



# The Fellrunner Magazine

## February 2003



*Sharon Taylor (Bingley)  
discovers the dark side of fell-running  
at Auld Lang Syne  
(Photo David Brett)*

**How to be a Champion**

**Lazometrics**

**Allan Greenwood Profile**

**Championships 2003**

**Classic Fell Races: Part 3**



# Pete Bland Sports 2003 Road Show

APPEARING AT THE FOLLOWING VENUES

## FEBRUARY

- 15. CARNETHY (SCOT)
- 23. ILKLEY MOOR

## MARCH

- 8. DENTDALE (ROAD)
- 9. BLACK COMBE
- 15. CARNFORTH 10K (ROAD)
- 16. TRIMPELL 20 (ROAD)
- 22. CONISTON 14 (ROAD)

## APRIL

- 5. PENDLE
- 19. ANNIVERSARY WALTZ E
- 20. THREE BRIDGES  
10K (ROAD)
- 27. THREE PEAKS

## MAY

- 3. STUC A CHROIN (SCOT) B
- 5. WRAY CATON
- 10. BEN LOMOND (SCOT)
- 11. BUTTERMERE - SAILBECK
- 17. MOEL EILIO (WALES) B
- 18. FAIRFIELD
- 24. HUTTON ROOF
- 26. HELVELLYN
- 31. DUDDON

## JUNE

- 7. PENYGHENT B E
- 8. MORECAMBE 10K (ROAD)
- 10. COLEDALE
- 15. GRASMERE GALLOP
- 18. TEBAY
- 21. EILDON (SCOT)
- 28. DOCKRAY
- 29. SETTLE HILLS

## JULY

- 4/5 SAUNDERS M.M.
- 6. SKIDDAW B E
- 12. WASDALE
- 19. INGLEBOROUGH
- 20. KENTMERE
- 27. WAGON & HORSES  
10 (ROAD)
- 31. RYDAL ROUND

## AUGUST

- 2. BORROWDALE
- 10. SEDBERGH HILLS
- 16. BRECON BEACONS  
(WALES) B
- 24. GRASMERE SPORTS

## SEPTEMBER

- 6. BEN NEVIS
- 7. LANCASTER HALF  
MARATHON (ROAD)
- 14. MOUNTAIN TRIAL
- 20. THREE SHIRES
- 21. DALEHEAD
- 27. THIEVELEY PIKE

## OCTOBER

- 5. IAN HODGSON RELAY
- 11. LANGDALE E
- 18. BRITISH RELAYS  
CHURCH STRETTON  
24/25/26. KARRIMOR M M

## NOVEMBER

- 2. DERWENTWATER  
10 (ROAD)
- 8. DUNNERDALE
- 15. TOUR OF PENDLE

## DECEMBER

- 14. CALDERDALE WAY RELAY

B = BRITISH CHAMPIONSHIP  
E = ENGLISH CHAMPIONSHIP

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# The Fellrunner Magazine

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Those of you who started your 2003 Calendar at the front and read it diligently from that point on will have been surprised to see that opposite the position of "Secretary" in the list of FRA Officers was the name and address of Alan Brentnall instead of that of Mike Rose. Mike has been the spokesman of fell-running for eleven years and has brought to the position of Secretary all the enthusiasm, diligence, common-sense and sheer bloody-mindedness of his considerable personality. He has always had the wider interests of fell-running in mind and his love of the environment and for the innumerable characters who inhabit our sport has been evident throughout his tenure. His presence has enlivened many a post-race gathering - and in the case of Jura and the Mountain Trial - pre- and during-race as well - and our sport has benefitted enormously from his work over the years. Sadly, Mike's health is not, at present, in a very sound state and he decided in Autumn that, reluctantly, he would have to relinquish his position as Secretary. His detailed reasons for doing so can be found in his "Rambling Rose" column, which he intends to continue producing, and I am sure that all of us wish him well with his medical treatment and trust that, whether as FRA Secretary or not, we will continue to enjoy his company at fell races for a good many years yet.

As you will see inside this edition, the PST has apparently concluded that there are things very wrong with the

current structure of the British Championship and that it is probably time for a major re-think in terms of number of races, type of races, venues, nature of the competition, etc., etc. and a few of the possibilities are outlined by Ian Taylor in PST notes. As a runner who has never had the remotest chance of ever getting anywhere in the British Championship - English Championship or anything else, I am not in a position to make valid judgements on this but I hope that those leading runners whose season is largely built around the Championships will make their views known, either through this magazine or direct to the PST, otherwise we may find ourselves with another imposed structure which nobody is really happy with and which doesn't produce what a Championship should, namely a true and accepted set of Champions!!

At the last FRA Committee Meeting Chris Knox, unfortunately, had to draw attention yet again to the issue of litter, especially drinks cartons and banana skins, left on race routes. It's up to us - don't be shy, if you see someone dropping stuff then shout at them or pick it up and give it back to them after the race; if we all do it then the problem will go away!!

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### Data Protection Act

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

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



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 **Saturday 10th May 2003**

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# Chairman's Chat

from Alan Barlow

Following the AGM you will notice a few new names in the list of committee members. I would like to take this opportunity to welcome on board the new members and thank the ones stepping down for their help.

Norman Matthews has been invaluable in developing the coaching of fell running but will remain in touch with his work with the England Junior Team.

A further special mention must go to Mike Rose who is so well known in fell running circles and has decided to relinquish his post of Secretary after 11 years of hard work on our behalf. Mike is undergoing treatment for his health problems and I am sure you will all join me in wishing him a speedy recovery.

Alan Brentnall has taken over as Secretary having been Assistant Secretary in recent years and has the full support of the committee. We are fortunate in having such an able person to take over this demanding job.

We continue to struggle to raise financial backing to enable us to bid to hold the World Trophy in 2005. If any of our members have expertise in this field and are willing to help please contact me as soon as possible.

Due to the financial plight of the AAA of England the competitors and team management will need to make a contribution towards the costs of competing for any of the England teams in 2003. This seems a sad reflection on the current situation especially when so much more money is flowing into athletics.

Finally I hope you all have a successful 2003 and I look forward to seeing many of you at events throughout the year.



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# Calendar Update

The efficient Dave Jones, Fixtures Secretary for the past fifteen years, will be a hard act to follow! However I shall try my best to follow his splendid example. My first duty is to provide an update for the 2003 Fixtures Calendar. Details of most of the races below were provided too late to be included in the Calendar itself. Corrections and amendments to the information in the Calendar are also listed. Please note that the update is in chronological order of when the events will NOW take place. *Margaret Chippendale*

**SUN. MARCH 2nd GLENTRESS DUATHLON SERIES.** AM. 12.00 noon. 6m/1600' running, 6m mountain biking from Glentress, nr Peebles (GR 286400), Scottish Borders. £5 to the organiser. PM. Over 18. Entries accepted from individuals or teams of two (runner and biker). Limit of 100 runners/teams. This is the last race in the series. Also junior race, over 6, 0.3m bike/0.3m run, 11.00 a.m, free. Cafe on site. A fun day out for competitors and spectators. Details: Peter Baxter, 11 The Meadows, Peebles, EH45 9HZ. Tel: 01721 724474. Email: peterbaxter@msn.com Website: thehubintheforest.co.uk

**SAT. MARCH 8th FIENSDALE.** This race will now take place on this date and not on March 9th.

**SUN. MARCH 9th CLOUD NINE.** CM. 11.00 a.m. 8.75m/1000' from Congleton Leisure Centre, off Mountbatten Way in the centre of Congleton. £4 to the organiser by March 1st or £5 on day. Teams free. PM. Over 18. Records: 51.21 D. Neill 1988; f. 59.33 C. Creasley 1996. Details: Pete Doyle, 9 Higginson Close, Congleton, Cheshire, CW12 3SU. Tel: 01260 270160. Email: pete.doyle@magnus.com Website: congleton-harriers.freeseerve.co.uk

**THURS. APRIL 3rd MCVEIGH CLASSIC.** AS. 7.30 p.m. 4m/1200' from the Lake car park, Castlewellan Forest, Mourne Mountains. £3 on night only. Teams free. PM. Over 14. Records: 32.22 D. McNeilly 2001; f. 40.35 S. O'Kane 2001. 1st race in series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**SAT. APRIL 5th JACK RILEY MEMORIAL PENDLE FELL RACE.** Please note that this race now has a full complement of junior races - U8/U10/U12/U16. Junior entry £1. Free Goody Bag to all finishers.

**THURS. APRIL 10th TOLLYMORE FOREST 1.** AS. 7.30 p.m. 4m/1200' from the Mountain Centre car park (GR 328324). £3 on night only. Teams free. PM. Over 14. Records: 29.25 D. McNeilly 2001; f. 37.11 S. O'Kane 2001. 2nd race in series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**THURS. APRIL 17th SLIEVE MARTIN .** AS. 7.30 p.m. 4.5m/1200' from Kilbroney Forest Carpark, Rostrevor (GR 184182). £3 on night only. Teams free. PM. Over 16. Records: 33.41 D. McNeilly 2002; f. 42.40 S. O'Kane 2002. 3rd race in a series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**THURS. APRIL 24th BINNIAN TO THE TOP.** AS. 7.30 p.m. 2m/2000' from Carrick little car park, Head Road, Annalong. £3 on night only. Teams free. PM. Over 14. Please note there are no toilet facilities at this race venue. Records: 23.21 R. Bryson 1999; f. 30.55 S. Donnelly 1999. 4th race in a series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**THURS. MAY 1st MOUGHANMORE.** AS. 7.30 p.m. 3m/1500' from Deer's Meadow, Mourne Mountains (GR 272253). £3 on night only. Teams free. ER/PM/LK/NS, Over 14. Please note there are no toilet facilities at this race venue. Records: 27.49 R. Bryson 1996; f. 38.51 T.S. loan 1995, S. O'Kane 2002. 5th race in a series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**WED. MAY 7th GRISEDALE GRIND.** AS. 7.00 p.m. 3m/1600' from Whinlatter Visitor Centre (GR 208245). £2 on day only. LK/NS. Over 16. Records: 27.19 A. Bowness 2000; f. 33.31 A. Carson 1988. First race of the Lord of the Forest series. Details: Tony & Angela Brand-Barker, 8 Caldecote Avenue, Cockermouth, Cumbria, CA13 9EQ. Tel: 01900 828637. Email: brandbarker@btinternet.com

**THURS. MAY 8th HEN & COCK.** AS. 7.30 p.m. 2.5m/1300' from Hen car park, Mourne Mountains, (GR 234277). £3 on night only. Teams free. ER/LK/NS. Over 14. Please note there are no toilet facilities at this race venue. Records: 26.59 R. Bryson 1996; f. 37.15 S. O'Kane 2002. 6th race in an 11 race series (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**SAT. MAY 10th THE FELLSMAN HIKE.** BL. 9.00 a.m. 61m/11000' from Ingleton Community Centre. £22 to entries secretary prior to April 1st, £30 after April 1st or on day. Individuals or teams of 4. Over 18. Records: 10.11.00; f. 12.37.00. Free parking and accommodation. Meals and transport to start available. Safety pins not provided at this race. Details: Entries Secretary, The Fellsman Hike, PO Box 30, Keighley, West Yorkshire, BD21 3EP. Email: hike@fellsman.org.uk Website: fellsman.org.uk

**SUN. MAY 18th ROSTREVOR TO NEWCASTLE RELAY.** 11.00 a.m. from the Square, Rostrevor. 22 miles in four legs. £10 per team on day only. ER/LK/NS. Over 16. 2 mountain legs (AM) and 2 road legs. Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**TUES. MAY 20th DPFR BURBAGE FELL RACE.** CM. 7.30 p.m. 6m/600' from Fox House Inn (GR 265802) on A625 Hathersage to Sheffield road. £3 on night only. Teams free. PM. Over 16. Records: 39.30 G. Cudahy 2001; f. 47.34 H. Hargreaves 2001. Details: Andrew Moore, 5 Silverdale Crescent, Sheffield, S11 9JH. Tel: 0114 2620087. Website: dpfr.co.uk

**THURS. MAY 22nd TOLLYMORE FOREST 2.** AS. 7.30 p.m. 5m/1500' from the Forest car park. £3 on night only. Teams free. PM. Over 16. 7th race in series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**TUES. MAY 27th SKIPTON SHORNBANK OLYMPICS.** BS. 7.30 p.m. 3m/700' from R.A.F.A. Club, Shortbank Road, Skipton. £2.50 on day only. Over 16. Also junior races; U12, U14 and U16 from 6.15 p.m., £1. Senior race incorporates U18 and U20 awards. Records: 17.32 I. Taylor 2000; f. 21.37 S. Dugdale 2000. Also cycle dash and sprints. Details: Roger Ingham, 33 Aldersley Avenue, Skipton, Yorkshire, BD23 2LA. Tel: 01756 790408, mobile 0777 3302891.

**THURS. MAY 29th. LOUGHSHANNAGH HORSESHOE.** AS. 7.30 p.m. 4m/1700' from the Spelga Pass car park, Mourne Mountains (GR 277268). £3 on night only. Teams free. ER/LK/NS. Over 16. Please note there are no toilet facilities at this race venue. Records: 38.49 D. McNeilly 1999; f. 53.50 R. McConville 1992. 8th race in a series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmcveigh.osni@doeni.gov.uk

**SAT. MAY 31st DUDDON VALLEY FELL RACE - LONG.** AL. 11.00 a.m. 20m/6000' from the Newfield Inn, Seathwaite, Cumbria (GR 227960). £4 on day only. Teams free. ER/LK/NS. Over 21. Records: 2.43.10 W. Bland 1981; f. 3.24.00 S. Rowell 1995. Details: G. Batten, Seathwaite Lodge, Duddon Valley, Broughton-in-Furness, Cumbria, LA20 6ED. Tel: 01229 716840. Website: duddonvalley.co.uk

**SAT. MAY 31st DUDDON VALLEY FELL RACE - SHORT.** AM. 11.10 a.m. 11m/3000' from the Newfield Inn, Seathwaite, Cumbria (GR 227960). £4 on day only. ER/LK/NS. Over 18. Details: G. Batten, Seathwaite Lodge, Duddon Valley, Broughton-in-Furness, Cumbria. LA20 6ED. Tel: 01229 716840. Website: dudonvalley.co.uk

**THURS. JUNE 5th ROCKY.** AS. 7.30 p.m. 4m/1300' from Leirim Lodge car park, Mourne Mountains (GR 225256). £3 on night only. Teams free. ER/LK/NS. Over 14. Please note there are no toilet facilities at this race venue. Records: 33.12 D. McNeilly 2002; f. 42.07 S. O'Kane 2002. 9th race in a series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmmcveigh.osni@doeni.gov.uk

**FRI. JUNE 6th CASTLETON FELL RACE.** AM. 7.30 p.m. 6m/1500' from Castleton playing field, Hollowford Road, Castleton. £3 on night only. Teams free. PM. Over 16. Records: 40.22 K. Capper 1994; f. 47.48 R. Smith 2002. Safety pins not provided at this race. Details: Mick Mattia, 7 Peveril Road, Castleton, Hope Valley, Derbyshire, S33 8UA. Tel: 01433 620721. Email: mick.mattia@msn.com

**THURS. JUNE 12th SLIEVENAGLOGH.** AS. 7.30 p.m. 4m/1200' from Nr Trassey Track (GR 295295). £3 on night only. Teams free. ER/LK/NS. Over 14. 10th race in a series of 11 (6 to count). Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmmcveigh.osni@doeni.gov.uk

**SUN. JUNE 15th EDALE COUNTRY DAY FELL RACE.** AS. 11.00 a.m. 5.25m/1400' from the main car park, Edale Village, Derbyshire (GR SK124853). £3 on day - includes entry to Country Day. ER/PM. Over 16. Records: 39.08 A. Trigg 1999; f. 47.15 K. Dalton 1999. "A good family day out." Details: Edale P.C.C., 2 Hope Road, Edale, Hope Valley, S33 7ZF. Tel: 01433 670003.

**SAT. JUNE 21st BUCKDEN PIKE FELL RACE.** AS. 2.30 p.m. 4m/1500' from Buckden Village Green, near Skipton, N. Yorkshire (GR 942774). £3 on day only. Teams free. PM. Over 16. Records: 30.51 C. Donnelly 1988; f. 36.32 C. Greenwood 1993. Village Gala. Details: Allan Greenwood & Linda Crabtree, c/o 1 Royd Avenue, Ainley Top, Huddersfield, West Yorkshire, HD3 3RY. Tel: 07866 043572.

**FRI. JUNE 20th DONARD FOREST.** AS. 7.30 p.m. 4m/1200' from Donard car park (GR 374305). £3 on night only. Teams free. PM. Over 14. Final race in a series of 11 (6 to count) Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760(work). Email: mmmcveigh.osni@doeni.gov.uk

**SAT. JULY 5th CRIBYN.** AS. 2.00 p.m. 5.5m/3100' from Cwm Gwidi Camp, Brecon Beacons (GR SO024247). £2.50 on day only. Teams free. LK/NS. Over 16. Please note there are no toilet facilities at this race venue. Records: 53.13 C. Donnelly 1999; f. 65.56 A. Nixon 1997. Details: Alwyn Nixon, Hen Dafarn, Mansons Cross, Monmouth, Gwent, NP25 5RE. Tel: 01600 714386.

**SUN. JULY 6th PEAKERS STROLL.** 11.30 a.m. 25m/4000', 17m/3200', 13m/2190', 9m/1100' from the Reading Room, Peak Forest (GR 113793). £6.50 to the organiser, cheques payable to "Peakers Stroll Account". Teams (4) free. Over 15 with adult. Record: 3.04.00 E. Roberts 1999. Details: Jeff Hipwell, Hearnstone Lea, Church Lane, Peak Forest, Buxton, Derbyshire, SK17 8EL. Tel: 01298 24056. Email: jeff.hipwell@btinternet.co.uk

**WED. JULY 9th. BLACK ROCKS FELL RACE.** BS. 7.30 p.m. 5.5m/850' from Matlock Rugby Club, Cromford Meadows, Cromford, nr Matlock (GR 304569 on White Peak map). £3 on day only. Teams (3) free. PM/LK. Over 16. Records: 32.58 A. Wilton 1994; f. 42.47 C. Howard 2000. Details: Randell Tassell, 10 The Causeway, Wirksworth, Derbyshire, DE4 4DL. Tel: 01629 823214.

**WED. JULY 9th LORDS SEAT.** AS. 7.00 p.m. 5m/1400' from Whinlatter Visitor Centre (GR 208245). £2 on day only. LK/NS. Over 16. Records: 31.18 K. Anderson 1990; f. 38.16 H. Diamantides 1990. Final race in the Lord of the Forest series. Details: Tony & Angela Brand-Barker, 8 Caldecote Avenue, Cockermouth, Cumbria, CA13 9EQ. Tel: 01900 828637. Email: brandbarker@btinternet.com

**SUN. JULY 13th PEAK FOREST FELL RACE.** CM. 11.15 a.m. 6m/650' from Peak Forest village store (GR SK115795). £3.50 on day only. PM. Over 16. Records: 35.42 D. Cartridge 1987; f. 42.15 C. Creasley 1994. Registration, toilets and refreshments in Reading Room (GR SK113793). Car parking on Recreation Ground. Details: Jeff Hipwell, Hearnstone Lea, Church Lane, Peak Forest, Derbyshire, SK17 8EL. Tel: 01298 24056. Email: jeff.hipwell@btinternet.co.uk

**THURS. AUG. 14th RICKYS RACE.** BS. 7.15 p.m. 5m/1150' from the Three Stags pub, Darley Bridge, Matlock (GR SK269619). £3 on day only. Teams (3) free. LK/PM. Over 16. Records: 29.15 D. Yates 2002; f. 32.46 C. Howard 2001. Details: Randell Tassell, 10 The Causeway, Wirksworth, Derbyshire, DE4 4DL. Tel: 01629 823214.

**SAT. AUG. 23rd GOODRICH FELL RACE.** BM. 2.30 p.m. 6m/1250' from "Ye Hostellerie", Goodrich village. £4 on day only. Teams free. PM. Over 18. Also junior races; 10-13 years, 1.1m/275', £1; 14-17 years, 3.5m/700', £2. Records: 38.57 M. Collins 2000; f. 43.52 S. Newman 2000. See website for "Gruesome Twosome" details. Details: Martin Green, 16 Park Road, Five Acres, Coleford, Gloucestershire, GL16 7QS. Tel: 01594 836408. Email: martin@jhangar.freeseerve.co.uk Website: fodac.org.uk

**SAT. SEPT. 6th BEN NEVIS RACE.** Please note that the organiser is no longer George MacFarlane. Details should be obtained from: Entry Secretary, MacPherson's Welding, North Road, Fort William, Inverness-shire, PH33 6TQ. Tel: 01397 706133.

**SAT. SEPT. 6th VIKING CHASE - FOUR PEAKS.** BM. 11.00 a.m. 7.8m/1800' from Carlton Bank Top (GR 524030) on the northern edge of the North Yorks. Moors. £6 to organiser before August 1st or £8 on day. Cheques payable to "Viking Chase". PM. Over 18. Records: 1.03.08 P. Buckby 2002; f. 1.20.59 A. Hayward 2002. Good parking. Cafe on site. Details: Martin Codd, 17 Glendale, Guisborough, TS14 8JF. Tel: 01642 765421 (daytime). Email: martin.codd@khe.co.uk Website: clevelandstrt.co.uk

**SUN. OCT. 5th SANDSTONE TRAIL RACES.** CL.

Race A - 10.00 a.m. 16.5m/1750' from Duckington, Cheshire (GR494526 Sheet 117). £6 to organiser by Sept. 23rd. Teams (3) free. NS/PM/ER/LK. Over 18. Please note there are no toilet facilities at this venue. Records: 1.42.19 N. Jones 1995; f. 2.02.20 Z. Lewis 1996.

Race B - 11.00 a.m. 9m/950' from Beeston Castle, Cheshire (GR540590 Sheet 117) £4.50 to organiser by Sept. 23rd. Teams (3) free. NS/PM/ER/LK. Over 18. Records: 54.42 J. Taylor 1990; f. 1.05.39 J. Spark 1998.

Please note these are one-way races and there are buses for which there is a charge of £2.50 from the finish at Barnes Bridge Gates, Delamere (GR117/542717) to the starts BEFORE the races leaving at 8.30 a.m. Details: Barry Barnes, Hillcroft, 111 Station Road, Delamere, Northwich Tel: 01606 888845.

Email: barry@delamere111.freeseerve.co.uk  
Website: deeside-orienteeing-club.org.uk

**SUN. NOV. 9th CANDLELIGHTERS KELBROOK FELL RACE.** BS. 12.00 noon. 3.5m/800' from Kelbrook Village Hall (GR 903447). £3 on day only. Teams free. LK/PM. Over 17. Also junior races; U9, 0.5m; U12, 1.5m; U14, 1.75m; U17 run senior route; all junior races £1; junior races start at 11.02 a.m. Records: 21.49 I. Holmes 1999; f. 26.41 C. Greenwood 1998. All proceeds go to "Candlelighters" (fighting children's cancer) and sponsor sheets for this are available in advance from the organisers. Tea & coffee from 9.30 a.m., pie & peas lunch £1. Details: Barry & Karen Slater, Parsons Close, Storth Gill Lane, Giggleswick, Noth Yorkshire, BD24 0JR. Tel: 01729 825293. Email: ba2401@aol.com

**SUN. NOV. 30th RIVOCK EDGE HILL RACE.** BM. 11.00 a.m. 10m/1500' from Silsden Park, Silsden, nr. Keighley, W. Yorks. (GR 044465). £4 on day only. Teams free. LK/PM. Over 18. Records: 61.25 I. Holmes 1966; f. 73.02 C. Greenwood 1995. Safety pins not provided at this race. Details: E.T. Hastings, 82 Bolton Road, Silsden, nr. Keighley, West Yorkshire Tel: 01535 654133. Website: keighleyandcravenac.co.uk

**FRI. DEC 26th DEVIL'S CHAIR DASH.** AS. 11.00 a.m. 3m/800' from the Stiperstones Inn, near Minsterley, Shropshire (GR 005365 on OS Landranger 126). £1 on day only. Teams free. PM. Records: 22.00 A. Davies 2000. Details: John Sproson, Stiperstones Inn, near Minsterley, Shrewsbury, SY5 0LZ. Tel: 01743 791327. Email: pub@stiperstones.co.uk Website: stiperstones.co.uk

# The 2003 Scottish Hill Runners Championship

The Scottish Hill Running Trophies will be awarded on the basis of the **Scottish Hill Runners Championship**. The first three in each category will be awarded medals, with the winner receiving the requisite Scottish Hill Running Trophy, to be kept for one calendar year.

All athletes who complete the championship will be awarded a worthwhile memento (not a medal).

The Championship Races:

**Chapelgill**, Sat 22 Mar (S); **Knockfarrel**, Sat 12 Apr (S); **Dollar North Cape**, Sat 5 July (M); **Durisdeer Hill Race**, Sun 22 Jun (M); **Stuc a'Chroin**, Sat 3 May (L); **Bens of Jura**, Sat 24 May (L).

- 1) The 6 races as above. One race to be completed from EACH category (S,M,L), PLUS one other to complete the championship, i.e. 4 in total.
- 2) To receive the trophies and/or medals, Scottish eligibility is required: Scottish by birth, or residence, or FIRST claim Scottish club. **Note**, mementos also given to all athletes not claiming Scottish eligibility, but completing the championship.
- 3) No requirement for membership of any organisation. Individuals are welcome to compete as individuals.
- 4) Categories: Individual senior men/women, Veteran men/women (40+), Superveteran men/women (50+). 60+ too if we get entrants. Team prizes to first men and women's teams. 4 to count for men and 3 to count for women.
- 5) Points awarded to first 20 in each category. First in each category at any race receives 1 extra point, i.e. 21 points for first 19 points for second, etc. No requirement to gain points to receive memento.

All queries to **Ronnie Gallagher**, **Scottish Hill Runners**, via SIIR Secretary at [WKBurns21@aol.com](mailto:WKBurns21@aol.com)

## European Mountain Running Championships from Sarah Rowell

The European Mountain Running Championships (uphill only this year) will be held in Italy on Sunday 6 July. The team manager for the British team is Adrian Woods.

The selection committee comprises Adrian Woods, Chris Robison, Alan Barlow, a PST representative and will be chaired by Sarah Rowell.

The trial race for the championships will be held on Sunday 15th June, on a course from Llanberis to the top of Snowdon. The provisional timetable will be for the women's race to start at 13.00 and the men's to start at 14.00.

The selection meeting will take place immediately following the trial. The first two finishers in each trial race will be automatically selected for the GB/NI team. The further two places will be determined by the selection panel with greatest emphasis on performances in the trial race. Subject to early season fitness and availability, the selectors may pre-select one male and one female athlete. The purpose of such is to assist the preparation of likely medal contenders.

All eligible athletes are expected to compete in the trial races. Any athlete who is unable to compete in the trial for exceptional reasons, but who still wishes to be considered for selection **MUST** notify a member of the selection panel before the trial races.

The selectors and UK Athletics are committed to sending the best possible mountain running team to the European Championships. They acknowledge that there has traditionally been a strong link between mountain and fell running, and hope that it will continue. However, those runners who perform best in international mountain races tend to be those who prepare specifically for this type of racing, as opposed to traditional fell running.

The selectors reserve the right, where performance standards are not considered sufficient, to not select a full team.

Further information on the trial races will be advertised closer to the event via the UKA and FRA websites and other athletic publications.

Sarah Rowell. [saz@srowell.demon.co.uk](mailto:saz@srowell.demon.co.uk) 0113 2754459

## UK Athletics - Press Release

Following constructive discussions between UKA and various Fell & Hill / Mountain running bodies in England, Wales, Scotland & N. Ireland it has been agreed that **UKA Mountain Running PST** will take responsibility for the resources and management of all Mountain Running activities in the UK, specifically GB Mountain running teams in International Mountain running events and other activities viz:

- \* European Mountain Running Championships
- \* World Mountain Running Trophy

- \* GB representation at WMRA Grand Prix
- \* UKA Mountain Running Grand Prix

All parties involved in recent discussions agree that the above changes will result in two major advantages :

1. Under the new '**UKA Mountain Running PST**' body it is believed that Mountain Running will gain increased visibility amongst elite runners thus ensuring additional funding and competitive success.

Assurances have been made that existing mountain running expertise, for instance in terms of management & coaching will be incorporated into the new organization.

2. Being relieved of the above International Team responsibilities for Mountain Running – a hybrid sport attracting participation from elite Cross Country runners as much as top Fell & Hill runners at this level - the current organizations involved in Fell & Hill running are planning to streamline their structure into a **single UK Association** with individual country committees and representation on the national body.

*Dave Moorcroft, Chief Executive UK Athletics*

## PST Announce New Sponsors for British Championships

UK Athletics PST, who organise the British Champs are pleased to announce that Pete Bland Sports and Walsh Sports have agreed to sponsor the British Fell and Hill Championships for the next two years. This includes race numbers for all championship races and the relays.

In addition all individual winners will receive a pair of Walsh shoes together with the usual UK Athletics medal.

We would like to take this opportunity to thank our new sponsors for their support and commitment over the next two years.



*Alan Barlow (FRA Chairman) with Pete Bland and Dennis Crompton*

## 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 -

Mrs Margaret Batley,  
3 Hillside Close,  
Addingham, Ilkley,  
West Yorkshire,  
LS29 0TB.

Please enclose an SAE - early booking advisable.





The watch in action  
(Photo David Walsh)

# Timex Speed & Distance Watch

from David Walsh

It's a stopwatch, speedometer and mileometer and it fits on your wrist. Technology has just taken a great leap forward and I found out how far. When I first fired up the Timex speed and distance watch, I felt compelled to glance heavenwards for I was half expecting to see a satellite scoot across the sky and take up position above my head. Daft though it sounds that's about half

right, because this gadget actually talks to Global Positioning Satellites (GPS). They triangulate your position down to a couple of metres and track your progress across the face of the earth and at the push of a button the watch displays the speed you're running or the distance travelled. It's fascinating to see it changing - but mind that tree. It also cleverly takes altitude into account, so you could fall off a cliff and it would briefly read 100mph. This amazing technology comes in a palmtop computer-sized transceiver that straps to the upper arm. It's fairly heavy but unobtrusive while running and although it's easy to knock on gateposts mine's still working. Data is transmitted to the Ironman wrist watch and thanks to GPS it displays current, average and maximum speed (in miles per hour) and pace, average pace and best pace (in minutes per mile). It also shows distance travelled. This information is stored for each lap which means with the 100 lap version loads of data can be amassed in just one run - great for the performance obsessed and for those who love a little tyranny the top model can be set to beep if you don't maintain a certain pace. Respected GPS firm Garmin makes the transceiver which is water resistant to 1m, the watch is okay to 50m. Timex claims the system is 99 per cent accurate if there is a clear view of the sky, falling to 95 per cent if it is obscured. Fair enough, but not all my runs are on windswept moors. The transceiver can struggle to get 'locked on' in built up areas and under trees - even ones without leaves. It can take a good five minutes to get a connection if I run from home, down the street (terraced houses) to the park (trees). Once we're both up and running if I reach some more trees the signal may be disrupted but the watch will assume I've run in a straight line at the same speed, which is better than nothing. For fellrunners the speed information would be most relevant on a route to be repeated time and again.

Otherwise it does not reveal the true picture. My average for one hour-long effort was just 4mph - walking pace! So never mind the miles-per-hour, feel the gradient and the tussocks, rocks and mud. It would also be good if the display gave an eight-figure grid reference like some walkers' systems - or would that be cheating? An altimeter read out would be interesting too. In the main the system works well but the instruction book warns of a possible weak link in the chain of technology: "The GPS is operated by the Government of the United States, which is solely responsible for its accuracy and maintenance. The system is subject to changes which could affect the accuracy and performance of all GPS equipment." Another thing to consider is that you might be lost on Kinder but George Bush junior knows exactly where you are. On the upside if you take your mobile phone you can call the White House and find out which way to run to reach Grindsbrook. At £200 for the 50 lap watch and £220 for the 100 lap, it's not for the weak walleter. But if you like that sort of thing it's a great gadget.

# THE GREAT GRIZEDALE FOREST TRAIL RACE

THE MOST SCENIC TRAFFIC FREE 10.5 MILE (APPROX) FOREST TRAIL RACE IN THE COUNTRY

SUPERB UNDULATING COURSE RUN ON WIDE WELL SURFACED MAN-MADE FOREST TRAILS

FANTASTIC VIEWS

**RACE HEADQUARTERS AND START  
THE GRIZEDALE VISITOR CENTRE  
SATTERTHWAITE  
NR HAWKESHEAD  
CUMBRIA**

**START TIME 11:00am  
SATURDAY APRIL 5th 2003**

Join us for the inaugural running of the " GREAT GRIZEDALE TRAIL RACE" we have a superb course on wide man made hard surfaced forest tracks, not tarmac! Enjoy an undulating route with the possibility of far reaching views of the Lakeland fells. Although the course is all off road and car free, normal road running shoes are ideal.

Car parking will be at designated car parks close to race H.Q.  
There is an excellent café on site

**Prizes will be awarded to**

1st three men 1st three ladies 1st vet 40 M/F 1st vet 50 M/F  
Plus other prizes dependent on entry numbers  
Entry fee £7:50 (including forest event permit)

**Entry forms**

**Download by e-mail only from  
barrie@laycock7353.fsnet.co.uk**

# KILNSEY SHOW FELL RACE REPORT

Date: 15th JULY 2002  
Location: BURNSALL  
Distance: Approx. .01km  
Ascent: Minus 100mm  
Winners: Difficult to say  
Winners time: Not actually measured  
Time of race: Pretty variable  
Race Starter: Roger Ingham

If the above details appear to be slightly bogus, let me reassure you that these are entirely accurate.

Twenty four of the leading fell-runners in the Skipton/Craven area were invited to compete in this prestigious event, which to readers of The Fellrunner will need no introduction. Any more than this would have caused unreasonable difficulties for the organiser in terms of cost and safety.

If you are confused, so you should be! The explanation however is very simple.

Following the runaway success of the Rylstone W.I. Calendar, when several 'game' ladies of the parish bared all (almost) to raise funds for Leukaemia Research, Disney Corporation backed a film production company to make a movie about the Rylstone Calendar Girls story. Because it's a Dales kind of thing several scenes feature the Kilnsy Show, naturally along with the famous Kilnsy Crag Fell Race. So here enter the leading runners of the dale, in lots of colourful outfits, whose exploits thankfully were recorded in Panavision for the world witness.

Even by the end of the shooting several things were not clear, not even to the participants. Such as, why was it the Kilnsy Show when it was held at Burnsall? Who won? Who got the chicken legs? Did Bingley win the team prize ... at the coconut shy? Will it be repeated on this date next year? Have we all ruined our amateur status?

Anyway, it was a lovely day, the food was good, and we got free beer. Fell race organisers please note.

Race reporter: Eddie Lesniak

# RAMBLING ROSE

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

Many members are aware that I have decided not to carry on as FRA Secretary and that Alan Brentnall, whom I have known for over 20 years, has agreed to take over. I am sure he will serve you well.

I went into hospital in November and lung cancer was diagnosed. It has spread to the top of the spine and is affecting the central nervous system. My left side is of little use but I can walk with care. My right side is less affected and I have the use of my right hand and arm. I have enjoyed a quiet Christmas and New Year at my sister's home in Filey. I have had two sessions of chemotherapy at Cookridge, the local cancer hospital, and the third session is due next Friday (10th January). The objective is to at least stabilise my condition and, more optimistically, to perhaps reverse some of the damage.

I have had overwhelming support from the local climbing club, friends and family, but I particularly want to acknowledge the dozens of phone calls, cards, letters, and visits of fell runners from all over the UK - not just Yorkshire and Lancashire but also Scotland (and Jura), Cumbria, Midlands, Wales and so on. These kindnesses and expressions of support go a long way towards helping me to look to the future and to enjoy a decent quality of life. What a great bunch of friends at a time like this. It has been a pleasure to be closely involved with the FRA over the past

twelve years and I hadn't expected my time as Secretary to end quite like this. I look forward to seeing lots of you at fell races during 2003.

**The Booth Knot.** For last October's magazine I was asked to suggest an article from the past. I offered the Booth Knot believing that many of our younger members would enjoy the challenge. I didn't expect the editor/printer to make it even more difficult to follow by omitting one of the diagrams and the Bill Bentall cartoon. Just a little space in this issue please.

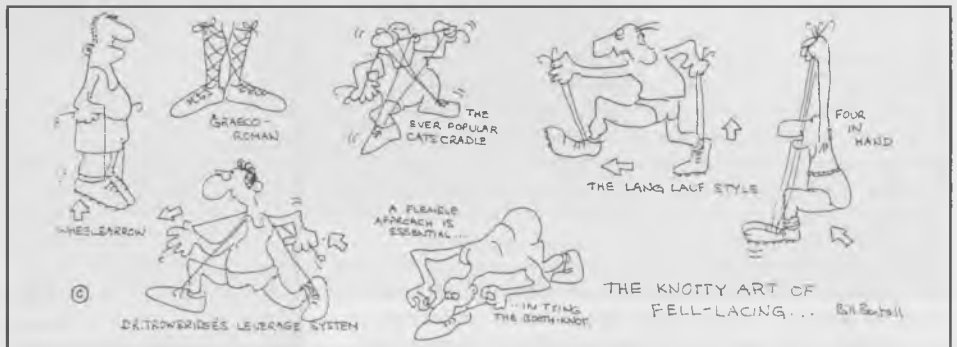
Apologies, Mike - can't manage the diagram but here's one of the cartoons



Mike attempting to decide which is the right way up for his map at the Saunders LMM

**Calligraphy.** The Bob Graham Club is looking for somebody who knows what this means. For over twenty years I have been inscribing certificates for successful BG Rounds - 30 to 40 each year, to be presented at the bi-ennial Dinner. (There will be a Dinner this year.) There must be someone out there with a decent hand, who can take over this task and also complete the final few pages of the BG Club Achievement of the Year Award record book. Offers please to Selwyn Wright, telephone : 01229 716 797.

**Green Lanes.** And finally, I can't resist a pop at Rupert Shaw (letters October 2002). He is trying to convince me and some 5000 members that mechanical vehicles making a mess of Green Lanes are not really anti-social, are not really destructive and not really noisy and smelly. He is obviously wearing a gas mask and ear muffs and his goggles are plastered with mud. When I feel better I'll take him on a conducted tour of Mastiles Lane and the Cam Houses Road.



