Cumbria.

For details of both courses write to -

Margaret Batley,
3 Banksfield Grove,
Yeadon,
Leeds,
LS19 7LN.

Please enclose an SAE - early booking advisable.

LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

and the

100 MILE WESTERN STATES ENDURANCE RUN

At about 8.30 pm, following the AGM of the LDMTA which is to be held on Friday evening, 8th November, at the King's Head Hotel, Nr. Keswick,

Mark Hartell will be giving an illustrated talk entitled

RUN THE EARTH 2002 - THE
COLDEST, HOTTEST HIGHEST AND
HARDEST

EVERYONE WELCOME -
NO CHARGE

Well, apathy certainly ruled on this one, didn't it !! Despite the amazing inducements of a pair of the new Walshes from Pete Bland Sports (won by Jo Taylor), a Running Bear Fellshirt (won by Brian Hood) and a Running Bear Bumbag (won by Geoff Holland) only 251 people could be bothered to send their questionnaires in - and exactly 50 of those were so late arriving that Bill had already done his statistical analysis. That comes to a paltry 5%-ish of the total FRA Membership and it is a little galling for the people who put a fair bit of time into attempting to organise the sport in as efficient fashion as possible to realise that the vast majority of the FRA apparently don't give a damn what happens to their Association so long as they get a Calendar and a Magazine !!*!! Many thanks to those people who did take the trouble to reply.

The Fellrunner Management Questionnaire - Results from Bill Waine

In the last issue of "The Fellrunner", after discussion with the committee, Dave Jones, the magazine editor, put in a survey to explore the views of the readers concerning the way the sport is organised.

201 completed survey forms were returned, with three lucky people receiving the prizes from the draw. The first point to consider is that 201 replies do not constitute a representative sample of the membership. With a membership of about 5000 members, the number of replies and the lack of any sort of sampling means that any conclusions drawn from the data cannot be seen as representing the views of the whole membership. The data can only be said to offer the opinions of those who replied to the survey. Given this caution concerning the survey the following are the results and some interpretation of them.

Question 1) In which U K region are you resident ?

	Number	%
England : North	144	71.6
England : Midlands	27	13.4
England : South	12	6.0
Scotland	14	7.0
Wales	4	2.0
Total	201	100.0

The majority of respondents live in the North of England, with a further 19% living in the Midlands or the South. Less than 10% of those who replied came from Wales or Scotland.

Question 2) In which region does most of your fell running take place?

	Number	%
England	171	85.1
Scotland	13	6.5
Wales	12	6.0
England and Wales	3	1.5
England and Scotland	2	1.0
Total	201	100.0

Similarly the largest majority of people class themselves as racing in England. On the basis of this question and the last one it can be assumed that most of the people replying to the questionnaire lived and ran in England.

Question 3) Gender ?

	Number	%
Male	178	88.6
Female	20	10.0
Missing	3	1.5
Total	198	98.5
	201	100.0

These figures approximate to the percentages of male and female membership of the FRA. It seems three members were not sure of their gender or did not want to disclose it !

Question 4) Junior, senior, veteran ?

	Number	%
Junior	2	1.0
Senior	46	22.9
Veteran	139	69.2
Missing	14	7.0
Total	201	100.0

As can be seen there is a large majority of those who are from the veteran group. This may be due to the veterans having more time to reply to questionnaires but this must represent the large group of veterans who participate in Fell running.

Question 5) Member of an Athletic Club or Unattached ?

	Number	%
Club member	152	75.6
Unattached	23	11.4
Unknown	26	12.9
Total	201	100.0

This data might be of interest, although the majority of the replies were from people who are members of an Athletic Club, 11% of those replying were not. This latter group may have little interest in funding regional Athletic Associations. Additionally they may participate in Fell Running and see it as having no connection to the rest of athletics.

Question 6) How satisfied are you with the current structure for the administration of fell running in the UK ?

	Number	%
Very satisfied	30	14.9
Satisfied	117	58.2
Dissatisfied	38	18.9
Very dissatisfied	10	5.0
Total	195	97.0
Missing	6	3.0
Total	201	100.0

This question asked about the organisation of the sport in the U K, which could be interpreted as if referring either to the overall UK administration or the FRA committee. With 73% of people satisfied or very satisfied it would seem that people were largely content with the current set up.

Question 7) For this question people were asked to rank the preference for a number of options.

- The present arrangements to continue.
- Present arrangements but with more autonomy.
- One separate fell running organisation with links to U K Athletics and regional athletics associations.
- A completely separate and independent organisation.

Present arrangements

Rank order	Number	%
1.00	23	11.4
2.00	39	19.4
3.00	46	22.9
4.00	65	32.3
Total	173	86.1
Missing	28	13.9
Total	201	100.0

More autonomy

Rank order	Number	%
1.00	57	28.4
2.00	55	27.4
3.00	62	30.8
4.00	4	2.0
Total	178	88.6
Missing	23	11.4
Total	201	100.0

Separate fell running linked to UKA

Rank order	Number	%
1.00	68	33.8
2.00	56	27.9
3.00	45	22.4
4.00	11	5.5
Total	180	89.6
Missing	21	10.4
Total	201	100.0

Independent body

Rank order	Number	%
1.00	47	23.4
2.00	23	11.4
3.00	17	8.5
4.00	93	46.3
Total	180	89.6
Missing	21	10.4
Total	201	100.0

The replies to this question are not easy to interpret; the highest rating for the most preferred being for a separate body but linked to athletics associations, which 34% of respondents rated as their first preference, followed by 'more autonomy' with 28% and 'independent body' receiving 23% of the highest preference. Compare this for first preference for the present arrangements of 11%.

When examining the least preferred option the independent body received 46%: whilst 'more autonomy' and 'independent body' received 2% and 6% respectively.

Those who replied to the survey would seem to prefer more autonomy for the organisation of fell running, perhaps linked to the Athletics Associations with more control of its affairs, but not complete independence.

Question 8) Have a British and separate regional championships (as at present).

	Number	%
Agree	201	0.0
Disagree	159	79.1
Don't know	19	9.5
Total	198	98.5
Missing	3	1.5
Total	201	100.0

The replies seem to indicate that people do not like the present championship organisation.

Question 9) Have a single British championship.

	Frequency	Percent
Agree	20	10.0
Disagree	159	79.1
Don't know	19	9.5
Total	198	98.5
Missing	3	1.5
Total	201	100.0

These answers seem to contradict the previous answers in that people do not want a single British championship.

Question 10) Maintain regional representation on the elected committee by introducing English, Irish, Scottish and Welsh representative positions.

	Number	%
Agree	142	70.6
Disagree	8	4.0
Don't know	50	24.9
Total	200	99.5
Missing	1	.5
Total	201	100.0

There is 71% support for this idea. The implication of this reply is that a committee that represented Fell Running should have representatives from each of the nations involved in the sport.

Question 11) Maintain regional subcommittees to pursue such issues as internationals, regional championships and juniors.

	Number	%
Agree	139	69.2
Disagree	15	7.5
Don't know	45	22.4
Total	200	99.5
Missing	1	.5
Total	201	100.0

Question 12) A single Calendar and Magazine for the UK.

	Number	%
Agree	159	79.1
Disagree	23	11.4
Don't know	14	7.0
Total	200	99.5
Missing	1	.5
Total	201	100.0

With 79% of people liking this idea perhaps they want to know what is going on in the other regions of the UK. This might encourage the English athletes to attend races outside their region.

Question 13) Have a single unified membership structure and subscription

	Number	%
Agree	141	70.1
Disagree	24	11.9
Don't know	34	16.9
Total	199	99.0
Missing	2	1.0
Total	201	100.0

Although 70% of people support this idea it must be borne in mind that the majority of people answering the survey lived in England.

Question 14) At what level have you competed in the last two years ?

	Number	%
Individual only	158	78.6
Regional championships only	5	2.5
Completed British championships	2	1.0
Regional or higher team	1	.5
All	15	7.5
Individual and regional	7	3.5
Individual regional and British	6	3.0
Individual and British	3	1.5
Regional and British	2	1.0
Not competed	1	.5
Total	200	99.5
Missing	1	.5
Total	201	100.0

The replies to this question show that the majority of runners compete as individuals and that the representation from people who participate in any sort of championships is only 21%.

Question 15) Internet usage

	Frequency	Percent
No access	37	18.4
Occasionally	80	39.8
Frequently	84	41.8
Total	201	100.0

With nearly 82% of the respondents having access to the Internet this gives some indication of the way fell running is using this way of passing on information.

This survey cannot be seen to offer the views of the whole population of the membership of the FRA and therefore is not a mandate for change at an Annual General Meeting.

What it does indicate is that of those who replied there is some interest in examining ways of developing the UK organisation of our sport. What is of interest is the rating on the question concerning the continuation of the present arrangements, some form of autonomy or a completely autonomous sport. When faced with these options there was a **low** preference for the present arrangements and **low** preference for a completely autonomous sport. There was a **high** preference for some form of autonomy but with links to UK Athletics.

This happy little article takes on a particular relevance at the moment - for a variety of reasons the FRA Committee has lost three of its members this year and could do with some new blood. We cannot function as an organisation without an administrative Committee and some new blood would be very welcome indeed. If, after reading Graham's article, you feel you could do your bit for the organisation of our sport then don't be shy, give Mike Rose a ring and offer your services.

ENJOYMENT: LIFE ON THE FRA COMMITTEE!

Joining the Great and the Good
by Graham Breeze

Since increased time spent on committees is directly proportional to deteriorating running performance and realising that my best running days lay behind me, last year I decided to put myself forward as a member representative to the FRA Committee.

There are 5000 plus members of the FRA and last November 167 attended the Loughrigg/ Silver Howe race that Jon Broxap organised in Ambleside to encourage runners to run and then stay behind for the AGM. In fact only 30 members stayed behind and around a third of those were the committee!

Of course in any walk of life people expect AGMs to be boring and therefore avoided. But what was astonishing to me about the 2001 AGM was the passion with which speakers supporting and opposing motions spoke. Quite how Arab-Israeli conflicts entered into an argument about the structure of the FRA still bemuses me, but at least speakers were expressing opinions about the sport they love.

Perhaps the high drama of the various debates exhausted those present because when it came to seeking nominations for the four Member Representative places there were just two names. Two nominations for four vacancies prompted Mike Rose, our irrepressible Secretary, to appeal for at least 5 names "so we can have a ballot to make it more interesting." Well that all depends on whether or not you are a candidate Mike! However after Mike's call for a little blood sport it was apparent that no new names would emerge and I was elected.

Which prompted two emotions in me. First, relief, delight, thoughts of pretentious (but unsaid) utterances about only wishing to serve my fellow fellrunners.... Ho Hum! And secondly, why are 5000 FRA members apparently uninterested in serving their fellow fellrunners on its governing body? I concluded that fellrunners just do not know how interesting, stimulating and enjoyable being a member of the FRA Committee can be.

Hence what follows.

First Impressions

At my first meeting I chose to sit in a quiet corner to observe how things were done. The agenda included elections to various sub-committees, etc.; all worthy stuff but not worth driving 120 miles for. But then the subjects of veteran representation at the Masters World Cup came up and another item considered what rank and file members of the FRA get out of the UK Athletics. Well I am a veteran and a rank and file member and these things matter to me. So I said what I thought. Just as any rank and file fellrunner would.

Mike Rose reports on FRA Committee meetings in *The Fellrunner* under *FRA News* and one might conclude that the meetings are dull bureaucracy and some of them are. But my overall impression of meetings has been of lively, energetic debate conducted with enthusiasm as active fellrunners talk about matters that affect fellrunning.

The agenda for my second meeting seemed to be routine business but then two subjects arose on which the views of club members are critical. The first was a proposal to increase the annual subscription by 33%, partly to ensure the future financial stability of the FRA and partly to underwrite the bid to host the World Cup in 2005. How would club members react? The committee did not really know for sure. What was needed was the view of the typical club fellrunner.

The second issue was the emotional issue of whether the FRA should stay affiliated to UK Athletics as representing English fellrunners or endeavour to form a British Association. A proposal was made to include a questionnaire in the June Fellrunner (which duly appeared), but other options were discussed. Since this matter affects every single FRA member it would have been useful to the discussion for the broadest range of grass roots opinions to be heard, i.e. the role of the member representative.

A key issue at another meeting was the issue about safety and carrying kit and the extent to which the FRA could coerce race organisers. This is an old, old issue but, as one committee member kept emphasising, the world is changing. In a culture of "where there is blame there is a compensation claim" it will not be enough for race organisers to shrug their shoulders and try to brush off responsibility with "well that's tough but that's fellrunning".

Now the safety aspects of fell races and the implications of a risk assessment culture may seem a dull subject- but it is an issue that affects every race organiser and every fellrunner. It is an issue on which every fellrunner should have a view (unless the media impression that fellrunners are the stupid end of athletics is true) and it is vital for the future of the sport that different and perhaps opposing views should be heard and debated within the FRA; the governing body for fellrunners.

Convinced?

Illustrating that serious issues are debated at the FRA may reinforce any prejudice that the meetings must be dull but in reality whilst the subject matter is important the atmosphere of meetings is lively, stimulating and conducted in good humour.

Why not volunteer to represent the membership on the Committee, influence the future of the sport you love and enjoy making a contribution?

Ring Mike Rose now! He is waiting for your call. And I'll buy the drinks after your first meeting.

The two oldest records in the FRA Calendar both go back to the year 1977 - they are the records at the Langdale Horseshoe Race and the Lantern Pike Race and the latter record is all the more remarkable because it was set at the inaugural event.

With this in mind I asked the eccentric motorcycle-racing, tandem-riding, globe-trotting organiser of the Lantern Pike if he would give us some information and recollections about the race - the result is below.

Lantern Pike Fell Race by Mel Cranmer

The Lantern Pike Race was originally a May Queen race which started in 1962 but when the Sheepdog trials were revived at Spray House Farm in 1977, Alan Bond made changes so that the route was mainly visible from the show field creating a fast and testing course. It is perhaps closer to a hard cross country race than a fell race and is mainly on tracks and paths, consequently it tends to attract fell, road, track and local runners.

I first came across the Lantern Pike race in 1979 - It was my first ever run let alone race, my pal Phil Rathbone, a local farmer, roped me into it the night before. In those days you signed on in Hayfield village hall then jogged a mile up to the show field in Little Hayfield with the race starting and finishing under a large tree in the parking area - I was exhausted before the start! I used to race motorbikes and rather naively I suggested to Phil that we go to the front and at the start hold the inside so at the first corner we had the tightest line. At the start we held our line but everyone soon went round us - I nearly gave up half way around but the neighbours and their dog were laughing at me so much that I was obliged to finish or I'd never have lived it down. I've learnt a lot since those days and now start near the back and don't wear Green Flash pumps.

29.12 - to many people these numbers don't mean a thing - it's about the time it takes to boil a kettle in the Karrimor, the time to fasten your shoes and pin your number on when late for a race - or the time it took Ricky Wilde to run the very first new Lantern Pike race in 1977. The record set on that day still stands 25 years on. Legend has it (although Ricky can't confirm this) but he is supposed to have turned up with the wrong shoes and Alan Bond lent him his!!!



A phalanx of past winners - how many can you recognise? (Photo Mel Cranmer)

The route has remained the same and conditions have not changed drastically; improvements on the paths in some places are balanced out with the erosion in others; there are two more stiles now and in 1996 the start was moved into the main arena, a difference of 80 yards that was taken off the finish.

To refresh myself and to consider what to write about the race, I had a jog around the Pike and as I approached the summit along the Pike ridge, I looked down to the show fields and imagined all the tents in place, the tannoy system, the crowds and sheepdog trials. I know from here it's only around eight minutes to the finish, and apart from a sharp little climb into the field, it's all downhill - it's a good feeling. Two ravens break my thoughts as they call, wheel and turn circling towards the Downfall, the moor is purple with heather. I bet Ricky noticed none of this on that day in 1977.

Any record is a great achievement but to stand the test of time for so long is pretty remarkable. So what will it take to break 29.12? Ricky Wilde had won both the European and AAA 3000 metre indoor track championships - a top athlete - it's not often that a runner of that calibre takes part in a fell race at a sheepdog trials, so the record is probably safe for some time yet but, you never know!

The one thing that I have over Ricky Wilde is that I can and have improved on my first Lantern Pike fell race time!!!

34.54 is another record that cannot go unmentioned - this was the time in which Carol (Haigh) Greenwood won the ladies' race in 1984 and came 24th overall - a really brilliant run. Like Ricky's record, I suspect this one will stand for a long time yet and deservedly so.

I now have a system whereby the race numbers start from 11, with numbers 1-10 reserved on the registration tent wall as a tribute to the ten fastest winners, male and female, unless of course they turn up and run - so if you see No.1 in the race, no matter where in the field - RESPECT.

LANTERN PIKE 10 FASTEST RACE WINNERS

MEN		LADIES	
1977 R. WILDE	29.12	1984 C. HAIGH	34.54
1993 C. ADDISON	30.04	1993 K. DRAKE	36.27
1992 J. TAYLOR	30.27	1991 S. BOAM	37.03
1996 A. WILTON	30.30	1996 T. SLOAN	37.20
1988 B. HUSSEIN	30.33	1989 N. SAILSBURY	37.30
1979 R. BAILEY	30.44	1999 E. McGUIRE	38.22
1991 A. TRIGG	30.46	1981 J. LOCKHEAD	38.41
1994 N. WILKINSON	30.48	1988 B. MURRAY	38.52
1987 P. DUGDALE	30.50	1992 J. SMITH	39.07
1990 D. CROOKES	31.18	1994 V. PERRY	39.16

1977 Results - first ten

1	R Wilde	Manchester Harriers AC	29.12
2	J Norman	Altrincham AC	30.44
3	M Weeks	Bingley Harriers AC	30.58
4	H Walker	Blackburn Harriers	31.07
5	M Nolan	Manchester Harriers AC	31.18
6	M Lambert	Bingley Harriers AC	31.24
7	R Hill	Clayton-le-Moors Harriers	31.43
8	H Kelly	East Cheshire Harriers	31.58
9	W Cooper	Manchester Harriers AC	32.06
10	M McGann	East Cheshire Harriers	32.46

A wanderer I would be by Peter Travis

It is so many years ago,
before the matrimonial knot was tied,
but I have held the memories
sacred in my mind
of carefree days, alone, with friends.
We walked and ran the Lakeland hills,
we climbed on Cymru's crags,
explored high Bens, traversed the Cuillin Ridge.

I can recall with clarity
the climbs and walks we made our own.
All this was half a century ago,
but mind will not surrender thoughts
of times so precious - the span of years inconsequential.

Abundant friends made up my life,
but there were times when I sought
the solitude of rugged fells
and wandered over crag and moor,
a "dusty foot", imbibing all I saw.

Those days, long gone, have proved their worth.
I still return, though not with regularity,
to places where I remember youthful times
with friends, the laughter, loyalty and care.
I am today the issue of those times.

It's nice to know that at least some of our Elected Representatives spend their spare time getting wet, muddy and knackered like the rest of us - restores one's faith in Politics. Keep it going, Chris, and try to convert some of your colleagues while you're at it - it would probably do them good!

A LONG DAY OUT ON THE HILLS : The Fellsman Hike : 11th/12th May 2002

by Chris Davies (Chris Davies is the Liberal Democrat MEP for the North West and a member of Saddleworth Runners.)

Open the Vaseline jar and rub in the stuff under the armpits, around the nipples, between the toes, and of course around the top of the legs where it can really get sore before the finish comes in sight after 61 miles.

Runners and walkers start to make their way out of the school gym and towards the field. Adjust rucksack straps. The load's pretty light really, but the kit requirements demand just too much for a bum bag.

9am. Hooter sounds and 228 of us amble up through Ingleton village. Seems slower than usual. As we start to climb the first slope there's just one lad ahead and he doesn't look as though he's adjusted to the idea that there are 60 miles still to go. Oh heck I'm in the lead. Where are the fast lads like Mark McDermott? I don't want to be out in front. I prefer to hang on to someone, and there's still a bit of the course I'm not sure of even after four completions.

Up Ingleborough. Nice May morning. No muddy bits left now that so much of the path has been made up. Over the top and I'm three minutes ahead. The descent is the steepest bit of the whole run. Through the Hill Inn checkpoint and on to Whenside. Out and back along the top so you can see who's behind. A couple of lads are closing the gap. They should be with me before long. Swill down cake and lemon squash at the valley checkpoint and start on the next 1,000' climb up Gragareth. Fabulous view at the top over to Morecambe Bay, but no time to enjoy it.

A couple of Saddleworth Runners, Martin Brooks and Howard Chambers, introduced me to the Fellsman Hike. "Good training," they said. God knows for what. We went round together some fourteen years ago in 12 hours 2 minutes. Most of the way they were dragging me, but after 50 miles I got my second wind. These long runs are all about psychology; the tiredness can drop away when the end is in sight. I've also finished this one in 11-45, 11-30, and 13-30. Today I'd like to beat 12-00 again.

It's getting hot and I'm getting stiff. Dentdale is pretty. But now it's the hard 1,600' haul up, down and up again to the top of Blea Moor. Keep a look out for steam-hauled specials on the Settle & Carlisle railway down below. There's four of us together now and I'm trying to hang on to Colin Banks, a scout leader from Coventry who I see in lots of these events. Sometimes we finish together but I beat him in the Bullock Smithy 56m last year. He walks a lot - at an incredible pace. His rock steady 5mph uphill leaves me struggling to keep up. It's just after 1 pm. We've not been out long but some of the slower walkers won't be here till sunset.



*The author at work - underneath the table he's actually wearing shorts and Walshes!!
(Photo Chris Davies)*

up the energy. Out of the checkpoint tent and it's the 1,400' climb up the rocky path to Great Knoughtberry. There's no-one in sight behind but I'm trailing the three in front by a long way. It's obvious now that I've put on the wrong shoes - comfortable old Walshes but with my own sorbothane soles for more protection. The back of my heels have been pushed up and are rubbing. Every step is sore. It can only get worse. Past half way, and five of the seven big climbs are over. Now it's just a matter of keeping going.

The Fellsman is a 'challenge walk' around the Yorkshire Dales, and today is its 40th anniversary. There are prizes for the fastest times in various categories so it's recognised as a competitive event. Saddleworth runners have done well over the years. Tony Ratcliffe still holds the course record with a time of 10-11, set a good while before he learnt how to sell his paintings in a big way (some of them decorate the walls of terminal 1 at Manchester Airport). The whole thing is organised by the scouts, and they do a great job. There are nine checkpoints along the way that offer food and hot drinks. A minibus tours around them to pick up the withdrawals.

Lunchtime drink back in Dentdale. Water with six spoonfuls of sugar to keep

I'm going through a good patch. Catch up with the three in front as we cross the Pennine Way at Kidhow Gate. It would be good to stay with them.

No, they're off. I'm limping and feeling sorry for myself. Sweat pours down. Energy gets sapped crossing Fleet Moss. Living in the South Pennines I should be used to peat bogs. Up to my thighs in muck and having to pull myself out. Why is it that those out in front seem to be leaping like gazelles from one dry patch to another?

I'm on my own; the others are just spots in the distance. Not having someone around to provide a focus is bad news. This would be a lovely bit of countryside for a normal run, but I can't appreciate it. I'm too tired and too painful. This has got to be the last time I do the Fellsman. It'll be my fifth completion and it's time to call it a day.

Just after 6pm and it's Cray checkpoint, the beginning of the last stage. Offered a lump of cheese and a jam sandwich. They might be nice if you've just arrived after a long stroll but I can't face them. More sugar. More water. Set off, limping. Try to eat half an apple but it sticks to the roof of my mouth. Start up Buckden Pike. IT IS HARD! A steep stile nearly finishes me off. Have to stop for a moment and gather the strength to pull myself up. There aren't any other British MEPs who do this sort of thing, and I think I know why. Maybe I should stick to doing intervals on the treadmill in the European Parliament's gym, and perhaps some nice, short fell races. Just keep putting one foot in front of the other all the way up the 1,000'.

Thank heavens that's over. "It's not too boggy along the top," says the guy who clips my card. Seems boggy enough to me. I've 50 minutes to get to the last main checkpoint at the Park Rash road crossing. If I'm not there by 7.30 pm I may get 'grouped', and there's no way I'll get started again if they make me wait around for someone else to run with. Once I stop that's me finished. I can see the marquee on the horizon, but the route takes a different course. How can I have missed the stile in the wall? I'm not going back uphill to find it. There's the track on the other side of those reads.

Pushing myself against the clock. It's easy going but everything seems to be taking a long time. Keep looking at my watch. The sun's still in the sky. Surely they won't make me stop? I'm having to push it. Keep going on the uphill and pick up my legs on the flat. Run in at 7.29pm, just in time. Looking forward to a mug of sweet tea before the final hill.

"They've forgotten to give us any tea bags," I'm told. Just my luck! Great Whenside. The last long pull. There seem to be a lot of Whensides in the Dales; what does the word mean? Back of my heels hurting like hell, taking all the pleasure out of moving towards the finish as evening beckons on this lovely bit of hillside. Yes, it really is lovely. I can appreciate it even through the pain. The light is fantastic. The hills in the far distance are a blue silhouette. I've never been by myself at this stage before. Keep the fence on the left, and then there's the difficult bit. Bet I make a mistake. Sure enough, I make a pig's ear of the route across a peat bog. Stupid, I could have followed that new bit of fence all the way, couldn't I? The navigation's easier than I thought now I have to do it for myself. Route confirmed by flashing yellow marker lights across a field. I suppose there's a farmer the organisers have to keep happy.

Down the track between stone walls to Yambury checkpoint, the last one. "Do I want some tea?" No, it's less than two miles and I'll get the thing finished. Once the tarmac road starts downhill it's as good as over. I jog past houses into Grassington. The hours of empty quiet on the hills have come to an end. I miss them immediately. Plenty of people around in pubs and restaurants, but there's no-one in the street.

Through the village and it's just around the corner to the finish. Over the river bridge, listening to the water. Keep running up the last hill. God knows what I look like to those three people going for an evening stroll. Maybe the sweat has washed away the streaks of peat. Round the corner, into the schoolyard, and my 10-year old daughter runs up to give me a hug. That's a nice surprise; I didn't expect to see her till later.

Check in. My time is 12.39. It's more than an hour behind my best but a good deal better than my worst. I'm fourth. The winning time today was 11-56 and I've beaten that twice myself, which is a little annoying. Slowly, painfully, pull off shoes and hobble to the showers. The warm water feels wonderful. It's just turned dark and for me the running is over. Delightful relief. Some people will be out on the hills for another 15 or 16 hours. Today the weather looks fine, but in past years there have been some really disgusting nights. I'm glad I'm not up there still.

I don't feel so bad. Glad I've done it. Now that I'm confident of the route I really should be able to do better next year.

ANOTHER JURA ADVENTURE

by Phil Goth

The end of May Bank Holiday found the usual peleton of cyclists weaving and ferrying their way across Arran and the Mull of Kintyre to Jura. With last year's event cancelled due to the F & M fiasco we were looking forward with eager anticipation to the Jura Fell Race 2002. The specially commissioned poster describes it as an event for 'the fittest and the bravest'. Perhaps 'funniest' should have been the third adjective as evening entertainment is provided by the 'lounge committee', a group of fellrunning stalwarts and oldies who take over the Jura Hotel bar at this time of year. They proudly wear a variety of moth-eaten Jura Race T shirts from pre-history and regale all and sundry with Monty Pythonesque tall tales of past races. "Eee, I remember when.....". "You were lucky, we had to....." etc etc. One veteran of this crew, Jim Smith, drew us a rudimentary map of the best descent route off Pap three. This work of art, drawn on a hotel napkin, brought forth a salvo of abuse from his drinking buddies. "It took me 10 years of reeceing to work out that route," bemoaned one Pennine Fellrunner (apparently now pronounced 'pennini' - they must have twinned with an Italian club?).



Dave says goodbye to his deer ticks!!
(Photo Phil Goth)

"He should be banned," another chipped in, "that's secret information". They all scratched their heads however at the whereabouts of the 'bowling green' identified on the map as a landmark near the summit. "You'll be taking yer white cap and best woods up tomorrow then?"

On the day the race proved to be a tougher challenge than the midges that infest the campsite. The bogs at the start were even deeper than usual. The clag on the summits was thick enough to cause many to take circuitous routes and detours. Strong winds assaulted us on every summit and the 'new path' bulldozed from Three Arch Bridge lured numerous runners into its leg sapping clutches. An epic race as usual and whilst it proved to be a real test of strength, stamina and will power, lots of us still had enough energy to down copious quantities of beer and Ceilidh the night away.

The race itself is just one part of the whole adventure. A group of five intrepid Todmorden/Achille Ratti runners, despite weary legs, braved the long and rugged cycle to Kinuachdrachd at the north of the island to stop in the bothy on Sunday night. This is a quaint six-bedded affair owned by Tom Richardson, proud parent of Charlie, a seventy five year old cannibalistic parrot (its favourite food is scrambled eggs) and master raconteur (Tom that is, not Charlie, who does however do a pretty good "hello" and very realistic dog impressions). The midges proved to be just as bad here as at Craighouse. No amount of Deet seemed to deter them. "My dad knew how to keep them away", declared Dave, "a sprig of wild mint behind each ear and they won't touch you". Whilst doubting the efficacy of this old dad's tale we did experiment with the only herb we could find. The wild parsley had no effect whatsoever and our furious itching continued.

Our stroll to the headland to see the infamous shipwrecking Corryvrekan whirlpool was mistimed - low tide meant that the straits were like a millpond. Back at the bothy we drowned our disappointment with the numerous bottles of wine and single malt that had excluded most other gear from our cycle panniers on the way up. The excessive alcohol no doubt explained our desire to pursue childish pastimes later in the evening but Jack, the resident donkey, resisted all attempts to ride him!

"Are they deer or donkey ticks?" Mandy asked the following day as, trousers round ankles, she examined her nether regions.

"I've found twenty three," exclaimed Janet, similarly baring all on the car park near Lealt.

Dave 'gearman' Makin quickly produced his latest acquisition; a 4" thick Swiss army knife containing every conceivable gadget. "This is what we need," he boasted. The tweezers however were minimalist. Following a smear of smothering vaseline they did extract the majority of the little buggers but the large tick on Dave's backside required the use of the Swiss army pliers. We were still picking them off several days later.

No visit to this area would be complete without sampling the numerous Jura & Islay malts. This we did with a vengeance; we can now name all eight in alphabetical order. As we waited, hungover and bleary eyed, for the ferry home and I raised my camera for a final team photo Jim Smith enquired, "Does that camera have red eye reduction?"

RESULTS



MARCH TO SEPTEMBER



*Ian Holmes and his injured ankle are piped home at Ben Nevis
(Photo Dave Brett)*

Compiled by Dave Weatherhead and Barbara Carney

LLANBEDR-BLAENAVON

Gwent

AL/14m/4500ft 24.03.02

1. T. Davies	Mercia	2.14.08
2. A. Woods O/40	Eryri	2.24.19
3. C. Purt	Pontap	2.35.24
4. I. Houston	Wrex	2.36.03
5. W. Darby O/40	MDC	2.37.56
6. L. Gwilym O/40	MDC	2.39.26
7. C. Flower	W'lands	2.40.10
8. R. Gordon	Unatt	2.40.16
9. P. Daniels O/40	Taff'ET	2.44.18
10. N. Lewis	MDC	2.44.20

VETERANS O/50

1. (13) D. Finch	MDC	2.48.55
2. (14) C. Pritchard	Unatt	2.49.27
3. (15) M. Blake	Eryri	2.50.48

VETERANS O/60

1. (21) P. Norman	Wrex	2.57.37
2. (30) C. Jones	MDC	3.27.54

LADIES

1. (19) V. Musgrove O/40	Eryri	2.55.06
2. (22) S. Woods O/40	Eryri	2.58.05
3. (24) E. Dunnington	Eryri	2.59.02

WHITE HORSE WANDER

24.03.02

1. C. Stead	NFR	42.39
2. M. Burn	ThirskS	44.33
3. A. Bissell	Knaves	44.44
4. B. Grant O/50	Hgte	44.55
5. W. Busutil	ThirskS	45.05
6. R. Burn O/40	ThirskS	45.28
7. R. Hall	ThirskS	45.32
8. M. Smith	Ind	45.35
9. A. Normandale O/40	Acorn	45.59
10. M. Wynne	Mand	46.23

VETERANS O/50

1. (4) B. Grant	Hgte	44.55
2. (22) M. Hetheron	Nestle	51.50
3. (27) S. Honeyman	Mand	53.03

VETERANS O/60

1. (33) N. Bush	Ilk	55.17
2. (40) K. Wilson	Mand	56.40
3. (53) P. Duffy	NthnV	67.12

LADIES

1. (29) A. Raw	Darling	53.53
2. (38) A. Hayward O/40	ThirskS	56.03
3. (45) M. Gibbs O/50	ThirskS	62.17

71 finishers

McVEIGH CLASSIC (HILL & DALES SERIES RACE 1) Mourne Mountains 04.04.02

The hour forward, winter that never really got going over, a calm evening at Castlewellan Lake and the gathering of 109 runners plus supporters, a record for the first race of the series, marked the beginning of three months of Thursday night competition, the 2002 Hill & Dale Championship.

This year, for the first time, two forest races led off the Series, with the McVeigh Classic, spawned during last year's foot and mouth crisis, from Castlewellan Lake being the first test. 7.30pm sharp and the stampede was off across the grass below the dramatic backdrop of the Castle as the large field climbed the first short rise and then dropped down through the Spring Gardens before starting the first climb to the first Pond before plummeting fast through the Winter Gardens.

Eight minutes into the race and defending champion Deon McNeilly led a small bunch, which also included former champion Davy McKibbin and Neil Carty. Next the race took in the toughest climb of the race, the Ridge Walk to the top of Slievenaslatt, representing about race half way. Ladies defending champion, Shileen O'Kane, just led from Trudi Brown.

Off the descent and McKibbin, side sore, had slipped off the pace, in fact at the start of the last long climb to Foxes Green had dropped to 90 seconds behind, a gap which he maintained all the way to the finish. Carty had passed McNeilly and was giving him as tough a test as he had

experienced for a while. Behind, the veterans categories was being led by evergreen 55 year old Des McHenry, eventually finishing in a fantastic 8th place showing a clean pair of heels to many younger runners. Also a feature of the race, 8 juniors participated, being led home by young Owen Gill in 13th place overall.

The run home from Foxes Green is one and three-quarter miles, a tough test for tired legs, fast at first and then undulating with the sting in the tail, the last 30 seconds, or so, climb up the grass to the finish. McNeilly has established a small gap on Carty and sprinted home to win by just 5 seconds, in 32 minutes 28 seconds, only 6 seconds outside his record set last year.

Another name of note was the high placed finish from Gordon Crockhart, Irish Motocross Champion, and this weekend at World Cup round 2 in Barcelona and this week 18th place in 38 minutes 24 seconds, demonstrating how fit the motocross riders need to be to participate at the highest level in their sport.

Richard Rodgers

1. D. McNeilly	N'castle	32.28
2. N. Carty	NBelf	32.33
3. D. McKibbin	N'castle	33.56
4. S. Begley	Albert	35.12
5. K. Shields	NBelf	35.28
6. D. Brannigan	N'castle	35.36
7. P. Rodgers	N'castle	35.51
8. D. McHenry O/50	Willowf	36.03
9. F. O'Hagan O/40	TeamPur	36.28
10. A. Brennan	Ballym	36.34

VETERANS O/40

1. (9) F. O'Hagan	TeamPur	36.28
2. (11) J. Brown	BARF	36.52
3. (19) P. Howie	Larne	38.52

VETERANS O/50

1. (8) D. McHenry	Willowf	36.03
2. (12) B. McKay	Albert	37.31
3. (36) F. Hammond	BARF	40.58

VETERANS O/60

1. (94) T. Donnelly	ACKC	51.04
---------------------	------	-------

LADIES

1. (40) S. O'Kane	BARF	41.23
2. (46) T. Brown	ACKC	42.38
3. (52) C. Galbraith O/35	ACKC	43.20
4. (73) V. Cordiner	LVO	45.52
5. (81) C. Marshall	Legends	47.03

GLISBOROUGH MOORS RACE (NORTHERN RUNNER WINTER SERIES) North Yorkshire BL/12.5m/2600ft 07.04.02

Well we've reached the 25th Anniversary bash and not without some problems on the way!

This year was no exception to the rule that there are always going to be a few problems - it's just the nature of the beast. 'Fell Running' The first situation arose in the Junior Event which was a very competitive struggle between M. Bell and A. Brownlee. The latter winning out in the last part of the descent.

In the main race, advantage was taken of the new route coming in above Sleddale Farm and the wonderful weather especially ordered for the day. Times were fast and in the women's race the old record established by Carol Greenwood looked under threat from Sheila Allen who was certainly going for it. In the men's race it was very competitive with Charles Stead and Morgan Donnelly just heading a group of six including Ben Grant, Joe Blackett, Andy Bissell and Dave Chippett. On reaching the road from Westerdale however the front three decided to follow the old classic route instead of heading towards the checkpoint at Percy Rigg Gate. Runners were warned about this at the start, as last year some runners were reported to have cut through the wood after they hit the 'T' junction above Sleddale. The front two this year did not reach this check and although it was argued that no real benefit resulted the check was not visited. Consequently three out of the first four to the Captain Cook's Check were disqualified.

At the end of the event Joe Blackett went on to win setting the new course record at 83.46. The winner of the over 50 vet race was Jeff Winder. The winner

of the Over 40 Vet race was Paul Kelly. Vet 60 was won by Ronnie Sherwood with a welcome return to fitness.

In the women's race, Sheila Allen just missed the old record but established new figures for the new route in 94.46. Sheila was also first female vet. Maureen Gibbs won the women's Vet 50 event finishing just ahead of Sandra Jemson who won the Vet 45 section.

In the team races, Middlesbrough Athletic Club (Mandale) managed to take first with Scarborough and Knavesmire in second and third respectively. Knavesmire just edged out 'Mandale' 'B' by one point. In the women's Team New Marske just eased ahead of Thirsk & Sowerby by one point with Newton Aycliffethird.

Here's a final thought:- to my recollection we have now had nine different routes for the Moors Race in twenty five years and I have witnessed every one and marked out 24 of them. Can we seriously talk in terms of records or should we just continue to run a course as close to the original concepts as we can with best times? In my view the best time was run by Marco Cara who doesn't appear in the record book now. This is simply because distance covered on the ground is always going to vary as management of the countryside changes.

Dave Parry

1. J. Blackett	Mand	83.46
2. A. Bissell	Knaves	87.09
3. J. Winder O/50	Scarb	88.22
4. P. Kelly O/40	Darling	88.48
5. D. Chippett	Knaves	88.52
6. S. Backhouse O/40	Scarb	89.25
7. B. Atkinson O/40	Knaves	89.53
8. P. Wilkin O/40	Mand	90.01
9. C. Miller	Hgte	90.24
10. M. Siddall	Pockling	90.34

VETERANS O/50

1. (3) J. Winder	Scarb	88.22
2. (21) K. Wilson	Mand	94.43
3. (30) N. Scrutton	Scarb	98.34

VETERANS O/60

1. (78) R. Sherwood	NMarske	111.18
2. (122) K. Hildore	NMarske	123.59
3. (131) P. Braney	Billing	126.08

LADIES

1. (22) S. Allen V	H&P	94.46
2. (34) A. Raw	Darling	99.36
3. (46) J. Smith	DkPk	103.05
4. (54) L. Trainor	Durham	104.49
5. (58) J. Newton	NewtonA	105.19
6. (60) C. Lowe	Mand	105.31
7. (68) A. Hayward V	ThirskS	108.44
8. K. White	Quak	108.48

CARLTON CHALLENGE (NORTHERN RUNNER SUMMER SERIES) North Yorkshire BS/5m/850ft 07.04.02

1. R. Hall	ThirskS	36.01
2. P. Buckby O/40	Middles	36.02
3. P. Figg	Quak	36.22
4. R. Wilson	Scarb	36.28
5. B. Atkinson O/40	Knaves	36.30
6. R. Smith	Scarb	36.45
7. P. Kelly O/40	Darling	36.48
8. G. Barnes	Middles	37.50
9. J. Goodwin	Middles	37.58
10. M. Webb	Middles	38.00

VETERANS O/50

1. (12) T. Ward	Swale	39.23
2. (24) R. Cooke	NewtonA	43.28
3. (25) K. Richardson	Quak	43.30

VETERANS O/60

1. (43) R. Sherwood	NMarske	46.58
2. (50) R. Stevenson	Middles	47.58
3. (56) K. Hildore	NMarske	49.13

LADIES

1. (6) R. Smith	Scarb	36.45
2. (16) A. Raw	Darling	41.00
3. C. Lowe	Middles	43.13
4. (29) A. Hayward V	ThirskS	44.10
5. (42) K. Neesam	NMarske	46.57
6. S. Kempson	NMarske	47.49

LAD'S LEAP FELL RACE
Derbyshire
AM/6m/1700ft 07.04.02

Congratulations to Lloyd and Helen for breaking the course records, not surprisingly given the good conditions for this time of year! Well done to all the other category winners.

May I thank Crowden Youth Hostel for their hospitality, United Utilities, Mr Bland, Loparex UK and a big thank you to our timekeepers and marshals on the course.

Des Gibbons

1. L. Targett	Bux	43.46
2. G. Ehrdhart	Tod	46.48
3. P. Winskill	Penn	47.15
4. S. Gregory	HolmeP	46.54
5. C. Bishop	Saddle	47.57
6. M. Robinson	DkPk	48.21
7. S. Reeves	HolmeP	48.22
8. P. Grimes O/40	Hfx	48.25
9. D. Gibbons	Altr	48.27
10. A. Kirk O/40	Unatt	49.02

VETERANS O/50

1. (34) N. Goldsmith	Altr	58.16
2. (41) A. Warren	Radc	60.15
3. (46) G. Revell	Bradwell	62.49

VETERANS O/60

1. (72) B. Thackery	DkPk	69.05
---------------------	------	-------

LADIES

1. (27) H. Hargreaves	Penn	56.22
2. (30) R. Dunnington O/45	EastCh	57.18
3. (31) K. Harvey O/40	Altr	57.28
4. (43) J. Bradwell O/40	EastCh	61.09
5. (45) C. Waterhouse O/35	Hfx	62.00

86 finishers

TOLLYMORE FOREST
(HILL & DALE SERIES RACE 2)
Mourne Mountains
AS/4m/1200ft 11.04.02

107 runners toed the start line for the 2nd race of the 2002 Hill & Dale Races series making 142 different runners in only two weeks. Tollymore Mountain Centre was the venue and a calm damp evening greeted the runners for the fastest race of the Series taking in two significant climbs in the Drinns but with lots of very fast running as well.

The stampede started with the fast drop down to Parnell's Bridge, taking the leaders about three minutes to reach, ground shaking from the strain. The sight from the bridge of a snake of runners climbing steeply is something to behold, high above the bridge in only 50 or 60 metres. A feature of this race is the climbs tend to be short and sharp followed by short opportunities to recover before climbing again. Across to the Boundary Wall of the New Park and the familiar sight of Deon McNeilly & Davy McKibbin and Neil Carty already leading the field and pulling away. Just behind Simon Taylor was alongside Damien Brannigan and Steve Begley. Shileen O'Kane was clear in the ladies' race with her main challenge being would she beat her own course record of 37.11 from last year.

Newcomer veteran, Robert Wilson, led the vets' section, receiving the close attention of clubmate Dessie McLenny, both sandwiching Joe McCann. Junior newcomer, Owen Gill, was again showing strongly in the top fifteen.

The New Park summit reached, the runners dropped swiftly for three to four minutes to the Cascade River crossing and turned sharply to the half climb of the Long Haul trail through the narrow winding path deep in the Wood. As the leaders turned at the top for the fast descent to the Black Hut, Carty remained neck and neck with McNeilly with McKibbin now off the pace. The battle was intense as the runners turned sharp left to cover the undulating track to once again cross the Cascade lower down and then across the Shimna River turning onto the sting in the tail, the long climb back to the Mountain Centre finish. Onto the last rise and McNeilly made one last effort to break clear and it worked as the elastic snapped and he pulled away to win by 12 seconds from the eternal bridesmaid, Carty, both inside 30 minutes but outside McNeilly's 29.25 record. McKibbin was in third, seven seconds faster than last year.

O'Kane warmed up for the ultra-distance Spelga Skyline weekend race with 33rd overall and missing her own record by a mere two seconds in 37m 13s, well clear of first female vet Claire Galbraith 48th in 40m 05s a massive 2 minutes and 42 seconds faster than her 2001 performance.

A big thank you is due to the Tollymore Mountain Centre for the use of its facilities, which the runners and spectators alike appreciated and to the Avoca Hotel where race post-mortems were discussed and the prizegiving took place.

Richard Rodgers

1. D. McNeilly	N'castle	29.46
2. N. Carty	NBelf	29.58
3. D. McKibbin	N'castle	30.42
4. S. Taylor	BARF	31.48
5. D. Brannigan	N'castle	32.02
6. S. Begley	Albert	32.22
7. P. Rodgers	N'castle	32.53
8. R. Wilson O/40	Willowf	33.20
9. J. McCann	N'castle	33.24
10. D. McHenry O/50	Willowf	33.28

VETERANS O/40

1. (8) R. Wilson	Willowf	33.20
2. (17) P. Howie	Larne	34.47
3. (32) B. Dickie	CIYMS	37.09

VETERANS O/50

1. (10) D. McHenry	Willowf	33.28
2. (18) I. Parke	Ballyd	35.03
3. (25) J. Curran	N'castle	36.27

VETERANS O/60

1. (97) T. Donnelly	ACKC	47.19
---------------------	------	-------

LADIES

1. (33) S. O'Kane	BARF	37.13
2. (48) C. Galbraith	ACKC	40.05
3. (66) A. Shannon	Unatt	41.37
4. (77) C. Marshall	Legends	42.56
5. (90) B. Brown O/35	Unatt	44.57

MOUGHANMORE
(HILL & DALES SERIES RACE 3)
Mourne Mountains
AS/3m/1500ft 18.04.02

48 hours of rain left the Deer's Meadow and surrounding hills saturated for the 3rd Hill & Dale race of the series. That, however, did not put off the crowds from descending on the venue, 106 this week, to do battle against each other, but more importantly against themselves with the challenge of getting to Moughanmore and back in the treacherous conditions.

At the gun, McNeilly and McKibbin led the charge once again and quickly left the traditional route along the Wall to take a direct line for the most southerly point of the Pigeon Rock summit. Their aim was less climbing and this route is the popular descent route on the way back and this year, for the first time, the majority of runners, sheep in runners' clothing, followed McNeilly. Well up in the pack early on, too, was Shileen O'Kane one of several runners 'fresh' from over three hours racing on the previous Saturday over the Spelga Skyline course and surprisingly, all looking as if they had not raced for weeks.

The switch from the forests to the wet mountain terrain shows in the positions throughout the field with some runners loving every moment of the hair raising descents and others drifting back down the field with all the grace of cows on skis.

Meanwhile, up at the front, McKibbin was having his best race in nearly twelve months and had pulled away from McNeilly, who looked out of sorts. McKibbin glided up the return climb of Pigeon Rock almost effortlessly all the time knowing that McNeilly might be closing. His great effort has thrown the Hill & Dale championship surprisingly wide open just as McNeilly's first two victories had threatened a whitewash.

The ladies' championship, however, already looks sewn up with O'Kane making it a hat-trick of victories, 20th overall, and into the bargain equalling Tricia Sloan's 1995 record of 38 minutes 51 seconds - a fantastic performance given the soggy conditions and her three and a half hour race on the previous Saturday.

Richard Rodgers

1. D. McKibbin	N'castle	31.48
2. Deon McNeilly	N'castle	33.04
3. F. O'Hagan O/40	TeamP	33.25
4. David McNeilly	Ballyd	33.46
5. D. Brannigan	N'castle	34.09
6. P. Mawhirt	N'castle	34.42
7. I. Millar	Dromore	34.48
8. J. Brown O/40	BARF	35.52
9. E. Gill	NBelf	35.55
10. S. Begley	Albert	36.15

VETERANS O/40

1. (3) F. O'Hagan	TeamPur	33.25
2. (8) J. Brown	BARF	35.52
3. (11) P. Howie	Larne	36.18

VETERANS O/50

1. (17) B. McKay	Albert	37.54
2. (22) D. McHenry	Willowf	39.27
3. (23) P. McGookin	ACKC	39.40

LADIES

1. (20) S. O'Kane	BARF	38.51
2. (50) H. McCausland	Omagh	43.09
3. (66) A. Shannon O/40	Unatt	44.49
4. (70) S. Pruzina O/40	BARF	45.04
5. (78) V. Cordiner	LVO	46.19

RAAS SNAIAL
Isle of Man
AS/5m/1900ft 20.04.02

Conditions turned out to be very poor for the Raas Snaial, or Snaefell Fell Race, with heavy rain, dense mist and ever strengthening winds causing problems for the runners. It was not too bad at the Bungalow start, where visibility was reasonable and the rain had not yet started but the mist could be seen dropping down to eventually cover most of the five mile course.

Tony Okell was in a determined mood after his disappointing run in Easter's Mountain Marathon and he, along with Richard Jamieson and Mark Preston, soon broke clear of the chasing bunch. They stayed close together until the final ascent to Snaefell summit where Preston started dropping back. Okell managed to open a small gap by the final checkpoint where visibility was just about nil, and sprinted off the top heading back down to the Bungalow finish. Unfortunately, Jamieson made a hash of the descent and not only blew any chance of winning but lost enough time to let Preston in to take runner up.

Fourth place went to the amazing David Young, who was also top over 50 and seems to improve with age.

Two ladies managed to navigate the course without too many problems with Rose Hooton from nearby Lonan first ahead of Penny Thorpe.

Many thanks to all the officials and marshals who did a great job in horrible conditions.

Richie Stevenson

1. T. Okell O/40	ManxH	43.52
2. M. Preston	ManxH	45.47
3. R. Jamieson	Nthn	46.30
4. D. Young O/50	ManxFR	48.08
5. D. Clarke	ManxFR	49.05
6. I. Ronan O/40	ManxFR	49.06
7. S. Skillicorn	Unatt	50.08
8. W. Smith	Unatt	50.15
9. R. Webb O/50	ManxH	50.44
10. D. Ashton O/50	Salp	51.11

VETERANS O/60

1. I. Chrystal	ManxFR	68.18
----------------	--------	-------

LADIES

1. R. Hooton	ManxFR	57.29
2. P. Thorpe	Unatt	82.30

CLAY BANK WEST (NORTHERN RUNNER
SUMMER SERIES)
North Yorkshire
BS/5.5m/900ft 21.04.02

1. C. Stead	NFR	31.24
2. A. Bissell	Knaves	31.43
3. A. Normandale O/40	Acorn	31.48
4. J. Blakett	Middles	32.10
5. R. Hall	ThirskS	32.15
6. P. Buckby O/40	Middles	32.20
7. P. Wilkin O/40	Middles	32.25

8. I. Ellmore O/40	Scarb	32.27
9. R. Smith	Scarb	32.29
10. P. Kelly O/40	Darling	32.42

VETERANS O/50

1. (16) T. Ward	Swale	34.22
2. (32) M. McGrath	Knives	38.08
3. (33) G. Bell	Scarb	38.26

VETERANS O/60

1. (71) R. Stevenson	Middles	42.39
2. (72) K. Hildore	NMarske	42.40

LADIES

1. (9) R. Smith	Darling	32.29
2. (26) H. Diamantides	Carn	37.35
3. (28) A. Raw	Darling	37.40
4. (36) M. Czarnecka	Scarb	38.46
5. K. White	Quak	39.13
6. (46) A. Hayward V	ThirskS	39.35

OSSY OIKS

North Yorkshire

BM/9m/1800ft 23.04.02

1. R. Wilson	Scarb	55.56
2. A. Normandale O/40	Acorn	55.57
3. R. Smith	Scarb	55.58
4. P. Kelly O/40	Darling	56.00
5. R. Hall	ThirskS	56.02
6. I. Ellmore O/40	Scarb	56.04
7. B. Atkinson O/40	Knives	56.10
8. P. Buckby O/40	Middles	56.19
9. P. Figg	Quak	56.32
10. S. Backhouse O/40	Scarb	57.31

VETERANS O/60

1. (13) T. Ward	Swale	60.29
2. (22) M. Hetherton	Acorn	64.01
3. (26) K. Richardson	Quak	64.58

LADIES

1. (3) R. Smith	Scarb	55.58
2. (18) A. Raw	Darling	62.26
3. (20) S. Honeyman	Middles	63.04
4. (31) K. White	Quak	65.36
5. (34) A. Hayward V	ThirskS	66.17

HEN & COCK RACE

(HILL & DALE SERIES RACE 4)

Mourne Mountains

AS/2.5m/1300ft 25.04.02

The rain held off long enough for the race to get underway when a record field of 122 runners set off in the 4th Hill & Dale race of the series. Hen Car Park was the venue (near Hilltown) and with Davy McKibbin winning the previous week, for the first time ahead of Deon McNeilly, and in McNeilly's absence this week, McKibbin must have felt that this would be another great week. Then, out of the mists of time, the figure of Robbie Bryson appeared. Holder of no less than seven Hill & Dale course records, as far back as 1996, Bryson is now with the Fire Service in Enniskillen and was making a rare visit to the Mourne, some two weeks after his 40th birthday.

122 runners make a formidable sight on the first steep climb up Hen Mountain. The usual cavalry charge, but within two minutes, three runners were ahead of the field, McKibbin, Bryson and Neil Carty. The leaders reach the summit within ten minutes, followed by a six-foot drop off the summit crags and a fast descent to the col between Hen & Cock. Recent burning of the heather on this part of the route has helped, before the runners climb steeply again to the summit of Cock.

With one vet leading, Francie O'Hagan was having another great week in 4th place throughout to come home a couple of minutes behind the winner and first veteran 45. Meanwhile, at the front, Bryson had established a gap by Cock and bounced down the descent with a broad smile on his face past the despairing faces still on the steep climb, back over Hen to the finish, one and a half minutes outside his six year old record, but confirming that there is still life in the old dog yet.

O'Kane came home in 26th overall to smash her record of 2000 by 45 seconds in 37.15 and three and a half minutes clear of Violet Cordiner, who, in turn, was 14 seconds clear of Hazel McCausland. First lady veteran was Alwyn Shannon, followed by stalwarts Stephanie Pruzina and Roma McConville.

Richard Rodgers

1. R. Bryson	N'castle	28.30
2. D. McKibbin	N'castle	28.55
3. N. Carty	N'Belf	29.12
4. F. O'Hagan O/40	TeamPur	30.47
5. D. Brannigan	N'castle	30.59
6. S. Taylor	BARF	32.10
7. I. Millar	Dromore	32.11
8. J. Brown O/40	BARF	32.57
9. S. Begley	Albert	33.03
10. B. McKay O/50	Albert	33.27

VETERANS O/40

1. (4) F. O'Hagan	TeamPur	30.47
2. (8) J. Brown	BARF	32.57
3. (12) P. Howie	Larne	34.25

VETERANS O/50

1. (10) B. McKay	Albert	33.27
2. (22) D. McHenry	Willowf	36.23
3. (23) W. Kettle	ACKC	36.49

VETERANS O/60

1. (109) T. Donnelly	ACKC	51.02
----------------------	------	-------

LADIES

1. (26) S. O'Kane	BARF	37.15
2. (65) V. Cordiner	LVO	41.33
3. (68) H. McCausland	Omagh	41.47
4. (75) A. Shannon O/40	Unatt	42.15
5. (77) S. Pruzina O/40	BARF	42.31
6. (81) R. McConville O/40	NDown	43.06

MEELMORE & MEELBEG (HILL & DALE SERIES RACE 5)

Mourne Mountains

AS/3m/1800ft 02.05.02

A fine spring evening at the Happy Valley greeted the runners for the Meelmore Meelbeg Horseshoe and despite some runners resting for the Belfast Marathon, 109 souls toed the start-line for the McNeilly Family Classic.

Top female runner, Shileen O'Kane (allegedly with the potential to be Donnelly soon again) is producing the form of her life and has raced her way to fitness over the past five weeks. Climbing very strongly, she reached the top of Meelmore in 15th place overall and descended well to the col and was soon on the summit of Meelbeg, before descending hard to the finish in 36m31, over nearly two and a half minutes inside Roma McConville's 5 year old record. O'Kane has now won five out of five and is unstoppable.

The men's championship is a much tighter affair and as the series reaches its mid-season break and with six races to go is wide open. Early series leader, and defending champion, Deon McNeilly, has had his early season dominance challenged by both colleague Davy McKibbin and Neil Carty. This week was no exception with McNeilly leading by a neck to the top of both Meelmore and Meelbeg, setting up a fascinating long descent to the finish.

First it was Carty who attacked, but McNeilly dug in, McKibbin clung on fighting for his life. The pace was break neck and as the course steepened and got wetter, the runners came into view and it was a final surge by McKibbin, taking Carty with him and it was a sprint for the line over the uneven ground. McKibbin demonstrated that he too has improved dramatically over the past five weeks to win by one second from the eternal bridesmaid.

The Maghera Inn provided excellent post-race hospitality with a quiz thrown in for good measure.

Richard Rodgers

1. D. McKibbin	N'castle	28.56
2. N. Carty	N'Belf	28.57
3. Deon McNeilly	N'castle	29.11
4. David McNeilly	Ballyd	30.55
5. D. Brannigan	N'castle	31.18
6. R. Neill	Ballyd	32.27
7. P. Mawhirt	N'castle	32.45
8. I. Millar	Dromore	32.49
9. B. McKay O/50	Albert	33.05
10. P. Howie O/40	Larne	33.11

VETERANS O/50

1. (9) B. McKay	Albert	33.05
2. (12) I. Parke	Ballyd	33.52
3. (27) P. McGookin	ACKC	36.40

LADIES

1. (26) S. O'Kane	BARF	36.31
2. (49) V. Cordiner O/40	LVO	39.24
3. (63) C. Galbraith O/40	ACKC	40.48
4. (69) S. Pruzina O/40	BARF	41.25
5. (71) R. McConville O/40	NDown	42.41

HARROP DALE HILL RACE

03.05.02

1. A. Jones	Salf	34.53
2. M. Lee	Ross	39.03
3. S. Watson	Bux	39.20
4. A. Carroll O/50	EastCh	40.17
5. S. Willis	Tod	40.31
6. C. Davies O/40	Sadd	41.13
7. D. Franklin	Quak	41.39
8. G. Fleet O/40	Sadd	42.05
9. R. Green	Sadd	42.11
10. D. Unwin O/40	EastCh	42.22

VETERANS O/50

1. (4) A. Carroll	EastCh	40.17
2. (15) B. Waterhouse	Sadd	44.36
3. (16) F. Fielding	Gloss	44.41

VETERANS O/60

1. (27) K. Bamforth	HolmeV	46.59
2. (44) W. Cooper	EastCh	51.26
3. (58) B. Brookes	EastCh	56.34

LADIES

1. (14) L. Whittaker	Sadd	44.32
2. (24) R. Dunnington O/45	EastCh	46.35
3. (34) K. Mather	Sadd	49.31
4. (48) S. Exon O/45	Traff	52.42
5. (49) C. Negueroles	Kirstall	52.43

RAVENSTONES BROW FELL RACE

Lancashire

BM/10m/1250ft 04.05.02

An almost record field entered this year to run in perfect conditions. The race was led from start to finish by Andy Jones, who had won the Harrop Dale Trail Race the previous day. To cap this, he also won the Scouthead Road Race the following day, which was the last of the Saddleworth 2002 3-day event.

In second place in the Ravenstone Race was Gary Webb who was also the first veteran. In third place was Jonathan Ingram, who improved on his previous performance of getting lost on the well flagged fell section.

The ladies were led home by Lucy Whittaker, who is having an excellent season; her time of 1.23.12 is now the official ladies' course record. She was followed home by Suzanne Budgett, who is continuing to improve on the fells.

The male team prize went to Saddleworth.

Many thanks to all the runners who competed in all three events over the weekend and to Indians Zed, who support the events so generously.