5 London Road,  
Alderley Edge,  
Cheshire, SK9 7JT

e-mail: [running@bearsports.freeserve.co.uk](mailto:running@bearsports.freeserve.co.uk)  
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Lightweight trail shoe - mesh upper.



**Nike Tupu £59.99**  
Air heel. Aggressive lug outsole. Ideal for trail racing.



**Mizuno Redhawk £49.99**  
Trail shoe with 6mm lugs on outsole - biolock lacing for snug fit.



**Nike Trail Pegasus £59.99**  
Full length air cushioning Waffle outsole - mesh upper rubber toe guard.



**Saucony Approach £49.99**  
Popular Saucony trail shoe with triangular lugged outsole.

**TRAIL SHOES FROM RUNNING BEAR. FOR EXTRA COMFORT ON THOSE MIXED TERRAIN TRAINING RUNS FRA Discount applicable**

*What is it that makes Championship Winners so good? Is it natural talent, superhuman dedication, a complex and special diet containing strange and secret ingredients, a phenomenally demanding training schedule devised by expert coaches from around the world or a cunning blend of all of them? Whatever it is, it certainly works and on the occasions we lesser mortals are privileged to witness top-class fell-runners in action the speed and confidence are awe-inspiring and likely to make us feel permanently inadequate. The winners of most of the categories in last year's British and English Championships have generously agreed to lift a corner-of the veil and let us in on the secrets of their training regimes for us to compare and contrast and think about in relation to what we do ourselves. Armed with this knowledge we will all of us know -*

# How to be a Champion fell-runner

## Simon Booth

I have never tried to follow a specific training plan and my training has always been very variable.

However my training has been a lot more consistent over recent years and additionally I have learned to concentrate on the weaker aspects of my running – short races and particularly uphill speed.

My day-to-day training is still very flexible, most of my running is from the house and I usually don't decide exactly how far I'm going or which route (or whether I might do hill reps or intervals of some kind) until after I have set off. However every week (depending on races etc) the important thing for me is to achieve 2-3 speed 'sessions' and this has become much more important than total weekly training - unless I'm already very fit and have an important long race coming up.

My total weekly running mileage has reduced a lot (although over the year it is much more consistent), which means I enjoy training much more – because I always like to run fast, I don't get as many

injuries and my performance in races has been more consistent.

I am also happy to give training a miss if I feel tired, and often go three days without running following (and leading up to) a race. This helps keep me motivated and means I don't have to go out for a slow run with tired heavy legs - the sort of thing I used to think did me good!

I have always enjoyed pushing myself hard (probably all fell runners can say this) and much more enjoy short fast training runs to long slow ones (opposite to my racing mentality).

I used to run for 1-2 hours most nights on the higher fells (because I could) and easily completed over fifty miles most weeks. I probably also used to put in some of my best performances in during training and then wondered why I couldn't repeat it two days later in a race.

Now the vast majority of my training runs are well below one hour, and it is very rare for me to do much more than forty running miles in a week.

I have realised that I don't have to worry about not being fit enough to do long races. If I can get fit enough to run well in a short race, then I will almost certainly be able to run very well in a long race.

For me last year confirmed this, I had been injured in January/February but my main targets were to run well at Criffel, Coniston and then Duddon. I concentrated on getting the speed work done and the longest training run I'd done before Spelga had been a look round Coniston.

My speedwork does not necessarily mean regular intervals or hill reps and rarely does it involve running that fast (speed to me is anything around race pace or faster). It may just be a circuit with a number of small steep hills (between 1-5 minutes) – for each of which I would increase the effort. Alternatively it may be more regular from 4x 1 minute to 4x5 minutes and may or may not be the same hill.

I am always varying where I do the reps and how long they are so they don't get boring (and so I don't notice when I'm no longer improving) - though it is good to come back to my favourites to compare previous times. Anything goes really but I do have my favourites, typically 6x2 minutes on a very steep hill with approx 1 min recovery whilst jogging back down, and I like to compare total time for the 6 reps to give an idea of improvement.

Where I live now (in Cockermonth), I set off from the back door and within 200 yards I'm into fields and local hills. They aren't the well known Lake District fells and in fact are only 300-500 feet high. However they provide a variety of steep wooded tracks and grassy hillsides and are extremely quiet – so that any number of short hill reps would never become embarrassing (not that I ever try more than six!).

My regular training probably varies between 5-8 hours a week and having said I don't have a specific routine and that my training is very flexible I do go out every week day morning just after 6a.m. to take the dog out. This isn't always but is usually a run (15-35 minutes) - partly to save time, but mainly because I enjoy running at this time of day the most. My training after work is much more variable, if tired I just take the dog for a short walk, otherwise I run typically from between 15 – 45 minutes, and even my longest speed sessions can be done within the 45 minutes.



Simon Booth at the Three Peaks (Photo Pete Hartley)



I do not enjoy running when I've got tired 'heavy' legs so the 15-minute runs are when I think I'm OK but soon realise I'm not!

Now and again I test my fitness and do a time trial. This is usually over a steep straight up and down course, I have my own PB's (to the top is obviously the test for me!) for a range of fells with car parks at the bottom (favourites are Barf, Cragfell, Grassmoor, Red Pike, and Grisedale Pike). This is the sort of running I really enjoy, but have learned not to do too much of (I think I used to have my best performances in training), though they can be very good for confidence. Again these are usually anywhere between 15 - 45 minutes maximum.

#### Typical training

Generally when I am fit and training well I am running most week day mornings for 15-35 minutes, and then probably 3 week day evenings for between 15 - 45 minutes (occasionally up to 1 hour).

On a Saturday (if no race at the weekend) - about an hour including hill reps or after March if the weather is good this could be a long run (2-4 hours) on the high fells.

Sunday - often a day off (especially if hard training or race on Saturday and/or too much lager at night); if it's a nice day and I may go for a leisurely walk on the fells with the Mrs or an MTB ride (between 1-3 hours).

#### Peak Training (maybe twice per year)

There are always races that are more important to me and I try to make sure to do extra in the 3-4 weeks 1-2 weeks before these.

These 4 week periods will typically be based around the 'normal' routine and will include a long run (1.5 - 3 hours), some regular bike rides (hilly route to work and back at least twice a week - 3 hours total) and a visit to the gym per week - 2 hours.

Typically if I can do 10 hours a week or more for 3-4 weeks which includes at least 1 set of hill reps, a long run, some hard biking and a visit to the gym I will be very confident.

In reality my day-to-day training can be a mixture of the scenarios depending on many things, including how much time I have, what the weather is like, how fit I am, whether I have any injury niggles, club runs, course recce's, what I feel like etc., etc., etc.

Occasionally I have phases where I get into cycling to work - at these times I run for about 15 minutes a day to take the dog before cycling to work and back (approximately 45 minutes hard and hilly each way).

## Andrea Priestley

#### Training???

Define training for me then?? Asked to produce a piece about my training I was rather stumped. The word training, for me, conjures up schedules including speed work, track work, running diaries and other horrors. Therefore one can confidently assume that my running doesn't consist of any of these. No, when I began running on the moors around Ilkley it was accompanied by our dogs and 10 years on, although with a different playground - the Ochils generally at present - I'm still taking a dog (although this one, a labrador - doberman cross, is a real wimp).

I run because I really enjoy running. I also love to be outside in the hills. With a daughter, of now 7, time is at a premium. Thus I have done more running off road and in hills because of the time factor. Fortunately this is my favourite type of running. The steeper the climb the better, however I'm still crap at the descending lark! Flat running I find tedious and the thought of running round a field or race course for cross country fills me with dread. Thus if I race it is on the hills apart from perhaps the odd 10km (I've done one in about five years!). I generally try and run most days. At present I tend to go out on my own mainly due to time, although I did run a bit with Tracey Brindley and the Ochil runners at the weekend last year. The length and type of terrain depends on whether I am at work or have some time to play (which relies on Mark who is always very flexible - how lucky is that!!) The weather makes little

difference to me. I will always go out if I can, the height to which I go to would be weather and situation dependent. I also like to bike instead of using the car and so will generally use the bike to go to work if possible. Stirling University has also just got a new pool so, if I can fit it in, I try and swim once a week. Being terrible about stretching I took up yoga whilst out in New Zealand and fortunately have managed to find a good class around here. I'm crap at it but it forces me to stretch, which must be good mustn't it??

Ask me why I race and I haven't really got an answer apart from perhaps in the early days, Mark liked it and I didn't mind as long as I wasn't the last to finish (I wasn't confident in my navigation skills). I enjoy running in the relay. I'm not sure I am the best partner, in fact I'm definitely not, but I still enjoy competing as part of a team. I find it hard to motivated about individual races. Due to my general indifference about racing I tend not to get drawn into over racing, which for me is definitely a good thing. I considered last year to be very busy - probably too busy on the racing front. I'm sure I'm lucky enough to have some of that thing that is called natural talent and a realisation that this is my leisure activity which I am going to enjoy and not just at the end!!!!



Andrea Priestley at the 1996 Skiddaw Selection Race (Photo Pete Hartley)



## Louise Sharp



Louise Sharp at the Hodgson Relay  
(Photo Pete Hartley)

The taboo subject of fell running, how much do we actually do? Ask anyone at a race about his or her build up and the answers range from the honest to the ridiculous. There is a certain code of the fell runner that needs to be understood. If someone's been ill it usually means they have had a day off three weeks ago. If they haven't been doing much they have just cracked the 100 mile-a-week barrier, and finally, if they do admit to feeling OK, this probably means they will break the existing record by at least a minute!

My training seems to be a mixture of all of the usual basic principles (running, cycling and eating large amounts of chocolate). Being a part-time teacher means that I get to enjoy the fells more than the average person. Most runs are off road with only the dark winter nights forcing me onto the tarmac. A normal week would probably include a range of activities including a track session, hill reps, steady runs, some cycling, a gym session, and a long run at the weekends.

Speedwork sessions are normally based around 5k i.e. 12 x 400m and 8 x 600m, or 5 x 1 mile on the road.

Hill reps can range from short bursts of 12 x 1 minute, to long climbs. Nick seems to take great pleasure in planning murderous roller coaster routes of 4 / 5 x 15 minute climbs. I do enjoy the hill work and this probably shows in my racing strengths.

Cycling tends to be used as a 'top up' and is usually a hard hour over hilly terrain. To avoid the roads in winter I go to the gym and spend most of the time either on the treadmill or attempting to push weights.

The long run at the weekend is always a sociable outing of at least two hours, plodding and enjoying the views. Any runs in between the harder sessions are slow...I enjoy these!

I haven't really changed much of my training in the last few years – I've just been a bit more committed and have forced myself out to do the sessions I hate! I've also been really lucky and not been

injured or ill over the last couple of years – as everyone knows, just a slightly sore ankle can result in weeks off running. I also tend to do more mileage in the winter and don't do gym sessions in the summer. If I'm racing I cut down a lot during the week but if I'm on holiday (us lucky teachers!) I frequently double my normal mileage.

I'm lucky in that my relatives are well situated throughout the country – a granny in the Long Mynd, an auntie on the Malvern Hills, a dad in North Wales and Nick's family on Exmoor. All holidays are an excuse for a bit of personal suffering and normally include Karrimor style running trips such as the Haute Route (Alps) and GR20 (Corsica), cycle touring, Munro bagging, or 'Camper vanning' in mountainous areas – these multi day trips have made a real difference to my ability to actually 'race' long fell races.

Long steady mileage and a busy racing programme sums up my running, I rarely run more than fifty miles a week but regular school holidays provide the opportunity for more intense periods of activity. It is always based around how I feel as sticking to a routine doesn't seem to suit me. My top tips for training consistency are to get a partner who enjoys making you suffer and get a dog – the buggers always have to go out, whatever the weather!

## Sally Newman

Prior to becoming a vet, I would always run twice a day, without much structure to my training.

In 2001 I had an achilles tendon operation and also a bone spur removed, which meant spending nine months without running!. I had to adapt.

Firstly I decided to try to improve my swimming technique and speed - joining a Triathlon club.

Improving my technique meant I had to think about what I was doing, this was a whole new concept - body awareness.

Swimming is a very technical sport, unless you are a natural it requires a lot of concentration.

I discovered that the more I relaxed, the less I needed to breathe and, remarkably, the quicker I moved through the water (maybe I could translate this to my running! Running more relaxed and breathing easier).



Sally Newman flanked by Dave Neill and Mark Roberts  
(Photo Woodhead)



After nine months of swimming and cycling. I started back running very tentatively. It soon became apparent that by doing different things, I had kept myself relatively fit and had not lost too much speed. However, a new training regime was required, twice a day running was out, even now my heel becomes sore after a heavy training session.

*Mornings* - Monday, Tuesday and Wednesday, I swim for 50 minutes. Depending on what training I did the previous day will depend on what type of session I have in the pool - if I'm aching then it may be stretching, swimming, by accentuating my stroke, I can feel all muscles stretching and ankles rotating. If I'm feeling bright I may opt for a speed session - 10 x 50 metre splits with 20 seconds rest, then maybe 5 x 150 metres - more relaxed, breathing every 5th stroke - loads of permutations, you never get bored.

Thursday I go for a bike ride on my mountain bike for about one hour (I cycle every day to work).

Friday is house cleaning, now that's quite a strenuous training session!

*Evenings* - Monday I'll run with a friend, quite relaxed. If we are tired from doing a race the previous day we'll cycle for 1 hour 30 minutes (even in the dark).

Tuesday is club night, we only usually run for around an hour and 5 minutes, but the pace is fast and furious.

Wednesday I run with a different set of friends in a hilly part of Leicester, the pace is good, but not as fast as the previous evening.

Thursday is again club night, usually a slightly longer run, but not quite as quick.

Friday late afternoon and early evening is spent travelling back home to Mossley, Lancs. - on arrival a good meal and several glasses of wine are required.

*Weekends* - What I do depends on which day I'm racing. I like to race most weekends, with a bit of variety - road, fell, duathlon or triathlon.

Inevitably since my injury and after years of running, I'm starting to suffer from general wear and tear. My view on training has changed considerably - *Cross training is the key* - Cross training builds up the muscles, not specific to running, but does help support the skeletal frame, so "it's gotta take a bit of pressure off my running bits".

Personally I don't travel very well, if I have any distance to travel to a race I will try to arrive early, so I have more time to relax, chat to friends and warm up. Quite simply "being happy and positive is everything".

*Conclusion:-*

As a veteran, I run as fast as I ever have, but need more time for recovery.

There are no set rules for training - you have to listen to your body, it's no good doing a speed session if you are knackered.

Relax as much as you can before training and racing.

Never lose sight of why we run - enjoyment, good races or bad.

Variety - If I don't fancy running - I'll go cycling, or read a book on my bed. I also realise that other factors can also determine what you do (family and work pressures). I don't get too stressed about it.

## Paul Murray

I started my preparation for the championship fell season during the late autumn and winter. Due to the foot and mouth emergency, I, like most other fell runners, was starting from a lower base than usual. Most of my training takes place on the West Pennine Moors near where I live and although it is hilly, it is not mountainous, so I regularly visit the Lake District to enjoy higher hills. My winter build up consisted of cross country races in the S.E.Lancs League and Red Rose League to improve race fitness and for longer outings I took part in local Long Distance Walkers'

Association events and long winter walks with the Rucksack Club, and then some fell races.

Being retired, I am fortunate that I am able to train during the daylight hours and so can avoid dark evening sessions on roads and I go out on the hills most days in all weathers. The distance covered in training per week is less important to me than time spent and effort made; this being influenced by the proximity of races and any injuries. I spend a minimum of 45 minutes a day but often much more. Once a week, I do an intervals session on the track usually with Horwich team mates under the supervision of Norman Mathews. I also do intervals on the country and hill reps. Gym sessions are used for stretching and strengthening exercises.



Paul Murray (Photo Woodhead)

There are many different elements to fell running such as: steep uphill walking, uphill running, steep descending, contouring, choosing the line of descent, running over varied surfaces and vegetation and navigating and I incorporate all of these into my training. For navigation practice, I take part in orienteering events and also test my navigation on long days in the hills.

I particularly enjoy long distance navigational fell races. The Lake District Mountain Trial is my favourite event and I have completed it twenty seven times, although I missed it this year due the World Masters in Austria.

Recovery after races takes longer for older runners and so I choose races with this in mind and also plan easy days into my training before and after events. If I have slight injuries I avoid the moorland terrain that will aggravate them, choosing instead the gentle towpath of the Leeds Liverpool canal.

Enjoyment in running and competing is an essential ingredient for me and I am fortunate in having great team mates in the Horwich veterans who give me so much encouragement. Running is not just a sport it is also a way of life and one's diet and lifestyle are a very important part but fell runners also need a love of the hills.



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# ALLAN GREENWOOD - A South Pennine Sportsman

by Bill Smith

The South Pennines have spawned numerous fell races over the past hundred years or so, particularly the area immediately "South of Skipton", to use Roger Ingham's geographical term, where Lothersdale had a fell race at least as early as 1847. This area, centring on Keighley, has been the subject of a splendid book by Rob Grillo, *Staying the Distance: The Story of Distance Running in Keighley & District* (1999), which was reviewed by Allan Greenwood in the June 2000 issue of *The Fellrunner* (though Allan's own races did not come within the book's scope as they really belong to the Halifax area).

## "You're a Fell Runner Now!"

Allan Greenwood was born at Low Moor, Bradford, on July 25, 1961 and works as a printer at nearby Cleckheaton. As a young lad, he enjoyed outings to the Three Peaks area with his parents and was particularly impressed by the spectacle of walkers heading off up the fells and he vowed then to take up this pastime himself when he was older. One of his schoolmates was Paul Stephenson, now of Pudsey and Bramley AC, who was, even then, a promising cross-country runner. In his late teens, Allan used to go drinking with Paul in Bradford on a Friday night and Paul would often suggest going for a run in Black Carr Woods the following morning.

"One Friday night", Allan recalls, "I must have had more ale than usual because I took him up on his offer. We did three miles around the woods on the Saturday morning over rough and muddy terrain and, although I struggled, I really enjoyed it." This experience led him to go jogging regularly with Paul and he soon set his sights on entering *The Huddersfield Examiner* "10" and the Pudsey Half Marathon, both of which he successfully completed.

He joined Pudsey & Bramley around twenty years ago and attended a few fell races as a spectator, being particularly impressed by his mate Paul's 3½ hour circuit of the Three Peaks course. He recalled his parents telling him that a neighbour, Frank McGrath (now an 0/60 athlete with Bradford Airedale) was a fell runner and had run in the Peaks race. "I'd originally only intended to run with the P&B joggers", says Allan, "but some of the lads urged me to try a fell race, so I entered the old Skipton amateur race which took in the northern reaches of Rombalds Moor. I found it a stimulating experience and was delighted that I hadn't finished last." Afterwards, his clubmates told him: "That's it - you're a fell runner now!"

Now hooked on the sport, Allan became a dedicated trainer and raised his sights to some of the longer fell races, including the now-discontinued Calder Valley Fell Race (16 miles). It was while queuing for soup after this event that he met Carol Haigh of Holmfirth Harriers, a top-notch junior athlete who had blossomed into one of the greatest runners in the history of women's fell racing. Allan courted and eventually married Carol in 1990, their marriage being blessed six years later with a daughter, Katie.

They went on training runs with members of Calder Valley Fell Runners over the Haworth Hobble course and the Pennine

Way and were eventually invited to join them. "It was - and still is - a good social club", says Allan, "so we did."

However, Carol enjoyed team competition in both cross-country and fell races and, as there were only a few female members at Calder, she looked around for another club and decided on Bingley Harriers. Allan followed her a couple of years later and soon became close friends with Peter Jebb, father of Rob Jebb and organiser of the Buckden Pike Fell Race. He quickly joined the club's committee, though his activities in this sphere became restricted after Katie was born a year later. When Allan began organising his own races in the '90s, he got plenty of support from the Bingley lads and lasses, including Peter. He stayed with the club for six years but during the Foot and Mouth outbreak of 2001, during which year he and Carol were divorced, he decided to rejoin Calder Valley as the club was closer to where he was then living.



Allan at the 2001 Stoop  
(Photo Pete Hartley)

Allan runs his best in cold weather and he prefers autumn and winter to the other seasons, particularly when conditions are both frosty and sunny. He favours grassy courses with plenty of climbing, such as the Sedbergh Hills Race, but has also competed over rough, rocky courses like

Wasdale, Borrowdale, Langdale and the Peris Horseshoe: "They're so rugged but also enjoyable, and provide a real sense of achievement to finish. I'm just glad to be able to get round these kind of races." He also regards the Ben Nevis as a memorable event, having completed it eight times. His favourite, however, is the Three Peaks, which he completed for the thirteenth time last year, though on another occasion, in abysmal weather, he retired at the Hill Inn, believing he'd been timed out, only to discover at the finish that runners who had been behind him at that point had carried on to complete the course.

Other favourites are the Paddy's Pole race on the fells of southwestern Bowland, above Chipping, in which he feels he has produced his best-ever performance, and the Bolton-by-Bowland Country Run, while closer to home he has high regard for the Jack Bloor Races on Ilkley Moor and the old Rombalds Moor Race farther north. However, he also enjoys the occasional long-distance run and, during May last year, completed the full length of the Calderdale Way (50 miles : 6,000 feet).

Among the runners whom Allan greatly admires are the steep, rough Lakeland specialists, Billy Bland and Joss Naylor, and ace climber Harry Walker, father of Clayton's David Walker, while among the younger athletes he holds the Bingley Harriers, Andy Peace, Rob Jebb and the late John Taylor, in high esteem. He was particularly impressed by Andy recovering from a serious illness to win the Ben Nevis Race. Wendy Dodds is also rated highly by Allan and he acknowledges her encouragement and "pacing" over the years.

## Other Sports

During the summer, Allan now directs his training towards the Borrowdale race on the first Saturday of August and afterwards concentrates on his build-up for the Three Peaks Cyclo-Cross on the last Sunday of September. His younger brother, John, a good club cyclist in road events, originally got him involved in cycling and Allan now competes regularly throughout the winter in cyclo-cross events.

It was as a cyclist that Allan incurred the most severe injuries of his sporting career. While out on a 60-mile challenge ride in the Dales three years ago, he swerved to avoid an oncoming car and hit the wall of Hetton bridge (near Rylstone) head on, resulting in both Allan and the bike performing a spectacular somersault over the wall and landing on his knees in the rocky bed of the beck twenty feet below. A large chasing group of Airedale Olympic

riders rescued him, though Allan's only concern at the time was for his bike, the front wheel and crossbar of which had been bent double. The car driver afterwards drove him down to Airedale General Hospital in Keighley: "Incredibly, nothing was broken but both my legs had been severely sprained and swelled like a couple of tree trunks, black with bruises from knee to thigh, with both heels swollen like tennis balls. I was wearing a helmet, as I always do, and it probably prevented a serious head injury."



Allan in action on the Three Peaks Cyclo-Cross  
(Photo Pete Hartley)

Skiing is another outdoor pursuit of which Allan has had experience, both cross-country and downhill. When he was a member of Pudsey & Bramley, Gary Devine used to organise some great long weekends away in Europe, primarily to compete in running events like that from Zermatt to the Hornli Hut, below the Matterhorn, in which Jack Maitland placed 3rd, and the Kitzbuheler Horn Lauf in Austria. These trips eventually led to winter skiing visits to resorts in both France and Italy, including the Meribel-Motterez near Courcheval.

At Easter 2001, during the Foot and Mouth outbreak, two of Allan's friends at Calder Valley Fell Runners, David and Thirza Hyde, invited him on a weekend of winter mountaineering covering both Glencoe and the Mamores: "It turned out to be an exhilarating and highly-enjoyable experience in snow-covered mountains on gloriously sunny days."

### Fell Race Organiser

One Monday morning at work in 1990, one of Allan's workmates happened to mention that he'd been walking his dog over the weekend at Ogden Water on the moors between Halifax and Keighley. Allan had never heard of the place but decided to

go up there the following weekend for a run with Carol. He was deeply impressed by the picturesque setting of the reservoir with its wooded banks against a backdrop of rolling moorland. When he mentioned it to his Calder Valley clubmates, it turned out that they were already familiar with the area and they showed him the various footpaths over it.

Allan had already been thinking of a way to put something back into the sport he had come to love and he now decided to organise a race from Ogden Water: "I began devising a route and got some of my clubmates to run it to see what they thought of it." The event was to be called the Ogden Moors Fell Race (CM: 6m: 700'), a mixture of rough cross-country and open moorland, and the date was set for Easter Monday, 1992: "I put some advertising leaflets out at the Wadsworth Trog and one of them was picked up by a local countryside warden, who afterwards rang me and told me I'd need his permission to put the race on. I wrote a formal request for that permission and it was granted, though the warden asked me not to hold any future events on a bank holiday. On checking my FRA calendar for an available slot, I decided that a winter fixture might make for more of a challenge and subsequent races have therefore been held on the first Saturday of February."

After a while, Allan found he wasn't content with organising just one race and he began to devise other courses on the South Pennines adjacent to Calderdale: Ovenden Moors and the Giant's Tooth from Ogden Water, the latter inaugurated after a new monument had been erected on the moor which served as the turning point; High Brown Knoll, Crow Hill and the Wicken Hill Whizz from Mytholmroyd; Tom Tittiman and Reservoir Bogs from Wadsworth, the last three forming a three-day challenge event in late June, the Longcroft Engineering CVFR Midsummer Madness Three Day Event, which had been directly inspired by Bingley Harriers' Wharfedale Triple T in which Allan himself had competed and had written a long article about (see *The Fellrunner*: June 1999).

He took over the Gale Fell Race near Littleborough in Lancashire when it was in danger of being discontinued due to lack of an organiser and later put on a long race from the same venue, the 15-mile White Holme Circular. Last October, with the Gale Inn having been transformed from a down-to-earth Pennine pub into a posh restaurant, he moved the venue a mile up the road to the Summit Inn, thereby having the advantage of a start and finish on a footpath instead of what had become a very busy road when run from the Gale. The old fell climb to the White House Inn on Blackstone Edge and the subsequent descent have been retained, however. Allan's latest venture has been to introduce a Wadsworth Half Trog to accommodate runners who may not feel themselves capable of tackling the full route but who

afterwards may have different ideas about their ability. He also plans to inaugurate junior races in conjunction with some of his established events.

Besides the races which appear in the FRA calendar, Allan also promotes events at short notice for charity or perhaps to celebrate someone's birthday: "I decide to donate proceeds to worthy causes at the drop of a hat. When my Grandma died of cancer two years ago, the beneficiaries were the McMillan Nurses who had looked after her in the later stages of her life. And when my Dad suffered a heart attack at Christmas 2001, I thought I might have to cancel the Giant's Tooth New Year run but, happily, he was feeling much more comfortable by that date, so the race went ahead - to the benefit of the Heart Unit at Bradford Royal Infirmary. Last year's Crow Hill Race was held just two days after the untimely death of my mate, John Taylor, so naturally, all proceeds from this event went to Kirstin Bailey's 'John Taylor Foundation for Young Athletes', which was set up in John's memory."

All of Allan's races are either "break-even" or charity events, with only a modest entry fee, and no matter whether it's an FRA race or an informal charity run, each one is meticulously organised. There is usually an extended prize list, thanks to the generosity of such sponsors as Longcroft Engineering (the company of Todmorden Harrier Alec Becconsall), Felldancer (the company of another Tod runner, Eric Wrathall, until the recent takeover by Tony Hulme's "Running Bear") and other local firms like Tor Outdoor, Screentone and Connect Business Finance. Another trademark of his events are the homemade competitors' numbers and he always ensures that the farmers over whose land his events are run all receive a thank-you gift of a bottle of wine or spirits.

"There's nothing like the buzz you get from putting on a race," says Allan, "especially when you get appreciative comments from competitors afterwards saying how much they've enjoyed it. When I see what started as a training run with mates has become a successful event, it gives me a great deal of satisfaction. I also enjoy the friendly banter you get with competitors at the startline. The next 'high' comes when I've got sufficient helpers to allow me to run in the race myself."

"Fell running isn't just a sport, it's more a way of life: a fantastic way of life I wouldn't swap for anything else - and it costs virtually nothing. After my bad accident at Hetton bridge, I'd been told I might never walk properly again but during my recovery, when I realised that I would, I thought to myself that if anything ever did happen to me that left me in such a condition, I'd still continue to be involved in fell racing, helping out at registration or at the finish, for instance. I'm always willing to help out at anyone else's races and in the days when Carol would be racing and I'd be looking after Katie in her buggy, I would offer to marshal at gateways or stiles etc."



## Photojournalist

The 1991 Wasdale Fell Race took place in atrocious conditions and there were even tentative plans to shorten the route by descending from Pillar back down to Brackenclose, though this was eventually deemed to be unnecessary. This was Allan's introduction to one of the toughest races in the FRA calendar and he experienced a tremendous sense of achievement on completing it – only to be told at the finish that he'd been "timed-out" and would not receive a certificate or appear on the results sheet.

Allan so strongly disagreed with his disqualification that he wrote a letter to *The Fellrunner* (October 1991) protesting against it. The Editor at the time was Neil Denby of Denby Dale Travellers and he was so impressed by what Allan had written that he suggested he should begin to write regularly for the magazine. Allan has since contributed something to every issue, including articles, race reports, poems, cartoons and photographs.

One of his outstanding pieces was a history of his club, "Calder Valley Fell Runners – The First Ten Years", which appeared over two issues of *The Fellrunner*: February and June, 1996. It included profiles of leading runners and races, with the second part being illustrated by Allan's own photographs. Two years earlier he had written "A Duffer's Eye-view of Open Fell Racing or 'Guides Races'" (June 1994), an absorbing account of Allan and Carol's participation in several BOFRA events (from which club runners were then officially banned from entering by AAA laws because of the small cash prizes on offer) of the 1993 season, including the steep, rough courses at Ennerdale and Wasdale Shows (Herdus and Kirkfell respectively) and the cross-country route at Crosby Ravensworth in the Eden Valley. However, by far the most purely entertaining piece that Allan has ever written appeared in October 1995, "Every Duffer Will Have His Day", the gripping account of a club championship handicap run over country and moorland with a totally unexpected and highly humorous ending.

Exactly one year later, he produced "Mud, Sweat and Tears...and All for a Packet of Brillios", a light-hearted look at the differences between fell and road/track racing in regard to running gear and prizes. The June 1998 *Fellrunner* featured "Against the Odds: the White Holme Circular Fell Race, 1998", which related how Allan had turned one of his training runs from the White House Inn on Blackstone Edge to Stoodley Pike and back into a 15-mile race from near the old Gale Inn in the valley below. Snow and freezing rain on the day before the event led him to omit the loop around the White Holme Drain on the way back for safety reasons, keeping to the Pennine Way instead, though the snow thawed overnight and the weather on the day wasn't bad at all, apart from a bleak wind on the tops. The article graphically

illustrated the problems of all race organisers when flagging courses in bad weather, a quite common occurrence.

February 2000 saw the publication of two articles by Allan, "The Gale Fell Race Lives On" presented a potted history of the event, whose organisation he had taken over, and paid tribute not only to prominent athletes but also to previous race organisers, not forgetting Jim Grounds who had managed the pub for 25 years of the race's then 33-year duration. The other article, "By the Skin of His Teeth: The South Pennines Grand Prix, 1999" chronicled the 12-race series (10 to count) which was based on runners' times rather than positions and was designed to reward the less-talented athlete. (The 2003 series has been trimmed down to 10 races, with six to count, and will now be based on positions). Allan shared responsibility for this series with Keith Parkinson (Todmorden Harriers) and Kevan Shand (Rochdale Harriers) but he and his girlfriend, Linda Crabtree of Halifax Harriers now organise it between them.

Twelve months later, he published a postscript to the Gale article entitled "Obituary for a Fell Race: The Felldancer Gale Fell Race, 1967-2001", which outlined the reasons for the change of venue to the Summit Inn. The June 2000 *Fellrunner* carried Allan's report on the Frank Sykes Memorial Chew Valley Fell Race which had been promoted in the form of a tribute to both Frank and the race itself, now replaced by the orienteering event, the New Chew O.

Besides reports featured in the results section of *The Fellrunner*, Allan has also compiled separate full page accounts of two Calder Valley races, Crow Hill (October 1997) and High Brown Knoll ("Go Get Lost...A Fell Race Report and Poem": February 2002), the latter detailing Allan's own misfortune in the race when both his shoes fell apart on the moor and also that of a local runner whose "local knowledge" resulted in him leading a procession of followers astray in the mist!

The October 1993 issue included Allan's review of a non-fell running book, "Painting a Pennine Landscape" by Peter Brook, which should appeal to most fell runners anyway. This is how he described some of its contents: "The lonely derelict farm buildings high up on the Pennines being lashed by a gale, the snow drifting against the gable and being blown like fine mist over the drystone wall. Or the small huddle of spectators pictured in deep concentration on the proceedings at a North Yorkshire sheepdog trials, a storm approaching fast..." Peter Brook and his brother, Mike, were both fell runners with Holmfirth Harriers during the '70s, incidentally. Mention of sheepdog trials calls to mind my favourite among Allan's cartoons: two fell runners being penned by a dog at a trials, with one saying to the other: "You and your short cuts!..." (June 1995).

Allan can still recall the surprise and

delight he experienced on receiving his copy of the October 1993 *Fellrunner* to find his photograph of Martin Jones winning the World Trophy adorning the front cover. Good as this picture is, however, I don't feel it can match some of his later efforts, such as the one of Andy Hassell (Settle) leading Anthony Plummer (Viking VSV) across Hebden Beck in the Hebden Moor race (February 1997); John Hunt (CFR) on the steep climb up Pendle's "Big End" in the Pendle Fell Race, also a slightly less striking one of Gavin Bland, Steve Hawkins and Rob Jebb on that same ascent (June, 1998); a full-page shot of 3rd-placed Paul Yates (Holmfirth) splashing through the beck at West Nab (June 1999); Kate Bailey (Staffs Moorlands) winning both the U20s and the senior ladies' race at that same venue the following year – a great colour shot (June, 2000); and a mud-bespattered Stefan Macina (P&B) splashing through a pool at the Harriers versus Cyclists event (February 2001).

In addition to his *Fellrunner* contributions, incidentally, Allan also does a weekly column for the *Halifax Evening Courier* in his role as CVFR Press Officer, having previously written for the *Yorkshire Post*, *Huddersfield Daily Examiner* and *Bradford Telegraph & Argus* as well, following the retirement of the noted athletics journalist, Granville Beckett due to a heart attack five years ago. At the time of writing, Allan is seeking a publisher for his book, *Fell Racing at Ogden Water*.

Like Allan, Linda Crabtree has a failed marriage behind her which produced two children, one of them an autistic child who needs a lot of looking after. She has only been running for four years but has so far managed to collect two broken ankles, the first time on one of Dave and Eileen Woodhead's Bunny Runs and the second at Sulber Nick in last year's Three Peaks Race, with the finish almost in sight. Also in 2002, on a clear, sunny day, she jettisoned her Borrowdale debut to help down an injured competitor who had been hit by a falling boulder high on the first steep climb out of Stonethwaite.

Proceeds from the Midsummer Madness event were donated to the rescue services who had brought Linda down from Sulber Nick - the Cave Rescue Organisation, Raynet and St John's, Leeds. She is now an experienced fell racer and holds the ladies' record for the Wadsworth Half Trog. She is also the new organiser of the Calderdale Way Relay, following Peter White's departure to South Africa, and of the Windmills Whizz from Ogden Water plus some small local trail races designed to raise funds for her autistic son's school.

"I just can't see me ever becoming tired of fell racing," says Allan. "I simply love to get out onto the hills, whether racing, training or putting flags out for an event. I get immense pleasure from turning up at a race and competing, then going back to the pub for a pint and a good crack afterwards – you just can't beat it!"



## GEORGE MACFARLANE 1937 – 2002

Known all over Britain in his role as Ben Nevis Race Secretary, George came from a Fort William family with a strong tradition of public duty, his grandfather and father both having been provosts of the town. After study at home and abroad, George worked as a lecturer in the United States before eventually settling in Fort William where he taught modern languages for the rest of his career. He ran the Ben Race twice himself and served for many years on the committee before becoming secretary in 1987.

As secretary, George was responsible for the successful running of fifteen Ben Races. His experience was so vast that a committee meeting ran rather like a well-rehearsed play of which only George knew the script so that he could answer most of our questions before they were asked. A reading of George's month-to-month Ben Race list of tasks throughout the year was impressive on three counts: his eye for detail; his high level of organisation and his terrific workload. Near the day of the race, the event took over not only George's life but his house as well! 'Spare' bedrooms were a sea of 'prizes to the value of' and files of notes, lists and runners' entries were evident everywhere. The smooth running of the event on race day was no accident.

For all that he was in charge of dozens of helpers as well as several hundred mildly hysterical runners on the Day, George was no martinet. He did not have to be. His calm assurance communicated itself to everyone there without his having to impose it. Last year's race, the first without him, made that clear to many of us. The little things that didn't get done; the questions we had to think about before answering them – all of this had been done by George in the past, quietly and unobtrusively. Even when, on one occasion, something did go wrong, he did not flap. A shrug of the shoulders. "Well, anyone can make a mistake," was all he said. Personally, I know that I missed the security of being able to say, "Do you see that man in the cap over there? Well, speak to him!" when approached by some perturbed/aggrieved runner.

Last year, the Ben Race went ahead without George, who was in hospital. This year it will also go ahead, and in subsequent years, without George. Nevertheless, in much that is done in committee and on race day, his legacy will be evident. Our sympathies go to all his family for their loss. Yet they can take consolation from the evident truth that through his work he has left behind a great deal of worth both in the Ben Race and in the wider community.

*Leen Volwerk.*

## Product review - The Hilly Clothing Company Moisture Mangement socks; Super Racer plus socks; Lightweight gloves; Running cap

Unlike climbing or mountain-biking, fell-running is not a sport which lends itself to a vast range of high-tech equipment and clothing but the stuff that people do use has to stand up to a lot of hammer and abuse and hence has to be very well made and suited to its purpose. Some time ago Graham Richards, of the Hilly Clothing Company, sent me the items above for testing and evaluation in the real world of fell-running.