Bob Waterhouse

1. A. Jones	Salf	1.03.56
2. G. Webb O/40	CaldV	1.08.59
3. J. Ingram	Sadd	1.10.07
4. C. Bishop	Sadd	1.12.53
5. S. Green	P&B	1.13.56
6. T. Taylor O/40	Ross	1.13.43
7. B. Horsfall	Wake	1.15.16
8. A. Hauser O/40	Holm	1.15.33
9. A. Carroll O/50	EastCh	1.16.04
10. R. Griffiths O/40	Holm	1.16.16

VETERANS O/50

1. (9) A. Carroll	EastCh	1.16.04
2. (14) F. Reilly	Stock	1.18.49
3. (22) B. Wheatley	Unatt	1.23.33

VETERANS O/60

1. (46) K. Bamforth	HolmeV	1.29.44
2. (79) W. Cooper	EastCh	1.40.08
3. (113) B. Brookes	EastCh	2.12.21

VETERANS O/70

1. (100) R. Lee	Middle	1.54.02
-----------------	--------	---------

LADIES

1. (21) L. Whittaker	Sadd	1.23.12
2. (60) S. Budgett	Horw	1.33.32
3. (70) H. Thornburn	DkPk	1.36.50
4. (78) H. Southern	Unatt	1.39.55
5. (85) C. Negueroles	Kirstall	1.43.24

**STUC A'CROIN
Perthshire**

Aal/15M/5000ft 04.05.02

The race was run in ideal conditions – a light breeze and sunshine.

The usual cheerful army of locals and visitors turned out to act as marshals. There were no accidents or untowards incidents and everyone seemed to have had a very good day. As a result of a take-over, the distiller's sponsorship was lost and there was no malt whisky for prizes. However, Graham Tiso, the outdoor equipment firm, stepped into the breach! As usual, our other sponsors, Highland Spring, provided water for the refreshment of the runners.

A. Bennie

1. M. Rigby	Amble	2.11.07
2. R. Gallacher O/40	W'lands	2.22.32
3. D. Whitehead	Cosmic	2.24.51
4. M. Higginbottom	Carn	2.26.36
5. A. Ward O/40	Carn	2.28.54
6. C. Pryce O/40	Cosmic	2.29.53
7. S. Templeman	Ochil	2.30.13
8. A. Anderson	Solway	2.31.23
9. G. MacInnes	Carn	2.31.46

VETERANS O/50

1. (11) A. McGuire	Fife	2.38.57
2. (14) M. Hulme	Corsto	2.42.28
3. (26) J. Nuttall	Clay	2.52.29

LADIES

1. (24) J. Tait	Carn	2.51.06
2. (33) J. Salvona O/40	Lothian	3.02.10
3. (43) J. Scott	Fife	3.11.34
4. (49) L. Noble	Cosmic	3.13.29
5. (52) E. Scott	W'lands	3.18.26

**DINAS BRAN HILL RUN
Shropshire**

BS/5m/800ft 04.05.02

All runners enjoyed a good challenging run over the extended course i.e. two laps of the Castell Dinas Bran Hill, compared with only one lap last year.

The weather was exceptionally pleasant, therefore a good number of competitors took part including, encouragingly, 21 ladies.

Doug Morris

1. G. McNeil	Helsby	29.40
2. M. Fleming O/40	Amble	29.55
3. R. Little	Mercia	30.37
4. C. Lancaster O/40	Ludlow	30.48
5. M. Wigmore	Helsby	31.01
6. I. Houston	Wrex	31.02
7. P. Hands O/40	Corinth	31.41
8. C. Taylor	Tatten	32.03
9. C. Davies O/40	Buckley	32.14
10. H. Jones O/40	Mercia	32.37

VETERANS O/50

1. (41) J. Morris	Buckley	37.54
2. (50) P. Leach	Harb	38.39
3. (51) A. Todd	Helsby	39.15

VETERANS O/60

1. (45) J. Thomas	WrexTri	38.08
2. (57) R. Webster	Helsby	40.24
3. (86) D. Clague	Tatten	47.12

VETERANS O/70

1. (83) J. Beswick	Helsby	46.26
--------------------	--------	-------

LADIES

1. (30) S. Hammond O/35	Tatten	36.18
2. (34) C. McCarthy O/40	Helsby	36.42
3. (42) S. Hancock O/40	Oswest	37.58
4. (48) J. Phizlackea	Bux	38.21
5. (62) J. Hewson	Ludlow	40.44
6. (66) S. Taylor	Tatten	41.10
7. (67) C. Clarke	Telf	41.23
8. (68) J. Lee	Unatt	41.25

**LATTERBARROW LOOP
Cumbria**

AS/3m/1200ft 06.05.02

Sadly, yet another Latterbarrow Loop was to be no more than a CFR club race as we were shunned once more! But what do we care? The weather was very pleasant, with the warm drying sub making for fast underfoot conditions.

Two handsome new trophies were presented to the event by the family of local sportsman, Philip Davidson. Sadly, Phil was killed last year in a road traffic accident. However, he did possess a wicked sense of humour and it was decided to award the "Riverbelle" and "Riverman" trophies to the first gallant lady and gent to charge down after the start and ford the River Calder.

The first two winners of the perpetual trophies were Jackie Hargreaves for the ladies and 16-year old Ricky Lightfoot for the gents. As Ricky and Jackie fought to get their breath back after their earlier breakneck exertions, the remainder of the field negotiated the river's torrent at a more sedate pace.

Pre-race favourite, Alan Bowness, could easily be spotted forging to the head of affairs on the long hill up Latterbarrow.

The three mile event offers superb viewing and a large crowd gathered on the final checkpoint, Swarth Fell, which is actually just a short stroll up from the roadside start.

Geoff Ayers came out of the pack to chase Alan home, with Martin Amor securing third spot.

"Riverbelle", Jackie Hargreaves, rallied well to go on and break the ladies' record lowering it to an impressive 25.48.

Harry Jarrett took the Veteran 45 plaudits with a certain Joss Naylor MBE galloping home in the Veteran 65s!

Thirty minutes earlier, the seniors enjoyed an exciting CFR junior race which was a huge hit with everyone.

All in all, a smashing day. Hope you enjoyed it, Phil. God Bless Mate.....

Irvine Block

1. A. Bowness	CFR	21.40
2. G. Ayers O/40	CFR	22.19
3. M. Amor	CFR	22.43
4. J. Hunt	CFR	22.55
5. B. Taylor	CFR	24.16
6. K. Denwood	CFR	24.44
7. J. Archbold	CFR	25.02
8. B. Short O/40	CFR	25.02
9. H. Jarrett O/40	CFR	25.34
10. S. Holliday O/40	CFR	25.51

VETERANS O/50

1. (27) C. Webb	CFR	28.44
2. (35) D. Lees	CFR	30.28
3. (39) S. Sharp	CFR	31.07

VETERANS O/60

1. (33) J. Richardson	CFR	30.05
2. (45) B. Johnston	CFR	31.46
3. (51) B. Hillon	CFR	33.55

VETERANS O/70

1. (53) H. Catlow	CFR	34.03
-------------------	-----	-------

LADIES

1. (19) J. Hargreaves	CFR	26.48
2. (31) H. Bransby	CFR	29.22
3. (40) S. Ayers	CFR	31.09
4. (46) L. Buck O/40	CFR	32.17
5. (55) L. Winder O/40	CFR	34.22
6. (66) J. Jones O/40	CFR	41.53

JUNIORS

1. S. Clifford	CFR	10.55
2. J. Walker	CFR	11.46
3. J. Walker	CFR	11.53
4. L. Vickers	CFR	12.04
5. J. Stuart	CFR	12.12

**CARLTON CHALLENGE
North Yorkshire
BS/5m/850ft 07.05.02**

1. R. Hall	ThirskS	36.01
2. P. Buckby O/40	Middles	36.02
3. P. Figg	Quak	36.22
4. R. Wilson	Scarb	36.28
5. B. Atkinson	Knaves	36.30
6. R. Smith O/40	Scarb	36.45
7. P. Kelly Lady	Darling	36.48
8. G. Barnes O/40	Middles	37.50
9. J. Goodwin	Middles	37.58
10. M. Webb	Middles	38.00

VETERANS O/50

1. (12) T. Ward	Swale	39.23
2. (24) R. Cooke	NewtA	43.28
3. (25) K. Richardson	Quak	43.30

VETERANS O/60

1. (43) R. Sherwood	NMarske	46.58
2. (50) R. Stevenson	Middles	47.58
3. (56) K. Hildore	NMarske	49.13

LADIES

1. (7) P. Kelly	Darling	36.48
2. (16) A. Raw	Darling	41.00
3. (22) C. Lowe	Middles	43.13

67 finishers

**VANESSA CHAPPELL FELL RACE
Lancashire**

BM/6.5m/1200ft 08.05.02

Firstly, many thanks to everyone who helped, especially on the night. It was a cool evening and fast underfoot which resulted in a new course record.

137 runners took to the hills; Nick Leigh took control from Malcolm Fowler on the road section leading up to the Bow Stones and from then on maintained his position throughout the race.

Winner of the ladies' race was Jane Mellor, just in front of team-mate, Naomi Greaves and third home was Jackie Bradwell.

All the veterans' positions were strongly contested with veterans representing two-thirds of the entries. First veteran home was road runner, Steve Haylock, showing what he can do on the fells.

The men's team prize – what can we say? – the Fabulous Trafford Trio struck again with Prof Dick Byers, 'Smarty Shoes' Dave Keeling and the Invincible Vinnie Booth!

The ladies' team prize went to Pennine with Jane Mellor, Naomi Greaves and Lisa Shaw making their mark on the race.

D. Gartley

1. N. Leigh	Altr	42.02
2. M. Fowler	Penn	42.20
3. T. Austin	DkPk	43.41
4. D. Nicholls	Macc	43.49
5. S. Haylock O/40	Stock	43.50
6. D. Rudd O/40	Altr	44.11
7. D. Byers	Traff	44.24
8. A. Johnson	Macc	45.09
9. D. Keeling	Traff	45.34
10. G. Morson O/50	Bux	45.58

VETERANS O/40

1. (5) S. Haylock	Stock	43.50
2. (6) D. Rudd	Altr	44.11
3. (17) N. Stone	Stoke	46.58

VETERANS O/50

1. (10) G. Morson	Bux	45.39
2. (20) L. Best	Stock	47.59
3. (27) T. Longman	Macc	48.46

VETERANS O/60

1. (97) A. Hague	Unatt	62.23
2. (131) J. Chippendale	Penn	81.54
3. (135) M. Harrison	Unatt	86.28

LADIES

1. (46) J. Mellor O/35	Penn	53.46
2. (48) N. Greaves	Penn	53.48
3. (61) J. Bradwell O/40	EastCh	55.30
4. (103) M. Chippendale O/50	Penn	63.25
5. (135) M. Harrison O/60	Unatt	86.28

**PINSHAW FELL RACE
West Yorkshire
BS/5m/1000ft 10.05.02**

The 2002 Pendle and Burnley Grand Prix series of races began at Earby with a fine win for Simon Thompson in the 22nd Pinshaw Fell Race. Simon beat off the challenge of three of his clubmates, Andrew Black, Andrew Stubbs and John Tomlinson.

Although two records fell in the ladies' section, there were no such break-throughs in the men's race.

Two records were broken in the ladies' race with Jean Rawlinson taking a massive 4 minutes 27 seconds off the previous LV50 record, which had stood since 1995. Val Lawson in 52.37 also turned in an excellent performance taking almost three minutes off the previous LV60 record.

1. S. Johnson	Clay	30.07
2. A. Black	Clay	30.42
3. A. Stubbs	Clay	30.50
4. J. Tomlinson O/40	Clay	31.18
5. T. Taylor O/40	Ross	31.24
6. C. Seddon	Horw	31.36
7. M. Aspinall O/40	Clay	31.51
8. A. Carruthers O/40	Crawley	32.16
9. D. Naughton O/40	Darwen	32.21
10. A. McFarlane	Hynd	32.26

VETERANS O/50

1. (25) K. Taylor	Ross	34.34
2. (43) G. Murray	Clay	37.43
3. (46) S. Breckell	Clay	37.59

VETERANS O/60

1. (52) T. Orrell	Clay	38.47
2. (69) S. James	Clay	40.52
3. (72) J. Devlin	Tod	41.15

LADIES

1. H. Johnson O/35	Bing	35.32
2. A. Kelly O/40	Clay	36.50
3. V. Peacock O/45	Clay	36.59
4. D. Gowans O/35	Acc	37.30
5. C. Leah	Trawden	39.05
6. A. Barrowclough O/35	Clay	41.00
7. J. Rawlindson O/50	Clay	41.06
8. L. Bostock O/45	Clay	43.31

117 finishers

BELMONT VILLAGE WINTER HILL FELL RACE Lancashire BS/4.5m/1000ft 11.05.02

An excellent way to celebrate the 25th anniversary of the races – glorious weather and superb turnout (particularly the juniors).

Many thanks to those who helped on flagging the courses, marshalling, registration, results, time-keeping and handing out the prizes. Also to Preston Paints, who sponsored the junior prizes, United Utilities, Parish Council, local farmers, WPC Sue Large and Alan at the Belmont Bull. Particular thanks are due to Bolton Mountain Rescue Team. A very generous total of £70 was donated by yourselves to them. As the races ran at a slight financial loss, this donation was very important and much appreciated.

Hope to see you all next year.

Dave Bateson



Mark Buckingham leads Danny Hope and Bob Little up the first climb (Photo Bill Smith)

1. M. Buckingham U/18	Holm	32.47
2. D. Hope	P&B	33.08
3. R. Little U/18	Mercia	34.02
4. W. Sullivan	Clay	34.18
5. R. Haworth O/40	Middle	34.20
6. P. Singleton	Amble	35.04
7. M. Pierson U/18	Holm	35.16
8. W. Ali U/18	Felldanc	35.50
9. T. Ellis U/18	Bolt	35.52
10. K. Gaskell O/40	Horw	35.56

VETERANS O/40

1. (5) R. Haworth	Middle	34.20
2. (10) K. Gaskell	Horw	35.56
3. (14) A. Sunter	Horw	36.30

VETERANS O/50

1. (12) T. hesketh	Horw	36.10
2. (22) F. Reilly	Stock	37.54
3. (25) J. Hope	AchR	38.12

VETERANS O/60

1. (45) D. Ashton	Darwen	41.43
2. (87) G. Arnold	Prest	50.25
3. (88) R. Stafford	Unatt	51.46

LADIES

1. J. Prowse O/45	Keighley	41.50
2. H. Booth U/18	LancsM	43.56
3. L. Kemp U/18	Holm	45.16
4. D. Atkins	Unatt	46.25
5. M. White O/15	Horw	46.56
6. C. Winnick	Ross	46.56
7. J. Atkins O/50	Chor	47.07
8. J. Chaplin O/40	Chor	48.34

JUNIORS – U/16 BOYS

1. C. Doyle	Kend	17.34
2. S. Hunn	Skip	18.04
3. J. Kevan	Wigan	18.19

JUNIORS – U/16 GIRLS

1. S. Tunstall	Border	21.17
2. Z. Starr	Holm	22.17
3. S. Slater	Skip	23.02

JUNIORS – U/14 BOYS

1. S. Clifford	CFR	15.15
2. C. Wetherall	Keighley	15.31
3. A. Thompson	Chor	15.37

JUNIORS – U/14 GIRLS

1. K. Woodhead	Holm	17.29
2. E. Stuart	CFR	18.17
3. N. Thompson	Holm	18.51

BUTTERMERE SAILBECK HORSESHOE RACE Cumbria

AM/9.4m/4250ft 12.05.02

Once again the race was blessed with fine weather.

94 started and Borrowdale made a clean sweep of the first three places, Johnny Bland won impressively ahead of Ben Bardsley with Andrew Schofield finishing 3rd as he did when the race was last run in 2000. Borrowdale also won the men's team prize. Only ten ladies ran and no one club could muster three for a team. Lucy Whittaker was first lady. In all Saddleworth fielded twelve runners, twice as many as any other single club.

The day's best performance was probably that of Mike Walsh 1st vet 50, 8th overall but he was pushed all the way by Dave Spedding 2nd vet 50 and only nine seconds adrift.

Thank you everyone who supported the race and especially to all the helpers on the day and before.

Jack King

1. J. Bland	Borr	1.28.48
2. B. Bardsley	Borr	1.30.50
3. A. Schofield	Borr	1.35.00
4. G. Webb O/40	CaldV	1.36.32
5. J. Wright	Tod	1.37.05
6. G. Schofield O/40	Horw	1.38.43
7. D. Gartley O/40	Gloss	1.40.11
8. M. Walsh O/50	Kend	1.42.09
9. D. Spedding O/50	Kesw	1.42.18
10. P. Targett	Clay	1.45.59

VETERANS O/50

1. (8) M. Walsh	Kend	1.42.09
2. (9) D. Spedding	Kesw	1.42.18
3. (16) J. Holt	Clay	1.47.17

VETERANS O/60

1. (47) J. Buchanan	Annan	2.09.00
2. (57) P. Dowker	Kend	2.14.57
3. (74) R. Smith	Amble	2.25.36

LADIES

1. (28) L. Whittaker	Sadd	1.57.05
2. (44) N. Lavery O/40	Unatt	2.07.15
3. (45) K. Mather	Sadd	2.07.27
4. (51) C. Kenny O/40	Kend	2.10.27
5. (53) J. Smith O/40	Tod	2.10.59

RAAS DREEYM CHARRAGHAN Isle of Man AS/2.5m/1100ft 14.05.02

Tony Okell's sequence of wins against local opposition on the fells has stretched back for over a year. It finally came to an end at the Raas Dreeym Charraghan, or Carragghan Fell Race, when the ever improving Richard Jamieson, who has pushed Tony hard a number of times this year, scored a convincing win. Jamieson, who started to get benefit from competing in this year's British Championships, broke Tony's course record as he won by over forty seconds.

The course is a real tough short race. It starts and finishes at Injebreck Farm in the stunningly beautiful Baldwin Valley, then follows Easter's Mountain Marathon route to the summit of Carraghan and back – just 2.5 miles but with 1,500 feet of ascent – a classic fell course.

Richie Stevenson

1. R. Jamieson	ManxFR	19.15
2. T. Okell O/40	ManxH	19.57
3. M. Preston	ManxH	20.14
4. I. Gale	ManxFR	20.31
5. W. Smith	Unatt	20.51
6. N. Petrcival	ManxH	20.55
7. S. Skillicorn	Unatt	21.33
8. I. Ronan O/40	ManxFR	21.44
9. A. Corrin O/40	Nthn	22.07
10. R. Webb O/50	ManxH	22.21

VETERANS O/50

1. R. Webb	ManxH	22.21
2. D. Corrin	ManxH	24.53
2. P. Cooper	IOMVets	24.53

LADIES

1. R. Hooton	ManxFR	25.20
--------------	--------	-------

CARADOC CLASSIC Shropshire AS/3.5m/880ft 15.05.02

The second race in the summer evening series was again blessed with perfect weather conditions. The absence of Tim Davies gave Colin Lancaster, local Stretton resident, an opportunity too good to miss. Colin was first to the summit and well clear of his nearest rival, Roger Lamb, by the finish.

The race is the brainchild of Telford AC's Paul Sanderson, who just happened to be celebrating his 50th birthday on the night of the race. In thanks, all 85 competitors gave a memorable, if not tuneful rendition of "Happy Birthday!".

Many thanks to Terry and Michael Davies for providing excellent facilities for registration and changing. It's a shame the local school has priced itself out of the market after hosting the race for over 20 years!

S. Daws

1. C. Lancaster O/40	Ludlow	24.35
2. R. Lamb	Mercia	24.44
3. A. Yapp	Mercia	25.38
4. I. Hughes	Shrews	26.23
5. G. Jones O/40	Shrews	26.34
6. H. Jones O/40	Mercia	26.41
7. H. Thomas	Telf	26.45
8. P. Martin O/40	Mercia	26.47
9. A. Davies	Mercia	26.59
10. R. Mapp O/40	Ludlow	27.10

VETERANS O/50

1. (11) B. Dredge	Mercia	27.38
2. (21) A. McDonald	Telf	28.54
3. (26) G. Whitmarsh	CroftA	29.20

VETERANS O/60

1. (66) T. Pugh	Newtown	34.18
-----------------	---------	-------

LADIES

1. (41) A. Capp O/40	Telf	30.32
2. (42) V. Musgrove O/40	Eryri	30.53
3. (52) J. Hewson	Ludlow	32.40
4. (55) G. Harris O/40	Mercia	32.51
5. (60) C. Willis	ShropShuff	23.30
6. (61) A. Lewis	Telf	23.42

COMMON FELL CHASE**Cumbria****AS/2m/850ft 15.05.02**

Thirty seven people lined up for the first race in the Matterdale Series

Joe Faulkner

1. J. Archbold	Amble	17.50
2. S. Savage	Amble	18.13
3. J. Parsons	P&B	18.14
4. P. Brittleton	Howgill	18.47
5. D. Wright	Newbury	19.28

VETERANS O/40

1. (6) R. Unwin	Kesw	19.53
2. (8) D. Owens	Kesw	20.19

VETERANS O/50

1. (12) J. Downie	Kesw	21.10
2. (16) C. Webb	CFR	21.45

VETERANS O/60

1. (15) J. Richardson	CFR	21.39
2. (23) P. Dowker	Kend	22.59

LADIES

1. (9) N. Davies O/40	Borr	20.24
2. (11) E. O'Shea O/40	Amble	21.07
3. (26) G. Pearcey	GatesPT	23.18

WHITE PLAINS - HILL & DALE SERIES**RACE 6****Mourne Mountains****AS/4m/1000ft 16.05.02**

Six races into the 2002 Hill & Dale Series and the emerging picture of the champion is no clearer. Five races to go and it's between three, all past champions - Deon McNeilly and Davy McKibbin and Neil Carty. Another fabulous night saw the athletes and their entourage descending on the most picturesque of surroundings at Tollymore Forest Park for what the initiated consider to be one of the 'easier' races of the year - no it isn't.

The sun shone, the warmest night of the year so far and 104 runners ready to go on time for a change.

This year, Simon Taylor joining the three favourites as the runners turned along the river, carefully though the countless bluebells and onto the climb. The climb is among the steepest of the year, despite being in the forest, topping out on Curragherd, where McNeilly led. The fast drop to the boundary wall, where the race goes onto the White Plains and quickly to the summit, saw McNeilly continue to lead, but receiving the close attention of both McKibbin and Carty. Within two minutes of the summit the leaders were well back into the forest and it was Carty who threw caution to the wind and flew past McNeilly to establish what turned out to be a race winning lead.

This is possibly Carty's best competitive performance ever, spurred on by wanting to remove his bridesmaid reputation, he kept the pressure on, ignored the pain and pulled away from McNeilly to win by nearly 30 seconds and less than a minute outside Robbie Bryson's 1996 record. Series leader, and possibly still favourite, McKibbin came home third behind McNeilly.

Thanks to the Anchor Bar for being warm hosts for the prizegiving.

Richard Rodgers

1. N. Carty	NBelf	25.12
2. D. McNeilly	N'castle	25.41
3. D. McKibbin	N'castle	26.18
4. A. Brennan	Ballyd	27.12
5. D. Brannigan	N'castle	27.24
6. S. Taylor	BARF	27.36
7. P. Rodgers	N'castle	27.57
8. F. O'Hagan O/40	TeamP	28.27
9. S. Begley	Albert	28.55
10. P. Howie O/40	Larne	29.20

VETERANS O/40

1. (8) F. O'Hagan	TeamP	28.27
2. (10) P. Howie	Larne	29.20
3. (12) J. Brown	BARF	29.52

VETERANS O/50

1. (16) D. McHenry	Willowf	30.39
2. (22) J. Curran	N'castle	31.29
3. (32) P. McGookin	ACKC	32.51

LADIES

1. (59) C. Galbraith V	ACKC	35.33
2. (67) V. Cordiner	LVO	36.17
3. (71) A. Shannon V	Unatt	36.43
4. (76) R. McConville	NDown	37.02
5. (80) S. McEvoy	Unatt	37.15

DARRREN JONES CLOUGHA PIKE RACE**Lancashire****BM/7m/1400ft 18.05.02**

A miserable day - cloudy and wet at the Sports Field and for the main race the cloud was down on the summit of Clougha with rain and a cool breeze.

Entries were well down on previous years, particularly for the junior cross country races. There was no warming up on the course and this is likely to continue to keep the farmers happy. The biggest problem of this race day is the number of fields containing livestock which have to be passed through to get to the fell, but the partnership with Quermore Sports works well.

It was very slippery on the fell and the new winner, Steve Sweeney, did well with a creditable time for these conditions. He was well supported by his team mates from Bowland to take the team trophy from Lancaster & Morecambe. A number of runners had difficulties with route finding across the open bog back to the fell gate.

Thanks to all the helpers before and on the day. Mr & Mrs Jones were present and again made a donation to Lancaster & Morecambe AC to benefit youngsters and a donation to race prizes. Mrs Mullervy made a donation to Lancaster & Morecambe AC to benefit junior runners. Thanks also to Harry Robinson for his donation to the race and to Pete Bland Sports for their continued support.

John Gibbison

1. S. Sweeney	Bowland	55.52
2. B. Bolland	Horw	56.14
3. Q. Harding	Bowland	58.36
4. C. Davis	Bowland	60.18
5. M. Nuttall	Unatt	60.22
6. C. Seddon	Horw	60.54
7. S. Bolland	LancsM	61.12
8. G. Taylor	DarwDash	61.30
9. M. Foschi O/49	Penn	61.54
10. F. McTominay O/40	LancsM	62.04

VETERANS O/40

1. (9) M. Foschi	Penn	61.54
2. (10) F. McTominay	LancsM	62.04
3. (12) K. Partington	Prest	65.03

VETERANS O/50

1. (15) M. Leek	LancsM	67.18
2. (21) G. Newsam	Clay	68.48
3. (28) G. Woolnough	Kend	70.08

VETERANS O/60

1. (64) G. Arnold	Prest	89.07
-------------------	-------	-------

LADIES

1. (27) E. O'Shea	Amble	69.57
2. (39) J. Robinson O/40	Garstang	72.56
3. (43) V. Peacock O/40	Clay	74.39
4. (54) D. Atkins	Clay	80.11
5. (56) M. Parker O/40	Clay	81.25
6. (60) J. Atkins O/50	Chor	83.27

68 finishers**HEADS OF THE VALLEY FELL RACE****Glamorgan****AM/11.5m/4600ft 18.05.02**

This must be the smallest turn out for a Welsh Championship race for many years. I'm sure there must be many reasons for this, not least amongst them the challenging nature of the course (well it is a championship race after all!), the awkward location for those travelling from the north and the general after-effects of the whole of last season

being cancelled due to the F&M. Nevertheless I think that the reluctance (should that be refusal?) of the vast majority of fell runners to pay the AAW registration fee, and participation in the championship depending on whether one has paid it, has devalued and reduced interest in the championship. This race was run under F&A, not AAW, rules and insurance and was therefore open to all without any need for added bureaucracy. I may be in a minority, but I think this is how the sport should be. Anyway...

The race itself is a figure-eight course cunningly devised to fit four of the steepest climbs in the valleys into the shortest possible distance, and I think could claim to be the hardest 'medium' in Wales. One thing that couldn't be checked at the pre-race kit check was the ability to use the compass, and after a fairly trouble-free run by everyone through the myriad splendours of the Afan, Ogmore and Rhondda Valleys positions changed dramatically due to low cloud on the infamous Blaengarw Bunny climb over Mynydd Caerau to the finish. Ifor Powell proved he knew which way was north by increasing his lead to finish in a record time, but further back some 'innovative' lines were taken that upset the finishing order. No names!

All was (I hope) forgotten over the traditional Valleys feast of lard and Spam sandwiches in the Great Western Hotel. All the cars still had the regulation number of wheels, and some people even promised to come back next year!

Old Greybeard

1. I. Powell	Westbury	2.24.20
2. R. Mapp O/40	Ludlow	2.41.30
3. A. Jones	MDC	2.45.54
4. A. Woods O/40	Eryri	2.46.47
5. N. Lewis	MDC	2.46.49
6. C. Gildersleve O/40	Brych	2.46.51
7. C. Purt	Pontypridd	2.46.53
8. J. Darby O/40	MDC	2.48.30
9. M. Learoyd O/40	MDC	2.55.22

VETERANS O/50

1. (11) M. Blake	Eryri	2.58.24
------------------	-------	---------

LADIES

1. (14) A. Goode	BroDys	3.14.48
2. (16) V. Musgrove O/40	Eryri	3.20.12

17 finishers**NUTS IN MAY****Cumbria****AL/25m/7000ft 19.05.02**

Many thanks to all who turned out for the race despite the awful conditions. Thanks also to the race sponsor, Grisdale Estate Agents, for providing the prizes and to Tim Grisdale for 'sweeping' the course.

Thanks also to the timekeepers and marshals, all of whom were standing around in the rain and wind for many a long hour.

Sam Ayers and Barry Johnson

1. I. Hill/G Ives	Unatt	3.55.26
2. R. Maynard/K. Maynard Vet	Quakers	3.59.09
3. D. Hayton/L. Thompson V/Mxd	CFR/Kesw	4.03.01
4. M. Willis/J. Goodwin	Mand	4.04.13
5. S. Archbold/J. Hutchinson	Quak	4.21.03
6. S. Kirkbride/A. Jesus Mxd	Unatt	4.23.17
7. P. Twyford/P. Dawson	VCFR	4.25.43
8. D. Norton/J. Norton	CFR	4.27.33
9. D. Atkinson/R. Gordon	BlCombe	4.32.38
10. J. Taylor/R. Gray V	Amble	4.40.48

LADIES

1. (17) F. Grove/A. Graham	CFR	5.46.40
----------------------------	-----	---------

18 finishers**Short race**

1. P. Watson/C. Hindmoor	CFR	3.10.18
2. M. Phoebe/L. Todhunter	CFR	3.20.38
3. P. Daley/V. Daley VMxd	Cockmth	3.41.38
4. S. Ringrose/S. Rodwell Mxd	Unatt	3.57.07
5. D. Patton/J. Mottram VL	Unatt	4.22.35

15 finishers

THE FAIRFIELD HORSESHOE

Cumbria

AM/9m/3000ft 19.05.02

1. J. Bland	Borr	80.28
2. J. Logue	Horw	80.42
3. J. Davies	Borr	81.55
4. P. Davies	Borr	81.57
5. G. Webb O/40	CaldV	82.18
6. S. Oldfield O/40	BfdA	84.18
7. R. Lawrence	Bing	86.33
8. S. Livesey	Clay	86.51
9. J. Hemsley	P&B	87.54
10. J. Archbold	CFR	88.21

VETERANS O/40

1. (5) G. Webb	CaldV	82.18
2. (6) S. Oldfield	BfdA	84.18
3. (14) R. Wynne	Bowland	91.09

VETERANS O/50

1. (55) F. Fielding	Unatt	105.21
2. (69) N. Hambrey	Kend	108.28
3. (75) B. Spence	Teviot	110.18

VETERANS O/60

1. (131) C. Lates	Unatt	122.48
2. (144) G. Charles	Vauxhall	125.36
3. (153) R. Stevenson	Mand	130.23

LADIES

1. (83) E. Cowell	Kesw	111.10
2. (99) N. Fellowes	Eryri	117.29
3. (106) C. Waterhouse	Hfx	118.35
4. (129) T. Douglas O/40	Eden	122.20
5. (132) J. Leather	Ilk	122.53

192 finishers

SADDLEWORTH FELL RACE

Lancashire

AS/3m/950ft 19.05.02

The predicted rain held off and the contestants in both the women's and men's races were treated to perfect running conditions.

This year's race was a counter towards the English Championship and so in expectation of a large field, the women's race was held separately, an hour before the men's.

Louise Sharpe led the women to the summit of Alderman in a time of 14 minutes, with Sally Newman hot on her heels. Sara Carson was third, clear of the chasing group.

Louise held her lead until Pots and Pans monument but unfortunately headed off route, allowing Sally to get to the front. Louise was eventually persuaded by the summit marshal that it would be quicker to follow the flags and set off in chase of Sally.

Sally held her lead on the steep decent, finishing with a new vets record time. Louise arrived fifteen seconds later remaining gallant in defeat with Sara Carson holding on to third place.

The open race, team prize, first three to count, went to Keswick, Louise Sharpe, Angela Brand-Barker and Hilde Krynen, in 2nd, 5th and 7th places respectively.

There were 49 competitors in the race, out of an entry of 60. One runner dropped out due to injury and was helped off the fell, fortunately nothing was broken.

In the men's race, it was Simon Bailey who led the way to Alderman summit in a time of 11:10, with Tim Davies and Rob Jebb in close pursuit. Simon led the trio past Pots and Pans monument in the same order, which was maintained to the finish where Simon recorded a winning time of 19:13. Ian Holmes, John Taylor and Andy Peace followed in quick succession, all finishing in less than twenty minutes.

Veteran, Dave Neill finished in 9th place overall, recording a new veteran's record on the way.

The open race, team prize, first three to count, went to Bingley, Jebb, Holmes and Taylor, with great packing, in 3rd, 4th and 5th places respectively.

The men's race had 194 competitors out of an entry of 245.

Jeff and Sue Kiveal

MEN'S RACE

1. S. Bailey	StaffsM	19.13
2. T. Davies	Mercia	19.28
3. R. Jebb	Bing	19.37
4. I. Holmes	Bing	19.46
5. J. Taylor	Bing	19.50
6. A. Peace	Bing	19.58
7. N. Sharpe	Amble	20.05
8. M. Boulstridge	Mercia	20.07
9. D. Neill O/40	StaffsM	20.18
10. L. Targett	Bux	20.23
11. T. Werrett	Mercia	20.28
12. N. Spence O/40	Borr	20.30
13. G. Devine	P&B	20.33
14. D. Hope	P&B	20.35
15. M. Amor	CFR	20.38
16. M. Buckingham Jun	Holm	20.44
17. G. Crayston Int	CFR	20.45
18. G. Ehrhart	Tod	20.47
19. G. Cudahy	Stock	21.00
20. C. Roberts	Kend	21.01

VETERANS O/40

1. (9) D. Neill	StaffsM	20.18
2. (12) N. Spence	Borr	20.30
3. (28) T. Okell	ManxH	21.27

VETERANS O/50

1. (46) M. Walsh	Kend	
2. (51) J. Winder	CaldV	
3. (70) T. Hulme	Penn	

VETERANS O/60

1. (116) N. Bush	Ilk	
2. (117) P. Murray	Horw	
3. (133) P. Jepson	Ross	

VETERANS O/70

1. (182) D. Clutterbuck	Roch	
-------------------------	------	--

INTERMEDIATES

1. (17) G. Crayston	CFR	
2. (59) L. Athersmith	Skip	
3. (63) M. Hammer	B'burn	

JUNIORS

1. (16) M. Buckingham	Holm	
2. (53) J. Carter		
3. (91) M. Pierson	Holm	

194 finishers

LADIES RACE

1. S. Newman O/40	Gloss	23.39
2. L. Sharpe	Kesw	23.54
3. S. Carson	CFR	24.41
4. P. Munro	Bing	25.00
5. A. Brand-Barker O/40	Kesw	25.19
6. S. Taylor	Bing	25.28
7. H. Krynen	Penn	25.34
8. H. Hargreaves	Penn	25.34
9. M. Edgerton O/40	Penn	25.43
10. L. Whittaker	Sadd	25.53

VETERANS O/50

1. (24) W. Dodds	Clay	28.02
2. (30) A. Brentnall	Penn	28.50
3. (32) J. Rawlinson	Clay	

INTERMEDIATES

1. (46) L. Lohman	Macc	
-------------------	------	--

48 finishers

TRUNCE 3

South Yorkshire

CS/4.25m/550ft 20.05.02

The conditions for this, the 3rd, race of the series was almost perfect, both for the competitors and for the timekeepers. Last race, 3 weeks prior, was wet, windy and cold.

The popularity of the race, in its 34th year, seems to be holding well with runners who have used the race series for a number of years as a measure of their fitness throughout the season. It also seems to be gaining new followers every time, as there has been an average of 20 new registered runners each race.

The overall winners will not be known until the last race has been run in September but until then, I am sure, there will be some stories to tell.

The junior race, in its first year, appears to be proving popular with runners and local press and will, hopefully, prove to be as useful a yardstick to the juniors as the senior race is to the seniors.

Andy Plummer

1. T. Austin		24.42
2. P. Winskill		25.10
3. T. Tett O/40		25.18
4. T. Wright		26.04
5. J. Sykes		26.10
6. S. Rippon		26.12
7. A. Meskimmon		26.24
8. D. Self O/40		27.27
9. M. Law		27.30
10. S. Butler O/40		27.47

LADIES

1. (46) J. Bolton		31.50
2. (50) H. Bloor O/40		32.08
3. (54) C. Nequeroles		32.44
4. (57) E. Brown O/40		33.13
5. (62) J. Welbourn		34.14

116 finishers

JUNIORS - BOYS

1. K. Cooke		15.08
2. T. Holmes		15.49
3. L. Brennan		15.54

JUNIORS - GIRLS

1. (4) A. Wilks		16.11
2. (6) A. Ogden		16.36
3. (9) K. Woodhead		17.12

BURBAGE FELL RACE

Derbyshire

21.05.02

The gods of Fell Running again gave us torrential rain for the race and heavy going, in what after years of doing the race, I can now describe as typical Burbage conditions. I'm sure the race sponsor could have made a fortune in the sale of fell shoes to the few 'roadies' who braved the conditions and judging by their appearances at the finish had taken a tumble or two down the legendary Higger Tor Plummet. Even the mysterious appearance of VERY limited pins supply in the FRA Fixtures Handbook did not seem to deter runners and we again attracted a high quality field.

Ged Cudahy kept his promise to beat his course record, in what I understand was a fantastic sprint finish with Phil Winskill at the end of the Green Drive. All us sore losers in Dark Peak will be disappointed to know Gavin passed his drugs test and his excellent 1st V40 result stands, only just edging out an equally impressive Graham Morson who claimed the V50 prize. Helen Hargreaves set a new ladies course record despite lacking a serious challenge, in a race disappointingly devoid of the fairer sex.

Thanks to all the helpers on the night especially to those who volunteered to marshal, and special mention to non club member, Don Longley of Tootley, who came up with an innovative diversion at the bottom of the Plummet, that enables me to add 'forest trail' to the course description. Thanks to Edale Mountain Rescue for patrolling the course and meticulously ensuring all runners were accounted for.

And thanks to St John First Aid on behalf of not only me, but also the several runners they had to treat.

Thanks to Race Sponsor Tony Running Bear Hulme, who provided generous sponsorship despite the sponsor's logo being unreadable on most people's socks at the finish!

Apologies to Tim Hawley and his daughter who made a last-minute mad dash to reach a marshalling point soiling a new pair of shoes in the process.

And finally a big thanks to all runners - when we inadvertently re-set the timer trying to keep it dry, it meant that race times were not available on the night, which resulted in not one grumble, only understanding smiles. They are available now available on our Website www.dpfr.co.uk or by post if you ring me on 0114 262 0087.

If any one has any suggestions as to how to improve the race or running of it, I can be contacted at: 'DPFR, The old (newly restored) POW Hut, Behind the Sportsman, Lodge Moor, Sheffield..

Thanks for competing, see you all next year.

Andrew Moore

1. G. Cudahy	Stock	39.30
2. P. Winskill	Penn	39.35
3. T. Austin	DkPk	40.03
4. M. Crane	Unatt	40.20
5. A. Etherden	Saddle	40.43
6. L. Banton	Clowne	41.10
7. D. Nicholls	Macc	41.16
8. N. Bassett	StaffsM	41.25
9. A. Johnson	Macc	41.41
10. J. Morgan	Unatt	42.13

VETERANS O/40

1. (14) G. Williams	DkPk	42.45
2. (20) K. Parker	DkPk	43.54
3. (22) M. Harvey	DkPk	44.18

VETERANS O/50

1. (15) G. Morson	Bux	42.52
2. (25) K. Payne	StubbGr	44.36
3. (30) M. Moorhouse	Matlock	45.42

VETERANS O/60

1. (138) B. Howitt	Matlock	59.48
2. (149) F. Makin	HolmeP	61.04
3. (160) C. Henson	DkPk	62.49

LADIES

1. (39) H. Hargreaves	Penn	47.34
2. (64) W. Barnes	Barns	50.33
3. (69) K. Daaalton	DkPk	51.25
4. (96) H. Thorburn	DkPk	54.42
5. (100) J. Gardner O/40	Bux	54.54
6. (101) L. Bland	DkPk	55.09

CLAY BANK WEST

North Yorkshire
BS/5.5m/900ft 21.05.02

1. C. Stead	N'bland	31.20
2. A. Bissell	Knives	31.40
3. A. Normandale	Acorn	31.40
4. J. Blackett O/40	Middles	32.10
5. R. Hall	ThirskS	32.10
6. P. Buckby	Middles	32.20
7. P. Wilkin O/40	Middles	32.20
8. I. Ellmore O/40	Scarb	32.20
9. R. Smith O/40	Scarb	32.20
10. P. Kelly Lady	Darling	32.40

VETERANS O/50

1. R. Bailey	Middles	35.30
2. G. Bell	Scarb	38.20
3. J. Kibble	HullUni	38.40

LADIES

1. P. Kelly	Darling	32.40
2. A. Smith	Knives	37.30
3. T. Scott	Redcar	37.40
4. D. Granger	ThirskS	38.40
5. P. Paxman	Acron	39.10

93 finishers

STANHILL VILLAGE FELL RACE

Lancashire
BS/5m/800ft 21.05.02

Danny Hope had a storming run to take 1.28 off last year's course record and he came in nearly two minutes ahead of second placed, Dave Lewis, in bad conditions. Danny looked untroubled.

Local lady, Debbie Gowans, won the ladies' race from Jo Prowse but no record was broken in the ladies' race.

The junior race was close as Under 20, Michael Hammer, held off Thomas Cornthwaite by fifteen seconds to finish sixth and seventh respectively.

I was pleased with the turnout despite last minute change of registration having to be moved from the Brown Cow to the Britannia and with the bad conditions.

See you all next year.

Lee Passco

1. D. Hope	P&B	31.31
2. D. Lewis O/40	Ross	33.24
3. J. Wieczorek	Acc	33.40
4. M. Lee	Ross	33.43
5. I. Greenwood O/40	Clay	34.04
6. M. Hammer U/20	B'burn	34.05
7. T. Cornthwaite U/20	Hyndb	34.20
8. P. McWade O/50	Clay	34.59
9. T. Taylor O/40	Ross	35.29
10. A. Nicholls	Acc	35.35

VETERANS O/50

1. (8) P. McWade	Clay	34.59
2. (26) N. Bland	Kghly	40.57
3. (33) J. Smithson	Acc	42.45

VETERANS O/60

1. (49) G. Navan	Ross	47.01
2. (60) H. Haseley	Acc	53.17
3. (63) D. Dixon	Ross	56.18

LADIES

1. (24) D. Gowans O/35	Acc	40.34
2. (30) J. Prowse O/40	Kghly	41.29
3. (54) G. Craske O/35	Acc	49.47
4. (58) K. Goss	Clay	52.39
5. (66) K. Lowes O/50	Acc	59.10
6. (67) J. Hartley	Acc	59.10

DOCKRAY-HARTSIDE

Cumbria
AM/6m/1800ft 22.05.02

1. J. Archbold	CFR	56.28
2. P. Brittleton	Hlowgill	56.28
3. M. Robinson	DkPk	56.58
4. S. Shuttleworth	Amble	57.20
5. S. Savage	Amble	58.44

VETERANS O/40

1. (6) J. Winder	Unatt	59.56
2. (7) R. Unwin	Kesw	61.34

VETERANS O/50

1. (19) J. Downie	Kesw	68.49
2. (24) R. Baker	Amble	70.03

VETERANS O/60

1. (23) J. Richardson	CFR	70.01
-----------------------	-----	-------

LADIES

1. (20) S. Forsyth	Kesw	68.53
2. (33) S. Lewsley O/40	Kesw	73.10
3. (38) M. Parker O/40	Unatt	79.57

HARROCK HILL RACE (RACE 1)

Lancashire
CS/5.3m/950ft 22.05.02



Second man home Paul Muller leads Brendan Bolland through the undergrowth (Photo Bill Smith)

1. J. Logue	Horw	31.29
2. P. Muller O/40	Horw	31.47
3. B. Bolland	Horw	33.16
4. C. Seddon	Horw	33.24
5. T. Hesketh O/50	Horw	35.15
6. B. Walmsley O/40	SkelmB	35.53
7. G. Booth	Chor	36.07
8. M. Christie	Chor	36.13
9. A. Carruthers O/40	Hales/Craw	36.22
10. T. Court	NewbN	36.27

VETERANS O/50

1. (5) T. Hesketh	Horw	35.15
2. (25) P. Gillham	Chor	40.05
3. (29) G. Large	NthnV	40.52

VETERANS O/60

1. (45) M. McDonald	NthnV	47.54
2. (47) P. Duffy	NthnV	49.05

LADIES

1. (16) A. Powell	LeighH	38.09
2. (36) J. Coleman O/45	Chor	42.39
3. (38) J. Chaplin O/40	Chor	44.35

56 finishers

LLANGORSE LOOP

Monmouthshire
AS/5.5m/1900ft 25.05.02

23 year old Chris Purt ripped round Mynydd Troedd and Llangorse four minutes ahead of 2000's winner, Andrew Jones, but still three minutes short of Colin Donnelly's record set in the Welsh Champs in 1998. "I took a tumble when my foot slipped on a wet rock", Chris said afterwards, "but I was pleased with my run".

The 26 entries (seven more than last time) included three women (three more than last time!); three lads from the Essex hill country (one of whom, John Cash - no, not the man in black - took the M60 prize back to Loughton); and one exiled Belgian who trains in the Milton Keynes sierra.

First of the three ladies was Sharon Woods ahead of first local runner, Bev Tucker.

The M40 and M50 prizes were carried back to Herefordshire by Russell Mapp and Steve Herington (for the second time running) of the county town.

Runners were happy with the cool, showery weather, but were slowed considerably by a head wind along the spine of Troedd in the first half. The Loop isn't known as a boggy course, but quite a few managed to find the recently-moistened wet bits lurking between the bilberries and the heather on the first descent.

Dick Finch

1. C. Purt	Pontypridd	45.05
2. A. Jones	MDC	48.58
3. I. Powell	Westbury	49.41
4. R. Mapp O/40	Ludlow	52.06
5. G. Vanbeveren	MiltK	53.49
6. P. Maggs O/40	Chepstow	54.25
7. Wheeze O/40	Brych	54.56
8. S. Herington O/50	Heref	57.05
9. P. Holder O/40	Harlequ	57.09
10. A. Stott O/40	MDC	57.22

LADIES

1. (16) S. Woods O/40	Eryri	63.21
2. (22) B. Turner	Bwlch	66.49
3. (23) S. Ashton O/40	Chepstow	67.15

HUTTON ROOF FELL RACE

Cumbria
BM/7m/1300ft 25.05.02



Winner Mark Boulstridge (Mercia) well in control on the first climb at Hutton Roof (Photo Bill Smith)

1. M. Boulstridge	Mercia	47.49
2. M. Amor	CFR	48.03
3. J. Logue	Horw	48.35
4. C. Roberts	Kend	49.46
5. P. Levell O/40	Mercia	51.17
6. C. Reade	Bowland	52.08
7. S. Webb O/40	VallStr	52.16
8. P. Brittleton	Howg	52.43
9. R. Pattinson	Felland	52.48
10. C. Harding	Bowland	52.59

VETERANS O/50

1. (11) M. Walsh	Kend	53.30
2. (55) M. Ieck	LancsM	60.33
3. (56) G. Woolnough	Kend	60.45

VETERANS O/60

1. (70) P. Jepson	Unatt	61.45
2. (78) P. Reynard	Felland	62.48
3. (92) P. Hall	Barrow	64.10

LADIES

1. (74) P. Walsh O/40	Prest	62.19
2. (77) J. Robinson O/45	Garstang	62.37
3. (119) W. Dodds O/45	Clay	67.03
4. (129) J. Hodkinson O/40	Prest	67.24
5. (151) D. Atkins	Unatt	69.20

226 finishers

CADER IDRIS

Gwynedd

AM/10.5m/3000ft 25.05.02

Despite gale force winds, torrential rain and hail, 92 runners braved the elements to run the 11th annual Cader Idris fell race from Dolgellau in North Wales. The race normally covers a route of 10.5 miles and 3000ft of ascent to the summit of the mountain, but acting on advice from National Park Wardens, who kindly braved the elements prior to the start, the race was shortened by a mile, turning round just below the summit on the side of Cyfrwy.

The male contingent was led from start to finish by Eryri harrier Colin Donnelly, completing his sixth win of the race in a time of 1.19.55. Eryri completed a magnificent one two three with James McQueen finishing in 1.21.34 and Dylan Jones in 1.23.15.

The female race was likewise led from first to last but this time by local Bro Dysynni athlete Andrea Goode (1.44.49), with Eryri Harriers Ruth Metcalfe (1.46.06) and Ellie Dunnington (1.48.38) taking second and third.



Winner Colin Donnelly reaches for refreshment at Cader Idris

Almost 80 children took part in the 5 junior races, helping to make the day very much of a social occasion, and the hot drinks and food provided post race in the town square were greatly appreciated by the shivering runners and marshals alike. When the weather is as bad as this it really shows the strength within the local community when they still turn out to marshal and compete in very much a party atmosphere.

The race prize money was awarded equally between the first three men AND women, and trophies were awarded in every 5 year age category, a move appreciated by many present.

Graeme Stringer

1. C. Donnelly O/40	Eryri	1.19.55
2. J. McQueen	Eryri	1.21.34
3. D. Jones	Eryri	1.23.15

VETERANS O/40

1. C. Donnelly	Eryri	1.19.55
2. C. Lancaster	Ludlow	1.24.10
3. J. Wootton	Wharfe	1.27.12

VETERANS O/50

1. J. Griffiths	SarnH	1.38.08
3. J. Marsh	TarrenH	1.40.01
3. M. Corturiend	Macc	1.45.24

VETERANS O/60

1. M. Ward	Oswestry	1.52.40
2. J. Thomas	Wrexham	2.04.12
3. T. Breakwell	Borr	2.06.07

LADIES

1. A. Goode	BroDys	1.44.49
2. R. Metcalfe	Eryri	1.46.06
3. E. Dunnington O/40	Eryri	1.48.38.

VETERAN LADIES

1. E. Dunnington O/40	Eryri	1.48.38
2. J. Purvis O/40	Unatt	2.16.27

ST JOHN'S IN THE VALE RACES - HELVELLYN FELL RACE Cumbria

AM/11m/4500ft 26.05.02

Thirty nine brave souls set out in wet, windy weather with treacherous conditions - only 35 completed the race. Gavin Bland and James Archbold retired due to injuries and a third runner ended up at Glenridding! A fourth suffered a bad gash to his leg on the final descent.

My thanks are due to the members of Keswick AC, including Chris Knox who, having completed the race, went to the injured's assistance, along with two other runners, Mark Graham and another competitor, who stayed with the casualty. Unfortunately, although Mark went on to finish the race, we had actually closed down. However, I've given his estimated time.

Oh, the race!! Andrew Schofield finished a convincing first and the fact that his two clubmates, Ian Turnbull and Michael Cunningham finished 8th and 16th respectively, was enough to deliver the team prize to Borrowdale, though Rossendale were only a couple of points behind.

Congratulations to the only two ladies - Angela Brand-Barker and Linda Hannah.

Allan & Janet Buckley

1. A. Schofield	Borr	1.46.00
2. P. Brittleton	Howgill	1.54.00
3. C. Davis	Bowland	1.55.00
4. S. Hoyle	Ross	1.56.44
5. L. Warburton O/40	Bowland	1.56.45
6. M. Yearsley O/40	CFR	2.00.35
7. J. Winder O/50	CaldV	2.03.53
8. I. Turnbull	Borr	2.02.00
9. D. Tait O/50	DkPk	2.04.00
10. M. Knowles O/40	BlCombe	2.07.00

VETERANS O/50

1. (7) J. Winder	CaldV	2.03.53
2. (9) D. Tait	DkPk	2.04.00
3. (11) D. Kearns	Bolt	2.10.00

LADIES

1. (14) A. Brand-Barker O/40	Kesw	2.13.20
2. (34) L. Hannah O/40	Ross	3.16.40

LARA SHINING CLIFFS Derbyshire

BS/5m/900ft 26.05.02

1. M. Fowler	Penn	28.43
2. S. Penney	Chest'fld	28.46
3. L. Banton	Clowne	30.29
4. D. Nicholls	Macc	30.40
5. K. Spare O/40	Derby	31.00
6. C. Rowe	Matlock	31.14
7. M. Moorhouse O/50	Matlock	32.59
8. M. Firth O/40	Queens	33.24
9. P. Farmer	Nott	34.01
10. G. Coleman O/40	LongEa	35.15

VETERANS O/50

1. (7) M. Moorhouse	Matlock	32.59
2. (17) M. McDermott	LongEa	36.35
3. (20) R. Baines	Kilburn	38.05

VETERANS O/60

1. (35) F. Makin	HolmeP	42.48
------------------	--------	-------

LADIES

1. (41) A. M. Caseley	Derwent	44.53
2. (42) M. Davies O/50	Allst	45.51
3. (44) C. Watson O/40	Erewash	48.30

GREAT HAMELDON HILL RACE Lancashire

BM/6m/1100ft 26.05.02

Not the best of days with very strong rain.

John Taylor produced a great run to set a new course record, with Danny Hope also getting under the record as well. Taylor pulled away from Hope on the descent from Great Hameldon and never looked back. Ian Greenwood won the veterans' prize with Danny taking the overall combined time prize with winning the Stanmill five days earlier.

In the ladies, Vanessa Peacock won the Hameldon by 25 seconds from ever improving, Anna Kelly. Overall combined winner was Debbie Gowans.

Clayton-le-Moors won both the team prizes with Fireflys taking the local prize.

Thanks to everyone.

Lee Passco

1. J. Taylor	Bing	36.38
2. D. Hope	P&B	37.29
3. J. Wiczorek	Acc	39.38
4. M. Lee	Ross	39.48
5. M. Hammer U/20	B'burn	40.06
6. I. Greenwood O/40	Clay	40.28
7. S. Fitzpatrick	Hynd	40.32
8. A. Etherden	Saddle	40.38
9. J. Tomlinson O/40	Clay	40.48
10. A. McFarlane	Hynd	41.00

VETERANS O/40

1. (6) I. Greenwood	Clay	40.28
2. (9) J. Tomlinson	Clay	40.48
3. (13) M. Wightman	Clay	42.06

VETERANS O/50

1. (11) P. McWade	Clay	41.25
2. (29) J. Pickup	Clay	45.15
3. (39) C. Etherden	Saddle	48.22

VETERANS O/60

1. (107) B. Thackery	DkPk	59.34
2. (109) T. Faulkner	Wilms	60.31
3. (117) H. Haseley	Acc	63.29

VETERANS O/70

1. (116) R. Moulding	B'burn	63.19
----------------------	--------	-------

LADIES

1. (32) V. Peacock O/40	Clay	47.25
2. (36) A. Kelly O/40	Clay	47.50
3. (38) D. Gowans O/35	Acc	48.20
4. (42) L. Hargreaves O/35	Acc	49.17
5. (46) J. Prowse O/40	Keighley	49.37
6. (78) K. Taylor O/40	Ross	53.21

INTERMEDIATES

1. (5) M. Hammer	B'burn	40.06
2. (18) M. Hartley	Bunr	43.30

JUNIORS

1. A. Hayes	Darwen	16.41
2. M. Bridge	Pendle	16.57
3. M. Hayes	Darwen	17.42

Total finishers 147

**ST JOHN'S IN THE VALE RACES
- TWO RIGGS
Cumbria**

BM/6.5m/1350ft 29.05.02

A good turnout on a pleasant evening, the atrocious weather having given us a brief respite.

We had a number of Under 21 competitors and so we added two prizes. These were won by rising stars, George Crayston and Kelly Rodmell, on only her second fell race.

Borrowdale took the team prizes with the two Blands - Johnny and Gavin (recovering from injury) in first and third places and Andy Schofield in sixth.

Keswick ladies swept the board in their race. Angela Brand-Barker repeated her win at Helvellyn earlier in the week, followed by Sharon Forsyth and Liz Cowell.

Because we gave only one prize per competitor, Stella Lewsley (also Keswick, of course!), took the first female veteran prize.

Andy Schofield, winner at Helvellyn, took the best over the two days' prize.

Thanks are due for both Helvellyn and Two Riggs to Duncan Gillian, Stuart and family and friends for their hospitality and help. Also to all who marshalled, particularly on Helvellyn, and those who helped with registration and results; also Pete Bland Sports.

Allan and Janet Buckley

1. J. Bland	Borr	41.33
2. G. Pathen	Amble	41.48
3. G. Bland	Borr	42.39
4. G. Crayston U/21	CFR	43.05
5. M. Donnelly	N'land	43.10
6. A. Schofield	Borr	45.16
7. P. Brittleton	Howgill	45.34
8. S. Moffat	Howgill	46.12
9. D. Birch	Kesw	46.32
10. S. Shuttleworth O/40	Amble	46.43

VETERANS O/40

1. (10) S. Shuttleworth	Amble	46.43
2. (11) B. Short	CFR	47.12
3. (17) R. Unwin	Kesw	48.59

VETERANS O/50

1. (34) C. Webb	CFR	53.30
2. (41) J. Downie	Kesw	54.43
3. (49) I. Charlton	Kesw	57.02

VETERANS O/60

1. (71) D. Patey	Borr	65.02
2. (81) M. McDonald	NthnV	69.18
3. (83) S. Watson	Unatt	72.34

LADIES

1. (32) A. Brand-Barker O/40	Kesw	52.33
2. (40) S. Forsyth	Kesw	54.34
3. (45) L. Cowell	Kesw	56.29
4. (48) K. Rodmell U/21	Kinglull	56.55
5. (61) S. Lewsley O/40	Kesw	61.12

87 finishers

**COCK HOWE & BEYOND
North Yorkshire
BM/7m/1500ft 30.05.02**

1. R. Smith Lady	Scarb	40.45
2. A. Bissell	Knaves	40.50
3. M. Burn	ThirskS	40.56
4. R. Hall	ThirskS	41.26
5. A. Normandale O/40	Acorn	41.46
6. R. Wilson	Scarb	41.57
7. T. Davison O/40	Tod	42.33
8. P. Kelly O/40	Darling	42.45
9. J. Goodwin	Middles	43.26
10. S. Mechie O/40	ThirskS	43.29

VETERANS O/50

1. (13) T. Ward	Swale	45.04
2. (29) H. Smith	ThirskS	50.20
3. (30) M. Shaw	Middles	50.22

VETERANS O/60

1. (50) K. Hildore	NMarske	55.43
--------------------	---------	-------

LADIES

1. (1) R. Smith	Scarb	40.45
2. (25) M. Czarnecka	Scarb	49.57
3. (33) K. White	Quak	50.52
4. (34) A. Hayward O/40	ThirskS	51.02

69 finishers

**TOTLEY MOOR
Derbyshire**

BS/5m/800ft 30.05.02

Being a race director is a stressful job, so many things to think about, so it is particularly galling when you advertise your fell race in the Fell Running Calendar and then people turn up in racing flats! Not only that but some geezer skips through the mud and mire in a pair of racing flats and wins by over a minute. At least 'im Austin and Lewis Banton, who were 2nd and 3rd, had the decency to look as if they had been trying!

Ken Payne was 7th overall but as he is over 50, surely he should realise it is time to slow down a little and let Rob Hutton in 12th and 1st vet, to beat him in.

The ladies were more fun; Jo Phizacklea was the first one back in 76th but there was a flurry of activity as Lynn Bland, Helen Thornburn and Liz Boyle came in 94th, 95th and 96th!

Overall it was a good evening with 181 entrants and apart from a few delays with the results caused by selfish runners interrupting the helpers, it was a successful event. It was even cold enough to keep the midges away - so thanks to the many marshals and helpers.

William Alves

1. S. Penney	Chestf'd	35.59
2. T. Austin	DkPk	37.18
3. L. Banton	Clowne	37.47
4. B. Horsfall	Wake	38.23
5. J. Morgan	BlDeath	38.34
6. S. Bell	DkPk	38.59
7. K. Payne O/50	StubbGr	39.09
8. T. Fairbrother	Unatt	39.27
9. A. Middleton	DkPk	39.49
10. J. Boyle	DkPk	39.58

VETERANS O/40

1. (12) R. Hutton	DkPk	40.16
2. (14) S. Butler	Wake	40.33
3. (16) K. Parker	DkPk	40.57

VETERANS O/50

1. (7) K. Payne	StubbGr	39.09
2. (15) M. Moorhouse	Matlock	40.38
3. (29) R. Boy	Valley	42.48

VETERANS O/60

1. (102) B. Howitt	Matlock	49.28
2. (114) R. Mason	Totley	50.49
3. (154) T. Platts	Clowne	56.22

LADIES

1. (76) J. Phizacklea	Bux	46.42
2. (94) L. Bland	DkPk	48.43
3. (95) H. Thornburn	DkPk	48.45
4. (96) E. Boyle	Totley	48.47
5. (101) G. Heys	Unatt	49.24
6. (105) L. Parry O/40	Cleeth	49.42

179 finishers

**WINCLE TROUT RACE
Cheshire**

CS/4.5m/500ft 01.06.02

A very successful run with our highest ever entry and many runners saying how much they enjoyed it.

We are considering a team event next year.

Johnny Morris

1. N. Bassett	StaffsM	32.00
2. E. Reilly Veteran	Stock	33.08
3. C. Fray Veteran	Penn	33.18

LADIES

1. M. Chippendale Vet	Penn	44.56
2. H. Anderson Vet	Macc	46.37
3. G. Warren	Stock	49.30

JUNIORS U/15

1. D. Oakes	Boalloy	51.18
2. J. Oakes	Boalloy	57.55

94 finishers

**ISLE OF JURA FELL RACE
Jura**

AL/16m/7500ft 01.06.02

The Jura race is over again and this year for me was one of the best. Perhaps missing one year had heightened the Island experience. This year we had 128 starters made up of 43 seniors, 48 V40s, 34 V50s and 3 V60s. 11 competitors were ladies (5 V40s and 2 V50s). The youngest competitor was David Watson (NFR) at 20 and the oldest Bill Gauld (69), who won his category and the Arthur Clarke trophy. 42 runners were new to the race and perhaps some of them will come back, hooked like the rest of us.

Mist was down on the first three hills but largely cleared as runners reached the Paps. The summits were cold and windy in contrast to the warm, still conditions in Craighouse. May had been a very wet month on Jura and conditions on the way to CP1 and out from Corra Bheinn were probably the worse we had experienced. The mist resulted in the usual early navigation problems with several runners passing through the early checkpoints more than the required once. Slippery rocks resulted in a few minor injuries including a badly strained finger and the usual cuts and bruises which needed the attention of the Jura doctor.

Congratulations to race winner David Rodgers in his second Jura Race (last run 10 minutes slower in 1989) finishing over 8 minutes clear of Ian Holmes after taking the lead on the Paps. Angela Mudge (in her first race) broke the long-standing ladies record (by Angela Brand-Barker in 1988) by just 30 seconds but, given good running conditions, should have no trouble putting it out of sight in the future. Mark Shaw finished in 9th position and lowered the Jura record by over 1 minute. Apparently he stopped on route between CP1 and 2 looking at his compass until those behind got fed up waiting and disappeared down the wrong ridge. This was the 19th race for Andy Styan all completed in good times. 13 runners were awarded the coveted 'under 4 hour glasses'.

The race is sponsored by the Isle of Jura Distillery who again made us very welcome. A lot of the work at the Distillery fell on the shoulders of manager, Michael Heads, his wife Margaret and their staff. The race came after a busy week of the Islay Whisky Festival and Jubilee celebrations. The Junior races were organised by Willie and Rose Cochrane and have expanded greatly over the years. Initially intended for a few local children, this year saw a combined field of 60 or more made up of locals and runners' families. Registration, the races and themselves and the prize giving filled in much of the time from the start to the first main race finisher. My clubmate, Edward Watson, first came to Jura with his family in 1983 (as did I) and in his 17th race this year, was joined by his two children, David and Anna-Marie, who both successfully completed the senior course. Anna was the last lady home winning the hand-made walking stick kindly donated by Ian Cameron. Perhaps some of the juniors will eventually follow in their stud-prints.

Lastly a big thank you from all the runners to the locals (including two Welsh visitors) who each year give us a day of their time to sit on the tops of cold, windy hills as checkpoint marshals. Willie MacDonald organises these volunteers every year with barely a thought from the race organiser. Without them, there would be no Jura Fell Race. The Isle of Jura Distillery has a newly designed website

(<http://www.cannedtuna.co.uk/isleofjura2/>), which includes this year's results and will eventually have an entry form and other race information. The next race will be held on Saturday 24 May 2003.

A. Curtis

1. D. Rodgers	Loch	3.19.00
2. I. Holmes	Bing	3.27.28
3. B. Bolland	Horw	3.40.34
4. S. Whittle O/40	Carn	3.43.20
5. R. Lawrence	Bing	3.47.03
6. G. Schofield O/40	Horw	3.49.10
7. A. Mudge Lady	Carn	3.49.50
8. C. Moses	Bing	3.51.47
9. M. Shaw	Jura	3.53.24
10. K. Harding O/40	Tring	3.54.07

VETERANS O/50

1. (18) A Styan	Holm	4.07.30
2. (20) K. Carr	Clay	4.13.11
3. (25) J. Nuttall	Clay	4.20.49

VETERAN O/60

1. (67) B. Gauld	Carn	5.02.37
2. (71) D. Amour	Highland	5.06.47
3. (75) P. Dowker	Kend	5.13.07

LADIES

1. (7) A. Mudge	Carn	3.49.50
2. (27) K. Jenkins	Carn	4.21.03
3. (39) D. Scott	Loch	4.28.31
4. (48) N. Lavery O/40	Amble	4.34.02
5. (53) G. Harris O/40	Mercia	4.39.06
6. (87) A. Brentnall O/50	Penn	5.37.50

122 finishers**ALWINTON FELL RACES****Northumberland****BL/14m/2500ft 01.06.02****Long Course**

1. M. Donnelly	NFR	1.39.29
2. D. Wood	Unatt	1.46.47
3. G. Owens O/40	NFR	1.46.52
4. M. Broadhurst O/40	Tyne	1.47.11
5. J. Ross	NFR	1.47.45
6. M. Mallen O/40	Quak	1.49.16
7. G. Davis O/40	NFR	1.53.04
8. M. Jeffrey O/40	NFR	1.53.16
9. D. Henderson O/40	Alnwick	1.54.33
10. A. Curtis O/40	NFR	1.56.43

VETERANS O/50

1. (12) M. Henry	Alnwick	1.58.47
2. (26) T. Hart	NFR	2.12.37
3. (27) R. Gray	NFR	2.13.58

VETERANS O/60

1. (40) G. Atkinson	Wallsend	2.38.08
---------------------	----------	---------

LADIES

1. (21) K. Robertson	NFR	2.08.18
2. (29) A. Tucker	Quak	2.16.25
3. (2) J. Duggan O/40	Morpeth	2.24.54

44 finishers**KELBROOK FELL RACE****Lancashire****BS/3m/700ft 01.06.02**

The race took place in perfect conditions. S Thompson and L. Pasco were clear at the fell top but S. Thompson gained a lead on the descent, which he maintained.

I. Ramsay

1. S. Thompson	Clay	18.26
2. L. Pasco	Clay	18.36
3. J. Waddington	Wharfe	19.09
4. A. Stubbs	Clay	19.51
5. T. Taylor O/40	Ross	20.13
6. J. Tomlinson O/40	Clay	20.16
7. S. Fitzpatrick	Hynd	20.21
8. L. Athersmith	Skip	20.26
9. D. Naughton O/40	Darwen	20.28
10. D. Scholes	Kghly	20.29

VETERANS O/50

1. (33) J. Pickup	Clay	22.40
2. (44) B. Scholes	HeckH	23.41
3. (75) R. Hirst	Clay	28.49

VETERANS O/60

1. (41) P. Jepson	Ross	23.28
2. (56) T. Orrel	Clay	25.18
3. (62) J. Stuart	Clay	25.33

LADIES

1. J. Prowse O/45	Kghly	23.46
2. A. Kelly O/40	Clay	24.01
3. L. Hudson	Clay	24.57
4. K. Drake O/40	Spen	25.11
5. J. Rawlinson O/50	Clay	25.21

103 finishers**DUDDON VALLEY FELL RACE****Cumbria****AL/20m/6000ft 01.06.02**

This was the 24th running of the DVFR and the event this year was an English and British championship race. This, of course, meant that the field was somewhat larger than usual, but the organization ran

with its customary smoothness. One change this year was the use of our website www.duddonvalley.co.uk to give details of the event and then to publish the results. The start/finish field gives all the spectators good views of the runners in the latter stages of the race, and the dry sunny weather increased the enjoyment for the runners, spectators and helpers alike.

Borrowdale club runners were very strong with Simon Booth gaining ground on the leading group between Harter and Hard Knott. He kept this lead to the finish, completing the course within 6 minutes of the record time. Johnny Bland was second home just 3 minutes later, quickly followed by N. Sharp. The first lady home was Louise Sharp and the first V40 was Colin Donnelly in 4th place overall. The first V50 home was Tony Hesketh, and Borrowdale was the winning team.

Grateful thanks must go to all the people who give their time to cover the check points and do all the administration work, with special thanks to Pete Bland Sports for his continued support and assistance. We hope to see you all again next year for the 25th running of the race.

Alan Linnitt

1. S. Booth	Borr	2.49.05
2. J. Bland	Borr	2.52.48
3. N. Sharp	Amble	2.53.25
4. C. Donnelly O/40	Eryri	2.55.14
5. P. Davies	Borr	2.58.12
6. A. Schofield	Borr	3.01.54
7. R. Hope	P&B	3.01.59
8. D. Neill O/40	StaffsM	3.03.09
9. J. Blackett	Middlesb	3.03.56
10. R. Jebb	Bing	3.05.56
11. M. Roberts	Borr	3.09.07
12. J. McQueen	Eryri	3.10.03
13. B. Ervine	Ballyd	3.11.39
14. G. Devine	P&B	3.13.19
15. M. Hayman	DkPk	3.13.29
16. S. Stainer	Amble	3.13.50
17. L. Taggart	Bux	3.14.00
18. M. Denham-Smith	Kesw	3.16.33
19. J. Hunt	CFR	3.16.35
20. G. Thorpe	Amble	3.17.36
21. T. Austin	DkPk	3.18.22
22. S. Birkenshaw	NFR	3.19.47
23. J. Deegan	Amble	3.20.54
24. J. Hemsley	P&B	3.21.01
25. S. Jackson O/40	Horw	3.21.27
26. J. Rank O/40	Holm	3.21.29
27. P. Clark O/40	Kend	3.22.21
28. S. Bourne	Altr	3.22.42
29. T. Werrett	Mercia	3.22.45
30. P. Singleton	Amble	3.23.00

VETERANS O/50

1. (32) T. Hesketh	Horw	3.23.45
2. (35) J. Winder	CaldV	3.24.20
3. (36) M. Walsh	Kend	3.24.20

VETERANS O/60

1. (73) B. Waldie	Carn	3.46.56
2. (98) P. Murry	Horw	4.00.38
3. (142) R. Jaques	Clay	4.23.41

LADIES

1. (44) L. Sharp	Kesw	3.26.27
2. (51) S. Newman O/40	Gloss	3.31.53
3. (69) H. Krynen	Kesw	3.44.40
4. (75) S. Taylor	Bing	3.47.19
5. (90) W. Dodds O/50	Clay	3.56.28
6. (101) P. Munro	Bing	4.02.12
7. (103) A. Weston	Ilk	4.03.56
8. (104) S. Cowell	Kesw	4.04.59

SHORT RACE - AM/11m/3000ft

1. D. Richardson O/40	HelmH	1.37.22
2. K. Dacre O/50	Kend	1.42.02
3. T. Brannan O/40	Lothian	1.44.48
4. M. Kay	Unatt	1.45.28
5. P. Kelly O/40	Darling	1.45.35
6. I. Ronaw O/40	Manx	1.46.56
7. K. Masser O/40	Ross	1.47.34
8. C. Keyes	West	1.48.55
9. J. Parminter	BCR	1.52.22
10. C. McCarthy Lady O/40	Helsby	1.52.31

VETERANS O/50

1. (2) K. Dacre	Kend	1.42.02
2. (20) P. Bates	LancsM	2.05.19
3. (23) A. McGuinness	Ross	2.14.25

VETERANS O/60

1. (29) H. Catlow	CFR	2.26.52
-------------------	-----	---------

LADIES

1. (10) C. McCarthy	Helsby	1.52.31
2. (11) A. Raw	Darling	1.54.51
3. (16) H. Thorburn	DkPk	2.02.03
4. (17) M. Parker O/40	Unatt	2.03.09
5. (21) D. Pelly	DkPk	2.05.42

36 finishers**PADDY'S POLE****Lancashire****AS/4.5m/1100ft 04.06.02**

Although numbers were down this year (Bank Holiday?), standards certainly weren't! D. Hope, second last year, went one better this year and broke the anti-clockwise record by 1.13 in the process.

S. Sweeney, in second place, was just three seconds outside the old record whilst M. Wallis, fourth overall, was first V40 just ten seconds outside the V40 record.

The team prize had to be decided on times as both Bowland and Clayton tied on 19 points. This is the second year running that Bowland have pipped Clayton for the team prize.

As usual, a fair percentage of the field retired to the excellent facilities of Chipping Village Hall for a shower, the traditional pie n' peas supper and perhaps a pint or two.

Brian Dearnaley

1. D. Hope	P&B	31.28
2. S. Sweeney	Bowland	31.44
3. R. Burney	Chor	32.21
4. M. Wallis Veteran	Clay	33.17
5. C. Reade	Bowland	34.41

LADIES

1. J. Coleman O/40	Chorley	44.29
2. D. Pelly O/40	DkPk	44.51
3. J. Atkins O/50	Chorley	46.01

MYNYDD MYFYR HILL RUN**Shropshire****BS/4m/500ft 04.06.02**

Another good event - everyone was pleased that we could go ahead this year following last year's cancellation due to the F&M epidemic.

Doug Morris

1. A. Davies	Mercia	21.34
2. C. Lancaster O/40	Ludlow	22.33
3. H. Jones O/40	Newtown	22.45
4. M. Foschi O/40	Penn	23.05
5. S. Bellis O/40	Wrex	23.14
6. B. McDonald J/18	Telf	23.43
7. S. Jones	Wrex	24.12
8. R. Mapp O/40	Ludlow	24.03
9. J. Fry O/50	Telf	24.31
10. C. Warburton Jun	OSOL	24.31

VETERANS O/50

1. (9) J. Fry	Telf	24.31
2. (17) A. McDonald	Telf	25.38
3. (25) M. Cortvriend	Macc	26.50

VETERANS O/60

1. (33) M. Ward	OSOL	28.07
2. (51) M. Lamb	WChesh	30.29
3. (61) T. Hewson	Ludlow	32.56

LADIES

1. K. Howitt J/18	Warr	25.45
2. S. Hancock O/40	OSOL	26.58
3. A. Bartley	Warr	28.50
4. J. Wilcox O/35	Welshp	29.12
5. B. Ward O/45	OSOL	29.41
6. A. Talbot	OSOL	30.18

BLENCATHRA FELL RACE**Cumbria****AM/8m/2700ft 05.06.02**

Reduced visibility resulted in a few runners going astray but we counted them all out and counted them all back again and, luckily, the numbers matched!

Thanks to my band of helpers: Ali, Trish, Robin, Sally and, of course, to the boys on the Blen - Robin and David.

Simon Lloyds

1. A. Bowness	CFR	1.05.08
2. G. Crayston	CFR	1.09.45
3. A. Schofield	Borr	1.10.02
4. G. Schofield O/40	Horw	1.10.26
5. C. Stead	NFR	1.13.20
6. D. Birch	Kesw	1.13.28
7. M. Amor	CFR	1.15.07
8. H. Jarrett O/40	CFR	1.15.08
9. D. Spedding O/50	Kesw	1.15.12
10. R. Unwin O/40	Kesw	1.15.18

VETERANS O/50		
1. (9) D. Spedding	Kesw	1.15.12
2. (15) K. Dacre	Kend	1.21.01
3. (16) R. Mitchell	Mand	1.21.17

VETERANS O/60		
1. (29) P. Dowker	Kend	1.30.43
2. (55) H. Blenkinsop	Kesw	1.53.59

LADIES		
1. (45) S. Lewsley O/40	Kesw	1.38.35
2. (60) G. Marshall	Unatt	2.05.53

60 finishers

WALKER RUN West Yorkshire AS/2.25m/625ft 05.06/02

For those valiant few who turned up – many thanks. For those many more who stayed away – you don't know what you missed! Despite the lack of runners, the rain and the low cloud, the 2002 Walker Run went ahead and young international, Mark Buckingham, returned to make it two wins on the trot (his first victory came in 2000 as last year's race was cancelled because of the F & M outbreak). He also finished with a record time for the slightly altered course. Mark beat off competition from veterans, Andy Shaw and Julian Rank who came home second and third respectively. And a special word of congratulations to Tim Cock – the super veteran finished fourth!

There were no lady runners; perhaps they thought the rain and mist would have played havoc with their hairstyles!

Many thanks to the marshals, who had to put up with the awful conditions, and also to Ralph Hinchcliffe, who allowed the event to be run over his land. Hopefully, next year the sun will shine and the runners will turn out in force.

Dave Overend

1. M. Buckingham	Holm	14.16
2. A. Shaw O/40	Holm	14.43
3. J. Rank O/40	Holm	15.01
4. T. Cock O/50	Holm	20.36
5. R. Bradley O/50	Holm	20.45

KETTLESHULME VILLAGE FELL RACE Cheshire BM/6m/850ft 05.06.02

What with the Bank Holiday and Golden Jubilee just past and a terrible weather forecast, we didn't expect a good turnout but, on the night, 111 runners turned up which was about 70 down on usual numbers. We had heavy rain and the mist dropped on the hills but with many flags and marshals, they found their way and the race was a success.

Malcolm Fowler won again this year with a new course record of 38.03. Ged Cudahy was second and Damian Nicholls third. First lady was Liz Batt.

Each runner received a Jubilee mug when they registered. I hope to see more people next year – perhaps the weather will be better.

A K Boothby

1. M. Fowler	Penn	38.03
2. G. Cudahy	Stock	38.38
3. D. Nicholls	Macc	39.45
4. A. Ellis	ValeR	40.48
5. D. Rudd O/40	Altr	41.19
6. N. Bassett	StaffsM	41.26
7. A. Etherden	Sadd	41.48
8. D. Keeling	Traff	42.12
9. J. Chapman	Unatt	42.15
10. G. Morson O/50	Bux	42.17

VETERANS O/40		
1. (5) D. Rudd	Altr	41.19
2. (14) S. Burthem	Spect	44.34
3. (15) T. Hargreaves	Stock	44.45

VETERANS O/50		
1. (10) G. Morson	Bux	42.17
2. (17) J. Norman	Altr	45.36
3. (24) R. Scotney	Penn	47.09

VETERANS O/60		
1. (69) B. Cane	Sale	55.00
2. (78) A. Hague	Unatt	57.01
3. (110) J. Chippendale	Penn	78.47

LADIES		
1. (35) L. Batt O/35	Bux	49.10
2. (55) J. Bradwell O/40	EChesh	52.22
3. (57) S. Budgett O/35	Horw	52.39
4. (63) K. Turner O/40	Unatt	53.30
5. (64) J. Robertson O/35	Spect	53.49

110 finishers

CHEVIN FELL RACE West Yorkshire AS/3.5m/900ft 05.06.02

Greg Hull was the last person to enter on the night but the first to finish! This was his fifth win in total – his first began in 1988. By the top of the climb to Surprise View, he and Robert Hudson had a slight

gap on Jason Hemsley and Andy Clarke. Jason held on to third place to secure the first local shield for the third consecutive year.

First lady was Erica Nutter, with Jo Prowse second and first lady veteran over 40.

Other category winners were Steve Webb Veteran O/40, Paul Rogan Veteran O/50 and Fred Gibbs Veteran O/60. First Lady Veteran O/50 was Dorothy Carr who, unfortunately, tripped on the flat but stony path just after the summit but refused to give in to a lump on the head and cut knees!

First team was Pudsey & Bramley and the Red Lion Trophy for the first non-athletic team went to the Yeoman's Pub.

Times this year were somewhat slower than 2001 due to the usual wonderful early June weather! Thankfully, during the race and afterwards was dry.

Sponsorship from Clearview Windows of Otley, KFC and Wm Morrison meant a generous prize list once again although a barbeque for the first prize may not have seemed appropriate for the weather.

Neil Clayton

1. G. Hull	Leeds	18.30
2. R. Hudson	Bing	18.38
3. J. Hemsley	P&B	18.53
4. A. Clarke	CaldV	19.15
5. S. Green	P&B	19.28
6. J. Wadsworth	Wharfe	19.33
7. P. Crabtree	Bing	19.48
8. K. Gray	CaldV	19.53
9. R. Pattinson	Felland	19.55
10. D. Foster	Otley	19.56

VETERANS O/40		
1. (11) S. Webb	VallStr	20.22
2. (13) R. Hamilton	Wharfe	20.39
3. (15) R. Falls	Felland	21.10

VETERANS O/50		
1. (28) P. Rogan	Wharfe	22.23
2. (41) N. Bland	Kghly	23.27
3. (42) M. Ford	Bing	23.28

VETERANS O/60		
1. (29) E. Gibbs	Bing	22.26
2. (32) P. Reynard	Felland	22.46
3. (37) N. Bush	Ilk	23.18

VETERANS O/70		
1. (89) B. Thompson	Arient	37.02

LADIES		
1. (34) E. Nutter	Ripon	23.02
2. (44) J. Prowse O/40	Kghly	23.39
3. (60) L. Foreman	Roth	25.21
4. (67) T. Cotteris	Roth	26.10
5. (68) C. Weaver	Spn	26.15
6. (69) S. Smith	Bing	26.20

BEACON HILL FELL RACE Northumberland AS/5.75m/1500ft 06.06.02

1. J. Dickinson O/40	Tyne	52.15
2. D. Armstrong O/40	NFR	52.16
3. G. Ross	NFR	52.45
4. M. Jeffrey O/40	NFR	55.19
5. G. Owen O/40	NFR	55.21
6. C. Nichol	Teviot	57.42
7. J. Marsh O/40	Teviot	58.33
8. J. Offen	Unatt	59.00
9. M. Byron	Tyne	59.47
10. J. Humble O/50	NFR	60.12

VETERANS O/50		
1. (10) J. Humble	NFR	60.12
2. (13) S. Furness	B'burn	60.36
3. (16) M. Henry	Alnwick	60.52

LADIES		
1. (38) J. Cross	Clare	74.55
2. (39) B. Broadhurst O/35	Tyne	75.05
3. (42) C. Firth	Tyne	77.12
4. (43) J. Ryall O/35	Tyne	77.16
5. (44) L. Bray O/35	NFR	82.29

47 finishers



Smiles all round from the first three home at The Walker Run

**ROCKY
Mourne Mountains
AS/4m/1300ft 06.06.02**

The warmest evening of the year brought out billions of the beastie midgies eager to suck the blood from any exposed skin and greeted runners and supporters at Leitrim Lodge on the Hilltown Rostrevor Road. It was the ninth (out of eleven) race of the 2002 Hill & Dale Series, a race more akin to cross-country than steep fell running taking in the anti-clockwise loop of Altnataggart, Pearse's Castle, Tournaman Rock and Rocky Mountain.

87 runners started and the initial cavalry charge was soon slowed with the climb up beside the forest wall before regaining the gentler track. Defending series champion Deon McNeilly emerged at the front once again chased by colleague Davy McKibbin. This terrain suits McNeilly better and he was never seriously challenged as he pulled away slowly all the way up to Altnataggart. McKibbin tried in vain to keep him in check, however, McNeilly was on clear record pace.

Behind, Brennan was producing his best race of the year and had stolen a lead on Damien Brannigan and Paul Mawhirt. Meanwhile, Shileen O'Kane, obviously back to herself now that Donal has returned from a successful Adrenalin Rush, intact, was also on the sniff of a new record and was well clear of the ladies field. O'Kane eventually came home first, over one and a half minutes inside Anne Sandford's 1998 record. She followed this up with a celebratory 'floor show' on wall top in the car park, which left a lot to be desired.

Credit at last must be given in print to the most amazing streak of them all - Trevor Wilson, is a quiet unassuming type who provides an example of much of the goodwill and energy behind the Series and has turned up at an amazing 69 races in a row stretching back to the start of the 1996 series and is only two short of completing seven full series - a brilliant effort. It is characters like Trevor who are at the very heart of the ongoing success of the Hill & Dale series.

McNeilly charged home nearly two minutes in front of Paul Mawhirt's 1998 record. McKibbin's run was impressive in 2nd but just over a minute down. Brennan was third, more than a further minute back followed by Brannigan and his shadow Mawhirt.

Thanks to Doran's Mourne View pub for post-race hospitality.

Bogboy

1. D. McNeilly	N'castle	32.12
2. D. McKibbin	N'castle	33.18
3. A. Brennan	Ballym	34.33
4. D. Brannigan	N'castle	35.38
5. P. Mawhirt	N'castle	35.54
6. F. O'Hagan O/40	TeamP	36.27
7. J. Brown O/40	BARF	36.59
8. S. Begley	Albert	37.37
9. P. Howie O/40	Larne	37.39
10. R. Donaldson	ACKC	38.25

VETERANS O/50

1. (28) K. Quinn	N'castle	42.19
2. (32) D. Rankin	BARF	43.02
3. (33) B. Magee	Larne	43.12

LADIES

1. (26) S. O'Kane	BARF	42.07
2. (55) C. Galbraith	ACKC	46.22
3. (63) S. McAvoy	Unatt	47.54

85 finishers

**ROCHDALE HARRIERS 3 DAY EVENT
Lancashire
07/09.06.02**

Day One - 6 mile Road Race

1. R. Jackson	Horw	33.54
2. P. Targett	Clay	35.07
3. M. Rice	Ross	36.02
4. P. Taylor O/40	Ross	36.23
5. K. Robinson	Roch	36.54
6. A. Wajib	Felld	37.47
7. R. Stott O/40	Ross	38.52
8. A. Lee	Ross	38.58
9. A. Staveley O/40	Burnden	38.59
10. M. Catterall O/40	Roch	39.18
22. D. Schofield O/50	Roch	42.42
25. J. Needham Lady O/45	Roch	43.03

44 finishers

Day Two - 6 mile Multi-terrain/1300ft

1. T. Taylor O/40	Ross	37.55
2. R. Jackson	Horw	38.18
3. P. Taylor O/40	Ross	39.47
4. K. Robinson	Roch	40.07
5. W. Kaye	Unatt	40.44
6. C. Whitworth	EastChesh	40.59
7. P. Frechette Junior	Roch	41.05
8. A. Lee	Ross	41.11
9. A. Staveley O/40	Burnden	41.23
10. A. Cutts O/40	VallStr	41.42
21. D. Schofield O/50	Roch	47.05
24. H. Rahman Lady	Roch	48.08
27. K. Taylor Lady O/40	Ross	48.32

35 finishers

Day Three - 6 mile Knowle Hill Fell Race/1800ft

1. M. Fowler	Penn	43.43
2. I. Taylor	Kghly	44.50
3. M. Boulstridge	Mercia	45.18
4. D. Lewis O/40	Ross	45.19
5. R. Jackson	Horw	46.23
6. M. Lee	Ross	46.28
7. P. Levell O/40	Mercia	47.32
8. R. Griffiths O/40	Holm	47.32
9. N. Holding O/40	WPenn	47.40
10. S. Power	FRA	47.58



Happy prizewinners (plus the landlord and landlady) outside the Brown Cow

VETERANS O/50

1. (25) G. Breeze	Skyrac	51.20
2. (30) P. Booth	Clay	52.08
3. (31) G. Fielding	Ross	52.32

VETERANS O/60

1. (45) M. Coles	Skyrac	55.37
2. (77) T. West	Radc	62.07

LADIES

1. (12) N. White	Holm	48.17
2. (51) J. Rawlinson O/50	Clay	57.01
3. (55) K. Taylor O/40	Ross	57.15
4. (58) L. Bostock O/45	Clay	57.44
5. (72) H. Rahman	Roch	61.40

92 finishers

Final Overall Results

1. R. Jackson	Horw	1.58.35
2. P. Taylor O/40	Ross	2.04.54
3. K. Robinson	Roch	2.06.27
4. A. Lee	Ross	2.09.47
5. C. Whitworth	EastChesh	2.09.52
6. A. Cutts O/40	VallStr	2.11.35
7. M. Catterall O/40	Roch	2.11.50
8. A. Staveley O/40	Burnden	2.11.54
9. R. Stott O/40	Ross	2.12.15
10. S. Morran O/40	FRA	2.12.34

VETERANS O/50

1. (12) D. Schofield	Roch	2.25.19
2. (19) J. Cox	Middle	2.29.57

VETERANS O/60

1. (26) T. West	Radc	2.40.44
-----------------	------	---------

LADIES

1. (22) H. Rahman	Roch	2.33.43
2. (27) W. McRae O/45	Roch	2.44.16

32 finishers

**CASTLETON FELL RACE
Derbyshire
AM/6m/1500ft 07.06.02**

A smaller than usual field of 95 runners took part on a warm, balmy summer evening under an overcast sky. The runners shared the Mam Tor Skyline with a number of hang-gliders.

The highlight of the evening was a superb run by Rowan Smith, who finished in eleventh place and set a new ladies' record of 47.48. Steve Penney ran away from the field to finish first and Andrew Carruthers in seventh place, was the first veteran over 40. (Andrew has finished in the first ten since the start of the Castleton Fell Race).

A large field of Dark Peak Fell Runners was led home by Tim Austin in second place, followed by Richard Patton in third. Ken Payne's first outing in Castleton saw him finish in 14th place and come in as the first veteran over 50.

The event was again sponsored by Brian and Marion Johnson, of The Old Barn, Market Place, Castleton, who provided many spot prizes. My personal thanks to all the runners and the many helpers, who continue to support this event.

Mick Mattia

1. S. Penney	Unatt	43.05
2. T. Austin	DkPk	44.13
3. R. Patton	DkPk	44.49
4. N. Bassett	StaffsM	45.13
5. P. Winkskill	Penn	45.33
6. S. Bradstock	Castle	46.19
7. A. Carruthers O/40	Crawley	46.43
8. S. Maycock	SteelCStr	46.56
9. A. Middleton	DkPk	47.10
10. J. Boyle	DkPk	47.44

VETERANS O/40

1. (7) A. Carruthers	Crawley	46.43
2. (12) C. Davies	Saddle	48.06
3. (16) M. Moorhouse	Matlock	49.05

VETERANS O/50

1. (14) K. Payne	StubbGr	48.31
2. (26) P. Keen	Hallam	51.10
3. (28) N. Boler	DkPk	51.15

LADIES

1. (11) R. Smith	Scarb	47.48
2. (43) K. Harvey O/40	Altr	54.33
3. (55) J. Phizlackea	Bux	56.44
4. (73) E. Dent	Unatt	60.15
5. (79) F. Kay	Hallam	62.27
6. (86) M. Chippendale O/50	Penn	64.37

95 finishers

**TRAPRAIN LAW RACE
East Lothian
CM/6.5m/650ft 08.06.02**

East Linton delivered its usual sunny weather for the Traprain Law Race. This is an open race following Carnethy's policy of no restrictive "permits" or surcharges for non-existent services from other bodies.

Conditions were very warm and humid. The river was tranquil and refreshing. The nettles were stimulating. The killer bees had not returned (was it foot and mouth disease?). The craggy climb of the Law was dry. The fixed ropes arranged for the greasy wet conditions of the previous night were unnecessary.

Ronnie Gallagher demonstrated growing Veteran Power with his outright win in 39-34 and provided another pointer to Senior Men's endangered species status.

Angela Mudge delivered a predictable new women's record time of 41-43 (Joyce Salvona's 1996 record was 44-55) and yet another pointer to Senior Men's endangered species status. She took 4th place overall, following Ronnie, Keith Hood and Brian Marshall.

Carnethy secured the team prize despite the results computer's attempt to deny them the victory over local team HELP.

Trevor Collins

1. R. Gallagher O/40	W'lands	39.34
2. K. Hood	Corstoph	40.05
3. B. Marshall	HELP	41.00
4. A. Mudge Lady	Carn	41.13
5. M. Johnston	Carn	42.18

6. M. McGovern	Moorfoots	43.11
7. N. McGuinness O/40	HELP	43.13
8. I. Arnott	GALA	43.16
9. G. McInnes	Carn	43.31
10. D. Law O/40	Corstoph	43.36

VETERANS O/50

1. (15) M. Hume	Corstoph	45.21
2. (16) J. Smith	HELP	45.31
3. (28) D. Henderson	Tyne	50.57

LADIES

1. (4) A. Mudge	Carn	41.13
2. (22) J. Tait	Carn	48.18
3. (27) K. Dobbie	EWM	50.21
4. (33) F. Nairn O/40	Unatt	52.04
5. (38) A. Wood O/40	Carn	53.06

56 finishers

34th ENNERDALE HORSESHOE FELL RACE Cumbria AL/23m/7500ft 08.06.02

Back on track after a year out due to F & M and a small field disappears into the mist/ 45 runners started and 30 finished the complete course. The conditions were very difficult with thick mist on the summits testing most people's navigation and speed. The finish times reflected the difficult conditions with most runners 30 to 45 minutes down on their previous performances.

Thank you once again to all the willing helpers who made it possible for the race to take place. Next year's event will be on 7 June 2003, so make a note in your diaries!

Colin Dulsion

1. J. Bland	Borr	4.03.00
2. J. Hunt	CFR	4.06.22
3. A. Schofield	Borr	4.06.55
4. M. Denham-Smith	Kesw	4.35.30
5. L. Douthwaite O/40	Bowland	4.38.10
6. L. Warburton O/40	Bowland	4.38.10
7. M. Robinson	DkPk	4.38.28
8. B. Horsfall	Wake	4.45.09
9. M. Yearsley O/40	CFR	4.54.57
10. P. Clark O/40	Kend	4.57.04

VETERANS O/50

1. (19) A. Harmer	DkPk	5.41.02
2. (27) A. Jones	DkPk	6.21.27

VETERANS O/60

1. (24) J. Naylor	CFR	5.55.18
2. (29) B. Johnson	CFR	6.23.23
3. (30) R. Smith	Amble	6.39.29

LADIES

1. (20) N. Davies	Borr	5.41.53
2. (28) A. Forrest	Carn	6.23.23

30 finishers

CALLOW Shropshire AS/5m/2000ft 09.06.02

The inaugural Callow Fell Race saw competitors greeted not with the much hoped for fine summer's day, but constant wind and rain with the tops of all the four hills that form the race route covered in fog. In the event, Tim Davies continued his recent fine form with an untroubled win leading all the way from the start. Also using local route knowledge to good effect in a clear second place was Colin Lancaster, who was also first veteran O/40.

The battle for third place proved to be a highly competitive affair with a group of several athletes never more than a few steps apart for much of the race. The final long climb up Callow proved to be the deciding factor with Paul Cadman and Andrew Carruthers breaking away from the chasing pack with the former holding onto a narrow advantage to the finish. First lady home was Celia Mills.

When asked after the race, why was there closer to 3000 feet of climb rather than the 2000 feet listed in the FRA calendar, the race organiser (with a pint in his hand) replied that the Shropshire hills are an often overlooked venue for fell running and he wanted to put on a really challenging course. However, if he told the grim truth then nobody (outside of Shropshire) would probably believe he

could find such a total amount of climb in only five miles and it could put people off entering!!

Many thanks to all officials, who stuck it out on the hilltops in the miserable conditions, and to the Ragleth Inn for laying on free sausages and chips for all competitors after the race.

Russell Mapp

1. T. Davies	Mercia	51.10
2. C. Lancaster O/40	Ludlow	58.26
3. P. Cadman	Mercia	62.10
4. A. Carruthers O/40	Hales	62.20
5. M. Clewes O/40	Mercia	63.36
6. I. Hughes	Shrews	63.36
7. R. Mapp O/40	Ludlow	65.18
8. C. Ashley O/40	Wrex	66.42
9. B. Dredge O/50	Mercia	67.07
10. N. Lewis	MDC	68.29

VETERANS O/50

1. (9) B. Dredge	Mercia	67.07
2. (16) G. Whitmarsh	CrAmb	74.02
3. (22) S. Herrington	Heref	78.12

LADIES

1. (19) C. Mills	Kenil	74.43
2. (31) S. Ellis O/40	Tatten	84.18
3. (34) S. George	Ludlow	92.33
4. (35) A. Lewis	Telf	94.59
5. (37) J. Mapp O/40	Ludlow	101.54

39 finishers

THE TRUNCE 4 Derbyshire CS/4.25m/550ft 10.06.02

1. S. Penney	24.48
2. T. Tett O/40	25.11
3. S. Rippon	26.56
4. A. Meskimmon	27.19
5. J. Sykes	27.46
6. P. Hinchcliffe	28.24
7. D. Crossland	28.32
8. K. Bowskill O/40	28.36
9. S. Dickinson	28.42
10. D. Self O/40	29.07

LADIES

1. (43) E. Brown O/40	32.42
2. (44) H. Bloor O/40	32.43
3. (48) J. Bolton	33.38
4. (58) F. Davies	34.48
5. (60) J. Welbourn	34.58
6. (73) L. Bird	36.24

III finishers

JUNIOR TRUNCE

1. K. Cooke Boy	15.18
2. A. Wilks Girl	16.38
3. A. Ogden Girl	17.03
4. T. Holmes Boy	17.06
5. W. Whittington Boy	17.13

25 finishers

WAUGH'S WELL FELL RACE Lancashire AS/4m/1000ft 11.06.02

After the enforced break last year due to Foot and Mouth Disease restrictions, the Waugh's Well Fell Race still managed to attract a field of 75 competitors in what must now be the busiest period in fell, road and multi-terrain race calendars.

Despite the fine, bright, sunny weather, conditions underfoot were heavy due to the recent rain. Nevertheless, Danny Hope made light work of the conditions leading the field home ahead of defending race champion, Andy Wrench. Third place went to Simon Thompson.

First veteran home and fourth overall was Dave Lewis although Dave didn't find the tussocky ground to his liking.

Jean Rawlinson showed her younger rivals a clean pair of heels finishing first female and fiftieth overall.

Pete Jepson (co-race organiser) knocked over a minute off the over 60's record; he's obviously enjoying competition in his new category.

First Junior home was M Corbishley.

Very grateful thanks must go to race sponsors Boggart Hole Clough Brewery and Bury Motor

Bodies who contributed to the generous prize list. I don't think anyone went home empty handed as all finishers could claim a T-shirt for their efforts! Thanks also to Bleakholt Animal Sanctuary for the registration venue and refreshments, Ken and Eileen for G Fecit Result Service, and the many helpers who freely gave their time to ensure the event was a success. A further £200 can now be given to the Turn Village Residents' Association Children's Playground Appeal.

See you all next year.

Cath Hignett

1. D. Hope	P&B	30.23
2. A. Wrench	Tod	30.51
3. S. Thompson	Clay	30.58
4. D. Lewis O/40	Ross	32.39
5. A. Orr	Clay	34.05
6. S. Clawson	Ross	34.18
7. T. Taylor	Ross	34.25
8. K. Gray O/40	CaldV	34.48
9. M. Howard O/40	Radc	35.26
10. S. Power	Unatt	35.29

VETERANS O/50

1. (24) R. Sutcliffe	CaldV	38.50
2. (27) P. Rogan	Wharfe	39.04
3. (38) D. McCallum	Clay	40.37

VETERANS O/60

1. (21) P. Jepson	Ross	38.26
2. (30) P. Murray	Horw	39.28
3. (61) G. Arnold	Prest	48.15

LADIES

1. J. Rawlinson O/50	Clay	43.23
2. J. Platt O.35	Radc	45.43
3. T. Hyde O/40	CaldV	46.02
4. R. Murray	Horw	46.41
5. L. Hayles O/45	Hfx	49.41

66 finishers

COLEDALE HORSESHOE FELL RACE Cumbria AM/9m/3000ft 12.06.02

1. J. Bland	Borr	1.17.28
2. G. Patten	Amble	1.19.29
3. N. Spence O/40	Borr	1.21.56
4. D. Birch	Kesw	1.22.25
5. M. Denham-Smith	Kesw	1.22.28
6. P. Brittleton	Howgill	1.23.08
7. D. Troman	Kesw	1.26.09
8. J. Deegan	Amble	1.27.10
9. C. Reade	Bowland	1.27.51
10. I. Greenwood O/40	Clay	1.28.11

VETERANS O/50

1. (15) D. Spedding	Kesw	1.30.13
2. (16) J. Winn	CFR	1.31.29
3. (30) K. Dacre	Kend	1.38.44

VETERANS O/60

1. (55) J. Bootz	Kesw	1.47.01
2. (60) P. Dowker	Kend	1.52.47
3. (80) J. Taylor	Amble	2.07.54

LADIES

1. (25) E. O'Shea	Amble	1.35.45
2. (39) N. Davies O/40	Borr	1.42.03
3. (48) S. Forsyth	Kesw	1.45.18
4. (57) G. Marshall	Unatt	1.50.45
5. (73) S. Lewsley O/40	Kesw	2.00.36

94 finishers

HOLCOMBE TWO TOWERS FELL RACE Lancashire BS/5.2m/1000ft 12.06.02

A reduced field of 68 runners started the race in dry overcast conditions. There were two members of the host club, Bury, making their debut in fell running - Neil Coe, a recent acquisition on his move from London to Ramsbottom, and Luke Harrold, a youngster.

Both did well - Luke 15th whilst Neil was a magnificent third! James Logue, however, was never troubled at the front; once on his way up the hill, he was never caught.

The ladies' winner, Tricia Sloan, proved what a good fell runner she is, and should do more of them!

Ken Smith

1. J. Logue	Horw	34.05
2. M. Aspinall	Radc	35.11
3. N. Coe	Bury	37.20
4. K. Gaskell O/40	Horw	37.44
5. T. Hesketh O/50	Horw	37.50
6. S. Bolland	Lancast	38.15
7. M. Howard O/40	Radc	38.19
8. M. Kay	Horw	38.43
9. S. McIlroy	Ross	39.05
10. S. Shakesmart O/40	Bolt	39.23

VETERANS O/50

1. T. Hesketh	Horw	37.50
2. P. Waterhead	Wirral	40.02
3. S. Furness	B'burn	43.31

VETERANS O/60

1. A. Daniels	AchR	49.46
2. P. Duffy	NthnV	53.45
3. D. Dickson	Ross	55.19

LADIES

1. T. Sloan O/35	Salf	40.04
2. S. Budgett O/35	Horw	43.11
3. D. Allen	Bury	48.03
4. C. Life O/35	Clay	50.58
5. S. Middleton O/40	Clay	53.09

68 finishers

WILL RAMSBOTHAM BADGER STONE

RELAY

West Yorkshire

AS/2.5m/590ft x 3 12.06.02

1. Pudsey & Bramley	49.15
2. Wharfedale	52.30
3. Geeet Bark	55.49
4. Fellandale	56.45
5. Keighley & Craven	56.54
6. Wharfedale Vets	57.23
7. Settle Vets A	58.17
8. Keighley Royal Mail	59.04
9. Settle Harriers	59.25
10. Ilkley Vets	59.26
18. Ilkley Ladies	65.28

33 finishing teams

BEN SHEANN

Perthshire

AS/2.5m/1400ft 12.06.02

There was a good attendance despite the wet weather. The route was, in places, very muddy and the grassy parts were very slippery. Good times were recorded and there was an air of good humour and a cheerful acceptance of difficult conditions.

The prizegiving took place in the Ben Sheann Hotel and runners and officials spent a pleasant evening socialising thereafter in the bar.

A. Bennie

1. J. Brooks	Lochaber	24.58
2. D. Rodgers	Lochaber	25.33
3. J. McDonald	Ochil	26.37
4. J. Stevenson O/40	Ochil	26.38
5. B. Marshall	HELP	28.39
6. D. Charles O/40	DkPk	29.01
7. S. Simpson	Ochil	29.11
8. N. Martin	Lomond	29.33
9. S. Bennett	EZCarn	29.34
10. J. Donnelly	W'lands	30.16

LADIES

1. (22) K. Jenkins	Carn	33.52
2. (38) J. Thin	Carn	42.10
3. (39) S. Morgan	Unatt	42.40

46 finishers

UP THE NAB FELL RACE

North Yorkshire

BS/4.5m/750ft 12.06.02

1. J. Cookson	Salf	26.12
2. M. Hayman	DkPk	28.04
3. D. Keeling	Traff	28.13
4. D. Safranovskas	StBedes	28.15
5. A. Picintenson	DkPk	28.48
6. V. Booth	Traff	29.26
7. I. Warhurst O/40	Penn	30.10
8. G. McNally	Unatt	30.18
9. A. Howie O/40	Penn	30.29
10. N. Henton	CompH	30.33

VETERANS O/50

1. (13) R. Scotney	Penn	31.26
2. (15) G. Berry	DkPk	32.00
3. (20) V. McKay	Gloss	32.35

VETERANS O/60

1. (43) B. Thackery	DkPk	38.06
---------------------	------	-------

LADIES

1. (18) K. Harvey O/40	Altr	32.19
2. (55) L. Lohman	Macc	42.14
3. (56) M. Carberry	Unatt	46.13

56 finishers

**BINNIAN - TO THE TOP
(RACE 10 - HILL & DALE SERIES)**

Mourne Mountains

AS/2m/2000ft 13.06.02

A classic summer's evening greeted the 89 runners in the penultimate race of the Series, Binnian To The Top from Carrick Little Car Park. And guess what? Yes, just an hour before the race, the heavens opened and it rained again non-stop for twenty hours.

Underfoot conditions, therefore, were not conducive to record breaking, although Robbie Bryson's 23m21 from 1999 is always going to be a tough one to crack. Shileen O'Kane having already sewn up the ladies' title, was there for a crack at her own 1999 record of 30m55. Davy McKibbin knew that tonight he must win to keep alive his hopes of snatching the title away from colleague Deon McNeilly, but McNeilly has returned to a rich vein of form in the second half of the Series to move away from the rest of the title contenders. Straight from the gun, communicated by mobile phone to official starter Frank Morgan, who by now was nearly at the mountain top finish, it was McNeilly and McKibbin who pulled away, neck and neck.

At the mountain top, Morgan set about organising his gear, in the style of Damien Brannigan, meticulously turned out, alone in the cloud, rain teaming down and a finish sheet quickly turning back to pulp. Then suddenly, he stood on the stopwatch, which was in a little pile on its own, which he had forgotten about, and switched off the official time. Morgan slumped in a heap, how was he going to explain this?

Down below, McNeilly had pulled away from McKibbin and as he climbed the steep finish chute, Morgan yelled out, 'don't stop your watch'. McNeilly handed over his watch and the time said 23 minutes and 20 seconds, exactly one second inside Bryson's record, at least that is where McNeilly would have stopped it if he had known that his watch was to become the official timepiece, instead, McNeilly had to settle for 26 minutes dead and the 2002 title, with an unassailable lead of 7 points.

Shileen O'Kane once again headed the ladies home in a fantastic 17th place overall. Thanks to the Anchor Bar in Newcastle for the post-race hospitality.

Bogboy

1. Deon McNeilly	N'castle	26.00
2. D. McKibbin	N'castle	26.17
3. David McNeilly	Ballyd	27.20
4. P. Mawhirt	N'castle	27.30
5. A. Brennan	Ballym	27.43
6. B. McKay O/50	Albert	28.19
7. D. Brannigan	N'castle	28.51
8. P. Rodgers	N'castle	29.32
9. S. Taylor	BARF	29.47
10. R. Donaldson	ACKC	29.52

VETERANS O/40

1. (13) B. McBurney	N'castle	30.52
2. (26) C. McCann	ACKC	33.23
3. (27) P. Howie	Larne	33.27

VETERANS O/50

1. (6) B. McKay	Albert	28.19
2. (12) D. McHenry	Willowf	30.18
3. (23) P. McGookin	ACKC	33.08

VETERANS O/60

1. (89) T. Donnelly	ACKC	53.45
---------------------	------	-------

LADIES

1. (17) S. O'Kane	BARF	31.49
2. (48) C. Galbraith O/40	ACKC	35.43
3. (58) V. Corinder O/40	LVO	36.45

89 finishers

BUCKDEN PIKE FELL RACE

North Yorkshire

AS/4m/1500ft 15.06.02

So the Buckden Pike race eventually came of age after last year's cancellation due to the foot and mouth scandal. Even so the event was not entirely unaffected by media hype, the start time being put back fifteen minutes to accommodate 'world cup fever'.

Once underway, however, the race followed a familiar pattern with Jebb junior leading the charge to the top of the Pike where he established a comfortable lead over the more experienced Ian Holmes.

As the leaders appeared down the final descent, the superior descending skills of Mr Holmes were obvious as he overhauled the leader just before the beck. At this point the defending champ unfortunately misplaced a foot and badly twisted his ankle putting an end to any chance of a sprint finish and leaving the way open for Ian to make this his 5th Buckden win.

The ladies' race was a straightforward affair with Sharon Taylor leading throughout.

In the men's team race, Bingley won with 1,2,3. In the ladies' team, Keighley and Craven were once again victorious.

Thanks go to Fila and Running Bear for assistance with prizes.

Pete Jebb

1. I. Holmes	Bing	32.12
2. R. Jebb	Bing	33.40
3. R. Hudson	Bing	34.31
4. S. Oldfield O/40	BfdA	34.34
5. J. Hemsley	P&B	36.23
6. G. Oldfield	P&B	36.23
7. C. Moses	Bing	36.33
8. S. Macina	P&B	36.58
9. P. Brittleton	Howgill	37.56
10. P. Crabtree	Bing	38.11

VETERANS O/40

1. (4) S. Oldfield	BfdA	34.34
2. (14) N. Pearce	Ilk	39.40
3. (15) R. Hamilton	Wharfe	40.13

VETERANS O/50

1. (12) M. Walsh	Kend	39.00
2. (19) G. Howard	Ilk	42.04
3. (21) L. Sands	Unatt	42.24

VETERANS O/60

1. (22) N. Bush	Ilk	42.44
2. (27) P. Jepson	Ross	43.56
3. (52) M. Coles	Skyrac	49.34

LADIES

1. (26) S. Taylor	Bing	43.36
2. (34) J. Prowse O/40	Kghly	45.17
3. (57) J. Leather	Ilk	51.11
4. (61) R. Sharples	Kghly	51.59
5. (65) L. Crabtree O/40	Hfx	54.32

72 finishers

LANGCLIFFE FELL RACE

North Yorkshire

AS/2.5m/900ft 15.06.02

1. T. Werrett	Mercia	35.47
2. D. Scholes	Kghly	38.53
3. G. Taylor	DarDash	39.05
4. A. Pilkington	Settle	39.57
5. J. Walsh	Unatt	40.03
6. A. Holden	Wharfe	40.38
7. J. Murfin	Settle	40.47
8. R. Pilkington	Settle	43.28
9. J. Osborne	Settle	43.34
10. J. Agg	Radc	47.05

VETERANS O/40

1. A. Shepherd	Settle	41.13
----------------	--------	-------

VETERANS O/50

1. I. Robinson	Clay	41.23
----------------	------	-------

JUNIOR BOYS U/20

1. G. Crayston Jnr	CFR	35.52
--------------------	-----	-------

JUNIOR GIRLS U/20

1. L. Lobman	Macc	57.09
--------------	------	-------

JUNIORS BOYS U/18

1. M. Buckingham	Holm	35.39
------------------	------	-------

JUNIORS GIRLS U/18

1. K. Ingram	Chorley	44.09
--------------	---------	-------

LANGCLIFFE JUNIOR RACES

U/16 BOYS – 2.5m/900ft

1. S. Hunn	Skip	22.26
2. J. Mellor	Wirral	22.52
3. M. Lang	Bolt	24.33

U/16 GIRLS – 2.5m/900ft

1. S. Boyes	Scarb	24.56
2. K. Hawitt	Warring	25.38
3. S. Tunstall	Border	26.49

U/14 BOYS – 2.5m/900ft

1. M. Hurst	Skip	16.57
2. S. Clifford	CFR	17.07
3. M. Jones	Holm	17.16

U/14 GIRLS – 2.5m/900ft

1. D. Walker	Burnley	19.20
2. K. Woodhead	Unatt	20.09
3. J. Oates	HelmH	20.12

U/12 BOYS – 1.5m/600ft

1. J. Mountain	Skip	9.35
2. G. Cunliffe	Ross	9.39
3. N. Gould	EastCh	10.00

U/12 GIRLS – 2.5m/900ft

1. L. Figg	Holm	10.34
2. R. Stuart	CFR	11.02
3. A. Wheatman	Scarb	11.21

RAAS SKYLLEY PHERICK NY HINSHEY

Isle of Man

AM/9.5m/2600ft 15.06.02

The Raas Skylley Pherick Ny Hinshey, or Patrick Fell Race, saw Manx Championships leader, Tony Okell, return to winning ways. He gained revenge over recent Carraghyn winner, Richard Jamieson, to score his seventh win out of eight championship races.

Jamieson had led for most of the way until the final descent to South Barrule from the Whiskey Run, where Okell powered ahead to win by nearly three minutes. Postman, Ian Gale, finished very strongly pulling though the field to take a hard earned third.

The race had a reasonably good entry even though it clashed with the England team's match against Denmark in the World Cup.

The highlight of the race is the post race refreshments put on in the Glen Maye Village Hall by club stalwart, Margaret Qurik, which was greatly enjoyed by all the runners.

Richie Stevenson

1. T. Okell O/40	ManxH	1.29.48
2. R. Jamieson	ManxH	1.32.05
3. I. Gale	ManxFR	1.33.48
4. W. Smith	Unatt	1.35.22
5. I. Ronan O/40	ManxFR	1.38.26

VETERANS O/50

1. (7) D. Young	ManxFR	1.41.23
2. (8) R. Webb	ManxH	1.45.01
3. (10) R. Moughtin	WAC	1.47.39

VETERANS O/60

1. I. Chrystal	ManxFR	2.08.23
----------------	--------	---------

LADIES

1. R. Hooton	ManxFR	1.54.19
--------------	--------	---------

GLEN ROSA HORSESHOE

Isle of Arran

AL/12m/5500ft 15.06.02

1. R. Gallagher O/40	W'lands	2.31.06
2. J. Blackett	Middles	2.33.48
3. A. Anderson O/40	Solway	2.34.56
4. J. Stevenson O/40	Irvine	2.43.57
5. S. Templeman	Ochil	2.48.06
6. C. Near	Eryri	2.51.19
7. D. Makin O/40	AchR	2.56.22
8. M. MacLeod O/50	W'lands	2.58.09
9. G. Pryde O/40	Lomond	3.00.39
10. D. Rodgers	W'lands	3.04.44

VETERANS O/50

1. (8) M. MacLeod	W'lands	2.58.09
2. (18) A. McGuire	Fife	3.14.07
3. (19) A. Kenny	AchR	3.14.14

VETERANS O/60

1. (21) K. Burns	Carn	3.22.34
2. (29) G. Armstrong	HELP	3.49.28
3. (31) B. Gauld	Carn	3.53.39

LADIES

1. (27) J. Pearson	Clay	3.29.48
2. (32) P. Phillips	Eryri	3.54.54
3. (38) L. MacDermid O/50	H'land	4.40.14

39 finishers

ALFRED HULME GREAT HILL FELL RACE

Lancashire

BS/5.75m/1300ft 15.06.02

The 30th running of the Great Hill Fell Race saw the runners set off in apprehensive mood. The previous night, part of the track up Well Lane had been washed away by the torrential rain; this also resulted in the cancellation of the junior fell race on safety grounds.

First home was Steve Barlow but the highlight of the day was Nathan Lawton, who finished fourth overall and beating fell international, Tony Hesketh. This was an outstanding performance!

Horwich took the men's team title.

The ladies were led home by Susanne Budgett followed by local lady, Bernadette Carter.

The organisers, Chorley Athletic Club, would like to thank all club members who helped marshal the event, and the local police for their support.

Terry Dickenson

1. S. Barlow O/40	Horw	37.28
2. C. Shuttleworth O/40	Prest	38.52
3. M. Lee	Ross	39.46
4. N. Lawton Jun	Chor	40.02
5. T. Hesketh O/50	Horw	40.05
6. D. Parkington	Prest	40.09
7. A. Sunter	Horw	40.36
8. M. Christie O/40	Chor	40.40
9. D. Archer O/40	Bury	40.57
10. J. Rutter	Clay	41.16

VETERANS O/50

1. (5) T. Hesketh	Horw	40.05
2. (20) P. Gilham	Chor	45.13
3. (22) G. Large	NthnV	45.33

VETERANS O/60

1. (42) G. Navan	Ross	51.14
2. (43) M. McDonald	NthnV	51.22
3. (49) G. Arnold	Prest	53.00

LADIES

1. (19) S. Budgett O/35	Horw	44.38
2. (35) B. Carter O/35	Chor	48.03
3. (33) B. Rutter O/35	Unatt	49.07
4. (35) K. Thompson O/45	Clay	49.45
5. (36) M. White O/50	Horw	50.14

66 finishers

BARNSELY BOUNDARY RELAY RACE

South Yorkshire

CL/10 x 72m 16.06.02

After a gap of a year due to the F & M epidemic, the relay had its ninth running at Cannon Hall Country Park. Rotherham Harriers relegated the year 200 winner, Barnsley Athletic Club, to second place with Kimberworth Striders a close third. Up to the half way stage, Barnsley had built up what looked like a comfortable lead but strong running by the Rotherham team over the last three legs, reversed the position and gave them a final lead over Barnsley.

Rotherham Ladies made it a double for the club by winning the ladies' event for the second year in succession, with Barnsley ladies in second place.

This annual event, a major challenge by any standards, follows the boundary of Barnsley Metropolitan Borough as closely as possible on footpaths, bridleways and minor country roads. The route encompasses some of Barnsley's most delightful countryside from the high Pennine moorlands of the Peak National Park to the west to the lowlands of the Dearne Valley in the east.

Philip Thompson

1. Rotherham AC	8.36.00
2. Barnsley AC	8.43.00
3. Kimberworth 'A'	8.52.00
4. Barnsley Harriers	9.40.00
5. Penistone FPR	9.47.00

VETERANS O/40

1. (6) Kimberworth Vets	9.51.00
-------------------------	---------

VETERANS O/50

1. (13) Barnsley Veterans	11.41.00
---------------------------	----------

LADIES

1. (10) Rotherham AC	10.57.00
2. (12) Barnsley Harriers	11.30.00
3. (14) Penistone FPR	12.06.00

BALLYHOURA HILL RACE

County Limerick

AS/5m/1700ft 16.06.02

Irish International, Sean Twomey ran a fine tactical race in deplorable weather conditions to take Ballyhoura 2002, but not without a fight.

The race, was taken out by Junior International, James Doran, who opted to run the 10Km course. The young Riocht AC Athlete broke from the line, obviously working in tandem with his fellow clubman and coach Willie Reidy and had built up a 5 metre lead over Glenosheen. He led the field through the Goat's Path and on to the Kildorrery road. Tadhg Vaughan had by this point tacked on to the leading bunch which included veteran athlete Mike McAuliffe. Doran pushed on but Twomey was gaining, Reidy was giving it his every-thing on the way out to Seefin. Twomey had the situation in hand, however, by the foot of the mountain. He swept past the Riocht pair and hit for the summit gaining ground with every stride. Vaughan, who obviously had Twomey in his sights after their herculean tangle in the Crohaun race recently, was merely 20 metres behind at the top.

Twomey stretched his lead on the descent but Vaughan chased like a man possessed. Twomey was ahead entering the Black Ditch but only just.

Twomey fared much better than the Coolquill man in the muck and had 70 metres in hand coming off the Ditch. The indomitable Mike McAuliffe had by now caught Vaughan. Reidy came out of the blue on the way down the road and a mega duel ensued between himself and Vaughan. Reidy forged ahead slightly but Vaughan hauled him back. It was tit for tat with gusto. Twomey was still 20 metres ahead and comfortable. Vaughan moved into 2nd position once again entering Lenihan's Loop. These positions held to the end.