As it's clearly not possible for one person to give a fair overview of a product, these were shared out among appropriate members of family and Pennine Fellrunners. For hygiene and aesthetic reasons only one person tested each type of sock, with the Moisture Management socks going to a dedicated, high-mileage trainer and the Super Racer socks to one of the Club's super-racers (yes, we do have one or two). The gloves were tried out by three separate people, who also tried out the cap. The reports which follow are a compilation of their comments but I hope you find them useful; as well as the comments we've given each product a score out of ten for its usefulness and effectiveness in a fell-running environment - these are bound to be a bit subjective but we felt they might help.

Overall quality - one of the things that everybody noted was the high standard of manufacture of every item. Materials used were of a very high quality, stitching was solid, seams were even and tightly overstitched and nothing came undone or unseamed.

**Moisture Management socks** (rrp-£7.99) - a bit tricky to assess these in the world of fell-running. It was obvious that they got their name from their undoubted ability to wick away excess sweat and hence keep feet feeling comfortable and, presumably, in the world of road-running, this quality would be very valuable indeed. However, as fell-running, especially at the time of the year when the garments were tested, involves feet getting more or less permanently soaked in streams, bogs and wet grass, this quality of the socks was not especially noticeable. What was noticeable was the high degree of cushioning, which remained after a lot of mileage and innumerable washings. There was favourable comment about the flat toe seams and the consequent lack of any rubbing on the top of the toes. The height of the socks caused a bit of criticism - it was felt that as they are a training sock then a higher leg would help to protect the bit above the ankle and would also keep it warmer under a pair of tights. Otherwise these were felt to be an excellent piece of kit. **Score:- 8/10**

**Super Racer Plus socks** (rrp-£5.99) - as their name implies these are a different kettle of sock entirely and are obviously intended to slip inside the tighter fit of a racing shoe. To do this they are noticeably thinner than

the Moisture Mangement socks but have the same flat toe seams and differentiated thickness between the sole of the sock and the top of the foot. As they are thinner they don't soak up as much water as you splash round and keep your feet feeling (in the words of our tester) "surprisingly agile" for a long time without any of the slipping which sometimes comes with a thinner weight of sock. They have the same short leg as the other sock but this was felt to be a plus point in a racing design as it both keeps the weight down and gives less material to soak up water. Our tester was completely sold on these and not only didn't have any adverse criticism but reckons she won't race in anything else if she can avoid it - praise indeed!! **Score:-10/10**

**Lightweight gloves** (£7.99) - as we all know, a fell-running essential. They need to be light, stretchy, long enough to cover the wrist, wick sweat away and not soak up too much rain. In all respects the Hilly gloves were admirable. The wrist cuff is of the stretch knitted variety and was snug without being too tight, as were the fingers, making compass and bumbag management and jacket fastening as easy as with bare hands (but see comment further on). They stood up well to the abuse meted out during fell-running, only suffering one little hole from the inevitable snagging on a barbed-wire fence, and also stood up to repeated washings. A fine pair of gloves but one criticism was common to all three testers - although the finger lengths were OK, the thumb appeared to be too long, resulting in a surplus tube of material at the top of the thumb which occasionally got in the way of zips and things - clearly the person who modelled for the design had long, slender thumbs which don't appear to be duplicated in the fell-running community. **Score:- 8/10**

**Running cap** (£9.99) - this one caused a few problems. Apart from the fact that runners generally are divided into the cap, the lightweight balaclava and the woolly hat schools, so there was bound to be disagreement, there seem to be a few points that don't really make this garment all that suitable for fell-running. The material was excellent - light, windproof and very rain-resistant and therefore the cap was comfortable on the head, keeping you warm without making you sweat. The problem was in the design. Firstly it has quite a large and stiff peak; while this means that it's admirable at keeping rain (or sun) out of your eyes, it also means that it doesn't take much of a gust of wind to whip it off your head and it also makes it a bit of a pig to roll up and slot into a bumbag. Secondly, the sides are cut very high, which gives a feeling of insecurity and decreases its effectiveness at heat retention. **Score:- 4/10**

# Letters, opinions et.al.

The letter below was received very close to the magazine deadline and its content was discussed at the FRA Committee Meeting on 11th January - Alan Barlow's response to it is printed immediately after it and an overview of the PST situation can also be found in "PST Notes" by Ian Taylor, elsewhere in the magazine. It should be stated that the proposal alluded to appears to be one of several under consideration. Your views will be welcome.

## British Championships 2004 from Ross Powell

FAO Dave Jones/ Alan Barlow,

I understand that the PST are proposing that, from 2004, the British Championships will be an annual "one off" race, and that you have asked for the views of the Welsh Fell Running fraternity on the proposal.

On behalf of both the committees of the Welsh Fell Runners Association and the Eryri Harriers I have been asked to write to yourselves to protest at the proposed changes.

Apparently, PST have taken the view that the British Championships are effectively a second English Championship. This may be the case for English runners but most definitely not for runners from Wales, Scotland and Northern Ireland, as most would not be eligible to compete in the English Championships. If PST feel that there are too many Championship races maybe they should consider reducing the number of English Championship races instead.

The WFRA and Eryri Harriers are very much against the proposal for reducing the number of British Championship races for the following reasons -

Fell Running in Wales is a relatively small sport with very few elite runners. The current format gives our runners a chance six times a year to compete against the best in Britain. Reducing this to one race a year will greatly diminish their chances to compete at high level.

The Eryri Harriers make an effort to attend all British Championship races. We enjoy our trips to all parts of the UK. There is always a good atmosphere at these events and it allows fell runners from all over the UK to compete and socialize.

We think that reducing the British Championships to one race a year will be detrimental to the interests of UK Fell Running.

We feel that this will lead to a further fragmentation of the Home Countries when we should be working together.

Our view is that the current format of four from six should continue.

Regards,

Ross Powell

Chairman Welsh Fell Runners Association and Eryri Harriers

## Alan Barlow's reply

Ross

I note your comments but the reason the PST are reviewing the format of the British Champs is because so few competitors from Wales/Nireland/Scotland compete in the championship races outside their own borders. Brian Martin has done a statistical analysis and this trend has been going on for a number of years. Whilst the number of runners from Wales travelling away is greater than from Scotland or Nireland it is still small.

It seems right to ask the questions and to consider the radical move to a one off race because it seems that the competitors are already telling us something by the way they are currently competing in the Championship races.

In the meantime no decision has been made and the PST is merely seeking feedback from competitors etc.

Your comments will be noted in future PST discussions which I believe you will be attending in future as the Welsh rep. Finally I would point out that if runners in Wales are looking for tougher

competition there is hardly a shortage of races for them to choose from if they are prepared to travel.

In the meantime I will forward your response to other members of the PST.

Regards

Alan

A similarly controversial letter was received from Mark Priestley and, as his comments seemed to warrant a response, I contacted Barry Johnson and Sarah Rowell for their views. Barry's response is printed below Mark's letter and Sarah's views are encapsulated in her piece elsewhere in the magazine on "European Mountain Running Championships".

## Championship Selection from Mark Priestley

I write to draw attention to selection policy for major international races, namely the European and World mountain running championships. It is my view, and one shared by many with whom I have talked, that the policy for selection has been deeply problematic during 2002, leading to in-form athletes being overlooked by the selectors in both cases. This was especially true in the case of the European championships in Madeira, for which G.B. teams were picked.

This particular race caused considerable controversy, as the selection race occurred a day after an important British championships counter. Several runners chose not to do the selection race, placing the British race first. Some (including Andrea Priestley, Louise Sharp, Rob Jebb) did both, to the detriment of their performance on the second day. Some strong comments were made by the selectors to the effect that people should not be upset if they had *chosen* to run another race the day before. This might be valid if we were talking about a local carnival race, but is surely not a valid criticism when the previous race is a British counter at a crucial stage in the season. These sorts of views denigrate the national fellrunning championships, not to mention the whole fellrunning scene, and speak volumes about the attitude of UK Athletics towards our sport. The rationale for the date of the race was that we need to attract top athletes to the selection race, and that the race could therefore not clash with the Commonwealth Games trials. As it transpired, only one athlete went for both. The selectors were never going to attract many track athletes for an up and down race, and yet they chose to put the track scene before the needs of fell runners.

The consequence of all this was the selection of teams that performed less well than might be expected of G.B. representatives. In both the men's and women's races in-form athletes were ignored in favour of people they had beaten all season - and all in the name of dogmatic attachment to the concept of the selection race. For instance at least two runners, who suffered on the day of the selection race, were overlooked in favour of people who had consistently finished behind them in previous races.

Dogma? Or a sensible and pragmatic policy for selecting teams for major races. The performance of the British teams perhaps provides the answer.

Why not pre-select runners with excellent form? There are plenty of races to use as a gauge of performance, and using a range of form is perhaps more reliable than relying solely on a single race. Or could we designate a race as both selection and championships, thus reducing the strain on our athletes?

I would welcome people's views on these matters.

Mark Priestley

## Barry Johnson's reply (Chair/Team Manager, England Mountain Running Teams).

First, I think it is important to distinguish between the two committees which administer different aspects of international running. The European Championships (held last year in Madeira) are administered by the UK Athletics committee, who



organised the trials from Keswick last year, selected the team to represent GB and managed the team.

I am not involved in this committee.

The second committee, the England Mountain Running committee, is composed of different people and operated under the aegis of the FRA. This committee is responsible for the team to represent England in home internationals, the Teenager Games, the Junior Home International, the World Trophy and, traditionally, Snowdon and Knockdhu. Our selection policy is published in the FRA Handbook.

The trials we choose aim to select the best possible team for the various, very different, competitions. We take account of distance, terrain and height gain, or gain and loss. There is always some leeway for the selection team to select a proportion of the team on form in the case of athletes who are unable to attend the trials. It is worth noting, however, that in recent years the most successful British athletes in international competitions have been those who train and run regularly in Europe, on courses and at altitudes comparable to those found in international races.

This year the England Mountain Running committee have a revised selection policy (published in the 2003 FRA Handbook) and have endeavoured to coincide some trials with GB or England Championship races. By no means all championships are appropriate, however.

I accept that, with a very busy fixture list, it is often difficult for athletes to accommodate all their preferred races. The England Mountain Running committee have an equally difficult task to provide suitable trials with minimum clashes, but clashes are bound to occur. Some of our junior runners, for example, are active and successful in cross-country and on the track, but taking account of the fixtures in these aspects of running as well as fell running is almost impossible. We are trying to address the problem by cooperating with the different bodies responsible for major races and the selection of championship races.

The England Mountain Running committee are always happy to receive constructive feedback. Our details are available from the FRA Handbook. I should perhaps strike one note of warning. Much of the above discussion might prove to be academic in view of the severe funding restrictions for international running this year.

### **Borne again bumbags!! from Andy Todd**

Is the wedge of bureaucracy being driven gradually further into fell running? Race organisers and competitors bear the brunt of the growth in number of various major and minor inconveniences. I can't remember my BAF or AA number or whatever it's called and, like most of you, I've run in many races without declaring it in the space on some pre-race forms. However, I have always, like other fell race entrants, been quite willing to sign any declaration that I compete at my own risk and do not hold the organisers responsible, etc, etc, etc. A pity in many ways that this, unfortunately, cannot legally exonerate them. Sensible route changes in atrocious weather, efficient marshalling and monitoring of finishers to ensure all are accounted for do constitute good practice and, in my view, it is these, rather than bumbag contents, which make for safer races. All accidents are regrettable and a few sadly tragic. However, comparative to most other high adrenaline physical outdoor activities, fell running is safe.

Most of us have probably trained alone or in twos high up and in bad weather, home and abroad, often without the benefit of a map. I certainly enjoy such outings and, as with races, the main risk is to me. Indeed, the great attraction of fell running is its seemingly rather spartan, casual and carefree character. Nevertheless, quite excellent voluntary organisation of fell races often quietly underpins the above.

In many other sports and pursuits team work is the positive and the potential danger to others is the negative. These sports include caving, rock climbing, rafting, mountaineering and diving and, not surprisingly, many fell runners also enjoy them. The emphasis on safe practice and correct equipment is sensibly quite high, but so is the accident rate.

The "catch all" requirement for bumbag contents on all AM and AL races will undoubtedly lead to runners carrying seemingly unnecessary gear in settled summer weather round some quite busy, very obvious and often marked routes. On the plus side it will mean that all runners carry a similar weight "handicap". In particular I have noticed better runners (very competitive, fit and likely to be out for a shorter time than many of us) setting off in quite chilly, windy and wet conditions in vest and shorts only. The less ambitious of us don our long pants, gloves and woolly hats and carry waterproofs. We are not concerned about the extra weight and know we will be out there longer.

As in Rule 9, any kit inspections should be before the race if safety is of genuine concern. Post race inspections and occasional scapegoat disqualifications after seeing half the field set off without even wearing bumbags make a nonsense of any ruling.

Mentioning nonsense brings me to the following:

- Why just AM and AL races? There are many very straightforward well marked AM races held on obvious paths in summer where this ruling borders on farce. There are also some B long races in quite remote areas with off path, unmarked sections, where the ruling would be more appropriate. However, these latter seem mostly already to be very well organised with sensible kit requirements. Do we need rules on this? Would advice be sufficient? What about footwear? I have regularly observed runners in road shoes sliding about risking sprains and breaks on slippery winter slopes. Do we ban them or just continue to be amused by their tumbles?

- Just what constitutes a suitable map? How many of the increasingly veteran runners can see it without their reading glasses? Do we all know how to use a compass? Do four dried apricots constitute sufficient emergency food? Will the next piece of bureaucracy be to introduce eye-tests and map and compass qualifications? Should there be a calorie minimum for emergency food based on the runners weight and length/climb of the race? What about minimum tog value levels for windproof body cover?

- Does the map have to be in a waterproof see-through container to prevent it from going soggy in the bumbag? If some organisers balk at providing safety pins, what about maps? Are we expected to buy the relevant 1:25000 OS map and make photocopies of the right section before we travel the counties of Britain to take part and do we then queue around the organiser's map of the route to transfer this onto our photo copy? What if we copied the wrong bit? (it will all be on the Internet, you know).

- Will the FRA run Bum-Bag Inspector qualification weekends with practical search sessions? And what about that tiny plastic whistle from a 1982 Christmas cracker nestling full of dried mud in the corner of your precious bumbag? Can it achieve the minimum FRA decibel level requirement?

- Blands and Running Bears - you know what to stock up with: bumbags, lightweight windproofs, miniature compasses and tiny whistles.

So it is upwards and onwards bearing our essential or mandatory bumbags and Steph, Sam, Carol and Cathryn - I do like yours.

*Andy Todd*



## World Cup Sedbergh 2005 from Peter Knott

Dear FRA Members

Thinking about the difficulty that Dave Hodgson is having getting Sport England funding, seeing the surplus growth of FRA funding and thinking that there may be many of our members who are either in very good financial condition, like myself (as distinct from physical condition!) and others who work for wealthy companies, would it not be possible for us to raise most, if not all, of the funds from within??!

I know we are talking up to a six figure sum in total but if it could be spread over, say, a ten year period with loans it would not sound so big! Clearly to use FRA surplus would require a high degree of membership agreement. How much do we really want it to happen? How much private affluence is there out there?

**This is an appeal to individual members.** I could and would manage a four figure contribution. Are there fifty or so others who would? Or perhaps a thousand who would give, say, £50 to £100 each in stages over the the next two years. I am asking to see what response we get. Members could be asked to take, say, £50, £100, £500 or £1000 shares to be paid in two instalments in 2003 and 2004. What do you think?

Would anyone willing and able to make a significant contribution please let someone on the FRA Committee know asap? The Committee might possibly then be able to assess whether or not this idea has any merit or is merely 'pie in the sky'.

*Peter Knott*

## Safety pins (continued) from Derick Jewell

I heartily agree with what Mike Rose had to say about race safety in the October issue of "The Fellrunner", particularly with regard to runners sharing some responsibility for their own welfare before, during and after races.

Relative to this, to mention safety pins may seem trivial but Mike's view in the June issue - that race organisers should provide safety pins - rather conflicts with runners being more responsible and race organisers not being accountable for anything and everything concerning their races.

If, as Mike suggests, finding sufficient safety pins for a couple of hundred or more runners is regarded as a hassle by some race organisers, how much less hassle is it for each runner to find four safety pins which will, with care, last a season or two.

By providing and keeping their own safety pins fell runners will also be doing their bit for the environment as well in helping not to exhaust some of our planet's non-renewable resources.

And just what does happen to the majority of safety pins provided by race organisers which do not get returned? Are they binned or stashed away and never used again - much like plastic shopping-bags, of which most households have on average a hoard of about fifty!!

*Derick Jewell*

## Rule Nine from Reg Clucas

It is with mixed feelings that I note the more stringent requirements that have been introduced in terms of equipment that must be carried in category A races. Whilst I understand the reasoning behind it, I am curious to know how it is going to be enforced.

The main sticking point appears to be the stipulation "Organisers must ensure that whatever requirements they specify on the day are met by holding complete or random checks before the start of the race and at the end of the race" What sanctions will be taken against race organisers who do not carry out the required checks? It is easy to disqualify and/or ban individual runners who break the rules, but what about race organisers? Will their race be

excluded from the calendar in future years? - it is difficult to think of any other way of 'punishing' them. And who is going to act as judge and jury in such cases? Is the FRA going to have 'spies' at all category A events, or just rely on word of mouth from competitors?

In the past, various race organisers would (sometimes dependent on conditions) insist that full kit was carried. Most runners, myself included, would dutifully carry the required kit (even though sometimes maybe feeling it was a bit 'over the top'). However, by no means all race organisers would carry out any kit checks, and I have seen many runners take advantage of this by carrying no kit, or next to no kit, whilst the rest of us might be carrying up to 2lbs worth of cagoule, overtrousers, choccie bars etc. This puts the honest runners at a disadvantage, and if the kit is now to be mandatory for many races, the instances of this injustice are sure to increase unless there is a foolproof system for ensuring that the rules are complied with. Can the Committee give any assurance that this will be the case?

*Reg Clucas*

## Mountains and Sex from John Pearson

Mountain-lovers in general (and possibly - though this might require further research - fell runners in particular) are obsessed by sex. This is a very ancient phenomenon : it goes right back to the earliest days, when our ancestors first gave names to the British hills.

These grand old folks' preoccupation with sex was particularly evident in Scotland - where, clearly, they needed something to take their minds off the weather. One thinks immediately of the Paps of Jura, of the Cioch or Breast above Coire Lagan on Skye. Or of A'Mhaighdean, the Maiden or Na Gruagaichean, the maidens. Or even of Bod an Deamhain, the Devil's Penis, above the Lairig Ghru.

The Scots, of course, are entitled to name their mountains as they wish. Those of us hailing from further south were content to note that in our dear Lake District this obsession with sex was far less evident - with the notorious and regrettable exception of the Breast Track on Great Gable. But apart from that you would not, it seemed, find a single sex-inspired hill name in the whole of Wainwright. (We need not take Great Cockup seriously, as no-one has ever been there.)

It has now become necessary, however, to draw to fell runners' attention new research which has revealed that in Hungarian 'mell' means 'breast'. Even the slimmest Hungarian-English dictionary will confirm this. And in the Lake District we have to admit the presence, even if undistinguished, of Great Mell Fell, Little Mell Fell and indeed Mellbreak.

These new findings require us to abandon our prejudices and accept that our (clearly partly Hungarian) Lake District ancestors (and probably their descendants) were just as preoccupied with sex as their Scottish counterparts (and just possibly their descendants too).

## Congratulations

(in advance!!)

on their 25th Wedding Anniversary  
Tuesday 1st April

**Dave & Eileen Woodhead**

How she's managed to put up with him for  
25 years .....??!\*?

Be nice to them if you're going to the Bunny Run.

# Mountain and Trail Running in the Axarquia

by Paul Bateson

Axarquia is the Moorish word for 'land to the east' (of Malaga) and just over two years ago I left 'Grey Britain' for good to live in Southern Spain in this beautiful part of Andalucia.

As a fell runner, cyclist, adventure racer and walker the miserable, unpredictable, cold, wet climate of the UK had become too depressing to live in. Having set a goal to compete in the 2000 Marathon des Sables as a 50th birthday celebration, I decided to sell up, move to Spain and train in some sunshine.

Two years later I am very settled in a mountain village called Competa, surrounded by hundreds of tracks and trails and with a view of the Mediterranean and the mountains of Morocco from my village house terrace.

I still need to earn a living, so during the course of my training I developed the idea for 'Axarsport' and at the beginning of 2002 my ideas finally became reality and I set up Axarsport and a selection of other businesses under its 'umbrella'.

The website, which is now in Spanish and German, [www.axarsport.com](http://www.axarsport.com), will explain more about what we do and the Sports Training Centre, Mountain Bike Adventures, TrAxarquia trekking and the Inn for Out Outdoor stores. One area that I am especially interested in developing is a mountain



*Sue Becconsall, Paul Bateson, Karen & Barry Slater training in Axarquia for the World Championship  
(Photo Paul Bateson)*

running series. The races would be combined with the various mountain village ferias, (fairs), in a manner similar to Kilnsey, Burnsall and the Highland games events and the beauty of living out here is that the Andalucian Government allocates money to villages to encourage sport and promote events. Police and red-cross cover is provided free!

The Axarquia has an exceptionally good micro-climate thanks to a protective band of mountains which curve around the region from Malaga to Nerja. The highest is Maroma at 2069 metres that is part of the Sierra Tejeda that links to the Sierra Almijara and these mountains keep the colder winds blowing down from the North and across the winter snow of Sierra Nevada, away

from the region. Warmer winds from the Sahara keep the temperature up and the result is a fantastic climate and no real winter. If you do want some snow for skiing, snow shoeing and 'winter walking' the Sierra Nevada is only an hour away so you can ski in the morning and go on the beach in the afternoon!

Earlier this year Carolyn Hunter-Rowe, the World 100km running champion and record holder came out to train and during her visit we tested out a 'challenge route' which will eventually become a full scale event. The route starts and finishes at Axarsport's Villa Turistica Sports Training Centre near Periana and covers a 41km circuit with a 1000metres of ascent. Almost the entire route is on mountain tracks but it passes through five villages and a couple of Natural Parque recreation areas so fresh drinking water is readily available without the need to carry a large amount. Carolyn did the route carrying just one 750ml bottle, some food bars and sports drink powders. Her time, including stopping to top up the bottle, was 3hr 48min but as this was a test run for the route and also for a hip injury that had caused problems over the past couple of years, I think the time could be beaten, 'maybe'. It is possible to mountain bike the route so for a mixed group of Trail Runners cycle backup could be provided.

A number of other routes are being put together which include an ascent of Maroma and a run along the top of the range down to Competa and for those wanting a more level trail run there is a beautiful route around the edge of the nearby Lake Vinuela.

During late September another group of fell runners visited the centre to prepare for the World Mountain Running Championships (Innsbruck) and last October Helen Jackson, a member of the Salomon/SAAB adventure racing team, stayed after competing in the Salomon Raid World Series event in Sierra Nevada.

This month, (February), Axarsport will host the first Adventure Racing Training Week and trail running and navigation will play a big part in this (along with mountain biking and canoeing). We are also promised more people who are preparing for the Marathon des Sables, marathons, triathlon and ironman events as well as numerous road cyclists who recognise the region as being one of the best road cycling training venues in Europe.

Axarsport offers a special rate for members of the Fell Running Association whether attending with a group, as a family or as individuals. I look forward to seeing members out here in 2003 and for those of you who like to mix your trail/fell

running with mountain biking, road cycling, bird watching or art, we can cater to these interests as well.

Nirvana Europe, a sports specialist travel agency that represents British Athletics and British Triathlon Association is working with us to facilitate organizing, planning and travel arrangements for groups.

Please contact [info@axarsport.com](mailto:info@axarsport.com) or telephone (0034)952 51 63 27, mentioning the Fell Running Association.

Adios y Hasta Pronto!

*R. Paul Bateson*

*Ex. Keighley and Craven Athletic Club*



*We seem to get around the globe a lot more nowadays, so I make no apology for including this piece. I'm never quite sure if the amount of organisation and backup which seems to be required for many of these events would not detract from the pleasure for many people but it all sounds like good fun nevertheless.*

# Fellrunning in Outer Mongolia

by Andy Brooks

I'm beginning to wonder if I'm actually heading in anything like the right direction. The tatty map I have doesn't seem to bear any resemblance to my surroundings, there are no signs that I can make any sense of and nobody can make head nor tail of what I'm saying when I try and ask for help. I seem to have been on my feet forever, my legs are tired, my feet hurt, I'm sweating profusely and feeling really de-hydrated, hungry, confused and thoroughly anxious. Will I ever find my way? Will I actually make it in one piece? Will I be in time? Will anyone ever find me? These are some of the questions going through my mind as I slip into a more and more negative frame of mind. Then all of a sudden I'm back on track and I realise that, with only seconds to spare, I've made it. Feeling much happier I walk into the bar I've been looking for, order a cool beer and settle down to watch the World Cup on TV.

I'd been in Beijing for about 12 hours after completing the first leg of my journey – trying to avoid DVT on a cramped flight from Heathrow.

Four days later, after being ripped off by a Chinese masseur, getting lost looking for pandas, 36 hours on a train across the Gobi Desert spotting camels with an Englishman, Welshman and Scotswoman (sure there is a joke in there somewhere), some dodgy currency dealing in a room above a cinema, a heavy drinking session with a national judo champion's wife and being accosted by a man with a gun for peeing behind a bush, my mind starts to focus for the first time on what I've actually come to outer Mongolia for. The place most people only mention when making an ironic exaggeration about something or other. Tomorrow I will meet up with the organisers of the Sunrise to Sunset 100k race and many of my opponents for the first time.

Early the next morning we leave the Mongolian capital to travel 600k north by rusty Russian propeller plane and boat to Camp Toilogot on the shore of Lake Hovsgol, our home for the next few days. The place is breathtaking; beautiful mountains surround us, the sky is the bluest we've ever seen, the air is so fresh, and there aren't any tarmac roads within 400 miles.

By noon the next day all the Mongolian athletes have arrived and the group from 15 nations around the world is complete, except for the mad Swiss, Marc, who arrives later having spent a week on his bike cycling from Ulaanbaatar. I know the plane looked a bit ropey but that was a bit of an extreme alternative!

That afternoon there's chance to do some course reconnaissance before the race briefing where we'll find out the true horrors of what we'll encounter. We hear about the route, the lung busting gradients, the medical hazards and the emergency procedures, which include the need to write your condition in English in a note book if you're injured so another runner can take it to the next check point. The doc tells us that this is particularly important if you're condition causes you to lose consciousness....hmmmm!?

The Lonely Planet guide to Mongolia (the only guide book there is) says that there couldn't be a worse place on the planet to get ill. So we are quite happy to have the medical check up the morning before race day. Despite all the stories of past injuries from most of the runners (apparently getting your excuse in early isn't just an English thing) we all somehow manage to pass the medical and be allowed to run.

On race day we're woken by a bugle player at an unearthly hour and drag ourselves out of the warmth of our beds into what feels like a November morning in Derbyshire. Once on the start line it seems to be a mixture of nervousness and excitement. All I can see is darkness and I am heading into the unknown. Bang on time at 4.30am we're off and I'm surprised how many people seem to be sprinting off across the clearing into the darkness. Did anyone explain to them that it is 100k and not 10k I wonder!. As the front runners disappear off into the distance I tell myself to be

sensible....not get into oxygen debt just yet with 99.9k to go, and worry about what others are doing in about 9 hours time.

I pace myself up the gradient, and think about how surreal this seems....racing through the Mongolian wilderness at 4.30 in the morning. I'm surprised how heavy the dew is against my legs, until I realise that it's not actually dew. Something isn't quite right. Oh no it can't be can it?! I reach around and feel the bottom of my backpack....it's soaked. Oh no....oh damn....my hydration pack is leaking. I step off the path and pull my backpack off, grappling with the zip to open it and see what's wrong. As I shine my torch into it my worst fears are realised....the top is still secure but there is no fluid left in it. What is left is sloshing around all my other gear. Oh what a disaster....only 1km gone and my whole race plan seems to have gone out of the window.

I decide to carry on and just hope perhaps they'll have something to carry fluid in at the first check point. As I rejoin the trail I force myself to be calm and not start taking risks by trying to regain my position in the race; with so many hazards in the dark forest. Soon I drop onto the jeep track which will provide flat easy running for the next 10k to check point 1. I concentrate on trying to relax and keep my heart rate low. The first glimmers of daylight are now starting to appear across the lake and it's an opportunity to enjoy the scenery.

Then things start to look up. I spot Nigel, an English photographer who's covering the race, and tell him of my disaster and, a few moments later, a jeep draws alongside us and a dark figure passes me a sports bottle. It's empty but we're in sight of the check point now, so I'll at least be able to fill it up there.

After a pit stop at the check point it's time to take on the biggest challenge of the course....the 5km climb up to Chinchee pass (7500 feet). As the trail turns away from the lake up into the mountains I can see runners ahead already down to a walk as the gradient and altitude take hold. I find myself quite enjoying this climb. I've got fluid again, the views are spectacular, and motivation is up as I'm overtaking people. I reach the summit with just under 2 hours gone, and photographer Nigel (how the hell did they get a jeep up here??) informs me that I'm in 4th position.

Although the views get even more spectacular, the very steep, rocky descent means I'm only able to allow myself an occasional glance to marvel at them. This section has everything from mountain ridges to knee deep bogs in the forest, but I feel like the last man on the planet as I run through this gigantic wilderness, not seeing another soul until I suddenly emerge from the trees to check point 2. There is a warm welcome from the crew here as they ply me with hot tea and potatoes, and fill my bottle up for me again.

Soon I catch the extraordinary Tavaa, professional mountaineer, 60 years old (and eventual winner of the marathon) and exchange greetings with him before heading onward and upwards to Khirvesteg pass, the 2nd big climb of the day.

This climb proves to be tougher than Chinchee. It's much steeper and mainly through forest with no defined trail so there are many obstacles to climb over, duck under and go around. It seems to go on and on but the eventual greeting at the summit from a local Mongolian horseman makes it all worth while. I shout my thanks (with one of the six Mongolian words I've managed to learn so far) as he points me in the direction I need to go.

The remainder of the route to the end of the marathon course is easy in comparison with what has gone before. So I'm able to relax again and try to enjoy the experience. I approach the check point feeling quite upbeat...my legs feel okay and energy levels are good. When I arrive there is a warm welcome from race director Tyler who advises me that Nuuren has left some time ago but last year's 100k winner, Byamberdorj, is in the aid tent being massaged by the doctor. I opt for a quick change of shoes while people pamper me

and feed me hot potato soup and am quickly back out onto the trail, feeling thrilled to be in 2nd position.

The next half mile is back along the same route but as I veer off south for the long drag to the 55k checkpoint I'm brought down to earth somewhat as Byamberdorj sprints past me and reclaims his 2nd position. I do manage to regain some ground on him though, and we run together for a while. Even though the language barrier makes small talk pretty limited, there is a big sense of camaraderie even though we are worlds apart in so many ways, not least with our running kit, with him in low-tech trainers and polythene mac compared with my Saucony and RonHill get up.

As my adversary indulges himself at the next check point I opt for a quick getaway to get my nose in front of him. He's soon on my tail again but as we head up into the mountains once more I realise I have the edge now we're off the flat. I push on over the next pass and for a while I forget where I am. With the heavy rain, mist on the tops and bogs underfoot I could be back in Derbyshire. The sight of a couple of local nomads on horseback trudging along a river bed up ahead drops my mind back into the middle of the Asian wilderness though. That is until I eventually draw level with them. As the back rider notices me he shouts over, "Oy £\$%\*ing crap day for running mate!" in a broad cockney accent. And I think he is equally surprised when I shout back and he realises I'm English too! Small world!

Another warm welcome awaits at the 65k check point as I'm hussled out of the weather into a small tent for my next 'service'. As I enter the tent I'm handed a very salty potato and, simultaneously, my bending to sit forces the trapped gases from my guts. So with this harsh taste accompanied by an even harsher smell from a week's worth of Mongolian food in a very confined space I find myself retching. As this happens I notice Byamberdorj appearing in the distance and realise that he's not going to find sharing this tent with me a pleasant experience and even less so if I fill it with vomit. So once again it's time for a sharp exit. I eject from the tent, take a few deep breaths and start on my way once more. During the gradual descent that follows it isn't long before I see him again though and he leads the way through to the penultimate check point at 76km, and the most southerly point on the race.

By this stage the gradients feel much steeper than they are and the combination of fatigue and altitude regularly have both of us down to a walking pace. And each time we go over the top of a climb there is a battle of wills as to who will break back into a run first. I am glad of Byamberdorj's company though. And despite the difficulties with language we manage to communicate a little and encourage one another. I share some of my Hi-Five drink with him at one point, but almost choke when he reciprocates later with a Mongolian concoction that I can't even start to describe!

As I stagger into the last checkpoint at 88k the temptation to lie down and rest is huge, but knowing that a prolonged stop will make it much harder to get moving, I'm quickly on my way again.

This last section retraces our steps along the lake shore so I am back on familiar territory. A couple of times I manage to get my nose in front of Byamberdorj, but with his superior cadence on the flat, he is soon past again. As the trail skirts the lake the locals are now gathering outside their Gers to cheer us on and offer us drinks of more strange Mongolian concoctions. It tastes like s%it but it feels rude to turn it down and I somehow appreciate the excuse to stop for a few seconds to take a sip.

It seems to take an age to reach the headland where the camp and the finish line are. But eventually I bear right out onto it and as I trot through the woods I see the 'Welcome to Toilogt' sign which means that there is now 99km behind me. My spirits lift as I realise it's nearly over. As I emerge from the trees I can see the finish line only a few hundred metres

away. There is quite a crowd gathered there and can hear them whooping and cheering already. The adrenalin kicks in and my pace quickens as I muster the nearest thing I can to a sprint finish.

Byamberdorj's 200m lead is too much to make up, but I don't care about that now. I've made it and within my 12 hour target!

The last 50 metres to the line are quite emotional as I'm cheered on by almost the entire camp who've gathered there. I'm overwhelmed by feelings of both pleasure and relief as I sprint over the line, punching the air and with a huge cheesy grin on my face.

I'm ushered over to a chair next to Byamberdorj. We embrace one another as we're surrounded by the many new friends made over the previous few days, all wanting to pat us on the back and congratulate us. I'm wrapped in a blanket and offered hot tea and food, and as I sit back in the chair to wallow in the sense of satisfaction, Tyler informs me that I'm the fastest foreigner ever to complete the race. And the previous course record of 12:22 has been smashed by 3 of us.

After an orgasmic hot shower the remainder of the day is spent wandering back and forth between the dining Ger and the finish line. Everyone finishing gets a winner's welcome as they approach the line, but I'm particularly thrilled to cheer fellow fell runner, Cath Worth from North Yorkshire, in as the first lady. Perhaps the biggest cheer of the day though is for Dirk from Germany who is the last man in. It is past midnight before he staggers out of the darkness over the finish line, having been on his feet for over 19 1/2 hours.

The next day is a lazy one of sunbathing and swapping stories about our experiences of the race. That night though it's party time! A fantastic banquet is followed by the awards ceremony where every competitor in both the marathon and 100k race is awarded a medal and tee-shirt. There are awards too for all the wonderful locals that have helped along the way. Then it's really time to let our hair down at the most surreal disco I've ever experienced. Foreigners from all corners of the earth drinking and dancing the night away with the local community of Mongolian nomads to the sounds of 'Chengis Khan' in a 'Ger' in the middle of the wilderness!

The following morning it's time to return to Ulaanbaatar and start the long journey home. For me I have a couple more days to explore the capital before setting off on the next part of the adventure....a week long train journey back to Derbyshire via Siberia, Moscow, Belarus, Poland, Germany, Belgium and London. Great excuse to refrain from running and rest my legs!

#### More info

The Mongolia Sunrise to Sunset race is one of the most remote races in the world. It takes place in late June each year in the mountains of the Hovsgol National Park close to the Siberian Border. There is a marathon option as well as the full 100k distance.

Full details, including travel packages, can be found on the official website: [www.ultramongolia.org](http://www.ultramongolia.org)

100 km - Final Rankings						
Women's Rank	Men's Rank	Time	Last Name	First Name	Nationality	Gender
	1	11:12	Enkhtur	Nuuren	Mongolia	Male
	2	11:42	Byambadorj		Mongolia	Male
	3	11:43	Brooks	Andrew	UK	Male
	4	12:42	McAllister	Malachy	Ireland	Male
	5	13:13	Noyes	Keith Samuel	USA	Male
	6	13:56	Progin	Marc Gerard	Switzerland	Male
1		15:16	Worth	Catherine	UK	Female
	7	15:17	Alnebring	Robert	Sweden	Male
	8	16:56	Saulsbury	Keith	New Zealand	Male
	9	17:03	Isomura	Kazuo	Japan	Male
	10	18:57	Aldar	Sukhee	Mongolia	Male
2		19:05	Shirota	Reiko	Japan	Female
	11	19:33	Loer	Dirk	Germany	Male
	12	34:16	Holk	Steen Norby	Denmark	Male
	13	37:15	Musy	Nicolas	Switzerland	Male



# EQUI AD CIRCOS (CLASSIC FELL RACES Part 3)

## Eight English Long A Races: 1987-2002

by Graham Breeze

### Background

*Classic Fell Races (Part 1)* in June 2001 listed the winners over the previous fifteen years for eight events and *Part 2* (October 2001) examined the future of Long A races. The latter illustrated that runners were increasingly attracted to races less arduous than those more accurately described as "Super Long" of, say, 17 miles or more with ascents upwards of 6500ft. Thus the **Wasdale** which achieved its 30th anniversary in 2002 now struggles for entries. Following the debate a new competition, the **Lakeland Classics** emerged based on performance in seven Long/ Super Long A races and this is described elsewhere in this issue.

This article collates the results for a further eight events, all English races, over a similar fifteen year timescale to form a definitive listing of **Eight English Long A Races 1987-2002**.

### Eight English Races: The List

Four races were selected which count towards the **Lakeland Classics** series and which were not included in the data collected for *Classic Fell Races : Part 1* (i.e. **Langdale Horseshoe** (first run in 1973), **Duddon Valley** (1979), **Three Shires** (1983) and **Dockray Helvellyn** (1994). The four other Long A events are **Edale Skyline** (1974), **Sedbergh Hills** (1979), **Tour of Pendle** (1982) and **Holme Moss** (1987).