It was, however, an amazing race for the young Riocht Athlete, James Doran, who bravely mixed it with the big boys on their own turf. He covered the course in the very respectable time of 45.30, which made him 5th over-all. A bright future beckons! McAuliffe finished on 45.12 to win the veteran category once again.

Blaithin Hannon had it all her own way in the senior ladies when she finished well clear of Miriam Feehan. American visitor, Maureen White of South Carolina was third on 52.31.

1. S. Twomey	Gneev	43.40
2. T. Vaughan	Coolqu	44.20
3. W. Reidy	Riocht	44.34
4. M. McAuliffe O/40	Riocht	45.12
5. J. Doran Junior	Riocht	45.30

VETERANS O/40

1. (4) M. McAuliffe	Riocht	45.12
2. (8) P. O'Riordan	WLimerick	51.40
3. (9) J. Collins	Duhall	52.22

VETERANS O/50

1. (20) B. Collins	Limerick	59.18
2. (22) B. Byrne	Riocht	59.50
3. (23) T. Feehan	N'mkt	61.30

34 finishers

LADIES (6.2km course)

1. B. Hannon	St Finb	39.24
2. M. Feehan	N'mkt	47.57
3. M. White	Scarol	52.31
4. J. Hilliard O/45	Riocht	55.53

34 finishers

FOX & HOUNDS**North Yorkshire****BM/9m/1500ft 18.06.02**

1. B. Roberts O/40	Middles	67.16
2. F. Smith O/40	Saltw	68.07
3. R. Hall	ThirskS	68.08
4. M. Cara	Middles	69.06
5. A. Normandale O/40	Acorn	70.02
6. P. Buckby O/40	Middles	70.15
7. P. Kelly O/40	Darling	70.16
8. I. Ellmore O/40	Scarb	70.25
9. P. Figg	Quak	70.37
10. R. Pollard O/40	Middles	70.39

VETERANS O/50

1. (16) T. Ward	Swale	74.16
2. (24) P. Connor	Middles	79.15
3. (26) M. Shaw	Middles	80.56

VETERANS O/60

1. (31) M. Coles	Skyrac	82.07
2. (60) K. Hildore	NMarske	95.06

LADIES

1. (25) A. Raw	Darling	79.51
2. (39) M. Czarnecka	Scarb	85.58
3. (42) A. Hayward O/40	ThirskS	86.49

71 finishers**BOAR'S HEAD HILL RACE****Derbyshire****BM/8m/1200ft 19.06.02**

Fine conditions and very dry ground underfoot, extending almost to the perpetually boggy section after the Bowstones track, augured well for some very fast times and although John Cookson took the race by the scruff of the neck and shot into an immediate lead which he never looked like surrendering, he was still, surprisingly, nearly three minutes adrift of Mark Kinch's record - a very fine performance nevertheless; maybe an alternative route choice up to Bowstones might do the trick for him next year! The ladies' race was won by the current record-holder, Cecilia Greasley, who, although four minutes off her own best time, was well in front of second placed Suzanne Budgett. The age profile of our sport was echoed in the large number of vets in the field - 58% in total, of whom 32% were V40, 22% were V50 and 4% were V60 - and congratulations are due to Graham Morson in thirteenth place as first V50 and John Amies in an astounding twenty-seventh place as first V60 - "Age shall not wither them, etc., etc.."

Unfortunately, because of the demise of a number of Poynton businesses who sponsored the race, because of the insistence on a £60 access fee by the National Trust and because (in common with a lot of races this year) the size of the field was down on previous years, the race was unable to continue its previously unbroken tradition of providing a substantial donation to Guide Dogs for the Blind; a lot of thought will go into rectifying this situation for next year.

Dave Jones

1. J. Cookson	Salf	48.33
2. M. Hartell	Macc	50.37
3. D. Norman	Altr	50.39
4. D. Dunn	Penn	50.46
5. N. Leigh	Altr	50.58
6. D. Gartley O/40	Gloss	51.12
7. P. Nichol	Altr	51.36
8. D. Nicholls	Macc	51.42
9. D. Rudd O/40	Altr	51.48
10. I. Ward	Bux	52.17

VETERANS O/40

1. (6) D. Gartley	Gloss	51.12
2. (9) D. Rudd	Altr	51.48
3. (12) T. McGaff	Penn	52.45

VETERANS O/50

1. (13) G. Morson	Bux	52.49
2. (16) L. Best	Stock	54.19
3. (23) T. Longman	Macc	56.46

VETERANS O/60

1. (27) J. Amies	Congle	58.03
2. (66) C. Bryans	Stockt	63.53
3. (105) B. Thackery	DPk	71.17

LADIES

1. (33) C. Greasley O/40	Macc	58.22
2. (49) S. Budgett	Horw	61.08
3. (56) J. Phizaklea	Bux	62.36
4. (70) J. Bradwell O/40	EChesh	64.14
5. (85) J. Gardner O/40	Bux	66.30

LADY V50

1. (111) M. Chippendale	Penn	72.19
-------------------------	------	-------

LADY V60

1. (136) M. Harrison		105.13
----------------------	--	--------

COITY FELL RACE**Gwent****BS/5m/1000ft 19.06.02**

For a race that changes direction alternate years, most people, including the organiser, can't remember which way it's supposed to be! So, just to add to the confusion, I decided to change it completely. I fear the increase in the use of motorbikes on our hills has eroded what used to be reasonable bridlepaths into rutted rock strewn wastelands, so a change was needed. A bit less climb and all on tracks but a bit longer seemed to be generally well received and generated faster times.

A win by Dafydd Lambeth from a non-fell running club was perhaps evidence that the all-track format isn't ideal for a fell race. Local runner, Adrian Woods, came close and was first veteran comfortably in front of Simon Blease, second veteran. Steve Herrinton was six minutes clear in the super veteran section, while a somewhat depleted (after a marathon the week before!), Cledwyn Jones took the super super veteran prize unopposed.

A rather disappointing field of only 21, the lowest ever down from the first race in 1993 when 59 started, is a lot of worry! Was it the year off from F & M (though bizarrely we did run the race in 2001 between outbreaks), or is the ageing population of fell runners finally hanging up the boots! Two thirds of the field were veterans or close, yet again.

Gareth Buffett

1. D. Lambeth		37.57
2. A. Woods O/40		38.18
3. O. Jones		38.40
4. T. Gibbs		39.33
5. A. Reilly		41.33

VETERANS O/40

1. (2) A. Woods		38.18
2. (8) S. Blease		42.26
3. (9) P. Lewis		43.10

VETERANS O/50

1. (10) S. Herrington		43.54
2. (16) J. Sweeting		50.05
3. (17) E. Meredith		52.05

VETERANS O/60

1. (19) C. Jones		59.10
------------------	--	-------

LADIES

1. (14) A. Jones O/35		45.37
-----------------------	--	-------

21 finishers**BLACKAMoor CHASE****Derbyshire****BM/6.5m/1400ft 20.06.02**

1. S. Penney	Chestf'd	41.31
2. L. Banton	Clowne	43.09
3. S. Bell	DkPk	43.30
4. P. Young O/40	Hallam	44.39
5. C. Osborne	SheffTri	45.56
6. J. Boyle	DkPk	46.14
7. M. Moorhouse O/50	Matlock	46.19
8. T. Fairbrothers	Unatt	46.22
9. P. Keen O/50	Hallam	46.25
10. D. Beresford	DkPk	47.02

VETERANS O/40

1. (4) P. Young	Hallam	44.39
2. (11) K. Holmes	DkPk	47.08
3. (14) D. Allen	DkPk	48.09

VETERANS O/50

1. (7) M. Moorhouse	Matlock	46.19
2. (9) P. Keen	Hallam	46.25
3. (22) R. Hope	DoncSt	49.58

VETERANS O/60

1. (83) R. Mason	Totley	56.36
2. (85) J. Clarke	SheffTri	56.55
3. (139) T. Platts	Clowne	63.52

VETERANS O/70

1. (159) R. Buckland	Clowne	77.52
----------------------	--------	-------

LADIES

1. (48) J. Bednall	SheffTri	52.50
2. (84) P. Goodall O/35	Totley	56.46
3. (86) L. Bland	DkPk	57.01
4. (87) E. Kay	Hallam	57.11
5. (92) E. Dent	Totley	57.40
6. (93) N. Millward	Totley	57.40

161 finishers**LONGCROFT ENGINEERING****MYTHOLMROYD MIDSUMMER MADNESS****3-DAY****West Yorkshire****21/22/23.06.02**

The Longcroft three day event was a terrific success with 35 runners completing all three events, and around 60-70 in each race. With glorious weather all weekend, orienteer Nick Barrable dominated the whole event at the sharp end, and his Swedish girlfriend Pernilla Karsson won two of the races, Jo Smith taking the Sunday race title. 28 year old Nick was born in Tonbridge Wells and has represented Great Britain and England as an Orienteer. He moved to Sweden to improve his craft a couple of years ago, now living in Stockholm. His best run on the fells is probably 10th at Snowdon, though he was 7th at Shining Tor.

Pernilla is 25 (yes, and blonde and very beautiful) and lives near to Gothenberg. She's a bit of a live wire with a 3-01 marathon p.b. and was using the 3 day as training for a multi-event, the 650 Km Arctic Circle Traverse. The event involves a team of 5 mountain biking, canoeing, running and orienteering from Sweden / Norway to the Baltic Sea.

The Tom Tittiman race, from Old Town village gala also encompassed the Yorkshire veterans' fell running championships, so many of my regulars took medals in that competition as well.

A big thankyou to Longcroft Engineering, (Sue and Alec Becconsall) for their very generous sponsorship, with prizes for the races and quality embroidered three day sweatshirts for the winner of each category in the grand prix and to Calder Valley fellrunners and many other helpers who supported the event.

Thanks to all the runners who made all the prior preparation and hard work a worthwhile project, especially the Leicestershire OWLS and The Springfield Striders from Essex boys team entering the spirit of the event and staying over for the entire weekend.

I still have ONE large size embroidered "3 day" sweatshirt left. Phone me first on 07866 043572 and it's yours for a tenner - proceeds to charity.

Proceeds from the event have been donated to the rescue services who assisted Linda Crabtree when she suffered a broken ankle during the Three Peaks Race in atrocious weather.

*Allan Greenwood***RACE 1 - WICKEN HILL WHIZZ****AS/3m/1000ft 21.06.02**

1. N. Barrable	Lothian	21.46
2. G. Ehrhardt	Tod	23.08
3. A. Clarke	CaldV	23.21
4. W. Ali U/18	Felld	24.21
5. C. Davies O/40	Sadd	25.02
6. D. Beels O/50	CaldV	25.28
7. A. Cutts O/40	VallStr	25.49
8. E. O'Connor	OWLS	25.52
9. B. Waterhouse O/50	Sadd	25.59
10. S. Moor	Kirkst	26.02

LADIES

1. (17) P. Karsson	Sweden	27.37
2. (23) A. Johnson O/35	CaldV	28.44
3. (30) J. Smith O/40	Tod	30.00
4. (32) T. Apps	Springf	30.18

61 finishers

RACE 2 – TOM TITTIMAN
CS/4m/600ft 22.06.02

1. N. Barrable	Lothian	26.06
2. R. Glover	Tod	27.53
3. J. Mason	Woodkirk	27.58
4. B. Goodison O/40	Holm	28.07
5. J. Carter U/18	Spn	28.14
6. C. Seddon	Horw	28.20
7. R. Griffiths O/40	Holm	28.26
8. R. Crossland O/40	BfdA	30.05
9. R. Kersey O/50	Holm	30.17
10. D. Beels O/50	CaldV	30.17

VETERANS O/60

1. (33) T. McDonald	Bing	33.22
2. (41) M. Coles	Skyrac	34.03
3. (49) T. Cock	Holm	34.55

LADIES

1. (24) P. Karsson	Sweden	32.14
2. (34) A. Johnson O/35	CaldV	33.25
3. (38) K. Drake O/40	Spn	33.51
4. (39) T. Apps	Springf	33.59

78 finishers

RACE 3 – RESERVOIR BOGS
BM/8m/1000ft 23.06.02

1. N. Barrable	Lothian	54.02
2. G. Ehrhardt	Tod	55.30
3. A. Wrench	Tod	55.36
4. J. Wright	Tod	59.20
5. P. Targett	Clay	63.47
6. B. Johnson	CaldV	64.05
7. A. Horsfall	Tod	64.25
8. D. Beels O/50	CaldV	65.07
9. E. O'Connor	OWLS	65.12
10. G. McNally	Unatt	65.57

VETERANS O/40

1. (12) A. Wardman	CaldV	66.24
2. (17) J. Fortescue	Fearnv	67.03
3. (20) M. Sargeant	OWLS	67.22

VETERANS O/50

1. (8) D. Beels	CaldV	65.07
2. (15) B. Waterhouse	Sadd	66.52
3. (24) L. Chesterton	OWLS	68.31

VETERANS O/60

1. (51) J. Devlin	Tod	79.25
2. (62) P. Duffy	NthnV	83.56
3. (66) G. Barrow	Tod	87.09

76 finishers

DRINAHILLY
(RACE 11 – HILL & DALE SERIES)
Mourne Mountains
AS/3.5m/800ft 21.06.02

Traditionally the last night of the Hill & Dale Series is a hot one. However, this year, the recent weather had been so poor and was yet again a feature on the night.

Not to be deterred, a record of 88 runners turned up ready to do battle on the shortest race of the Series, but with underfoot conditions more treacherous than they had ever been. Deon McNeilly and Shileen O'Kane had already retained their respective Championships, but the competition was to be as sharp as ever, with Robbie Bryson turning up seeking his second race win of the year and Davy McKibbin being joined in traditional fashion by brother Alan to increase the pace at the front.

The start was hectic, but as the runners turned onto the forest trail it was Bryson who emerged at the front in close order with McNeilly and Neil Carty, who was delivering another consistent performance. Behind, Alex Brennan was again mixing it with Ally McKibbin, Paul Mawhirt, Damien Brannigan and Simon Taylor. At the TV mast, it was Bryson around 25 seconds clear of McNeilly with Davy McKibbin and Carty locked in the battle for third and fourth. McNeilly never likes to lose and he descended the treacherous firebreak very quickly and set off on the one mile run across the forest to the finish closing in on Bryson with every stride.

Into the fast grassy descent to the finish and McNeilly was sprinting eyeballs out, but Bryson, casual as ever, did just enough to stay ahead and come home first. Davy McKibbin outpaced Carty to

come home in third. One of the tightest finishes of the night saw Ally McKibbin out sprint Mawhirt on the grass to grab an excellent 6th.

O'Kane won the ladies, well down this week, for a change, in 40th place overall with Clare Galbraith and Stephanie Pruzina in 2nd and 3rd respectively. Eoghan Gill was first junior in 14th place overall – also his age – a great future here. Surprisingly it was 15th place before first veteran Johnny Davis, made it home.

The Series prizegiving included a charity quiz, which will see £200 being donated to Kidney Research. Great thanks must go to the Avoca Hotel, which provided food and excellent hospitality. A record, by a long way, 101 runners completed the Series, which required six of the eleven races. Also an amazing 233 different runners competed in the Series. Finally, there was a record race average of 100 runners across the 11 races, topped by a massive 122 at Hen & Cock, the fourth race.

Overall results saw four former winners in the top six in the men's category with a continuing string of amazing performances in the veteran categories. Evergreen Jim Patterson led the way a few years ago with his stunning performances. However, these days, there are so many of the over 40s regularly appearing in the top 15, including Desi McHenry, who won the veteran 55 category and in the process recorded two top ten finishes. Robbie Bryson won two from two starts and it's hard to believe that he is a veteran now too and amazingly by next year, so will Deon McNeilly.

Jim Brown won a competitive veteran 40 category from Brian McBurney and Eddie O'Hagan.

Billy McKay took the veteran 50 title with a perfect six, ahead of Fred Hammond and Peter McGookin. No series is complete without a mention for the great running of Tom Donnelly, who won the veteran 60 title for the seventh year.

O'Kane won the ladies title from Cordiner and Charlotte Smith. More action was seen in the veteran's category won by Clare Galbraith from Alwyn Shannon, who had the misfortune of breaking her wrist in two places at the Rocky race. Third was Stephanie Pruzina.

'Runner's runner' for the Series went to Trevor Wilson, who has now completed 71 of the past 71 races (and 80 out of 81), an amazing achievement. The 'Lost in the Mountains' award was again keenly fought out this year with Davy McKibbin taking a select band of six leaders off course at Loughshannagh, but only good enough for third.

All in all, this represents the most successful Hill & Dale ever!

Bogboy

1. R. Bryson O/40	N'castle	23.31
2. D. McNeilly	N'castle	23.34
3. D. McKibbin	N'castle	24.10
4. N. Carty	NthBelf	24.12
5. A. Brennan	Ballym	24.37
6. A. McKibbin	N'castle	25.15
7. P. Mawhirt	N'castle	25.16
8. S. Taylor	BARF	25.20
9. F. Marsh	Ndown	25.35
10. D. Brannigan	N'castle	25.50

VETERANS O/40

1. (1) R. Bryson	N'castle	23.31
2. (15) J. Davis	ACKC	27.51
3. (16) P. Howie	Larne	27.53

VETERANS O/50

1. (19) D. McHenry	Willowf	28.31
2. (20) J. Curran	N'castle	28.37
3. (33) F. Hammond	BARF	30.30

LADIES

1. (40) S. McKane	BARF	31.22
2. (63) C. Galbraith O/40	ACKC	34.09
3. (66) S. Pruzina O/40	BARF	34.24

88 finishers

JAMES BLAKELEY FELL RACE
West Yorkshire
BS/3m/500ft 22.06.02

1. M. Buckingham U/20	Holm	20.53
2. R. Jackson	Horw	21.12
3. D. Harman	Holm	22.05
4. G. Hall	Holm	23.16
5. D. Middlemas	Holm	23.44

VETERANS O/40

1. (6) I. Johnson	Army	23.47
2. (12) R. Barker	DenbyD	25.57
3. (15) R. South	Holm	26.36

VETERANS O/50

1. (9) I. Mitchell	Long	24.54
--------------------	------	-------

LADIES

1. (26) I. Kemp	Holm	30.00
2. (30) R. Ackroyd O/35	Unatt	30.42
3. (34) A. Atkinson O/45	Otley	34.23

39 finishers

EILDON TWO HILLS RACE
Selkirkshire
AS/4.5m/1500ft 22.06.02

After a downpour of rain and hail before the ladies' race, the weather changed for the better and was dry but windy.

From watching the race at the Greenyards, you could see the runners were closely matched going across the skyline from left to Middle Hill and this lasted right into the finish with Andrea Priestley first, one second in front of Sara Carson. Sally Newman was third and first veteran.

In the men's race, John Brooks took the lead leaving Gibson Park and was never headed and led the 177 runners into the Greenyards. John Brooks' time of 26.51 was only 1.03 outside Kenny Stuart's record set in 1984 and he is one of only three people to break 27 minutes since then.

G F M

1. J. Brooks	Loch	26.51
2. I. Holmes	Bing	27.00
3. S. Booth	Borr	27.17
4. R. Jebb	Bing	27.21
5. M. Boulstridge	Mercia	27.24
6. J. Taylor	Bing	27.35
7. A. peace	Bing	27.56
8. M. Rigby	Amble	28.07
9. G. Devine	P&B	28.20
10. N. Sharp	Amble	28.24
11. M. Donnelly	Nth'land	28.31
12. M. Roberts O/40	Borr	28.34
13. D. Neill O/40	StaffsM	28.38
14. S. stainer	Amble	28.41
15. A. Kitchin	Lothian	28.52
16. M. Amor	CFR	28.55
17. N. Spence O/40	Borr	29.01
18. T. Werrett	Mercia	29.03
19. I. Wellock	EdinbUni	29.10
20. G. Crayston	CFR	29.15
21. S. Gibson	Shettle	29.36
22. G. Patten	Amble	29.31
23. I. Lewis	Shettle	29.36
24. A. Schofield	Borr	29.45
25. R. Gallagher O/40	W'lands	29.47
26. A. Anthony	Ochil	29.50
27. J. Hunt	CFR	30.00
28. J. Blackett	Middles	30.02
29. J. McQueen	Eryri	30.12
30. G. Wilkinson	Clay	30.12

VETERANS O/40

1. (12) M. Roberts	Borr	28.34
2. (13) D. Neill	StaffsM	28.38
3. (17) N. Spence	Borr	29.01
4. (25) R. Gallagher	W'lands	29.47
5. (32) G. Schofield	Horw	30.12
6. (36) J. Stephenson	Ochil	30.36

VETERANS O/50

1. (49) M. Walsh	Kend	31.13
2. (53) J. Winder	CaldV	31.37
3. (61) P. McWade	Clay	32.10
4. (69) J. Blair-Fish	Carn	32.48
5. (73) M. Hulme	Corsto	32.56
6. (74) J. Holt	Clay	32.58

VETERANS O/60

1. (99) P. Murray	Horw	35.13
2. (96) K. Burns	Carn	35.56
3. (117) B. Waldie	Carn	36.35
4. (144) B. Booth	Kesw	39.17
5. (155) S. Cromar	Dundee	41.08
6. (156) G. Armstrong	HELP	41.31

178 finishers

LADIES

1. A. Priestley	Ilk	32.39
2. S. Carson	CFR	32.40
3. S. Newman O/40	Gloss	32.54
4. L. Sharp	Kesw	33.20
5. A. Brand-Barker O/40	Kesw	34.28
6. P. Affleck O/40	Gala	34.39
7. S. Taylor	Bing	32.59
8. L. Wilson	Carn	35.36
9. S. Armitage O/40	Cosmic	35.42
10. K. Bailey	Bing	35.46
11. H. Johnson	Bing	35.53
12. J. Tait	Carn	36.13

61 finishers

HUNSHelf AMBLE Derbyshire

CM/8.5m/1100ft 22.06.02

The opening event of the Hunshelf Parish's celebration of the Queen's Golden Jubilee, the race went round the parish boundaries. The entire field, having taken a unilateral and unanimous decision not to run the road loop, cut some distance from the scheduled nine miles. The resulting fast times are therefore not PBs or records. Next year we will schedule the race on its now shorter route: runner power rules!

Andy Carruthers went one better than last time and was both first runner and first M40 home. First lady was Wendy Barnes. Sue Higham picked up the LV50 only seconds ahead of fellow club mate, Barbara Haigh. Richard Bory was first M50 with Keith Bamforth the M60.

Suggestions that we would not run the race next year met with such complimentary comments that we will run it again on June 21st at 11 a.m., but with no Jubilee to celebrate, we will have to think of something else to keep the village busy

David Horsfall

1. A. Carruthers O/40	Crawley	53.45
2. S. Rippon	Barnsley	54.13
3. M. Law	P'stone	56.55
4. S. Boulby	DenbyD	58.00
5. A. Moore O/40	DkPk	58.43
6. S. Dickinson	Barnsley	58.53
7. R. Bory O/50	VallHill	59.26
8. P. Morton	Unatt	59.32
9. I. Charlesworth	P'stone	59.39
10. P. Elliott O/40	DkPk	59.40

VETERANS O/50

1. (7) R. Bory	VallHill	59.26
2. (12) M. Cochrane	DkPk	60.02
3. (13) R. Innes	P'stone	60.28

VETERANS O/60

1. (16) K. Bamforth	RothV	62.13
2. (28) R. Brown	P'stone	68.26
3. (44) P. Parkin	P'stone	78.00

LADIES

1. (15) W. Barnes	Barnsley	61.40
2. (29) P. Goodall O/40	Totley	68.32
3. (40) S. Higham	P'stone	74.10
4. (41) B. Haigh	P'stone	74.50
5. (42) S. Charlesworth	P'stone	75.42
6. (43) S. Knott	P'stone	76.23

55 finishers

KINDER TROG Derbyshire

BL/18m/3490ft 23.06.02

1. K. Webster	Matlock	1.51.41
2. M. Hayman	DkPk	1.53.03
3. L. Footitt	Bux	1.53.09
4. P. Winskill	Penn	1.53.48
5. S. Entwisle O/40	Penn	2.01.04

VETERANS O/40

1. (5) S. Entwisle	Penn	2.01.04
2. (6) T. McGaff	Penn	2.01.10
3. (11) W. Brown O/40	CaldV	2.03.35

VETERANS O/50

1. (21) F. Fielding	Penn	2.12.27
2. (27) R. Scottney	Penn	2.13.13



Greg Houghton, V40 from Calder Valley, sets off up Mill Hill in determined mood at the Kinder Trog (Photo Keith Lodge)

LADIES

1. (22) C. Howard	Matlock	2.12.29
2. (38) M. Edgerton O/40	Penn	2.20.37
3. (42) H. Hargreaves	Penn	2.22.50
4. (45) L. Aitchison	DkPk	2.25.18
5. (48) J. Phizlackea	Bux	2.26.57

30 finishers

BEACON BATCH RACE Somerset

BS/5m/1000ft 25.06.02

This was the wettest early summer for years, which made conditions on the Batch interesting. There was mud where this time last year it was bone dry. The gorse was particularly dense, so the decision was made to alter the course slightly on safety grounds. The faster runners did not agree with this decision, although the remaining were pleased as it meant that it was possible to traverse the ground



Gavin Clegg (1st V40) tearing down Beacon Batch (Photo Dave Jones)

unscathed. 76 runners completed the course in good time and then retired to the pub for the prize giving and liquid refreshments.

Roger Hart

1. P. James	Unatt	32.16
2. C. Davey	CityBath	32.28
3. R. Gordon	Unatt	32.41
4. I. Andrews	SWRR	33.02
5. T. Balson	Unatt	34.00

VETERANS O/40

1. C. Clegg	Poole	34.09
2. C. Kelsey	Wells	35.15
3. J. Hargreaves	GWR	35.54

VETERANS O/50

1. P. Brown	TownC	37.07
2. T. Sperrin	Weston	39.44
3. C. Bloor	TownC	42.26

VETERANS O/60

1. M. Adams	Bristol	39.48
2. M. Coupe	Nailsea	42.38

LADIES

1. K. Kemp	Unatt	37.49
2. L. Daniel	BristOC	38.02
3. T. Daniel	Weston	38.26

LADIES VETERANS

1. M. Coates O/40	CheddV	47.48
2. G. Constable O/50	CheddV	47.39
3. J. Hallet	BristOC	47.59

76 finishers

HOPES WAKES FELL RACE Derbyshire

BS/4m/650ft 26.06.02

A recent dry spell of weather made for firm-to-hard conditions underfoot but a heavy rain shower before the start and another soon afterwards, resulted in a slippery descent to Twitchill Farm as evidenced by dirty and, in some cases, bruised or grazed lower limbs.

Malcolm Fowler had a comfortable lead at the finish after having pulled away from Phil Winskill and Ged Cudahy after the descent of Hope Brinks, during which the three of them had detached themselves from the immediate pack.

Derick Jewell

1. M. Fowler	Penn	26.09
2. P. Winskill	Penn	26.39
3. G. Cudahy	Stock	26.43
4. S. Marsden	Hallam	27.15
5. S. Bradstock	Unatt	27.28
6. A. Middleditch	DkPk	27.31
7. N. Bassett	StaffsM	27.39
8. T. Tett O/40	DkPk	27.43
9. J. Bacon	DkPk	28.52
10. L. Lilley Lady	Mans	28.54

VETERANS O/40

1. (8) T. Tett	DkPk	27.43
2. (11) G. Williams	DkPk	29.09
3. (12) R. Hutton	DkPk	29.12

VETERANS O/50

1. (15) M. Moorhouse	Matlock	29.37
2. (24) B. Waterhouse	Sadd	30.29
3. (25) R. Chapperton	Ref	30.33

LADIES

1. (10) L. Lilley	Mans	28.54
2. (32) L. Whittaker	Sadd	30.50
3. (34) S. Orridge	Notts	31.24
4. (39) H. Hargreaves	Penn	31.48
5. (43) K. Dalton	DkPk	32.01
6. (47) K. Mather	Sadd	32.13

139 finishers

LANGSTRATH RACE Cumbria

AS/4.5m/1400ft 26.06.02

1. N. Sharp	Amble	37.42
2. J. Davies	Borr	39.10
3. S. Hale	Perth	40.22
4. D. Birch	Kesw	41.22
5. P. Whitting O/40	Kend	41.49
6. P. Brittleton	Howgill	41.58
7. M. Lee	Ross	42.04
8. C. Speight O/40	Kend	43.28
9. K. Hagley	SWRR	43.36
10. P. Wilkin O/40	Mand	44.10

VETERANS O/50

1. (20) J. Downie	Kesw	49.13
2. (22) H. Dowe	NForest	50.10
3. (24) M. Litt	CFR	50.28

VETERANS O/60

1. (32) B. Booth	Kesw	53.27
2. (42) B. Johnson	CFR	59.01
3. (49) J. Nutter	Unatt	70.17

LADIES

1. (15) A. Brand-Barker O/40	Kesw	45.57
2. (33) A. Hale O/40	lfgota	53.43
3. (37) S. Lewsley O/40	Kesw	55.33

51 finishers

HARROCK HILL RACE (RACE 2)**Lancashire****CS/5.3m/950ft 26.06.02**

1. C. Seddon	Horw	33.08
2. A. Smith	Amble	33.30
3. D. Vaughan	EChesh	33.34
4. B. Bolland	Horw	34.31
5. P. Targett	Clay	34.48
6. T. Hesketh O/50	Horw	35.21
7. M. Christie O/40	Chor	36.00
8. R. Bowker O/40	S'portW'loo	36.03
9. T. Court	NewbN	36.26
10. S. Hemmings	Horw	36.30

VETERANS O/50

1. (6) T. Hesketh	Horw	35.21
2. (21) A. Turnbull	WiganP	39.30
3. (22) P. Gillham	Chor	39.54

VETERANS O/60

1. (54) M. McDonald	NthnV	47.51
---------------------	-------	-------

LADIES

1. (34) J. Coleman O/40	Chor	42.11
2. (38) J. Abbott	Horw	42.55
3. (39) C. Quirk	SkelmB	43.19

63 finishers

TIDSWELL FELL RACE**Derbyshire****BS/4.5m/820ft 28.06.02**

A dry bright evening with a good breeze. The number of runners was down on 2000 but still a god turnout with lots of new faces. There was a new course record once again of 26 minutes 4 seconds.

We hope to run the race again in the same week next year and to get close to our target of 200 runners.

We will be looking at the categories again this winter and will, hopefully, have more veteran and team categories.

Bill and Sandra Howard

1. M. Fowler	Penn	26.04
2. G. Cudahy	Stock	26.12
3. G. Ehrhart	Tod	26.32
4. P. Winskill	Kaff	27.00
5. T. Austin	Kaff	27.25
6. L. Banten	Clowne	27.48
7. I. Ward	Bux	27.52
8. G. Morson	Bux	28.25
9. S. James	Unatt	28.45
10. J. Teece	Matlock	29.02

VETERANS O/40

1. (8) G. Morson	Bux	28.25
2. (12) R. Hutton	DkPk	29.27
3. (14) M. Moorhouse	Matlock	29.50

LADIES

1. (34) S. Hodgson	Felland	32.14
2. (47) J. Phizacklea	Bux	33.36
3. (57) J. Gardner O/40	Bux	35.12
4. (60) L. Bland	DkPk	35.36
5. (63) P. Goodall O/40	Totley	35.46
6. (75) T. Erskine	Matlock	37.16

96 finishers

NANT-Y-MOCH SKYLINE RACE**Mid Wales****AL/12.4m/3900ft 29.06.02**

This year's race was a counter for both Mercia and Eryri in their club championships, giving a welcome boost to the entries. The route encircles the large Nant-y-moch hydro-electric reservoir, and goes over

six wild, lovely and little-visited hills, with Plynlimon the highest point.

Conditions were ideal: cloudy, cold on the summits, and bone-dry underfoot, with the mist holding off till it was too late to cause any navigational problems. The last big climb, up Plynlimon, saw three runners break away from the leading group of six, and coming down off the final summit, it turned into a tussle between Steve Jones and Andy Yapp. Andy hit the road first, but a thrilling sprint finish down the 400 yards of tarmac saw Steve the winner by four seconds.

Twice ladies' winner Victoria Musgrove beat her own record by ten minutes, but that wasn't enough this year, as Angela Brand-Barker ran a fine race to finish just 7 minutes off the pace and take the ladies' prize.

Evergreen John Marsh shrugged off a knee problem to win the Vet 50 prize for the second time - at the age of 60!

Richard Wilson

1. S. Jones O/40	Eryri	2.10.51
2. A. Yapp	Mercia	2.10.55
3. T. Jones O/40	Eryri	2.12.29
4. C. Flower	W'lands	2.12.53
5. A. Carruthers O/40	Hales	2.13.38

VETERANS O/50

1. (11) J. Marsh	TarrenH	2.22.08
2. (13) M. Blake	Eryri	2.28.45
3. (25) J. Coombes	Mercia	2.50.20

LADIES

1. (8) A. Brand-Barker O/40	Kesw	2.17.08
2. (17) V. Musgrove O/40	Eryri	2.30.59
3. (29) M. Oliver O/50	Eryri	3.12.58

30 finishers

SETTLE HILLS RACE**North Yorkshire****AM/7m/1750ft 30.06.02**

Andrew Schofield ran impressively to win the race beating Chris Miller by two minutes. Those runners who resisted the attraction of a certain football match competed in damp and blustery conditions, making the course more challenging than usual, and records were unlikely to fall. Those who later were to challenge for the top placings, were already to the fore soon after the race start in Settle Market Place, but Schofield was more at home on the rough ground above Attermire. He pulled away from Miller at the second checkpoint and had built an unassailable lead by the time he came to negotiate the final climb up High Hill with a mile to go.

New British champion, Mike Walsh, was first placed V50 runner with a fine fourth place overall, only being edged out in the sprint for the line by David Horsfall. Horsfall had moved through a group of runners over the last two miles to get into the medals. The evergreen Pete McWade was the second V50 in the top five.

Tricia Sloan was the first lady home, with Jo-Ann Prowse second (1st LV40), and Jean Rawlinson third (1st LV50). Again, the "more mature" runners filled the higher places.

In the junior races Joss Addison edged out local runner, Ben Morphet, with Jack Dugdale third. First girl was Emily Dent. The Under 14s race saw another close finish as Daniel Ashworth beat Tom Addison by five seconds. Anna Carter won the girls' race.

The races were kindly sponsored by F.H.Ellis, Settle Coal, and Ribblesdale Motors.

Anthony Shepherd

1. A. Schofield	Borr	52.53
2. C. Miller	Hgte	54.58
3. D. Horsfall O/40	Bing	55.49
4. M. Walsh O/50	Kend	55.53
5. P. McWade O/50	Clay	56.15
6. A. Pickles O/40	Unatt	56.25
7. M. Holroyd	Borr	56.39
8. M. Addison O/40	Kend	56.44
9. D. Waddington O/40	Unatt	57.12
10. C. Speight O/40	Kend	58.19

VETERANS O/60

1. (30) P. Jepson	Ross	65.10
2. (50) R. Bell	Amble	68.58

LADIES

1. (22) T. Sloan	Salf	61.09
2. (33) J. Prowse O/40	Kghly	66.19
3. (44) J. Rawlinson O/50	Clay	68.12
4. (51) J. Smith O/40	Tod	69.03
5. (58) L. Crabtree O/40	Hfx	71.18

84 finishers**Junior Race - Boys U/18**

1. J. Carter	Spenn	28.02
--------------	-------	-------

Boys U/14

1. D. Ashworth	Unatt	12.42
----------------	-------	-------

Girls U/14

1. A. Anderson	Unatt	18.11
----------------	-------	-------

Boys U/12

1. J. Addison	HelmH	7.36
---------------	-------	------

Girls U/12

1. E. Dent	Holm	7.52
------------	------	------

ARNISON DASH**Cumbria****AS/2m/1000ft 30.06.02**

Thank you to all 35 runners who took part in the 2002 Arnison Crag Race and a special thank you to Cumberland Fell Runners who had nominated our race as one of their Club Championship races and fielded 26 runners.

The weather turned a bit wet and windy just before the race started but, hopefully, you all enjoyed the race.

Congratulations to Rob Jebb who set a new record - in fact, the first seven runners (including the first O/40) broke the 2000 record of 16.24 - well done!

Finally, thanks to Catstycam Outdoor Shop in Glenridding who sponsored the prizes.

Christine Kenyon

1. R. Jebb	Bing	13.46
2. G. Crayston	CFR	14.02
3. M. Amor	CFR	15.26
4. B. Taylor	CFR	15.54
5. J. Hunt	CFR	15.55
6. H. Jarrett O/40	CFR	16.10
7. R. Lightfoot	CFR	16.20
8. P. Wilkin O/40	Mand	17.08
9. D. Atkinson	CFR	17.15
10. I. Marland O/40	CFR	17.31

VETERANS O/50

1. (21) J. Crummett	Tod	19.52
---------------------	-----	-------

VETERANS O/60

1. (30) B. Johnson	CFR	21.38
--------------------	-----	-------

LADIES

1. (17) H. Bransby	CFR	18.38
2. (19) S. Taylor	Bing	19.09
3. (34) J. Watson	CFR	24.06

35 finishers

PEACOCK CHALLENGE ONE-DAY**MOUNTAIN MARATHON****White Peak, Derbyshire****MM 30.06.02**

Seventy one teams fought out the inaugural running of the Peacock Challenge one day Mountain Marathon over some tough and varied terrain stretching from Deepdale to Stanton Moor and from Gratton Dale to Chatsworth in the White Peak of Derbyshire. The event is based on an orienteering score format with a maximum time of five hours.

We were delighted to welcome teams from all over England and Wales together with a formidable contingent from in and around the Peak District.

Weather conditions were generally good for the runners so route choice and fitness played a big part in getting back to the event centre (Lady Manners School, Bakewell) in the allotted time. In fact the rain stayed away until the poor old organisers went out to fetch in the controls after the event.

Competition was tight throughout the field with all categories being keenly fought.

The overall winners, Alan Ward and Richard Patton set a blistering pace to become the first holders of the Peacock Challenge Trophy. Behind them, barely 20 points separated the next 20 teams with several teams only a minute or two apart on the same score. Veteran teams were well represented filling

seven of the first ten places and there was a strong showing from the three adult/junior teams in the field.

I'm indebted to the catering crew who fed the teams at the finish and the to the organising team of Steve and Sian Mead, Barry Mosley, John Heald, Dave Furness and Yvonne Salome-Keetley.

We also received considerable support from local businesses, notably from Andy Fellows at the Peakstore.com, who are based in Bakewell.

The atmosphere and positive feedback from competitors augers well for the immediate future of this new event on the calendar and we look forward to next year and tackling the Peak again.

Paul Keetley

1. A. Ward/R. Patton	Bradwell	355 pts
2. S. Gregory/G. Sawford Vets	Nittham	300 pts
3. J. Newton/D. Newton Vets	Matlock	294 pts
4. R. Hakes/R. Small Vets	Sheff	290 pts
5. M. Browell/A. Pollard Vets	Sheff	290 pts
6. R. Jackson/P. Walters	Nittham	280 pts
7. S. Whittaker/J. Robinson Super Vets	Nittham	290 pts
8. J. Sharp/R. Bleakman Super Vets	Duff	280 pts
9. J. Brennan/K. Lowry Mixed Vets	Sheff	280 pts
10. A. Leonard/W. Mason Mixed	Chesh	280 pts

71 team finishers

GREAT BAKEWELL PUDDING RACE Derbyshire

CM/6.25m/695ft 30.06.02

Once again the race was blessed with some good weather, although a number of runners complained that it was very hot as you came out of the woods at the top end of Coombs Lane.

The winner this year was John Taylor who also broke the course record. John was also first to the "Top of the Hill". The first lady, for the second year running, but in a course record time this year, was Liz Lilley. In the veterans' race, Chris Rowe was first for the men whilst Jane Gregory led the ladies home. Finally, and by no means least, our local runners were again well represented with one or two new faces making an appearance. James Bacon could not match his record time of last year and finished in 18th place, while Leslie Brennan won the local ladies' race.

Also, in the fun run more course records were broken.

Finally, a big thank you to everyone who helped with organising and staging the event.

David Gray

1. J. Taylor	38.18
2. G. Cudham	41.36
3. L. Pridmore	41.52
4. M. Bradbury	42.15
5. D. Yates	42.59
6. D. Moffatt	43.36
7. C. Rowe O/40	44.01
8. S. Jones	44.02
9. P. Street	44.06
10. J. Goodwin	44.57
VETERANS O/40	
1. (7) C. Rowe	44.01
2. (11) K. Lenihan	45.12
3. (13) G. Williams	45.27
4. (14) M. Moorhouse	45.46
5. (15) A. Renfree	46.10

LADIES

1. (12) L. Lilley	45.16
2. (49) J. Griffiths O/40	51.58
3. (54) M. Mills O/40	52.20
4. (70) J. Gasgoine O/40	54.22
5. (71) H. Thorburn	54.22
6. (80) P. Goodall O/40	55.07

171 finishers

UPHILL MILE North Yorkshire AS/1m/600ft 02.07.02

A very pleasant night of competition with Paul Lowe setting new records for run, bike and combined. In the ladies' event, it was a junior, Kelly Rodmell, who established a new running record.

Dave Parry

1. P. Lowe	Middles	7.04
2. B. Roberts O/40	Middles	7.13
3. P. Buckley O/40	Middles	7.31
4. P. Figg	Quak	7.34
5. A. Henderson	Quak	7.36
6. C. Choules	ThirskS	7.45
7. R. Hall	ThirskS	7.55
8. R. Pollard O/40	Middles	7.59
9. S. Mechie O/40	ThirskS	8.14
10. C. Wright O/40	Middles	8.24

VETERANS O/50

1. (15) H. Smith	ThirskS	9.09
2. (18) K. Richardson	Quak	9.17
3. (20) J. Kettle	NMarske	9.35

LADIES

1. (12) K. Rodmell	Kl Hull	8.52
2. (16) K. White	Quak	9.13
3. (19) C. Lowe	Middles	9.20

33 finishers

TWENTY BARRIERS CHALLENGE Lancashire

CS/5m/500ft 02.07.02

Four ex-winners lined up for the eighth running of this traditional cross-country running event but none of them could eclipse the class of Graham Patten, who strode to a new course record of 30.57. He was chased home by Paul Muller, Frank Tominay and Mike Cronshaw respectively, all past winners. Diane Priestley, the other past winner of the ladies' section, gave best to Hazel Jones on this occasion.

Sixty six runners enjoyed the challenge of following an unmarshalled course, none more so than the stoic athlete who got bitten by a dog on the way out, was spattered by horse muck at half-way and then badly nettled himself on his return!

Prizes were donated by the Nuclear Electric, Heysham, and the race was sponsored by the Far Pavilion Tandoori Restaurant, Bolton-le-Sands.

A Stafford

1. G. Patten	Amble	30.57
2. P. Muller	Horw	31.09
3. F. McTominay O/40	LancsM	35.32
4. M. Cronshaw O/50	Unatt	35.35
5. P. Pollitt	CFR	35.48
6. S. Watson	Dallam	35.58
7. T. Langley	Unatt	36.08
8. M. Peat O/40	LancsM	36.14
9. J. Pudge	ERA	36.43
10. R. Roberts	Unatt	36.36

VETERANS O/50

1. (4) P. Cronshaw	Unatt	35.35
2. (11) M. Bray	LancsM	36.42
3. (12) M. Leack	LancsM	36.47

VETERANS O/60

1. (32) P. Taylor	Border	40.51
2. (34) B. Murphy	FordH	42.19
3. (40) B. Nicholson	Kend	43.14

LADIES

1. (21) H. Jones	Unatt	38.19
2. (33) D. Priestley O/50	Kend	41.57
3. (35) M. Parker O/45	Kend	42.23
4. (38) M. Smith O/45	Kend	42.33

63 finishers

RAINOW HILL RACE Cheshire

BS/5m/750ft 02.07.02

Seventy six runners from as far afield as Penrith and Cornwall turned out for The Rainow Five Fell Race, which returned to the racing calendar after a two year absence. The race was run in warm humid conditions that culminated in a spectacular thunderstorm part way through.

Malcolm Fowler dominated the proceedings leading from the bell, with 16-year-old Simon Ellis, a name to watch out for in the future, chasing him hard!

Third was Damien Nicholls. Kate Bailey fought off a strong challenge from Cecilia Greasley to come home as first lady, with local girl Nicola Hill taking third place.

Earlier in the evening 15 youngsters ran a shortened course. Local lad Declan Murray coming home in

first place in second place was Simon Ellis's younger brother Andrew. Third overall was Rowena Evans.

Colin Fray

1. M. Fowler	Penn	32.40
2. A. Ellis Junior	ValeR	32.26
3. D. Nichols	Macc	33.58
4. G. Macneil	Helsby	34.06
5. N. Bassett	StaffsM	35.04
6. M. Williams	Penn	36.11
7. I. Warhurst O/40	Penn	37.01
8. P. Drabble O/40	Bux	37.11
9. G. McCara O/40	Helsby	37.13
10. B. Gregory O/40	Stock	37.24

VETERANS O/50

1. (25) M. Docherty	Unatt	42.11
2. (27) D. Tucker	Macc	42.41
3. (29) A. Watts	Wilms	43.08

VETERANS O/60

1. (50) B. Thackery	DkPk	49.32
2. (60) T. Faulkner	Wilms	53.50
3. (62) E. Normansell	Stock	54.46

LADIES

1. (20) K. Bailey	Unatt	40.29
2. (21) C. Greasley O/40	Macc	40.48
3. (31) N. Hills	Unatt	43.22
4. (37) K. Trueman	Unatt	45.42
5. (49) B. Murray O/40	Macc	49.26

74 finishers

Junior Race

1. D. Murray	Macc	11.53
2. S. Ellis	ValeR	12.10
3. R. Evans	Macc	13.11
4. A. Oskooi	Stock	13.44
5. C. Murray	Unatt	14.03

15 finishers

SHELF MOOR UPHILL ONLY FELL RACE AS/3m/2463ft 03.07.02

Thanks to all who rain in poor conditions and driving rain. This was by far the best turnout in three years!

Thanks to John Brightmore for recording times etc., on his own at the top of James's Thorn.

Des Gibbons

1. M. Plano	Traff	18.39
2. G. Erhardt	Tod	19.08
3. P. Winskill	Penn	19.32
4. A. Ellis Junio	ValeR	19.35
5. M. Buckingham Jun	Holm	19.45
6. M. Hill	Doss	20.09
7. T. Austin	DkPk	20.17
8. A. Trigg	Unatt	20.39
9. P. Nichol	Altr	20.47
10. D. Dunn	Penn	20.54

VETERANS O/40

1. (13) N. Peach	Sale	21.04
2. (19) D. Archer	Bury	21.54
3. (20) S. Entwistle	Penn	21.58

VETERANS O/50

1. (17) K. Payne	StubGr	21.38
2. (23) K. Holt	Birchfld	22.16
3. (37) N. Bland	Kghly	24.02

VETERANS O/60

1. (80) B. Thackery	DkPk	31.11
---------------------	------	-------

LADIES

1. (22) C. Tomkinson	Charnw	22.13
2. (29) B. Allott	Salf	23.06
3. (36) K. Dalton	DkPk	24.01
4. (39) K. Harvey O/40	Altr	24.14
5. (44) J. Carson	EChesh	24.47

82 finishers

AGGIES STAIRCASE Lancashire BS/4m/900ft 04.07.02

The warm but damp weather brought out clouds of midges to torment the marshals and timekeepers. Thousands more were drowned in the sweat of the 128 runners who turned out to complete the three climbs of Darwen Moor over tracks and paths riven by recent heavy rain.

Will Sullivan won by over a minute, although well outside the record, whilst Vanessa Peacock retained her ladies' title despite being slower than her own

2000 record. Organising club, Darwen Dashers, couldn't compete with Clayton for the top prizes but managed victories at opposite ends of the age scale from Neil Charlton in the under 18s and Don Ashton and Maureen Roberts in the over 60s.

Julian Donnelly

1. W. Sullivan	Clay	30.15
2. M. Lee	Ross	31.21
3. P. Thompson	Clay	31.44
4. M. Theaker	Clay	31.49
5. J. Houghton O/40	NIylde	31.53
6. L. Dowthwaite O/40	Bowland	32.15
7. S. Clawson	Ross	32.33
8. P. Pollitt	CFL	32.46
9. D. Raby	Chor	32.48
10. D. Parkington	Prest	32.51

VETERANS O/50

1. (28) K. Taylor	Ross	34.38
2. (41) G. Wright	Ross	36.52
3. (48) P. Gillham	Chor	37.23

VETERANS O/60

1. (47) D. Ashton	DarwD	37.16
2. (78) J. Swift	Chor	41.58
3. (80) G. Navan	Ross	42.11

LADIES

1. (35) V. Peacock O/40	Clay	35.26
2. (43) D. Gowans	Acc	36.56
3. (67) Z. Haslam	DarwD	40.07
4. J. Chaplin O/40	Chor	41.32
5. (77) D. Atkins	Chor	41.42
6. (84) K. Thompson O/40	Clay	42.22

128 finishers

**PILSLEY FELL RACE
Derbyshire
BS/5.5m/750ft 04.07.02**

1. L. Banton	Clowne	37.10
2. M. Hayman	DkPk	38.17
3. A. Caruthers O/40	Crawley	38.51
4. M. Moorhouse O/50	Matlock	39.58
5. R. Davison	DkPk	40.06
6. R. Hutton O/40	DkPk	29.09
7. A. Relifree O/40	Unatt	40.21
8. J. Wilson	Unatt	40.39
9. D. Tait O/50	DkPk	42.04
10. A. Kay O/40	Unatt	42.10

LADIES

1. (27) J. Phizlackea	Bux	45.28
2. (35) F. Kay	Hharr	48.59
3. (40) J. Gardner O/40	Bux	49.50
4. (48) P. Firth-Lee O/50	Unatt	50.55
5. (49) J. Welbourn O/50	P'stone	51.19

71 finishers

**SHUTLINGSLOE FELL RACE
Derbyshire
AS/2m/825ft 04.07.02**

1. S. Bailey	StaffsM	16.02
2. L. Taggart	Bux	16.53
3. R. Patton	DkPk	18.10
4. D. Gartley O/40	Gloss	19.13
5. N. Bassett	StaffsM	19.21
6. G. Morson O/40	Bux	19.25
7. J. Batt	Bux	20.12
8. T. Egerton	Traff	20.30
8. D. Clifford	FormOne	20.30
10. A. Renfree O/40	Unatt	20.56

LADIES

1. (13) L. Batt	Bux	21.41
2. (19) L. Lohman	Macc	23.26
3. (32) M. Kershaw	Macc	28.26

JUNIORS

1. (17) S. Cameron	Stock	22.52
2. (18) L. Morson	Bux	23.18
3. (26) J. Whalley	Unatt	25.42

44 finishers

**WHARFEDALE TTT
North Yorkshire
5/6/7 July 2002**

After an enforced absence last year due to the F & M epidemic, the 6th Wharfedale TTT Grand Prix promoted by Bingley Harriers & A.C. attracted a similar field for the three races as in previous years.

The organisers would like a few more competitors for each race, which would make the event more interesting and the income would be useful!

The weather forecast for the weekend was not too good, but as it turned out it was perfect for running, camping and spectating.

Kettlewell is a typical Yorkshire Dales village and the three races take advantage of the variety of local terrain which provides all the essentials for three tough days of racing as reflected in the event name Tarmac, Trail and Tussock (TTT)

The Friday evening 3 mile uphill only road race could only take place after competitors had negotiated their way past film crews working on the 'Rylstone W.I. Calendar' movie.

The first ten places in the race were peppered with fell internationals with Ian Holmes finally keeping everyone at bay to win comfortably but over half a minute outside the course record.

The Saturday race is a tough 'A' medium event and involves navigation. Competitor, Graham Breeze, comments 'The Organisers emphasise the importance of navigational skills but every year experienced fell runners, who should know better, blindly follow the running shorts in front of their noses rather than follow a compass bearing to Great Whernside summit and overtake the sheep of the Indian file peloton'. The navigation is not difficult, but the organisers feel justified in keeping the map reading and use of the compass as part of the event so that the Grand Prix represents and includes all aspects of fell running.

Gary Devine and Andy Peace broke away early in the race, running together most of the course, Gary getting the advantage on the fast descent to the finish. Sally Newman finished a very creditable ninth overall. Graham Breeze (no doubt having used his navigational skills to good effect) finished eleventh overall as first veteran O/50.

With the Grand Prix taking shape, the overall champion depended on the result of the Sunday 'A' category short fell race. Andy Peace won this race convincingly but with Gary in second place the overall points score went in favour Gary who took the accolade a the 2002 Grand Prix Champion.

Andy had to settle for second place with Gary Taylor showing consistency to finish first veteran O/40. Graham Breeze once again took the veteran O/50 category. Jane Smith persevered over the three events to win the ladies' title, the veteran ladies' categories being dominated by the large Scarborough contingent.

Thanks to the main sponsor, Bradford based Redhead International (freight handling worldwide), Running Bear and Conlon Associates but most of all to those competitors who made the weekend so enjoyable.

Dave Weatherhead

Grand Prix

1. G. Devine	P&B	7pts
2. A. Peace	Bing	8pts
3. G. Taylor O/40	DarwD	21pts
4. P. Hindle	Kghly	27pts
5. D. Asquith O/40	Skyrac	36pts
6. G. Breeze O/50	Skyrac	44pts
7. J. Fortescue O/40	Fearnv	44pts
8. D. Wilkinson	Roch	44pts
9. A. Cutts O/40	VallStr	50pts
10. B. Weedon O/40	Kghly	60pts

VETERANS O/50

1. (6) G. Breeze	Skyrac	44pts
2. (12) N. Bland	Kghly	65pts
3. (13) G. Bell	Scarb	73pts

LADIES

1. (11) J. Smith	DkPk	65pts
2. (32) S. Brown O/35	Scarb	149pts
3. (33) J. Clayton O/35	Scarb	152pts

36 finishers

Race 1

1. I. Holmes	Bing	17.15
2. J. Taylor	Bing	17.32
3. J. Callaghan	Kghly	17.35

LADIES

1. (15) H. Jackson	Bing	21.57
2. (19) J. Smith	DkPk	22.23
3. (21) K. Bailey	Bing	22.34

59 finishers

Race 2

1. G. Devine	P&B	1.23.32
2. A. Peace	Bing	1.23.54
3. S. Mancina	P&B	1.34.39

LADIES

1. (9) S. Newman O/35	Gloss	1.38.57
2. (19) J. Smith	DkPk	1.43.26
3. (35) K. Pickles	Spn	1.51.10

62 finishers

Race 3

1. A. Peace	Bing	12.16
2. G. Devine	P&B	12.51
3. A. Wood	Bing	12.58

LADIES

1. (27) J. Smith	DkPk	16.19
2. (37) C. Preston O/35	Kghly	17.29
3. (39) R. Sharples O/35	Kghly	17.43

53 finishers

**TOCKHOLES GALA
Lancashire
BS/5.5m/1000ft 06.07.02**

91 runners enjoyed this varied route through woodland and over the moors to Darwen Tower on a pleasantly warm Saturday afternoon. Stolen flags threatened to make life hard for the organisers and marshals but in the event enough remained to guide most runners through without any navigational mishaps.

The gala organisers had parked an ice cream van, four portable toilets and a brass band across the finish route on to the sports field so the finish was moved out on to the lane to avoid congestion. A look of consternation and surprise was seen to cross the face of the chief timekeeper, normally noted for his military precision, as he realised that Sean Livesey and James Logue had raced in two and a half minutes inside the record, whilst he was looking the other way. Thanks for your understanding Sean and James; and thanks to all the runners who expressed their appreciation of the event, you make organising a pleasure.

Julian Donnelly

1. S. Livesey	Clay	38.32
2. J. Logue	Horw	38.42
3. W. Sullivan	Clay	39.35
4. A. Smith	DarwD	39.52
5. B. Boland	Horw	40.15
6. B. Cole	RoyMar	40.33
7. C. Seddon	Horw	40.49
8. C. Shuttleworth O/40	Prest	41.19
9. N. Holding O/40	WPenn	41.35
10. W. Ali 11/18	Felldand	41.43

VETERANS O/50

1. (18) S. Kirkbride	Kend	43.46
2. (27) P. Lyons	Ross	45.07
3. (28) R. Futrell	Holm	45.13

VETERANS O/60

1. (36) P. Jepson	Unatt	47.01
2. (42) D. Ashton	DarwD	48.39
3. (81) G. Arnold	Prest	58.31

LADIES

1. (37) V. Peacock O/40	Clay	47.14
2. (49) J. Hodgkinson O/40	Prest	50.46
3. (52) Z. Haslam	DarwD	51.11
4. (65) J. Shaw	DarwD	54.13
5. (71) S. Corsini	DarwD	56.36
6. (76) D. Valley	BoltLtd	57.29

90 finishers

**ELLAN VANNIN FELL RACE
Isle of Man
AL/13.5m/3500ft 07.07.02**

This year's race was held over a new shorter course based on the hills in the west of the Island. Attracting runners to do long races is a problem on the Isle of Man just as it is in the rest of the British Isles. It was hoped that a change of scenery and a reduction in the race distance from 20 to 15 miles would encourage more people to take part but it only resulted in a small increase in numbers.

The new course did prove popular and covered some stunningly beautiful areas that are rarely used in our races and included the very steep climb to the summit of Slieu Freoghane from the northern

side, probably the most difficult ascent in any Manx race.

Tony Okell again came out on top but it was at a high cost as he finished with a calf injury that looks like preventing him from running for the Isle of Man in the Snowdon International. Laxey GP, David Young, used all his years of experience to track long-time second place man, Ian Gale, for most of the course and then when Gale made a bad route choice towards the checkpoint at Druidale Water Splash, he took full advantage to take second place and first veteran over 50. Relative newcomer to the sport, Simon Skillicorn, got past Gale but was repassed near the finish, a fine run nonetheless.

Richie Stevenson

1. T. Okell O/40	ManxH	2.50.34
2. D. Young O/50	ManxFR	2.53.07
3. I. Gale	ManxFR	2.59.20
4. S. Skillicorn	Unatt	2.59.37
5. A. Corrin O/40	Western	3.27.00
6. P. Curphy	Nthn	3.29.49

VETERANS O/50		
1. D. Young	ManxFR	2.53.07
2. P. Cooper	IOMVets	3.33.02
3. J. Brewis	ManxFR	3.51.49

VETERANS O/60		
1. I. Chrystal	ManxFR	3.45.59

LANGDALE GALA FELL RACE

Cumbria

BS/2.5m/350ft 07.07.02

Tim Tipping won the senior fell race by fourteen seconds from Pete Brittleton.

Conditions were fine with some sunshine. The fell race and gala were resurrected again after last year's cancellation due to the F & M epidemic.

1. T. Tipping	Inverkyde	12.35
2. P. Brittleton	Unatt	12.49
3. T. Ellis U/17	Bolt	12.52
4. M. Edwards	Unatt	13.17
5. T. Johns	MCR Tri	13.26

VETERANS O/40		
1. (7) C. Speight	Kend	13.39

VETERANS O/50		
1. (14) L. Sands	Holm	14.21

LADIES		
1. (15) L. Lacon	Holm	14.21
2. (21) V. Wilkinson	Amble	16.42

25 finishers

SKIDDAW FELL RACE

Cumbria

AM/9m/2700ft 07.07.02

Wisden's Cricket Almanac for 2001 declares Keswick Cricket Ground, the base for Skiddaw Fell Race, to be "the loveliest cricket ground in Britain". It would be hard to argue with that judgement at this year's Skiddaw Fell Race.

After a few years of poor weather and low numbers, not to mention last year's enforced lay-off, the Skiddaw finally had the sort of field, and the conditions, which this classic Lakeland event and its setting deserve.

The winner, a newcomer to fell running, Matt Plano, was the first of the crop of talented youngsters in this race. In third place was U/20, Joe Symonds, and the ladies were led by Sara Carson and Beth Allott in 16th and 17th places respectively.

Allan Buckley

1. M. Plano	Traff	1.07.25
2. T. Werrett	Mercia	1.08.38
3. J. Symonds U/20	Unatt	1.09.02
4. C. Roberts	Kend	1.10.01
5. T. Austen	DkPk	1.11.56
6. D. Schofield	Borr	1.12.12
7. R. Jackson	Horw	1.12.27
8. D. Frampton O/40	Kesw	1.12.44
9. J. Deegan	Amble	1.13.02
10. S. Jackson O/40	Horw	1.13.25

VETERANS O/50		
1. (15) P. McWade	Clay	1.17.02
2. (21) J. Winn	CFR	1.19.13
3. (51) R. McInroy	Helsby	1.26.47

VETERANS O/60

1. (56) F. Gibbs	Bing	1.27.26
2. (85) B. Booth	Kesw	1.34.35
3. (87) R. Bell	Amble	1.35.26

VETERANS O/70

1. 1. (120) H. Catlow	CFR	1.47.59
-----------------------	-----	---------

LADIES

1. (16) S. Carson	CFR	1.17.06
2. (17) B. Allott	Salf	1.17.23
3. (36) L. Heyes	Salf	1.22.33
4. (45) H. Krynen	Kesw	1.24.53
5. (50) K. Harvey	Altr	1.26.37

130 finishers

PEN Y GHENT

North Yorkshire

AS/5.5m/1650ft 08.07.02

Thanks to all the runners for their co-operation with the new low key self-reliant mountain race attitude which made for a pleasant afternoon.

Andrew Hinde

1. C. Roberts	Kend	47.47
2. W. Smith	Kghly	47.58
3. S. Oldfield O/40	BfdA	48.02
4. G. Oldfield	P&B	48.59
5. S. Sweeney	Bowland	49.48
6. C. Miller	Hgte	53.02
7. S. Wadsworth	Wharfe	53.47
8. G. Moffat O/40	Howgill	53.52
9. C. Shuttleworth O/40	Prest	54.02
10. L. Athersmith	Skip	54.04

VETERANS O/50

1. (58) D. Shinn	Kend	61.55
2. (59) W. Helliwell	FRA	62.27
3. (64) D. Hird	Wharfe	63.33

VETERANS O/60

1. (41) P. Jepson	Ross	59.42
2. (43) N. Bush	Ilk	59.57
3. (76) R. Jaques	Clay	64.09

VETERANS O/70

1. (116) H. Catlow	CFR	73.15
--------------------	-----	-------

LADIES

1. (48) J. Prowse O/40	Kghly	60.24
2. (54) H. Glover	Kghly	60.56
3. (69) C. Waterhouse	Hfx	63.54
4. (79) J. Foster O/40	Kghly	65.28
5. (81) S. Slater	Settle	65.57

127 finishers

HATHERSAGE GALA FELL RACE

Derbyshire

BS/4.5m/925ft 08.07.02

1. M. Fowler	Penn	27.55
2. L. Banton	Clowne	28.30
3. S. Penney	Chestf'd	28.48
4. D. Dunn	Penn	29.11
5. S. Bell	DkPk	29.11
6. S. Marsden	Hallam	29.35
7. D. Gartley O/40	Gloss	29.58
8. P. Young O/40	Hallam	30.25
9. K. Payne O/50	StubGr	30.38
10. M. Nolan	DkPk	30.50

VETERANS O/40

1. (7) D. Gartley	Gloss	29.58
2. (8) P. Young	Hallam	30.25
3. (11) S. Entwisle	Penn	31.02

VETERANS O/50

1. (9) K. Payne	StubGr	30.38
2. (51) C. Barber	DkPk	34.39
3. (52) C. Kneeshaw	FRA	34.41

VETERANS O/60

1. (97) R. Mason	Totley	39.07
2. (138) B. Howitt	Matlock	43.09
3. (142) M. Edwards	DkPk	45.03

LADIES

1. (46) K. Dalton	DkPk	34.02
2. (71) J. Griffiths O/40	DkPk	36.26
3. (75) H. Bloor O/40	DkPk	36.40
4. (78) K. Towers O/40	FatG	37.41
5. (83) L. Atchinson	Unatt	38.03

165 finishers

LORDS SEAT RACE (WHINLATTER FOREST SERIES 2002)

Cumbria

AS/5m/1400ft 09.07.02

A fine sunny evening with classic views over Bassenthwaite Lake. What more could a fellrunner want?

We were spared the sight of Richard Nankivell (off BBC Radio Cumbria) in his lycra shorts but unfortunately the midges came for supper!

Many thanks to all the marshals and helpers - we couldn't do without you!

Tony & Angela Brand-Barker

1. B. Taylor	CFR	35.23
2. G. Ives	Unatt	36.04
3. R. Mossop	Border	37.53
4. G. Dean	Bordr	37.53
5. R. Unwin O/40	Kesw	38.28
6. S. Holliday O/40	Cumb	38.40
7. P. Rockcliffe	Unatt	39.34
8. R. Lightfoot Junior	CRR	39.58
9. A. Brand-Barker Lady O/40	Kesw	40.14
10. I. McDougall	CFR	40.14

VETERANS O/50

1. (15) M. Litt	CFR	41.44
2. (16) D. Lees	CFR	41.47
3. (19) J. Downie	Kesw	42.29

VETERANS O/60

1. (38) C. Lates	BL	47.43
------------------	----	-------

LADIES

1. (9) A. Brand-Barker O/35	Kesw	40.14
2. (25) L. Thompson O/35	Kesw	43.51
3. (35) S. Lewsley O/35	Kesw	46.41

51 finishers

BULL HILL FELL RACE

Lancashire

BS/5.5m/830ft 11.07.02

The fourth running of the Bull Hill Fell Race from the Wagon & Horses at Hawkshaw produced a record of 88 entries.

The course record of 34.52 set by James Logue in 1999, was at risk on an ideal evening for running around some of the best views in the Bury area. James was well up on the course record time approaching Pilgrim's Cross but the recent heavy rain made this homebound section very muddy and slowed down the front runners. The leader was being pushed all the way up to this stage by the 18-year old Michael Aspinall, but the experienced James finished stronger just 28 seconds off the record in 35.20 with Michael in second place.

The ladies' winner was teenager Natalie White, who finished 16th overall in a very strong field. Her time of 41.28 dominated the ladies' section with the next finisher, Sue Ratcliffe, over seven minutes behind, but disgrace for Sue, a veteran O/45 giving almost 20 years on her victor!

Brian F Booth

1. J. Logue	Horw	35.20
2. M. Aspinall Jun	Radc	37.06
3. B. Bolland	Horw	37.39
4. S. Barlow O/40	Horw	38.10
5. W. Ali Jun	Felldanc	38.50
6. R. Owen O/40	DarwDash	39.35
7. S. Clawson	Ross	39.48
8. L. Dowthwaite O/40	Bowland	40.03
9. R. Elstone	Barns	40.26
10. R. Wynne O/40	Bowland	40.46

VETERANS O/50

1. (35) G. Wright	Ross	46.33
2. (36) G. Ccorless	M/cYMCA	46.38
3. (39) T. Varley	Horw	46.49

VETERANS O/60

1. (68) G. Navan	Ross	52.28
2. (81) M. Aspinall	Radc	57.40
3. (84) D. Dickson	Ross	61.44

VETERANS O/60

1. (75) D. Clutterbuck	Roch	55.26
------------------------	------	-------

LADIES		
1. (16) N. White Jun	Holm	41.28
2. (52) S. Ractcliffe O/45	Sadd	48.44
3. (58) C. McKenna	Middle	50.07
4. (63) N. Fellows	Eryri	50.56
5. (66) D. Allen	Bury	51.48
6. (72) V. Hamlet	Ross	53.18

88 finishers

WHORLTON CHASE North Yorkshire BM/7m/1200ft 11.07.02

1. B. Roberts O/40	Middles	44.09
2. M. Cara	Middles	44.47
3. R. Wilson	Scarb	45.58
4. P. Buckley O/40	Middles	45.58
5. B. Atkinson O/40	Knaves	46.00
6. R. Hall	ThirskS	46.15
7. P. Kelly O/40	Darling	46.19
8. I. Ellmore O/40	Scarb	46.20
9. S. Mechie O/40	ThirskS	46.21
10. G. Winder O/50	Scarb	46.22

VETERANS O/50		
1. (10) G. Winder	Scarb	46.22
2. (16) T. Ward	Swale	49.20
3. (18) K. Wilson	Middles	49.57

VETERANS O/60		
1. (53) M. Sherwood	NMarske	58.36
2. (67) K. Hildore	NMarske	63.08
3. (69) W. Metcalfe	Basil	63.27

LADIES		
1. (27) M. Czarnecka	Scarb	52.12
2. (42) A. Heywood O/40	ThirskS	55.19
3. (45) S. Gayter	NMarske	55.53

80 finishers

GRISEDAL GRIND (WHINLATTER FOREST SERIES 2002) Cumbria AS/3m/1600ft 11.07.02

Another fine evening! Rob Jebb crested the summit ridge vestless to round the marshal wrapped up in five layers to ward off the strong wind!

All runners were back within 53 minutes and the results typed and sent off by 10 00 p.m. Many thanks to all the helpers.

Brian Taylor is the "2002 Lord of the Forest". Lindsay Buck is the Lady (no longer unattached as we found out!)

Tony & Angela Brand-Barker

1. R. Jebb	Bing	28.00
2. D. Troman	Kesw	31.26
3. P. Singleton	Amble	31.32
4. B. Taylor	CFR	32.14
5. R. Lightfoot Junior	CFR	32.50
6. D. Spedding O/50	Kesw	33.20
7. J. Winn O/50	Kesw	33.57
8. D. Atkinson	CFR	34.38
9. I. Howard O/40	Fleet	35.35
10. L. Sharp Lady	Kesw	35.49

VETERANS O/40		
1. (9) I. Howard	Fleet	35.25
2. (11) P. Pearson	Saltw	35.51
3. (12) R. Unwin	Kesw	35.59

VETERANS O/50		
1. (6) D. Spedding	Kesw	33.20
2. (7) J. Winn	CFR	33.57
3. (15) M. Litt	CFR	36.43

VETERANS O/60		
1. (24) J. Richardson	CFR	39.07
2. (26) B. Booth	Kesw	39.29
3. (48) H. Blenkinsop	Kesw	51.01

LADIES		
1. (10) L. Sharp	Kesw	35.49
2. (25) J. Meeks O/35	Kesw	39.22
3. (27) L. Cowell O/35	Kesw	39.33

50 finishers

CHARLESWORTH & CHISWORTH CHALLENGE Derbyshire BS/3.25m/500ft 13.07.02

According to Andy Trigg in his June 2002 article 'Short Races I have loved', the 'Challenge' is, quote, 'better than going shopping on a Saturday

afternoon! (just). Andy must have been shopping this time too, knowing that his 1994 course record of 19.49 would have been safe on such a hot, sunny afternoon. Ged Cudahy repeated his 2000 win, this year's time being 21.32, well clear of the Dark Peak pair of Mark Hayman and Ian Warhurst. The Junior race, run over the same course, saw James Vincent first home in 29.30, well in front of joint second placers, Jack Daniels (yes, really!) and Tom Priestley.

For the first time in the 13-year history of the race, there was only one female entry, Elizabeth Allen, who had the pick of the prizes.

It was good to see people making the effort and special mention must be made of Peter Knott (V65), who gave up his Saturday afternoon shopping to run. After having to cancel in 2001 due to F & M (and a murder hunt on the moors above Charlesworth!) it was good to see some familiar faces returning.

Thanks to Glossop Venture Scouts for marshalling the course and very special thanks to Cec Rhodes of North Star Equipment, who winces every time I mention the words 'prizes' and 'donating' to him!

Bill Deakin

1. G. Cudahy	Stock	21.32
2. M. Hayman	DkPk	23.08
3. I. Warhurst O/40	Penn	23.45
4. K. Payne O/50	StubbGr	24.06
5. K. Beattie	Stock	24.19
6. M. Hudson	Bux	24.39
7. N. Winfield	Unatt	25.09
8. A. Wilkins O/40	Gloss	25.42
9. R. Scotney O/50	DkPk	25.43
10. F. Fielding O/50	DkPk	26.10

VETERANS O/60		
1. P. Knott	BkPl/Iy	34.42
2. T. Doyle	Unatt	35.25

JUNIORS U/14		
1. J. Vincent	Unatt	29.30
2. J. Daniels	Unatt	30.15
2. T. Priestley	Stock	30.15

52 finishers

STICKLEPATH/CAWSAND HILL RACE Devon AS/4m/1150ft 13.07.02

The annual Sticklepath/Cawsand run returned this year after an enforced absence last year due to the F & M crisis. A total of nine runners entered and were rewarded with almost ideal weather conditions.

The course consists of a run from Foundry Field in Sticklepath to the trig point on Cosdon Beacon and back again. Those who are familiar with this route will know that it is somewhat of a daunting walk let alone a run!

1. K. Hagley		30.28
2. A. Johnson O/35		37.33
3. D. Pinn O/40		41.32
4. J. McKechnie Jun		42.20
5. R. McKechnie		42.21
6. J. Maund O/35		42.42
7. J. Whalley O/50		46.27
8. A. Vince O/60		47.02
9. N. Champion O/40		52.19

Tracy Rice

BROOMHEAD CHASE Derbyshire BS/3.5m/800ft 14.07.02

A glorious weekend led up to nearly an incident free race - one runner stubbed his already sore toes. The weather was, if anything, too hot for the race but absolutely perfect for the gala and with the race being only 30-50 minutes long, it was not too much of a trauma.

Simon Rippon had a well deserved win and a role model for us all was third overall, Bob Toogood, Veteran Over 60.

Thanks to all runners for their positive comments regarding the race route and the setting of the gala in the beautiful Ewden Valley.

Is this the way our sport is going? Over three-quarters of all male runners were veterans and a third of all female runners were veterans, giving an overall total of 69% of competitors having veteran

status!

Come on all you youngsters, get off your backsides and give us oldies a run.

Andy Plummer

1. S. Rippon	Barns	28.04
2. K. Holmes O/40	DkPk	28.49
3. B. Toogood O/60	Hallam	28.56
4. R Sunman	Barns	29.10
5. J. Bell O/40	DenbyD	29.20
6. P. Hinchcliffe	Barns	29.42
7. D. Thompson	One2One	29.48
8. A. Shelbourne	Barns	29.53
9. D. Griffin O/40	Penn	30.36
10. M. Law	Barns	30.44

VETERANS O/50		
1. (17) J. Hewitt	Barns	33.03
2. (25) R. Walker	HolmeV	34.55
3. (27) M. Cartwright	Penn	35.35

VETERANS O/60		
1. (3) B. Toogood	Hallam	28.56
2. (18) K. Bamforth	HolmeVSqu	33.14
3. (35) B. Needle	DkPk	36.55

LADIES		
1. (29) F. Davies	One2One	35.57
2. (34) E. Brown	P&B	36.50
3. (39) N. Spinks	Unatt	37.53
4. (43) B. Haigh O/50	Penn	40.02

52 finishers

BOOTLE BLACK COMBE FELL RACE Cumbria AS/5.5m/1900ft 14.07.02

1. J. Bland	Borr	42.42
2. M. Amor	CFR	42.53
3. A. Ward	DkPk	44.02
4. D. Gartley O/40	Gloss	46.32
5. M. Addison O/40	Kend	47.01
6. M. Walsh O/50	Kend	47.23
7. D. Spedding O/50	Kesw	49.46
8. J. Ritson O/40	Derwent	50.19
9. R. Harrison O/40	CFR	51.14
10. R. Ansell O/40	Tring	51.54

VETERANS O/50		
1. (6) M. Walsh	Kend	47.23
2. (7) D. Spedding	Kesw	49.46
3. (20) D. Shinn	Kend	57.59

LADIES		
1. (24) J. Casey	Barrow	63.34
2. (26) L. Buck	CFR	66.14
3. (31) M. Rosen	LancsM	78.34

31 finishers

PEAK FOREST FELL RACE Derbyshire CM/6m/650ft 14.07.02

Judging from the number of e-mails we have received, the ninety runners who took part in this year's race certainly enjoyed the day as well as the composition. Because of the F & M epidemic last year, we had to cancel the event. The winner in 2000, Malcolm Fowler, was unable to defend his title because of commitments at work but he has a worthy successor in Phil Winskill, who finished in fine style to win the men's race in 40.13.

Katherine Harvey successfully defended the trophy she won in 2000 and was the first lady home in 48.07.

Once again, the competitors came from all over the north and midlands and we even had a runner from Vancouver, Canada, though I suspect she was here on holiday rather than having made the trip just for the race!

Our thanks are due to everyone who took part, to those who looked after the registration, provided refreshments and acted as marshals. Our thanks are also due to Hugh Barton, our timekeeper, whose telephonic system enabled the results to be conveyed to the Reading Room as they happened.

We are also grateful to Tarmax of Buxton whose generosity helped towards the costs of the medals and prizes.

Harry Trent

1. P. Winskill	Penn	40.13
2. D. Byers	Traff	40.55
3. P. Nichol	Altr	41.21
4. P. McWade Veteran	Clay	42.50
5. R. Houghton	Unatt	42.56
6. R. Clucas Veteran	Unatt	43.20
7. I. Warhurst Veteran	Penn	43.59
8. D. O'Brien Veteran	Bux	44.13
9. R. Keal	Unatt	44.56
10. D. Bradbury	DkPk	44.58

LADIES

1. (18) K. Harvey Veteran	Altr	48.07
2. (31) J. Phizlackea Veteran	Bux	51.08
3. (33) H. Bloor Veteran	DkPk	51.41
4. (45) H. Thorburn	DkPk	53.22
5. (46) L. Parry Veteran	Cleeth	53.22

90 finishers

BLISCO DASH Cumbria AS/5m/2000ft 17.07.02

Another gorgeously sunny evening met hardy souls arriving at the Old Dungeon Ghyll for the "World's Cheapest Fell Race". Unsurprisingly, the first three places were filled by Yorkshiremen suitably equipped with short arms and long pockets!

Solid runs from Rob Jebb and Hilde Krynen brought home the beer but Steve Shaw was a little surprised to be winging back to Chorley with a couple of gallons of paint stripping lager after taking 69 minutes to "dash" up and down Blisco. He should maybe sell it an buy a pair of shoes capable of surviving the world's toughest race!

P.S. Sorry about the summit marshal who decided to set off on the Bob Graham that night and did a sub 20 hours - well done Gary Thorpedo!

Selwyn Wright

1. R. Jebb	Bing	40.12
2. A Ward	DkPk	41.18
3. C. Moses	Bing	42.51
4. P. Singleton	Amble	43.20
5. P. Whiting O/40	Kend	43.56
6. S. Shuttleworth	Amble	44.29
7. G. Sumner	Ross	46.11
8. C. Reade	Bowland	46.29
9. D. Spedding O/50	Kesw	46.51
10. A. Miller O/40	Kend	47.11

VETERANS O/60

1. (28) P. Dowker	Kend	55.09
-------------------	------	-------

LADIES

1. (21) H. Krynen	Kesw	52.11
2. (25) L. Thompson O/35	Kesw	53.31

45 finishers

BAMFORD CARNIVAL Derbyshire BS/4.5m/1000ft 17.07.02

The winner, Malcolm Fowler, successfully defended his title from 2000 as there was no race in 2001 due to the F & M epidemic. The female winner, Natalie White, was an impressive 18th overall.

The Under 18 category was won by youngster, Dan Tett, whose dad won the senior race in 1991!

There were prizes for both male and female Under 18s but there were only four entrants. I will continue to encourage the youngsters so please tell any youngsters out there about the Bamford!

Peter Mackey

1. M. Fowler	Penn	29.10
2. P. Winskill	Penn	29.40
3. A. Middleton	DkPk	30.15
4. M. Crosby	Altr	30.19
5. D. Dunne	Penn	30.20
6. S. Bell	DkPk	30.34
7. D. Nicholls	Macc	31.11
8. J. Morgan	BlDeath	31.18
9. S. Entwistle O/40	Penn	31.37
10. N. Winfield	Unatt	31.41

VETERANS O/40

1. (9) S. Entwistle	Penn	31.37
2. (13) P. Drabble	Bux	32.22
3. (14) S. Rippon	Barns	32.31

VETERANS O/50

1. (17) K. Payne	StubGr	32.40
2. (23) T. Hulme	Penn	33.32
3. (41) G. Hayes	Barns	34.52

VETERANS O/60

1. (156) C. Henson	DkPk	43.03
2. (183) J. Norman	DkPk	46.16
3. (187) T. Tovey	Barns	46.32

LADIES

1. (18) N. White	Holm	33.08
2. (54) K. Dalton	DkPk	35.38
3. (62) H. Hargreaves	Penn	35.59
4. (85) J. Mellor	Penn	37.31
5. (86) K. Towers O/40	Unatt	37.32
6. (94) J. Phizlackea	Bux	37.57

227 finishers

INGLEBOROUGH FELL RACE Lancashire AM/7m/2000ft 20.07.02

After the cancellation of last year's race, the weather of the morning shined upon us, but with half an hour to go the rain started. But as the locals know, if you can see Ingleborough then it can't be raining too hard. So the ascent was accompanied with slight drizzle but it didn't last long and most of the runners completed the race in sunshine.

As I spent most of the late afternoon trying to sort out results, I forgot to get the race report prior to it being tidied away, but that's just another thing to remember next year!

David McGonnigal

1. J. Taylor	Bing	47.09
2. C. Beecham	Highgate	50.37
3. A. Robertshaw	Otley	50.43
4. P. Dobson	Leeds	51.22
5. E. Nash	Kend	52.19
6. M. Llinares	HIII	52.22
7. S. Macina	P&B	52.23
8. S. Green	P&B	52.30
9. J. Wiczorek	Acc	52.45
10. K. Gray	CaldV	52.52

VETERANS O/40

1. (12) G. Moffat	Howgill	53.58
2. (14) S. Addison	Kend	54.11
3. (15) L. Dowthwaite	BOW	54.14

VETERANS O/50

1. (34) R. McArthur	Melth	56.43
2. (42) S. Kirkbride	Kend	58.05
3. (54) I. Cookson	RedR	59.35

VETERANS O/60

1. (64) P. Murray	Horw	60.29
2. (138) J. Devlin	Unatt	73.01
3. (145) H. Catlow	CFR	73.50

LADIES

1. (56) T. Sloan O/35	Salf	59.46
2. (71) E. Nutter	Ripon	61.22
3. (80) J. Prowse O/45	Kghly	62.31
4. (93) D. Gowans O/35	Acc	63.58
5. (107) C. Waterhouse O/35	Unatt	66.30

178 finishers

INTERMEDIATES

1. S. Hunn	Skip	25.19
2. S. Walsmsley	Skip	27.25
3. K. Ingram	Chor	28.51

JUNIORS

1. B. Morpeth	CFR	33.48
---------------	-----	-------

GATEGILL Cumbria

AS/4m/1600ft 20.07.02

A disappointing turnout but there were a lot of races on this weekend in the area and at least, those who ran seemed to enjoy the course - at least, they did when they'd finished!

Many thanks as ever to the marshals, especially Steve Hardwood.

Lyn Thompson

1. J. Blackett	Middles	31.02
2. S. Shuttleworth O/40	Amble	32.43
3. C. Jones O/40	Horw	33.50
4. D. Loan O/40	Unatt	34.09
5. N. Lockwood	Kesw	34.10
6. J. Went	Unatt	36.42
7. D. Owens O/40	Kesw	36.58
8. J. Downie O/50	Kesw	37.01
9. D. Shinn O/50	Kend	37.41
10. I. Robinson O/50	Clay	37.55

LADIES

1. (15) S. Lewsley	Kesw	46.45
--------------------	------	-------

18 finishers

TURNSLACK FELL RACE Lancashire AM/8m/2000ft 20.07.02

The first Turnslack Race was run 25 years ago and it is still being organised by the same man, Kevin Shand, whose outstanding fell running career was curtailed by injury, leading him to take up cycle racing, with which he is still involved.

This year's event served as the Inter-Counties Fell Race Championship and attracted teams from as far afield as Cumbria and the North East and Gloucestershire.

Rob Hope proved himself a worthy winner by romping home over half a minute ahead of Lou Sharp had an equally decisive victory in the ladies' race by leading throughout from Cumbrian colleague, Sara Carson, whom she finally beat by 1.46.



Louise Sharp, race winner and British Champion, at Turnslack (Photo Woodhead)

Among the veterans a dour battle between Mark Roberts (Cumbria) and Steve Oldfield (Yorkshire) was ultimately decided by a mere two seconds in favour of the Cumbrian, though Steve at least had the satisfaction of clinching the Inter-Counties team prize for Yorkshire. This result was, however, reversed in the ladies' race thanks to Sharon Forsyth's 8th placing.

The day was fine and sunny but with heavy going underfoot following torrential rain the previous day. New fencing on the moors, both in the initial climb out of the valley and on the way back from Trough Edge End, altered the course sufficiently to make Hope and Sharp's time the new records, replacing the long standing marks of Steve Hawkins (53.43: 1992) and Sarah Rowell (62.50: 1990)

Bill Smith

1. R. Hope	Yorks	60.24
2. G. Devine	Yorks	60.57
3. N. Sharp	Cumbria	61.05
4. M. Roberts O/40	Cumbria	61.40
5. S. Oldfield O/40	Yorks	61.42
6. S. Stainer	Cumbria	62.19
7. A. Wilton O/40	Staffs	62.27
8. D. Hope	GtrManch	62.49
9. R. Lawrence	Yorks	62.57
10. R. Hudson	Yorks	63.18

VETERANS O/40

1. M. Roberts	Cumbria	61.40
2. S. Oldfield	Yorks	61.42
3. S. A. Wilton	Staffs	62.27

VETERANS O/50

1. P. McWade	Clay	69.07
2. T. Hesketh	Horw	69.28
3. D. Beels	CaldV	73.07

VETERANS O/60

1. M. Coles	Skyrac	81.22
2. P. Duffy	NthnV	92.26
3. G. Arnold	Prest	100.13

VETERANS O/70

1. D. Clutterbuck	Roch	96.37
-------------------	------	-------

LADIES

1. L. Sharp	Cumbria	71.25
2. S. Carson	Cumbria	73.11
3. L. Whittaker	Warwick	75.43
4. K. Slater	Yorks	76.31
5. P. Munro	Yorks	77.13
6. S. Taylor	Yorks	77.58
7. K. Mather O/40	Sadd	79.42
8. S. Forsyth	Cumbria	80.00

Inter-County Team Results

1. Yorkshire	8 pts
2. Cumbria	13 pts
3. Cheshire	41 pts
4. Lancashire	44 pts
5. Greater Manchester	46 pts
6. Staffordshire	47 pts
7. North Wales	60 pts
8. Gloucestershire	81 pts
9. North East Counties	91 pts
10. Buckinghamshire	109 pts

LADIES

1. Cumbria	10 pts
2. Yorkshire	15 pts
3. Lancashire	31 pts
4. Cheshire	45 pts

RAS MOEL SIABOD

Gwynedd

AM/6.2m/2300ft 20.07.02

This year the race was a counter in both the Welsh and Eryri Club Championship series. This attracted a field of 83 senior runners, and 8 juniors.

After a recent dry spell the weather reverted to the usual periods of rain on the day of the race. A heavy shower shortly before the start ensured very slippery conditions underfoot. This resulted in two people (1 runner and 1 marshal) falling while descending. Both needed hospital treatment (stitches) but, thankfully, are now on the road to full recovery.

There was a close finish in both the men's and ladies' races. The first runner home was an ever improving Dylan Wynn Jones, followed by James McQueen. With Rob Halliday in 3rd position this ensured Eryri won the team prize. The ladies' race was won by Jenny Heming, who just managed to hold off Celia Mills. This was Jenny's first race since having a baby a few months ago.

I would like to thank the following for their support of the race: Race sponsors - Ultimate Outdoor, Valkris Communications, Outside, Cobdens Hotel, Cotswold, Ellis Brigham, Running Bear.

Landowners/occupiers - Garth Farm, Bryn Tyrch Farm, Forest Enterprise, Plas Y Brenin, Bryn Tyrch Hotel, Mike Cousins.

Marshalls and everyone who provided assistance on the day.

Ross Powell

1. D. Jones	Eryri	51.05
2. J. McQueen	Eryri	51.14
3. R. Halliday	Eryri	51.42
4. T. Higginbottom	Wrex	54.02
5. M. Forrest	LndnFR	54.14
6. C. Near	Eryri	55.17
7. A. Woods O/40	Eryri	55.22
8. K. Hagley	SWRR	55.37
9. D. Williams O/50	Eryri	56.37
10. T. Evans U/18	BroDys	57.37

VETERANS O/50

1. (9) D. Williams	Eryri	56.37
2. (15) M. Pickering	Eryri	60.05
3. (22) M. Blake	Eryri	61.00

VETERANS O/60

1. (55) P. Jones	Prestat	71.18
2. (68) R. Mason	Totley	76.15
3. (71) P. Norman	Wrex	78.15

LADIES

1. (41) J. Heming	Eryri	66.21
2. (42) C. Mills	Kenilw	66.21
3. (44) E. Dunnington O/40	Eryri	66.56
4. (47) A. Goode	BroDys	67.59
5. (49) V. Musgrove O/40	Eryri	68.28

82 finishers

KINNISIDE TWO TOPS

Cumbria

AS/3m/900ft 20.07.02

"Home is where the heart is".

Just ask the race winner, Alan Bowness. The English and British international spreadeagled his field to seal his 8th Kinniside victory. The event was once more the major attraction at the annual Cleator Moor Sports. The now deceased nine-mile event was an English championship counter in 1995 (Mark Kinch won). The old event was a devil to organise but the new three-miler offers superb viewing. Nearly all the course can be seen from the show field.

19-year old George Crayston continues to improve and will win this race one day methinks. George had to overcome a two-pronged challenge to make the runner-up spot his own. Brian Taylor also ran very well for third to hold off come-back man, Brian Thompson. The 1992 English champion will be a veteran O/40 by the time you read this, so keep an eye out for this tip-top runner's progress. Brian has been out of the sport for four years.

Another favourite, Jackie Hargreaves, returned to the steep stuff in splendid fashion finishing 16th overall. First veteran on the day was Gary Byers, who outgunned his "old mucker", Harry Jarrrt. The veteran O/50 plaudits went to Jackie Winn.

Forty five minutes later Bowness romped home in the Under 14 race - yep, Alan's 10-year old nephew, James, made sure that the family name went on both winners' trophies. Young James looks a very, very useful prospect. Watch this space folks!

Irvine Block

1. A. Bowness	CFR	22.38
2. G. Crayston U/20	CFR	24.28
3. B. Taylor	CFR	24.47
4. B. Thompson	Unatt	25.02
5. G. Byers O/40	CFR	26.31
6. H. Jarrett O/40	CFR	26.31
7. R. Harrison O/40	CFR	26.35
8. P. Crompton O/40	CFR	26.57
9. B. Riley O/40	CFR	27.00
10. R. Mossop	CFR	27.01

VETERANS O/50

1. (11) J. Winn	CFR	27.03
2. (19) J. Hope	AchR	28.20
3. (24) D. Lees	CFR	28.26

VETERANS O/60

1. (30) J. Richardson	CFR	30.42
2. (39) S. Watson	CFR	35.18
3. (40) B. Hillon	CFR	35.44

LADIES

1. J. Hargreaves	CFR	27.42
2. S. Ayers	CFR	33.31
3. L. Buck O/40	CFR	34.51
4. C. Watson	Unatt	35.33

INTERMEDIATES

1. (12) M. Smith U/18	Horw	27.17
2. (34) D. Hawley U/18	CFR	34.28
3. (41) D. McGee Girl U/16	CFR	35.44

47 finishers

JUNIORS - BOYS U/14

1. J. Bowness U/11	CFR	11.14
2. D. Hanabury U/14	CFR	11.54
3. L. Amor U/14	CFR	12.16

JUNIORS - GIRLS U/14

1. S. Hanabury U/11	CFR	16.06
2. C. Dublin U/14	Unatt	16.08
3. C. Southward U/14	Unatt	18.12

KENTMERE HORSESHOE

Cumbria

AM/11.9m/3300ft 21.07.02

In the early hours of the morning on 5 August, John Taylor died in his sleep from a heart attack, just two weeks after coming equal first in this year's Kentmere Horseshoe Fell Race. John was a true and dedicated athlete and it was always a pleasure to have John in the England Fellrunning Team. He always gave 100% and set a fine example for others to follow. He will be sadly missed by all who knew him.

Pete Bland

(Ex-England Team Manager & Race organiser)

1. J. Taylor	Bing	1.34.21
1. M. Roberts O/40	Borr	1.34.21
3. N. Spence O/40	Borr	1.36.28
4. J. Hunt	CFR	1.36.39
5. J. Deegan	Amble	1.36.58
6. J. Blackett	Mand	1.39.04
7. P. Leybourne	Salf	1.39.14
8. B. Molland	Horw	1.41.33
9. P. Whiting O/40	Kend	1.42.06
10. S. Shuttleworth O/40	Amble	1.42.32

VETERANS O/50

1. (13) M. Walsh	Kend	1.46.43
2. (15) K. Carr	Clay	1.47.28
3. (37) J. Coulson	Hgte	1.57.17

VETERANS O/60

1. 1. R. Jaques	Clay	2.08.38
2. (85) P. Dowker	Kend	2.14.19
3. (89) G. Charles	Vaux	2.17.11

LADIES

1. (39) S. Taylor	Bing	1.58.37
2. (50) A. Western	Ilk	2.02.47
3. (54) H. Thorburn	DkPk	2.04.39
4. (59) E. Barclay	Ilk	2.07.27
5. (83) C. Preston	Ilk	2.13.57
6. (91) S. Lewsley	Kesw	2.19.05

132 finishers

JACK & JILL CHALLENGE

West Sussex

BS/5.5m/1100ft 21.07.02

1. J. Baker	Chich	32.16
2. T. Allen	Havant	32.19
3. H. Ibrahim	Unatt	33.20
4. J. Baxter	BrightHH	34.15
5. B. Warren	Hailsh	34.28

VETERANS O/40

1. (9) J. Lowden	Crowbgh	36.23
2. (12) B. McShane	B'heath	37.00
3. (13) M. Boyton-Salts	Denmead	37.08

VETERANS O/50

1. (16) G. Hodges	Unatt	37.40
2. (17) K. Griffiths	StubbGr	37.41
3. (20) G. Howard	Ilk	37.56

LADIES

1. (22) L. Whiley O/35	ReadRR	38.27
2. (34) T. Martin	Steyn	40.50
3. K. Crook	Unatt	41.01
4. A. Garton O/35	Denmead	43.10
5. (48) J. Bateman	BrightHove	43.20
6. (50) K. Moore	BrightHove	43.30

146 finishers

DOWNLAND CHALLENGE

West Sussex

30m 21.07.02

1. G. Woolgar	BrightHove	3.33.26
2. M. Lynas	ThamesHH	3.38.54
3. B. Hennessey	Crawley	3.40.03
4. K. Harris O/40	RRC	3.44.30
5. S. Russell	BrightHove	3.45.35
6. D. Sanderson Lady O/35	Watford	3.50.31
7. W. Hill O/40	Crawley	3.58.23
8. G. Lyall O/40	HayLeath	4.03.49
9. G. Baker O/50	RRC	4.08.58
10. G. McDowell	Colch	4.08.59

VETERANS O/50

1. (9) G. Baker	RRC	4.08.58
2. (11) D. Lacy	Colch	4.14.27
3. (13) K. Fancett	TrailRA	4.15.35

LADIES

1. (6) D. Sanderson O/35	Watford	3.50.31
2. (16) S. Ashley O/35	SthLndn	4.22.39
3. (23) L. Finch O/35	Tadley	4.46.33

58 finishers

OLDFIELD GALA FELL RACE

West Yorkshire

BS/3m/500ft 21.07.02

This year saw a change in the course. The race still started at the Grouse Inn but was an out and back on the same route, to Keighley Reservoir. The finish was improved with its own private entry into the Gala Field to avoid the problems that had been encountered when the finish used the same access as the general public. To add atmosphere to the finish, the first runners were welcomed back to the sound of bagpipes, courtesy of a member of the Leeds Pipe Band.



..... and they can pull as well!!! The fell-running tug-of-war team at Oldfield Gala (Photo Woodhead)

The under 12s and under 14s ran the first part of the course and turned at the first stile. This format, while slightly longer than the old course, appeared to be a great improvement and will be repeated for next year's event. Next year we are hoping to introduce a number of children's events at the Gala field in addition to the fell race.

This year's winner was local national and international fell runner, Ian Holmes. Ian previously won the race in 1997. The first lady was another national and international fell runner,



FRA Junior Development Race about to get underway (Photo Woodhead)

Claire Tomkinson, who had travelled to the area from Charnwood to visit family.

John Collinson

1. I. Holmes	Bing	23.37
2. J. Ingram	Sadd	24.19
3. J. Carter	Spn	25.19
4. A. Wood	Bing	25.28
5. C. Moses	Bing	26.02
6. R. Barratt	Skip	26.07
7. G. Bird	Bing	26.33
8. G. Sumner	Ross	26.52
9. I. Ferguson O/40	Bing	27.18
10. L. Buxton	Kghly	27.22

VETERANS O/50

1. (26) J. Webster	VallStr	31.14
--------------------	---------	-------

LADIES

1. (20) C. Tomkinson	Charnw	29.15
2. (34) S. Watson O/45	VallStr	35.17

39 finishers

Junior Fell Race

1. O. Gee U/14	Unatt	10.12
2. N. Gould U/12	EastCh	10.22
3. B. Page U/12	Unatt	11.01

Children's Fell Race

1. J. Ferguson		
2. H. Postlethwaite		
3. Lilly M		

ROBIN HOOD "MONUMENTAL"

FELL RACE

Derbyshire

BS/5m/875ft 23.07.02

The Robin Hood "Monumental" Fell Race is so called because it takes in the two monuments, Nelson and Wellington, which overlook the village of Baslow. The race attracted 187 runners of which 185 managed to finish. The weather was good for fell running but due to previous days' rain, the ground in places was quite boggy.

Steven Penney won the race for the second year, running in a slower time, probably attributable to the conditions.

Many local people gave up their time to marshal with Edale Mountain Rescue supplying the emergency services. All monies raised went to Edale Mountain Rescue and the Children's Heart Surgery Fund at Killingbeck Hospital, Leeds.

Race sponsors were the Robin Hood Inn and Wolverhampton and Dudley Breweries, who donated prizes and a TV for a raffle. Mr John Cooper, Regional Manager of W & D Breweries, presented the prizes.

A very successful evening of fell racing.

1. S. Penney	Chestld	34.06
2. P. Winskill	Penn	34.45
3. T. Austin	DkPk	35.09
4. L. Banton	Clowne	35.09
5. S. Marsden	Hallam	35.25
6. T. Tett O/40	DkPk	35.28
7. C. Rowe O/40	Matlock	37.40

8. J. Bacon	DkPk	37.47
9. J. Teeck	Matlock	38.02
10. P. Street	NDerby	38.07

VETERANS O/50

1. (15) M. Moorhouse	Matlock	39.04
----------------------	---------	-------

LADIES

1. (38) K. Dalton	DkPk	42.06
2. (41) H. Hargreaves	Penn	42.13
3. (72) J. Phizlackea	Bux	44.19
4. (85) K. Towers O/35	Unatt	46.04

185 finishers

DUPONT ROSEBERRY TOPPING

North Yorkshire

AS/1.5m/715ft 23.07.02

1. P. Figg	Quak	12.47
2. J. Blackett	Middles	13.03
3. M. Cara	Middles	13.08
4. N. Conway	DkPk	13.16
5. C. Stead	N'land	13.28
6. I. Ellmore O/40	Scarb	13.35
7. G. Watson	Durham	13.45
8. S. Mechie O/40	ThirskS	13.47
9. J. Goodwin	Middles	13.48
10. J. Skidmore	Midles	13.51

VETERANS O/50

1. (13) G. Winder	Scarb	14.19
2. (29) M. Shaw	Middles	16.28
3. (33) H. Smith	ThirskS	16.52

VETERANS O/60

1. (48) R. Sherwood	NMarske	19.08
2. (50) R. Cutts	Long	19.24
3. (57) K. Hildore	NMarske	20.09

LADIES

1. (25) K. White	Quak	15.52
2. (31) K. Rodmell	KHull	16.45
3. (38) K. Neesam	NMarske	17.27

63 finishers

RAAS VAROOL

Isle of Man

AS/3.5m/1750ft 23.07.02

The Raas Varool, or North Barrule Fell Race, was run in good conditions although a thick bank of mist covered the summit making careful navigation a must.

Manx League leader, Tony Okell, is still trying to recover from the injury he picked up in the recent Ellan Vannin Race making him a non-starter in this 3.5 mile out and back course from Ramsey Hairpin. Richard Jamieson was hot favourite to win and he ran a controlled race from the front arriving at the summit turning point with a lead of around 50 yards, which he increased to just over a minute at the finish.

There was a great race-long battle for runner-up that eventually went to former judo expert, Wayne Smith, the relative newcomer to fell racing pleased with his best result to date. Third and first veteran O/40 was Tont Rowley in his first event for a long

time, with David Young in a superb fourth and top O/50.

The ever consistent Rose Hooton was again top lady, ahead of Penny Thorpe with Ian Chrystal from nearby Maughold again top O/60.

Richie Stevenson

1. R. Jamieson	Nthn	36.55
2. W. Smith	ManxFR	37.58
3. T. Rowley O/40	ManxFR	38.14
4. D. Young O/50	ManxFR	38.19
5. N. Percival	ManxH	38.40
6. S. Skillicorn	Unatt	39.11

VETERANS O/40

1. T. Rowley	ManxFR	38.14
2. A. Corrin	Western	42.01
3. P. Crowe	Nthn	42.56

VETERANS O/50

1. D. Young	ManxFR	38.19
2. D. Corrin	ManxH	43.40
3. P. Cooper	IOMVets	44.44

VETERANS O/60

1. I. Chrystal	ManxFR	51.31
----------------	--------	-------

LADIES

1. R. Hooton	ManxFR	45.59
2. P. Thorpe	Unatt	53.13

**HARROCK HILL RACE (RACE 3)
Lancashire**

CS/5.3m/950ft 24.07.02

1. P. Muller O/40	Horw	32.21
2. C. Seddon	Horw	33.03
3. B. Bolland	Horw	33.20
4. A. Smith	Amble	33.24
5. J. Burnett	S'portWloo	34.26
6. M. Manir	WiganP	34.29
7. A. Eccles O/40	WiganP	34.31
8. P. Derbyshire O/40	WiganP	34.36
9. T. Hesketh O/50	Horw	34.48
10. A. Alty O/40	Chor	35.04

VETERANS O/50

1. (9) T. Hesketh	Horw	34.48
2. (27) A. Turnbull	WiganP	39.02
3. (29) G. Large	NthnV	39.38

VETERANS O/60

1. D. Adelsburg	SkemB	62.42
-----------------	-------	-------

LADIES

1. (43) J. Coleman O/45	Chor	42.31
2. (47) C. Quirk O/45	SkemB	43.11
3. (53) A. Crabtree	Chor	44.12
4. (55) J. Atkins O/50	Chor	44.16

71 finishers

**WIDDOP FELL RACE
West Yorkshire**

BM/7m/1200ft 24.07.02

The mist of the previous night dissolved into a warm clear evening for this tough moorland race on the Yorkshire/Lancashire watershed. The honours on the night went to Yorkshire by an inch, since Todmorden lies on the county boundary. George Ehrhardt made his intentions known as he raced off at the start ahead of team-mate, Andy Wrench, a lead he kept up the first climb and over the infamous tussock section.

By the time they reached the road crossing below the last climb up through Blake Dean, Andy had pulled out a 40 second advantage over George who was passed on the climb by fast finishing Simon Thompson. Lucy Whittaker had a strong run to take the honours in the ladies' race from Jo Smith. As I marshalled at the road crossing, many runners passed comment about underfoot conditions over the moor section from how deep the bogs were to some unprintable comments about the toughness of the course, but all enjoyed their efforts, or so I am told!

Todmorden took the team award and former winner, Mike Wallis, had to make do with the 1st V/40 prize this year. Many thanks to Calder Valley club members for flagging the route the previous night, and to all who helped out on the night and hope to see you all again next year when due to popular demand a Junior race will also be held.

Tony Bradley

1. A. Wrench	Tod	48.44
2. S. Thompson	Clay	49.32
3. G. Ehrhardt	Tod	50.09
4. J. Ingram	Sadd	50.56
5. M. Wallis O/40	Clay	51.19
6. A. Clarke	CaldV	52.16
7. I. Greenwood O/40	Clay	53.47
8. R. Glover	Tod	54.00
9. S. Clawson	Ross	54.55
10. G. Taylor	Darwin	55.09

VETERANS O/50

1. J. Pickle	Clay	59.16
2. R. Sutcliffe	CladV	62.47
3. D. MacCallum	Clay	63.13

VETERANS O/60

1. M. Coles	Spn	67.52
2. R. Jaques	Clay	71.20
3. G. Arnold	Preston	75.29

LADIES

1. L. Whittaker	Sadd	61.13
2. J. Smith	DkPk	62.01
3. J. Rawlindon O/50	Clay	68.32
4. C. Preston O/35	Kghly	70.44
5. K. Rogan	Wharfe	74.03

**RSS YR WYDDFA - CANLYNLADAU -
SNOWDON RACE
Wales**

AM/10m/3250ft 27.07.02

1. T. Davies	Wales	1.07.11
2. I. Holmes	England	1.08.13
3. F. Trulzi	Italy	1.08.21
4. C. Donnelly O/40	Scotland	1.09.00
5. R. Bryson O/40	N'castle	1.09.20
6. R. Hope	England	1.09.42
7. J. Hodgson	Horw	1.10.03
8. D. Norman	England	1.10.29
9. C. Roberts	Kend	1.10.45
10. J. Brooks	Scotland	1.10.58

LADIES

1. (42) T. Brindley	Scot	1.20.37
2. (56) L. Lilley	England	1.23.28
3. (66) L. Sharp	England	1.24.59
4. (79) S. Bretherick	Wales	1.26.28
5. (93) M. Cabodi	Italy	1.28.56
6. (95) T. Sloan	NIreland	1.29.07

244 finishers

**BEN RINNES FIVE TOPS HILL RACE
Grampian**

AL/14m/4900ft 27.07.02

While other highland games in the North East of Scotland had turned into a washout, somehow the Dufftown Highland Games found a dry, pleasant and almost sunny day in the midst of the summer monsoon. The starting line-up of 47 included six ladies, an animated Spaniard, last year's winner Stewart Whittle and course record holder, Jon Duncan. Over half the field were veterans.

The two leaders ran together most of the way with Jon only pulling clear on the final descent over Little Conval to record his second hard earned victory; Stewart was the first veteran. The super veterans' race was a race of two halves with Alex McGuire having a lead of over four minutes at the Ben Rinnes summit turnaround and still a good 2 1/2 minutes at the base of the last climb. This climb, however, proved his undoing and he was overhauled by local orienteering legend, Eddie Harwood.

The ladies' race positions sorted themselves out early on and remained unchanged throughout the race with Moira Stewart coming home a comfortable winner. Unfortunately, our Spaniard retired but former Glen Clova hill race organisers, John Wilkins, persevered to finish at the rear as first veteran O/60.

Graeme Bartlett

1. J. Duncan	Cosmic	2.01.30
2. S. Whittle O/40	Carn	2.03.24
3. A. Keith	HBT	2.10.47
4. A. Smith O/40	Dees	2.17.04
5. R. Campbell	Arbroath	2.20.49
6. B. Smith	StdL	2.21.55
7. S. Reeve	Moray	2.24.35

8. G. Angus O/40	Keith	2.25.31
9. W. Mykura O/40	Carn	2.26.48
10. I. Matheson	ThamesV	2.30.19

VETERANS O/50

1. (12) E. Harwood	Morav	2.31.31
2. (13) A. McGuire	Fife	2.33.18
3. (26) J. Stewart	Loch	2.49.30

VETERANS O/60

1. (45) J. Wilkins	Arbroath	4.20.00
--------------------	----------	---------

LADIES

1. (24) M. Stewart O/35	Carn	2.48.46
2. (30) M. Stafford	Cosmic	3.01.00
3. (32) E. Stewart O/35	Cosmic	3.06.26
4. (33) J. Anderson	Carn	3.08.02
5. (38) M. Knight O/35	Dees	3.26.56

45 finishers

**HOLME MOSS FELL RACE
Derbyshire**

AL/16m/4000ft 28.07.02

Held on what turned out to eventually be one of the hottest days of the year so far, this classic fell race attracted 94 starters from all over the North of England. Mercifully, the sky was overcast for the early part of the race and a light breeze contributed to the ideal running conditions.

Alan Ward took the lead at Laddow Rocks and opened up a six minute gap from second placed George Ehrhardt over the second half of the race. The Holmfirth Harrier trio of Julian Rank, Dave Watson and Matthew Davis took the first team prize over Dark Peak by the narrowest of margins. A strong local veterans' presence included Andy Styan, Barbara Hoyland and Keith Bamforth.

Special mention is also deserved for Stewart Barrie of Dundee Hawkhill whose sleep was interrupted at Crowden campsite by returning athletes from the Commonwealth Games in Manchester. Emerging bleary-eyed from his bivvie in the early hours of the morning, he walked the eight miles to the race start (with full rucsac), helped the organisers erect tents etc. and finished a very credible 44th in the race in a time of 3.20.04.

The event was again generously sponsored by Brooklands Nurseries. The host club, Holmfirth Harriers, are also grateful to Yorkshire Water and North West Water for allowing the race to take place.

Chris Humphries

1. A. Ward	DkPk	2.22.28
2. G. Ehrhardt	Tod	2.28.38
3. J. Rank O/40	Holm	2.30.26
4. S. Gregory	HolmeP	2.36.39
5. D. Watson	Holm	2.38.45
6. D. Tait O/50	DkPk	2.39.19
7. L. Dowthwaite O/40	Bowland	2.40.42
8. M. Davis	Holm	2.41.44
9. K. Holmes O/40	DkPk	2.43.49
10. A. Davison	Unatt	2.48.31

VETERANS O/50

1. (6) D. Tait	DkPk	2.39.19
2. (15) A. Styan	Holm	2.56.56
3. (18) D. Beels	CaldV	3.01.44

VETERANS O/60

1. (33) M. Coles	Skyrac	3.11.02
2. (48) K. Bamforth	HolmeV	3.23.36
3. (82) R. Mason	Totley	3.56.59

LADIES

1. (25) H. Thorburn	DkPk	3.05.40
2. (42) A. Calvert	Macc	3.16.44
3. (46) B. Hoyland O/45	Holm	3.21.29
4. (54) L. Crabtree O/40	CaldV	3.29.41

87 finishers

**RYDAL ROUND
Cumbria**

AM/9m/3000ft 01.08.02

1. G. Thorpe	Amble	88.39
2. S. Shuttleworth O/40	Amble	88.44
3. A. Welsh O/40	NFylde	100.17
4. G. Taylor O/40	Darwen	100.39
5. M. Shaw	Lochaber	100.50

6. A. Nichols	Acc	101.43
7. A. Carruthers O/40	Crawley	101.51
8. A. Holden	Wharfe	102.26
9. R. Maynard O/40	Unatt	102.33
10. D. Scott Lady	Lochaber	104.28

VETERANS O/50		
1. (12) L. Sands	Unatt	104.54
2. (16) N. Bland	Kghly	110.59
3. (19) R. Baker	Amble	120.24

VETERANS O/60		
1. (27) P. Dowker	Kend	125.44

LADIES		
1. (10) D. Scott	Lochaber	104.28
2. (11) H. Jackson	Bing	104.46

44 finishers

BEETHAM SPORTS FELL RACE Cumbria BS/5.75m/927ft 03.08.02

Runners were greeted with lovely sunshine although the previous day's downpour meant that they had to reach the finish line by running through a flooded area of field – many welcomed the quick cool down.

No records were broken but a good field turned out and the race was enjoyed by all.

1. B. Bolland	Horw	38.31
2. P. Targett	Clay	39.20
3. R. Marlton	Stock	40.21
4. S. Addison O/40	Kend	41.10
5. P. Brittleton	Howgill	41.31
6. P. Pollitt	CFR	41.51
7. S. Lashley	Dallam	42.04
8. M. Addison O/40	Kend	42.41
9. P. Roberts O/40	Garstang	43.11
10. T. Langley	Dallam	43.41

VETERANS O/50		
1. (12) M. Leck	Unatt	44.28
2. (20) M. Moss	Howgill	47.07
3. (24) J. Smith	LancsM	48.32

VETERANS O/60		
1. (34) I. Robinson	Garstang	56.44
2. (37) B. Pycroft	FRA	59.07

LADIES		
1. (18) H. Jones	Unatt	46.49
2. (21) J. Robinson O/40	Garstang	47.56
3. (27) D. Pelly O/40	DkPk	49.59
4. (29) J. Taylor	LancsM	52.37
5. (33) E. Rocke O/40	Corby	55.41

43 finishers

RAS Y GARN Caernarfon AS/3m/1500ft 03.08.02

One week on from the International Snowdon race and the mountain running calendar was back in North Wales for the final round of the British Fell Running Championship. Over 120 runners from throughout the UK were at Rhyd Ddu for Ras y Garn 2002. The race was supported by local outdoor experts Gelert Products who, along with Salomon Outdoor kindly donated the race prizes.

Ras y Garn is a short race, three miles in length, but very steep up and down. The conditions on Saturday were perfect with clear blue skies and virtually no wind, this provided a great opportunity for Colin Donnelly's longstanding race record to fall, particularly with the strength of the field.

The race was led from the start by Yorkshire man, Rob Jebb. He was closely followed by two Cumbrian runners, Ben Bardsley and Nick Sharp, and local veteran, Colin Donnelly. Donnelly needed a good result in order to add the British Veterans' title to the World title he already holds.

Jebb was the first man to reach the top of the mountain, close behind were Bardsley, Sharp, Donnelly and Simon Bailey. The descent was to prove decisive with Jebb holding on to his lead, but Bardsley dropping from 2nd to 5th, a season's long distance adventure racing obviously paying its toll on the shorter race. Jebb won over one minute but behind Donnelly's record time.

The women's race was led from start to finish by Louise Sharp. She had a storming run setting a new



Nick Sharp on his way to second place at Y Garn

women's record in the process. Second lady was Sally Newman, with Helen Johnson third. Colin Donnelly's fourth overall was enough to secure the British O/40 title. He was closely followed by Mark Roberts and Mike Wallis. First home in the O/60 category was the very impressive Paul Murray. The Junior race won by Owen Jones and Ffion Morgan, both gaining selection to represent Wales at the forthcoming World Mountain running championships.

Tim Lloyd

1. R. Jebb	Bing	28.06
2. N. Sharp	Amble	28.13
3. S. Bailey	StaffsM	28.27
4. C. Donnelly O/40	Eryri	28.38
5. B. Bardsley	Borr	28.46
6. J. Taylor	Bing	28.49
7. P. Davies	Borr	28.53
8. R. Hudson	Bing	29.04
9. I. Holmes	Bing	29.37
10. A. Peace	Bing	29.40
11. S. Stainer	Amble	29.48
12. A. Schofield	Borr	29.59
13. M. Roberts O/40	Borr	30.07
14. M. Donnelly	NFR	30.27
15. T. Werrett	Mercia	30.45
16. J. McQueen	Eryri	30.53
17. D. Jones	Eryri	31.08
18. M. Wallis O/40	Clay	31.38
19. A. Robertshaw	Otley	31.49
20. M. Walsh O/50	Kend	31.54
21. R. Lawrence	Bing	32.07
22. R. Halliday	Eryri	32.13
23. G. Wilkinson	Clay	32.26
24. C. Stead	N'brlnd	32.31
25. N. Spence O/40	Borr	32.47
26. M. Fleming O/40	Amble	33.16
27. A. Smith	Amble	33.24
28. I. Greenwood O/40	Clay	33.30
29. J. Brown O/40	BARF	33.43
30. L. Sharp Lady	Kesw	33.45

VETERANS O/50		
1. (20) M. Walsh	Kend	31.54
2. (31) D. Williams	Eryri	33.54
3. (32) K. Carr	Clay	34.01
4. (39) K. Taylor	Ross	34.37
5. (44) J. Wina	CFR	35.04

VETERANS O/60		
1. (56) P. Murray	Horw	36.34
2. (84) P. Norman	Wrex	41.33

LADIES

1. (30) L. Sharp	Kesw	33.45
2. (43) S. Newman O/40	Gloss	35.01
3. (66) H. Johnson	Bing	38.18
4. (68) V. Musgrove O/40	Eryri	38.31
5. (69) H. Bransby	CFR	38.38
6. (70) K. Bailey	Bing	38.39
7. (73) P. Munro	Bing	38.55
8. (74) L. Thompson O/40	Kesw	39.06

III finishers

LATRIGG FELL RACE Cumbria AS/3m.950ft 04.08.02

A good field enjoyed ideal warm and dry conditions in the 30th running of the Latrigg Fell Race.

Unfortunately, the race clashed with Y Garn which led to a lower quality field than usual, although it was strengthened by the inclusion of the U/18s and U/20s, who were competing in the English Junior Fell Championship. Incredibly, it was an U/18, Robert Little, who won the race.

The first veteran was Duncan Frampton – the 5th consecutive year that Duncan has won this category – a great achievement.

The addition this year of three English Junior Fell Championship races of different distances made for complicated organising and I would like to thank the great support I received from Keswick AC members who helped the races to run so smoothly.

Pete Richards

1. R. Little U/18	Mercia	19.18
2. P. Davies	Borr	19.40
3. G. Crayston U/20	CFR	19.54
4. J. Austin	DkPk	19.58
5. D. Frampton O/40	Kesw	20.05
6. M. Buckingham U/18	Holm	20.40
7. W. Ali U/18	Fell'd	20.49
8. P. Targett	Clay	20.53
9. T. Ellis U/18	Bolt'Ltd	21.00
10. J. Carter U/18	Spn	21.13

VETERANS O/40		
1. (5) D. Frampton	Kesw	20.05
2. (12) P. Kelly	Darling	21.24
3. (14) R. Ansell	Tring	22.28

VETERANS O/50		
1. (22) A. Bland	Borr	24.13
2. (26) S. Sharp	CFR	24.38
3. (38) T. Varley	Horw	27.04

VETERANS O/60		
1. (33) J. Richardson	CFR	26.02
2. (56) H. Blenkinsop	Kesw	33.55

LADIES

1. (16) K. Hawitt U/18	Warr	23.16
2. (36) S. Budgett	Horw	26.17
3. (37) H. Booth U/18	LancsM	26.39
4. (42) L. Kemp U/18	Holm	28.26
5. (47) T. Egerton	Bellahou	29.09

62 finishers

JUNIORS U/16 - BOYS		
1. C. Doyle	Kend	12.15
2. M. Stuart	CFR	12.58
3. J. Kevan	Wigan	13.06

JUNIORS U/16 - GIRLS		
1. Z. Storr	Holm	15.54
2. D. McGee	CFR	16.23
3. L. Livesey	Chor	16.37

JUNIORS U/14 - BOYS		
1. S. Clifford	CFR	11.18
2. B. Gibbons	Fell'd	11.29
3. M. Hurst	Skip	11.48

JUNIORS U/14 - GIRLS		
1. J. Oates	HelmH	13.18
2. E. Stuart	CFR	13.26
3. K. Woodhead	Holm	13.59

JUNIORS U/12 - BOYS		
1. G. Cunliffe	Ross	9.51
2. J. Bowness	CFR	10.91
3. J. Stuart	CFR	10.06

JUNIORS U/12 - GIRLS		
1. A. Ogden	Hallam	10.37
2. L. Figg	Holm	10.42
3. R. Stuart	CFR	10.48

WORSTHORNE MAG 7 RACE**Lancashire****BM/7m/900ft 04.08.02**

After a disappointing forecast, we were pleasantly surprised to hold the race on a dry but cloudy day, in warm conditions.

There was unfortunately a low turnout this year for the Worsthorne Mag 7 Race, for this the eighth round of The Pendle & Burnley Grand Prix Championship. With 109 runners from across the North West and from as far a field as Macclesfield!

The ladies' race was well contested and ended in a victory for Amy Green. Natalie Ashworth had a good run to second place with Jean Rawlinson a close third and leading LV50.