### 1987: What Was Happening?

In 1987 Billy Bland as a Vet 40 won the **Langdale Horseshoe** for the fifth time following the famous year when 527 runners had turned up thereby turning it into a pre-entry race forever. Of the races featured here he also won **Duddon Valley** and again in 1991, prior to Gavin Bland's run of five consecutive victories, although his astonishing 1981 record time still stands.

In 1987 the British Champions were Colin Donnelly (Eryri) and Jackie Smith (Dark Peak) and the English Champions were Bob Whitfield (Kendal) and Vanessa Peacock (Clayton-le-Moors).

### What Is So Interesting About Past Race Winners?

The eight races listed are serious Long A races, not trivial gala events made up of a run round a show field and a cross country jog, so the record of winners establishes the best runners of their times.

Patterns emerge such as the six victories of Vanessa Peacock and three consecutive wins for Robin Jamieson at **Sedbergh Hills** or Rob Jebb's three consecutive wins at the **Tour of Pendle**. The title of this piece, "horses for courses" is a truism and so it is no surprise to note the victories of the late John Taylor at the relatively fast **Holme Moss** and **Sedbergh Hills** races but not in the Langdales.

The depth of quality in clubs is illustrated, e.g. Clayton-le-Moors provided four different lady winners at the **Tour of Pendle**. If you wish to win the **Holme Moss** race then join Glossopdale, Holmfirth or Dark Peak and if you want to win everything- join Borrowdale!

Some events are dominated for years by individual runners and between 1990 and 1997 Colin Donnelly and Mark Roberts won seven out of eight **Edale Skyline** races but in contrast only Andy Trigg, Ian Holmes and Gary Oldfield have won **Holme Moss** more than once with nine other runners taking first place in other years.

The overview of race winners over fifteen years illustrates how individuals can dominate Long A races in their era, before fading from the top flight, as Keith Anderson did in 1989 when he won at **Edale Skyline**, **Sedbergh Hills** and **Three Shires**. Gavin Bland appears as a race winner in six of the eight races featured (with a total of sixteen victories) and all in the ten

years between 1990 and 1999, although at neither **Sedbergh Hills** nor **Tour of Pendle**, which perhaps do not match his particular skills.

The survey also illustrates the emergence of new champions such as the first victory for Rob Jebb at the **Tour of Pendle** in 1998 which he then followed with two further consecutive victories including a new record time.

Finally the review of past winners highlights those records that precede even this fifteen-year period because in addition to Billy Bland's aforementioned 1981 record at **Duddon Valley**, Andy Styan's record at the **Langdale Horseshoe** still stands after twenty-five years!

### Better a One Hit Wonder than a No Hit Failure

However if the lists seem repetitive there are names that appear only once such as Steve Birkenshaw who won the 21st running of the **Sedbergh Hills Race** in 1999 in a small field and a slow time by taking his opportunity: *carpe diem!*

When a race has Championship status this clearly affects the quality of the field and winning time and so Championship status is indicated in the tables. However it is an old truth that you can only beat those who stand with you on the start line and if a clash of dates with Championship events means competition is less severe than it might be the outcome is at least refreshing in producing names other than a Bland (listed 22 times) for the tables.

### Women Also Run

The most prolific winner is Vanessa Peacock with twelve victories, including the **Tour of Pendle** in 2002 on the weekend of her 50th birthday, although these were all won in the three events that suit her, whereas in contrast Nicola Davies has five victories that have been achieved in five different events. Others who record at least six wins are Carol Greenwood, Yvette Hague, Glynda Cook and Ruth Pickvance.

Women perhaps have more difficulty than men in sustaining a long winning career but Wendy Dodds remains outstanding by being the winner at **Tour of Pendle** in 1988 and fifteen years later, in 2002, she won her fifth race of those under review at **Dockray Helvellyn**.

The over view also illustrates the domination of women's teams. Clayton-le-Moors, in addition to its success in the **Tour of Pendle** referred to above, provided three different consecutive winners at the **Langdale Horseshoe** between 1989 and 1991 (Ruth Pickvance, Wendy Dodds and Cheryl Cook), although the club then had to wait until 2000 and a second victory for Wendy Dodds.

### And So?

*Classic Fell Races* argued that *The Fellrunner* should be a journal of record and report the results of all significant fell races. A dozen of the race results listed here never appeared in *The Fellrunner* so this article brings together for the first time a definitive list of race winners.

Can one conclude anything from the broad sweep of results? Well one should not expect surprises (if one can expect a surprise?) and, *res ipsa loquitur*, the picture presented is confirmation that the great fellrunners win across the full spectrum of races. Ian Holmes has won at both **Holme Moss** (which is like a Peak District race without too much horrid peat) and the **Langdale Horseshoe**; whilst Gavin Bland has won almost everywhere.

However what is perhaps even more delightful than being reminded of the prowess of the super stars of the fells is to recognise again the victories of some of the less well known names in fellrunning who have, at least once, secured their name on the trophy for an English Long A race.

## EIGHT ENGLISH LONG "A" RACES: 1987-2002

#: current course record time. E/B: Championship Events.

### Edale Skyline: 21m: 4500ft

87E	Hugh Symonds	Kendal	2.42.54	Carol Haigh	Holmfirth	3.12.56
88	Hugh Symonds	Kendal	2.49.04	Jacky Smith	Dark Peak	3.31.38
89EB	Keith Anderson	Ambleside	2.46.36	Claire Crofts	Dark Peak	3.21.08
90EB	Colin Donnelly	Eryri	2.32.33	Trish Calder	RSPC	3.06.30
91	Colin Donnelly	Eryri	2.32.18	Jacky Smith	Dark Peak	3.15.01
92E	Brian Thompson	CFR	2.38.23	Yvette Hague	P&B	3.15.59
93	Colin Donnelly	Eryri	2.33.10	Jacky Smith	Dark Peak	3.07.33
94	Colin Donnelly	Eryri	2.40.58	Kath Harvey	Altrincham	3.34.50
95E	Mark Roberts	Borrowdale	2.43.55	Sarah Rowell	P&B	3.16.48
96	Mark Roberts	Borrowdale	2.42.52	Glynda Cook	Rochdale	3.27.37

97	Mark Roberts	Borrowdale	2.40.32	Carol Greenwood	Bingley	3.17.53
98	Andy Trigg	Glossopdale	2.41.55	Glynda Cook	Rochdale	3.30.56
99	#Gavin Bland	Borrowdale	2.34.39	Christine Cresswell	Matlock	3.26.54
00	Andy Trigg	Glossopdale	2.36.20	#Sally Newman	Glossopdale	3.09.44
02	Lloyd Taggart	Buxton	2.54.40	Christine Howard	Dark Peak	3.09.08

### Duddon Valley: 20m: 6000ft

87	Billy Bland	Keswick	2.58.33	Sarah Haines	York Univ	4.10.57
88EB	Shaun Livesey	Rosendale	2.46.25	Claire Crofts	Dark Peak	3.24.38
89	Mark Rigby	Ambleside	2.51.49	Anne Stentiford	Macclesfield	3.51.59
90	Colin Valentine	Keswick	3.06.04	Alison Crabb	Ambleside	4.45.50
91	Billy Bland	Borrowdale	2.53.00	Alison Wright	Macclesfield	4.00.47
92E	Gavin Bland	Borrowdale	2.44.21	Yvette Hague	P&B	3.19.52
93	Gavin Bland	Borrowdale	2.57.43			
94	Gavin Bland	Borrowdale	2.55.00	Nicola Davies	Unatt.	4.01.00
95E	Gavin Bland	Borrowdale	2.54.00	#Sarah Rowell	P&B	3.24.00
96	Gavin Bland	Borrowdale	3.02.54	Emma Moody	WCOC	4.12.20
97	Simon Booth	Borrowdale	2.52.23	Yvette Hague	P&B	3.51.44
98	Derek Ratcliffe	Rosendale	3.23.26	Hilde Krynen	Kendal	4.08.51
99	Andy Trigg	Glossopdale	3.17.32	Di Walker	Kendal	5.22.37
00	Joe Blackett	Mandale	3.10.42	Wendy Dodds	CLM	3.56.37
02EB	Simon Booth	Borrowdale	2.49.05	Louise Sharp	Keswick	3.26.27
81	#Billy Bland	Keswick	2.43.10			

### Dockray Helvellyn: 21m: 5500ft (complete record as Long "A")

94	Gavin Bland	Borrowdale	2.51.10	Kate Arnold	CFR	3.42.56
95	John Hooson	Ambleside	2.35.00	Kate Arnold	CFR	3.36.20
96	Alan Bowness	CFR	2.40.20	Jane Jones	Keswick	3.33.27
97	Simon Booth	Borrowdale	2.29.10	Polly Gibb	Unatt.	3.27.31
98E	Simon Booth	Borrowdale	2.27.14	#Angela Brand-Barker	Keswick	3.10.26
99	#Gavin Bland	Borrowdale	2.24.12	Nicola Davies	Borrowdale	3.20.45
00	Joe Blackett	Mandale	2.40.21	Kate Beaty	CFR	3.21.11
02	John Hunt	CFR	2.46.44	Wendy Dodds	CLM	3.34.12

### Holme Moss: 16m: 4000ft

87	John Taylor	Holmfirth	2.20.35	Sylvia Watson	Valley Strid.	3.02.45
88	Andy Trigg	Glossopdale	2.15.03	Judith Johnson	Denby Dale	3.04.18
89	Mike Whyatt	Glossopdale	2.13.58	Jill Town	Denby Dale	3.10.38
90	Andy Styan	Holmfirth	2.19.33	Judith Johnson	Denby Dale	3.00.17
91	Jason Bradley	Preston	2.22.54	Carol Greenwood	Calder Vall	2.49.54
92	Andy Trigg	Glossopdale	2.22.05	Jill Town	Denby Dale	3.24.05
93	Ian Holmes	Bingley	2.07.47	Wendy Holmes	White Peak	3.00.07
94E	Paul Sheard	P&B	2.02.57	#Andrea Priestley	Fellandale	2.33.26
95	Gary Oldfield	Bradford Aire.	2.12.34	Louise Atkin	Calder Vall	2.45.51
96E	#Ian Holmes	Bingley	2.00.05	Glynda Cook	Rochdale	2.38.44
97	Mark Hayman	Dark Peak	2.20.47	Carol Greenwood	Bingley	2.38.33
98	Mark Palmer	Forest/ Dean	2.25.04	Liz Ball	Valley Strid	3.16.17
99E	Gavin Bland	Borrowdale	2.07.23	Helen Johnson	Ilkley	2.36.33
00	Gary Oldfield	P&B	2.21.56	Helen Diamantides	Carnethy	2.48.17
02	Alan Ward	Dark Peak	2.22.28	Helen Thorburn	Dark Peak	3.05.40

### Sedbergh Hills: 14m: 6000ft

87	Robin Bergstrand	Rochdale	2.08.28	Sue Parkin	Kendal	2.52.23
88	Hugh Symonds	Kendal	2.02.53	Vanessa Brindle	CLM	2.29.26
89	Keith Anderson	Ambleside	2.01.59	Kath Martin	Altrincham	2.43.48
90	Keith Anderson	Ambleside	2.07.33	Sue Parkin	Kendal	2.49.33
91	#Keith Anderson	Ambleside	1.57.11	Janet Kenyon	Horwich	2.41.35
92	John Taylor	Holmfirth	2.02.49	Sheila Wright	Mandale	2.37.56
93	Robin Jamieson	Ambleside	2.10.31	Sue Parkin	Kendal	2.44.40
94	Robin Jamieson	Ambleside	2.06.36	Ruth Pickvance	Kendal	2.34.46
95	Robin Jamieson	Ambleside	2.07.11	Vanessa Peacock	CLM	2.31.40
96	Colin Donnelly	Eryri	2.13.10	Vanessa Peacock	CLM	2.47.34
97	Jim Davies	Borrowdale	2.14.06	Nicola Davies	Borrowdale	2.49.36
98E	Simon Booth	Borrowdale	2.00.04	Vanessa Peacock	CLM	2.33.12
99	Steve Birkenshaw	NFR	2.21.35	Vanessa Peacock	CLM	2.34.36
00	Mark Roberts	Borrowdale	2.12.15	Vanessa Peacock	CLM	2.49.08
02E	Rob Hope	P&B	2.10.48	#Andrea Priestley	Ilkley	2.28.39

### Three Shires: 12m: 4000ft

87	Bob Whitfield	Bingley	1.49.07	Vanessa Brindle	CLM	2.15.05
88	Colin Donnelly	Eryri	1.50.07	Ruth Pickvance	CLM	2.12.49
89	Keith Anderson	Ambleside	1.45.55	Vanessa Brindle	CLM	2.08.45
90	Mark Fleming	Ambleside	1.52.04	Mari Todd	Ambleside	2.14.00
91	Gavin Bland	Borrowdale	1.51.03	Ruth Pickvance	Kendal	2.19.13
92	Jason Bradley	Preston	2.00.29	Mari Todd	Ambleside	2.26.44
93E	Gavin Bland	Borrowdale	1.47.59	Carol Greenwood	Calder Vall	2.13.58
94	Robin Jamieson	Ambleside	1.55.17	Glynda Cook	Rochdale	2.23.21
95	Andrew Davies	Borrowdale	1.52.40	Glynda Cook	Rochdale	2.23.49
96	Jim Davies	Borrowdale	1.47.33	Andrea Priestley	Fellandale	2.10.06
97E	#Gavin Bland	Borrowdale	1.45.08	#Mari Todd	Ambleside	2.05.29
98	Paul Sheard	P&B	1.58.28	Yvette Hague	P&B	2.12.05
99	Jim Davies	Borrowdale	1.51.30	Nicola Davies	Borrowdale	2.14.29
00	Andy Kitchen	Lothian Runners	2.03.39	Nicky Lavery	Kendal	2.35.31
02	Mark Hayman	Dark Peak	1.59.43	Hilda Bransby	CFR	2.28.23

### Langdale Horseshoe: 14m: 4000ft

87E	Billy Bland	Keswick	2.00.04	Claire Crofts	Dark Peak	2.29.58
88	Bob Whitfield	Bingley	2.06.10	Ruth Pickvance	CLM	2.42.40
89	Bob Whitfield	Bingley	1.59.03	Ruth Pickvance	CLM	2.40.12
90	Gavin Bland	Keswick	2.05.04	Wendy Dodds	CLM	2.37.30
91E	Mark Croasdale	Lancs & More.	1.58.11	Cheryl Cook	CLM	2.35.10
92	Ian Ferguson	Bingley	1.58.18	#Helen Diamantides	Ambleside	2.23.25
93	Gavin Bland	Borrowdale	1.57.29	Ruth Pickvance	Kendal	2.38.40
94E	Gavin Bland	Borrowdale	1.58.48	Yvette Hague	P&B	2.33.25
95	Ian Holmes	Bingley	2.02.50	Nicola Davies	Borrowdale	2.33.54
96	Ian Holmes	Bingley	2.09.09	Menna Angharad	Eryri	2.38.09
97	Gavin Bland	Borrowdale	1.56.13	Yvette Hague	P&B	2.32.42
98	Jonny Bland	Borrowdale	2.02.30	Emma Moody	NFR	2.54.02
99	Jonny Bland	Borrowdale	2.12.41	Helen Diamantides	Ambleside	2.25.07
00	Mark Rigby	Ambleside	2.15.30	Wendy Dodds	CLM	3.02.14
02	Jonny Bland	Borrowdale	2.13.42	Lucy Whittaker	Saddleworth	3.00.00
#77	Andy Styan		1.55.03			

### Tour of Pendle: 17m: 4250ft

87	Dave Cartridge	Bolton	2.18.44	Sylvia Watson	Valley Strid	3.16.46
88	Dave Cartridge	Bolton	2.14.02	Wendy Dodds	CLM	3.01.48
89	Shaun Livesey	Rossendale	2.19.29	Ruth Pickvance	CLM	2.59.36
90	Colin Valentine	Keswick	2.16.41	Janet Kenyon	BA Lostock	3.03.26
91	Andrew Schofield	Rossendale	2.21.00	Carol Greenwood	Calder Vall	2.43.26
92	Mark Aspinall	CLM	2.21.03	Carol Greenwood	Calder Vall	2.41.10
93	Dave Woodhead	Horwich	2.19.24	Kath Drake	Spensor	2.44.27
94	Shaun Livesey	CLM	2.23.15	Glynda Cook	Rochdale	3.00.52
95	Andy Wrench	Todmorden	2.22.40	Jean Rawlinson	CLM	3.03.09
96	Mark Horrocks	Calder V	2.22.35	Vanessa Peacock	CLM	2.55.02
97	Joe Blackett	Mandale	2.25.06	#Angela Mudge	Carnethy	2.36.28
98	Rob Jebb	Bingley	2.15.26	Vanessa Peacock	CLM	2.54.0
99	#Rob Jebb	Bingley	2.11.52	Vanessa Peacock	CLM	2.47.14
00	Rob Jebb	Bingley	2.25.28	Sarah Rowell	P&B	3.02.18
02	Andrew Schofield	Borrowdale	2.28.45	Vanessa Peacock	CLM	3.03.09

#### Sources & Notes

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Advice on errors appreciated.



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..... is he really allowed to do that?  
Dave Stephenson of Bingley takes to the  
air at Thieveley Pike  
(Photo Pete Hartley)



# RESULTS

AUGUST TO JANUARY

Compiled by Dave Weatherhead and Barbara Carney

### MEARLEY CLOUGH FELL RACE

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 Sean Livesey's 1999 time. The course was flagged for the first time tight around the rim of the Clough, which would shorten it slightly. Danny was pushed to the line by George Ehrhardt, who was only five seconds adrift on a race that was part of Todmorden's 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 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	36.01
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. Whittaker	Clay	35.32
3. (15) C. Jones	Horw	35.45

#### VETERANS O/50

1. (63) D. O'Brien	Clay	44.41
2. (65) P. Marshall	Tod	45.00
3. (67) T. Pate	Clay	45.58

#### VETERANS O/60

1. (74) G. Barrow	Tod	48.16
2. (75) B. Dearnley	Prest	48.46
3. (76) J. Devlin	Tod	49.05

#### 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

### TEGGS NOSE FELL RACE

Cheshire  
BM/6.5m/1100ft 10.08.02

1. L. Taggart	Bux	47.24
2. C. Leigh	Traff	47.47
3. D. Nicholls	Macc	48.59
4. C. Heys	Horw	52.26
5. D. Gartley O/40	Gloss	52.49
6. N. Holding O/40	Wpenn	53.07
7. A. Eccles O/40	Wigan	53.30
8. R. Clucas O/40	Unatt	53.44
9. C. Fray O/40	Penn	54.05
10. J. Mellor Jun	Wirral	54.08

#### VETERANS O/50

1. (15) G. Hodges	Macc	54.55
2. (26) R. Scotney	Penn	57.30
3. (29) R. Futrell	Holm	58.28

#### VETERANS O/60

1. (22) J. Amies	Congle	57.07
2. (71) B. Thackery	DkPk	71.07
3. (75) M. Edward	DkPk	73.04

#### LADIES

1. (33) K. Mather O/40	Saddle	58.38
2. (39) L. Batt	Bux	59.51
3. (42) A. Johnson	CaldV	61.01
4. (69) C. Fordham	StaffsM	70.53
5. (79) A. Dinsmoor O/50	Penn	76.44

88 finishers

### DWYGYFYLCHI RACE

Conwy  
AM/10m/2700ft 10.08.02

James McQueen won his second Dwygyfylchi title by a convincing margin as he saw off potential challengers early on in the race. Although some way off his own record, James finished nearly six minutes ahead of second placed Graham McNeil.

Helen Thorburn took the ladies' title and afterwards all runners and marshals took full advantage of the two pubs specially purchased for the event (well almost!)

Thanks to Sinclair Steel Access Hire and Conwy Outdoor Shop for their generous sponsorship and also to our ever reliable helpers and marshals. Loss of our usual car park caused a few traffic problems – if we are unable to get back for 2003, it would be helpful if runners could share cars, please.

Hope to see you all again next time.

#### Steve Hurdman

1. J. McQueen	Eryri	1.14.45
2. G. McNeil	Helsby	1.20.28
3. R. Crane	Unatt	1.21.29
4. D. Hughes O/40	ColBay	1.21.47
5. R. Jones O/40	Eryri	1.22.53
6. T. Jones O/40	Eryri	1.23.15
7. C. Near	Eryri	1.24.36
8. C. Taylor O//40	Mercia	1.25.46
9. G. McCara O/40	Helsby	1.26.26
10. T. Marshall O/50	ColBay	1.26.29

#### VETERANS O/50

1. (10) T. Jones	ColBay	1.26.29
2. (16) J. Bennell	Eryri	1.32.08
3. (17) D. Whiteside	Eryri	1.32.41

#### VETERANS O/60

1. (32) P. Jones	Prestat	1.45.01
2. (41) D. Roberts	Eryri	1.58.34
3. (45) R. Clives	BTA	1.58.51

#### LADIES

1. (23) H. Thorburn	DkPk	1.34.51
2. (29) G. Rostron	Eryri	1.40.49
3. (31) C. Mills	Kenil	1.43.49
4. (36) M. Oliver O/50	Eryri	1.46.55
5. (37) V. Ronald	ColBay	1.47.20

49 finishers

### STICKLEPATH HORSESHOE RACE

Devon  
BM/9.6m/1700ft 17.08.02

The Sticklepath Horseshoe Fell Race was promoted as part of the village flower show and attracted a high quality field of fell runners from around the country. Second placed Dave Gilchrist 'pushed' Kevin Hagley to a fast winning time around the ten mile circuit of the Taw valley, taking in Belstone and Steeperton Tor, before returning to Sticklepath over Cosdon. Most notably, the women's record was shattered by international fell runner, Ruth Pickvance, who travelled from Cardiff to compete. Other participants travelled from Cumbria, Lancashire, Northumberland, Cornwall and London to compete.

Organiser, Phil Haygarth, would like to thank the excellent team of marshals from the village who braved the elements with contrasting and changeable conditions, including some poor visibility on the tops. The event raised nearly £50 for the village and prized were donated by David Stallion and The Taw River Inn.

#### Phil Haygarth

1. K. Hagley	SWRR	1.14.51
2. D. Gilchrist	Altr	1.17.15
3. I. Mant O/40	Unatt	1.23.30
4. P. Woodisse	TVH	1.25.44
5. P. Bartlett	Unatt	1.30.26
6. R. Pickvance Lady	Swansea	1.32.59
7. R. Chamberlain	SriChin	1.33.10
8. M. Calvert	FRA	1.35.36
9. R. Kohler O/40	Dartmoor	1.39.19
10. D. Pinn O/40	Unatt	1.48.24

15 finishers

### RINGS OF FIRE RACES

Galloway  
17.08.02

The biennial battle between humans and Galloway was rejoined on the weekend of 17/18 August. Once again the Galloway terrain defeated almost half of those brave souls who dared to challenge the ascents, tussocks, rocks and holes. The weather was the usual mix of rain, showers, some bright spells; and gale force winds for the competitors on Bruce's Crown who bivvied on Tarfessock on the Saturday night (at least it kept the midges subdued!).

The Rings are not only a measure of stamina and running ability but also pose one or two tests of careful navigation to provide a complete mountain experience. Newcomers to the Rings can often be caught out by these "traffic light" controls where running speed must be reduced to give time for the control finding especially in the mist or clag.

As we sat in the finish building on the Sunday morning the door was flung open and in rushed the first finisher, only there were two finishers, dead heating after nine and a half hours. Colin Brash and Rob Blyth are experienced Bruce's Crown veterans and have always been closely matched and so first equal seems a fitting reward for their years of close competition.

On the Heart of Granite, John Goldsworthy showed the benefits of the training, which he has been doing since becoming a hill running veteran for Scotland. No doubt the competition from his sons has also spurred him on to greater things in the hills.

No records were broken this year but given the weather conditions and wet terrain, it was not surprising that improvements in Rings' times remain elusive.

#### Colin Butler

#### Heart of Granite – AL/20m/6400ft

1. J. Goldsworthy	Galloway	6.30.36
2. M. Cooper	IDWA	6.37.55
3. K. Richmond	Bellah	7.09.10
4. N. Taylor	Girvan	7.58.15
5. S. Dubienic	Indep	8.02.20
5. N. Priestley	Solway	8.02.20

#### Bruce's Crown – AL/42m/1300ft

1. R. Blyth	Kend	9.37.40
2. C. Brash	Girvan	9.37.40
3. D. Rogers	West	9.44.25
4. D. Brown	Solway	9.45.06
5. A. Walker	RN	9.49.55

### SOURTON TOR RACE

Devon  
AS/2m/650ft 18.08.02

A brand new Fell Race was promoted on Dartmoor at Sourton when runners assembled at Sourton Village Green to race to the top of the tor and back. The start and finish was at the beech tree below the church and the runners were to check in at the trig point, navigating their own route. Heavy low cloud and drizzle made navigation a challenge but did not stop Kevin Hagley and Nigel Jenkins having a close tussle to set the first record. Both Devon based runners, they arrived at the top in less than 8 minutes, 'leaping' back down to the village to set an astonishing new record of just over 11 minutes up and down, climbing and descending 650 feet in 2 miles. Dave Walsh came in third. Junior, Eleanor Tallowin, registered a fantastic performance, setting the new female record of 16.50. Anne Russell also competed and got the prize for the first local.

A number of spectators enjoyed watching the event from the bridge below the moor. The event raised money for local charities and was organized by Phil Haygarth and a team that involved Geraldine Jury, Julie Southcott and Anne Russell. Roger Alfrod marshalled the summit checkpoint and Mr John Hockridge, Chair of the Commoners, donated and presented 'The Sourton Tor Race Challenge Cup', which reigning champion Nigel Jenkins will keep until he returns to defend the title next year.

Phil Haygarth

1. N. Jenkins	Dartmoor	11.09
2. K. Hagley	SWRR	11.13
3. D. Walsh	Unatt	14.18
4. A. Chisholm O/40	Unatt	16.32
5. E. Tallowin Jun Lady	OkeColl	16.50

**OXENHOPE STRAW RACE**  
West Yorkshire  
BS/3m/600ft 18.08.02

The race was held after a rearranged date owing to the original date being the date of the World Cup Final.

130 teams gathered at the Wagon & Horses public house to start the unusual pub crawl through the village of Oxenhope.

Lancashire lads, Andrew Orr and Dave Naughton, supped, slurped and belched their sweaty way to victory, carrying the 40lb bale of straw and downing five pints of beer in 20.04! They obviously like the area because in March 2002, they triumphed at the Wuthering Hike.

The ladies' team winners were Anna Scott and Helen Greaves – they chose to drink half pints and carry a half bale. In these days of equality, the ladies' teams have the option of drinking pints and carrying a full bale.

*Judith Fisher*

1. A. Orr/D. Naughton	20.04
2. J. Callaghan/L. Buxton	22.33
3. P. Aird/B. Hastings	23.06
4. D. Rhodes/J. Rhodes	23.23
5. A. Schofield/J. Brett	24.33

**LADIES**

1. A. Scott/H. Greaves	29.00
2. J. Clarkson/J. Gerdes	29.11
3. A. Spence/L. Marston	34.25

**MIXED**

1. R. Schofield/A. Hetherington	25.55
2. S. Smith/P. Clarke	33.55

**GOLF BALL FELL RACE**  
Lancashire  
BS/5.5m/800ft 21.08.02

After the Foot & Mouth disaster last year, it was good to be back on the fells. Even though numbers were down on the last event, we had a good turnout for the last race in the "Rossendale Mid-week Series".

Local lad, Simon Thompson, won the race just ahead of his mates, M. Horrocks and A. Black. First lady home was Vanessa Peacock.

After the race, prizes were presented to each individual winner in each category over the three races.

A good fell race and a drink in the pub afterwards ended the night well.

We hope to see more runners at next year's event and look forward to seeing you all.

*Jan Kempson*

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 Jun	Felld	39.59
7. A. Carruthers O/40	Craw	40.17
8. C. Davis	Bowland	40.44
9. S. Molloy	Ross	40.47
10. B. Harrison	Morpeth	40.51

**VETERANS O/50**

1. (30) J. Dore	Roch	44.16
2. (64) T. Brown	Unatt	49.53
3. (67) H. Atkinson	Bing	50.04

**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. Crascoke	Acc	54.29

**JUNIORS**

1. (6) W. Ali	Felld	39.59
2. (83) A. Godwin	Ross	52.44
3. (118) J. Robertson	Spect	67.26

120 finishers Lady

**GOODRICH FELL RACE**  
Herefordshire  
BM/6m/1250ft 24.08.02

The 2002 edition of the Goodrich Fell Race returned to its recent route after a year affected by Foot & Mouth and the 26th running saw a new innovation – a junior novice race of 1.2 miles for Under 14s.

Sadly, neither the Under 14s or Junior Under 18s races were well attended with host club, FODAC, providing the majority of youngsters, some of whom were keen enough to give the senior event a go! Later, Welsh team manager, Adrian Woods, was on hand to explain that the date clashed with the World Trials being held in North Wales.

The Under 14s race was won by Richard de Camps and the Under 18s race by Geraint Reynolds and Ralph Wilson crossing the line together.

The senior race tested everyone's mettle in baking hot temperatures with two laps over Coppett Hill, with some of the back markers asking where the water station was!! Well, the River Wye was only feet away for some 400 metres of the run to cool off in.

14-year old Jon Cook was first over the railings on the first vicious climb from the River Wye after which he faded and the more experienced fell runners came to the fore. David Wilcox eventually triumphed but some way off the course record set in 2000 by Matt Collins. The ever youthful Ruth Pickvance won the ladies' section, taking fourth place overall but was tracked all the way by Sally Newman, who finished in seventh place. Ruth's effort, however, was two and a half minutes shy of Sally's impressive record set in 2000.

Coppett Hill Trust was thanked for allowing the use of the hill once again before everyone retired to the beer garden of Ye Hostellerie for a lengthy re-hydrate and extensive prize giving.

*Martin Green*

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	Swansea	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	IBMHurs	47.17
10. T. Parker O/40	Wreake	47.28

**VETERANS O/50**

1. (3) K. Holt	Birchf	45.55
2. (12) R. Britton	StaffsM	48.42
3. (33) W. Beardsmore	Hardley	54.14

**VETERANS O/60**

1. (29) K. Buckle	Chelt	53.41
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**LADIES**

1. (4) R. Pickvance O/40	Swansea	46.24
2. (7) S. Newman O/40	Gloss	46.38
3. (35) E. Turner	Unatt	54.25
4. (41) C. Currie	IBMHurs	56.29
5. (42) P. Glover	Wreake	56.31

74 finishers

**JUNIOR RACE – 2.5m/400ft**

1. G. Reynolds	FODAC	29.52
2. R. Wilson	FODAC	29.52
3. A. Blease	Bbrych	39.10

**MINORS RACE – 1.1m/200ft**

1. R. de Camps	FODAC	11.06
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**BURNSALL CLASSIC FELL RACE**  
North Yorkshire  
AS/1.5m/900ft 24.08.02

A return to fell running became a feast with over 100 runners completing the course. It was Burnsall at its recent best.

Started by former winner, Dave Hodgson, the field left the road onto firm going but somewhat rougher than previous races after year free of animals.

Rob Hope led at the top in a time of 9.10, somewhat outside his record ascent of 8.22 in the 2000 race. Rob, the man in form, continued to dominate and won the race in 13.54.

The charge for second place between Andy Peace and Ian Holmes was memorable with Ian given the position and Andy recording the same time.

First veteran was Andy Shaw and first lady Sarah Hodgson.

*James Maxfield*

1. R. Hope	P&B	13.54
2. I. Holmes	Bing	14.13
3. A. Peace	Bing	14.13
4. R. Jebb	Bing	14.22
5. Phil Sheard	P&B	15.11
6. G. Wilkinson	Clay	16.08
7. C. Moses	Bing	16.11
8. A. Shaw	Holm	16.24
9. A. Wood	Bing	16.33
10. D. Walker	Clay	16.34

**VETERANS O/40**

1. (8) A. Shaw	Holm	16.24
2. (11) I. Ellmore	ScarB	16.39
3. (12) M. Speight	Unatt	16.44

**VETERANS O/50**

1. (16) A. Styan	Holm	17.40
2. (31) L. Sands	Unatt	18.57
3. (32) N. Bland	Kghly	19.06

**LADIES**

1. S. Hodgson	Felland	19.25
2. J. Smith O/40	Tod	20.23
3. S. Taylor	Bing	20.41
4. J. Prowse O/40	Kghly	20.42
5. S. King	Unatt	22.19

101 finishers

**BARREL INN FELL RACE**  
Derbyshire  
BS/6.3m/1000ft 27.08.02

1. M. Fowler	Penn	40.10
2. T. Austin	DkPk	40.36
3. P. Winskill	Penn	42.14
4. D. Nicholls	Macc	42.41
5. S. Bradstock	Castle	43.37
6. N. Bassett	StaffsM	44.03
7. J. Chambers	Unatt	44.12
8. A. Carruthers O/40	Crawley	44.39
9. J. Teece	Matlock	44.59
10. S. James	Unatt	45.36

**VETERANS O/40**

1. (8) A. Carruthers	Crawley	44.39
2. (12) D. Allan	DkPk	46.20
3. (16) D. Appleton	Unatt	46.41

**VETERANS O/50**

1. (35) S. Brister	Matlock	49.08
2. (41) N. Oxley	Unatt	50.00
3. (45) P. Gorvett	DkPk	50.46

**VETERANS O/60**

1. (82) R. Mason	Totley	67.06
2. (91) F. Makin	HolmeP	58.36
3. (104) B. Howitt	Matlock	62.47

**LADIES**

1. (59) J. Gardner O/35	Bux	53.31
2. (66) J. Phizlackea	Bux	54.54
3. (79) A. Higgins O/35	FatB	56.28

118 finishers



**BELLINGHAM SHOW FELL RACE**  
Northumberland  
BS/4m/800ft 31.08.02

Conditions were wet and boggy on the top of the fell. However, all runners were prepared and ran off at good speed from beginning to end. Morgan Donnelly led the field with the exception of getting lost for a few minutes taking a wrong turning.

Karen Robertson led the ladies' race and also came in 8th overall.

This year's year was part of the Northumberland Fell Running Championship and there was an excellent turnout of 44 runners.

W. Campbell

1. M. Donnelly	NFR	29.13
2. D. Armstrong	NFR	29.54
3. J. Dickinson	Tyne	30.01
4. A. Dougan	Tyne	32.33
5. N. Cassidy	Tyne	32.35
6. M. Bryon	Tyne	33.06
7. D. Atkinson	Horton	33.12
8. K. Robertson Lady	NFR	33.18
9. D. McPartland	NFR	33.24
10. G. Davis	NFR	33.33

**VETERANS O/40**

1. (2) D. Armstrong	NFR	29.54
2. (9) D. McPartland	NFR	33.24
3. (10) G. Davies	NFR	33.30

**VETERANS O/50**

1. (11) J. Humble	NFR	33.37
2. (14) J. Dallinson	NFR	34.31
3. (15) P. Graham	Tyne	35.26

**VETERANS O/60**

1. (39) J. Gabriano	NFR	42.26
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**LADIES**

1. (8) K. Robertson	NFR	33.18
2. (19) K. Rodmell	Border	36.27
3. (25) S. Welsh	Morpeth	39.15

**44 finishers**

**DUFTON FELL RACE**  
Cumbria  
AS/2m/1578ft 31.08.02

A very good race this year but it would be nice if we could have more runners.

Dufton is always the last Saturday in August and next year's race is 30 August 2003.

I'm sure all who take part in the event enjoy the race as it is set in a lovely area in the Eden Valley.

J. Elliott

1. C. Roberts	Kend	26.23
2. P. Brittleton	Howgill	26.59
3. C. Valentine	Kesw	28.24
4. S. Moffet	Howgill	28.38
5. F. Livesey	Howgill	29.22
6. T. Harling	Border	30.00
7. D. Owen	Kesw	32.03
8. A. Crowther	Unatt	33.21
9. C. Gardiner	Unatt	34.02
10. R. Walker	Eden	34.14

**LADIES**

1. E. Unsworth	Kend	48.15
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**JUNIORS - BOYS**

1. T. Armstrong	14.41
2. A. Abraham	14.02
3. I. Richardson	17.00

**JUNIORS - GIRLS**

1. E. Knox	20.23
2. K. Abraham	20.46

**PENDLETON FELL RACE**  
Lancashire  
AS/5m/1500ft 31.08.02

Twenty two years ago Harry Walker won Pendleton Fell Race, having placed second on two previous occasions. The warm sunshine of Saturday 31 August 2002 saw him once again on the hill. This time though it was to shout encouragement to son

David in his efforts to emulate father. This he succeeded in doing holding off Jason Hemsley and three times winner, Sean Livesey. In 4th spot was Veteran O/40, Mike Wallis, with Graham Schofield not far behind.



Dave Walker is urged on to greater deeds at Pendleton  
(Photo Steve Bateson)

Both Pete McWade in 11th and Tony Hesketh in 13th easily smashed the Veteran O/50 record, as did Pete Jepson and Paul Murray in the Veteran O/60 category. They finished with identical times with Pete just getting the nod for first prize.

Despite an ankle injury received the previous week at Chipping, Maureen Laney was a comfortable winner of the ladies' race with Jill Robinson in second.

I must thank my family, friends and Clayton members for ensuring that everything ran so smoothly while I took it easy in bed recovering from a hip operation. Also thanks to John and Linda Bostock for prizes. Despite a modest £2 entry fee, we were still able to present many prizes and show a profit of £115.00, which was donated to Clitheroe Crossroads Car Attendants' Scheme.

Roger Dewhurst

1. D. Walker	Clay	35.40
2. J. Hemsley	P&B	35.57
3. S. Livesey	Clay	36.21
4. M. Wallis O/40	Clay	36.25
5. L. Athersmith	Skip	36.29
6. A. Black	Clay	36.35
7. G. Schofield O/40	Horw	36.42
8. B. Bolland	Horw	36.52
9. S. Macina	P&B	36.56
10. I. Greenwood O/40	Clay	37.06

**VETERANS O/50**

1. (11) P. McWade	Clay	37.10
2. (13) T. Hesketh	Horw	37.26
3. (26) J. Holt	Clay	39.29

**VETERANS O/60**

1. (51) P. Jepson	Ross	42.15
2. (52) P. Murray	Horw	42.15
3. (61) D. Ashton	Darwen	43.37

**LADIES**

1. (64) M. Laney O/40	Clay	43.50
2. (82) J. Robinson O/40	Garstang	45.59
3. (86) K. Rogan	Wharfe	46.40
4. (104) K. Thompson O/40	Clay	49.50

**147 finishers**

**SHELF MOOR FELL RACE**  
Derbyshire  
AS/5m/1500ft 01.09.02

Another glorious day for the Shelf Moor Race. Maybe too glorious for racing. Though dry conditions underfoot suggested a fast race, the strong sun and still air took its toll on the ascent to James Thorn. The race records (Colin Donnelly 39.45 and Carol Greenwood 47.17) keep looking better and better.