The race managed to raise £1000 for the Burnley & Pendle, Pendleside Hospice.

Special thanks must go to all organizers, time keepers, marshals and runners, but particular thanks to the many companies for the donation of prizes.

Peter Thompson

1. S. Livesey	Clay	41.49
2. J. Hemsley	P&B	43.06
3. A. Stubbs	Clay	43.22
4. J. Hartley O/40	Clay	43.32
5. J. Tomlinson O/40	Clay	43.47
6. A. Wood	Bing	44.09
7. T. Taylor O/40	Ross	44.26
8. S. Macina	P&B	44.31
9. G. Shaw	Unatt	44.40
10. A. Alty O/40	Chor	44.49

VETERANS O/50

1. (25) J. Dore	Roch	48.30
2. (34) M. Cortvriend		50.21
3. (35) G. Newsam	Clay	50.29

VETERANS O/60

1. (70) J. Devlin	Tod	57.37
2. (79) C. Simpkin	Tod	60.27
3. (80) G. Arnold	Prest	60.39

LADIES

1. (38) A. Green	Spem	50.57
2. (48) N. Ashworth	Unatt	52.57
3. (49) J. Rawlinson	Clay	53.37
4. (53) D. Robson	Clay	54.03
5. (59) C. Leah	Trawden	54.55

107 finishers**MEARLEY CLOUGH****Lancashire****AS/3.5m/1300ft 06.08.02**

No clag, no rain, no wind, no problem for Danny Hope as he clipped almost half a minute from Shaun Livesey's 1999 time. The course was flagged for the first time right round the rim of the clough, which would shorten it slightly but Danny was pushed to the line by George Ehrhardt, who was only five seconds adrift on a race that was part of Todmorden's club championship.

Andrew Brown came sixth on his first ever fell race (that must have been a baptism of fire) and David Shepherd first under 18 ran his heart out and showed a clean pair of heels to over half of the field.

The Calf's Head Hotel generously fed a hundred runners and helpers with a pasta supper to make the night complete.

Next year the date may be brought forward to May. Hope to see you all then.

Geoff Newsam

1. D. Hope	P&B	30.16
2. G. Ehrhardt	Tod	30.21
3. S. Thompson	Clay	31.18
4. A. Wrench	Tod	31.37
5. M. Horrocks	Clay	32.08
6. A. Brown	Unatt	33.26
7. J. Wiczorek	Acc	33.40
8. A. Black	Clay	33.40
9. A. Orr	Clay	34.49
10. A. Alty O/40	Chor	35.00

VETERANS O/40

1. (10) A. Alty	Chor	35.00
2. (12) S. Whitaker	Clay	35.32
3. (15) C. Jones	Horw	35.45

VETERANS O/50

1. (32) P. Booth	Clay	37.56
2. (35) D. McCullum	Clay	38.41
3. (37) M. Targett	Clay	39.10

VETERANS O/60

1. (43) M. Coles	Skyrac	40.59
2. (53) R. Jaques	Clay	42.11
3. (74) G. Barrow	Tod	48.16

LADIES

1. (50) J. Smith O/40	Tod	41.48
2. (51) K. Rogan	Wharfe	41.55
3. (55) J. Pearson	Clay	42.15
4. (61) K. Thompson O/40	Clay	44.17
5. (69) L. Bostock O/40	Clay	46.03

88 finishers**CROW HILL RACE****West Yorkshire****BS/5m/1000ft 06.08.02**

On the eve of this year's Crow Hill race, I received a call from my ex-wife Carol telling me that our friend John Taylor had died in the early hours of the morning. I was devastated and almost decided to call the race off, but as Steve Oldfield said, John wouldn't have wanted that.

I had spent part of the previous weekend with John and Kirsten after he had taken the Ingleborough race apart by about 3½ minutes. After the prizegiving they had joined the Calder Valley crew on the gala field as we enjoyed a picnic in the warm sunshine.

John Taylor was a good friend of mine. In fact, he was everyone's friend. I first met John when he was a junior with Holmfirth Harriers, running cross country as a schoolboy, while at Shelley High, the year below Carol. In later years he moved down to Brighton where he ran for Redhill Runners but he still came home occasionally, especially on weekends and ran in local races and West Yorkshire cross country races. Later he moved back to Huddersfield, rejoined Holmfirth, then in 1994 joined Bingley Harriers.

I had been privileged to watch as John won the 1988 intermediates English championship beating Steve Hawkins of Bingley Harriers in a closely fought battle, then in the same year, earned his England vest for the World Cup in Keswick - along with Holmfirth team mates Geoff Hall and William Styan - where he finished third. Later John ran many times for England as a senior and to name just one performance, he helped England to second overall in Susa, Italy, when finishing one place behind Ian Holmes in the Long race the day after Martin Jones' Short race victory.

John was an inspiration to many people and had many friends. He taught me a lot about running, (especially through deep mud, at which he was an expert!) and he will be sorely missed.

An obituary appeared in *The Times* newspaper on 16th August.

While flagging the course with Mick Fryer, I felt relieved to get out onto the moors and breathe fresh air. However, when the runners lined up for their final briefing I was overcome with emotion and could only ask that we stood for two minutes silence.

The race was started on time and it was again a relief to get on with filling barrels and setting up the finish.

Meanwhile, a really exciting race was being played out high up on Midgley Moor. Jason Hemsley has made a fantastic improvement ever since he began a coaching arrangement under the very talented and experienced former Irish international runner, Dennis Quinlan. His great form of late looked set to pay great dividends as he quickly established a lead on the chasing group of Andy Clarke and Karl Gray side and his clubmate Stefan Macina. Jason continued to press on over the Calderdale Way section to, and around the loop from, the summit of Crow Hill. Back down the golf course driveway and Andy later said, "At this point, that was it, he was away and had it sewn up." However, Jason unfortunately made a wrong turn on a well marked section and found himself going down the wrong side of the fence of the final field. "The first I knew about it was Jason was climbing the fence and

cutting straight back across toward me" continued Andy. I can't understand why he went wrong, the tapes were still in place when I got there".

Andy ceased his chance and flew down the field from Hill House to win by eighteen seconds.

Jason took second, with Stefan third in 32:37 ahead of Karl and the first junior, little Wajib Ali of, who will be a star if he keeps up his interest in the sport. Eleventh placed Dave Beels was first vet 50. Jo Smith has been working at the Royal Calderdale Hospital for the summer and training with the local Calder Valley club. This race was to be Jo's last before she departed for her "Operation Raleigh" trip to Chile, and she wasn't going to be beaten. Jo clocked 38:17 for 22nd, two places ahead of Holmfirth's Lisa Lacon. The little fiery Scot who holds our club together, Thirza Hyde was third and first female veteran over 40.

Thanks to everyone who supported and helped with this year's race, especially the marshals, The Dusty Miller, Linda and Thirza on registration and the local children who gave out drinks.

All the proceeds from the race have gone to the John Taylor foundation for Young Athletes.

Allan Greenwood

1. A. Clarke	CaldV	32.11
2. J. Hemsley	P&B	32.29
3. S. Macina	P&B	32.37
4. K. Gray	CaldV	32.40
5. W. Ali U/18	Feld	33.14
6. M. Davies	Holm	33.25
7. D. Middlemass	Holm	33.25
8. S. Power	Unatt	34.54
9. J. Senior	Bing	35.05
10. B. Johnson	CaldV	35.24

VETERANS O/40

1. (12) A. Cutts	VallStr	36.06
2. (13) J. Adair	Holm	36.22
3. (15) G. Woodward	CaldV	37.10

VETERANS O/50

1. (11) D. Beels	CaldV	35.53
2. (16) R. Heelis	Mercia	37.20
3. (18) L. Fenton	Spem	37.32

VETERANS O/60

1. (35) D. Illingsworth	BfdA	41.20
2. (40) J. Emmott	BfdA	44.51
3. (46) D. Brown	Clay	51.15

LADIES

1. (22) J. Smith	DkPk	38.17
2. (24) L. Lacon	Holm	38.33
3. (41) T. Hyde O/40	CaldV	44.51

49 finishers**CLAY BANK EAST****North Yorkshire****BM/6m/800ft 06.08.02**

1. M. Burn	ThirskS	37.41
2. M. Cara	Middles	38.13
3. R. Burn O/40	ThirskS	38.30
4. R. Wilson	Scarb	38.54
5. P. Figg	Quak	38.57
6. T. Davison O/40	Tod	39.20
7. M. Webb	Middles	39.30
8. R. Harrison O/40	CFR	39.43
9. S. Mechie O/40	ThirskS	39.50
10. P. White	Leeds	39.50

VETERANS O/50

1. (15) T. Ward	Swale	42.22
2. (18) M. Hetherton	Acorn	44.20
3. (23) K. Richardson	Quak	45.38

VETERANS O/60

1. (45) R. Sherwood	NMarske	49.31
2. (55) B. Hood	Middles	51.47
3. (63) K. Hildore	NMarske	53.40

LADIES

1. (22) M. Czarnicka	Scarb	45.00
2. (26) K. White	Quak	45.51
3. (36) S. Gayter	NMarske	47.15
4. (41) A. Heyward O/40	NMarske	48.30

67 finishers

WHITTLE PIKE
Lancashire
AS/4.5m/1400ft 07.08.02

This is a true fell runners' course with flat bits noticeable by their absence and I hope the small field enjoyed the rather muddy evening!

Ian Greenwood and Martin Lee battled out the lead with Ian winning and also being first veteran. Karen Mather also took the ladies' victory.

A noticeable result was Wajib Ali who was fourth and first intermediate. Hopefully, a name for the future.

The race should be on again in 2003 so if you fancy a short but very tough race, get your diary out!

This was the first of the Rossendale evening series.

Nick Harris

1. I. Greenwood O/40	Clay	44.08
2. M. Lee	Ross	44.47
3. C. Davis	Bowland	45.54
4. W. Ali Junior	Felld	46.47
5. L. Douthwaite O/40	Bowland	46.50
6. R. Wynne O/40	Bowland	47.23
7. A. Holden	Wharfe	48.00
8. I. Barnes O/50	Ross	48.13
9. S. Molloy	Ross	48.23
10. M. Corbishley Junior	Ross	48.36

VETERANS O/50

1. (8) I. Barnes	Ross	48.13
2. (14) J. Dore	Roch	50.10
3. (25) B. Ashworth	Ross	53.19

VETERANS O/60

1. (20) P. Jepson	Ross	52.15
2. (41) G. Arnold	Prest	63.20

LADIES

1. (21) K. Mather O/40	Sadd	52.25
2. (34) J. Robertson	Spectrum	58.36
3. (36) C. Kenny O/40	Amble	60.10

50 finishers

CRACKEN EDGE FELL RACE
Derbyshire
BM/7m/1450ft 07.08.02

After an afternoon of warm, sultry weather, with sporadic thundery showers, the race was finally run in dry, clear conditions, if a little moist underfoot. Last year's race had to be cancelled because of problems caused by the foot and mouth epidemic but, fortunately, numbers were still fairly good this year, despite the clash with at least one other local race. The quality was there too – as the battle between the first two runners, Malcolm Fowler and Nick Leigh, was to prove. Although close throughout the race, Leigh managed to break away from record-holder Fowler and beat him by 17 seconds – taking Fowler's own record by four seconds in what were far from ideal conditions underfoot.

The veterans were led home by ex-record-holder Dale Gartley, with Tom McGaff and Carl Moriarty close behind. Tony Hulme was first Supervet.

Pennine won the team prize (Malcolm Fowler, Phil Winskill and Darren Dunn), with Altrincham a close second. The prize for the first Mountain Rescue Team was won by Denzill Broadhurst, Paul Higgins and Lesley Gledhill of Oldham Mountain Rescue Team.

In the ladies' race, Pennine's Helen Hargreaves continued her successful season with another win, over a minute clear of second lady Elizabeth Batt. The first Lady Veteran was Julie Gardner, with Alexis Donsmor first Lady Supervet.

This race is the fourth race in the five race Hayfield Championships, and is run on behalf of the Kinder Mountain Rescue Team who would like to thank all the runners taking part for their support.

Alan Brentnall

1. N. Leigh	Altr	42.12
2. M. Fowler	Penn	42.29
3. L. Taggart	Bux	43.09
4. P. Winskill	Penn	44.45
5. D. Gartley O/40	Gloss	45.38
6. M. Crosby	Altr	46.02

7. D. Dunn	Penn	46.04
8. T. McGaff O/40	Penn	46.05
9. D. Gibbons	Altr	47.23
10. N. Winfield	Unatt	48.25

VETERANS O/50

1. T. Hulme	Penn	51.12
2. R. Scottney	Penn	52.08
3. M. Cochrane	DkPk	54.36

LADIES

1. H. Hargreaves	Penn	53.35
2. E. Batt	Bux	54.50
3. J. Mellor	Penn	55.41
4. H. Thorburn	DkPk	57.23
5. J. Gardner O/35	Bux	60.44

ARNCLIFFE GALA FELL RACE
North Yorkshire
AS/1.5m/443ft 10.08.02

1. G. Hull	11.04
2. R. Hudson	11.06
3. S. Macina	11.42
4. M. Brown	11.58
5. K. Gray	12.00
6. J. Hemsley	12.03
7. S. Clawson	12.23
8. S. Gregory	12.25
9. B. Lonsdale	12.32
10. A. Shepherd	12.45

LADIES

1. E. Nutter	14.41
2. R. Ingham	17.24
3. L. Whittaker	18.46
4. P. Fearnley	20.30

WAUN FACH
Powys
AM/7m/2000ft 10.08.02

1. C. Flower	W'lands	56.30
2. J. Griffiths O/50	SarnH	59.55
3. K. Williams	Neath	60.53
4. N. Lewis	MDC	61.26
5. S. Littlewood O/50	HerefC	62.40
6. C. Holloway O/40	TarrenH	63.05
7. D. Burton O/40	Dursley	63.08
8. P. Minshull	ManxFR	63.14
9. D. Rose O/50	TarrenH	63.35
10. R. Wilson O/40	MDC	64.11

VETERANS O/60

1. (36) A. Phillips	Neath	85.49
---------------------	-------	-------

LADIES

1. (25) A. Wheatcroft	Unatt	73.45
2. (28) P. Goodall O/40	Totley	74.24
3. (32) L. Shaw O/40	Chepstow	77.15

38 finishers

RHEWL ROUGH RUN
Denbighshire
AS/5.5m/2360ft 10.08.02

A change of date, a clash with a Snowdonia event and post F & M resulted in only eleven starters for this event.

On a warm, fine day it turned out to be a Wrexham AC benefit and without the elite runners that we usually get, no fast times were recorded. Mist on the mountains ensured an entertaining run for the competitors.

As an organiser, I have to look forward to 2003 as I have £50 worth of prizes to give away – some along and try our event – it's a challenge – it's safe!!

Geoff Gartrell

1. I. Houston	Wrex	38.09
2. C. Ashley O/40	Wrex	39.38
3. S. Jones	Wrex	40.27
4. S. Jones O/40	Eryri	43.15
5. V. Musgrove Lady O/45	Eryri	43.21
6. M. Blake O/50	Eryri	44.57
7. C. Jones	Deestr	45.03
8. R. Cranston	Teviot	46.47
9. P. Norman O/60	Wrex	49.34
10. S. Ellis O/40	Tatten	53.33

11 finishers

THE FOREST BURN
Northumberland
BS/3.5m/500ft 11.08.02

After a wet week and indeed heavy morning showers, the race wove its usual magic and produced a nice sunny interval for the large (for this type of event) entry field. A third of the entries were ladies and the hope is that this straction for the fairer sex will continue.

After the off, the field rapidly became strung out and by the first climb following the stream crossing, the three leaders had established a noticeable gap. This was maintained and strengthened on the descent into and out of the steep sided Forest Burn Gorge, during which Maynard and Armstrong had drawn ahead of Ross, with Armstrong in the lead. In the final flat run in to the finish, Maynard put in a sprint to win the race and reclaim the Chairman's Cup. The heavy going and rough conditions of the route meant that the course records, set by Joe Blackett and Karen Robertson, were never in danger.

Bill Tomlinson

1. K. Maynard O/40	Quak	22.08
2. D. Armstrong O/40	NFR	22.14
3. J. Ross	NFR	23.01
4. M. Jeffrey O/40	NFR	23.42
5. R. Phizlackea	Morpeth	24.13
6. T. Woods O/40	Morpeth	24.27
7. G. Davis O/40	NFR	24.32
8. A. Dougal Junior	Unatt	24.47
9. B. Mackey	JarrHebb	24.59
10. P. Creighton O/40	Unatt	25.15

VETERANS O/50

1. (13) P. Graham	Tyne	25.53
2. (17) R. Dawson	NFR	26.50
3. (22) K. Cooper	NFR	29.31

VETERANS O/60

1. (21) J. Prudham	JarrHebb	28.51
2. J. Garbarino	NFR	31.07

LADIES

1. J. Phizlackea	Bux	26.16
2. C. Bagness O/35	Wooler	27.34
3. S. Welch O/35	Morpeth	29.44
4. R. Whelan O/40	Bing	30.15
5. R. Fletcher O/50	NFR	30.29
6. J. Walker O/40	NFR	30.45

SIERRE-ZINAL (Modified Sierr-Chandolin)
Switzerland
12.5km/1500m 11.08.02

The course was shortened to Chadolin due to 25cm of snow – something which would not bother the seasoned fell runner but would make the course impossible for trogs, tourists, international superstars and helicopters landing to pick up the injured! Three days of heavy rain made the climb through the forest very slippery but I had left my PBs at home, along with my long trousers, expecting summery alpine weather rather than a cold version of a Scottish summer! It was decidedly cool running in the heavy rain and near freezing temperatures from the top of the climb out of the forest at Ponchette to Chandolin. These conditions suited the Brits and their southern counterparts, while the runners from more tropical climates could not explain their performances. I had a personal battle all the way for first supervet.

John Blair-Fish

1. J. Wyatt	NZealand	1.07.17
2. B. Burns	Prest	1.09.05
3. M. Cox	Leic	1.09.33
4. R. Meija	Mexico	1.09.58
25. A. Weir	Thames	1.18.51
32. G. Patten 5th Vet	P&B	1.21.00
37. S. Bottomley	P&B	1.22.06
48. G. Devine	P&B	1.23.25
67. W. Imhof 1st Super Vet	Swiss	1.26.11
68. J. Blair-Fish 2nd Super Vet	Carn	1.26.23
282. S. Rowell 2nd Lady Vet	P&B	1.41.21

DENIS STITT MEMORIAL RACE**West Yorkshire****BS/5m/850ft 15.08.02**

1. S. Oldfield O/40	BfdA	29.18
2. T. Austin	DkPk	29.26
3. A. Shaw O/40	Holm	30.32
4. A. Carruthers O/40	Craw	31.54
5. P. Grimes O/40	Hfx	32.04
6. R. Glover	Tod	32.20
7. A. Rees	Holm	32.45
8. J. Heywood	Holm	32.52
9. M. Davis	Holm	33.04
10. D. Shaw	Holm	33.29

VETERANS O/50

1. (17) R. McArthur	Melth	35.40
2. (19) R. Futrell	Holm	35.57
3. (23) R. Innes	P'stoneF	37.19

VETERANS O/60

1. (54) R. Brown	P'stoneF	44.20
------------------	----------	-------

LADIES

1. (43) J. Shotter O/35	P&B	41.11
2. (48) B. Hoyland O/35	Holm	41.48
3. (50) N. Spinks	Unatt	42.23

69 finishers**SLIEVE DONARD****County Down****AM/5m/2800ft 17.08.02**

The mountains hadn't been seen all week, but Slieve Donard was still there and as Saturday dawned very wet but very mild, the scene was set for the 58th running of the Annual Slieve Donard Race from Newcastle Centre to the summit of Northern Ireland's highest mountain and back to Donard Park - by any route choice.

52 souls turned up for the challenge, with, foolishly, probably only six compasses between them. Underfoot, the mountain was saturated following what seems like weeks of rain and so it was not the day for the fastest of times. With visibility down to less than 25 metres for over two thirds of the climb and descent, it was inevitable that it was not only going to be strength and stamina that won this year's race.

From the off along Newcastle's Main Street, the big guns emerged at the front of the field - Robbie Bryson, first to the summit of Snowdon the previous week (and fifth overall), previous winners Deon McNeilly and Dermot McGonigle, split by Neil Carty. Up through the steep climb in Donard Wood along the Glen River, the first moment of truth came when Bryson crossed the river and headed for the Black Stairs. Behind, McNeilly and Carty stayed on the Glen and headed for the Saddle. They were in the minority with the vast bulk of the field choosing the steeper and shorter Black Stairs route.

Conditions at the summit were very tame with not a breath of wind and very mild. The runners encountered brief flurries of light rain, but their biggest enemy was clearly (or not so clearly) going to be the visibility challenge. Bryson is a prolific climber and he emerged at the summit in a good time of 38 minutes dead and without pausing for breath turned for home. Nearly one and a half minutes later McNeilly and Carty emerged along the Mourne Wall onto the summit, with McNeilly looking absolutely dead on his feet. Bryson was clearly favourite.

First lady to the top was Clare Galbraith. Clare ran a very symmetrical race and was unchallenged for the ladies honours. Second and third in the ladies section had a close tussle with Barbara Browne reaching the top just steps ahead of Alwyn Shannon, now recovered from her broken arm sustained at the Rocky Race in June.

Travelling at speed on the slippery and treacherous descent down the front of Donard is tricky at the best of times, but trying to follow a compass bearing in near zero visibility adds to the challenge. However, over recent years there has been no better exponent of this art than Damien Brannigan, running a tight compass line, and eventually shaking off the challenge of Dave Neill by jumping two or three five feet rocky outcrops on the Black Stairs, Brannigan once again recorded the fastest descent time.

Ahead, Bryson, no compass, had gone walkabout. However, he was not the only one, both McNeilly and Carty had made mistakes and they emerged on the Glen well above the forest. Meanwhile, McGonigle, on his way to the second fastest descent was down below the Black Stairs and there was only 10 seconds between the three of them, now 1-2-3 with Bryson missing in action.

McNeilly, who had been feeling really bad for most of the race, suddenly realised that he could win and he accelerated catching Carty in the Wood and emerging in the lead in Donard Park.

Other notable performances came from Vet 55 Jim Patterson, at the summit in 9th place, he decided to make as much value from his entry fee, he re-traced the old Donard race route, emerging at the Bloody Bridge to face the near 3 miles finish along the Coast Road. Patterson proved how vital a compass is in conditions like this and he was not alone with Andrew McGibbon joining Patterson at the Bloody Bridge. Also in the most lost category was Mark Alexander from Ballymena who reached sea level at the Outdoor Centre at Shannaghmore at the Ballagh.

Post-race prizegiving and hospitality was warmly provided by Leslie's Bar at the Avoca Hotel with official timekeeper, Frank Morgan, enjoying a 'free' steak dinner.

Bogboy

1. D. McNeilly	N'castle	59.28
2. N. Carty	NthBelf	59.40
3. D. McGonigle O/40	N'castle	59.54
4. D. Brannigan	N'castle	62.48
5. D. Neill O/40	StaffsM	63.36
6. R. Bryson O/40	N'castle	64.31
7. G. Crossan	Letterk	64.32
8. S. Drummond	Ballym	67.39
9. R. Donaldson	ACKA	68.03
10. B. McBurney	N'castle	68.52

VETERANS O/50

1. (16) K. Quinn	N'castle	78.23
2. (21) W. Ketylie	ACKC	79.33
3. (22) E. Hammond	BARF	79.42

LADIES

1. (36) C. Galbraith O/35	ACKC	90.32
---------------------------	------	-------

52 finishers**LURIG CHALLENGE****County Antrim****AS/3.5m/1000ft 17.08.02**

The 11th annual Lurig Run is held as part of "The Heart of the Glens Festival" (usually the second or third Saturday in August). This year a record number of entrants turned up with a few elite runners as well as good quality fell and club runners.

The run starts at the historical Curfew Tower in the centre of the picturesque village of Cushenelall. Here the spectators lined the streets for start and finish showing support and admiration for all competitors.

On leaving the village, the runners make their way up the Old Road, a track turning muddy in places, to the foot of Lurig Mountain. There, flags mark out the route to the summit - about 1000 feet in all in little over one and a half miles. Views at the top are breathtaking with the Mull of Kintyre, Alsa Craig, Sanda, the Mournes and Sherrins, as well as four of our famous nine glens to name but a few.

Joe McAlister led the race to the summit, closely followed by Neil Carty, with Billy McKay in third. Neil's fast descent took him to the finish line in first position with Joe McAlister second and Jim Brown third and first veteran.

Sharon McBurney was first lady, Hazel McCausland second and local girl, Ann McDonnell third.

Congratulations must go to local lad, Stephen McKeegan who, in competing in his first Lurig Run, finished a very creditable ninth.

Robbie Bryson's 1994 record still stands at 26.05 and R. McConville's lady's record at 37.33.

Gerard McAllister

1. N. Carty	NthBelf	28.37
2. J. McAlister	StMalck	29.39
3. J. Brown O/40	BARF	31.45
4. S. Drummond	Ballym	31.56
5. A. Brennan	Ballym	32.04
6. S. Begley	Albert	32.16
7. B. McKay O/50	Albert	32.28
8. M. Aleander	Ballym	32.34
9. S. McKeegan Junior	Unatt	33.05
10. P. Howie O/40	Larne	33.24

VETERANS O/50

1. (7) B. McKay	Albert	32.28
2. (19) F. Hammond	BARF	37.33
3. (24) J. Sloan	ACKC	39.05

LADIES

1. (27) S. McBurney	Ballym	39.31
2. (32) H. McCausland	Omagh	41.34
3. (40) A. McDonnell	Unatt	43.16
4. (43) E. Gaffin Junior	Unatt	43.48
5. (47) A. Shannon O/35	Unatt	44.17
6. (57) P. Nelson O/35	Arena	53.10

JUNIORS

1. (9) S. McKeegan	Unatt	33.05
2. (11) M. Magill	BallyAnt	34.07
3. (15) C. Bell	Abbey	35.06

67 finishers**PHOENIX LONG 'O'****Cheviot****17/18.08.02****Class A - 50k**

1. B. Bolland	Warr	7.45.53
2. R. Ansell O/40	TRC	8.45.33
3. S. Webb O/40	Aire	9.32.08

Class B - 43k

1. D. Eades	Int	7.12.17
2. D. Charles O/40	Syo	7.41.16
3. R. Lee O/40	Int	7.49.20

Class C - 36k

1. A. Redington	Lok	7.04.30
2. J. Hensman Lady	Int	7.20.25
3. K. Masser O/40	RH	7.53.25

Pairs Class - 36k

1. Whitehouse/Sinclair	OUIOC	7.14.22
2. Lyon/Rodrigues	SLOW	7.15.28
3. Oates/Mills	Croc	8.37.27

Class D - 27k

1. O. Lindsell	SLOW	6.02.13
2. T. Smith O/60	MDOC	6.26.53
3. A. Osborne Lady	Penn	6.43.28

VETERANS' HANDICAP**Class A**

1. R. Ansell O/40	TRC	8.36.48
2. P. Gorvett O/50	SYO	8.55.55
3. J. Britton O/50	MDOC	9.12.08

Class B

1. D. Charles O/40	SYO	7.22.03
2. R. Lee O/40	INT	7.49.20
3. D. Coustick O/50	FVO	7.49.28

Class C

1. K. Taylor O/50	SROC	7.03.46
2. S. Wright O/50	NOC	7.13.39
3. R. Gray O/50	NATO	7.14.14

Class D

1. T. Smith O/60	MDOC	5.19.11
2. J. Clark O/60	ESOC	6.08.14
3. R. Lindsell O/50	OD	6.21.23

LAKELAND COUNTRY FAIR FELL RACE**Cumbria****AS/6m/2500ft 18.08.01**

Only eighteen "mudlarks" lined up at Torver for the race up and down Coniston Old Man. I marked the course as far as the Goat's Water track, after which nearly everyone made some interesting navigational choices; no matter, first home was Chris Doyle, closely followed by Dan Duxbury. Great run by Peter Hall, Veteran O/60, to finish fourth.

The low turnout meant prizes for all - can't promise that next year, though!

Thanks to Burlington Slate for donating the prizes and everybody who helped on the day.

Sam Clarke

1. C. Doyle	Kend	71.10
2. D. Duxbury	Amble	71.31
3. T. Thompson	KORBR	77.33
4. P. Hall O/60	Barrow	79.45
5. M. Swainson	Unatt	79.47
6. K. Rutherford	BCR	80.42
7. B. Robson	Hallam	80.50
8. A. Yeomans O/40	PFO	82.00
9. C. Adams O/40	LancsM	83.18
10. S. Freeman	Amble	86.47

18 finishers

WEETS FELL RACE Lancashire BM/6m/800ft 18.08.02

This, the 31st running of the Weets Race, was the last to be run in the current format due to problems over policing the road section through the town and concerns over runners' safety. Next year's event will be mid-week in June sometime, on a new course. It will be an all fell course and categorized as AS/5m/1500 feet.

This year's race, again sponsored by Barnoldswick's Hope Technology, consisted of 106 runners. First back was Simon Thompson and first lady was former Barnoldswick resident, Erika Nutter.

Clayton made a clean sweep of both the men's Over 40s and the Over 50s.

A big thank you to all helpers and marshals who made the event possible and I'm looking forward to next year and a true fell race.

Mark Horrocks

1. S. Thompson	Clay	34.47
2. J. Tomlinson O/40	Clay	36.04
3. R. Brewster O/40	Clay	36.06
4. T. Chew O/40	Clay	36.10
5. G. Williams	Unatt	36.14
6. M. Sandamas	Kghly	36.17
7. B. Harrison	Morpeth	36.36
8. L. Athersmith	Skip	36.48
9. T. Cornthwaite	Hyndb	36.59
10. P. Hall O/40	Clay	37.13

VETERANS O/50

1. (15) P. McWade	Clay	38.13
2. (30) A. Green	BfdA	42.10
3. (36) J. Pickup	Clay	43.31

VETERANS O/60

1. (56) S. James	Clay	46.52
2. (63) M. Coles	Skyrac	47.56
3. (77) E. Nutter	Ripon	50.54

LADIES

1. (27) E. Nutter	Ripon	41.40
2. (31) A. Green	Spen	42.14
3. (49) A. Bullock	Skip	45.46
4. (50) J. Rawlindson O/50	Clay	45.52
5. (55) J. Foster	Kghly	46.52
6. (69) L. Bostock O/45	Clay	49.40

106 finishers

JUNIOR RACE - 1 mile

1. T. Addison	HlemH	9.08
2. J. Addison	HlemH	9.20
3. J. Thompson	Pendle	9.26

13 finishers

BRADBOURNE VILLAGE FELL RACE Derbyshire CM/6.2m/600ft 18.08.02

A storming pre world championship run by Mike Boudstridge saw him slice 2.14 from the course record at the Bradbourne Fell Race held in perfect conditions.

Mike will be running at Innsbruck in three weeks' time on a 12km 4500ft climb course and his run at Bradbourne suggests that he is in fine form. Well ahead at halfway, he managed to drag both Steve Penney and Tom Plant to personal bests in the lesser positions.

Wendy Roethenbaugh was the easy winner of the women's race.

David Denton

1. M. Boulstridge	Birch	30.05
2. S. Penney	Chestf'd	31.33
3. T. Plant	Derby	32.51
4. K. Spare O/40	Derby	34.38

5. K. Holt O/50	Birch	34.47
6. M. Stocks O/40	Ashbourne	36.07
7. P. Farmer	LERC	36.40
8. A. Renfree O/40	Mony	36.51
9. M. Moorhouse O/50	Matlock	36.54
10. D. Stuart	LERC	37.01

VETERANS O/60

1. (36) B. Allsop	BellH	42.20
2. (48) F. Makin	HolmeP	45.51
3. (55) M. Edwards	DkPk	49.06

LADIES

1. (15) W. Roethenbaugh	SheltStr	38.22
2. (42) M. Collinge O/50	Mans	44.35
3. (44) S. Klotschow	LERC	44.52
4. (47) S. Foulds	MillTm	45.50
5. (52) Z. Fletcher	LERC	48.00

73 finishers

GRIBDALE GALLOP North Yorkshire BM/9m/1400ft 20.08.02

1. M. Cara	Middles	50.53
2. P. Kelly O/40	Darling	52.48
3. R. Wilson	Scarb	53.00
4. S. Hardy	Loftus	53.05
5. R. Hall	ThirskS	53.13
6. T. Davison O/40	Tod	53.40
7. P. Buckby O/40	Middles	53.42
8. S. Mechie O/40	ThirskS	55.00
9. T. Ward O/50	Swale	55.20
10. J. Goodwin	Middles	55.33

VETERANS O/50

1. (9) T. Ward	Swale	55.20
2. (19) P. Paxman	Acorn	61.07
3. (20) G. Bell	Scarb	61.12

VETERANS O/60

1. (42) R. Sherwood	NMarske	67.30
2. (54) K. Hildore	NMArske	72.15
3. (58) R. Stevenson	Middles	73.37

LADIES

1. (13) C. Hare	Loftus	57.25
2. (15) A. Raw	Darling	58.47
3. (17) M. Czarnaeka	Scarb	60.00

66 finishers

GOLF BALL FELL RACE Lancashire BS/5.5m/800ft 21.08.02

1. S. Thompson	Clay	37.27
2. M. Horrocks	Clay	38.21
3. A. Black	Clay	38.35
4. I. Greenwood O/40	Clay	39.29
5. M. Lee	Ross	39.52
6. W. Ali Junior	Felld	39.59
7. A. Carruthers O/40	Crawley	40.17
8. C. Davis	Bowland	40.44
9. S. Molloy	Ross	40.47
10. B. Harrison	Morpeth	40.51

VETERANS O/50

1. (23) K. Taylor	Ross	42.57
2. (30) J. Dore	Roch	44.16
3. (41) G. Breeze	Skyrac	46.35

VETERANS O/60

1. (46) D. Ashton	Darwen	47.09
2. (60) M. Coles	Skyrac	48.52
3. (90) G. Navan	Ross	54.26

LADIES

1. (34) V. Peacock O/45	Clay	45.27
2. (51) M. Laney O/45	Clay	47.25
3. (65) J. Rawlinson O/50	Clay	49.59
4. (85) K. Rogan	Wharfe	52.50
5. (91) G. Crasoke	Acc	54.39
6. (104) L. Whittaker	Wharfe	57.50

120 finishers

ROUND LATRIGG Cumbria BS/5.5m/800ft 21.08.02

Ideal weather conditions, although no records were broken. Numbers were down on previous years but this seems to be the general trend. Many thanks to the marshals.

Lyn Thompson

1. S. North	Boston	33.11
2. K. Hagley	SWRR	33.39
3. M. Denham-Smith	Kesw	33.42
4. S. Bennett	Eden	35.12
5. R. Harrison O/40	CGR	35.17
6. C. Routledge	Alder	35.46
7. J. Hargreaves Lady	CFR	36.13
8. N. Lockwood	Kesw	36.15
9. M. Cunningham	Borr	37.04
10. S. Watson	Dallam	37.52

VETERANS O/40

1. (5) R. Harrison	CGR	35.17
2. (12) D. Stayt	Chippen	38.16
3. (13) D. Owens	Kesw	38.22

VETERANS O/50

1. (14) J. Downie	Kesw	38.36
2. (16) D. Shinn	Kend	38.39
3. (18) T. Bland	Borr	38.45

VETERANS O/60

1. (36) P. Taylor	Border	41.45
2. (44) J. Prudham	Jarrow	43.06
3. (51) B. Johnson	CFR	44.41

LADIES

1. (7) J. Hargreaves	CFR	36.13
2. (15) N. Davies O/40	Borr	38.37
3. (29) L. Thompson	Kesw	40.27
4. (30) L. Clough	WiganP	40.29
5. (42) T. Walker	Unatt	42.53

66 finishers

HARROCK HILL RACE (RACE 4) Lancashire BS/5m/900ft 21.08.02

1. P. Muller O/40	Horw	32.12
2. B. Bolland	Horw	33.20
3. A. Smith	Amble	33.38
4. C. Seddon	Horw	34.07
5. K. Gaskell O/40	Horw	34.50
6. D. Tonge O/40	Newburgh	35.00
7. R. Bowker O/40	S'portW	35.22
8. M. Christie O/40	Chor	35.37
9. G. Kay	Horw	35.57
10. C. Pedder O/40	Newburgh	36.00

VETERANS O/50

1. (11) T. Hesketh	Horw	36.03
2. (23) A. Turnball	WiganP	39.15
3. (24) P. Gillham	Chor	39.34

VETERANS O/60

1. (46) M. Hopkinson	NthnV	45.47
2. (48) J. Winters	B'poolF	46.23
3. (59) B. Mansley	Spectrum	49.20

LADIES

1. (35) J. Coleman O/45	Chor	42.04
2. (38) C. Quirk O/45	SkemB	42.20
3. (42) R. Crowe U/18	Lytham	45.00
4. (47) E. Smart O/40	Horw	46.05
5. (49) J. Chaplin O/40	Chor	46.28

72 finishers

ECCLES PIKE Derbyshire BS/3.5m/650ft 21.08.02

This short but tough race was well contested by 73 runners, the exact same number as last year. The weather was hot and sticky with fast conditions under foot. As the field set off Malcolm Fowler soon took the lead and was never headed as he strode to his third win in successive years. Once again thanks is given to the Navigation Inn for playing host and to members of Goyt Valley Striders for the organisation and work on the night.

Mark Whelan

1. M. Fowler	Penn	21.23
2. C. Leigh	Traff	21.49
3. D. Nicholls	Macc	21.51
4. D. Dunn O/40	Penn	23.06
5. N. Peach	Sale	23.16
6. G. MacNeil	Helsby	23.27
7. R. Marlton O/40	Stock	24.27
8. I. Warhurst	Penn	24.31
9. T. Wild Junior	Macc	24.32
10. C. Fray O/40	Penn	24.43

VETERANS O/50

1. (15) R. Scottney	Penn	25.38
2. (17) A. Brentnall	Penn	25.53
3. (19) J. Norman	Altr	26.09

VETERANS O/60		
1. (53) M. Edwards	DkPk	33.12
2. (60) A. Bourne	StaffsM	34.33
3. (63) B. Stephenson	Stock	38.25
VETERANS O/70		
1. (69) J. Beswick	Helsby	46.55
LADIES		
1. (27) J. Mellor	Penn	28.00
2. (37) K. Roberts	Helsby	29.05
3. (41) J. Gardner O/40	Bux	29.44
4. (45) J. Phizlackea	Bux	30.59
5. (47) M. Calvert	Macc	31.11

73 finishers

ARNISON CRAG HORSESHOE
Cumbria
AS/3m/1000ft 24.08.02

Thank you to all 31 runners who took part in the 2002 Arnison Crag Horseshoe race. The weather was fine for the race itself, but a bit of rain in the morning made the descent interesting! Tim Austin from Dark Peak had an excellent run to lead everyone home in a time of 24.28 and Lyn Thompson from Keswick was first lady (and first lady vet) in time of 32.17. Well done to Tim and Lyn. Finally, thank you to Catstycam Outdoor Shop in Glenridding who sponsored the prizes.

Christine Varley

1. T. Austin	DkPk	24.28
2. G. Bland	Borr	24.36
3. P. Pollitt	CFR	25.42

VETERANS O/40		
1. M. Mallon	Crook	27.16

VETERANS O/50		
1. D. Milligan	Solway	28.52

LADIES		
1. L. Thompson	Kesw	32.17
2. A. Walker	Belgrave	36.10

BRECON BEACONS FELL RACE
South Wales
AL/19m/4500ft 24.08.02

1. R. Ansell O/40	Tring	3.06.01
2. T. Jones O/40	Eryri	3.08.59
3. I. Powell	Westb'y	3.12.29
4. A. Carruthers O/40	Crawley	3.19.58
5. B. Stadden O/40	Bitton	3.25.17
6. C. Daniel O/40	GWR	3.25.53
7. J. Carter	SWCaving	3.29.49
8. N. Lewis	MDC	3.32.58
9. J. Darby O/40	MDC	3.36.16
10. A. Bedwell Lady O/40	MDC	3.45.59

VETERANS O/50		
1. (23) R. Griffiths	Unatt	4.51.47

LADIES		
1. (10) A. Bedwell O/40	MDC	3.45.59
2. (19) A. Powis	Unatt	4.30.43

25 finishers

RAS BECA
Pembrokeshire
BS/5m/1050ft 24.08.02

A smaller than usual number of runners turned up for the race showing their eagerness to participate. The five-mile course on the Preseci Hills was the wettest ever seen, so no records were broken. The winner was veteran, David Warren, with Haydn loyds close behind.

50 runners lined up for the start and organisers are pleased to announce that 49 completed the course. The warm sunny day helped to draw a large crowd of spectators who watched the founder of Beca Race, Brian Llewelyn, present the trophies and prizes.

The organisers would like to thank sponsors, competitors and the press for their support.

John S Evans

1. D. Warren O/40	Card	37.58
2. H. Lloyd	SarnH	38.30
3. J. Griffiths O/50	SarnH	38.40
4. D. Roberts O/40	Aberys	38.56
5. D. Richards	PembTri	39.14

6. B. Cooke	Unatt	39.24
7. D. Cobb	Unatt	41.26
8. L. Rees O/50	SarnH	41.31
9. Enot	AberystUni	42.15
10. P. Foale O/50	AberystAC	42.21

LADIES		
1. (15) K. Buckley	BristAC	44.01
2. (16) J. Leitch	AberystUni	44.22
3. (28) C. Peck	Carmarth	49.46

49 finishers

GOODRICH FELL RACE
Herefordshire
BM/6m/850ft 24.08.02

1. D. Wilcox O/40	Worces	44.27
2. T. Byrne	FRA	44.57
3. K. Holt O/50	Birchf	45.55
4. R. Pickvance Lady O/40	Swans	46.24
5. B. Nikoloff	Wreake	46.32
6. M. Cates	Orion	46.37
7. S. Newman Lady O/40	Gloss	46.38
8. D. Brock O/40	Orion	46.59
9. D. Currie	IBM	47.17
10. T. Parker O/40	Wreake	47.28

VETERANS O/50		
1. (12) R. Britton	StaffsM	48.42
2. (3) W. Beardsmore	HardR	54.14
3. (44) P. Deadman	Orion	57.07

VETERANS O/60		
1. (61) S. Wheeler	Chepstow	64.04

LADIES		
1. (4) R. Pickvance O/40	Swans	46.24
2. (7) S. Newman O/40	Gloss	46.38
3. (35) E. Turner	Unatt	54.25
4. (41) C. Currie	IBM	56.29
5. (42) P. Glover	Wreake	56.31

74 finishers

JUNIORS - 2.5m/400ft		
1. G. Reynolds 14 yrs	FOD	29.52
2. R. Wilson 16 yrs	FOD	29.52
3. A. Blease 14 yrs	Brych	39.10

MINORS - 1.1m/200ft		
1. R de Camps	FOD	11.06

"NOT UP" UP THE NAB FELL RACE
North Yorkshire
AS/4m/750ft 25.08.02

1. M. Fowler	Penn	23.01
2. C. Leigh	Traff	23.11
3. A. Kirk O/40	Unatt	24.42
4. C. MacNeil O/40	Helsby	25.23
5. C. Fray O/40	Penn	26.30

6. N. Winfield	Unatt	26.51
7. A. Howie O/40	Penn	27.07
8. M. Law	Barns	27.24
9. D. Walsh	Unatt	27.41
10. H. Darwin	Unatt	27.51

VETERANS O/50		
1. (12) F. Fielding	Penn	28.38
2. (22) R. Migocz	Unatt	31.17
3. (27) P. Calladine	Sadd	31.56

VETERANS O/60		
1. (31) B. Thackery	DkPk	34.49

LADIES		
1. (25) K. Roberts	Helsby	31.34
2. (32) H. Southern	Unatt	35.00
3. (36) E. Rose O/35	Penn	36.58

43 finishers

BRADLEY FAMILY DAY FELL RUN
West Yorkshire
BS/3.5m/750FT 01.09.02

On a glorious day 110 runners took part in various fell runs. In the senior event, Alfie Atkinson's record was never in doubt - a combination of long grass and overgrown footpaths - the result of underuse during the F & M epidemic. Andrew Robertshaw won by almost a minute from Jason Hemsley and Lee Athersmith. Andrew Robertshaw received the Frank Hopkinson Memorial Trophy. In 4th place, John Wootton received the Bob Marchant Trophy for first local. The first lady was Lynne Whitaker. Four runners who took part in the fell race also completed the gruelling Mountain Bike Challenge.

A field of only six in the Under 17s was led home by Stuart Hunn, followed by Daniel Watson and Sam Watson. Zoe Start, the only female, was fourth.

In the Under 14s Max Jones raced home first and Lauren Storr was first girl.

James Mountain led in the Under 12s and Lois Grinstead in 11th place was first girl.

In the Under 9s, Charley Winstanly just edged ahead of David Wilson by five seconds and local girl, Jessica Wootton, won the girls and completed a family day out for the Wootton family (mum Claire was one of the marshals!).

Thanks must go to all competitors, supporters and officials and especially the voice of the one and only, Roger Ingham, who managed to get Steve Backley to present some of the prizes (That's Steve Backley of Skyrac, who came home in 36th place in the senior race!!!)

Jim Rosser



Steve Backley (22) of SkyRac just staying ahead of Peter Heap (2) and Laurie Prowse (33) at the Bradley Day (Photo Woodhead)

1. A. Robertshaw	Otley	25.12
2. J. Hemsley	P&B	26.07
3. L. Athersmith	Skip	26.17
4. J. Wootton O/40	Bradley	27.09
5. S. Macina	P&B	27.16
6. D. Foster	Otley	27.22
7. P. Branningan	Tod	27.52
8. J. Senior	Bing	27.57
9. M. Iley O/40	Ilk	28.52
10. J. Brook	Kghly	28.57

VETERANS O/50		
1. (23) B. Scholes	HelmH	31.40
2. (36) S. Backley	Skyrac	35.35
3. (37) R. Hurst	Clay	36.00

VETERANS O/60		
1. (12) N. Bush	PatBr	29.41

LADIES		
1. (43) L. Whitaker	Wharfe	38.00
2. (48) J. Andrews	Bradley	43.50

51 finishers

Under 17s		
1. S. Hunn	Skip	15.26
4. Z. Storr Girl	Holm	30.39

6 finishers		
Under 14s		
1. M. Jones	Holm	11.47
2. C. Weatherill	Skip	11.55
11. L. Storr Girl	Holm	15.00

15 finishers		
Under 12s		
1. J. Mountain	Skip	6.57
2. S. Tosh	Bury	7.01
11. L. Grinstead	Grass	8.45

20 finishers		
Under 9s		
1. I. C. Winstanley	Trawden	4.19
2. D. Wilson	Wharfe	4.24
3. J. Hall	Bing	4.33
3. J. Wootton Girl	Bradley	4.33

18 finishers

**LYME PARK CHAMPIONSHIP
Peak District**

This three-race series comprises the Vanessa Chappell Race, the Kettlethulme Fell Race and the Boar's Head Hill Race; all are BM races and all are held on Wednesday evenings throughout May and June. They also, as might be gathered from the series title, all take in part of Lyme Park in their routes. This year's Championship didn't get off to the best of starts as, because of a clash with a certain other sporting event, the field for the Vanessa Chappell race was considerably down on previous years; however, things recovered for the next two races and the competition was quite fierce. After two races Malcolm Fowler of Pennine was well in front but work commitments prevented him getting to the Boar's Head and his challenge evaporated, leaving Damien Nicholls of Macclesfield to take the series title. Suzanne Budgett and Jackie Bradwell had a real tussle for the ladies' title, with Jackie being in the lead after the first two races, only for Suzanne to run a stormer at the Boar's Head and come in twenty-one places ahead to put her first lady by thirteen points - however, Jackie held the LV40 place as a consolation.

Altogether a total of forty-six runners (35 men and 11 ladies) completed all three races and a notable fact was the preponderance of vets, with 74% of the series finishers V40 or above.

Dave Jones

1. D. Nicholls	Macc	15 pts.
2. D. Rudd O/40	Altr	20 pts.
3. D. Keeling	Traff	31 pts.
4. G. Morson O/50	Bux	33 pts.
5. S. Burthem O/40	Spect	66 pts.
6. D. O'Brien O/40	Bux	70 pts.
7. J. Norman O/50	Altr	77 pts.
8. A. Garnett O/40	Spect	95 pts.
9. R. Scottney O/50	Penn	97 pts.
10. A. Brentnall O/50	Penn	114 pts.

VETERANS O/60		
1. A. Hague		287 pts.

LADIES		
1. S. Budgett	Horw	173 pts.
2. J. Bradwell O/40	EChesh	186 pts.
3. G. Heathcote-Milner	M/cUni	286 pts.
4. A. Leonard	M/cYMCA	290 pts.
5. M. Chippendale O/50	Penn	296 pts.
LV60 M. Harrison		379 pts

**CASTLETON FELL RACE
Derbyshire**

AM/6m/1500ft Date not advised

1. S. Penney	Unatt	43.05
2. T. Austin	DkPk	44.13
3. R. Patton	DkPk	44.49
4. N. Bassett	StaffsM	45.13
5. P. Winskill	Penn	45.33
6. S. Bradstock	Castle	46.19
7. A. Carruthers O/40	Crawley	46.43
8. S. Maycock	SteelCStr	46.56
9. A. Middleton	DkPk	47.10
10. J. Boyle	DkPk	47.44

VETERANS O/40		
1. (7) A. Carruthers	Crawley	46.43
2. (12) C. Davies	Sadd	48.06
3. (16) M. Moorhouse	Matlock	49.05

VETERANS O/50		
1. (14) K. Payne	StubbGr	48.31
2. (26) P. Keen	Hallam	51.10
3. (29) D. Tait	DkPk	51.16

LADIES		
1. (11) R. Smith	Scarb	47.48
2. (43) K. Harvey	Atlr	54.17
3. (55) J. Phizlackea	Bux	56.44

95 finishers

**HALESOWEN HILLOCK
BM/10m/1500ft No date advised**

1. R. Malin	BromsR	1.02.04
2. B. Nock	Hales	1.04.34
3. R. Griffiths	Telf	1.05.55
4. A. Carruthers O/40	Crawley	1.06.29
5. N. Barford	NthmpP	1.07.35
6. I. Townsend O/40	KiddStour	1.07.57
7. S. Geggie O/40	Hales	1.07.58
8. C. Harris	Hales	1.08.46
9. H. Thomas	Telf	1.10.16
10. I. Keyte O/40	BromsR	1.10.32

VETERANS O/50		
1. (18) E. Sanders	AmazF	1.13.04
2. (24) K. Court	Hales	1.15.03
3. (28) S. Rose	Nuneat	1.16.09

VETERANS O/60		
1. (64) T. Marchi	Sphinx	1.26.11
2. (82) D. Harris	Unatt	1.32.17
3. (90) N. Dewson	RRC	1.35.04

LADIES		
1. (20) L. Gould O/35	KiddStour	1.13.37
2. (25) P. Knowles O/40	RoySutt	1.15.43
3. (55) R. Miles	AmazF	1.24.17
4. (58) C. Mills O/35	Kenilw	1.24.33
5. (73) J. Anderson O/35	BromsR	1.29.50

131 finishers

**CHIPPING SHOW FELL FACE
Lancashire
No date advised**

Preston Harriers presented the 2nd Chipping show fell race and an elite field of 68 runners turned out for the race.

After the disappointment of the cancellation last year due to F& M a really exciting race was to unfold.

Starting and finishing in the main arena, the crowds gave the runners tremendous encouragement as they set off for Parlick.

Mud was the order of the day as the runners made their way across the fields to start the ascent, the summit being shrouded in mist.

The early leader was local Bowland fell runner Lee Douthwaite, meanwhile the arena was bathed in Summer sunshine.

Leading the field back was Brendan Bolland, five minutes outside the 2000 event time, which showed

how tough the conditions were this year. Following just behind was Chris Read, who in turn was followed by B. Cole.

First Vetern O/40 was Lee Douthwaite and first lady back into the arena was Vanessa Peacock.

General opinion was that the event will be well supported next year.

Maaaurice Dean

1. B. Bolland	Horw	1.09.33
2. C. Reade	Bowland	1.10.19
3. B. Cole	RMarines	1.11.47
4. P. Targett	Clay	1.12.12
5. L. Douthwaite O/40	Bowland	1.13.01
6. C. Davies O/40	Sadd	1.14.40
7. M. Chippendale	Bowland	1.15.03
8. M. Christie O/40	Chor	1.15.48
9. M. Podmore	Clay	1.17.05
10. B. Raby	Chor	1.17.14

VETERANS O/50		
1. (15) S. Kirkbride	Kend	1.19.21
2. (18) I. Cookson	RedR	1.19.12
3. (19) R. Futrell	Holm	1.21.39

VETERANS O/60		
1. (25) D. Ashton	Darwen	1.24.19
2. (35) R. Jaques	Clay	1.27.31
3. (59) G. Barrow	Tod	1.40.44

LADIES		
1. (21) V. Peacock O/40	Clay	1.22.24
2. (33) M. Laney O/40	Clay	1.27.26
3. (47) D. Pelly O/40	DkPk	1.31.18
4. (50) J. Phizlackea	Bux	1.32.13

68 finishers

**EDINBURGH SEVEN HILLS RACE
No details advised**

Martin Flynn won the 2002 Edinburgh's Seven Hills Race finishing the 14 mile unmarked route from Calton Hill to the Castle Esplanade, Corstophine Hill, Craiglockhart Hill, Blackford Hill, Braid Hill and Arthur's Seat in 1.45.15 to repeat his victory of 2000. He did so by just coming in ahead of his club mates, Adam Ward and Angela Mudge to make it a Carnethy 1,2,3.

Angela broke Penny Rother's record on this her Seven Hills debut, by just nine seconds. She did, however, take an unscheduled detour off the Braids through some waist high gorse!

1. M. Flynn	Carn	1.45.15
2. A. Ward	Carn	1.47.08
3. A. Mudge Lady	Carn	1.48.15
4. K. Hood	Corstoph	1.48.20
5. G. McInnes	Carn	1.51.24
6. W. Jarvie	Portob	1.54.48
7. D. Flynn	Unatt	1.55.14
8. C. Davies	Unatt	1.56.06
9. A. Laycock	Carn	1.56.10
10. T. McColl	Norham	1.56.10

VETERANS		
1. (14) I. Cumming	Corstoph	1.57.26
2. (29) B. Gauld	Carn	2.07.02
3. (32) J. McGregor	Moray	2.07.39

LADIES		
1. A. Mudge	Carn	1.48.15
2. J. Tait	Carn	2.03.14
3. D. McDonald	HBT	2.16.47
4. S. Stott	SriCh	2.16.58
5. G. McKelvie	Portob	2.25.34
6. K. Young	Portob	2.25.39

96 finishers

**CILCAIN SHOW 2002
No details advised**

WINNER PLIMMER TROPHY	
C. Kneale	29.21
LOCAL WINNER - BROWNER TROPHY	
M. Price	38.14
VETERANS' WINNER - ROBIN WOLLEY TROPHY	
C. Fray	32.01
LADIES' WINNER - ANDERSON TROPHY	
K. Hawitt	33.54

JUNIOR CHAMPIONSHIP NEWS AND THE AUGUST TRAINING WEEKEND

by Ian Smith

As junior co-ordinator I would like to thank all the race organisers for their efforts in holding the Championship races. As I am writing this article there are still two races to go, the junior Championship at The Three Shires and the inters at Thieveley Pike. Thanks must also go to all the mums and dads for transporting the juniors up and down the country and, by no means last, I would like to thank all you juniors for providing us with some very entertaining racing. It would be nice to have a few more under 18 and under 20 ladies entering the championships.

Would all juniors who wish to be in next year's Championships please register with me as soon as possible, as requested in the handbook. I have nearly put together all next year's Championship races with some old favourites back again and one new race to look forward to. The inters will all take place at the same venues as the juniors next year, competing in the same race as the seniors with the exception of The Three Shires and Sedbergh, where they will most likely run with the U18s. Hopefully there will not be as many races clashing with other events, but we can only use races that are already set up in the fell calendar and they all like to have a fixed date each year.

The training weekends have gone very well indeed with over ninety juniors and fifteen coaches attending over the three weekends. There will hopefully be one more in the New Year over the weekend of 15th, 16th March. Please contact me as soon as possible because places are limited. I had to make a waiting list for the last course, so the people who did not manage to get on the last weekend will automatically be invited to the next one, if they can make it.

At the training weekend on the 31st August/1st September we had thirty juniors and six coaches in attendance. I have tried to run the courses to the

same agenda each time, taking the juniors through all aspects of training, involving hill sessions, circuit training, stretching and discussions about our junior international races. We have various team games and on the Saturday night we had two quizzes, one about fell racing after watching a video, the other on the Commonwealth and European Games.

Our guest speaker was Olympian, Andy Carter, who answered questions about his career in athletics and also showed us a video of his Olympic exploits in Munich. The juniors and coaches were amazed at what he had achieved in such a short career in athletics - bronze in the Europeans in 1971, 6th in the Munich Olympic finals in 1972, 1st in the European Cup in 1973, silver at the Commonwealth Games in 1974, all at 800 metres. Andy also held the British 800 metre record for 7 years from 1971 to 1978 at 1.45.12. At the AAAs indoor championships this year, Brendan Foster said on BBC TV that if Andy had not been injured in his 20s, he would have been one of the best middle distance runners in the world.

As I said in the last magazine, the Junior FRA Championship 'Do' will be at the Rolls Royce Club in Barnoldswick, after the Charlotte Slater Race on Sunday, 10th November, from 2.30 p.m., with the presentation starting at 3 p.m. I will have tickets available from the Three Shires race onwards. There will be a disco, star fell runners to present the prizes, games, photo displays, buffet. **All this for just £5 per ticket!**

The races for next year's Championships will be:

- | | |
|------------------------|----------------|
| 1. Wrekin | 13th April |
| 2. Belmont Winter Hill | 10th May |
| 3. Hutton Roof | 24th May |
| 4. Broomhead Chase | 13th July |
| 5. Sedbergh | 17th August |
| 6. Three Shires | 20th September |

The trial for the Black Forest Teenager Games will be on the 8th June, to be held in Rivington, starting at 9.30 a.m. Please check your handbook calendar to confirm these dates.

Black Forest Teenager Games. 2002. Berglauf Race

by Norman Matthews

England once again missed out on the double by just one place as the victorious boys reversed last year's result by winning outright with the girls taking second place. It was the girls who triumphed last year but this year the boys were out to make amends as two of last year's team - Mark Buckingham and Matthew Pearson, now with course experience - were once again in the team and with Chris Doyle in great support they made an all-out effort for the Gold Medals, winning by just one point from Slovakia. Scotland took the bronze medals with Iain Donnan in particular having a fine run taking individual bronze.

The girls Karrie Hawitt, Zoe Storr and Sarah Tunstall - all new to the race - made a brilliant effort to repeat last year's win, but were just thwarted by the Slovakian team, missing gold by one place. Karrie came up against the Slovenian's star runner Mateja Kosovelj for the individual Gold medal and

had to settle for Silver after a great duel as they navigated the steep steps in the wood.

The results below show the fine individual and team performances of all those attending from the home countries whose camaraderie this year was brilliant - as can be seen by the team photo.

This junior international event has grown over the years not only in numbers but also in status, and is a great and rewarding experience for those juniors who have made the extra effort in their training to be selected to run for their country in Sasbachwalden and say "I got the 'I' Shirt!"

With the increasing pressure to 'Go British' within the international mountain running scene, this junior international event remains for both athletes and team management a fine example of how junior athletics and inter-country relations should be fostered in an endeavour to encourage our youth to stay in the sport.

Norman Matthews

England Junior Coach

Girls				Boys			
2	Karrie Hawitt	England	13.52	3	Iain Donnan	Scotland	11.20
5	Zoe Storr	England	14.25	4	Mark Buckingham	England	11.30
7	Sarah Tunstall	England	14.36	5	Chris McCall	Scotland	11.32
10	Marbeth Shiel	Scotland	14.53	7	Matthew Pearson	England	11.50
11	Elin Wozencraft	Wales	15.00	9	Chris Doyle	England	12.07
12	Ashley Toner	Scotland	15.17	11	Owain Jones	Wales	12.10
15	Samantha Marshall	Scotland	15.32	16	Scott Fraser	Scotland	12.32
17	Emily Gibson	Wales	15.47	23	Ian Williams	Wales	13.05
21	Rosie Richards	Wales	16.36	28	Dafydd Dylan	Wales	14.08
	36 ran.				41 ran		

Teams Boys	England	(1st)	Buckingham - Pearson - Doyle	20
	Slovakia	(2nd)	Kohut - Urbanovsky - Belko	21
	Scotland	(3rd)	Donnan - McCall - Fraser	24
	Wales	(7th)	Jones - Williams - Dylan	62

Teams Girls	Slovakia	(1st)	Vladarova - Garajova - Gadova	13
	England	(2nd)	Hawitt - Storr - Tunstall	14
	Slovenia	(3rd)	Kosovelj - Draksler - Podrecca	23
	Scotland	(4th)	Shiel - Toner - Marshall	38
	Wales	(6th)	Wozencraft - Gibson - Richards	53



The successful team - Mark Buckingham, Sarah Tunstall, Matthew Pearson, Karrie Hawitt, Chris Doyle and Zoe Storr with coach Norman Matthews (Photo Norman Matthews)

THE ISLE OF MAN'S PREMIER FELL RACE

Manx Mountain Marathon

31 miles - 8000ft of ascent

RAAS MOOAR NY SLEITYN

Held under F.R.A. Rules

Running
from the north
of the Island to the south
over 13 summits

Certificate, T-Shirt
and mug to all finishers
ENTRY FEE INCLUDES
POST RACE MEAL

**EASTER
SATURDAY
19TH APRIL 2003**

for further information, contact

Tony Rowley, 4 Poplar Close, Birchill, Onchan, Isle of Man IM3 3HS

Tel: (01624) 674968 e-mail: tony_rowley@hotmail.com

Supported by the Isle of Man Department of Tourism & Leisure

CELTIC CORNER

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

News from Ireland

by Ian Taylor

NIFRA News

With the advent of a European Championship for the first time, like other UK home countries we are no longer eligible to compete as a Northern Ireland team. Instead, we joined up with mountain runners in southern Ireland to form an all Ireland team, enabling more of our athletes to compete at European level. Our best finisher was vet Robbie Bryson, less than 10% behind the winner and in the middle of the GBR athletes. The more technically minded may wish to note that running for Ireland at a Championship level does not affect eligibility to run for N.Ireland at events of lesser status, such as the World Trophy or indeed the Commonwealth Games.

Slieve Bearnagh

Our British Championship event in April, 2003 is over a variation of one of our longstanding classic routes with ascents of Slieves Bearnagh, Meelmore and Meelbeg, hills not used in previous Championships. The original route has been reduced to bring it into the short category, but it is expected to involve about 800 metres of climb. Plan your trip now - the date will allow cheaper ferry crossings.

Web site

Over the last couple of years the NIFRA web site has proved an invaluable means of communication to both members, fellow runners and visitors. Perhaps the key to such success is having an enthusiastic fell runner, in touch with what is happening, as Web editor. Those in the know will realise that I have a vested interest here as that position is held by my son Simon. In raising this issue, we would both ask if more could not be made of the FRA Web site or perhaps a UK site should be developed instead. At least the FRA site now has future races listed and seems to be updated more often. From a user point of view could it be redesigned to make it more user-friendly with recent news, results and photographs?

Junior Development

Our junior fell runners are all involved in other athletic disciplines as well as mountain running. Indeed for most of them it provides a short break between track and cross-country seasons. Our problem then is how to build up a squad of juniors. With some Lottery money we look forward to sending individuals as well as teams to the British Juniors and for the first time send participants to the Teenager Games in Germany. They will also be encouraged by a fell running input into a junior endurance development weekend in November. We are also planning a revised junior series next year. Unfortunately we have not solved the common athletic problem of getting information about our events to the right

enthusiastic people in schools!

Championship Format

Our NIFRA Championship format has remained unchanged for some years. The committee decided that a change may provide an opportunity to broaden the appeal of the Championship to less committed fell runners and incorporate some faster more runnable events. We are proposing to use results from 5 out of 9 races, with only one required from each of the short, medium and long categories and the remaining two from any category. This will give a wider choice of events and hopefully allow more people to complete the series.

Scottish Notes

from Keith Burns

After the mass resignation of the Scottish Athletics (SAL) Hill Running Commission, Selection Committee and International Race Co-ordinator on 12th April, the resigning group transferred their involvement to strengthening their support of Scottish Hill Runners. They felt that they could support grass roots initiatives better by this route, leaving a new Hill Running Commission to pick up the international scene.

An acting SAL Hill Running Commission was set up under Martin Hyman's leadership until the August SAL AGM could properly elect a new Commission. Martin has ably led the new group since then, with a busy programme of trials and training events as well as management of the international teams. However, the AGM failed to elect a new HRC team and the unelected group continues in office, some members having declared an early intention of withdrawing. The prospect of an elected group within Scottish Athletics Ltd. representing hill runners remains uncertain. The reality is that there don't seem to be enough hill runners willing to make the democratic process work within SAL.

Hill racing in Scotland now runs the risk of becoming polarised between those with an interest in international competition (and therefore with an interest in getting SAL professionals to work for them), and the majority who have little or no interest in SAL, and manage quite well without them.

Race organisers continue to make their own judgment as to whether the infamous SAL "permits" deliver value. Those who feel they don't, use FRA registration instead. SAL continues with the view that hill races which do not have their "permit" should not be allowed to take place - a fascinating Stalinist view.

Some of us await developments from Dave Jones' initiative for an all-UK separate governing body for fell racing. How long this will take with the spread of opinion across the UK is anybody's guess. Here in Scotland, it would be difficult without the co-operation of Scottish Athletics Ltd. - for no better reason

than that the professionals have every personal motive to hang on to their empire. The interests of those who race up and down hills will continue to take second place. I suggested to SAL that they should offer their own views in The Fell Runner alongside mine in the interests of balance, but I understand they have declined.

Meanwhile, the independent group, Scottish Hill Runners, continues to provide a comprehensive race calendar, superleague and social events which are distinct from and complementary to what SAL provide. Hill runners in Scotland will put their money and support where they see delivery of services which they value. The domestic race scene remains very healthy despite all the dreary politics.

Notes from Wales

from John Sweeting

Welsh Fell Runners Association

As announced in the last issue, the WFRA is now re-established, but so far not quite in business. By the time of the re-formation, many decisions had already been taken for 2002, such as Welsh and British Championship races, fixtures calendar, etc. Also, following discussion of the FRA AGM Motion, we were in a bit of a "limbo" situation, waiting for an initiative from the FRA Committee.

However, autumn is now upon us, the time of year for planning, decisions, and organising for a successful 2003. So, an (open) WFRA meeting in October/November should consider the following questions at least:

- Welsh Championships - how do we raise the level of competition and interest, which has declined substantially over recent years. This includes questions of geography (couldn't Mercia, Halesowen, Hereford, Forest of Dean, Croft Ambrey, etc. put up a West of England team to take on the best of Wales?); AAW Registration; Open/AAW/scoring format; etc.
- Junior fell-racing - efforts this year were not successful, but there's no future without new blood coming into the sport (perhaps those with proven expertise in FRA/PST/AAW could give us the benefit of their experience?).
- Fixtures - target should be to get the Calendar out before Xmas, with a minimum of mistakes/clashes, followed by an update/corrections in a WFRA Newsletter in February.
- AAW - we are part of this organisation, so why not test how well it works, i.e. put representatives on committees, submit a budget to cover "grassroots" expenditure, talk to the AAW junior cross country people, etc.
- Website - this is now a mundane taken-for-granted part of almost every organisation, large or small. Who is going to do ours?
- WFRA itself - needs to agree a Constitution, hold an AGM, elect officers, etc.

And hopefully the FRA will meanwhile set up some kind of discussion forum this winter - share some experience and move the sport along a bit.

BLAST FROM THE PAST from Mike Rose

I joined the FRA in 1979 and have a collection of A5 size magazines which appeared prior to the larger format introduced in Spring 1987. These old magazines provide enjoyable bedtime reading and bring back many memories. Topics discussed are much the same as today - affiliation to the AAA, environment, safety, elitism, championships, and so on. The editors were Andy Styan, Hugh Symonds and John Reade, and regular contributors of articles, profiles, race reviews, letters etc. included Neil Shuttleworth, Peter Knott, Roger Boswell, Martin Stone, Will McLewin, Bill Smith and Peter Travis - several still contribute 20 years later. And who can forget Christopher Bacon-Rasher, John Dismal, John Blair-Poisson, Deaf Norman, Mick Snort, Hoss Naylor, Andy Stallion, Harry Porker, and many others created by William Bentball, part-time cartoonist and full-time scrap merchant.

In the early eighties, two articles appeared on the subject of shoelaces and I think the present generation of members are entitled to enjoy the secrets of THE BOOTH KNOT.
(Cartoons by Bill Bentball.)

GET KNOTTED

by Donald Booth (August 1981)

It is sometimes disturbing to recognise in oneself a characteristic of one or other of one's parents that one does not admire. However, it is not my purpose in writing this critically to examine my navel - I do that sort of thing in the privacy of my own home. My subject is shoelaces: or, more exactly, the tying of them. For the last thirteen years or so I have been tying a bow in a slightly different way from that in which other people tie theirs. The way I tie mine offers one advantage over the conventional bow: - IT DOESN'T COME UNDONE.

Over the 'double knot' it offers three advantages:

- IT IS MORE RELIABLE AT NOT COMING UNDONE;

- IT IS MUCH EASIER TO UNTIE (exactly the same to untie as the conventional bow, particularly useful in a long race, when you've got a shoe full of stones); AND

- IT DOESN'T REQUIRE SUCH LONG LACES.

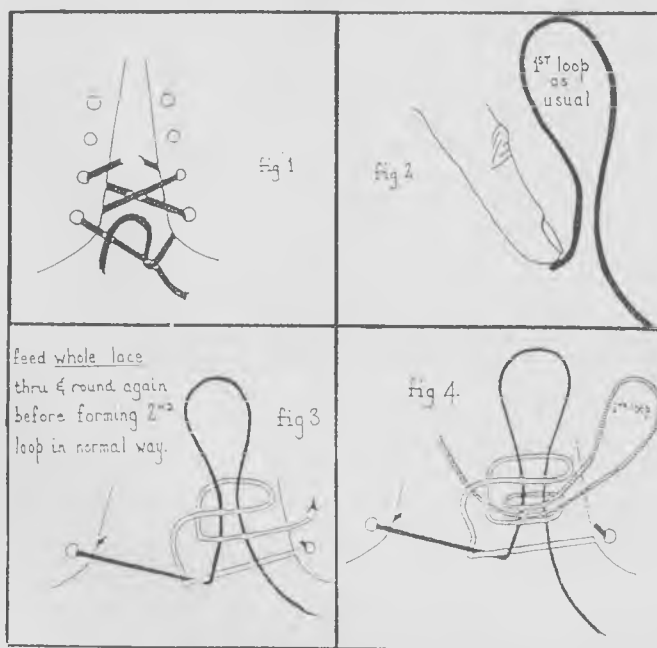
If this knot is so good, why am I telling my fellow fell runners about it? For years I have felt torn between keeping this advantage to myself and telling other people about it - because it is such a good knot. Usually I have struck an uneasy compromise, by telling only people in my own club about it. But, now and then, I have found myself telling friends who run for competing clubs. Gradually I have come to the sometimes upsetting, sometimes comforting realisation that I am not, basically (unless angry, or being passed by John Blair-Fish!) that competitive; I like to run my best without hurting myself too much, and if that means letting a few people gain a minute or two on me over three or four hours fine! Nor do I get any satisfaction out of beating someone because his shoelaces came undone.

Through fell running I have made some good friends and got to know - however superficially - a lot more people whom I like and admire. Fell runners have always seemed

to me to be one group of people who have, or are closer than others to having, their values in order (that is, in the order in which I would like mine to be!). I have got a lot out of fell running. What have I given to it in return? Nothing!

That is why I offer this knot. Of course, you don't have to adopt it, but I have seen over the years, so many people having to stop and re-tie a bow which has come undone, or struggling to untie a double which won't in order to empty a shoe of stones, that I believe many who read this will choose to adopt it.

Basically, it is simply a matter, before forming the second loop of the bow, of feeding the whole lace through the gap and round again. (See figs 1 - 4.) It seems strange at first but, after a while, having gained the confidence of experience that it won't come undone, one



How to tie the Booth Knot (Credit Bill Bentball)

feels almost naked tying the bow in the conventional way.

.....and so back to parental and personal characteristics. Those who know me well often accuse me of being quick to criticise; of arrogance; of knowing best. Well, I inherited this trait from my father. (He also divided his varicose veins unequally amongst his four

children; I got most of them. Thoughtful, my Dad.) About thirteen years ago, my father was in an Edinburgh shoe shop, trying on shoes, when he observed that the salesman was using an apparently over-elaborate bow. Now Dad is not only very observant; he is also a Lancastrian of some eloquence. He said, "That's a bloody daft way to tie a bow." The salesman, showing the politeness and restraint characteristic of the best of his profession, replied, "Yes, sir, it does look daft, I agree. On the other hand, it never comes undone."

If my father is quick to criticise, he is also observant and ready to change his mind when presented with fresh evidence. He did change his mind; so did I.

I hope the reader will, too.

and the responses to the article were as follows

"RUMOUR HAS IT...." (December 1981) - that Paul Sydney wants space in the next issue for his article 'One pair of shoes lasts a season with Araldite'. He would have had it ready for this issue if he hadn't been trying to master the Booth Knot.

- that Donald Booth is giving lessons in knot-tying for a small fee.

- that Donald Booth's Knot is becoming the fell runner's alternative to the Rubik Cube.

- that Donald Booth is avoiding races for fear of being lynched.

- that Mike 'Just-Stopped-to-Tie-my-Laces' Short is seriously considering the Booth Knot.

which then prompted the following article

STRAIT-LACED

by Donald Booth (July 1982)

How would you describe Jean Lochhead?

A few months ago I went, with a friend, to a Holmfirth Harriers club run. We had just pulled up in the car when I realised the girl getting out of the car in front was Jean. I sounded the horn; she walked towards us. I wound down the window to say "Hullo". Instead of replying in the way I was expecting her to, Jean put her foot up on the car door and, pointing at the said foot, said excitedly, "Look! Look!"

We both looked, but saw nothing extraordinary - a good running shoe, that was all. Reebok, if I remember correctly.

"Look! Look!" Again she pointed excitedly at the shoe. I looked again. They looked as though they might be Aztecs. Perhaps that was the point?

"Look! Look!" She was becoming exasperated. I observed that the label was beginning to part company with the shoe's tongue. My running friend (who would prefer to remain nameless here, lest mention of his name should bring dishonour to the title 'World Coal-Carrying Champion') thought that the shoe was merely a ruse and that I

was setting my sights a little low. He could see the point (or so, at least, he afterwards claimed).

Finally, Jean gave up.

"It's the 'Booth Knot!'" she exclaimed. Now, until that moment I had heard the knot in question called many things - but never the 'Booth Knot'. It immediately occurred to me that writing a few lines for 'The Fell Runner' was a much easier way of gaining recognition amongst fell runners than in running races (a device discovered long ago by Bill Bentall. Who is Bill Bentall, anyway?).

Naturally, I expressed my pleasure that she should have tried it, and that she should have succeeded where countless others - if the rumours are true - had failed.

"There's just one point"; Jean went on, "does it come undone in long grass?" The reader may care to consider for a moment, those things that do, and those that do not, come undone in long grass; to speculate as to what, exactly, prompted her question.....

Thoughts of field trials with Jean were going through my mind, when she explained that long grass is a lace loosening feature of orienteering events.

The knot which I attempted to describe two issues ago - and which has since been variously described as 'knot so easy', 'exceeding ingenious' and (more frequently) 'f..... impossible' - has a counterpart; a method of lacing shoes. This method is said to have the following advantage over other methods:

- There is less lace-to-lace friction; this results in; easier tightening/loosening and reduced lace-wear.

It is also easier (I like to think) for a non-artist (avoid the obvious remark, please) to illustrate. It comes to you courtesy of my father (with whom a sort of detente has been re-established since the appearance of my last article); he got it from a neighbour, who was grateful for being shown a better way of tying a knot. One is tempted to ask oneself why fell runners should be so different.....

THE METHOD

The method is illustrated in figures 1 - 3, and is very simple (even if rendered unnecessary by the improved, plastic eyelets often incorporated in today's running shoes). You start with the lace coming up through one eyelet and down through the other. Feed that end of the lace which has gone 'down through' up through the next on the opposite side, so that both ends of the lace are on the same side of the shoe (fig.1). Now take the other end of the lace; feed it down through the next eyelet on the opposite side and up through the next on the side opposite to that (fig.2). Now, taking the other end of the lace, repeat the operation - and so on, until the shoe is laced (fig.3).

Good luck in the long grass!!

FRA NEWS

COMMITTEE NOTES. A very brief summary of the meetings held since the last magazine. Further information can be obtained from the Secretary.

KENDAL LEISURE CENTRE, Saturday 8 June 2002

Sport England has turned down our bid for funds to stage the 2005 World Trophy - we shall be pursuing this matter further. Confirmed that only one team per category per club may qualify for championship points in any one championship race. Increased subscription rates agreed in principle. Agreed that races in breach of minimum age rules will not be registered in future. Noted that Sarah Rowell will be standing down as Chair of the International Committee at the end of the season. Competitor banned for six months following his failure to report to the finish at the Half Tour of Pendle. Junior Presentations booked at the Rolls Royce Club, Barnoldswick, on 10th November 2002 following the Charlotte Slater Memorial Race. Discussed complaints that the Coniston race organiser relaxed the equipment requirements for category A long and medium races. The organiser argued that there is provision to waive in the event of settled fine weather, but we disagree with his judgement. Sub-committee appointed to review the requirements and make recommendations, (see item 'FRA SAFETY REQUIREMENTS').

KENDAL LEISURE CENTRE, Saturday 14 September 2002

Sudden death of John Taylor noted with sadness - obituary and other articles elsewhere. Confirmed that 2003 races will be registered on the understanding that they will be organised strictly in accordance with the FRA Safety Requirements. In the 2003 English Team Championships, only those runners in the counting races (4 out of 6) will be eligible for medals. Also wef 2003, in the event of a tie in the English Team Championships, a tie breaking formula will be applied. (The PST have already agreed this for British Championships.) Noted the 2003 British Relay Championships will be hosted by Mercia FR at Church Stretton and the Junior Championships will take place at Dregham, near Edinburgh. To date there is no funding for 2003 World trophy in Alaska. Dinner/Presentation/Dance tickets confirmed @ £20. PST is backing future inclusion of Snowdon Race as a WMRA Grand Prix event - meeting agreed FRA will also support. Arrangements for AGM discussed, see AGENDA elsewhere. Noted that Jacky Smith, Peter Dyke and Norman Matthews will not be seeking re-election. Peter Shields has accepted our nomination to fill the vacancy for a Coach.

FRA SAFETY REQUIREMENTS

The Committee have agreed changes to the FRA Safety Requirements to take effect from 1st January 2003. The altered sections are printed below with the alterations in bold italics.

9 EQUIPMENT

Competitors should arrive at races prepared to carry any or all of the following equipment:-

- (a) Windproof whole body cover.
- (b) Other body cover appropriate for the weather conditions.
- (c) Map and compass suitable for navigating the course.
- (d) Whistle.
- (e) Emergency food (long races).

These requirements constitute "best practice" and are mandatory at all Category A Long and Medium races.

In the event of settled fine weather, confirmed by a local weather report, the organiser may decide to waive some of the above requirements at Category A Short races.

Organisers must ensure that whatever requirements they specify on the day are met by holding complete or random checks before *and after* the start of the race.

12 RACE MARSHALS

Race marshals should be experienced fell walkers or runners who are dressed and equipped to withstand severe weather conditions over a prolonged period. They should carry first aid and sustenance to help competitors in an emergency and they must have a thorough knowledge of the race organisation's monitoring procedure. Strategic checkpoint marshals should be in contact with race control *and should be equipped with a KISU type of shelter for use in emergencies.* If weather conditions prevent them carrying out the monitoring procedures efficiently, race control must be informed.

13 RACE MONITORING AND RESCUE PROCEDURE

The monitoring system used is the responsibility of the race organiser but advice can be obtained from the FRA Secretary.

DENNIS QUINLAN

The FRA has received notice from UK Athletics that Dennis Quinlan of Bingley Harriers AC has been found guilty of gross misconduct (contrary to UK Athletics' Coaching Code of Ethics) and has had his Coaching Pass and Licence withdrawn for a period of three years commencing 19 July 2002.

The consequence of this action is that:

- * Mr Quinlan is not a coach licensed by UK Athletics and should not therefore refer to himself as one or offer services under this title.
- * Mr Quinlan is no longer insured by UK Athletics to coach athletes, nor should he seek alternative insurance claiming that he is still a UKA or BAF qualified coach.
- * Competition organisers should not provide Mr Quinlan with coaching accreditation at permitted events as this action may negate their own insurance.
- * Facility owners/managers or athletics clubs should not allow Mr Quinlan to coach on their premises or within their programmes, as this again will negate their insurance or prejudice their ability to receive future UKA grant support.

Letters, opinions et.al.

Before we dive into this section, John Easterbrook would like those people who contacted him following his letter on Atrial Fibrillation in the last magazine - we may run an article on this in a later edition as it seems to be a topic of some interest, especially to our older members.

The image of fell-running from D.A. Croft

Ruth Pickvance makes some valid and interesting observations in her letter ("Long races - a European approach").

Over the years the Three Peaks Race has been the subject of two television documentaries and has even been covered in News at Ten. We have also enjoyed extensive press coverage, more particularly since our long running sponsorship deal with the Daily Mirror terminated. Their competitors were not keen to give them free publicity!! Before we introduced experience requirements the number of applications peaked at just over 2,000 a year.

But it is not all plain sailing.

Most races take place in extremely sensitive areas. The Three Peaks includes one Ancient Monument, two National Nature Reserves and some two hundred Sites of Special Scientific Interest. This in turn brings with it a whole retinue of vested interests, some of which, like English heritage and English Nature, are extremely powerful and who have it within their power to make life very uncomfortable, if not downright impossible, for race organisers.

Fell-runners are renowned for being a fairly tight-fisted mob, which means that if a really quality event is to be mounted then some degree of third party support is essential. Sponsors who put their hands deep into their pockets require a commercial return but fell races are not particularly good spectator sports. We do not need to attract many spectators to the Three Peaks before encountering the near legendary traffic jams at Ribblesdale. I remember having the task of explaining to one possible sponsor that his alternative suggestion of building a video wall at Horton in Ribblesdale and covering the entire race by helicopter mounted TV cameras was perhaps somewhat over the top. However, there is clearly a conflict here that can impinge on the ability of organisers to turn races into events.

I perceive that life is moving on and this is largely a factor of last year's Foot & Mouth epidemic. This threw into sharp relief just how important tourism in the countryside really is. It is tourism that provides the jobs that keep local residents employed and local. It is tourism which stands the best chance of preventing the drift from the countryside and it is tourism which supports many of the local services essential to any sort of viable infrastructure. There are the first stirrings of a shift in emphasis, certainly by those responsible for economic development amongst local authorities, including some of our national Parks.

Ironically that could be the cause of further difficulty.

Not long ago the joke was that farmers had nothing to grumble about except the fact that the Mercedes was up to its axles in mud!!

That is no longer the case. There is no doubt that farmers have not had a happy time - Foot & Mouth simply topped off a catalogue of political and bureaucratic disasters ranging from the discredited Common Agricultural Policy through BSE and the continuing refusal of some export markets to buy products. On top of that, recent legislation, including the Countryside and Rights of Way Act have been widely (and perhaps wrongly) interpreted as a source of further grief for agricultural and land-owning interests. Not surprisingly, farmers feel threatened, they feel unloved and suffer unwanted fears which are hardly likely to be allayed by a shifting emphasis towards tourism. Bear in mind that many of the footpaths used by fell races are permissive footpaths.

Given this background, while I would wholeheartedly support a campaign to promote our sport I would caution against being too gung-ho. What we need to do is to persuade everyone that we are a positive force not a source of ever more difficulty. In short - we need to win friends.

D.A. Croft, Vice-President Three Peaks Race Association

"What's in a name?"

from Geoff Newton

When I attempt to extol the virtues of fell-running to fellow residents of the deep south I am usually met with looks of blank incomprehension. It's that word "fell" which clogs up the line of communication. "Fell" has a different meaning down here.

If you look at the maps you can see that the word "hill" is used everywhere in the UK. "Fell" is used only in Cumbria, the North Pennines, the Isle of Man and parts of the Scottish Borders and mostly away from the main centres of population.

If the FRA is going to represent hill-runners in the whole of the UK; if it is going to be forward-looking; if it does not wish to have a parochial, esoteric image; if it wants to talk to the blazers that run UKA; if it wants to raise the profile of the sport then it should change the name of the organisation to HRA (Hill Runners' Association) and start talking about "hill racing" rather than "fell racing". Then the whole population of the UK would instantly know what we were about.

It's not just the general public who don't understand. A few years ago I happened to mention to a talented lady runner of my acquaintance that I liked fell-running. It soon became obvious that she had no concept or understanding of what fell-running was. This was a few weeks before she won the Senior Surrey County Cross-Country Championships at the age of about twenty-five.

If there is this level of ignorance amongst athletes, how much more difficult is it to get the media and the general public to take us seriously?

I suspect that this suggestion will go down like a lead balloon with the FRA rank and file in the North of England.

I accept that there are good historical reasons for the current name - but are we more concerned with the future or the past?

Currently there is a big debate about the place of fell-running within the administration of athletics as a whole. If we are serious about engaging with the rest of the athletics world, now is the ideal time to change the name.

Geoff Newton, Epsom, Surrey

See what happens when you help sheep!!

from Lee Taylor

Dear Sir,

A funny thing happened whilst out running.....I live in the flat agricultural landscape of Leicestershire, an economic migrant from Yorkshire, so while the moors are in my blood chances to run on them are fewer than I'd like.

I occasionally make the trip up the M1 to run a fell race and this particular day intended to run the Topley moor race followed by a longer run the next day, my brother who lives in Sheffield kindly providing me with a bed for the night.

My longer route on the Friday meant parking in Hathersage before heading up to Stanage Edge, traversing the edge to the trig point then onto Burbage Edge: now the going along the path between Stanage and the road is nice and fast and I was feeling good under a blue sky and in my element when I passed a lamb at the edge of the heather, its mum already having done a runner, but the heather being taller the lamb hadn't seen me and was understandably shocked by my sudden appearance and leapt into the moor - two seconds later I heard a PLOP! Another two seconds elapsed before I realised something was amiss; back tracking to where I had last seen it I found the little blighter struggling to keep its head above the stinking bog water of a ditch, I reached in, grabbed it and hauled it onto the side, whereby it leapt straight back in and continued its struggle to get away from me, but clearly, left to its own devices was going to drown, so once more I grabbed its smelly, wet skin and hauled it clear, this time setting it down on the path, and pointing it in the direction its mum had run and who was now waiting for it to rejoin her, which happily it did, though now no longer the pristine white bundle of wool but rather dirty, smelly and wet - but at least alive.

Yours in camaraderie

Mr Lee Taylor

Reply to John Easterbrook

from Liz Berkin

Dear Sir,

In reply to John Easterbrook's letter about atrial fibrillation, I am a cardiologist with some experience in exercise physiology and also a runner and can offer some advice.

He describes the heart rhythm problem well so I will not repeat that. There is research to suggest that endurance sports can occasionally cause atrial fibrillation (AF) but commoner causes are furred coronary arteries and high blood pressure - conditions less likely to occur in runners. The condition is a 'nuisance' but not a life-shortener.

His question relates to the use of beta-blockers, drugs which can be useful to both prevent the onset of an attack of AF, and also regulate the heart rate if it does occur. Beta-blockers are also used for many other conditions. Possible side effects, as with any drug, can occur, but the usual one is of feeling 'slowed down' although this is hard to prove on formal exercise testing. There may be some slight blunting of intellectual activity in very bright people, I will make no further comment about this! Undoubtedly the heart rate is slowed by about 25% (e.g. if your maximal HR is usually 160 beats/min, it will be around 120 beats/min on a beta-blocker). So you will notice this if you train with a heart rate monitor, and you should adjust your training HR accordingly. Whether or not your race or run times will be affected is less clear. A hard run is likely to 'feel harder', and bear in mind that just the knowledge that you are taking a drug may affect your race times, if you use it as an excuse to ease off up that hill. However, taking a beta-blocker will not usually detract from your fitness unless you are one of the approximately 1 in 10 people on this drug who feel very slowed down.

If a beta-blocker does not suit you, other drugs are available (e.g. amiodarone, flecainide) but the potential side effects can be more serious, and advice from a cardiologist is recommended.

Yours sincerely

Dr. Liz Berkin (running name Ball) MB ChB FRCP

And now - two opposite points of view about matters disciplinary!!

from Keith Chambers

Dear Sir,

After years of attending races where organisers have constantly turned blind eyes to ill-equipped athletes, how refreshing it is to see the FRA Disciplinary Committee actually taking one of the miscreants to task.

I hope this isn't a token gesture. The FRA should remove the Rule Nine loophole forever!

Yours,

Keith Chambers

from Dick Berry

Dear Editor,

So the organiser of the Coniston Race broke Rule Nine, did he - let all those runners loose in the Lakes without their waterproofs, did he? In the rain?

Well, wait a minute; I can remember not that many years ago running in the Boar's Head race in an absolute downpour and nobody told me to wear anything - the same thing's happened on the Kettlethulme Race too.

It's all very well the FRA getting all safety-conscious after all these years but please, please, please don't slag off the first bloke for doing something that plenty of other organisers are still doing.

Yours,

Dick Berry

Results Sheets

from Jack Escritt

Dear Editor,

I find it difficult to understand why some race organisers, who run otherwise excellent events, are unable to produce Results Sheets that correctly show the age categories of the competitors.

I am **not** talking here about the awarding of prizes to the different categories. I strongly support the right of organisers to award prizes as they see fit, although I would hope that this would reflect the makeup of the field. My gripe, as a V60, is that I am often lumped in with the V50's in the Results Sheet. My main reason for competing is the pleasure I get as an "oldie" from still being able to take part and complete races, but I also get the secondary enjoyment of receiving the Result Sheet and comparing my performance against my peers - this pleasure is denied me if the other runners in my age group are not shown. I am sure this applies equally at times to LV50's and others.

The standard entry form in the Fixtures Calendar is an excellent format and should be the basis for all entry forms; it must be just as simple to type "V60" as "V50" or "LV50" as "LV40". Having praised the standard entry form I must point out that there are a good few V70's out there and this should be added to the form - particularly as I join them next year!

I appreciate the work that goes into organising races for us and would like to thank all organisers, but please make that little extra effort to give us the full information on the Result Sheet.

Regards,

Jack Escritt

Yorkshire Dales Green Lanes Alliance

from Rupert Shaw

Dear Sir

As a member of the Fell Runners Association and the Trail Riders Fellowship (www.trf.org) I object strongly to the article in the last issue by Michael Bartholomew rallying support for the Yorkshire Dales Green Lanes Alliance. I found the arguments put forward to be simplistic and untrue (anti-social, destructive, noisy and smelly).

Having spent considerable time with both with fell runners and motorcyclists I feel there are no grounds to argue that motorcyclist behave in a more unsocial way than other types of trail user. When out riding the vast majority of motorcyclists respect other trail users and behave in a friendly and courteous manner. The Trail Riders Fellowship has a written guidelines covering good conduct on the trails. The Fellowship encourages the responsible use of green lanes and actively works to preserve these ancient rights of way to all traffic.

Over use or abuse of any trail be it a footpath, bridle way or green lane will lead to its destruction. Evidence of over use by walkers, runners, mountain bikes, 4x4's, motorbikes and horses exists all over the Lakes and Dales and appropriate action must be taken to prevent their destruction.

Instead of trying to put in place inappropriate blanket bans, Michael would be better to focus his energy on targeting those who abuse rights of way - be they motorcyclists, mountain bikers, runners, walkers or horse riders. Riders who use illegal tyres or runners who litter the countryside with energy bar wrappers deserve to be banned from using trails. Blanket bans only serve to penalise those who use green lanes legally and responsibly. All trails users must act responsibly to ensure they can still enjoy the trails in the future.

As the YDGLA is an organization independent of the FRA I would also be interested to know whether the Alliance paid for the magazine space used to promote their cause. (*Ed.- No, they didn't, I included their piece simply because I thought it might be of interest and relevance to a number of our members.*)

Yours sincerely

Rupert Shaw

"A picnic lunch with Gerry"

For those people who wish to attend the picnic lunch to commemorate the 20th Anniversary of the death of Gerry Charnley at midday on the 14th December, Peter Knott and Ken Turner would like to make crystal clear the location of the venue - the memorial cairn is at GR 236070 on the Harvey's Scafell & Langdale Fells map (or the appropriate OS map). Anyone wishing to let Peter or Ken know that they'll be coming can phone Peter on 01772 683072.

Dr. Martyn's Problem Page

As the summer is drawing to a close and a winter of hard training looms. Let's hope the fruits of global warming and ozone layer depletion come soon and a milder winter is had by all.

Unknown Injury

Dear Dr Martyn,

I wonder if you could help me. I have been suffering with pain in both my legs. As soon as I touch my legs, even the slightest pressure with my finger and I get the most incredible pain. My Doctor has examined both legs and found nothing wrong. Do you know what could be wrong with me, it's starting to really get me down?

Ronde Blunner

Dear Ronde,

Knowing that you are not a peroxide it seems to me that you have a broken finger.

Hair Brained

Dear Dr Martyn,

I heard recently on the radio that men are more likely to go bald than women because of the higher level of brain activity in men, and conversely women don't grow beards because of the increased activity of the jaw. Is this true?

Bob

Dear Bob,

Alas this is a commonly held misconception. You only have to look at the much greater level of scratching and sitting-on that the

male behind receives and yet traditionally this area is considerably more hirsute in the male of the species. Therefore there is clearly no logic in this theory.

Deck of Cards

Dear Dr Martyn,

I have read with much interest the various articles on junior training in recent editions and whilst I admit I am from the "I don't see why we can't still send 'em down the pit" camp, I think the following story might be of interest to you.

It was at the end of a particularly strenuous RHNFR (Rock Hard Northern Fellrunners) training weekend in February that a spot kit inspection was called by the head coach. The boys were cattle prodded into line and made to empty their horsehair issue bum bags. All the boys had the small bag of broken glass (for crawling over in case of a major leg injury) and the blunt needle and bailing twine for stitching lacerations. There was the usual array of emergency rations, tripe, cold chips, bull's blood and one boy even had a small bag of custard. However, one boy could not produce either his copy of the FRA Fixtures Calendar or the latest edition of the Magazine, but had instead a deck of cards. The boy began to utter his excuses but the Coach said, "Boy, save your words, for due to the seriousness of this incident I must refer it to the FRA Disciplinary Committee."

So it came to be that the boy appeared before the Committee. The boy stood alongside his father, who, despite the advice of other club members, had chosen to stand by his son, to hear the charges read out by Colonel Rose - Chairman of the Committee. "What have you to say for yourself boy, for if found guilty you will be punished more severely than any boy has ever been punished before!"

"Well sir," began the boy. "It was a very cold night and during the course of the night navigation and bivvi exercise, I came across two walkers perilously close to hypothermia, and I am embarrassed to admit that I used my Magazine and Fixtures Calendar as fuel to heat a small amount of water to make tea with. After the walkers were safely in the rescue helicopter I was left with only my deck of cards. But for me sir, these cards serve more than one purpose. For when I look at the Ace - it reminds me there is but one sport - Fell Running. When I look at the two it reminds me there are two associations, the FRA and BOFRA. When I look at the three it reminds me of the Three Peaks Race. When I look at the four it reminds me of the four points on my compass. When I look at the five it reminds me of the number of points there appear to be on some people's compasses. When I look at the six it reminds me of number of races in the British Championships. When I look at the seven it reminds me of the age at which the great Billy Bland probably completed his first Wasdale race.

When I look at the eight it reminds me of the number of hours a day one should train on the fells. When I look at the nine, it reminds me to start writing the article earlier in order to give me more time to think of something to match with the number nine. When I see the ten, it reminds me that if I take ten off the number of cards in my deck - fifty two - I get forty two, the number of peaks in a Bob Graham Round. When I see the King it reminds me of the legendary Joss Naylor. When I see the Queen it reminds me of a bloke I once saw running for Pudsey & Bramley. When I see the Jack or Knave - the Devil - it reminds me of road running.

When I count the number of spots on my deck of cards it is 365 - the number of days in a year on which I can go fell running. So you see sir, my deck of cards serves me as both Magazine and Fixtures Calendar," said the boy.

Colonel Rose stood up and said, "Boy, that's the biggest load of tosh I have heard in many a year!" and promptly banned him for five years. And this is a true story Dr Martyn, for I know, because I was that boy.

Jed Steel (RHNFR)

Dear Jed,

Rules is rules and I think you got off lightly. Do you know how much effort goes into producing the magazine?

You don't just burn it for a couple of walkers! Despite the weather.

Worn-out joints ? Maybe you might fancy having a try at this !!

What follows is not an advertisement but is a possibly useful piece of information from a reliable source. If, like me, various bits of you are continually proving to be a pest then you might find it of interest - I'm certainly going to see if it can help with my left knee !!

As the years go by we all eventually suffer wear and tear of our joints, some much earlier than others. Whether anything can be done about it causes considerable controversy. One thing is for sure - the typical GP response of prescribing anti-inflammatory drugs is a very dangerous course of action. One reason has been the 'bleeding gut' problems it has caused many people. Some of the modern drugs have significantly reduced this problem but they are not universally prescribed because of the extra cost. But the pain-killing effect is another dangerous avenue as it tempts some to use the drugs prior to training and racing, thus 'hiding' the problem but encouraging over-use with the consequence of even greater damage. The future generation may well benefit from T-cell developments, enabling cartilage re-growth but current technology is helpful for small, localised damage only and for 'young' people.

Is there an alternative ? This is where the vast supplement industry comes in. The usual NHS response is that it is all a waste of money but it is having to gradually make concessions - it has at last had to recognise that glucosamine sulphate, advocated in Germany for decades, can have a positive effect on maintaining joint integrity and possibly effecting a degree of repair. Similarly, some have found that chondroitin has helped them. But a product which seems to be having an even more positive effect for some combines these two supplements with collagen and comes in a readily digestible, powder form to be taken as a daily drink. A company called Arthro Vite (Tel: 0800 0181282) sells this product and will supply a three month discounted trial for testing its effect. This initial trial supply costs £45 and, if it seems to be working for you and you want to continue with it, they will continue to supply you at a discounted rate for FRA members of £59-97p instead of £79-97p for a three-month supply. No supplement will totally repair a worn joint and so improvements should be treated with caution - don't over-do it but cross train.

The Complete Racing System



"If you're serious about improving your racing performance you've got to use Allsports supplements - no others compare."

Kevin Dawson

100 mile and 12 hour National Cycling Champion and 6 times mens B.B.A.R. Winner



All products tested and proven under the most arduous competition conditions by international class athletes.



Professional formulas for serious athletes

Learn all about the famous Amino Loading technique. Discover how to Pre Race Stack. Find Out what constitutes a genuine Isotonic Formula and 6 tips to help endurance athletes gain the edge. This information will cost you nothing. All you have to do is send for our FREE colour brochure.

Pre Load - The world's most advanced carbohydrate and phosphate pre race stacking system.

Enduro Load - Energy giving, muscle sparing, rehydrating, lactate buffering, mineral replacing.

Amino Load - The finest recovery drink on the market. The only one in the world to use the **unique** Amino Loading technique.

SR3 - Genuine Isotonic mineral and carbohydrate formula.

Basic Training Fuel - High energy three carbohydrate blend. Blended in the ideal ratio for optimum absorption.

Winter Training Formula - Developed for athletes to use during winter training. **The ideal pre race breakfast.**

www.allsports-int.co.uk

YES I would like a **FREE** copy of your colour brochure 'The Complete Racing System' from the UK's longest established manufacturer of specialist sports supplements.

Name.....

Address.....

..... Post Code.....

Please also send me a **FREE** copy of your full product guide. (tick)

Allsports International Ltd, Dept FR, 21 Wheatley Hall Business Centre, Wheatley Hall Road, Doncaster DN2 4LP

Tel 01302 325163 • Fax 01302 328771

Email: enquiries@allsports-int.co.uk www.allsports-int.co.uk

Junior Development

In the June Fellrunner Norman Matthews outlined how clubs can and are benefiting from the UK Athletics "Club Futures" programme. More recently UK Athletics has recognised the needs of Juniors with the award of £2000 towards this area of development. As a PST we have allocated £800 for the British Junior Championship, held this year in North Wales. These Championships are the main competitive event for juniors outside their own region, involving male and female teams at both under 18 and under 16 age groups. There is also an individual under 14 Championship. Since each UK region, as well as Ireland, participates in the Championship, each will benefit indirectly from this financial support. The remaining UK support of £1200 is being divided up, with £450 to England, £300 to Wales and Scotland and £150 to N Ireland for junior squad development and coaching.

World Trophy Juniors

As a few under 16 runners take part in the World Trophy, as a PST we have also been concerned about the length of this year's junior men's course – 9.2 km with 1044 m of climb, considerably longer than the 4 miles permitted in the under 16 category within the UK. In fact the race was 31% longer than the World Trophy rules themselves recommend with almost twice as much climb. Despite representations, particularly by Scotland, we were unable to change the course this year. As a result of resolutions at the WMRA Congress no course will now be considered as a World Trophy candidate if it is more than 20% over the recommended distance. However in a separate resolution the allowed maximum distance for both junior men and ladies was changed to 8 km or almost 5 miles, which with a 20% margin would now allow a race distance of up to 9.6 km!

Grand Prix Series

For the development of elite athletes, with UKA support, we send selected runners to events in the European Grand Prix series of races, held in mainland Europe. As an important participant in mountain running, we rightly ask why a UK race is not currently included in the series. The Snowdon race committee have expressed interest in being considered but have been told that Snowdon is too dangerous – despite Italians winning it regularly. If Snowdon cannot be included then virtually all UK races would be excluded either on safety grounds or for financial reasons. The Grand Prix series is currently being restructured, hopefully with an outcome that allows different races to reflect a variety of national running conditions.

Development Plan

Within the PST we recognise that a more structured approach to the development of fell and hill running at national level is required. We are working on a development plan for fell running for the next two or three years. We hope to review the format of the British Championship series, get more coaches at all levels, put our series sponsorship on a more secure footing, address issues in common with other endurance branches of athletics, receive more recognition for fell running within UKA and respond to wider international developments. Your comments will be welcome when a fuller draft is published.

Thanks

In a rolling cycle of replacements, two of our committee have retired. We thank Norman Matthews and Brian Martin for their valuable and often incisive contributions to our debates, their wide experience and their considerable work behind the scenes.



THE SPECIALISTS FOR RUNNING INJURIES

- ◆ digital dynamic running analysis
- ◆ one visit treatments available
- ◆ custom made orthoses "while you wait"
- ◆ on-site workshop ensures comfort
- ◆ orthotics tested in Video Gait Laboratory
- ◆ all devices individually designed/produced

Clinical Director and PODIATRIST
ANDREW STANLEY BSc (Hon) PodM MChS SRCH
Specialist in biomechanical dysfunction, sports and
activity related injuries in the feet and legs

DON'T RUN THROUGH CHRONIC INJURY

COMMON RUNNING INJURIES

- ◆ All foot problems
- ◆ Plantarfaciitis
- ◆ Achilles Tendonitis
- ◆ Ankle Pain
- ◆ Deep Calf Pain
- ◆ Shin Splints
- ◆ Knee Injuries
- ◆ Osgood Schlatters Syndrome
- ◆ Chondromalacia Patellae
- ◆ Iliotibial Band Syndrome
- ◆ Hip Pain
- ◆ Lower Back Pain. etc

www.reboundclinic.co.uk

Or for a brochure and appointments

Tel - 01729 825900

Rebound Clinic, The Sidings, Settle, North Yorks

Biomechanical Consultants to Trail Magazine and George Fisher Group

Records tumble on the Bob Smith Traverse

by Martin Lucas

Mountain duathlon: 15m/5300ft AL run/32 miles road cycle: South Wales. 3rd August 2002

I accept that over the years I may have looked at one map too many in my quest for the ideal day on the hills, but those who took part in the inaugural mass attempt at the Bob Smith Traverse (BST) seemed to agree that this spectacular route over the best bits of the Brecon Beacons National Park came close to that aim. Despite being a product of the fevered Greybeard brain, this 45 mile route over the six 800 metre summits of south Wales was first conquered by the eponymous Bob Smith from Gower in 1998, three days short of his 61st birthday and 10 minutes ahead of myself and 'Ironman' Roy Ruddle. Various other solo attempts have been made since but this was the first attempt en masse at the challenge: not a race (therefore minimal organisation!) but more a co-operative individual challenge. The mixture of miles and metres is deliberate: the 2500 ft summits traverse would be much harder!

Starting at Llynnyfan, south of Llandovery, the route involves a 5 mile run over Fan Brycheiniog (802 metres), a 16 mile road cycle with some long ups and downs to Storey Arms, a traverse of Duwynt (824 m), Corn Du (872 m) and Penyfan (886 m) to either Cwm Llwhch or Cwm Gwdi - did I mention that as long as the six summits are visited there is a free route choice? - another long cycle ride ending with a vicious five mile climb to Pengenffordd and a final run over Waun Fach (811 m) and Pen y Gader Fawr (800 m) to finish by wading the river to the end of the road in the Grwyne Valley. Easy? No.

The four red kites soaring effortlessly on the thermals above the spectacular skyline of the Black Mountain were taken as a good omen, and the entire event was run in clear, still but humid conditions. Differences of opinion as to the best route were evident from the start, with Chris Gildersleve (Brycheiniog) and Doug Adlam (MDC) taking a headlong rush straight up the escarpment whilst the main field potted amongst the crags and scree at a lower level. Whatever the relative merits, only two minutes covered the first five runners at the summit of Fan Brycheiniog.

The first major differences in route choice arose at the first road crossing near the Carreg Du stone circle, where Chris Taylor (Mercia) chose a northward cycle route via Trecastle and Bob Smith (MDC) - back for more at the age of almost 65 - continued on foot over the next ridge to the main Swansea Valley road whilst the remainder, including John Aggleton and Martin Lucas (both MDC) keeping close team formation, were probably just faster by cycling south from the stone circle and then taking minor roads via Heol Senni to join the A 470 just south of Defynnog. Aggers' attempt was almost curtailed abruptly by a sheep with a death

wish on the 35 mph plummet to Heol Senni, but otherwise the entire field reached Storey Arms without undue excitement and unanimously chose the main 'toilet track' approach to the tops. Meanwhile, the BST record holder and experienced adventure racer Tom Gibbs (MDC) had given the rest of the field 45 minutes start due to a late arrival from Bristol but was already gaining places, storming past Bob Smith on the long drag to Storey Arms 'like a bullet'.

Following a steady start, Alan Stone (MDC) picked up the pace on the climb to Duwynt, and with Adlam and Gildersleve now a few minutes ahead he passed Aggleton, Lucas and Taylor heading in the opposite direction on the high col between Corn Du and Penyfan. The delights of a free route choice! Stone's changeover to the bike in Cwm Gwdi was probably superior to the larger group who decided to transfer in Cwm Llwhch, and six cyclists ended up within a couple of minutes of each other along the Brecon bypass and along the old Roman road to Bronllys and Talgarth. Lucas moved away from the group on the first long drag away from Brecon, but Aggleton caught him by Talgarth and these two opened a lead of several minutes over Taylor and Stone up the endless climb to Pengenffordd, where they briefly caught Adlam and Gildersleve at the final transfer.

Unfortunately Bob Smith had to withdraw after the Penyfan section, as a breakdown in communication with his support crew meant they were enjoying the view in Cwm Llwhch while he was not enjoying the prospect of a long walk home from Cwm Gwdi!

Tom Gibbs meanwhile continued to pick up time and places and by taking an evidently superior route via Llangorse he overtook the entire field and was well on his way up Waun Fach whilst the others were still toiling in Talgarth or bonked in Bronllys. A quick trot across the peat bogs to Pen y Gader and he was on his way to the finish, which he reached in 4 hrs 36 mins to break his own record by 38 minutes (and looked as though he could do it all again!). Adlam and Gildersleve maintained their advantage over the chasing group, aided by the intervention of a large group of very slow pony trekkers, and although Taylor recovered well to overtake Aggleton and Lucas on Waun Fach he could not catch the leading pair. John Aggleton eventually pulled away from Martin Lucas on the higher part of Waun Fach in a bid to crack 6 hours, but the head-high bracken in the last half mile thwarted him. The veterans' record, and the honour of being the first over-40 to break the 6 hour barrier, went to Chris Gildersleve in joint second place with Doug Adlam. With the exception of Tom Gibbs' spectacular effort, all the others finished surprisingly close together, with the full result (no it's not a race!) being:

1. Tom Gibbs	MDC	SM	4.36.00 record
2. Douglas Adlam	MDC	SM	5.56.00
2. Chris Gildersleve	Brycheiniog	VM	5.56.00 vets record
4. Chris Taylor	Mercia	VM	6.01.00
5. John Aggleton	MDC	VM	6.06.30
6. Martin Lucas	MDC	VM	6.09.26 pb
7. Alan Stone	MDC	VM	6.24.23
dnf Bob Smith	MDC	SDVM	

The usual MDC-style champagne and cream cake party at the finish was concluded by a spectacular thunderstorm which put the Sydney Olympics fireworks to shame!

Despite Bob Smith not finishing, his supervets (and superdupervets!) record of 7 hrs 14 mins remains intact. No ladies have yet taken up the challenge.

Events of this kind could not take place without the support crews. It was a very long day out and a lot of people spent their whole day making sure the participants could perform at their best: thanks to them and will they do it again next year please? As this was such a success it would be fun (?) to make it an annual event, and a date early in August 2003 is already being discussed.



Alan Stone shows how NOT to ford the Grwyne River (Photo Martin Lucas)

The Scottish Island Peaks Yacht Race Revisited by Dave Armstrong

Just imagine.... It's mid-May off the West Coast of Scotland. Early Spring sunshine. Glorious scenery. A weekend sailing between Islands, climbing well-known peaks as you go.....

Sounds wonderful.

I had just such an experience in May 1999, accompanied by fellow NFR members Garry Owens as running companion and Matt Simms as one of the three sailors in the team of five. Fond memories often reminisced about.

On that occasion our boat was a 26-foot aluminium racing yacht "Tumbling Dice", stripped of all creature comforts to minimise weight and altogether rather cramped and uncomfortable - but nevertheless a truly memorable experience.

In the three years since, I often thought how nice it would be to do it all over again. Particularly if the boat could be a little more conducive to recovering after the runs, such as some sanitary or washing provision, a means of sleeping that did not involve damp sleeping bags spread over bags of wet sails, a half deflated dingy and plastic crates of equipment and provisions. And an interior which did not have an infinite number of aluminium corners and edges on which to bang your head, shins, elbows, etc. every time the boat changed tack. And then of course there was the condensation dripping from the aluminium hull. As I crept ever closer to my 42nd birthday, I wondered whether the chance of taking part once more might have passed me by.

I am no computer buff, and someone once said to me that it was surprising what fun you could have with the Internet. I listened politely as thoughts of "how sad" and "you really must get out more" came to mind.

Time moved on and NFR now had an e-mail group, which enabled members to keep in touch with each other, arrange race trips, etc. and it has proved a great success. I was a regular user and was, reluctantly, gradually having to accept that my friend perhaps wasn't quite so sad after all. But could I really have imagined what would follow from it?

Checking on to the e-group one day I saw that a brand new member, Paul Hainsworth, had been dropped in it by his running companion and was desperately seeking a last minute replacement for the Scottish Island Peaks Race. Four weeks to go. I hadn't met Paul, but he had just completed this year's London Marathon in 3.02 and was therefore clearly pretty fit. I doubted very much whether I could have achieved that. Still, I knew I could do the race and the chance that I had doubted would ever arise again was too good to pass. I responded immediately and must have been the only one as Paul agreed that I could join the team. My mind started to dream about the scenery, the mountains, the sunshine and what the boat would be like.....

It was about a week later when he dropped the bombshell. There are usually about fifty boats in the race each year. The smallest is about 24 feet and the longest around 50 feet. Our boat is "Tumbling Dice"!!!

Matt was not one of our crew this time but was also taking part as one of the sailors on a 24 footer, skippered by a long-time competitor of our skipper Tony Van Hee.

The race itself is very much a joint effort between the sailors and the runners. It starts at 12.00 noon at Oban yacht club with a modest 5 mile run of about 400 feet of ascent designed to provide a stagger to the yachts leaving the harbour. The first sail is to Salen on Mull, where the runners run approximately 23 miles with 3,300 feet of ascent up Ben More. This is followed by a sail to Craighouse on Jura where the run is about 17 miles with 5,000 feet of ascent up the three Paps of Jura. The next sail is a bit further and the most hazardous, around the Mull of Kintyre to Arran, where the run is around 20 miles and 3,200 feet from Lamhach to the summit of Goat Fell. The race finishes with a sail from Arran to Troon.

The total sailing is approximately 160 nautical miles and the running, approximately 65 miles with 11,900 feet of total ascent.....with a rucksack of compulsory equipment, including sleeping bag, survival bag, extra clothing, emergency food, drinks, headtorch etc.

The race duration very much depends upon prevailing conditions and can vary from around 40 hours for the fast boats with good runners, up to 72 hours for the slower cruisers.

Matt and I travelled up to Troon by car then by train to Glasgow, where we met up with Paul, and on by train to Oban. Registration and race headquarters is at MacTavishes Kitchen on the promenade.

We checked weather forecasts and the number of entries (50) and decided on the approach to the Oban run. It was a tricky balance between maintaining a position fairly high up the field, to give a clean start for the sailing, and going off too fast in advance of the 23 miles that lie ahead on Mull.

The route is an attractive multi terrain course, which starts at the yacht club and leaves Oban in a southerly direction, rising by road then over tracks and fields. A stiff but fairly short climb at the halfway point takes you on to the

cliff tops and the route then undulates northwards through tussocky grass before descending down a wooded gorge to the coastal road and back to the yacht Club. We arrived back in just under 34 minutes.

Aidan was the unlucky sailor designated as the dingy rower throughout and he was waiting exactly where we had planned as we arrived back in around 15th position. Skilled sailing by Tony and Angus whipped us away quickly and we left the start in 5th place with the added benefit of clean winds.

Brisk south-easterlies meant that we arrived at Mull much more quickly than we had hoped. The sail was only 2 hours 50 minutes. 23 miles and 3,300 feet awaited.

The first 5 miles or so are on road from Salen to Knock and then around 2 1/2 miles of track along Loch Ba to the first checkpoint. We counted the clips and we were 6th. The route then turns right up Glen Clachaig, which in its early stages is quite gradual but becomes boggy and then steeper. We traversed below A Chioch and onto the ridge up to the summit checkpoint. The views were magnificent in all directions although conditions were very windy.

The third checkpoint involves dropping off the summit northwards to a stream head, climbing back up over a crest and then a long traverse over rough and wet ground to the fourth checkpoint on the shoulder between A Chioch and Bienn Fhada. The descent from there back down the other side of Glen Clachaig is steep and then very tussocky making quick progress difficult. The final checkpoint is the same as the first after which you retrace your route back to Salen. By the time we arrived back it was no longer possible to assess positions but we thought that we had slipped two or three places on the mountain. Our time was 5:09.

Aidan was again waiting in the dingy and Tony was keen to make a flying pickup by sailing past as we rowed. Paul was able to grab the boat but instead of pulling us alongside the force simply pulled him out of the dingy, to form a human bridge with his hands on the boat rail and his toes on the dingy! It all looked a bit too painful at the end of 23 miles but he managed to haul himself on board without getting too wet or injured and we were able to think about food and some recovery. It was 8.45pm and 28 miles and around 3,700 feet were behind us.

The sail to Jura was rough and fast. Because of the wind direction our tack changed frequently and we seemed to spend the whole journey at a 45 degree angle one way or the other. We managed some food but attempts to sleep were in vain. At one point Paul was hit in the stomach by a flying pressure cooker half full of pasta and that helped us appreciate the real and unforeseen dangers of the whole situation!! Angus, one of our sailors, was an anaesthetist but I didn't think putting someone to sleep with a flying pressure cooker was a recognised technique. Perhaps a last-resort trick of the trade!

We arrived at Jura at 6.21am. Just over 9 hours of recovery time. We feared that it might not be enough. Conditions were appalling. Wind, rain and cloud cover at around 400 feet.

The first 1 1/2 miles are on the coastal road and then about 3 1/2 miles across rugged and rocky fell to the first Pap, Bienn Chaolais. The route takes the right ridge path where two or three other teams could be seen on the approach and lower slopes below the mist. We battled our way to the top where it was windier than the AGM of the Baked Beans Appreciation Society. For those who have been in the Scouts they will know that force 8 blows the clothes off the washing line and that force 9 blows away the washing line. This must have been a 10! We could barely stand up and descended as quickly as we could to the second checkpoint in the valley.

By now I was in the early stages of hypothermia and couldn't stop shivering. The only kit items that I wasn't wearing were my sleeping bag and survival bag and if I'd thought I could run in them I'd have worn them too. We concentrated on taking in food and fluids whilst we were at a lower level and then set off up Beinn an Oir, hoping that the extra effort of ascending would generate heat to take away the shivering.

This was the recurring theme for the remainder of the route. Rain blew in on driving winds through cloud. Paul's navigation skills thankfully ensured that we stayed on the correct route. He'd done the Jura route twice before in darkness so 30 feet visibility in cloud was a luxury to him. As we descended Beinn Shiantaidh we finally warmed up a little as the remainder of the route was at lower level out of the cloud and the worst of the wind. The 3 1/2 mile run back on the road lasted an eternity but Craighouse harbour was a welcoming sight after 6 hours 21 minutes of purgatory. Even the 45 degree existence on the boat seemed appealing after that!!

Of course our delight at seeing the boat was quickly dispelled by the reality of being on it. Within minutes we were bouncing along in seas as rough as before. Following the sheer depletion that our bodies had just endured it was too much to take. We had barely been on board five minutes before we were forced to partake in that notorious Scottish Island Peaks team bonding exercise of sharing an Asda carrier bag!! Fortunately Paul had brought his

London Marathon space blanket, which we used to try to retain some of the tiny amount of body heat we could generate and tried to start our recovery in advance of reaching Arran.

Paul couldn't face food but managed to get some sleep. I realised that no matter how bad I felt I couldn't attempt another long run without food and concentrated on eating first. I hoped that with food inside me I would have a better chance of warming up and sleeping. I managed to pull myself round and then got about 4 hours sleep and a couple more of rest. Paul similarly. This was all the more remarkable because we were rounding the Mull of Kintyre at this stage and the boat was having a rough time. At one stage we were leaning so much that the sail hit the water and almost pulled us over. Paul was hit by a second flying object, as a winch handle, weighing a similar amount to a lump hammer, fell into the cabin onto his arm!

We made it to Lamlash on Arran at 06.21 on Sunday. We hoped that a sequence was not developing here. Arriving Jura at 06.21. The Jura run taking 6 hours 21 and now landing at Arran at 06.21. Surely not; this one was only 20 miles or so and should be no more than 5 hours even taking account of what had gone before.

We set off with cloud levels every bit as low as on Jura and wind almost as strong but at least it wasn't raining. The first seven or eight miles were no harder than any training run we would do locally and by the time we reached the mountain approach there were signs of the clouds breaking up. It was almost pleasant, running along Brodick seafront at 7.15 a.m.

The track up Goat Fell is well-defined and quite gradual. Even so there were only spasmodic bursts of running once the path started to climb. I was suffering from sore Achilles, a sore left knee and a sore right hip. Uphill actions seemed to aggravate all of them.

We reached the cloud cover about two-thirds of the way up and the chill started to bite. There is a checkpoint on the ridge below the summit to ensure no one uses the alternative scree path route. We couldn't find it in the mist and quickly realised that several others were having similar problems. We decided to press on and find it on the descent.