This year the race was enthusiastically won by relative youngster, Tim Austin, closely followed by Lloyd Taggart. Mark Hayman in third was over a minute clear of previous winner, Gary Oldfield, in fourth.

The ladies' race was a close fight between two veterans, Mary Egerton and Katherine Harvey, with just eleven seconds between them at the finish. The pair were just one minute in front of race regular, Lisa Lacon, in third.

One point worth noting - 65% of the runners were over the age of 40.

Thanks to landowners, Firth Kitson and Mossy Farm for their co-operation to the well oiled Glossopdale machine for the marshals and helpers, and to Running Bear for numbers and prizes.

Andy Fox

1. T. Austin	DkPk	43.28
2. L. Taggart	Bux	43.38
3. M. Hayman	DkPk	45.02
4. G. Oldfield	P&B	46.21
5. D. Nicholls	Macc	46.58
6. T. Werrett	Mercia	47.18
7. N. Bassett	StaffsM	47.36
8. C. Leigh	Traff	47.49
9. B. Goodison O/40	Holm	49.16
10. T. Hulme O/50	Penn	49.51

**VETERANS O/40**

1. (9) B. Goodison	Holm	49.16
2. (11) C. Fray	Penn	50.41
3. (12) K. Holmes	DkPk	50.51

**VETERANS O/50**

1. (10) T. Hulme	Penn	49.51
2. J. Norman	Altr	52.43
3. K. Holt	Birchf	53.39

**VETERANS O/60**

1. R. Mason	Totley	63.16
2. B. Thackery	DkPk	68.02
3. M. Edwards	DkPk	74.05

**LADIES**

1. M. Egerton O/40	Penn	56.12
2. K. Harvey O/40	Altr	56.23
3. L. Lacon	Holm	57.25
4. J. Mellor	Penn	59.03
5. J. Phizlackea	Bux	60.01

**GUISBOROUGH GRUNT**  
Cleveland  
BM/7m/1000ft 03.09.02

1. M. Cara	Middles	38.50
2. C. Stead	NFR	38.50
3. J. Blackett	Middles	39.02
4. A. Burt	Acorn	39.52
5. B. Roberts	Middles	39.58
6. R. Hall O/40	ThirskS	40.00
7. R. Wilson	Scarb	41.01
8. A. Normandale	Acorn	41.02
9. P. Kelly O/40	Darling	41.03
10. P. Buckby O/40	Middles	41.22

**VETERANS O/50**

1. (17) R. Pollard	Middles	44.56
2. (20) S. Honeyman	Middles	47.17
3. (25) M. Lansell	Scarb	48.26

**VETERANS O/60**

1. (49) I. Wilcock	Acorn	56.51
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**LADIES**

1. (28) A. Leon	Middles	50.26
2. (36) K. Neesam Vet	NMarske	52.36
3. (37) B. Kirtley	Quak	53.24
4. (43) P. Haydon	FRA	55.31
5. (52) G. Bell Vet	Scarb	58.03

**60 finishers**

### HADES HILL RACE

Lancashire

BS/5m/1200ft 05.09.02

1. R. Thomas	Darwen	32.26
2. W. Ali U/18	Felldancer	34.03
3. R. Owen O/40	Eryri	34.05
4. R. Glover	Tod	34.10
5. K. Gaskell O/40	Horw	34.14
6. A. Alty O/40	Chorley	34.19
7. G. Herbert O/40	Unatt	34.33
8. S. Clare	Clay	35.35
9. A. Nicholls	Acc	35.37
10. N. Shepherd O/40	Warr	35.40

#### VETERANS O/50

1. (15) D. Beels	CaldV	36.21
2. (20) K. Taylor	Ross	37.24
3. (23) J. Dore	Roch	37.45

#### VETERANS O/60

1. (28) P. Jepson	Ross	39.05
2. (40) M. Coles	Skyrac	41.01
3. (60) M. McDonald	NthnV	47.20

#### LADIES

1. (35) D. Gowans	Acc	40.14
2. (45) C. Leah	Clay	41.43
3. (51) D. Robson	Clay	43.17
4. (54) A. Barraclough	Clay	44.59
5. (62) A. Leonard O/40	YMCA M/c	47.33

78 finishers

### GREAT LONGSTONE CHASE

Derbyshire

BS/4.8m/950ft 06.09.02

Continuous torrential rain during the day made the prospect of competing in the Longstone Chase quite daunting. Fortunately, about an hour before the race was due to start, the rain stopped, the clouds cleared and the evening turned pleasantly warm and almost ideal for running.

The Longstone Chase is always very enjoyable due to the variety of terrain and the views it takes in.

It starts with a circuit of the local playing fields, runs through the centre of the village and then climbs steadily to the highest point on Longstone Edge, an ascent of about 195 metres or 600 feet where the views from the top are wonderful. A vista of Kinder Scout, the gritstone edges and limestone dales suddenly come into view. A fast, flat run along the top of the edge, followed by a very steep descent and a short section of road bring the runners to an exhilarating fast descent over fields and back to the village – overall about 4½ miles.

Despite the early rain, the turnout was good and the times quite fast.

#### P. Addison

1. T. Austin	DkPk	27.31
2. L. Taggart	Bux	27.53
3. S. Penney	Chestf'd	28.00
4. S. Marsden	Hallam	29.31
5. B. Edwards	DkPk	30.16
6. J. Cox O/40	Hallam	30.21
7. L. Banton	Clowne	30.27
8. A. Wright	Tamworth	30.29
9. N. Bassett	StaffsM	30.34
10. J. Treece	Matlock	30.37

#### VETERANS O/40

1. (6) J. Cox	Hallam	30.21
2. (12) A. Howie	Penn	31.17
3. (17) K. Holmes	DkPk	32.02

#### VETERANS O/50

1. (24) M. Moorhouse	Matlock	32.38
2. (33) S. Brister	Matlock	33.32
3. (35) D. Tait	DkPk	33.40

#### VETERANS O/60

1. (111) C. Henson	DkPk	41.29
2. (120) B. Howitt	Matlock	42.58
3. (121) M. Edwards	DkPk	43.03

#### LADIES

1. (40) S. Hodgson	Felland	33.57
2. (50) M. Edgerton	Penn	35.12
3. (73) J. Gardener	Bux	37.28
4. (74) J. Griffiths	DkPk	37.36
5. (76) L. Bland	DkPk	37.51

133 finishers

### MOUNT SKIP FELL RACE

West Yorkshire

BS/4.5m/1000ft 07.09.02

Early rain gave way to a fine sunny afternoon for this short, but tough, gala race.

Unattached Paul Low, visiting from Massachusetts, USA, had a fine lead from the start and was never in danger of being caught.

Claire Howitt, running in the Under 18 class, won the ladies' race with a strong run in 23rd position overall.



Lady winner Claire Howitt finds time to adjust her hair at Mount Skip (Photo Woodhead)

A slight hiccup with the timer meant the times are a little out – in the runners' favour!

Hope to see everyone in 2003 on Saturday 8 September.

#### Steve Cavell

1. P. Low	Unatt	29.25
2. P. Dobson	Leeds	30.29
3. J. Mason	Woodkirk	30.37
4. C. Miller	Hgte	30.53
5. K. Gray	CaldV	31.09
6. A. Clarke	CaldV	31.16
7. M. Hill	Doss	31.37
8. R. Haworth O/40	Middle	31.46
9. S. Holme	Middle	32.13
10. W. Ali U/18	Felldancer	32.43

#### VETERANS O/40

1. (8) R. Haworth	Middle	31.46
2. (11) R. Crossland	BfdA	32.53
3. (12) J. Emberton	EPOC	33.14

#### VETERANS O/50

1. (22) J. Dore	Roch	35.45
2. (28) F. Reddington	Spenn	36.27
3. (37) R. Blakeley	Tod	38.18

#### VETERANS O/60

1. (29) P. Jepson	Ross	36.28
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#### LADIES

1. (23) C. Howitt U/18	Warr	35.47
2. (31) A. Johnson O/35	CaldV	37.39
3. (43) C. McKenna	Middle	41.05

67 finishers

### CAFOD GRISEDALE HORSESHOE

Cumbria

AM/10m/5000ft 07.09.02

The Grisedale Horseshoe Race resumed its place in the fell running calendar for the twelfth year, following the only interruption last year because of foot and mouth.

During that time we lost our good friend and long time Chairman of ARCC (which sponsors the race), Derek Price. Derek was a great supporter of CAFOD and a keen and enthusiastic supporter of the Grisedale Horseshoe. First and foremost a mountaineer, Derek was also a competent fell runner and had participated in the race in the past. In his honour, the race will now be renamed "The Derek Price Memorial – Grisedale Horseshoe Race". Everything else remains exactly the same, except the introduction of a new prize category – Veteran 50 Derek Price Trophy. Derek's widow, Margaret, attended the race and honoured it by handing out the prizes. There is no finer salute to Derek than our own club motto "Ad Altiora".

The race itself was another great success, attracting 135 entrants, all but one completing the course. No records were broken this year, with Joe Blackett coming in first. Given the conditions which were mixed but very wet underfoot, no one expected better. The record therefore stands at 1.41.00 – to bring that within 1.40.00 must represent a very tempting challenge to some of you fast lads out there! Let's see what next year brings – first Saturday of September 2003.

More than half of the field this year was in the Veteran category – a common phenomenon these days – and amazingly we had a Veteran 70 in the person of Harry Catlow, coming in at an impressive 2.57.39. Unfortunately, this category was not anticipated so we hurriedly provided him with a one-off prize – a bottle of Old Man beer! His achievement stands for itself without any endorsements from us.

Also gratifying was the number of lady entrants – eleven in total, with some of them veterans too!

Many thanks to the helpers who make the race what it is. These include not only the marshals but the considerable amount of support and catering that takes place at the race venue in Glenridding. We look forward to seeing everyone again next year when the race organiser will be Alan Kenny.

Peter McHale



Matt Beresford (38) and Dave Makin (6) looking FAR too cheerful in the last climb at Grisedale (Photo Bill Smith)

1. J. Blackett	Middles	1.51.59
2. J. Hunt	CFR	1.52.04
3. M. Horrocks	Clay	1.53.29
4. M. Hayman	DkPk	1.54.25
5. T. Austin	DkPk	1.55.59
6. J. Hinsley	P&B	1.56.14
7. Q. Harding O/40	Bowland	1.57.06
8. A. Bowness	CFR	1.57.35
9. C. Reade	Bowland	1.58.37
10. M. Robinson	DkPk	2.00.06

#### VETERANS O/40

1. (7) Q. Harding	Bowland	1.57.06
2. (11) G. Schofield	Horw	2.00.41
3. (14) C. Valentine	Kesw	2.04.07

#### VETERANS O/50

1. (15) D. Spedding	Kesw	2.04.56
2. (20) J. Winder	CaldV	2.06.15
3. (38) J. Hope	ARCC	2.13.58

#### VETERANS O/60

1. (97) J. Richardson	CFR	2.41.48
2. (103) P. Dowker	Kend	2.42.59
3. (106) J. Taylor	Amble	2.46.29

#### VETERANS O/70

1. (115) H. Catlow	CFR	2.57.39
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#### LADIES

1. (48) H. Bransby	CFR	2.20.20
2. (58) L. Thompson O/40	Kesw	2.25.23
3. (93) J. Leather	Ilk	2.36.46
4. (101) L. Campbell O/40	WAROC	2.42.51
5. (102) D. Thompson O/40	Kesw	2.42.59

#### 133 finishers

### BEN NEVIS RACE

#### Strathclyde

AM/10m/4400ft 07.09.02

1. A. Peace	Bing	1.29.41
2. S. Booth	Borr	1.30.40
3. D. Rodgers	Lochaber	1.31.50
4. I. Holmes	Bing	1.33.47
5. J. Bland	Borr	1.37.34
6. S. Jackson O/40	Horw	1.39.58
7. S. Burns	Lochaber	1.40.05
8. R. Gallagher O/40	W'lands	1.40.38
9. J. Wright	Tod	1.41.07
10. A. Davenhill	Shettle	1.41.56

#### VETERANS O/40

1. (6) S. Jackson	Horw	1.39.58
2. (8) R. Gallagher	W'lands	1.40.38
3. (14) J. Hepburn	Lochaber	1.43.46

#### VETERANS O/50

1. (33) E. Paterson	MorayRR	1.52.25
2. (35) K. Carr	Clay	1.52.48
3. (44) J. Holt	Clay	1.54.53

#### LADIES

1. (38) A. Priestley	Ilk	1.52.55
2. (65) B. Whitfield	Clay	1.58.53
3. (70) S. Taylor	Bing	1.59.36
4. (77) D. Scott	Lochaber	2.01.47
5. (90) K. Dalton	DkPk	2.03.39
6. (105) K. Beaty	CFR	2.06.29
7. (118) L. Shaw	Lochaber	2.08.22
8. (125) J. Smith	Tod	2.09.33

#### 355 finishers

### THE NEW BULLOCK SMITHY

#### Derbyshire

BL/56m/7000ft 07.09.02

It is said that an army marches on its stomach. In the Bullock Smithy Hike walkers obviously walked on their stomachs - consuming hundreds of jam butties, jam doughnuts, hot dogs, rice pudding, tinned fruit, chocolate, cakes, biscuits, bananas, gallons of tea and squash - not forgetting hundreds of the ubiquitous penguins and, at the finish, the all-night full English breakfast!

Local Member of the European Parliament, Chris Davies, said a few words of encouragement before hammering the Smithy Anvil releasing himself and

170 walkers and runners into the Cheshire and Derbyshire countryside.

The weather forecasters' prediction of showers and sunshine was accurate, with just one shower at Bowstones, followed by beautiful sunshine and clear visibility over Chinley, Edale Cross, Edale, Castleton and Peak Forest. This was followed by a cool night through Millers Dale, Chelmorton, Earl Sterndale, Brand Top, Cumberland Cottage, Walker Barn and Whiteley Green returning to Hazel Grove.

The event went very smoothly with only 43 having to retire and six walkers finishing outside the 24 hour time limit. The first to finish and win the Bullock Smithy Trophy was fell runner, Mark Hartell, followed closely in second place by local MEP, Chris Davies, who kindly presented the trophies and certificates.

After 27 years, a BBC TV news camera and reporter were attracted to the event. Another first was the use of the excellent facilities at the Wesleyan Chapel at Walker Barn as a checkpoint control.

Next year's 28th event will be on 6/7 September 2003.

*John Corfield, John Feist, Peter Wood*

1. M. Hartell	9.03
2. C. Davies	9.54
3. A. Trigg	10.00
4. T. Longman	10.19
5= M. McDermott	10.30
5=T. Hart	10.30
7. C. Banks	10.31
8. S. Temple	10.51
9. P. Coppack	11.17
10. P. Janaway	11.18

#### LADIES

1. (45) J. Hewitt	17.53
2. (55=) L. Ryan	18.32
3. (68=) A. Hearne	19.18
4. (68=) D. Viney	19.18
5. (86=) A. Roebuck	20.40

#### 122 finishers

### YORKSHIREMAN OFF-ROAD MARATHON

#### West Yorkshire

CL/26m/3000ft 08.09.02

Weather was near perfect for the Yorkshireman Off-Road Marathon. Entries were down on the last running of the event in September 2000. However, the increase in walkers continues to show its growth and popularity to the LDWA members.

James Callaghan and Chris Loftus took the male team trophy for the home club with Kathy Kaiser and new partner, Annemi Un Zyl, winning the ladies' team glass rose bowl.

Fastest runner of the day was veteran, Steve Duxbury, who left the whole field in his wake, winning by almost 15 minutes from Simon Shoesmith.

It is hoped that the good reports from all who took part will lead to more entrants next year. The facilities at Westfield Lodge, Oxenhope, are amongst the best offered at any event. Many thanks to Denis Pagden.

*Chris Marshall*

#### PAIRS TEAMS - MALE

1. J. Callaghan/C. Loftus	Kghly	2.42.45
2. N. Rickard/A Smith	DarwenD	3.50.50
3. B. Horrocks/D. Horrocks	Clay	3.56.40

#### PAIRS TEAMS - FEMALE

1. K. Kaiser/A Un Zyl	VallStr	4.40.51
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#### INDIVIDUALS - MEN

1. S. Duxbury O/40	Ross	3.22.30
2. S. Shoesmith O/40	Bfda	3.37.20
3. M. Rea	Sp'field	3.43.20

#### INDIVIDUALS - LADIES

1. C. Waterhouse	Hfx	4.16.49
2. L. Hayles O/45	Hfx	4.29.20
3. F. Bales	Unatt	4.40.40

### THE TRUNCE (FINAL RACE)

#### Derbyshire

CS/4.25m/550ft 09.09.02

1. T. Tett O/40	25.43
2. S. Rippon	27.26
3. J. Sykes	27.59
4. A. Shelbourne	28.13
5. M. Law	28.27
6. S. Storey O/40	28.44
7. S. Self O/40	28.48
8. D. Griffin O/40	28.55
9. S. Dickinson	29.10
10. K. Bowskill O/40	29.30

#### LADIES

1. (35) F. Davies	33.32
2. (39) E. Brown O/35	34.14
3. (40) J. Bolton	34.15
4. (43) N. Spinks	34.24
5. (53) B. Hague O/35	37.13

#### 93 finisher

#### THE TRUNCE (OVERALL RESULTS)

1. S. Dickinson	158 pts
2. S. Rippon	146 pts
3. J. Sykes	136 pts

#### VETERANS

1. T. Tett	202 pts
2. K. Bowskill	157 pts
3. R. South	136 pts

#### LADIES

1. J. Cockerton	113 pts
2. F. Davies	110 pts
3. J. Bolton	105 pts

#### LADIES - VETERANS

1. E. Brown	215 pts
2. H. Bloor	112 pts
3. J. Welbourn	107 pts

#### BOYS

1. K. Cooke	150 pts
2. T. Holmes	126 pts
3. D. Tett	124 pts

#### GIRLS

1. A. Wilks	154 pts
2. L. Figg	147 pts
3. E. Bocking	135 pts

### LARA MILFORD CHEVIN FELL RACE

#### Derbyshire

BS/3m/560ft 13.09.02

It was a case of youthful legs getting the better of their older rivals as Josh Teece and Chris Sleath sprinted to the line in the annual Lara Milford Chevin Fell Race.

The pre-race favourite was in the in-form policeman, Tony Caulton, who afterwards admitted that he could not match the fearlessness of the youngsters on the two steep descents.

*David Denton*

1. J. Teece	Matlock	18.21
2. C. Sleath	Derby	18.26
3. T. Caulton O/40	HattonD	18.32
4. C. Rowe O/40	Matlock	19.07
5. K. Holt O/50	Birchf	19.28
6. A. Watson O/40	Erewash	19.42
7. R. Ford	Lerc	19.59
8. A. Forrester	Unatt	20.12
9. M. Ball	Ripley	20.15
10. C. Tomkinson Lady	Charnw	20.21

#### VETERANS O/50

1. (5) K. Holt	Birchf	19.28
2. (11) M. Moorhouse	Matlock	20.35
3. (20) P. Graham	Tyne	21.37

#### VETERANS O/60

1. (42) B. Allsopp	BellH	24.25
2. (58) M. Edwards	DkPk	27.12
3. (59) A. Bourne	StaffsM	27.21

#### LADIES

1. (10) C. Tomkinson	Charnw	20.21
2. (40) J. Pidgeon	Notts	24.17
3. (56) S. Klotschkow	Lerc	25.52
4. (65) Z. Fletcher	Lerc	28.34

#### 73 finishers



**SHORT RACE – 1.5m**

1. N. Thornycroft Girl 11	Matlock	15.54
2. J. Emery Girl 13	Holloway	15.54
3. K. Emery Girl 11	Holloway	16.13

**PASSING CLOUDS FELL RACE****Staffordshire****BM/9m/1800ft 15.09.02**

The fifth running of this race; numbers were down despite the good weather conditions and a dry course. The lack of competition did not prevent 20 year old Damian Nicholls gaining a super fast time, which only three people in the past have bettered, and Tracey Greenwood rocketing round in a ladies' course record. Former ladies' winner, Joanne Phizacklea, was second.

The missing runners seem to have been the quicker runners as International Vet O/50, Tony Hulme, was third in a time slower than his seventeenth placing of last year.

Thanks to St John's Ambulance Brigade and Mr Harvey of the Winking Man for their help and hospitality.

*David Brunt*

1. D. Nicholls	Macc	1.12.42
2. L. Banton	Clowne	1.19.48
3. T. Hulme O/50	Penn	1.21.26
4. N. Henton	Compton	1.23.35
5. N. Winfield	Unatt	1.23.41
6. S. Ledwin O/40	Bux	1.23.54
7. T. Greenway Lady	Ilk	1.24.12
8. T. Crossley O/40	EGrinst	1.24.21
9. J. Pollard O/40	Gloss	1.25.06
10. S. Houghton O/40	CaldV	1.25.09

**VETERANS O/60**

1. (51) A. Bourne	StaffsM	1.51.08
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**LADIES**

1. (7) T. Greenway	Ilk	1.24.12
2. (22) J. Phizacklea	Bux	1.30.39
3. (30) J. Gardner O/40	Bux	1.32.00
4. (40) J. Smith O/40	DkPk	1.40.00
5. (50) A. Leonard O/40	M/cYMCA	1.49.15

**55 finishers****DALEHEAD FELL RACE****Cumbria****AS/4.5m/2210ft 15.09.02**

1. S. Booth	Borr	45.11
2. J. Bland	Borr	45.31
3. N. Sharp	Amble	45.42
4. G. Crayston	CFR	49.15
5. R. Lightfoot	CFR	51.03
6. D. Birch	Kesw	51.20
7. K. Gray	CaldV	52.22
8. P. Brittleton	Howgill	52.39
9. C. Valentine O/40	Kesw	52.54
10. A. Smith	Amble	54.24

**VETERANS O/40**

1. (9) C. Valentine	Kesw	52.54
2. (15) M. Yearsley	CFR	56.50
3. (16) C. Jones	Horw	57.09

**VETERANS O/50**

1. (11) P. McWade	Cclay	54.44
2. (13) M. Walsh	Kend	55.17
3. (21) A. Bland	Borr	58.16

**VETERANS O/60**

1. (67) D. Patey	Borr	72.39
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**VETERANS O/70**

1. (71) H. Catlow	CFR	73.32
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**LADIES**

1. (29) S. Taylor	Bing	60.25
2. (32) H. Krynem	Kesw	61.14
3. (34) A. Johnson	CaldV	61.35
4. (38) K. Beatty O/40	CFR	62.35
5. (54) J. Lee	Unatt	68.27

**89 finishers****LAKE DISTRICT MOUNTAIN TRIAL****Cumbria****O/20m/7000ft 15.09.02**

1. B. Bolland	Horw	4.14.22
2. A. Schofield	Borr	4.19.13
3. K. Harding O/40	Tring	4.28.56
4. A. Miller O/40	Kend	4.34.30
5. P. Clarke O/40	Kend	4.39.39
6. S. Bourne	Altr	4.45.48
7. J. Hunt	CFR	4.47.57
8. Q. Harding O/40	Bowland	4.51.53
9. N. Bunn	TVOC	4.52.33
10. T. Austin	DkPk	4.54.59

**VETERANS O/50**

1. (22) P. Pittson	Erewhash	5.47.42
2. (27) Y. Tridimas	Bowland	5.58.38
3. (31) K. Adams	W'lands	6.07.10

**VETERANS O/60**

1. (28) D. Amour	H'land	5.59.29
2. (66) J. Naylor	CFR	7.16.23
3. (77) E. Coope	Horw	8.05.54

**85 finishers****LADIES TRIAL – 15m/5000ft**

1. A. Brand-Barker O/40	Kesw	3.50.19
2. D. Thompson O/40	Kesw	3.57.05
3. I. Blunk O/40	Rucksack	4.02.10
4. M. Edgerton O/40	Penn	4.02.19
5. L. Campbell O/40	WAROC	4.08.49

**15 finishers****SHORT TRIAL – 10m/3500ft**

1. S. Patton	DkPk	2.29.20
2. P. Carter O/40	StaffsM	3.02.08
3. N. Hambrey O/50	Kend	3.11.58
4. P. Ledward O/40	Unatt	3.17.56
5. K. Masser O/40	Ross	3.26.12
6. C. Lates O/40	Borderliners	3.27.13
7. G. Burnip	Mand	3.32.24
8. K. Jones O/40	WAROC	3.42.07
9. J. Armistead O/50	DkPk	3.48.04
10. P. Ward	Unatt	3.55.56

**45 finishers****CHELMORTON CHASE****Derbyshire****BS/5m/1000ft 15.09.02**

One of the highest events in the Peak District, the Chelmorton Chase has gained fame over the last four years as one of the toughest events in the fell race calendar. The race is set in the heart of the Peak District and this year drew an excellent field to a highly successful event in great weather and raised almost £300 for Chelmorton War Memorial Village Institute.

*Tracey Worth*

1. M. Williams	Penn	37.06
2. A. Howie Veteran	Penn	38.42
3. N. Marson	Bux	39.47
4. A. Renfree Veteran	Unatt	40.20
5. S. Hodgson Lady	Fellandale	41.47
6. R. Martin Veteran	SuttAsh	42.00
7. B. Holland Veteran	Stock	42.47
8. O. Barber	LancUni	42.52
9. A. Wilkins Veteran	Gloss	43.12
10. M. Burke	Yaxley	44.19

**26 finishers****THE BILLY DUFF MEMORIAL BROWN****WARDLE HILL RACE****Lancashire****5m/1200ft 18.09.02**

1. R. Jackson	Horw	31.44
2. W. Ali Jun	Felldancer	31.49
3. K. Gaskell O/40	Horw	33.07
4. A. Etherden	Saddle	33.39
5. J. Roche O/40	Clay	33.47
6. G. Armitage O/40	Longw	34.27
7. L. Harrelld U/18	Bury	34.36
8. D. Lockett	Salf	34.37
9. C. Forde O/40	TPCC	35.01
10. G. Crowshaw U/18	Bury	35.02

**VETERANS O/50**

1. (17) G. Breeze	Skyrac	36.54
2. (19) B. Waterhouse	Saddle	37.12
3. (21) N. Rowbotham	Roch	37.24

**VETERANS O/60**

1. (23) M. Coles	Skyrac	39.06
2. (38) T. Broderick	Middle	43.04
3. (40) B. Rodgers	NthnV	43.51

**LADIES**

1. (18) V. Peacock O/45	Clay	36.57
2. (20) K. Drake O/40	Spem	37.22
3. (27) Z. Haslam	Darwen	39.25
4. (29) K. Mather O/40	Saddle	40.34
5. (32) D. Robson	Clay	41.04

**68 finishers****14th MERRICK HILL RACE****Galloway****AM/9m/3300ft 21.09.02**

1. P. Davies	Borr	1.19.48
2. A. Anderson	Solway	1.29.10
3. R. Irving O/40	Solway	1.36.53
4. D. Brown O/40	Solway	1.39.15
5. C. Brash	Girvan	1.40.27
6. N. Taylor O/40	Girvan	1.40.55
7. J. Goldsworthy O/40	Galloway	1.42.53
8. D. Duncan O/40	Ochil	1.45.48
9. J. Underwood	CaldV	1.46.07
10. T. McCulloch O/50	AyrS	1.46.48

**VETERANS O/50**

1. (10) T. McCulloch	AyrS	1.46.48
2. (11) D. Milligan	Solway	1.49.02
3. (16) D. Miller	Irvine	1.56.47

**LADIES**

1. (26) A. Miller O/50	Irvine	2.46.31
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**26 finishers****JUNIOR RACE**

1. S. Goldsworthy U/17	Galloway	24.46
2. H. Smith U/16	AyrS	30.05
3. J. Emsley Girl U/16	Arran	30.38

**ISLE OF WIGHT FELL RUNNING SERIES****2002****(South Western Amateur Athletic Championship)****21/22.09.02**

This year saw a record turnout of runners in the annual Isle of Wight Fell Running Championship Series held at Ventnor with strong teams including Colchester Harriers, Compton Harriers, Loughton A.C. London Heathside and Worthing Harriers. Staged over two days, the series was inaugurated in 1995 by Eddie Leal (Fra No. 2) and involves two races of 3 and 7 miles on Saturday and one of 13 miles on Sunday. Although the races cannot be compared to true fell runs there is lots of varied terrain with some stiff climbs and competing in the whole series is definitely a challenge. This year both days were warm and sunny, but not oppressively hot giving very good running conditions, with Sunday only marginally hotter for the 13 mile race.

The series kicks off at 11.00 a.m. Saturday with the 3 mile St. Boniface Fell (AS 775 feet ascent) involving a very stiff climb from the seafront to the top of St. Boniface (775 feet) and straight back down again. In a close men's race Roger Merritt was first in a new course record. First vet 70 was David Gammage. First Islander was Andy Leal.

In the team event, men's winners were London Heathside (Welshman, Eriksson and John Flahive) Women's winners were Colchester Harriers and A.C. (Elizabeth Cahill, Rachel Richardson-Wright and Melissa Davis).

After a short rest the series resumes at 3:30 p.m. for the Ventnor Horseshoe (BM 1500 feet ascent) again involving an ascent of St. Boniface before dropping to Wroxall, Shanklin and the return over St. Martin's Down and Luccombe Down. In an even closer race than the first, the leading two were still shoulder to shoulder for the descent of St. Boniface, with Andrew Welshman just edging out Kenny Leitch.

Third overall and first vet 40 (new vet 40 record) was Tony Cummings. First Islander, first vet 50 and sixth overall was Graham Tuck in a new vet 50 record of 55:50.

In the women's race first overall and first vet 40 (new vet 40 record) was Mary Mills.

In the team event, men's winners were Worthing and District Harriers (Leitch, Lowdon and Steve Powell) Women's winners were Colchester Harriers and A.C. (Elizabeth Cahill, Rachel Richardson-Wright and Melissa Davis).

The series resumes at 10:30 a.m. Sunday morning for the Wroxall Round (CL 1500 feet ascent). The race has an easier start out through La Falaise Park to the Botanical Gardens. This helps to get legs moving after the Saturday before the ascent to Watcombe Bottom and then the stiff climb of Stenbury Down. After this ascent the race drops to Stenbury Manor before turning back to Gatt Cliff, Freemantle Gate and then onto the Donkey Sanctuary before returning over St. Martin's Down and Luccombe Down. In a close race again, the leading two were still together for the descent of St. Boniface with Kenny Leitch in a new record time, this time just edging out Andrew Welshman.

In the team event men's winners were Worthing and District Harriers (Leitch, Lowdon and Powell) Women's winners were Colchester Harriers and A.C. (Eleanor Newman, Annette Mussett and Elizabeth Cahill).

Over the three race series, men's overall winner was Andrew Welshman of London Heathside with two second places and a first. The women's series overall winner was Mary Mills of Holme Pierrepont Running Club with three first places.

Over the three race series, the men's team event was won by Worthing and District Harriers (Leitch, Lowdon and Masson) with London Heathside (Welshman, Eriksson and Kemp) second and Colchester Harriers A.C. (Lewin, Smalls and West) third. The women's series team event was won by Colchester Harriers A.C. (Cahill, Richardson-Wright, Davis).

In the South of England Athletic Association (SEAA) Fell Running Championship men's event, first was Andrew Welshman of London Heathside with Kenny Leitch of Worthing and District Harriers second and Colin Lewin of Colchester Harriers and A.C. third. First vet 40 was Tony Cummings of Loughton A.C. with John Lowdon of Worthing and District Harriers second. First vet 50 was Geoff Newton of Tadworth A.C. with Brian Daniells of Milton Keynes A.C. first vet 60. In the men's team event, first was Worthing and District Harriers (Leitch, Lowdon and Masson) with London Heathside (Welshman, Eriksson and Kemp) second.

In the SEAA women's event, first was Elizabeth Cahill of Colchester Harriers A.C. with Christine Daniells of Milton Keynes A.C. second and first vet 60, Sue Rattley of Portsmouth Joggers third and first vet 50 and Rachel Richardson-Wright first vet 40. In the ladies team event first was Colchester Harriers A.C. (Cahill, Richardson-Wright, Davis).

Chris Lewis

#### Race 1 – St Boniface Fell Race

AS/3m/775ft

1. R. Merritt	Sthampton	17.29
2. A. Welsham	LndnHeath	17.39
3. R. Eriksson	LndnHeath	17.58
4. K. Leeitch	Worth	18.12
5. C. Fray O/40	Penn	18.35

#### VETERANS O/40

1. (5) C Fray	Penn	18.35
2. (6) T. Cummings	Loughton	18.38
3. (7) J. Lowden	Worth	18.41

#### VETERANS O/50

1. (26) A Hall	Ports	20.49
2. (30) G. Newton	Tadworth	21.08
3. (31) M. Mann	Dulwich	21.18

#### VETERANS O/60

1. (52) B. Daniells	MiltK	24.19
2. (59) P. Collins	Bromley	25.18
3. (64) J. Cash	Loughton	26.09

#### VETERANS O/70

1. (79) D. Gammage	IOWAC	39.43
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#### LADIES

1. (42) M. Mills O/40	HolmeP	23.16
2. (53) R. Tabor O/50	Dulwich	25.02
3. (57) J. Hills	Overton	25.16

#### 79 finishers

#### Race 2 – Ventnor Horseshoe Fell Race

BM/7m/1500ft

1. A. Welshman	LndnHeath	54.19
2. K. Leitch	Worth	54.38
3. T. Cummings O/40	Loughton	55.13
4. J. Lowden O/40	Worth	55.25
5. C. Fray O/40	Penn	55.31

#### VETERANS O/50

1. (6) G. Tuck	IOWAC	55.50
2. (24) M. Mann	Dulwich	61.53
3. (29) G. Newton	Tadworth	63.38

#### VETERANS O/60

1. (49) B. Daniells	MiltK	73.48
2. (53) P. Collins	Bromley	75.24
3. (58) S. Lee	Ryde	77.51

#### LADIES

1. (45) M. Mills O/40	HolmeP	73.25
2. (47) F. O'Sullivan	LndnHeath	73.29
3. (52) R. Tabor O/50	Dulwich	75.18

#### 78 finishers

#### Race 3 – Wroxall Round

CL/13m/1500ft

1. K. Leitch	Worth	1.24.16
2. A. Welshman	LndnHeath	1.24.23
3. T. Cummings O/40	Loughton	1.25.21
4. C. Lewin	Colch	1.27.14
5. J. Lowden O/40	Worth	1.28.19

#### VETERANS O/50

1. (17) M. Mann	Dulwich	1.34.26
2. (18) P. Watson	Ryde	1.34.48
3. (26) A. Whitewood	Ryde	1.38.03

#### VETERANS O/60

1. (49) B. Daniells	MiltK	1.53.37
2. (51) P. Collins	Bromley	1.55.18
3. (65) S. Lee	Ryde	2.08.27

#### LADIES

1. (44) M. Mills O/40	HolmeP	1.48.58
2. (47) J. Quantrell O/40	SthLndn	1.51.40
3. (50) R. Tabor O/50	Dulwich	1.55.05

#### 72 finishers

#### Overall results

1. A. Welshman	LndnHeath	5 pts
2. K. Leitch	Worth	7 pts
3. T. Cummings O/40	Loughton	12 pts
4. C. Fray O/40	Penn	16 pts
5. J. Lowden O/40	Worth	16 pts

#### VETERANS O/50

1. M. Mann	Dulwich	72 pts
2. G. Newton	Tadworth	95 pts
3. S. Hall	Loughton	109 pts

#### VETERANS O/60

1. B. Daniells	MiltK	145 pts
2. P. Collins	Bromley	154 pts
3. S. Lee	Ryde	174 pts

#### LADIES

1. M. Mills O/40	HolmeP	3 pts
2. R. Tabor O/50	Dulwich	8 pts
3. J. Hills	Overton	13 pts

#### THREE SHIRES RACE

Cumbria

AL/12m/4000ft 21.09.02

Another wonderful day for the Shires Race – and the return of the Junior Championships and the Home International Trials after a few years in the wilderness! We hope that all you 93 juniors who turned up and made such a brilliant spectacle enjoyed your day – and your race mug! Every Bovril will remind you!

The seniors take a bit of a back seat on such occasions but 200 set off towards the clear blue sky behind Wetherlam ready for a real treat. When they re-emerged it was Dark Peak well to the fore with

Mark Hayman and Alan Ward in the first two positions as the leading locals kept their powder dry for the following week's final English counter. Tim Austin might have made it a one-two-three but decided to take a closer look at Blisco's southern crags instead! Hilda Bransby took the ladies' race from another Dark Peaker, Karen Dalton. The usual mass of vets and supervets were spearheaded by Harry Catlow who ran 3 15.00 – not bad for a 70 year old!

The race played host to the penultimate event of the Lakeland Classic Trophy and we were happy to sponsor this series in its inaugural year. Well done Graham Breeze and Brian Martin!

Thanks all who came – next year the kit check will include sun cream!

Selwyn and Elaine Wright

1. M. Hayman	DkPk	1.59.43
2. A Ward	DkPk	2.04.31
3. J. Blackett	Middles	2.06.04
4. J. Deegan	Amble	2.06.49
5. J. Hunt	CFR	2.07.01
6. C. Valentine O/40	Kesw	2.07.16
7. D. Naughton O/40	Darwen	2.07.19
8. M. Robinson	DkPk	2.08.39
9. E. Nash	Kend	2.11.50
10. M. Laithwaite	AchR	2.11.50

#### VETERANS O/50

1. (22) P. McWade	Clay	2.15.39
2. (23) J. Holt	Clay	2.15.45
3. A. Bland	Bor	2.21.45

#### VETERANS O/60

1. (69) D. Ashton	Darwen	2.32.34
2. (111) R. Bell	Amble	2.44.11
3. (118) R. Jaques	Clay	2.48.37

#### VETERANS O/70

1. (162) H. Catlow	CFR	3.15.10
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#### LADIES

1. (46) H. Bransby	CFR	2.28.23
2. (58) K. Dalton	DkPk	2.31.04
3. (62) K. Beatty O/40	CFR	2.31.37
4. (101) A. Weston	Ilk	2.40.26
5. (117) S. Wood	Amble	2.46.39
6. (121) S. Lewsley	Kesw	2.51.06

#### 191 finishers

#### SIMONSDALE FELL RACE

Northumberland

BM/6.75m/1200ft 21.09.02

It was good to have the runners back once again after the ravages of foot and mouth. Fortunately, Coquetdale escaped any direct effects but it was still devastating to the valley. It also spoilt the continuity of the race, which has been held every year from 1982. Hence this year was its 20th running.