The final stages steepen and the views from the top are wonderful. But not today. We could have been on any mountaintop anywhere. It was too cold to stand around to stare at mist and so we deposited our tag, took the obligatory summit photo, which will look just like all the others, and set off down to find the ridge checkpoint. It was easy to find on the descent and we could see why no one could find it on the way up; it was hidden on the up side behind a rock. They might as well have buried it. Once we had

deposited our tag we were able to run once more and made our way back to Brodick and towards Lamlash.

We could sense that we were almost finished and its amazing how complacency can effect concentration. We had navigated the Paps of Jura in almost zero visibility and we couldn't even take the correct road junction from Brodick to Lamlash! All of a sudden the road ran out and we couldn't understand why. A quick check of the map soon sorted the problem and we set off across a couple of fields to the correct road to avoid a mile and a half of retracing our steps. What a wonderful sight as we descended the fields toward Lamlash and saw the boats. So much so, that we almost forgot to leave our last tag at the final checkpoint on the road a mile from the end. Now that would have been a disaster. We finished in 4.54.

Altogether a total of 65 miles run and 11,900 feet of ascent in 45 hours. Now we could enjoy the sail back to Troon without having to prepare for another one.

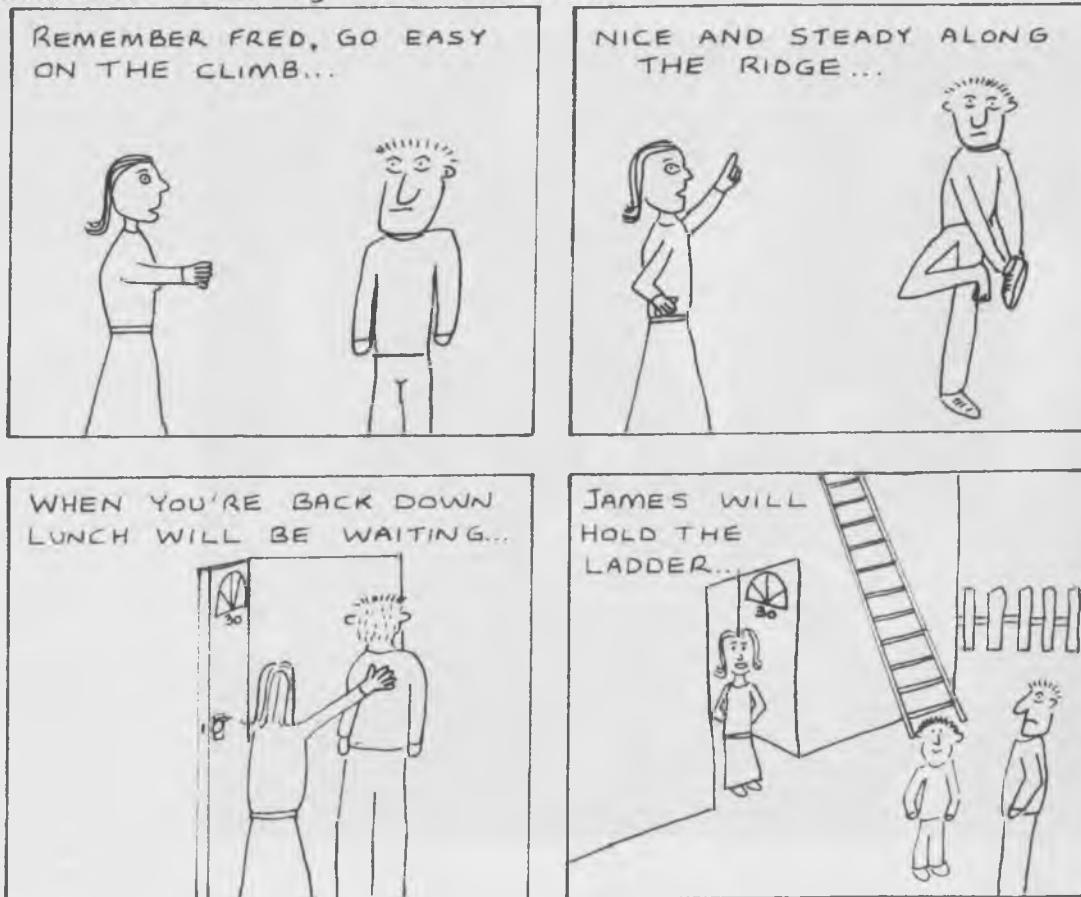
But I'd forgotten about the sting in the tail. The race isn't over until the team checks into the harbour office in Troon yacht club. One last row for Aidan, and then a sprint, (ha ha), along the pontoons for Paul and me to confirm our arrival.

Our total race time was 48 hours and 50 seconds. 15th overall and 9th in class. For such a small boat in such difficult conditions it was an admirable feat of sailing. Especially when we heard that at least two boats had been demasted and several others had been forced out with various other problems.

I have concentrated more on the experiences of the race from the perspective of the running members of the team, as that was my direct experience. But it must be recognised that, in the conditions that we faced throughout that race, the sailors suffered every bit as much, or possibly even more, than the runners. In calm seas they can alternate and get some rest. In rough seas like those they are all required at all times and spend the whole race on deck, getting soaked by rain and sea and battered by the wind. Food is intermittent and most only manage an hour or two of sleep whilst they await the return of the runners from Jura and Arran. They certainly have my utmost respect and admiration.

Matt's 24 feet boat had arrived about an hour before us, with the difference accounted for by the faster times of their runners. We took the chance to see what conditions were like inside a 24 footer compared to ours. What a difference 2 feet can make! We left feeling thankful for the luxury that we had experienced by comparison and humming "Rub a dub dub....."

FELLRUNNING FRED by Anne Colstrane



FIFTY YEARS RUNNING: A History Of The Mountain Trial

Published by the Lake District Mountain Trial Association, 2002 :
8 1/4 x 5 3/4 : 68 pages : £3.00.

Available from The Climbers' Shop, Ambleside, and other outdoor shops in the Lake District, also from Pete Bland Sports, Kendal (please add £1 p&p if ordering by post from Pete).

The Lake District Mountain Trial is, to quote Harry Griffin, "a severe test of safe navigation, endurance and skill in the roughest mountain country." It is the oldest long-distance race in the FRA calendar and its promoting body, the LDMTA, was formed in 1965. This splendid little book tracing the history of the event was compiled by three Association officers, Edwin Coope (General Secretary), John Lagoe (Chairman) and John Nettleton MBE (President) on behalf of the Committee to coincide with the 50th event on September 15th this year, though it was actually launched at the Borrowdale Fell Race on August 3rd. To make the event an even more special occasion, about 60 invited guests then proceeded to a get-together in Rosthwaite Village Institute where friendships were renewed and encounters on the fells revisited.

Among those present were runners from all five decades of the Trial including Maurice Collett (second in the inaugural Trial of 1952), Maurice Dean (5th 1952), Bob Abbott (14th 1952), Stephen Gorton (2nd 1953), Joe Hand (1st 1954, 55, 56 and 58), John Nettleton (4th 1954), Raymond Shaw (2nd 1956), Ken Heaton (3rd 1956), Stan Bradshaw (8th 1956), Alan Heaton (2nd 1957), Ted Dance (1st 1959) and, more recently, Joss Naylor (ten-times winner), Martin Hudson (twice winner) and Billy Bland (nine-times winner).

The book opens with a Foreword by Harry Griffin MBE, the noted Lakeland author and mountaineer, whose association with the Trial as one of its organising committee stretches back to the mid-50s. He tells how he managed to persuade his then-employer, the *Lancashire Evening Post*, to sponsor the event from 1956 to 1964 and of how course-planning in those days was "a slapdash affair nothing like today's detailed and painstaking business." He also reveals how the present orienteering-type course came into being in 1957 and pays tribute to both the organising body and the competitors.

There follows a short Introduction by John Nettleton whose similarly-long association with the event covers both organising and competing: he finished 4th in 1954 and 9th in 1957. Like Griffin, he praises both officials and runners and also gives credit to some of the people involved in the production of the book, including the Editor of *The Fellrunner*, Dave Jones, without whose "invaluable editorial help we would not have achieved publication."

Next comes a chapter dealing with the problems of planning a good course, followed by one on the general organisation of the Mountain Trial, including choice of venue, marshalling, safety and refreshments. The joy of checkpoint marshals is noted when competitors approach their control from various directions and leave in a similar manner, signalling the expertise of an accomplished planner.

The actual history of the Trial begins in the next chapter with an account of its early years, 1952-55, under the auspices of the YHA, followed by others on the years when sponsored by the *Lancashire Evening Post*, 1956-64; Vaux Breweries, 1965-82; the Ordnance Survey, 1983-93; Reebok, 1994-97; the "Multi-Sponsor Year", 1998; and The Climbers' Shop, 1999. There are quite detailed reports, both lively and informative, on each event, with some humorous incidents cited such -as that of the enterprising lad in the 1961 Trial from Wasdale Head who spotted a canoe on the bank of Wastwater and used it to cross the lake, paddling with his hands, between controls on Seatallan and Illgill Head: he could have been disqualified but wasn't! In similar vein, Paul Murray told of a misty encounter with Joss Naylor (also an MBE, incidentally) "who navigated with the aid of Herdwick sheep, known for their territorial instincts. Apparently, he recognised the markings and so knew their approximate whereabouts!"

The reports often compare the different routes taken by various competitors or contain lengthy quotes on the experiences of runners like Joss (in the 1975 event), Joe Hand (1956), Maurice Dean (1959) and Dick Courchee (1961). There also special profiles of three outstanding Trialists: Naylor, who triumphed on ten occasions; Billy Bland, who won on nine; and Miriam Rosen, whose best result was 6th in 1980 but whose fine record of completing 20 Trials is unmatched by any other lady and is

indeed bettered by only 17 men, including her husband David who has done 25.

Chris Brasher CBE (9th in 1967, 10th in '68) contributes a Postscript in which he quotes a 1970s competitor, Eric Roberts of Kendal AC, in comparing Joss Naylor to the mythical wonder athlete, Wilson of *The Wizard*, while fellow-Olympian John Disley (10th in 1967) writes about Reebok's sponsorship of the event. There are notes on winners' trophies and other prizes and a listing of "Consistent Trialists" covering men who have run in 15 or more Trials and ladies who have done 12 or more. The final section comprises 13 pages of results from 1952 to 2000, giving details of the first ten men and first three ladies plus team-prize winners. There are also 33 photographs scattered throughout the book, ranging from black-and-white prints of a historical nature to more recent ones taken in colour, plus four humorous cartoons by John Richards.

At £3 this book must be the bargain of the year and it is strongly recommended to all fell runners and anyone else interested in the Lake District or mountaineering in general.
Bill Smith



Stalwarts of the early years. Back row: Stan Bradshaw, Joe Hand, Maurice Dean, Ray Shaw, Stephen Gorton
Front row: Bob Abbott, John Nettleton, Maurice Collett (Photo Pete Hartley)

YORKSHIRE MOURNS 2002 YORKSHIRE FELL CHAMPION

by Dave Woodhead

In May thirty-three year old John Taylor was crowned Yorkshire Champion along with his fiancée, Kirstin Bailey, who won the ladies' title. Everything seemed to be going right for them.

Who'd have thought that two months later we'd be attending John's funeral. Words cannot express the tragedy of it all.

But us Yorkshire folk are of little words, to say it in true Yorkshire fashion; 'He was a grand lad, who'd do owt for thi'.

He will be sadly missed.

It was noted with amusement and astonishment that John had last won the Yorkshire title 14 years previously in 1988, when running under Holmfirth colours. In fact that was the last time that the Yorkshires were run in the county of Cumbria, at the Buttermere Sailbeck event. After that they came home to God's country, Yorkshire.



John Taylor, men's winner, rests the cup on the head of fiancée Kirstin Bailey, ladies' winner, flanked by Jo Prowse (65) 2nd and Emma Barclay (6) 3rd (Photo Woodhead)

This year's race at White Wells on Ilkley Moor had its share of drama, with Ian Holmes, Steve Oldfield and John himself being misled by the markers/flags. John certainly ran more than the advertised three and a half-mile route, and fought his way back to take victory at White Wells Spa and Café finish. Congratulations to Jason Hemsley and Joe Blackett on winning individual medals; P&B men also took the team award, three to count.

Kirstin Bailey always had the stamina to keep Emma Barclay and Jo Prowse at a safe distance, over the testing course, which involved three ups and two downs! In the re-introduced ladies' team competition, Ilkley Harriers took the prestigious gold medals with Emma Barclay 2nd, Alison Weston 4th and Joanne Kerr 6th.

Next year the championships will be incorporated within the five and a half-mile, early June Pen-Y-Ghent race, organised by Settle Harriers. This North Yorkshire race, over the first of the 3 Peaks race climbs, will also be a British and English championship event for the seniors; it also sees the silver anniversary of the men's championship.

The Inter-Counties championships were held at the Turnslack fell race, in Lancashire, over 8 miles/2000ft in July. Yorkshire men proved the best county, collecting gold medals with Robert Hope winning outright, Gary Devine 2nd and veteran Steve Oldfield 5th, the 3 medallists; but well backed up by Robert Hudson 10th; Cumbria finished 2nd. The ladies were beaten by Cumbria, but a late call up gave Karen Slater an inspired run to

finish 4th, Pauline Munro 5th and Sharon Taylor 6th, collected the silver medals; 4th team member Kirstin Bailey finished 10th.

Next year the Inter-Counties come to the Yorkshire venue of Buckden Pike in North Yorkshire, a classic race over a mainly grassy route of 4 mile/1500ft, with an ultra-steep first climb and last descent; plus a great day out at a Dales show.

A register of athletes available to run for the county is being correlated, so if you fancy running in a vest with the white rose emblem ring Dave or Eileen Woodhead. Remember if you were born or have nine months continuous residency or even nine months service within HMS forces stationed within the old county boundary we would like your name.

If we don't know, we can't pick you.

SENIOR MEN

GOLD	JOHN TAYLOR	BINGLEY
SILVER	JASON HEMSLEY	PUDSEY & BRAMLEY
BRONZE	JOE BLACKETT	MANDALE
MEN'S TEAM		
GOLD ONLY	PUDSEY & BRAMLEY	JASON HEMSLEY, SHANE GREEN & STEFAN MACINA

SENIOR LADIES

GOLD	KIRSTIN BAILEY	BINGLEY
SILVER	EMMA BARCLAY	ILKLEY
BRONZE	JOANNE PROWSE	KEIGHLEY & C
LADIES' TEAM		
GOLD ONLY	ILKLEY	EMMA BARCLAY, ALISON WESTON & JOANNE KERR

West Nab successfully hosted the Junior championships once more, but 2003 will see a new venue at Broomhead Chase and Show, in mid July. Broomhead Hall and Estate, near Stocksbridge, 3 mile north west of Sheffield, will prove very challenging with all the race routes being over grassland, with a stream crossing out and back. At the time of writing the under 18's and intermediates will compete in the senior race of three and a half miles/800ft, with records of 25 minutes, male and 28 minutes, female.

ALL LAND HERE IS PRIVATE UNTIL RACE DAY!

To bring us into line with the FRA English championship, the Yorkshires will now have a category where under 12 boys and girls can win gold, silver and bronze championship medals. Minimum age for competition must be ten years on the day or over, as per FRA rules.

A boy's perpetual championship trophy is already being engraved, after John Taylor donated an overseas trophy, just before his untimely death.

Possibly three Yorkshire athletes will be crowned English champions, Katherine Woodhead, under 14's, Suzanne Boyes, under 16's and Mark Buckingham, under 18's, to go alongside their perpetual Yorkshire trophy.

Yorkshire race venues are not readily available, so any offers from a club, organiser or parents who would like to host the Yorkshire championships please give me a ring. Tel; Dave Woodhead 01535 669100.

UNDER 14 BOYS

GOLD	ALISTAIR BROWNLEE	BINGLEY
SILVER	MATTHEW HURST	SKIPTON
BRONZE	CALEB WEATHERALL	KEIGHLEY & C

UNDER 14 GIRLS

GOLD	KATHERINE WOODHEAD	HOLMFIRTH
SILVER	VICTORIA WHEATMAN	SCARBOROUGH
BRONZE	LAUREN STORR	HOLMFIRTH

UNDER 16 BOYS

GOLD	STUART HUNN	SKIPTON
SILVER	KEVIN COOKE	HALLAMSHIRE
BRONZE	DANNY WALMSLEY	SKIPTON

UNDER 16 GIRLS

GOLD	SUZANNE BOYES	SCARBOROUGH
SILVER	THALIA JONES	HOLMFIRTH
BRONZE	ZOE STORR	HOLMFIRTH

UNDER 18 BOYS

GOLD	MARK BUCKINGHAM	HOLMFIRTH
SILVER	MATTHEW PIERSON	HOLMFIRTH
BRONZE	JAMES CARTER	SPENBORO'

UNDER 18 GIRLS

GOLD	LAURA KEMP	HOLMFIRTH
SILVER	LUCY GRIFFITHS	HOLMFIRTH

INTERMEDIATE MEN

GOLD	CHRIS MILLER	HARROGATE
SILVER	LEE ATHERSMITH	SKIPTON
BRONZE	RICKY WILSON	SCARBOROUGH

INTERMEDIATE LADIES

GOLD	NATALIE WHITE	HOLMFIRTH
------	---------------	-----------

WENDY'S LAKELAND TRIUMPHS

(a postscript to the profile in the last "Fellrunner")

by Bill Smith

Wendy Dodds has this year achieved two of her ambitions with a successful traverse of Joss Naylor's Pooley Bridge-to-Wasdale route for Over-50s and a 53 Lakeland Peaks circuit, based on the Bob Graham Round, to celebrate her 51st birthday last December, completed in the fast time of 22 hrs 38 mins 12 secs.

The Naylor Run takes in 20 summits over 47 miles with 16,200 feet of ascent and Wendy made her solo attempt, the first in winter, on March 26th with her "chauffeur", Ralph Henderson, providing support at the Kirkstone and Dunmail road-crossings and also at Sty Head. She set off at 5 a.m. on a cold, icy morning wearing full body cover and was able to admire the reflection of the full moon on Ullswater on the initial ascent to Arthur's Pike. She managed to keep to her schedule throughout the run, though in the final section on Pillar she had to don her cagoule, gloves and balaclava when an icy wind blew up from the south. "It was another magnificent day out in superb conditions," she summarised in her notes.

At 11p.m. on June 7th, Wendy left Keswick bound for Lonscale Fell, this time with pacers, and arrived at Dunmail well up on schedule, partly because she'd decided to miss out one of her proposed "extra" summits, Great Rigg, due to "early morning fatigue on Fairfield." From Dunmail, "We made good progress through to Rossett Pike despite being shrouded in mist through the Langdales..." Wendy pays tribute to her pacers over this section for their "excellent navigationmeaning that time lost was purely due to the slippery rocks..." On Pillar, she was cheered by the sight of competitors in the Ennerdale Horseshoe running in the opposite direction. Concluding her report, Wendy writes: "It was a magnificent feeling seeing the Moot Hall. A couple of weeks earlier, whilst on the back of Skiddaw, I had visualised this moment and it was good to see it happen. Virtually all the troops were there, both hill support and road support, so it was a magnificent end to a perfect day. I certainly could not have got round without such superb support..."

Wendy also attempted Paddy Buckley's Snowdonia Round but was slowed down by bad weather and decided to call it a day after 18 hours when she realised she would never be able to finish the course inside the statutory 24 hours. (She had previously completed the full route in 1982 but had taken 25 hours 35 minutes.)

Well done, Wendy!

Lancashire Sports Repairs



A complete mail order resole/repair service for all outdoor performance footwear and clothing...

- **FELLRUNNING SHOES**
original soles for Felldancer & Walsh
- **RUNNING SHOES**
range of replacement sole units available
- **WALKING BOOTS**
any make or model resoled/fully refurbished
- **SLEEPING BAGS & TENTS**
zips, drawcords, seams
- **GARMENT LAUNDERING, REPAIR and RE-PROOFING**
cagoules, overtrousers, jackets, ski suits, salopettes etc - LSR are one of only two officially approved UK repair centres for GORE-TEX® fabrics
- **RUCSACKS**
zips, panels, buckles, harness etc.
- **ROCK BOOTS**
resoling & toe patching

For full price list visit

www.lsr.gb.com

or call 01282 439109

FELLDANCER RUNNING SHOES ARE MADE AND REPAIRED IN LANCASHIRE BY LSR
CALLERS WELCOME Mon - Fri 9-5pm NORTHBRIDGE HOUSE, ELM STREET, BURNLEY, LANCS. BB10 1PD

FELL TRAINING

By Norman Matthews

Following on from the article on 'Injury & Illness Prevention' in the June issue, this article is again part of the coaching syllabus from the Level Three event specific course for 'Fell Running'.

FELL TRAINING

There is no doubt that at International and Elite level, quality road, or track runners, can compete with the best fell runners over fast continental courses - especially if there are no descents involved. In this context, why should we need specialised fell coaches and use instead endurance coaches who have some knowledge of hill work? The recognition of Fell Running as a specific discipline by UK Athletics is a clear indication that a sufficient difference does exist.

Because fell running is endurance based, it is obvious that there are common training elements and that fell coaches will have much in common with those who coach middle and long distance. However the specifics that alone apply to fell running can only be taught by those whose knowledge and experience extends to our particular discipline.

SPECIFICS FOR FELL

The ability to race across the full range of distances in fell running requires a training programme and an approach that is not covered in current coaching manuals. The extended season of the fell calendar precludes strict observance to the recognised periodisation principles of road or track. Fell coaches must develop their own training cycles based on experience and the expectations and racing programme of their individual athletes.

The clinical assessment of track running, with due regard to optimum performance over very short distances, or the economy of a road runner whose even pace allows stride length and cadence to remain relatively unchanged for most of the race, is dramatically different from the broken stride pattern of a fell runner whose length of stride can vary from very short, on climbs, to an extended length on descending.

STRIDE LENGTH

The ability to 'change gear' at the foot of a hill and engage a shorter stride, is a necessary attribute for the fell runner. Coaching must ensure that the length of stride matches the incline and that the stride length is controlled in order to offset the build up of lactic acid. Far too often this change of gear - or pace - comes too late when lactic concentrations are already well established, inevitably leading to a drop in pace. This lack of judgement is usually preceded by a period of walking, especially if the runner is still pushing past tolerance levels.

Knowledge of pace judgement on ascents needs to be practised when doing race intensity hill reps. Advise the athlete how many reps will be completed, and with knowledge of what recovery has been allowed, request that all the reps are completed in approximately the same time. - *The running pace is the fastest they feel can be maintained during the full session.*

This exercise very quickly brings home to the athlete who has poor pace judgement the consequences of too fast an early pace, or that their stride length was too long and uneconomical. By keeping to the same recovery time the lactic concentrations grow to a point that times extend as the session progresses, any misjudgement of pace further increases the time factor. This early pace judgement is vital in those races that have several climbs. In the shorter races with just one top, lactate can be accumulated well past deflection point, the judgement of how much can be accumulated and still allow the athlete to descend at pace, again is measurable by experience.

RACE WALKING

A good race walking technique can usually keep pace with those runners who prefer to jog, if the steepness of climb is suitable, but

there is much more to the technique than just walking up hill with your hands on your legs.

Although the race walking technique is best demonstrated the basics are quite simple. The principle of using the hands to assist the legs in raising the body is an every day occurrence if you care to look for it. The simple task of rising from a chair is made easier by the pressure that the hands apply to the arm rests. The difference in pressure depends on how much assistance the legs require.

Although the two actions of race walking and rising from a chair are different, the principle is the same. You are assisting the leg muscles in lifting the body by use of your arms. A similar application is the use of climbing (ski) sticks that are now common place with mountain walkers. The principle is to help the legs lift the body weight up the slope.

Of the muscles used in climbing, the Quadriceps and Gluteals are the main contributors, although several synergistic muscles help. A common counter productive mistake is placing the hands in the middle of the femur. This downward pressure actually stops the quads straightening the leg. The hands must be placed so that the heel of the hand is above the knee, with the thumb on the inside and the middle finger on the outside (the index finger floats in the middle.) The pressure exerted by the hands has to be timed to the rhythm of the walking speed. *Leaving the hand there for too long is disadvantageous.* The hand when released remains close to the knee ready for the next move. The principle is that the force exerted downwards through the Tibia and Fibula reacts with an equal force that permits the upper half of the body to be levered up momentarily. This takes the full strain of lifting the body weight away from the legs. Although this help is not immediately noticeable, over a long sustained climb the energy saving is significant.

PROGRESSION

Not a very complicated word, but most athletes do not understand in athletic terms its real meaning. If performance is to be improved, then the principle of progressively higher loadings must apply. Adaptation to increasing stress is what training is all about. It is the coaches responsibility to plan the training schedule taking account of real progression. This usually means more work at greater intensity.

Fell Running is no exception to this principle. A heart rate monitor is invaluable to a coach in establishing progression, even when the athlete is out training on the fells.

Linking progressions on the track with times and distance is relatively easy but knowing if your athlete is working at the right intensity on the fells is much more difficult. The evaluation of time against distance over a set course, will only give a rough guide to improvement. The problem with this method rests in calculating and conveying the intensity at which the run must be completed. Does one say steady, good, fast, or does one use 70% or 80% of maximum effort?

Using a heart rate monitor that has a recording facility, a graph of the run can be examined against the time value and a more clinical observation made. Using this method the intensity for most of the run can be set using the upper and lower limits facility, taking account of the higher stresses of climbing.

In all aspects of the athlete's training a clinical application of the progressive overload system is the real way forward toward improved performance and a considerable amount of the coach's time must be utilised in its delivery.

This does not mean that an athlete has no easy days.

Welsh Open Championships 2002

AAW Championship 2002

After 5 Races

Women

Pos.	Name	Club	Category	Totals
1	Victoria Musgrove	Eryri	F V40	311
2	Andrea Goode	Bro Dysynni	F S	228
3	Ellie Dunnington	Eryri	F V40	211
4	Sharon Woods	Eryri	F V40	196
5	Celia Mills	Kenilworth	F S	149

Men

1	Adrian Woods	Eryri	M V40	372
2	Neil Lewis	MDC	M S	366
3	Mike Blake	Eryri	M V50	350
4	Dylan Wynn Jones	Eryri	M S	300
5	Chris Purt	Pontypridd R.	M S	296
6	Russell Mapp	Ludlow	M V40	271
7	Ian Houston	Wrexham	M S	258
8	Peter Norman	Wrexham	M V60	250
9	John Darby	MDC	M V40	238
10	R Arwyn Jones	Eryri	M S	227

Senior Women

	Name	Club	Category	Total
1	Victoria Musgrove	Eryri	F V40	86
2	Andrea Goode	Bro Dysynni	F S	62
3	Ellie Dunnington	Eryri	F V40	60
4	Sharon Woods	Eryri	F V40	52
5	Maggie Oliver	Eryri	F V50	17
6	Sheila Bennell	Eryri	F V50	16
7	Angela Jones	MDC	F S	18
8	Ruth Metcalfe	Eryri	F S	18
9	Natasha Fellowes	Eryri	F S	16

Senior Men

1	Adrian Woods	Eryri	M V40	70
2	Neil Lewis	MDC	M S	64
3	Dylan Wynn Jones	Eryri	M S	62
4	Chris Purt	Pontypridd R.	M S	55
5	Mike Blake	Eryri	M V50	53
6	Ian Houston	Wrexham	M S	42
7	James Mcqueen	Eryri	M S	40
8	Robin Halliday	Eryri	M S	35
9	Don Williams	Eryri	M V50	31

SOUTH WALES WINTER HILL SERIES 2002/2003

7 RACES (best 5 results to count)

SATURDAYS, starting at 2.00 p.m. ENTRY FEES: £1.50 per race (Fan Fawr £1.00)

INDIVIDUAL PRIZES AWARDS FOR RUNNERS COMPLETING ALL RACES

Oct 12	FAN FAWR 2m/1000ft	From lay-by near Storey Arms on A470 Merthyr Brecon road (GR SN 983203) Organiser: Chris Gildersleve (02920 624143) e-mail: chris@steambunny.demon.co.uk	Feb 8	LANTHONY 3m/1000ft	From Llanthony Abbey car park (GR SO 289278) Organiser: Dick Finch (01291 627569) e-mail: DFinch@uk.terrainindustries.com
Nov 9	THE BLORENCE 2.5m/1400ft	From Llanfoist Inn, Llanfoist, nr. Abergavenny (GR SO 286133) Organiser: Eric Meredith (01495 775030)	Mar 1	THE DARREN 3m/1070ft	From the Darren pub, Risca, nr. Newport (GR ST 235913) Organiser: Robert Benjamin (01495 756806)
Dec 7	THE GARTH 3m/900ft	From Gwaelod Y Garth Inn, nr. Taffs Well (GR ST 117839) Organiser: Derek Thornley (029 2089 1172) e-mail: delboy@thethornleys.fsnet.co.uk	Mar 29	PEN CERRIG CALCH 3m/1500ft	From Ty Mawr Farm, nr. Llanbedr (GR SO 234206) Organiser: Derek Thornley (029 2089 1172) e-mail: delboy@thethornleys.fsnet.co.uk
Jan 18	ABERGWYNFI 3.5m/1300ft	From the Pub, just north of the A4107 at Abergwynfi (GR SS 895963) Organiser: Martin Lucas (01656 880009) e-mail: greybeard@chestnutview.freeserve.co.uk	Further details: contact individual race organisers, or John Sweeting, tel: 01550 721086 e-mail: john@grottoview.demon.co.uk		



The Access and Environment bit from Chris Knox

Well here we are at the end of the Summer 2002 enjoying the access that circumstances around Foot and Mouth denied us for most of last year, and have we made the most of it?

I would like to think so, but some race reports would suggest that numbers are down - have we lost the habit of racing? Is it just down to the grotty weather we seem to have been given this year? Or, more importantly, have we just decided that enough is enough and we need our white socks to stay white?

Whatever the answer, it's good to be back enjoying the hills, the socialising both pre- and post-racing and the re-discovery of injuries! Especially the miracle injuries that suddenly vanish. We all do it (except me), talk on the start line to your season-long rival/clubmate etc., ".....no, not fit yet, I've pulled this, tweaked that, broken the other, drunk/eaten that much...". The gun goes and your sympathetic buddy sees you disappear into the distance, never catches up and listens in wonderment as you explain "... it didn't feel too bad so I just went for it, don't know how I did it...."

Anyway back to the subject of access, how many of us, I wonder, found some of our favourite quiet footpaths virtually impassable, being so overgrown when they were reopened? Quite a few I would expect, though some would have seemed just as normal because they were shut for a relatively short time and possibly shouldn't have been shut in the first place. Come to think of it, how did all those MAFF signs get designed, printed, distributed and displayed so instantly over the whole country? Some one must have had a premonition or a lucky guess, or am I too naive?

Back to the overgrowth, despite the frustration, it was fascinating to see how even the most heavily used compacted routes started to "green up" with our enforced absence and that wildlife quickly colonised otherwise occupied fields and meadows. Even on the fells subtle changes have been observed where stocking density is still reduced. The emergence of new heather plants, bilberry and bearberry, sweet grasses poking through the dominant matt grass are all signs of change. However if there is no grazing, this new growth will eventually allow scrub to develop and we'll lose the open "bald" nature that we accept as attractive landscape.

Oh and the rain, in case you hadn't noticed, we've had some this year from some incredibly generous clouds. This has more than redressed the balance of the recent "dry" years we've had and has also helped the green growth of plants and bogs. I did some research on bogs during the Fairfield race, ending up in one that I'm sure didn't used to be there. I carefully spat the bits of Sphagnum back into the bog after swimming out. It was good to see a few others also checked out the bogs as we compared tide lines at the finish.

For those of us interested in seasonal changes or other observations in nature it is well worth checking out this web site www.phenology.org.uk. There are interactive maps, news items and you can even sign up as a recorder.

New Stock

In some areas, such as the Caldbeck fells, where virtually all the sheep were slaughtered, re-stocking has taken place but none of this new stock is "hefted" so shepherds have been hard pushed to try and keep stock from wandering. All major user groups have avoided the area to allow stock to settle, it is good practice for us to try and not disturb grazing animals when out running.

Rubbish

Yes I'll admit it, that word may well describe my running ability at the moment, but in this case I'm meaning Sedbergh Hills. Not the hills themselves, I hasten to add, but the trail we left behind. Some of us, but only a few, seem to have taken the Walsh slogan "leave nothing but a trail" too literally. As early as the climb to checkpoint two the banana skins started to appear, then approaching three the energy bar wrappers and by four the Lucozade "squashy" drinks containers. OK, some things degrade quickly and in total there weren't that many items discarded, but when there is no other rubbish around our trail sticks out like a sore thumb. As access issues occur we can't afford to have others pointing the finger about our rubbish, otherwise we'll end up with no access. If you are worried about putting a horrible slimy banana skin into your nice clean bum bag (fanny pouch for those Americans amongst us), don't worry - bum bags can be washed. Better still, your nice clean life saving banana can be carried in its own little plastic bag from the start, the skin goes back into the bag without contaminating the other contents.

Please, please can we take all our rubbish home?

Access

Consultation maps of the lower north-west relating to the Countryside and Rights of Way Act (CROW) have been commented on (most printable, some not!) and there are only around 7,000 disagreements on classification that the Countryside Agency need to resolve before publishing the Draft map, which, needless to say, will be delayed a little. Good job it's being done by professionals or they'd be on it forever.

▶▶▶▶ RACE ORGANISERS ◀◀◀◀

RACE TEESHIRTS



UNBEATABLE PRICES

IF YOU PURCHASE TEESHIRTS FOR YOUR EVENT YOU NEED TO SPEAK TO US.
SHORT SLEEVED / LONG SLEEVED / SECONDS / PERFECTS WHITE / COLOURED, WE HAVE THEM ALL.

PROBABLY THE U.K.'S NO.1 SUPPLIER OF RACE / ATHLETIC EVENT TEESHIRTS

WE HAVE 25 YEARS RUNNING EXPERIENCE AND 18 YEARS EXPERIENCE IN SUPPLYING SOME OF THE U.K. & IRELANDS TOP EVENTS

CONTACT US NOW TO QUOTE FOR YOUR EVENT



PHONE 01282 412714
ANSWERPHONE AFTER OFFICE HOURS

email r.winner@virgin.net

FAX 01282 415131

**RUNNERPRINT / WINNER, VICTORY HOUSE
246-250, LOWERHOUSE LANE, BURNLEY, LANCS, BB12 6NG**

Despite Monica Shone's regular news bulletins chronicling the various attempts, successes and disappointments of people attempting the JNC we haven't, as yet, been given a glimpse inside the head of a participant to let us know what it's really like - so the next piece is more than overdue!

JOSS NAYLOR CHALLENGE

by Ken Jones Age 53 11th May 2002 11 hours 46 minutes

After a restless night interspersed with sporadic bouts of sleep, 5 o'clock finally dawned as I crawled through the tent door into a cool crisp morning that boded well for the day ahead. Whilst devouring tuna sandwiches and swilling sweet tea, I attempted to relax, reserving maximum energy for the battle to come.

During those final moments of tranquility I contemplated the situation and my chance of success. Originally, three years previously, when reaching the dreaded big five zero and labelled a 'Super' Vet, I contacted Monica Shone (the guardian of the JN) requesting details of the challenge. They duly arrived, along with various junk mail from SAGA inviting me to apply for cheap insurance, join a knitting club, get discount for a Zimmer frame and receive endless supplies of Grecian 2000, etc. The concept of the run appeared straight forward, 48 miles in 12 hours, with various interesting hills thrown in to stave off boredom. However, when comparing it to one of the popular Lakeland races, namely Borrowdale, I quickly realized what a daunting undertaking it actually was.

Having completed the Borrowdale on three occasions, I had failed miserably to break the four-hour barrier and always staggered into Rosthwaite impersonating the gibbering wreck we all do so well. Yet, this was only 17 miles with 6,500 ft of ascent compared to 48 miles and 16,000ft needed. A rough comparison (apologies to the statisticians who abound in the FRA) means the JN is almost equivalent to doing the Borrowdale three times in succession (OK, less 3 miles and 3,000 ft). As one Borrowdale (this could be a new metric standard of measure for races) is guaranteed to leave me legless, mindless and spaced out until the band strikes up in the tent that evening, the prospect of continuing around another twice at the same pace belonged firmly in the land of the Borrowdale cuckoo. Breathing a sigh of relief the details were surreptitiously stored away in the file titled 'stupid things to consider in the future'. Perhaps if I ever attained the age of 60, I could resurrect them when 18 hours were allowed, assuming I could get my Zimmer frame re-soled with the latest Hellstagger studded pattern and get remission from the knitting club.

Obviously inactivity during the Foot and Mouth season had eroded memories of the intense pain and suffering one endures whilst participating in such gruelling challenges as these. This, together with a fellow Dark Peak runner making his fifth attempt, rekindled old ambitions and galvanized me into action. My build up, based totally in the Peak District, lacked the depth of training necessary to tackle the severity of terrain and difficulties to be experienced in the Lakes. However days out on the treasured 'Kinder Dozen', which ascends Kinder twelve times and includes 10,000 ft of climbing, began to tune my frail legs up to the task.

Next came the question of support. Original intentions were to 'hitch' a lift on the back of Alan's party consisting of two JN aspirants, aided and abetted by numerous Dark Peak members who take great delight in turning out on such occasions to witness human suffering at its most base. However, all was not so simple. Potential problems were highlighted regarding different

running speeds of contenders and safety margins necessary in the advent of bad weather. Initially, in my rather relaxed 'planning', neither of these issues was paramount, as I intended sticking to Alan and his support like the proverbial glue (I was even prepared to hold his hand all the way). Secondly, if it started raining I was sulking off south back to Sheffield and my beloved Kinder.

These problems, as they often do, resolved themselves the week before the attempt. A third Dark Peak member joined the geriatric venture and his supporters kindly offered to carry my food and water until Rossett Pike. From there, Chris and Mick would take over the helm and guide me round the final five hours. Easy, logistics over, it was in the bag.

All now seemed fine until scurrilous rumours were leaked from senior echelons of fell running regarding Chris's navigational skills, or more precisely, lack of skills. It appears this was mainly founded on his initial attempt at the Bob Graham using only a page torn from a road atlas. Still, I could always rely on Mick I thought; until Chris let slip that Mick's navigation was even worse than his. I refused to believe Chris's ability with the map could be so questionable, until we met together the previous evening in the campsite. After collecting our one and only newly revised schedule, (leaving me without), he planned to drive around to Whitehaven, where he would meet Mick and continue to Wasdale. Instantly, suspicions were confirmed when he struggled to locate the position of Pooley Bridge on the map, requiring clues like, 'a bit left of Penrith'. Next he was unable to decide on the best route around to the coast. Christ, if he couldn't find and navigate himself along the main A66 trunk road, what chance would we have in mist on Bowfell!? We parted, him saying he'd see me on Rossett Pike next day. Fat chance of that happening I thought, as he drove off blindly into the night, fully expecting never to see him again.

.....after swallowing the final mouthfuls of tuna, the usual flurry of last minute activity ensued until all doubts were history and three contenders with two trusty pacers set off. At 6.30 we began the long but gentle ascent up Barton Fell, only deviating to gain the first cairn of the day, Arthur's Pike. The going was perfect. Under foot it was grassy, soft and springy, running was a pure pleasure, except it was constantly uphill. Never steep, but always rising, the pace never eased. Walking was rarely allowed and I began wondering if I could maintain such a pace for twelve hours, especially when we arrived at Red Cross already a little down on schedule.

Early on the ridge we encountered the wind that had been forecast. Originally it should have been southwesterly, making our plight more difficult, but mercifully it moved around to blow across and occasionally behind us. It was a bitter wind making us dig out hats and gloves and be grateful for thermals. Through the sharp air the views were magnificent. On our right the huge valley of Martindale lay slumbering in the morning light,

whilst the whole of the Lakeland Peaks lay ahead. Every mountain was crystal clear and we peered far into the distance recognizing the distinct sculptural shape of Gable. Dramatically outlined on the horizon it seemed an eternity away as it lured us on seductively towards its goal.

These initial hours are a runner's paradise, following a direct and aesthetic line along the course of the renowned old Roman Road called High Street. Gradually it rises and falls, but always gaining height until it reaches the climax of the ridge at the summit cairn on Racecourse Hill. This is a wonderful position with precipitous slopes plunging down to the dark menacing depths of Blea Water on the left, a scene guaranteed to make one's spine shiver. Finally leaving High Street behind, we swung around west and descended abruptly into Threshthwaite Mouth, a unique little col in a dramatic location. The climb over Stone Cove Pike led quickly to Pike How, then down an unpleasant boulder slope to meet our support party waiting patiently at the Kirkstone Inn.



Ken Jones eating his way up the early section on High Street
(Photo Richard Wakes)

Our schedule, devised by a strict taskmaster, was rather mean and didn't allow any time at checkpoints for luxuries like rest, so we grabbed what food and liquid was feasible before the new pacers shepherded us up Red Screes. This was a shock to the system. Steep and uncompromising, it was in complete contrast to the previous section and a clear warning of things to come. Now, three hours into the run, the wind suddenly dropped and was replaced by the sun which beat down on us as we steadily fought our way up Red Screes and beyond over Hart Crag, Fairfield, and finally Seat Sandal. It was glaringly obvious the climbs were becoming more demanding the further we went, however the increase in effort was more than compensated by the varying splendour of the surrounding hills. Very quickly, we were plunging down the side of Seat Sandal where extreme caution was required in the murderous, ankle-twisting terrain guarding its base. Every leap seemed precarious down the deadly boulders which exposed the fragility of my less than sturdy ankles. This was hard work both in terms of nervous energy and the physical effort required in braking and adjusting one's fall line. Thankfully Dunmail Raise was reached in one piece, before we rushed off again in a direct line up Steel Fell. After a gradual start it reared up more steeply before finally succumbing to a determined assault. This and the following section over High Raise felt long and the boggy terrain slowly and surely sapped energy. Impeccable route finding was essential here and great credit must go to the pacers for their expertise and unfathomable knowledge of the area.

Next came Rossett Pike and to my surprise and delight, Chris and Mick had somehow managed

to find it and were gleefully perched on the summit. The severity of this last section had clearly taken its toll leaving us ten minutes behind schedule and greater effort was required to claw back that precious time. During the big match build-up, the importance of arriving at Sty Head with four hours remaining had been constantly emphasized. This was considered the minimum time for the biggest and most serious hills lurking after the pass. With renewed vigour we set off attacking the rocky ascent up Bowfell with vengeance, gaining back six minutes, but Esk Pike and Great End stole back two. However a fine line down a memorable gully off Great End then a blistering run along slopes above Sprinkling Tarn got us to Sty Head in twenty minutes with exactly four hours remaining. Back on schedule things were tight but once again possible.

In what is probably the most famous spot in mountains, barring the West Col on Everest, I forwent the luxury of a food stop, deciding instead to press on and devote every precious minute available to the encounter with the awesome Great Gable. Mentally I was conscious how crucial this demanding climb was to me personally, and even though I knew it intimately from the Borrowdale race, my memory played tricks as I struggled up the never-ending stone staircase. If I had the power to keep going I knew there was a reasonable chance of success, but I was now paying the price for the high octane run down Great End. By the time the summit was reached the rest of the group had caught up and I was feeling rather despondent. However, I began to recover whilst hobbling down those wretched stone fields so characteristic of Gable's summit, and pulled away slightly.

Ahead of the main group, Mick and I arrived on the top of Kirk Fell, but neither of us knew the correct way off. As he was writing my time down, I blundered off in what I hoped would be the right direction, attempting to find supporters who had skirted around the base of Kirk Fell to locate Red Gully. Very soon I was alone and the further I descended the more apparent it became I was wrong. With time slowly ticking away I frantically turned right and contoured around to find one peering into a rather nasty looking gully. Not certain if it was correct, (it wasn't of course), we took the plunge and dropped in. It was steep, rocky and extremely loose, requiring utmost agility to descend in a controlled manner whilst not dislodging rocks onto each other. Scrambling down I felt at ease, enjoying the sensation of descending at speed as my rock climbing experience paid dividends. With an element of regret I left the confines of the cool gully walls to emerge back into sunlight and the narrow path zigzagging down the scree to Black Sail Pass nestling at the base of the infamous Pillar.

I set off for Pillar alone, slightly in front of the main party who were still engrossed in the depths of the gully. Mick finally joined me after some delay collecting my food from Chris who had decided to descend (hopefully) into Wasdale. However it quickly emerged he had forgotten to get the map, creating a slight problem, as neither of us knew the route. Immediately he departed retracing his steps to hopefully borrow one. Suffering in the intense heat I slowly plodded on, grinding away up the endless path to finally arrive dispirited on the summit of Pillar. By my reckoning I was once again ten minutes down on schedule and given my present state of fatigue could see no feasible way I could realistically pull that time back. Defeat seemed inevitable and depression crept in as I stood on the summit staring across the remainder of the route; tantalizingly laid out before me it seemed an impossible task. However, my calculations based

on the 'old' schedule were wrong, and Mick (who had rejoined me complete with map) announced I was actually two minutes up with a further ten minutes 'slack' built in! Suddenly there was renewed life in the old legs as I headed for Scoat Fell and the frustrating 'out and back' deviation up the majestic summit of Steeple, so aptly named.

Haycock became a blur leading to Seatallan which provided the ultimate test of will power to keep going up its infinite featureless slopes. Every step required a determined effort and the top was mercifully gained with considerable relief, where a quick turn was performed as I left Mick and set off down in what I presumed was the right direction. There was no path only rough ground to negotiate as I dropped alone towards Greendale Tarn, I was uncertain of the route but that had to be the way. After crossing the col only Middle Fell remained and an elusive Chris Brasher tankard seemed destined for the mantelpiece.

A distance below the summit of Middle Fell, I was delighted that Joss Naylor in person had turned out to offer congratulations and oversee the final act of the drama he'd devised. Leaving him behind we climbed onto the summit with only the final long descent to Greendale remaining

and a generous 29 minutes still on the clock. Success at last seemed certain, until Mick sheepishly mentioned he'd lost the map and wasn't sure of the way down (again)! At first I thought he was joking, but the expression on his face convinced me otherwise. Alarm bells started ringing as neither of us was familiar with the area, however our guesses seemed to tally so with fingers firmly crossed we set off. Hurling down rough ground, the bells grew louder when the expected path failed to materialize. Surely we had to be right, after so much effort I couldn't fail right at the end. Inexplicably, the more concerned I became the faster I ran, until suddenly the path appeared and every thing fell into place. The bells changed their tune to one of victory as I reached Greendale Bridge with fourteen minutes to spare.

Behind me lay a unique experience in which all elements exclusive to fell running were combined into one. It is unforgettable when dramatic mountains and exhilarating running extend one's ability into that unknown area where the possibility of success is so finely balanced. Such a day exists attempting the JN in the magnificent theatrical setting of the Lakes, a day I shall long remember.

THE JOSS NAYLOR LAKELAND CHALLENGE

by Monica Shone

There's something a bit special this time - a 'first' in the annals of Joss's Challenge. Apart from three first timers, of whom more shortly, we have had the first re-run in a higher age group than his previous successful run.

I write of that well known 'racing snake', Brian Leathley, now aged 71. Brian and Don Talbot of Clayton le Moors were due to run last year when they would both have been 70, but FMD saw that idea off, so they calmly waited a year and carried on training. Now with a combined age of 142 years they set off together, but Don found Brian's pace too hot on the day and retired after Kirkstone. He will be back ! Brian completed his run for the second time on July 25th, still well under the 24 hours allowed for the V65s. I find that inspiring, especially as the weather early on was not good .

In addition to that run, we have three more successes from first timers so far this year. With a copy date of September 6th for "The Fellrunner", there may be more after this goes to press. All three are within the V 50 class.

Wendy Dodds	Clayton le Moors	March 26th
Alan Jones	Dark Peak	May 11th
Alan Yates	Dark Peak	May 11th.

Wendy chose to run in glorious winter conditions with snow on all the tops and since then has gone from strength to strength, adding a classic '53 at 50' run in June. The 'Dark Peak Twins' didn't run together; their times were within five minutes of each other, with Jones just ahead, but it so happens that it's also an alphabetical order!

I look forward to meeting as many of you as possible at the Presentation Dinner on November 9th at Santon Bridge. We are aware of the clash with the FRA, and regret that it is unavoidable this year.

Information : Monica Shone, Swyn y Gwynt , Penmynydd , Llanfairpwll ,
Ynys Mon. LL61 5BX

e-mail: mandc@gwyntog.freeserve.co.uk

PLEASE NOTE CHANGES TO BOTH THE ABOVE.
(Same place, postal changes!)

Martin Stone's Long Distance News Summary

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the next month or so, a panel of long distance 'enthusiasts' will examine 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@sportident.co.uk*

WELSH CLASSICAL ROUND UPDATE

Paddy Buckley is custodian of the records for this round of Snowdonia that he created in the 1980's and he reports: "This year the membership of the Bob Graham Club should reach the 1200 mark. In comparison the Welsh Classical Round retains its reputation for toughness and exclusivity. So far only 42 have reported success. The bumper year in Wales was 2000 when five men completed the PBR. 2001 was a fallow year, due to the outbreak of Foot & Mouth Disease. On the weekend of July 19th/21st three teams assembled at three different starting points in Snowdonia, setting off at three different times. First away were Chris Ledger and Bob Berzins of Dark Peak. Bob had tried the Round before, and didn't want to be faced with the biggest climb of all, the 2541 feet of ascent of Moel Hebog, late in the attempt. So they chose to start at Nant Mor with fresh legs at 6.30 on the Friday evening July 19th. Next away was Wendy Dodds attempting the third leg of her bold plan to complete the Big Four in the same year. In March she had done the Joss Naylor Challenge; in June she had done an extended Bob Graham round of 53 tops at the age of 51. She had done her first Welsh Round way back in 1982, and was now hoping to repeat it under 24 hours. She chose to start from Pont Cae'r Gors at 8.30 on Friday evening, facing a forecast of bad weather. Heavy rain, bad visibility and greasy rock slowed her down on the Glyders. Two hours behind her the Dark Peak team were also down on schedule. Conditions were very poor on the Carneddau and both teams came into Capel Curig an hour or so down on schedule. Wendy was unable to make up that time on the Boundary Ridge and retired at Rhoysydd Quarry. Bob Berzins retired at Capel Curig, but Chris Ledger carried on and was able to pull back the deficit to finish at Nant Mor in 23.45.

The third attempt was by Gill Harris supported by a large team from Mercia and Wrekin. She had done her Bob Graham Round on July 12 1998 in 23.45. Her start time was 11.10 on Saturday morning July 20th from Capel Curig, by which time the worst of the bad weather had blown over. Her schedule for 23.45 had been meticulously prepared and she completed her round in 23.48, the fourth woman under 24 hours and at the age of 46, the first woman veteran, a very fine achievement". Please contact Paddy Buckley at paddy.buckley@lineone.net if you have been omitted from this year's round up.

RAMSAY ROUND UPDATE

Jon Broxap has been keeping a list of successful rounds. Since the route was first established by Charlie Ramsay in 1978 only 30 stalwarts have managed to complete the round within 24 hours. Many people have failed in bad weather and as many as 8 of the 30 completions have been with less than 10 minutes to spare. It's scary stuff when you are descending off the Mamores or Ben Nevis with 23 hours of tiredness in your legs, knowing that there is still a chance of success. This year there have been 4 successes including probably the closest shave to date. On the weekend of 1st/3rd June Ian Lancaster and Chris Rhodes from Macclesfield Harriers made separate attempts a few hours apart. Chris Rhodes cruised round in 22:59 while Ian Lancaster arrived back less than 10 seconds inside the 24 hour deadline.

On 22nd June, only a week after completing the LAMM Elite course, Yiannis Tridimas set off at midnight in showery weather, climbing the Ben first. Having looking at his schedule, the "weather column" indicates that it rained on the way to 22 of the 23 Munros. Yiannis ran the entire route solo and in view of the bad weather, this is probably the gutsiest solo effort on the round to date. Rob Woodall had placed some food and hot drink at the Treig Dam but Yiannis never met Rob that day and for the rest of the route he was self-sufficient. Yiannis completed the route in 23:53, another (reasonably) close shave.

On August 2nd, Carl Pryce of Cosmic Hill Bashers completed the fastest round of the year in 22:51. Jon Broxap tells me that the Cosmics were "very pleased" with this result since it broke their duck of about a dozen or so attempts with no successes. I'm sure there will be lots more successes on the back of this. If you have been missed off this year's round please contact Jon Broxap - jon@dbroxap.freemove.co.uk so that he can add you to the log.

53 LAKELAND PEAKS AT 51 – WENDY DODDS

Wendy's long distance year began with the first solo Winter completion of the Joss Naylor Traverse. On a beautiful icy day in late March Wendy set off from Pooley Bridge at 5am and covered the 20 summits, more than 47 miles and 16,200 feet of ascent in good style. On June 7th Wendy set off on another epic. This time she was attempting to extend the Bob Graham Round and climb 53 Lakeland Peaks. A reasonable day, good fitness and excellent support helped her to achieve her target and she added Lonscale Fell, Skiddaw Little Man, Bakestall, Little Calva, Loft Crag, Pavey Ark, Allen Crag, Symonds Knott, Scoat Fell, Black Crag and Looking Stead to the Bob Graham Round in a good time of 22:38.

MID WALES TRAVERSE – RICK ANSELL

Every year or two Rick turns in a noteworthy long distance performance, usually solo-unsupported and often requiring a bike ride to return to his car the next day. 10 out of 10 for style. On 11th May Rick completed a new route, which crosses all 12 summits and subsidiary tops in Central Wales. Rick writes these notes. "There aren't many hills but they are a long way apart. The main groups are the Plynlymon and New Radnor hills with the addition of Pen Y Garn, Drygarn Fawr and Gorllwyn. I estimate the distance as 57 miles with about 10,000 feet of climb, so a bit shorter than the South Wales Traverse. My aim was to complete it in 12 hours but I failed miserably in this and finished in 14:52. I feel sure a competent runner could complete it in under 10 hours, especially if supported. The route does involve a certain amount of ducking behind hedges and climbing over barbed wire fences in crossing the valleys. Many footpaths marked on the map just don't exist on the ground. There is certainly much scope for route choice.

Camp was made at New Radnor (good pub) and in South Wales Traverse tradition I left my bike here and drove to the start before running the 57 miles back to New Radnor. Next day I cycled back to the car, a bit over 30 miles.

I completed the Plynlymon range comfortably, about 10 mins. up on my schedule. The next section over Y Garn was a little dreary and I was 6 minutes behind schedule after this, though had had a rest. I found the very soft and tussocky going in the long central section approaching and traversing Drygarn Fawr very sapping. I was unable to run long bits of this. It was mid-afternoon by then and water was a problem. A short nap on the summit of Drygarn Fawr helped for a while but the damage was done and the next section across the low land to the Radnor Hills was a struggle. Darkness fell in the thick heather of these hills but I wasn't far from home then. Perhaps not a classic, but probably a first and there's certainly some wonderfully empty country and great views. The lower sections are very attractive too, though dehydration and general weariness took the edge off my appreciation".

SCOTTISH OLD COUNTY TOPS – ANDY WALMSLEY

During a ten day period in early September, Andy successfully bagged all the Scottish Old County Tops, thus inaugurating a new challenge in the Scottish hills. Starting from Cocklawfoot in the Cheviots, he climbed and descended the highest summit in each of Scotland's old (pre 1973) mainland counties in a total aggregate time of 56 hours and 32 minutes, finishing at Derry farm in Galloway. Although he used motorised transport between the peaks, Andy stresses that no road racing was required. Also, his vehicle runs on LPG, so this was also an environmentally-friendly and quite complex logistical challenge. LPG stations are not always conveniently located in the wilder places. The ten-day timescale allows sufficient time for relatively leisurely drives between the hills and the important figure is the aggregate time for the ascents and descents of all the tops. Andy hopes that ten days will become the standard, with any future attempts focussing on reducing the total aggregate time on the hill.

The hills climbed, in order, were: Cairn Hill (West Top), Meikle Says Law, Blackhope Scar, White Coomb, Dollar Law, Broad Law, Culter Fell, Caimpapple Hill, Ben Cleuch, Innerdouny Hill, West Lomond, Mount Battock, Glas Maol, Carn a Ghille Chearr, Ben MacDui, Carn Glas Coire, Morven, Ben More Assynt, Carn Eighe, Ben Nevis, Bidian nam Bian, Ben Lawers, Ben Vorlich, Ben Lomond, Hill of Stake, Merrick, Kirrierloch Hill, and Craig Airie Fell. The total figures add up to about 182 miles and 55,000ft of ascent/descent, plus 1500 miles of driving.

Weather was mixed early on, but improved during the second half of the trip to give magical days of sunshine on the last few hills. Physically and mentally, Andy reports that there were "ups and downs" with injury niggles (particularly Achilles tendons) almost bringing the expedition to a standstill after 7 days. However, by employing the time-honoured ultra-distance technique of carrying on regardless, these eventually cleared up (!) to allow a strong finish. A full report is being prepared for the next issue of The Fellrunner.

BOB BAXTER 1931– 2002 BY PADDY BUCKLEY

Bob Baxter died in early August aged 70. He had a sudden heart attack while out dancing in his home town on the Isle of Man. Some of you may remember him when he came over here for extra hill training for his attempts on the BGR. After a couple of attempts he eventually got round about 10 years ago, but due to a pacer's error came into Keswick nine minutes too late, and was never tempted to try again. He was the first (but not the main originator) to do the Bob Baxter Round, a circuit of all 36 tops over 1000 feet in the Isle of Man, amounting to about 54 miles and 11,400 feet of ascent. Colin Donnelly currently holds the long-standing record of 11hrs 35mins. The Half Bob Baxter used to be an annual race in the FRA calendar.

Bob was a very good triathlete and was probably a better cyclist than a runner. He would have been 71 this month. With a full head of hair and smooth skin, he looked much younger than his age. And what a way to go; no previous warning, no suffering; just a blood clot in the middle of a dance, among friends.



INTRODUCING THE WALSH MASTERPIECE
PB X'TREME FELL SHOE




HAND MADE ORIGINALS AVAILABLE FROM YOUR LOCAL RETAIL OUTLETS CONTACT
PETE BLAND SPORTS-KENDAL (UK DISTRIBUTOR)

01539 731012

www.walshsports.co.uk/com

"GO WHERE THERE IS NO PATH AND LEAVE A TRAIL"

Walsh &  are registered trade marks of Walsh Sports Ltd

5 London Road,
Alderley Edge,
Cheshire, SK9 7JT

e-mail: running@bearsports.freeserve.co.uk
web: www.runningbear.co.uk



MAIL ORDER

Tel: 01625 582130 Fax: 01625 583878
Switch / Visa / Access / Amex
Orders Over £70 Free P&P **FRA DISCOUNT**

Full colour mail order
catalogue now available

'Running Bear' was delighted to sponsor this year's British Championship and would like to congratulate all who took part and especially Simon Booth and Andrea Priestley on their success.



PERTEX SHORTS

Lightweight, windproof and comfortable.
Colours – black, purple, lime, turquoise.
Sizes – S, M, L, XL. £10-95.



Go for the alternative !!

Special offer – limited quantity only

Felldancer – £39-95

A superbly constructed and robust hand-lasted shoe which fits like a glove. The Velon upper is both light and hard-wearing; the anatomic fit, especially round the heel, is comfortable and supportive, while the 10 mm midsole offers lightness with low-profile stability.

Special Offer



Special Offer

Also available is the wider fit of the Challenger, available with a 10 mm midsole or with a 13 mm midsole for extra cushioning.



PERTEX TOP

Very lightweight and windproof and folds into its own bumbag.

Colours – purple/silver, lime/navy, flo/black.

Sizes – S, M, L, XL.

Offer price only £29-95.

NIKE DRYFIT TIGHTS

High-wicking tights with leg zips.
£24-95.

CONCURVE GORETEX JACKETS

Lightweight, waterproof and breathable. The ultimate outdoor jacket for even the harshest weather conditions.

Colours – red, blue, yellow, navy.

Sizes – S, M, L, XL.

FRA special offer price - £112 (normally £124-95).