The day shared the Indian summer that we enjoyed this year and it is always good not to be shivering waiting for the start. Foot and mouth has encouraged footpaths to grow over and walkers seem to have abandoned the path that is part of the route diagonally under the summit crags. The consequence is that it made for very hard going this year. A few canny runners preferred the eroded "highway" round to the right. This, together with other long heather, probably led to this being a slightly slower race this year.

It is often this case with fell races that the first runner to the summit is seldom the winner but Charlie Stead was the exception to prove the rule. He virtually led from the start, a position he maintained to the finish. A great performance. He was, however, dogged by David Mason who was consistent in his position but ended up having a tussle with James Dickenson who made a real race for 2nd place when he moved up just before Gt. Tosson. James is a vet over 40 and it seemed to be the year of the vets as number 4, 5, 7, 11, and 12 were all vets. Both David Armstrong and Ken Maynard ran nicely judged races moving through the field, losing it a bit on the way down and storming back from Gt. Tosson to finish 4th and 5th.

As always we had a good entry from women with Teeside W&T being the first ever women's team. Karen Robertson won and in spite of the conditions beat the time for 2000. She was a fantastic 18th overall but 5 minutes in front of Fiona Shenton at 2nd. However Fiona's was an excellent time for a vet over 40. In fact most of the women were determined vets with 5 over 50. We were delighted that for the very first time we had a local women running the race, Deborah Raper.

I never take my marshals for granted as they are the backbone of a successful race. Very many thanks to every one of them that miss their show for your benefit whether they are up on the hill, timers or on the computer. Also we are extremely grateful to our sponsors, Newcastle Hotel, Saucony, and Northern Runner, who allow us to keep entry fees to a minimum.

Next year we are negotiating with the Gt. North Run to once again do the double as Simonside is on 20th September with the GNR the next day. This will mean those that run both will have a unique T shirt recognising the fact. Go on, put it in your diary.

#### Ian Webb

1. C Stead	NFR
2. J. Dickinson	Tyne
3. D. Mason	Unatt

#### VETERANS O/40

1. J. Dickinson	Tyne
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#### VETERANS O/50

1. J. Dallinson	NFR
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#### LADIES

1. K. Robertson	NFR
2. F. Shenton O/40	Elvet
3. J. Duggan	Morpeth

#### JUNIORS U/16

1. B. Henderson	Morpeth
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### MONTRAIL WHERNSIDE FELL RACE

#### Cumbria

AM/11.6m/3000ft 22.09.02

Unfortunately, the race wasn't run this year and has now "died" completely due to a total lack of local support to run it!!

Martin Stafford

### LOCKWOOD BOUNDER

#### Cleveland

CL/25m/2800ft 22.09.02

1. M. Cara	Middles	2.59.00
2. A. Henderson	Quakers	3.21.00
3. E. Grant O/40	Ind	3.30.00
4. N. Millar O/40	Quakers	3.30.00
5. M. Willis O/40	Middles	3.34.00
6. M. Hawtree O/40	Acorn	3.34.00
7. K. Richardson O/50	Quakers	3.52.00
8. J. Barwick O/40	Middles	4.08.00
9. B. Done O/40	Ind	4.10.00
10. M. Frith O/50	Ind	4.10.00

#### LADIES

1. (13) D. Richardson	Quakers	4.16.00
2. (14) A. Tucker	Quakers	4.16.00
3. (22) V. Bell Vet	Scarb	4.43.00
4. (24) H. Hancock Vet	Quakers	5.06.00

31 finishers

### BLACK MOUNTAINS

#### Gwent

AL/17m/5200ft 28.09.02

What a nice day for jogging around the Black Mountains. Personally, after two stints in hospital and last winter's fat reserves clinging on, it was a jog!

Anyway, race winner Andrew Carruthers managed to start slowly and, this time, was successful in navigating the whole course. Stalwart, Chris Taylor, also started slowly and pulled through to second.

Ladies' winner, Sharon Woods, was faster than her time in 2000.

No Over 60 runners but as is the norm these days, 50% of runners were veterans.

Thanks to all the helpers - Kay, Jenny, Phil, John B, Derek, Adrian, John S, Jessica, Neil, Rose and Patti for the catering and anybody else I have missed. Partly derailed now!

#### Puffing Billy John Darby!

1. A. Carruthers O/40	Crawley	2.15.17
2. C. Taylor O/40	Mercia	2.52.03
3. C. Upson	W'lands	2.56.08
4. R. Ansell O/40	Tring	2.57.52
5. C. Flower	W'lands	3.01.06
6. D. Adlam	MDC	3.06.54
7. S. Bellamy	Droitw	3.07.14
8. T. Gent	Dartmoor	3.08.17
9. D. Burton O/40	Dursley	3.12.03
10. J. Darby O/40	MDC	3.13.49

#### VETERANS O/50

1. (20) C. Pritchard	Unatt'	3.33.48
2. (25) D. Finch	Chepstow	3.52.55
3. (29) G. Jones	Chepstow	4.02.58

#### LADIES

1. (17) S. Woods O/40	Eryri	3.30.52
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31 finishers

### THIEVELEY PIKE FELL RACE

#### Lancashire

AS/4m/1000ft 28.09.02

Thanks to everyone who entered. There was close competition in all categories. Both the ladies' and men's records were broken. Well done Andrea & Rob! Thanks must also go to all the members of Clayton le Moors Harriers who turned out to help with flagging, marshalling, registration & results. Those on time-keeping & producing results did a magnificent job, under extreme pressure. I'm also thankful to Eric Wrathall (& son) for organising & overseeing the car parking so efficiently.



Neil Bland on the descent at Thieveley  
(Photo Steve Bateson)

Only two small incidents spoiled a very enjoyable day - one idle competitor who decided to take a short cut across the sheep trial field and a number of people who ignored the two gates out of the parking field and climbed the wall!

Like many other fell races Thieveley Pike FR relies on the good will of local farmers and land owners. Incidents like those mentioned above do not help organisers.

Sorry to moan, when so many people had a very good time. See you next year.

#### Pete Booth

1. R. Hope	P&B	22.35
2. S. Bailey	StaffsM	22.37
3. I. Holmes	Bing	23.02
4. T. Austin	DkPk	23.05
5. N. Sharp	Amble	23.12
6. G. Erhardt	Tod	23.13
7. D. Hope	P&B	23.27
8. M. Roberts O/40	Borr	23.35
9. S. Stainer	Amble	23.40
10. J. Bland	Borr	23.45
11. C. Roberts	Kend	23.54
12. Phil Sheard	P&B	23.56
13. A. Wrench	Tod	24.08
14. G. Devine	P&B	24.19
15. R. Lawrence	Bing	24.26
16. G. Bland	Borr	24.34
17. N. Spence O/40	Borr	24.38
18. T. Werrett	Mercia	24.41
19. S. Livesey	Clay	24.45
20. St. Jackson O/40	Horw	25.03

#### VETERANS O/50

1. (48) M. Walsh	Kend	26.24
2. (57) P. McWade	Clay	26.38
3. (58) J. Winder	CaldV	26.39

#### VETERANS O/60

1. (110) N. Bush	Ilk	28.56
2. (113) P. Murray	Horw	29.05
3. (128) P. Jepson	Ross	29.32

264 finishers

#### LADIES

1. A. Priestley	Ilk	27.13
2. L. Sharp	Kesw	27.37
3. K. Hawitt U/20	Warring	29.01
4. L. Whittaker	Saddle	29.25
5. V. Peacock O/40	Clay	29.33
6. A. Johnson	CaldV	29.39
7. M. Edgerton O/40	Penn	29.53
8. K. Harvey O/40	Altr	30.26
9. M. Laney O/40	Clay	30.46
10. J. Prowse O/40	Kghly	30.48

47 finishers

### SADDLEWORTH TRAIL

#### Lancashire

CM/10m/1200ft 05.10.02

The tension built in the room as the prizes were announced, many had been awarded but the 'big one' was still awaiting a new owner. Whose preparation would pay off? Who would get the mix just right on the day? Well the 'Best Cake' trophy went to Lucy and Kevin Whittaker for a traditional Victoria Sponge, with Tish Tuckey second, Ellie Shanley best Junior and Rowena Ratcliffe second junior.

When we replaced the Autumn Leaves half marathon with an off road event in 1999, Saddleworth Runners started bringing home made cakes along as a post race refreshment. This quickly got competitive and every year now we have a cake competition during the race, then the cakes are scoffed by hungry runners.

The weather was, as usual for this event, a bit murky, but mild and good underfoot. 107 lined up by the Diggle Hotel, the biggest field so far. After thanks were given to Platt Halpern Solicitors and Personal Best Sports, both of Oldham, for their support, Roger Devy blew his horn and away they went.

The route follows the old Boat Lane from Diggle to Marsden, where the barge horses walked over as the boats were 'legged' through Standedge Tunnel. Then goes around Marsden golf club, in to Wessenden valley, up to and across Wessenden Dam. After a stream crossing where the OMRT place a rope, the route climbs up the Pennine Way to Black Moss and then back down from Standedge. A lot of track and path, with a few rough bits, a fast 'runnable' route over the Marsden and Saddleworth moors.

Jon Ingram was the early leader and he stayed in front until after Black Moss, then Ed Gamble came through to win, with Lloyd Kellet third. Kath Drake



won the ladies race with Saddleworth's own Karen Mather second and Lisa Lacon third. Saddleworth won both team prizes.

It was good to see so many veterans out, in particular Roy Lee who was first and only MV70.

Thanks to all who came, and to all the cake makers!

*Bruce Bridgestock*

1. E. Gamble	Stock	69.06
2. J. Ingram	Saddle	69.24
3. L. Kellet	Unatt	70.02
4. K. Hodgson	Unatt	71.34
5. S. Cottam	WiganH	72.01
6. A. Eccles O/40	WiganP	72.14
7. R. Glover	Tod	72.41
8. C. Davies O/40	Saddle	72.52
9. A. O'Keefe O/40	GMFS	73.01
10. W. Alves O/40	Totley	73.56

**VETERANS O/50**

1. (19) F. Fielding	Penn	77.12
2. (20) R. Innes	P'stone	77.17
3. (22) B. Waterhouse	Saddle	77.28

**VETERANS O/60**

1. (29) P. Jepson	Ross	80.03
2. (35) K. Bamforth	HolmeV	81.23
3. (45) M. Coles	Skyrac	83.08

**VETERANS O/70**

1. (92) R. Lee	Middle	103.35
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**LADIES**

1. (31) K. Drake O/40	Spn	80.31
2. (47) K. Mather O/40	Saddle	83.35
3. (53) L. Lacon	Holm	85.09
4. (65) C. Couch O/40	HolmeV	88.35
5. (69) B. Hoyland O/45	Holm	91.01

*107 finishers*

**IAN HODGSON MOUNTAIN RELAY**  
**Cumbria**  
**06.10.02**

Well, Borrowdale did it again, but only by the skin of their teeth! They hit the front for the first time only 400 metres from the finish line, you could say that was the only time it really mattered. Bingley had a lead of over two minutes at the beginning of the fourth leg but despite running the third fastest time they were overtaken by a brilliant run from Gavin Bland and Mark Roberts. We trust that the rest of the team bought them well deserved drinks

for their efforts. Ambleside runners ran magnificently over the first and second legs to build up a lead of nearly two minutes at Hartsop but despite an excellent run by the last leg pairing, they were unable to repair the damage done to their hopes on the third leg, where their runners were only 18th fastest. They ended up in the fight for third place with Dark Peak and Pudsey and Bramley, which saw all three teams, finish within 15 seconds.

The Ladies team was well contested and won by Keswick who finished in 35th position to set a new record of 4.49.11. Their first leg pairing of Louise Sharp and Hilde Krynan also broke the old lady's record for that leg. Second and third ladies' teams Ilkley and Bingley also turned in creditable performances in 44th and 45th positions. The veterans award went to Horwich who consolidated their British and English Vet/40 status, whilst CFR won the mixed team prize for the third year in succession.

The weather was wonderful - clear, dry and bright sunshine; by far the best we have ever had for the event and this contributed to a great day of fell running that we hope you all enjoyed. Sorry to spoil it with a little gripe but can we make yet another plea for team captains to give some very basic instruction to team members on punching at control sites. Yet again we had some teams who chose to punch the control location on the map instead of the box in the control card. This year we had another variation when one team, who shall be nameless, punched their race numbers!

Our raffle in aid of Patterdale M.R.T., Patterdale School and The John Taylor Foundation raised £131, which we will increase from race funds to make donations to these three worthy causes. Many thanks to those who bought tickets.

Regrettably, one of our watches developed a fault during the race which affects some of the third and fourth leg times. We are confident that the times of the first twenty teams are correct and equally confident that the result sheet times of teams finishing after 40th position are 2 minutes slow on the third leg and, therefore, 2 minutes fast on the 4th. We can not be more precise at this stage but possibly some teams finishing between 20th and 40th positions will have 3rd leg times 2 minutes slow and 4th leg 2 minutes fast. We would welcome any further information from runners who timed

themselves accurately over these legs. Our apologies for this error. Legs 1 and 2 and finish times are not affected.

**Thanks and Acknowledgements**

Thanks to the new owners of Syke Side Camping Park without whose intervention we would have had to change the event venue. Also Alan and Eric Wear and Patterdale Playing Fields Committee for the use of Take-Over areas at Patterdale and Hartsop, to Pete Bland for the donation of a team prize and to The National Trust, Dalemain Estate and Lake District National Park for permission to traverse land under their jurisdiction. The Leeds Raynet team provided excellent Radio communication, which contributes so much to efficient race organisation.

We are very mindful of the fact that over 70 people give up a full day, and many a full weekend, in order to help us to organise the event.

*Dave, Shirley, Michael, Sara, Neil and Chris Hodgson.*

1. Borrowdale	3.35.54
2. Bingley	3.36.24
3. Dark Peak	3.45.27
4. Ambleside	3.45.29
5. Pudsey & Bramley	3.45.42
6. Clayton	3.53.52
7. Lothian	3.59.51
8. Horwich Veterans	4.02.30
9. Keswick "A"	4.04.30
10. Clayton Veterans	4.09.37

**LADIES**

1. (35) Keswick	4.49.11
2. (44) Ilkley	5.03.01
3. (45) Bingley	5.04.50

**MIXED**

1. (19) CFR	4.22.11
2. (21) Pennine	4.23.45

*59 finishers*

**SANDSTONE TRAIL**  
**Cheshire**  
**06.10.02**

**Race A - 16.5m/1750ft**

1. P. Frodsham O/40	Helsby	1.53.33
2. M. Robbins	Wrex	1.53.49
3= D. Norman	Altr	1.55.35
3= M. Crosby	Altr	1.55.35
3= N. Leigh	Altr	1.55.35
6. M. Hartell	Macc	1.55.50
7. A. Clague	WChesh	1.57.13
8. G. Williams	ValeR	2.02.05
9. T. Jones O/40	EryriO	2.02.34
10. G. Earlam O/40	WChesh	2.02.38

**VETERANS O/50**

1. (19) K. Crute	Warr	2.06.43
2. (21) C. Britt	Sale	2.09.13
3. (22) K. Woodhouse	Warr	2.09.17

**LADIES**

1. (30) V. Musgrove O/40	Wrex	2.17.02
2. (47) S. Owen O/50	Tatten	2.29.55
3. ((59) R. Arnold O/40	Helsby	2.37.53

*73 finishers*

**Race B - 9.5m/950ft**

1. M. Laithwaite	Deeside	0.57.26
2. J. Lamb	Tatten	1.05.44
3. A. Garnett O/40	Spectrum	1.06.50
4. P. Weatherhead O/50	Wirral	1.06.59
5. G. Bacon Lady	WiganP	1.07.05
6. T. Jackson O/40	WarrRR	1.08.19
7. M. Walker O/40	Helsby	1.09.30
8. G. Large O/50	NthnV	1.09.31
9. N. Hindle O/40	Unatt	1.10.31
10. S. Hammond O/40	Tatten	1.10.55

**LADIES**

1. (5) G. Bacon	WiganP	1.07.05
2. (14) S. Hammond	Tatten	1.13.08
3. (24) S. Taylor	Tatten	1.18.12
4. (27) J. Jackson	WarrRR	1.18.37
5. (29) A. Roper	Altr	1.19.10
6. (30) A. Pugh O/40	Altr	1.19.11

*93 finishers*



*Dark Peak head for the Kirkstone changeover on the Hodgson Relay (Photo Mark Aspin)*

## FAN FAWR

### Gwent

AS/2m/1000ft 12.10.02

Blessed with glorious autumnal sunshine a field of 30 happy fell runners graced the sheep trod for the first South Wales winter league race of 2002/3. Here was a moment of some significance given the aborted 2000/1 league had also begun with this 2 mile /1000ft classic clatter.

The occasion was also marked by the return of one of the "names" in Welsh fell running folklore - Andy Darby, after many years out of the sport. One hopes that this short and painful reintroduction to racing will tempt him back for more next month. Sadly, both Chas Ryder and Del Thornley turned up to man the start/finish and so I was left with little excuse but to run, something I was trying desperately hard to avoid given the patent lack of a thing called training since the glories of the Bob Smith challenge in early August.

With what seemed like sadistic jollity, Chas set us on our way with the young and obviously fit forging ahead from the off. Youngest and fittest of these, Mathew Collins, showed his international class as he eased away halfway up the climb. His economy of gait and fluid style contrasting wildly with the groaning and factory noises emanating from the pack. Within minutes Mathew flew down past us with super fit adventure racer Tom Gibbs in his wake. Tom no doubt wishing he could throw in a quick canoe leg, cycle, swim and a few transitions to even up the contest. Nevertheless, he was only 8 seconds down at the finish as Mathew startled Chas and Del with a fast 18.49. It turned into a bit of a jamboree for the youngsters as the first Vet of any description to arrive was Steve Littlewood (V50) in 10th. David Burton slipped in as first V40, followed in short order by Greybeard Lucas in a Darby brothers sandwich - now that's a tale to tell in the pub. Jane Littlewood and Sharon Woods fought out a sprint finish with Jane prevailing, just, to ensure a Hereford benefit.

So first blood to Wales in the unofficial Anglo-Welsh Championship, though looking at the first 10 finishers it looks pretty even on the team front.

Many thanks to Chas, Del and Kay and Jenny with the two German Shepherd summit marshals - no one argued!

#### Chris Gildersleve

1. M. Collins	MDC	18.49
2. T. Gibbs	MDC	18.57
3. M. Duxbury	Horw	19.14
4. A. Jones	Aberdare	19.25
5. H. Lloyd	Unatt	19.54

#### VETERANS O/40

1. (12) D. Burton	Dursley	21.24
2. (13) C. Gildersleve	Brych	21.32

#### VETERANS O/50

1. (10) S. Littlewood	HerefC	20.33
2. (17) D. Ormerod	MDC	22.04

#### LADIES

1. (24) J. Littlewood O/40	HerefC	24.15
2. (25) S. Woods O/40	Lryri	24.16

#### 30 finishers

## MANOR WATER HILL RACE

### Borders

BM/10m/2300ft 12.10.02

The winner of the race was Ronnie Gallagher. Angela Mudge was second, her time being only 22 seconds slower than the record she set, in good weather, in 1999.

This year's race was run in rain, which had been falling for over 24 hours, making the course wet and slippery. Over the higher ground cloud reduced visibility to 50 metres in places and there was a cold cross-wind from the east. Running conditions were far from ideal and no doubt accounted for the reduced turn-out of runners this year.

The leading over-40 men were on average 10 minutes faster than in year 2000, showing that in

spite of smaller numbers, their standard was very high this year.

The Over-60 class had two runners this year.

Second Woman was Lyn Wilson (Carnethy) in 88m 26s, a time that has only ever been beaten by Angela Mudge. There was one runner in the Over-40 Women, Barbara Stevenson. There were no Junior runners again this year.

#### D G Pyatt

1. R. Gallagher O/40	W'lands	77.32
2. A. Mudge Lady	Carn	79.26
3. M. McGovern	Moorft	81.10
4. S. Simpson	Ochil	81.23
5. M. Whitelaw	Solway	82.24
6. D. Theaker O/40	Helens	82.44
7. C. Upson	W'lands	85.00
8. D. Godfree	Lothian	85.12
9. J. Gallagher O/40	Ochil	86.29
10. R. Anderson O/40	Moorft	86.31

#### VETERANS O/50

1. (15) J. Blair-Fish	Carn	90.50
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#### VETERANS O/60

1. (22) K. Burns	Carn	97.55
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#### LADIES

1. (2) A. Mudge	Carn	79.26
2. (12) L. Wilson	Carn	88.26
3. (23) K. Jenkins	W'lands	98.16

#### 32 finishers

## PENTLAND SKYLINE HILL RACE

### Lothian

AL/16m/6200ft 13.10.02

The course was the same as in previous years, about 16 miles long with a total climb of over 6000 feet and very wet in places from Saturday's heavy rain. We were very lucky with the weather - race day was perfect - warm and sunny and no wind, although the last dozen or so runners met some cloud on the later tops.

107 started, 101 finished; those who retired reached he finish safely by various means. International hill runner, Angela Mudge, beat her own 1998 record by over four and a half minutes. The day before, in poor conditions, she was second overall out of about 30 runners at the Manor Water Race. Some runner!

#### Richard Roberston

1. J. Duncan	Cosmic	2.29.14
2. A. Kitchin	Lothian	2.36.35
3. G. Ackland O/40	Lothian	2.37.02
4. T. Lenton	Lothian	2.37.15
5. A. Davis O/40	Fife	2.37.38
6. P. Davies	Borr	2.38.19
7. J. Lennox	Shettle	2.40.51
8. J. Coyle	Carn	2.41.59
9. K. Gray	CaldV	2.42.08
10. A. Mudge Lady	Carn	2.42.29

#### VETERANS O/40

1. (3) G. Ackland	Lothian	2.37.02
2. (5) A. Davis	Fife	2.37.28
3. (14) D. Weir	Fife	2.45.27

#### VETERANS O/50

1. (16) J. Winder	CaldV	2.50.22
2. (24) J. Blair-Fish	Carn	3.05.52
3. (27) C. Love	DundII	3.08.07

#### VETERANS O/60

1. (40) G. Armstrong	HELP	3.21.16
2. (55) D. Amour	H'land	3.31.10
3. (80) B. Gauld	Carn	3.58.39

#### LADIES

1. (10) A. Mudge	Carn	2.42.29
2. (37) K. Jenkins	Carn	3.18.23
3. (57) L. McIlwraith	Carn	3.32.51
4. (70) T. Hyde O/40	CaldV	3.42.11
5. (74) D. McDonald	HBT	3.47.22

#### 101 finishers O/40

## "FELLDANCER" SHEPHERD'S SKYLINE

### FELL RACE

### Lancashire

BM/6.25m/1150ft 02.11.02

It was decided to retain the changed route which was first tried out last year. This involves a much steeper descent off Stoodley Pike and thus an extra mile along the Pennine Bridleway track at the bottom. The enhanced gradient favours runners with fearless (mad?) descending skills as opposed to the "pig-on-stilts" approach to descending that the likes of myself tend to adopt. However, people continue to fall and injure themselves on the initial, gravelly stretch immediately off the Pike, resulting, once again, in DNF's (but thankfully no hospital visits this year). For this reason, I am going to reverse the direction of the loop section of the course for next year to reduce the risk of accidents in this notorious area. Sadly, the kamikaze downhill section will now become a lung-bursting, hands-on-thighs, full-on ascent of the north face of the Pike - fun if you like that sort of thing.



George Large trying hard to hold off a chasing group at Shepherd's Skyline (Photo Steve Bateson)

It was pleasing (for home supporters) to see the race won by George Ehrhardt. George became only the second home-based runner to win this event (the other was Mark Rice in 1988). The ladies' race was won in a new record time of 52.07 by Sally Newman (also first lady vet). This completed a local winning double.

Conditions were very wet and muddy (so what's new?) but this was a good excuse for the finishers to queue up for an invigorating washing-down from the Shepherd's Rest Inn high pressure power-hose. You've got to be careful where you point devices such as these because a badly aimed blast up the inside leg of the shorts could cause significant discomfort - or, then again, it may be a case of "whatever turns you on...". The procedure certainly seemed to result in a lot of smiley, happy faces.

I look forward to another healthy turnout on the first Saturday in November next year. The minimum age for next year will be 18yrs - this will bring us into line with FRA requirements. Please remember to bring a ready-packed bumbag (full body cover etc.) so that, hopefully, there will be less arguments about what to carry. It's amazing that runners continue to turn up for a November fell race and express surprise when asked to carry something for their own and safety and well-being (sorry to end on a bit of a rant).

#### Keith Parkinson

1. G. Ehrhardt	Tod	43.29
2. S. Gould	Bing	43.50
3. S. Oldfield O/40	BfdA	44.07
4. J. Hemsley	P&B	44.48
5. D. Walker	Clay	44.55
6. M. Cara	Middles	45.06
7. S. Macina	P&B	45.37
8. L. Kellett	Kghly	46.11
9. A. Clarke	CaldV	46.25
10. P. Taylor O/40	Ross	46.36

<b>VETERANS O/40</b>		
1. (3) S. Oldfield	BfdA	44.07
2. (10) P. Taylor	Ross	46.36
3. (11) I. Greenwood	Clay	46.42

<b>VETERANS O/50</b>		
1. (15) P. McWade	Clay	47.36
2. (21) J. Holt	Clay	49.31
3. (25) K. Taylor	Ross	50.23

<b>VETERANS O/60</b>		
1. (64) P. Covey	P&B	57.12
2. (92) L. Sullivan	Clay	59.53
3. (137) G. Arnold	Prest	65.57

<b>LADIES</b>		
1. (37) S. Newman O/40	CaldV	52.07
2. (44) V. Peacock O/45	Clay	53.25
3. (46) A. Johnson O/35	CaldV	53.43
4. (47) K. Slater O/45	Settle	53.55
5. (56) K. Drake O/40	Spenn	55.30
6. (61) E. Barclay O/35	Ilk	56.24

**193 finishers**

**PINCHINTHORPE PLOD  
Cleveland  
BM/7.5m/1200ft 13.10.02**

1. M. Cara	Middles	42.23
2. E. Nash	Kend	42.30
3. P. Figg	Quakers	45.10
4. A. Henderson	Quakers	45.26
5. M. Burn	ThirskS	45.49
6. B. Atkinson O/40	Knives	45.52
7. K. Maynard O/40	Quakers	45.53
8. S. Mechie O/40	ThirskS	46.05
9. C. Rafferty O/50	Middles	47.05
10. J. Skidmore	Middles	47.06

<b>VETERANS O/50</b>		
1. (9) C. Rafferty	Middles	47.05
2. (20) M. Hetherington	Acorn	52.13
3. (28) D. Dixon	SundStr	53.31

<b>VETERANS O/60</b>		
1. (18) N. Bush	Ilk	51.20
2. (32) R. Sherwood	NMarske	54.22

<b>LADIES</b>		
1. (31) K. White	Quakers	54.20
2. (56) M. Gibbs Vet	ThirskS	61.44
3. (62) A. Henderson	NMarske	66.29
4. (64) J. Cowell	CLOK	67.00
5. (66) P. Kirby Vet	ThirskS	67.02

**72 finishers**

**MANAGRAKEM FELL RUNNING LEAGUE  
2002  
Isle of Man**

1. T. Okell O/40	5 pts
2. I. Gale	10 pts
3. R. Jamieson	11 pts
4. D. Young O/50	13 pts
5. I. Ronan O/40	19 pts
6. S. Skillicorn	19 pts
7. A. Cowan O/40	25 pts
8. R. Stevenson O/40	29 pts
9. D. Corrin O/50	31 pts
10. J. Crellin O/40	37 pts
11. R. Webb O/50	38 pts
12. R. Moughtin O/50	40 pts

<b>LADIES</b>		
1. (17) R. Hooton	56 pts	

**27 finishers**

**MOEL EILIO (BRITISH & IRISH FELL  
RUNNING CHAMPIONSHIPS)  
Gwynedd  
13.10.02**

<b>Under 18 Boys</b>		
1. I. Donnan	Scotland	35.01
2. A. Ellis	England	35.31
3. C. Turner	Ireland	36.05
4. J. Newsom	Scotland	36.20
5. M. Buckingham	England	36.25

**19 finishers**

<b>Under 18 Girls</b>		
1. S. Blake	Scotland	32.50
2. K. Ingram	England	33.09
3. R. Cronshaw	England	33.21
4. E. Baker	Ireland	33.22
5. M. Shiell	Scotland	33.45

**16 finishers**

<b>Under 16 Boys</b>		
1. R. Newton	England	26.52
2. S. Hunn	England	27.42
3. R. Buffett	Wales	28.21
4. C. Fitzpatrick	Ireland	28.51
5. S. Fraser	Scotland	28.57

**23 finishers**

<b>Under 16 Girls</b>		
1. K. Hawitt	England	20.33
2. D. Walker	England	20.51
3. T. Jones	England	21.18
4. J. Emsley	Scotland	22.04
5. E. Gibson	Wales	22.32

**14 finishers**

<b>Under 14 Boys</b>		
1. M. Hurst	Ireland	19.05
2. M. Mulhaig	Ireland	19.14
3. C. McCarthy	Ireland	19.23

**14 finishers**

<b>Under 14 Girls</b>		
1. J. Toner	Scotland	21.33
2. A. Toner	Scotland	22.34
3. B. Woods		22.40

**16 finishers**

**MENDIP MUDDLE  
North Somerset  
CL/12.4m/1400ft 13.10.02**

After six weeks of dry weather, drizzle at 8.00 in the morning heralded a downpour of over 2 inches of rain and temperatures of 8 degrees Centigrade. Much credit must go to the marshals who took all this and still remained cheerful and encouraged the runners in appalling conditions, especially the lone stalwart 1000 feet up at the trig point. 181 runners completed the 12.4 mile course with only two non-finishers. Hot food and drink greeted those suffering from exposure all funds going to the RNLI. Entrants came from as far afield as Worcester, Bradford, St Albans and Southampton. With this tenacious attitude to fell running bodes well for the future. A donation was made from Weston AC of £420.00 to the RNLI.

*Roger Hart*

1. K. Stokes	Weston	1.26.25
2. M. Musty	SDevon	1.27.23
3. D. Skeen	Unatt	1.30.00

<b>VETERANS O/40</b>		
1. C. Fray	Compton	1.27.41
2. J. Bamber	GtWestern	1.29.26
3. M. Hurley	Weston	1.30.49

<b>VETERANS O/50</b>		
1. D. Rose	Bath	1.37.06
2. G. Hawkins	Dursley	1.39.13
3. M. Jillions	Bath	1.43.24

<b>VETERANS O/60</b>		
1. M. Adams	Bristol	1.45.54

<b>LADIES</b>		
1. E. Castle	GtWestern	1.44.32
2. L. Cummins	TeamReal	1.44.55
3. A. Brown	GtWestern	1.45.35
4. J. Simmons O/40	StAlbans	1.53.47
5. P. Theresa	Totton	1.54.59

**181 finishers**

**PADFIELD PLUM FAIR TORSIDE SCAMPER  
(LOCKWOOD BOUNDER)  
Derbyshire  
BM/6.5m/1050ft 15.10.02**

1. M. Hayman	DkPk	47.48
2. D. Gibbons	GlossopMR	49.17
3. N. Bassett	StaffsM	50.07
4. I. Warhurst O/40	Penn	51.23
5. C. Burke O/40	Unatt	53.23

6. R. Edwards	Gloss	55.06
7. P. Crowson	DkPk	55.10
8. J. Mees O/40	Unatt	55.22
9. F. Fielding O/50	Penn	55.42
10. A. Bocking O/40	Penn	55.42

<b>VETERANS O/50</b>		
1. (9) F. Fielding	Penn	55.42
2. (11) H. Yousefain	Stock	57.54
3. (13) G. Scott	Penn	58.10

<b>VETERANS O/60</b>		
1. (18) B. Thackery	DkPk	70.58

<b>JUNIOR SCAMPER</b>		
1. T. Crossley		9.22
2. B. McElduff		9.37
3. J. Vose		9.48

<b>REDGATE COAL RACE</b>		
1. K. Harrison		36.00 seconds
2. R. Powser		37.37 seconds
3. D. Lister		38.18 seconds

<b>LADIES</b>		
1. M. Powser		61.59 seconds
2. M. Harrison		65.53 seconds

**BRITISH FELL AND HILL RUNNING  
RELAYS 2002  
Cumbria  
20.10.02**

1. Borrowdale	2.45.06
2. Ambleside	2.50.57
3. Pudsey & Bramley	2.51.33
4. Bingley	2.56.05
5. Cumberland Fell Runners	2.58.27
6. Mercia	3.00.11
7. Ambleside 'B'	3.03.16
8. Clayton le Moors	3.04.04
9. Keswick	3.06.45
10. Bowland	3.07.40

<b>VETERANS</b>		
1. Horwich	3.07.48	
2. Clayton le Moors	3.08.28	
3. Cumberland Fell Runners	3.14.18	

<b>LADIES</b>		
1. Carnethy	3.34.18	
2. Keswick	3.36.25	
3. Ilkley	3.38.15	
4. Bingley	3.46.54	
5. Dark Peak	3.46.59	

**WITHINS SKYLINE  
West Yorkshire  
BM/7m/1000ft 26.10.02**

There is no 'OLD' in Oldfield, or so it seems as Steve seems to get better with each passing year. Now 46 years young, he has finally won a Woodentop event after years of competing in them, his record in winning the over 40s is an astonishing read, Stoop 4 times, Soreen Stanbury Splash - 3, Auld Lang Syne - 6 and 15 times a Bunny Run winner. That is a hell of a lot of chocolate, beer, biscuits, cakes, wine, novelty toys and such like, as he's left each prize giving piled high. He has also been second overall on a few occasions, but like he says, 'I've always been minutes behind the likes of Ian Holmes, I have never really been in contention for winning, I've always been battling out for the runner up spot'.

But now Steve has fulfilled an ambition with winning the 11th Withins Skyline race, plus taking the over 40 title for a 6th time. He even caused the organizers a prize headache, because normally the winner and first over 40 collect the same stack of prizes. But with Steve's permission it was decided to share the prizes equally with 2nd man, Phil Sheard and 2nd over 40, Colin Shuttleworth, although these two did also get a choice off the prize table; hence common sense prevailed. Steve also became the first ever athlete to win the over 40 trophy, and the overall winners trophy, thereby his name has had to be engraved on both perpetual trophies; otherwise it wouldn't be a true record.

This event along with the Soreen Stanbury Splash are amongst Steve's favourite events, and with international Phil Sheard alongside the 190 plus other runners, it probably now ranks as 'The bees





The field erupts from the quarry at the start of the Withins race  
(Photo David Brett)

knees' 'It was a real surprise to win, I thought Phil was toying with us climbing to Oxenhope Stoop, he seemed to know all the best lines thereby avoiding the deeper bogs in the wet conditions. Finally by the Stoop I was only 10 yards down having worked my socks off. Along the boundary ditch to Top Withins, Phil took the boggy right-hand side, so I blasted it on the drier side, and by the ruin was leading. But by Bronte Bridge, and the short but steep climb up Bronte Waterfalls I looked back to see Phil not faraway. It was here I thought I'd blown it having regrettably not taken risks descending off the ruin. But I also knew this was my best chance to win, although it was touch and go, I was always expecting Phil to pass me, so I basically ran scared, until climbing back onto Penistone Hill, when I knew I'd got it. WHAT A FEELING!' commented Steve.

That feeling was also there when Steve running in an England vest won a silver medal in the World Masters Over 45 Mountain Running Championship in Innsbruck Austria over a 9.2km uphill course.

Steve's year has seen him win outright at High Brown Knoll, Dennis Stitt, Midgley Moor, Hellifield, Mytholmroyd, Ogden Moors to name but a few, plus of course too numerous to mention over 40 titles.

Not a high mileage runner, Steve only averages 40-50 miles a week, but does race regularly, although he does tend to shy away from long races, maybe this is his secret.

Vanessa Peacock soon to celebrate her 50th birthday, was also a surprise winner. It was only when she crossed the finish line, and was accosted for photographs that she realized her winning position. Vanessa has been winning races since the early 80s, and won the English championship way back in 1987, under her maiden name Brindle. From short to long to ultra events her pedigree is second to none, and she has probably won more races than any other lady runner ever, and will likely keep on winning even now at 50, as you read this. Her only other win on these Haworth Moors was in 1995 at the Seabrook Heathcliff & Cathy Canter, which ran for 8 years. Second lady and chasing hard all the way was 23 year old Sharon Taylor, with Karen Slater 3rd. Local club Keighley & Craven won the team with Jaqui Foster in 9th, Debbie Spurr 10th and over 50 Cath Fawcett in 12th.

Once again it was great to see 65 boys and girls massed in the bottom of Penistone Hill Quarry for the junior races. Due to new FRA guidelines we introduced a new under 8s race, and 17 sprinted off up the quarry face to the normal shouts of encouragement from the hords of parents and spectators. Rory Addison, a regular, just beat Alex Chew the first girl by a mere second, both to now be acclaimed record holders. How these youngsters sprout up, we remember Rory aged 4, running in wellies on the wrong feet, with his duffle coat on! How time flies.

In the combined U/10, U/12 and U/14 race, James Mountain had the speed to keep under 14 chasers

Steven Dickson and Jon Pawson at bay by 2 seconds and 9 seconds respectively. For the girls in 12th Lauren Figg, U/12, was chased to the quarry wall by Jenny Addison, last year's under 10 record holder in 14th, and with Rachel Cooper, U/12, managed to beat first U/14 girl, Alexis Walker.

Only two under 16s carried on for the extra lap with Michael Loughlin winning, while Danielle Walker was second. Danielle did forego competing in the shorter under 14s race for extra distance.

P.S. Just in case any of you wondered where 4 times winner, Ian Holmes, was this day, he was anchoring the GB select team to second place in

some relay or other in Italy, with team mates Robin Bryson and Rob Hope. The Spaghetti munchers beat them.

#### Emma Royds

1. S. Oldfield O/40	BfdA	44.25
2. Phil Sheard	P&B	45.10
3. J. Hemsley	P&B	45.48
4. C. Miller	Hgte	46.18
5. L. Kellett	Unatt	46.32
6. C. Shuttleworth O/40	Prest	46.43
7. A. Rees	Holm	46.51
8. L. Athersmith	Skip	47.17
9. S. Bottomley	P&B	47.25
10. T. Mason	Wharfe	47.29

#### VETERANS O/50

1. (26) J. Holt	Clay	50.41
2. (70) C. Crane	Kghly	56.03
3. (73) G. Howard	ilk	56.58

#### VETERANS O/60

1. ((67) D. Ashton	Darwen	55.29
2. (84) P. Corben	P&B	58.43
3. (98) D. Illingworth	BfdA	60.44

#### LADIES

1. (50) V. Peacock O/40	Clay	54.22
2. (53) S. Taylor	Bing	54.32
3. (60) K. Slater O/40	Settle	55.00
4. (83) C. Greasley O/40	Macc	58.34
5. (87) K. Pickles	Spn	58.55
6. (109) S. Grant	Abbey	61.25
7. (114) L. Wilyman	VStr	62.16
8. (118) J. Hodgkinson	Prest	63.06

#### 190 finishers O/40

#### Quarry Runs - Under 16s

1. M. Loughlin	Skip	12.41
2. D. Walker Girl	Burnley	13.06



Jim Summerville at Withins (Photo Steve Bateson)

#### Under 10s, 12s and 14s

1. J. Mountain U/12	Skip	5.54
2. S. Dickson U/14	Pendle	5.56
3. J. Pawson U/14	Skip	6.05
4. G. Cunliffe U/12	Ross	6.09
5. T. Mountain U/14	Skip	6.18
6. M. Loughlin U/12	Skip	6.21
7. M. Smith U/12	TriV	6.23
8. J. Thompson U/12	Pendle	6.25
9. T. Addison U/12	HelmH	6.27
10. A. Rutherford U/12	Clay	6.31
11. A. Bray U/14	Bing	6.34
12. L. Figg U/12 Girl	Holm	6.35

#### Under 8s

1. R. Addison	HelmH	2.06
2. C. Chew Girl	Pendle	2.07
3. D. Wilson	Wharfe	2.09

#### FFORD Y BRYNIAU

#### Mid Glamorgan

BM/9m/2000ft 27.10.02

Extremely strong westerly winds met 41 brave runners at this year's Fford y Bryniau. Running into the wind and gale force gusts across the peaks took their toll, with slower times than usual.

A direct route brought MCD's adventure runner Tom Gibbs home first followed by Julian Baker, whose detour between Rudry and Caephilly may have cost him a hat trick win.

The winner of the ladies' race was Welsh International runner, Emma Turner, and Ann Llewellyn was first lady vet. The team prize went to MDC.

Thanks to Algy and Gareth for organising the race once again and for battling against the elements. Well done to everyone who finished and we'll see you all next year.

#### P. Holder

1. T. Gibbs	MDC	62.40
2. J. Baker	LesCroup	64.45
3. A. Jones	MDC	65.40
4. J. Clemence O/40	MDC	67.26
5. M. Bryant	MDC	68.01
6. C. Flower	MDC	68.05
7. P. Holder O/40	CHQ	68.45
8. C. Gildersleve O/40	Brych	68.58
9. S. Phillips	Unatt	69.22
10. G. Lloyd O/40	Ponty	69.57

#### VETERANS O/50

1. (24) G. Hicks	Islwyn	86.46
2. (27) D. Thornly	MDC	89.53
3. (30) C. Harris	CHQ	96.36

#### LADIES

1. (11) E. Turner	Unatt	70.58
2. (23) A. Follan	Ponty	84.28
3. (39) A. Llewellyn O/40	Ponty	106.10

#### 41 finishers

#### DUNNERDALE FELL RACE

#### Cumbria

AS/5m/1800ft 09.11.02

After a very wet and windy Friday, the weather was excellent for the race although rather wet and slippery underfoot. No records were broken.

#### P. Newton

1. R. Hope	P&B	38.32
2. B. Bardsley	Borr	38.54
3. J. Atkinson	Amble	39.06
4. D. Hope	P&B	40.20
5. S. Stainer	Amble	40.38
6. G. Crayston	CFR	41.05

#### VETERANS O/40

1. N. Wrigley	Horw	43.23
2. N. Fleming	Amble	43.31
3. S. Shuttleworth	Amble	43.42

#### VETERANS O/50

1. H. Jarrett	CFR	44.04
2. M. Walsh	Kend	44.49

#### VETERANS O/60

1. D. Ashton	Darwen	50.27
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**VETERANS O/70**

1. H. Catlow	CFR	61.50
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**LADIES**

1. L. Sharp	Kesw	47.25
2. S. Newman O/40	CaldV	48.27
3. H. Diamantides	Carn	49.28

**191 finishers**

**CHARLOTTE SLATER MEMORIAL  
KELBROOK FELL RACE  
North Yorkshire  
BS/3.5m/800ft 10.11.02**

The sun shone eventually on the 230 runners who took part in the four separate races on Remembrance Sunday in Kelbrook village.

Heavy rain over the previous few days had made the course its now characteristically muddy self, robbing a few runners of their Walshes as they attempted to evade its sticky grasp. Despite the underfoot conditions, Sophie Varley managed to reduce the U/12 girls' record by over one minute.

Many of the 80 juniors who took part were sponsored and helped to raise money towards our charity, Candlelighters fighting children's cancer.

The senior race was won by the indomitable, unstoppable Willy Smith, who raced in 20 seconds clear of the ever improving U/17 lad, Chris Doyle.

The ladies' race was won by mudlark Lou Sharp with an excellent run in testing conditions, getting to within one minute of C.Greenwood's record on a day when times were, on average, two minutes down on previous years. Chasing Lou home was Helen Johnson with Charlotte's mum, Karen, third and first veteran.

Helen's partner, Neil Taylor, had his normal below average run.....still suffering, no doubt, from his defeat of almost one minute in the World Uphill Championships (no less) held in Innsbruck, as he battled not to finish last.....this by an almost unheard of runner from Settle (that could be me). A rash statement made earlier in the season "Not a hope of you catching me this season, mate" had now cost him dearly, obviously affecting his form of late and costing him a Pound to boot! (We'll donate it to a good cause).

On with the race..... The male veteran 60 record was smashed by low flying Pete Jepson, reducing the mark by an astounding 3.20, bringing it down to 29.20.

Not to be outdone, the lady veteran 50 record was obliterated by Margaret Jagan who sliced a massive six minutes off the existing record!

Many thanks to all who came along and we hope to see you again next year. You will notice that we are not in the 2003 FRA Calendar; this is because I have been so busy with the race that I forgot to send the form back in time! So, next year is 9 November - same time, same place.

Finally, thanks to the landowners, sponsors, sponsored runners, Ladies of the Guild, marshals, Dave and Eileen, Barbara, Richard Wilson and Roger Dodger (commentator extraordinary).

Barry Slater

1. W. Smith	Kghly	24.25
2. C. Doyle U/17	Kend	24.45
3. L. Kellett	Kghly	25.08
4. A. Stubbs	Clay	25.22
5. S. Fitzpatrick	Hynburn	25.33
6. I. Magee	Skip	25.44
7. W. Ali	Felldancer	26.00
8. C. Fitzpatrick U/17	Hynburn	26.08
9. P. Taylor O/40	Ross	26.09
10. J. Witzczarek	Acc	26.17

**VETERANS O/40**

1. (9) P. Taylor	Ross	26.09
2. (12) C. Speeieight	Kend	26.32
3. (14) S. Addison	Kend	26.36

**VETERANS O/50**

1. (41) I. Robinson	Clay	28.57
2. (48) I. Cookson	RRR	29.16
3. (64) J. Pickup	Clay	30.17

**VETERANS O/60**

1. (49) P. Jepson	Ross	29.20
2. (89) R. Blakeley	Tod	32.54
3. (115) M. McDonald	NthnV	36.21

**LADIES**

1. (29) L. Sharp	Kesw	27.44
2. (40) H. Johnson	Bing	28.46
3. (50) K. Slater O/45	Settle	29.26
4. (58) K. Hawitt U/17	Helsby	29.53
5. (63) D. Gowans	Acc	30.12
6. (74) A. Kelly O/40	Clay	30.57

**JUNIORS**

1. (2) C. Doyle	Kend	24.45
2. (8) C. Fitzpatrick	Hynburn	26.08
3. (17) J. Illingworth	Gigg	26.41

**230 finishers**

**COP HILL FELL RACE  
West Yorkshire  
BM/7m/900ft 10.11.02**

This year's event saw 110 finishers and was a good turn out after a year's absence due to the foot and mouth crisis.

Holmfirth Harriers took the top three places for the men with Mark Buckingham, Andy Shaw and Matthew Pierson. Carol Greenwood, who has recently joined Holmfirth, was first lady making a welcome return to this event. Second lady was Natalie White with Kath Drake in third place.

The seven mile 2 lap course starts at Meltham Cricket club and takes the runners up to Blackmoorfoot reservoir, up again to Cop Hill, down through Helme and back passed the cricket club, each lap comprising 3.5 miles. The weather on the day was as good as it gets in November in Meltham with the rain holding off until the last few finishers came in and just before 'The Cop' was covered in fog.

The event was well supported by local clubs with a large contingent from Holmfirth Harriers and Penistone Footpath Runners. George Erhardt had an excellent run in 4th place despite almost missing the start after his train stopped in Mirfield instead of Huddersfield.

Martin Sturdy

1. M. Buckingham	Holm	46.10
2. A. Shaw O/40	Holm	46.57
3. M. Pierson	Holm	47.15

**VETERANS O/50**

1. R. Kersey	Holm	50.50
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**VETERANS O/60**

1. J. Taylor	Meltham	61.30
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**LADIES**

1. C. Greenwood	Holm	53.15
2. N. White	Holm	54.27
3. K. Drake O/40	Spn	55.44

**110 finishers**

**1st ELRICK EIGHTSOME  
Grampian  
BS/3m/600ft 16.11.02**

After twelve years as a relay the disappointing turnout last year saw this race reinvented as a straight race. The 28 competitors were a welcome increase on last year but well short of the 34 teams of 3 that competed in 1996. Another pleasing feature was that seniors out numbered the wrinkles (just).

With saturated conditions underfoot Dickie Jones's old course record of 22m19s, set on a glorious day when the record was broken on each successive leg, was never under threat but Scottish Internationalist, Mark Rigby, recognized the quality of Dickie's run. Still with the undergrowth continuing to reclaim the tracks used for the cutoffs to the bottom of the steps at the back of the hill, Rigby's run may well stand the test of time!

Behind veteran Mark, the first four places were filled by four different clubs giving pause for thought to local hill running specialists (and promoting club) Cosmic Hillbashers but they swept the board in all the team categories to show their team capabilities!

With sufficient interest to ensure its continuance for at least another year the 13th running of this event will be remembered for the floods that prevented any runners from the North making it to this little classic which happens entirely within the City boundary.

**Ewen Rennie**

1. M. Rigby O/40	Cosmic	22.18
2. D. Duguid	Aberd	23.01
3. G. Brisbane	KingsTri	23.15
4. H. Lorimer	HBT	23.40
5. J. Buchan O/40	Cosmic	23.51

**VETERANS O//40**

1. (1) M. Rigby	Cosmic	22.18
2. (5) J. Buchan	Cosmic	23.51
3. (10) D. Wilkinson	Cosmic	25.56

**LADIES**

1. (15) J. Stephen	Aberd	28.56
2. (23) L. Chelling	Cosmic	33.01
3. (24) E. Stewart O/35	Cosmic	33.14

**28 finishers**

**TOUR OF PENDLE  
Lancashire  
AL/17m/4250ft 16.11.02**

This year's race was again run with Pendle under cloud, in places as dense as I have known it. Other than the cloud, conditions were good - cool with no breeze.

Scoffer led from start to finish with Dave Walker hanging on as long as he could until he lost the pace and Scoffer in the mist on the ridge overlooking the Ribble Valley. He finished over six minutes in front. The next seven runners came in with 47 seconds separating them. This was Scoffer's second win, his first one being in 1991, the first year we organised the race.

I forgot my tags but they caught up with me at CP4 to the great amusement of everybody there!

Congratulations to Vanessa - her fourth win. She beat me to the trig point at the start but I managed to pull away once I got my wind!



Off go the U14's at Kelbrook (Photo Pete Hartley)

My grateful thanks to the marshals on the course and at the start and finish; the response from Clayton Harriers and locals was again tremendous.



All nicely in step up the road at the start of the Tour  
(Photo Steve Bateson)

There are 11 checkpoints on the course and in all the years I have been organiser, we have never missed having a checkpoint marshalled. (91 started - 83 finished).

Thanks also to Gary Wilkinson for sponsoring the race T-shirts and Brian McKenna at Runnerpoint/Winner for the extra T-shirts, also Pete Bland for the numbers and pins and help with the prizes, and Rossendale Search and Rescue for their presence.

#### Kieran F Carr

1. A. Schofield	Borr	2.28.45
2. G. Wilkinson	Clay	2.35.04
3. A. Orr	Clay	2.35.06
4. E. Gamble	Stock	2.35.23
5. D. Naughton O/40	Darwen	2.35.25
6. C. Shuttleworth O/40	Prest	2.35.28
7. S. Bottomley	P&B	2.35.39
8. D. Walker	Clay	2.35.51
9. C. Reade	Bowland	2.39.20
10. J. Tomlinson O/40	Clay	2.40.49

#### VETERANS O/50

1. D. Tait(12)	DkPk	2.44.46
2. (14) J. Holt	Clay	2.46.05
3. (23) K. Carr	Clay	2.52.20

#### VETERANS O/60

1. D. Ashton	Darwen	3.04.05
2. M. Coles	Skyrac	3.18.49
3. R. Jaques	Clay	3.19.45

#### VETERANS O/70

1. B. Leathley	Clay	4.03.21
2. D. Clutterbuck	Roch	4.25.59

#### LADIES

1. V. Peacock O/45	Clay	3.03.09
2. D. Gowans	Acc	3.06.00
3. T. Sloan	Salf	3.13.34
4. K. Thompson O/45	Clay	3.22.51
5. J. Grundy	HeatonH	3.27.07
6. C. Kenny O/40	A,ble	3.36.16

83 finishers

#### KIRKBY MOOR FELL RACE

Cumbria

BM/8m/1600ft 23.11.02

1. J. Atkinson	Amble	51.12
2. P. Brittleton	Howgill	53.27
3. P. Whiting O/40	Kend	58.16
4. C. Valentine O/40	Kesw	58.27
5. A. Miller O/40	Kend	59.34
6. R. Unwin O/40	Kesw	59.52
7. T. Burton	Unatt	61.06
8. D. Ratcliffe O/40	Ross	62.58
9. P. Tuson O/40	Kend	63.10
10. D. Jones O/40	HoadH	63.40

#### VETERANS O/50

1. 16) D. Fell	HoadH	65.50
2. (18) D. Shinn	Dallam	67.18
3. (22) A. Stafford	Kend	72.45

#### VETERANS O/60

1. (19) D. Spencer	Barrow	68.52
2. (39) P. Cockshott	BCR	98.12

#### VETERANS O/70

1. (34) H. Catlow	CFR	78.25
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#### LADIES

1. (23) D. Thompson O/40	Kesw	73.10
2. (30) V. Wilkinson	Amble	75.53
3. (38) S. Sharp O/40	Barrow	78.35

44 finishers

#### RIVOCK EDGE HILL RACE

West Yorkshire

BM/10m/1500ft 24.11.02

With around £500 raised for Silsden's Hothfield Street School swimming pool project and over 150 runners taking part at a time when the sport is still rebuilding after the problems of Foot & Mouth, the Rivock Edge was another successful event.

In purely racing terms, the fact that no one needed medical attention on a cold and foggy day was a testament both to the conditioning of the runners and perhaps to the excellent work put in by chief organiser, Steve Budimir, who marked the course so well that there was no uncertainty to delay competitors.

As a result, everyone got back in one piece with Chris Loftus leading the field home. It came down to a sprint at the uphill finish in Silsden Park and he had legs to win by three seconds from George Erhardt. Fastest lady was Helen Johnson.

#### Stephen Budimir

1. C. Loftus	Kghly	66.34
2. G. Erhardt	Tod	66.37
3. A. Robertshaw	Otley	66.48
4. J. Hemsley	P&B	67.42
5. T. Mason	Wharfe	67.58
6. G. Schofield O/40	Horw	69.27
7. S. Macina	P&B	70.50
8. D. Foster	Otley	71.16
9. A. Clark	CaldV	72.17
10. N. Armitage	P&B	72.37

#### VETERANS O/40

1. (6) G. Schofield	Horw	69.27
2. (11) D. Naughton	Darwen	72.46
3. (12) C. Valentine O/40	Kesw	72.49

#### VETERANS O/50

1. (33) G. Howard	Ilk	78.24
2. (46) P. Booth	Clay	81.17
3. (48) P. Jagan	Bing	81.36

#### VETERANS O/60

1. (60) D. Ashton	Darwen	83.00
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#### LADIES

1. (25) H. Johnson	Bing	76.36
2. (30) S. Newman O/40	CaldV	77.49
3. (53) V. Peacock O/50	Clay	82.01
4. (69) H. Wilkinson	CaldV	85.02
5. (79) S.Mair O/35	Ilk	86.02
6. L. Clough	Wigan	86.34

154 finishers

#### BOWLAND BY BOWLAND FELL RACE

Lancashire

CM/8m/800ft 01.12.02

Overnight rain, which continued well into the morning, failed to deter 153 runners from lining up for the annual mudbath. Just one slight detour when we found the usual crossing of Bier Beck to be too dangerous due to raised water levels.

Adrian Davis, down from Scotland, led the race until the last mile then ran off course to allow Graham Schofield and Peter Brittleton to move through with Graham having a ten second winning margin at the finish. Tricia Sloan was a comfortable winner of the ladies' race in 25 position overall.



Clayton's Dave Windle (and others) take to the waters of Bier Beck at Bolton-by-Bowland (Photo Woodhead)

My thanks once again to all the helpers, marshals, farmers, prize donators and kitchen helpers. A total of £372 was raised towards village funds.

#### Roger Dewhurst

1. G. Schofield O/40	Horw	49.31
2. Peter Brittleton	Howgill	49.41
3. A. Davis O/40	Fife	49.44
4. S. Fitzpatrick	Clay	50.01
5. L. Kellett	Kghly	50.20
6. Paul Brittleton	Howgill	50.29
7. M. Podmore	Clay	50.35
8. T. Cornthwaite Jun	Hynburn	50.48
9. S. Macina	P&B	51.01
10. P. Taylor O/40	Ross	51.12

#### VETERANS O/50

1. (38) P. Booth	Clay	57.39
2. (45) B. Kennedy	Newburgh	58.02
3. (53) G. Breeze	Skyrac	59.00

#### VETERANS O/60

1. (72) M. Coles	Skyrac	61.46
2. (86) R. Jaques	Clay	64.39
3. (87) T. Peacock	Clay	64.49

#### LADIES

1. (25) T. Sloan	Salf	54.58
2. (49) K. Slater O/40	Settle	58.30
3. (56) V. Peacock O/40	Clay	59.18
4. (66) L. Clough	Wigan	60.37
5. (82) J. Robinson O/40	Garstang	64.17
6. (95) J. Foster	Kghly	67.09

151 finishers

#### GARTH RACE

S Wales

3.25m/1050ft 07.12.02

A few forced changes to this fine circuit meant that there was always going to be a course record set for what is now 3/4 miles and 1050 feet of climb (915 of which come in the first 1/4 of a mile). Tom Gibbs was always in front, the tricky ascents and the positively lunatic descents suiting his lobotomised running style. His girlfriend, Astrid Wheatcroft, likewise dominated the ladies' event (despite her relative sanity). Chris Taylor had no close challenger for the vets prize, nor did Steve Littlewood (who must have a picture of an old man in his attic) for the over 50s. Sharon Woods (1st lady vet) might have pushed Astrid harder but for an attack of stitch on the surprisingly difficult run in. Cledwyn Jones was always going to take the over 60s, despite saving himself (so he says) for a cross country on Sunday. He was probably lucky to keep in front of Lynne Handley who finished strongly as first lady of a certain age. Final honourable mention to John



Battersby, first man to carry his pension book and heating allowance over the finishing line. He may want to enjoy his triumph, for Cledwyn will be 65 on Boxing Day.

I had thought that this might be the last running of this race because of the difficulties of erosion, undergrowth (overgrowth?) and fallen trees. (Anyone who does not believe in global warming should see the effort that now goes into scything bracken and trimming brambles this late in the year!). However, every runner not only seemed to enjoy him or herself, but also actually preferred the new routes. It may therefore be that the world's only fell race on a true mountain with a course entirely within a capital city may well be run again next Christmas. Thanks to the good people of Gwaelod-y-Garth for lending us their facilities (sorry we made it difficult for regulars to watch the rugby in the pub afterwards). Particular thanks to K, Jess, Fred and Angie for marshalling, and to Shirley for a superb system of registration which made it easy to distribute the prizes within 5 minutes of the last runner coming in.

#### Del

1. Y. Gibbs	MDC	25.16
2. A. Jones	MDC	25.38
3. M. Duxbury	Unatt	26.39
4. P. Wooddis	ThamesV	26.57
5. D. Adlam	MDC	27.07
6. C. Taylor O/40	Mercia	27.11
7. N. Lewis	MDC	27.13
8. I. Powell	W'bury	27.43
9. S. Littlewood O/50	HerefC	28.19
10. C. Gildersleve O/40	MDC	28.24

#### VETERANS O/50

1. (9) S. Littlewood	HerefC	28.19
2. (14) R. Day	MDC	29.45
3. (20) E. Meredith	MDC	32.42

#### VETERANS O/60

1. (24=) C. Jones	MDC	38.20
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#### VETERANS O/70

1. (27) J. Battersby	MDC	42.01
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#### LADIES

1. (21) A. Wheatcroft	MDC	32.45
2. (22) S. Woods O/35	Eryri	35.33
3. (25) L. Handley O/40	Unatt	39.02

#### 28 finishers

### HEXAMSHIRE HOBBLE Northumberland CM/10.5m/1220ft 08.12.02

The Allendale area was badly hit by last year's foot and mouth disease outbreak and it was a relief to get the Hobble up and running after a 2 year break. Although the rain lapsed, conditions on the boggy bridleways over the Hexhamshire Moor were very wet underfoot.

A record field of 86 turned up including the winning duo in the Elite Karrimor, Morgan Donnelly and Steve Birkinshaw, who both arrived at the race venue on cycles, having ridden several miles, uphill from their homes in the Tyne Valley.

Morgan repeated his victory of 2 years ago, winning by over 2 minutes from Paul Brittleton with David Birch closely behind in 3rd. Syd Coxon had an excellent run finishing 4th and 1st V40.

The over 50 trophy was fought tooth and nail with the first 3 swapping places and all finishing in the space of just over a minute. Peter Graham's final sprint down the road gave him the victory by 13 seconds.

Northumberland Fell Runners Chairman, Ray Hayes, won the over 60 trophy for the third time in succession. Ray has won his category in the last 7 Hobbles and has finished in all 9 races. Surely this is a magnificent achievement and we look forward to him partaking in 2003's 10th running of the race.

As always the team prize was hotly contested between the 2 local clubs, Tynedale Harriers and Northumberland Fell Runners, Tynedale clinching the prize by a single point. This was the last

championship race for Northumberland Fell Runners and 31 members participated, Tynedale Harriers had 20 entrants, so despite the recent foot and mouth disaster local fell running interest has never been better.

Karen Robertson also repeated her victory of 2 years ago, in her fastest time and was 3rd team counter for N.F.R.

Once again the Local Fire Service provided the venue and the proceeds were donated to the Fire Service Benevolent fund.

#### Stewart Beaty

1. M. Donnelly	NFR	1.07.13
2. P. Brittleton	Howgill	1.09.39
3. D. Birch	Kesw	1.09.57
4. S. Coxon O/40	Tyne	1.10.33
5. S. Birkinshaw	NFR	1.10.44
6. K. Maynard O/40	Quakers	1.12.26
7. N. Morris O/40	Low Fell	1.12.45
8. M. Mallen O/40	Quakers	1.12.56
9. J. Dickinson O/40	Tyne	1.13.07
10. N. Cassidy O/40	Tyne	1.15.17

#### VETERANS O/50

1. P. Graham	Tyne	1.21.18
2. E. Morgan	NFR	1.21.31
3. J. Humble	NFR	1.22.23

#### VETERANS O/60

1. R. Hayaes	NFR	1.34.34
2. M. Sanderson	NFR	1.40.50

#### LADIES

1. K. Robertson	NFR	1.19.45
2. A. Trucker	Quakers	1.26.24
3. D. Tunstall	Tees	1.29.34
4. J. Walker O/40	NFR	1.31.21
5. L. Wilkinson	NFR	1.31.38
6. J. Cross	Clare	1.38.14

#### 83 finishers

### CALDERDALE WAY RELAY West Yorkshire 50m/6000ft 08.12.02

Entry for Halifax Harriers' immensely popular 50-mile Calderdale Way Relay was once again over subscribed, with 109 teams applying for entry, of which the last 7 regrettably had to be refused. Of the 102 teams accepted, 96 started out in this the 15th annual running of the event which was supported by Pete Bland Sports.

By the time dawn broke on a clear Sunday morning, the 192 runners who started the first leg were well into their stride and heading up through Copley woods towards Norland Moor and the Calderdale Way proper. The weather was mild for the second year running, much to the relief of the dozens of marshals and timekeepers who were stationed at regular intervals on the South Pennine Moors around Calderdale. However, the conditions underfoot were very wet and there was never any likelihood of records being broken.

In the event, the day belonged to Clayton-Le-Moors, who won the main event and the vet's race as well as having the second ladies' team home. They are one of an elite band of only four clubs who have ever won the senior race (the others being Bingley, Pudsey & Bramley and Rossendale) and this year took the title for the second time by the narrow margin of two minutes twenty seconds. Things could have been different, however, if Pudsey & Bramley, who held the lead on legs 4 and 5, had not lost their three minute advantage when Mick Hill and Jamie Noon, both new to the last leg, went off course. Dark Peak were less than four minutes behind in third.

Bingley Harriers suffered some late withdrawals but when you can turn to runners of the class of former Yorkshire Cross-country champion Colin Moore, drafted in to leg 2 at the last minute, you can still field a strong team and so it proved. Despite an indifferent first leg, they had pulled up to second by leg 2, a position they were still holding at the end of leg 5. However, disaster then struck, when Robin Lawrence felt unwell after the first mile and

struggled from then on to come home with Martin Peace 28th on the leg, giving them Bingley's worst leg position on record. Even so they still managed to come home in fourth overall.



Bingley A in full flight on leg 3 of the Calderdale Relay (Photo Pete Hartley)

There was a new name on the Ladies' trophy for the second year running, Pudsey & Bramley comfortably beating course record holders and seven-times winners Clayton-Le-Moors. Last year's winners Dark Peak put up another good performance to finish only 14 seconds behind in 3rd place.

Clayton-Le-Moors Vets team first competed in 1987 and had seven wins on the trot. In the 4 years that followed they won only once but, this year, they put up a sterling performance holding 5th place in the race proper until the last leg when last year's winners, Kendal, made a strong effort to get on terms and pulled back nearly 2 minutes. However, Clayton's fine team effort saw them home some 2 1/2 minutes in front of Kendal. Rossendale were 1/2 hour behind in third.

An innovation in the last couple of years has been the advent of mixed teams, in which a minimum of 6 athletes must be female. Unfortunately last year's winners, Leeds City, didn't submit their entry in time and so were unable to defend their title. Whether they would have won again is debatable given a very strong showing by Nottingham-based Holme Pierrepont, who led a field of 8 mixed teams to finish over 10 minutes clear of Valley Striders. The Organising Committee felt that the new starting location at Copley was a great success and there was a much better atmosphere at the end where supporters have practically a grandstand view of the finishing tunnel. Runners clearly agreed with this and returned to the clubhouse in greater numbers than ever for the prize-giving.

Once again, the day was a great success and tribute is due to the 80 or so marshals who filled 110 different roles around the course and without whose contribution the race would not have been staged.

Preliminary steps towards the organisation of the 2003 event are already underway and the race will be held as usual on Sunday 12 December - get your entries in early!

1. Bingley 'A'	5.45.40
2. Pudsey & Bramley 'A'	5.59.44
3. Salford 'A'	6.02.09
4. Clayton 'A'	6.06.15
5. Clayton Vets	6.19.18
6. Rossendale 'A'	6.23.10
7. Preston 'A'	6.27.18
8. Dark Peak 'A'	6.30.52
9. Kendal Vets	6.33.49
10. Howich Vets	6.34.18

**LADIES**

1. (41) Bingley	7.30.00
2. (48) Holmfirth	7.41.46
3. Clayton 'A'	7.55.17

**MIXED**

1. (19) Horwich	6.50.58
2. (22) Keighley	6.57.33
3. (36) Valley Striders	7.18.17

92 finishers

**DAVID STAFF MEMORIAL FELL RACE**

**Lancashire**

**BS/5m/900ft 15.12.02**

Darwen Dashers organised the 7th David Staff Memorial Race, which brought two new winners in both the men's and ladies' races. Race numbers were down on the previous year but there was more quality at the sharp end of the field.

Thanks to all the runners, marshals, the Sunnyhurst Kiosk and Akzo Nobel, the race sponsors.

Profits from the race will go to the charity CRY in David's memory.

Thanks Gary Taylor.

G. Taylor

1. G. Ehrhardt	Tod	33.26
2. M. Laithwaite	AchR	33.55
3. R. Thomas	Eryri	34.12
4. D. Hope	P&B	34.45
5. B. Cole	RoyNav	34.52
6. S. Fitzpatrick	Clay	35.09
7. C. Seddon	Horw	35.41
8. L. Kellett	Kghly	35.43
9. T. Smith	Stl Hel	36.05
10. R. Jackson	Horw	35.49

**VETERANS O/40**

1. (19) C. Urmston	FRA	38.24
2. (28) P. Boardman	FRA	39.42
3. (29) M. Nuttar	Clay	39.43

**VETERANS O/50**

1. (15) T. Hesketh	Horw	37.19
2. (26) R. Taylor	Stock	39.20
3. (43) B. Kennedy	Newburgh	41.30

**VETERANS O/60**

1. (55) D. Ashton	Darwen	42.36
2. (86) R. Jaques	Clay	46.44
3. (106) E. Pugh	Chor	48.25

**LADIES**

1. (32) H. Johnson	Bing	39.54
2. (73) Z. Haslma	Darwen	45.01
3. (79) M. Nino	Unatt	45.29
4. (88) J. Robinson O/45	Garstang	46.51
5. (96) K. Thompson	Clay	47.25

164 finishers O/45

**SIMONSIDE CAIRNS FELL RACE**

**Northumberland**

**BM/11m/1400ft 15.12.02**

1. C. Stead	NFR	1.20.29
2. S. Birkinshaw	NFR	1.20.57
3. J. Ross	NFR	1.24.24
4. J. Dickinson O/40	Tyne	1.24.52
5. S. Clark O/40	NSP	1.25.17
6. M. Whitfield	Bing	1.25.44
7. P. McWade O/50	Clay	1.26.09
8. K. Maynard O/40	Quakers	1.26.56
9. C. Upson	W'lands	1.27.12
10. S. Coxon O/40	Tyne	1.28.31

**VETERANS O/50**

1. (7) P. McWade	Clay	1.26.09
2. (18) J. Humble	NFR	1.37.14
3. (19) J. Metson	Elveth	1.37.47

**VETERANS O/60**

1. (52) P. Winter	Morpeth	1.54.27
2. (74) G. Atkinson	Wallsend	2.09.32

**LADIES**

1. (17) B. Whitfield	Clay	1.35.37
2. (37) N. Duggan	Morpeth	1.46.26
3. (43) J. Walker O/40	NFR	1.50.40
4. (47) C. Worth	Mand	1.51.15
5. (60) S. Welsh	Morpeth	1.59.15
6. (62) J. Ryall O/40	Tyne	2.02.19

88 finishers

**THE STOOP**

**West Yorkshire**

**BS/5m/800ft 22.12.02**

'Christmas time, mistletoe & wine', or so the Cliff Richard song goes, but for 27 year old Robert Hope who won this festive race to Oxenhope Stoop and back, it could well be 'Christmas time, chocolate & wine'. Because this sweetie fanatic wasn't content with the kilo of chocolate cookies, tin of celebrations, selection box, Christmas cake, mulled wine, Christmas pudding hat, a game of Operation, the obligatory 2lb of brussell sprouts, he then chose a 1.5 kilo of Cadbury's Miniature Heroes off the prize table. One wonders where he puts all this chocolate, certainly there isn't any show of it on his waistline.

This was Rob's 2nd successive win, and stepped up his personal battle with 4 times English champion Ian Holmes, last year 11 seconds separated the pairing, as Robert ended Holmes' 10 year reign. This year revenge looked on the cards, with Ian forcing the pace like always, he once again was just ahead when they turned for home at the boundary standing stone which marks the turn round. Like last year Ian found it difficult to pick his normal good route off the moor as they raced past other runners on their way up. 'You're dictated to to route choice by the ascending runners, which isn't always my planned route off, but that's part of the race', commented Ian.

Holmes held a slight lead at the beck, but Hope slowly clawed his way back, and even tried his hand at forcing the pace. But neck and neck on to the slopes of Penistone Hill, it was Rob with 300 yards to the finish who made the more determined break, to win by a mere 4 seconds. Rob finished gasping for air, and totally exhausted but overjoyed, because although given race number 1, he hasn't been that keen since the championships ended, and only has the Dunnerdale race victory to his credit of late.

The biggest surprise of the day was 14 year old Alistair Brownlee, who was given special permission to run in the senior race by the organizers. Despite falling heavily on the descent of the bracken banking, (seen by all in the Old Sun Inn on the race video), he finished in 6th place taking the under 18's title in 31-48, virtually completely coated in mud. Certainly the seasoned athletes of Ted Mason and Steve Oldfield were highly impressed, and lucky not to be beaten. That couldn't be said for the other 267 runners behind the youngster who couldn't believe what they'd witnessed. 'It was a very gritty performance and Alistair 3 times



Alex Wheatman (2nd U16 girl) trying very hard indeed at The Stoop (Photo David Brett)

National Triathlon champion is definitely a name to watch for in the future' the organiser said. Alistair's ability is scary, he's 3 times Yorkshire Cross Country champion, twice won the Yorkshire fells trophy, was 2nd in the X-C schools cup and helped the British triathlon team to gold medals in the European relay championships in Austria. The talent doesn't stop there, the Brownlee family had two others competing, 12 year old Jon finished 3rd in under 12 boys whilst 7 year old Edward won the under 8 boys race. The two older Brownlees are under Tony Kingham and Mike McCartney's guidance, while a fell running legend, 'Rolling Stone' Jack Maitland is their mentor for the triathlon discipline, since he was one of the worlds best and now coaches.

Northern Ireland international, Trish Sloan won the ladies race from 2000 Stoop winner Lisa Lacon with junior GB orienteer Liz Day 3rd. This was Trish's first Haworth moor win, and shows she's in good form after winning Bolton by Bowland two weeks previous, but co-opting Geoff Newsam into carrying the haul is against the crackerjack style prize giving, which the crowd voiced.

Once again the Quarry runs seem to attract the young fell runners with 17, under 8's being led home by Chloe Chew in 2-07, with the two Rosie's Addison 2nd, and Helliwell 3rd girls. These two also finished 3rd and 4th in the race as girls out numbered boys, this scenario happened in the under 16's race also where Scarborough's Abbie Johnson also won outright like Chloe, beating James Kraft and Sean Mcvittie before the other 8 runners all girls raced in.

Matthew Hurst set a new under 14's record by one second with u14 David Shepherd, then u12 James Mountain sprinting up the quarry wall finish. Halifax's, u10 Ben Page finished 8th overall in amongst much older kids, while Sophie Varley, u12, beat u14 Jade Hartley before Jenny Addison, u10, had Rachel Cooper, u12, and Amy Leeming, u14 on her heels. But the races are also about enjoyment, with not only prizes to the first 3 boys and girls in u8, u10, u12, u14 & u16, but spot prizes are plentiful. Of course not forgetting maybe the goody bags to all 84 finishers, free coffee and biscuits, overcomes the sometimes cold venue of Penistone Hill.

Seymour Hills

1. R. Hope	P&B	28.51
2. I. Holmes	Bing	28.55
3. G. Ehrhardt	Tod	31.02
4. T. Mason	Wharfe	31.20
5. S. Oldfield O/40	BfdA	31.34
6. A. Brownlee U/18	Bing	31.48
7. C. Miller	Hgte	32.04
8. J. Hemsley	P&B	32.09
9. S. Macina	P&B	32.19
10. A. Clarke	CaldV	32.22

**VETERANS O/40**

1. (5) S. Oldfield	BfdA	31.34
2. (13) M. Brown	Clay	33.00
3. (14) T. Chew	Clay	33.06

**VETERANS O/50**

1. (23) P. McWade	Clay	34.02
2. (45) J. Pickup	Clay	37.09
3. (47) K. Taylor	Ross	37.12

**VETERANS O/60**

1. (83) D. Ashton	Darwen	39.33
2. (97) P. Covey	P&B	40.35
3. (106) T. Minikin	Kghly	41.07

**LADIES**

1. (43) T. Sloan O/35	Salf	36.59
2. (64) L. Lacon	Holm	37.53
3. (75) L. Day	Ripon	38.47
4. (109) S. Muir O/35	Ilk	41.13
5. (114) C. Pollard O/40	Thirsk	41.50
6. (117) V. Rusuis	Pendle	41.57
7. (119) J. Smith O/40	Tod	42.19
8. (123) S. Boyes U/18	Scarb	42.27

272 finishers

## Quarry Races

### Under 16s

1. A. Johnson Girl	Scarb	12.27
2. J. Kraft	Scarb	12.50
3. S. McVitie	Pendle	12.55

### 11 finishers

### Under 10s, 12s and 14s

1. M. Hurst U/14	Skip	5.11
2. D. Shepherd U/14	Settle	5.27
3. J. Mountain U/12	Skip	5.36
4. T. Mountain U/14	Skip	5.57
5. D. Caton U/12	Unatt	6.04

### 56 finishers

### Under 8s

1. C. Chew Girl	Pendle	2.07
2. E. Brownlee	Bing	2.17
3. R. Addison Girl	HelmH	2.20

### 17 finishers

## TURKEY TROT

### Mourne Mountains

AS/5.5m/1500ft 26.12.02

Seldom has the Turkey Trot enjoyed such benign weather conditions with temperatures well above the seasonal norm and virtually no wind. The compulsory gear check caught some competitors without their full ration of stuffing, so some re-ordering of the trimmings was required before the Turkeys were ready to be despatched.

Fifty three fully kitted runners soon gobbled up the grassy track and before long were skipping around the flanks of Slieve Meelmore before climbing to the Bernagh Col.

Previous winner, Neil Carty, opened up a sizeable gap on fellow World Trophy team members, Garath Arnott and Simon Taylor. Paul Mawhirt was also in close attendance as was Francis O'Hagin, the leading vet. Violet Cordiner had the ladies' race to herself, well ahead of new face, Catherine Marshall.

No records were threatened as the damp underfoot conditions slowed progress but Neil Carty wasn't worried and won with a commanding advantage over Simon Taylor, who edged Garath Arnott for second place. Violet Cordiner easily won the ladies' race and Brian McBurney claimed the vet's title, following a crunching tumble which put Francis O'Hagan out of contention.

Mince pies and mulled wine were consumed with gusto at the Tollymore Mt Centre, the marshals thanked, and the prizes provided by the Belfast Outdoor Shops, Surf Mountain, Jacksons and Tisos were distributed. Neil Carty, as winner of the race, collected the Martin McMahon Trophy - ten years after it was first raced for and ten and a half years since the tragic death of the popular young Barf runner whom it commemorates.

### Jim Brown

1. N. Carty	NBelf	45.47
2. S. Taylor	BARF	48.29
3. G. Arnott	Willowf	48.38
4. P. Mawhirt	N'castle	49.54
5. M. Cowen	LVO	53.20
6. S. Linton	BARF	53.28
7. B. McBurney O/40	N'castle	53.54
8. R. Cowen	Willowf	54.04
9. J. Somerville	BARF	54.15
10. M. McKibben	TeamPur	55.09

### VETERANS O/40

1. (7) B. McBurney	N'castle	53.54
2. (16) C. McCann	ACKC	58.42
3. (25) P. McClenaghan	BARF	60.40

### VETERANS O/50

1. (13) D. McHenry	Willowf	56.37
2. (30) B. Magee	Larne	61.47
3. (31) F. Hammond	BARF	62.02

### LADIES

1. (41) V. Cordiner	LVO	67.42
2. (46) C. Marshall	LTL	72.48
3. (48) A. Shannon	Unatt	74.16
4. (53) P. O'Hara	BARF	88.49

### 53 finishers



The "Pyramids 'R' Us" team at Whinberry (Photo Steve Bateson)

## DEVIL'S CHAIR DASH

### Shropshire

AS/3m/800ft 26.12.02

In the 24th year of this race, there was a new record for Tim Davies. The entry fees are a donation to the Shropshire & North Wales Hospice and £900 was raised.

The weather was fine and plenty of people stayed for the free soup and sandwiches and coffee provided by the Stiperstones Inn, which organises the event.

The event is on again in 2003 but, unfortunately, it is not in the calendar (organiser's mistake!!)

### John Sproson

1. T. Davies	Mercia	21.15
2. T. Werrett	Mercia	22.04
3. K. Satokes	Unatt	24.12
4. I. Hughes	Unatt	24.17
5. A. Yapp	Mercia	24.30
6. T. Higginbottom	Unatt	24.47
7. M. Clewes O/40	Mercia	24.51
8. A. Brown	Unatt	25.01
9. R. Alldridge	Mercia	25.08
10. O. Mott	Unatt	25.22

### VETERANS O/40

1. (7) M. Clewes	Mercia	24.51
2. (11) G. Jones	Sshrews	25.27
3. (12) R. Mapp	Ludlow	25.29

### VETERANS O/50

1. (14) B. Dredge	Mercia	26.09
2. (31) M. Hand	Unatt	28.54
3. (45) A. Morris	Wrekin	30.48

### LADIES

1. (57) J. Ewels	Wrex	31.47
2. (59) C. Leventon	Wrekin	31.57
3. (90) W. Walton O/35		34.16
4. (103) J. York O/35		35.16
5. (109) F. Hill		35.29
6. (110) J. Fletcher O/35		35.42
7. (133) H. MacDonald		38.18
-Jones O/35		38.18
8. (137) J. Leventon O/35		38.30

### INTERMEDIATES - BOYS

1. (18) B. Griffiths		27.11
2. (38) J. Humphreys		29.31
3. (46) J. Hatton		30.54

### JUNIORS - BOYS

1. (67) T. Griffiths		32.31
2. (100) R. Blakemore		34.58
3. (105) M. Roberts		35.18

### 374 finishers

## WHINBERRY NAZE DASH

### Lancashire

BS/4m/750ft 26.12.02

The best turnout for years despite the torrential rain. With three times winner Rob Hope absent, brother Danny was hoping to keep up the family tradition but couldn't match the in-form George Erhardt.

Lucy Whittaker broke her own record to take the honours for first lady.

Rossendale fancy dress team led by Nigel Gotts easily won first place as usual with another outlandish creation; a fairly large pyramid carried by Cleopatra and a bunch of Egyptians although a pretty scary bearded Lara Croft was a close second. Good to see lots of people joining in the spirit of the occasion although there is still plenty of competition at the sharp end.

Father Christmas was present at the top of Cowpe Lowe as usual but one of his elves forgot to order the smarties and other chocolates had to be substituted. I had more complaints about that than the weather!

### Steve Duxbury

1. G. Eherhardt	Tod	24.00
2. D. Hope	P&B	24.14
3. S. Livesey	Clay	24.30
4. M. Aspinall O/40	Clay	25.00
5. S. Fitzpatrick	Clay	25.26
6. G. Schofield O/40	Horw	25.49
7. M. Lee (Bob Hope)	Ross	26.00
8. S. Hoyle	Ross	26.01
9. A. Hallahan	Horw	26.05
10. A. McFarlane	Clay	26.07

### VETERANS O/50

1. (23) J. Hope	AchR	27.40
2. (28) J. Holt	Clay	27.47
3. (29) K. Taylor	Ross	27.49

### LADIES

1. (27) L. Whittaker	Saddle	27.46
2. (30) T. Sloan	Salf	27.57
3. (52) S. Ider	Bing	30.05
4. (65) A. Kelly O/40	Clay	31.30
5. (86) C. Parfitt	Tod	33.55
6. (87) D. Kenwright	SarnH	33.58

### 197 finishers O/45

## BRISCOE'S AULD LANG SYNE

### West Yorkshire

BM/6m/900ft 31.12.02

Business as usual prevailed at the official 9th Auld Lang Syne race although in 1996 a ghost race was run, i.e. officially postponed, but because so many turned up a race was run, with that man Ian





Tom Cornthwaite of Hyndburn leads a group at Auld Lang Syne (Photo David Brett)

Holmes having won every race. So next year sees him going for glory and honour, with his 10th straight win, just like he did in the Stoop event 2 years ago.

Ian was installed with race number one, while rival Rob Hope was unimpressed with being given number two, and certainly bent numerous runners ears about this unjust action by the organizers; since he'd beaten Ian at the Stoop 9 days earlier.

Was it this issue that made Rob set off at 'warp factor 9'? because this is completely opposite to Rob's tactics whenever racing Ian in the past, it did initially shock Ian, but in hindsight it wasn't very 'enterprising'.

In fact Ian was totally untroubled in the race and easily won in 35-26, only just over a minute outside his own 1996 record of 34-20, very impressive considering the heavy muddy conditions. Ian's New Year was bound to be a boozy affair as his prize booty would testify. This was Rob's only second Auld Lang Syne race, and he found the 15 minute



Ian Holmes heading determinedly for an amazing 10th successive victory at Auld Lang Syne (Photo David Brett)

laughs and curses, these you thought weren't too imposing, but once stepped in they sucked your legs, and felt like quick sand. 'Even though I know the Stoop and Auld Lang Syne well, one of the bogs caught me out. With Andrew Robertshaw following my every step, we both ended up side by side in one, unable to move for what seemed an eternity but was really only half a second. Ted Mason gleefully floated over the bog, I can't swear by it but did he use Andrew and me as stepping stones?' commented 7 times over 40 winner Steve Oldfield in 6th, and probably by numerous others in the 366 strong field.

In the ladies, 33 year old, Lucy Whitaker obviously found the bogs to her liking by repeating last year's victory, which added to her new improved record at the Whinberry Naze Dash in Boxing Day. Sharon Taylor, the FRA magazine front cover girl, finished second after battling with Lisa Lacon on the return from the Stoop. Sharon a winner at Wansfell 2 days prior, and a winner at Dalehead, is improving with every year. Although Sharon has competed since the age of 9 at all disciplines of athletics, to beat 2 hours at the Ben Nevis race, was a big personal and athletic break through; being 3rd lady just added an extra bonus. A regular contributor to any Bingley Harriers' team competitions, Sharon can always be relied upon and deservedly picked up championship team medals with the Bingley ladies; where she contributed the most. Along with Pauline Munro 4th and Kirsten Bailey 8th, they took the only chocolate off the prize table, which was given to the men's and ladies' teams - Bingley Harriers.

The race video proved an hilarious success, as runners in the warmth of the Old Sun prize giving nurturing a pint or two watched themselves and others negotiate the muddy conditions, and especially the entertaining attempts at crossing the two deep bogs.

*Eddie Nuff*

1. I. Holmes	Bing	35.26
2. R. Hope	P&B	36.52
3. A. Peace	Bing	37.35
4. A. Robertshaw	Otley	39.07
5. T. Mason	Wharfe	39.17
6. S. Oldfield O/40	BfdA	39.24
7. P. Brittleton	Howgill	40.02
8. A. Clarke	CaldV	40.49
9. I. Greenwood O/40	Clay	40.53
10. B. Cole	Horw	40.55

**VETERANS O/50**

1. (25) T. Hesketh	Horw	42.43
2. (33) R. Taylor	Penn	43.27
3. (45) J. Holt	Clay	44.26

loop along the water channel, Top O' Stairs and skyline run a little puzzling. Since when he last ran here it was the first ever race in 1994, but that was shortened due to blinding blizzards and heavy snow to the 5m/800ft Stoop race route. Here he did finish 4th behind of course Ian, Colin Donnelly and Sean Willis.

The other talking points of the race were the official starter Louie Holmes (Ian's son), how he has grown from the babe in arms in the millennium year, to a right little tornado now, just ask Zina or Ian. But the 3 deep bogs off Oxenhope Stoop brought about the most conversation,

**VETERANS O/60**

1. (108) D. Ashton	Darwen	49.07
2. (148) P. Reynard	Felland	50.59
3. (230) J. Emmott	BfdA	56.01

**LADIES**

1. (56) L. Whittaker	Saddle	45.21
2. (85) S. Taylor	Bing	47.24
3. (88) L. Lacon	Holm	47.33
4. (100) P. Munroe	Bing	48.30
5. (110) E. Leggate	Harrow	49.09
6. (120) E. Barclay O/35	Ilk	49.40
7. (137) V. McParland	Abbey	50.38
8. (138) K. Bailey	Bing	50.41

*364 finishers*

**GIANT'S TOOTH RACE**

**West Yorkshire**

**CS/3m/400ft 01.01.03**

Many, many thanks to all who turned out on such a miserable, murky day at Ogden. I hope everyone enjoyed themselves and made it their New Year's resolution to come and run with us again. Congratulations to Tim and Sally on their superb record breaking runs.

Thanks to all the marshals and helpers who gave up their own chance to run, to the staff and wardens at Ogden Water, Steve and Nicky at the Causeway Foot Pub and our sponsors, Connect Business Finance, who paid for the 2003 diaries. Also, a big thank you to the runners who very generously donated prizes.

*Allan Greenwood and Linda Crabtree*

1. T. Austin	DkPk	17.13
2. D. Burgess	Otley	18.08
3. R. Sturgess	Hfx	18.54
4. M. Mason	Hfx	18.54
5. S. Birtwistle	Ross	19.15

**VETERANS O/40**

1. (9) M. Crabtree	Hfx	20.02
2. (10) G. Phillips	PudseyP	20.08
3. (14) P. Grimes	Hfx	20.17

**VETERANS O/50**

1. (8) J. Holt	Clay	19.55
2. (12) K. Taylor	Ross	20.11
3. (17) S. Moss	Spenn	20.36

**LADIES**

1. (13) S. Newman O/40	CaldV	20.14
2. (23) S. Becconsall O/40	Bing	21.22

*31 finishers*

**AROUND LLYN LLYDAW FUN RUN**

**Gwynedd**

**CS/5m/594ft 01.01.03**

A rather damp, dismal and cold day greeted the year 2003 in Snowdonia and 47 runners gathered at Pen Y Pass to welcome it in by taking part in the 28th Llyn Llydaw race.

The rain over the last day or so added a different dimension to the snow and ice of last year - the rivers ensuring all finished with very wet feet.

Many thanks to the hospitality provided by the Pen Y Pass Youth Hostel.

*Harvey Lloyd*

1. P. James		46.17
2. A. Jackson		46.58
3. R. Hutton		47.14
4. S. Hutton		48.22
5. S. Middleton		49.25
6. T. Harling		49.33
7. M. Blake		49.51
8. J. Bennell		50.12
9. T. Holt		50.24
10. D. Hill		50.55

**LADIES**

1. (19) R. Metcalfe		58.49
2. (28=) Astrid U		67.42
3. (28=) E. Paterson		67.42

*47 finishers*

### NINE STANDARDS FELL RACE

Cumbria

BM/8m/1800ft 01.01.03

With contrasting weather conditions, mild and calm at the start, white wintry and hostile at the Nine Standards, newly weds Phil and Helen Winskill ended their honeymoon on a high taking first male and first female.

Stephen McWhirter

1. P. Winskill	DkPk	59.12
2. E. Nash	Kend	59.29
3. P. BrittletoN	Howgill	60.04
4. S. Pike	Trentham	61.02
5. M. Denham-Smith	Kesw	61.20

#### VETERANS O/40

1. (14) C. Lumb	Kend	66.29
2. C. Valentine	Kesw	66.48
3. A. Miller	Kend	67.14

#### VETERANS O/50

1. (12) M. Walsh	Kend	65.58
2. (26) M. Moss	Howgill	70.37
3. (30) N. Hambrey	Kend	72.41

#### VETERANS O/60

1. T. Faulkner	Wilms	91.19
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#### LADIES

1. (34) H. Winskill	DkPk	73.49
2. (40) D. Tunstall	Tees	80.05
3. (45) H. Whitham O/40	Quak	85.29
4. (48) W. Dodds O/50	Clay	88.37

55 finishers

### HILL FORTS & HEADACHES FELL RACE

Northumberland

AS/3m/1020ft 01.01.03

Record times by Matt and Beverly Whitfield in less than perfect conditions.

A record entry also regardless of the rain and snow at a higher level.

Good times by the leading runners, perhaps they were all in a hurry to get back to the ever friendly Newcastle Hotel start venue with soup and rolls awaiting!!

R. Hayes

1. M. Whitfield	Bing	22.05
2. M. Sprott	DkPk	25.50
3. P. Grey O/40	Alnwick	26.50
4. R. Matheson	NATO	27.33
5. B. Whitfield Lady	Clay	27.44
6. G. Owen O/40	NFR	27.50
7. F. Morgan O/50	NFR	28.14
8. G. Davis O/40	NFR	28.30
9. S. Oxley	Settle	29.20
10. S. Gardner	NFR	29.24

#### VETERANS O/50

1. (7) F. Morgan	NFR	28.14
2. (12) J. Cockburn	Alnwick	29.43
3. (13) J. Dallinson	NFR	29.55

#### VETERANS O/60

1. (35) D. Smith	ElvetH	34.55
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#### LADIES

1. (5) B. Whitfield	Clay	27.44
2. (23) J. Walker O/35	NFR	32.18
3. (25) S. Scott O/35	Gates	32.44
4. (27) R. Layton O/35	ElvetH	33.28
5. (31) S. Welsh	Morpeth	34.00

56 finishers

### TAP O' THE NORTH

Grampian

1. S. Reeve	MRR	54.21
2. C. Prynbe	Cosmic	55.28
3. K. Robertson	Cosmic	55.55
4. G. Angus	Keith	56.09
5. E. Harwood	Unatt	56.54

#### VETERANS

1. (8) A. Germieson	Unatt	58.39
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#### LADIES

1. (10) R. McKenzie	Deeside	62.04
2. (16) D. Heyer	Cosmic	69.14

24 finishers

### OVENDEN FELL RACE

West Yorkshire

BM/8m/1200ft 04.01.03

I cannot thank enough, the superb small army of people who made this race possible. Tony Bradley who gave up Friday afternoon to help me flag the course in freeeeeeezing conditions, Carole and Michael on registration and finish recording, Bill Smith who came all the way from Liverpool by public transport to help out at the finish and Brian and Paul who gathered all the markers in and shepherded the runners.



Andrew Cutts (Valley Striders) and Ken Taylor (Rossendale) start the downhill piste at Ovenden (Photo Pete Hartley)

Also, a big thank you to those of you who helped me get the car to the registration point on glass ice, then showed patience and understanding when I had to move registration to the visitor centre in mid flow.

Lastly, thanks to Calderdale Countryside wardens at Ogden for the marquee facility and The Causeway Foot pub for good ale and good grub afterwards. I hope you enjoyed it.

The spot prize idea worked and went down well. Come to Ogden Moors on February 1st for more of the same. Cheers.

Allan Greenwood

1. K. Gray	CaldV	61.59
2. P. Dobson	Spn	62.33
3. S. Oldfield O/40	BfdA	63.33
4. P. Grimes O/40	Hfx	65.56
5. B. Green	BfdA	66.08
6. S. Gregory	HolmeP	66.17
7. C. Valentine O/40	Kesw	66.21
8. S. Birtwistle	Ross	66.27
9. T. Taylor O/40	Ross	67.03
10. J. Holt O/50	Clay	67.05

#### VETERANS O/50

1. (10) J. Holt	Clay	67.05
2. (19) K. Taylor	Ross	69.39
3. (29) J. Dore	Roch	71.08

#### VETERANS O/60

1. (78) R. Jaques	Clay	80.22
2. (80) J. Devlin	Tod	80.42
3. (91) G. Arnold	Prest	85.03

### LADIES

1. (36) J. Smith	DkPk	72.21
2. (77) C. Preston O/35	Kghly	80.28
3. (86) H. Barber O/35	Kghly	82.28
4. (87) M. Jagan O/50	EPOC	82.39
5. (92) J. Hayes O/45	CaldV	85.30
6. (93) R. Oldham	Knaves	85.39

122 finished

### LARA SINING CLIFFS FELL RACE

Derbyshire

BM/6.75m/1100ft 12.01.03

The opening races in the annual Lara Shining Cliff Fell Race series took place on an ice bound and muddy course in the popular woods in Ambergate.

In a close finish, just two seconds separated Lewis Banton from the winner, Tom Plant. A nasty fall by Plant half way round the opening of the two laps saw Banton seize the initiative but, despite blood streaming from a knee cut, Plant clawed his way back to win on an uphill sprint finish.

The ladies' event was won by Christine Howard, who slashed a massive six minutes from her winning time in 2002.

David Denton

1. T. Plant	DerbyTrio	51.38
2. L. Banton	Clowne	51.51
3. J. Chambers	Sstock	53.18
4. D. Cross	SuttAsh	53.26
5. L. Pridmore	Granth	53.32
6. C. Rowe O/40	Matlock	54.47
7. R. Bradbury	Matlock	55.44
8. A. Carruthers O/40	Crawley	56.11
9. R. Ford	LongEat	56.56
10. M. Stocks O/40	Ashb	57.04

#### VETERANS O/50

1. (13) P. Pittson	Erewash	57.53
2. (17) M. Moorhouse	Matlock	59.03
(28) M. Cortvriend	Macc	63.34

#### VETERANS O/60

1. (22) L. Haynes	Bing	61.28
2. (59) D. Haynes	NDerby	76.02
3. (64) F. Makin	HolmeP	77.12

#### LADIES

1. (16) C. Howard	Matlock	58.26
2. (19) L. Lilley	Mans	59.48
3. (35) R. Heath	Charnw	65.33
4. (43) K. Land	Unatt	68.21
5. (44) A. heading	MiltMil	68.23

78 finishers

### NOT THE EL-BRIM-ICK-DASH

Scotland

2 x 2000m of a loop in forest 12.01.03

With the path up Elrick looking more like a toboggan run than anything runnable, the risk assessment resulted in the first cancellation of this event in its history. However, not wanting to disappoint the punters, the Kirkhill Cross Country Series was born.

1. D. Whitehead	Cosmics	18.50
2. H. Lorimer	HBT	18.59
3. S. Riverts	Cosmics	19.29
4. A. Smith O/40	Deeside	19.53
5. R. Coombs O/40	Deeside	20.06

#### VETERANS O/50

1. (13) I. Jolliffe	Cosmics	21.59
2. (14) M. Bryce	Garioch	22.13
3. (17) A. Fulton	AAAC	23.00

#### LADIES

1. (10) C. Miller	Cosmics	21.40
2. (21) L. Noble O/40	Cosmics	24.32
3. (23) L. Chellingsworth	Cosmics	26.14

26 finishers

Junior course - 2000m loop in forest

1. D. Leel Boy 13	12.01
2. F. Prentics Girl 12	12.17
3. R. Davies Boy 10	12.20

7 finishers

# Championships 2003

Once again we give you below a breakdown of this year's Championship Races, with as much detail as we have been able to muster from a variety of sources both to give you the "flavour" of the events and to help you with accommodation, parking, etc.

## British Championship

**SLIEVE BEARNAGH** Northern Ireland. Saturday 5th April 2003. 12.00 noon. Happy Valley, Mourne Mountains, County Down. 4 miles/2700 feet.

**Registration & parking** at roadside (GR 293 297) Start: 12 noon Entry £5 by 28th March

**Organiser:** Simon Taylor, 52 Blydon Drive, Belfast, BT9 5JN. Telephone: 028 90280790. Optional meal available at prizegiving in Newcastle- details on entry form, available from [simontaylor@ntlworld.com](mailto:simontaylor@ntlworld.com)

**Course:** Map: Mourne Country : OSNI 1:25000

**Start** Corner of Forest 293 294

Slieve Meelbeg 301 279

Slieve Meelmore (tower) 306 287

Slieve Bearnagh(wall corner) 313 280

**Finish** at sheep pen 294 294

**Introduction:** Slieve Bearnagh (2,394 feet) is easily recognisable with its obvious rocky tors and the race also includes the two neighbouring peaks of Meelbeg and Meelmore. Although there has been a Bearnagh race for many years, this race is over a new route specially for the British Championship, which combines the best of the old route and the Meelbeg - Meelmore race. It is a cracking course and with three 2,300 foot peaks it certainly gives value for money for a short race and we hope it makes the journey for many across the Irish Sea worthwhile. With vital statistics of 4 miles and 2,700 feet of climb it is no surprise that there is not much flat running in it! The start is at the foot of 'Happy Valley' (not named on the map) which is just a couple of miles north east of Spelga, venue for last year's British Championship race.

**Course description:** The start is at the top corner of the forest and the first few hundred metres will be flagged to get everyone neatly up on to the broad grassy ridge which is followed to the summit of Meelbeg. This was the second peak in last year's Spelga Skyline, but the approach is from a different side and the routes do not overlap. It is a short and fast descent down beside the Mourne Wall to the col with Meelmore, then a traverse over some rougher ground towards Bearnagh.

The climb is only about 700 feet, but steep and there will be some taping and a one way system round the checkpoint which is where the wall corner meets a small tor. This 'lane separation' will keep ascending and descending runners clear of each other as the slope is eroded and loose in places, but no real scree as such. Keep out to the south of the wall near the bottom of the descent as it disappears over a section of rock slabs.

The Mourne Wall is followed up over predominantly rocky ground, climbing about 600 feet, to the tower at the summit of Meelmore. From here it is a fairly direct **plunge** over short heather and grass with a few stony patches to finish at the **sheep pens**, about 100m across the river from the start. We gave the course a test run with the Nimra end of season handicap last October and I estimate that the men's winning time will be about 41 minutes.

**Accommodation:** There are plenty of B&Bs, guest houses and self catering cottages in the region, with Newcastle the main centre. Newcastle has a Youth Hostel and there is a well appointed campsite at Tollymore Forest Park. Just a mile or so from the course is Meelmore Lodge (grid ref 305 307) which has a basic campsite, showers and a cafe. Details are available from Tourist information offices:-

Newcastle  
Central Promenade

Newcastle  
Co Down  
BT33 0AA

tel: 028 4372 2222

fax: 028 4372 2400

e-mail [newcastle@nitc.net](mailto:newcastle@nitc.net)

Tollymore Campsite : 028 4372 2428

**Websites** [www.kingdomsofdown.com](http://www.kingdomsofdown.com)  
[www.visitcoastofdown.com](http://www.visitcoastofdown.com)

**E-mail:** [info@kingdomsofdown.com](mailto:info@kingdomsofdown.com)

**Travel:** You can travel to Belfast and Larne by ferry from Stranraer, Cairnryan, Troon and Heysham. Also Dublin/Dun Laoghaire from Holyhead.

Stena, P&O and Seacat all operate services and it is often worth shopping around for special offers.

Newry  
Town Hall

Newry  
Co Down  
BT35 6HR

028 3026 8877

028 3026 8833

Meelmore Lodge : 028 4372 6657

Newcastle YH : 028 4372 2133

P&O: 0870 24 24 777

Stena: 08705 70 70 70

Seacat:

08705 523 523

[www.poirishsea.com](http://www.poirishsea.com) [www.steneline.co.uk](http://www.steneline.co.uk) [www.seacat.co.uk](http://www.seacat.co.uk)

By air you can travel to Belfast City and International airports. Easyjet fly to Belfast International.

**Map:** The Mourne Country Outdoor Pursuits Map is published by Ordnance Survey Northern Ireland. Tel: 028 9025 5755 Fax: 028 9025 5700

**Prizegiving:** This will be held at an establishment in Newcastle and details of the optional meal which can be ordered will be included on the entry form. Showers are available for a small charge at the Newcastle Centre (Tourist Info) and Meelmore Lodge. Website: [www.nimra.org.uk](http://www.nimra.org.uk)

**STUC A CHROIN 5000 HILL RACE** Saturday 3rd May 13.00hrs. AL. 15mls/5000 ft. Entry on day only - £5.

A really great race even if there is a lot of track running - the village of Strathyre makes a big effort to make their race memorable. It's the only race I've done where the marshals take bottled water on the hill for the runners - Highland Spring sponsor it. The ceilidh is a good warm up for the biggy at Jura!

Stuc a Chroin is the left of the 2 big hills you can see from the M9 north of Stirling.

**Registration:** on start field which is on your right as you enter the village at GR 561167

**Parking:** there is a public car park on the left just after you enter the village. Toilets here but no showers.

**Accommodation:** there are 3 hotels, several b&bs and chalets to let in Strathyre but remember it is a Bank Holiday (in England at least) so book early. There is a good campsite on your left just before you enter the village. TIC Callander, tel: 01877 330342.

**Course:** Map OS Landranger 57 Stirling and the Trossachs area.

Despite being a long race large parts of the course are flagged mainly due to the hills immediately to the east of Strathyre being extensively forested. The race starts (and finishes) with quite long run outs (ins?) on forest tracks to get you over to Meall Mor. From the end of the forest track you climb steeply and follow flags over tussocky undulating ground which lead you to the descent into Glen Ample. This big glen comes as a bit of a shock to the unprepared but is why the race has 5000ft of climbing - you have to climb back out on the return. The second shock to the unprepared - not you now - is that Stuc a Chroin is not the hill in front of you but is 'hidden' by a Corbett, Beinn Each (811m, GR 602158) which is a control. Corbett baggers will know that they are defined by having a drop of at least 500ft between each listed hill and any adjacent higher one. The higher one in this case being Stuc a Chroin which is 2.5k to the north east along a knobbly ridge. You descend steeply north from Beinn Each to Bealach nan Cabhar and pick up an old fence line over several minor bumps to Stuc a Chroin Summit (972m., GR617174).

Return, steep at first, to control on Bealach nan Cabhar which is usually manned by a hairy kilted Scot waving a St. Andrews Cross - this IS the full experience - and thankfully pointing you down into Glen Ample and not back up Beinn Each. The descent is steep and rough in places. Aim for a ruined wall on the far side of the Glen which you climb or grovel up to pick up the tussocky undulating bit that takes you back along the flags to the track end. A bit of cursing or maybe singing will take you mind off the pain as you trot along the forest track back to the finish. The last bit at least is quite steep.

**Records:** Ian Holmes 1.59.22 1997 Angela Mudge 2,22.47 2000

**Ceilidh:** in evening is in the Village Hall which is virtually the last building on the right as you go north.

**MOEL EILIO RACE** Saturday 17th May 2003. 1.00 p.m. AM. 8m/3000ft. Entry on the day only - £4.

A fine ridge run makes a Classic race despite a long run in - the course should be familiar to runners in 2001 FRA Relays.

**Registration:** is at Llanberis Community Centre - same place as the Snowdon and Peris Horseshoe races - 582599. There are toilets, changing but NO showers.

**Parking:** is in the village of Llanberis - limited free parking at the Community Centre but best alternative would be Electric Mountain Museum or Snowdon Mountain Railway car parks - less than 5mins. from registration.

**Accommodation:** loads of b&b, several campsites and a Youth Hostel - the race starts here.

TIC: 012886 870765. Useful website -North Wales Tourism - [www.nwt.co.uk](http://www.nwt.co.uk)

**Start and Finish:** the race starts and finishes at Llanberis Youth Hostel at GR573597.



Turn left at the Spar shop in the middle of the village and follow the road until you reach the start. The route to the start will be signposted. (be grateful the race does not start up the road!)

**Course:** Map: Os Landranger 115 Snowdon or OS Explorer OL17 (Snowdon & Conway Valley)

From the start take tracks out to control 1 (563598 - gate). The main climb starts here- all the way to the summit of Moel Eilio- control 2 (566577)- on a good track/path on the west side of the wall/fence - this is the reverse of leg 3 of the 2001 FRA Relays. Continue along switchback ridge to Foel Gron- control 3 (564566) and Foel Goch- control 4 (571563) from where you descend steeper ground to control 5 (573559) - valley head. The final climb from here to the summit of Moel Cynhorian- control 6 (586504) - always seems to take longer than it should but the steep descent into Maesgwm is sweet compensation - control 7 (578572) - footpath. The route back to the hostel follows the track all the way back to the hostel which detracts a bit from what has gone before but is at least vaguely downhill and rough in places.

**Refreshments:** free of charge to all runners and marshals- small cost to others.

**Prize Giving:** 15.30ish in the Community Centre.

**Records:** m.: M. Croasdale 58.36 1993 f.: M. Angharad 72.44 1996

**PEN-Y-GHENT AS.** 5.5 miles/1650ft. Sat 7th June. 2.00 p.m. - ladies. 3.00 p.m. - men.

**Parking:** On field next to Horton in Ribblesdale Playing fields GR 805727. A small parking fee which is donated to village sports clubs. Cheaper than YDNP car park 200m away where you will find public toilets.

**Registration:** Tent on Gala Field close to start and finish area. GR 805727.

Entry on the day. £3. Start times; Ladies 2.00 pm. Men 3.00 pm. Registration opens at 1.00pm.

**Accommodation:** Campsite in Horton village. YHA at Stainforth and Ingleton. B&B everywhere in the Dale. TIC Horton and Settle.

**Maps:** Yorkshire Dales, Western Area 1.25 000

**Course:** One of the few 'mountain race' events in Yorkshire, which puts this race in the longer end of the AS category.

The race leaves the gala field and follows the road through the village towards Brackenbottom via the Pennine Way path just before the PO. Stores. After 150 m turn right along the walled lane, through the farm yard, across the stream (bridge optional for those with white socks) and gain the road passing the School. Leave the road at Brackenbottom (GR 817723) to begin the climb up through limestone pastures. On gaining the ridge a very steep scramble breaks through the southern crags to the summit of Pen-y-Ghent at GR 838734. The fast descent to the finger post (GR 837742) is followed by a variety of possible routes to Hull Pot (GR 825745), most of which are used without much fore thought. The next objective is the summit of Whitber Hill (GR 819745) which you can approach any way that suits your stamina level at this stage. Hands on knees with tongue dragging on the ground has proved to be a popular technique on previous occasions. The remainder of the course will be flagged through Whitber pasture to the gate on the walled lane (GR812732). Follow the road retracing the start route back to the Gala field entrance. Please do NOT train on Whitber Pasture. It is only available on race day. The route is not flagged before Whitber, so anyone with serious ambitions should be doing some homework in case the weather is poor.

**Winners 2002:**

Sen.	C Roberts	Kendal	47.47	Lady H. Glover K&C	1.00.56
MV40	S Oldfield	Brad	48.02	MV40 J Prowse K&C	1.00.24
MV50	P Jepson	Ross	59.42	INT. S Slater Settle	1.05.57
MV 60	P Jepson	Ross	59.42		
MV 70	H Catlow	CFR	1.13.15		
INT	L Athersmith		54.08		

**Prize Giving:** This will take place as soon as competence permits at the sports pavilion on the field. The Yorkshire Championship medals will be financed from a separate fund and not from the race entry fees. We do not want the Lancashire Lads getting their knickers in a twist, do we?

**Finally:** Watch out for "kit requirements" notice at registration, and take note. No exceptions for anyone!

This is an ideal venue for families to attend a race before midsummer Gala fatigue sets in.

Have a lovely day, and good luck to all who run.

**SKIDDAW** Sunday 6th July. 12.00hrs. AM. 9m/2700ft. Entry on the day only - £4 includes food but no safety pins.

Skiddaw is the Pond District's answer to Snowdon -with almost the same certainty of producing lovely big heel blisters! You'll get long odds on anyone getting under the hour or beating l'al Kenny's record set nearly 20 years ago. New veteran Sarah will also accept strong money against her record!

**Registration:** is in the Cricket Pavilion in Fitz Park, Keswick, at GR 268238

**Parking:** limited parking is available in Station Road alongside Fitz Park (turn down by the war memorial) but plentiful in town. Could try swimming pool car park at top of Station Road.

**Accommodation:** loads of b&b in Keswick, Youth Hostel overlooks Fitz Park and Skiddaw, several campsites locally

TIC: Moot Hall 01768 72645 or use the door you didn't touch when you finished your BG.

**Start and Finish:** is in Fitz Park (268238), close to the Cricket Pavilion!

**Course:** Map OS Landranger 90 Penrith & Keswick OS Explorer OL4 English Lakes NW Harveys Northern Lakes.

The start of Skiddaw is often a manic sprint due to an unavoidable bottleneck formed by the narrow gated path that spills runners onto Brundholme Road. Be patient and courteous - there's another 2680 ft and 8.75 mls left in which to overtake! A right into Brunholme Road is followed by a quick left into Spooney Green Lane which leads to the good track skirting Latrigg and the Gale Road car park at 281254. After a bit of level running to get your breath back the climbing proper starts just as you pass the Howell monument. Who were the Howells? Can't stop to find out - they were three shepherds who worked Lonscale Hill.

The path up Skiddaw from here is obvious and gives little scope for any route choice at all - a bit of corner cutting on the descent of Jenkin Hill apart. It has however been subject to major conservation work this backend and the verdict is still out on what it will be like to run on next summer. Sped's current judgement is that it's '.....awful'. The really steep bit of the race is on Jenkin Hill where this work starts, it eases a bit at the top and there is even a little section of downhill between the gates on Lower Man. From the top gate the gradient steepens again and the path gets rockier before it levels out and undulates up to the trig point on the summit of Skiddaw.

Return is by the outward route but remember it's a long way round Latrigg to the finish with legs trashed by a mad descent of Jenkin Hill!

**Prize Giving:** outside Cricket Pavilion at c.15.00hrs.

**Records:** Kenny Stuart 62.18 1984 ; Sarah Rowell 73.29 1989

**BRECON BEACONS FELL RACE** Category AL. 19m/4500'. 10.30 a.m. Sat Aug 16.

**Parking:** Adjacent to registration and Start - off tarmac in Fields. Please car share where-ever possible.

**Registration:** We are currently arranging for a "Mobile Cafe" style caterer to be in attendance and available before/after the race. Pete Bland Sports' "Big Red Van" shall be in attendance at the event.

**Refreshments:** The race will provide some water before and after the event. During the event some marshals shall have a limited supply of water, however, the route traverses high ridges and in August can be bone dry and very hot with no shade. PLEASE EXPECT TO BE SELF SUFFICIENT AND DO NOT EXPECT ANY WATER FROM ANY MARSHALS.

**Local Weather:** In past years weather has varied from 30 degrees heat to snow. Usually it is hot and sunny and the biggest problems come from dehydration rather than exposure. Please come prepared!

**Compulsory Kit:** Entrants are required to carry Whistle, Windproof Cover, Map (Photocopy acceptable) and Compass, and know how to use them!

If the weather is bad then Waterproof Top and Bottoms may be required. Please bring kit this with you for all weather conditions.

**Accommodation:** There is a large amount of accommodation available in the area. Best to book early. For the best information check out the Internet or Tourist Information. Good website to start - [www.brecon-beacons.com](http://www.brecon-beacons.com)

Tourist info Centre in Brecon - Tel : 01874 62245; Fax: 01874 625256; email - [brectic@powys.gov.uk](mailto:brectic@powys.gov.uk)

**The Route:** The race is 19 miles and 4500ft of climb, in, around and on the Brecon Beacons National Park.

**Start:** Adjacent to the registration outside of the Car Park below Talybont Reservoir Dam SO 105210

**Checkpoints:** Some are manned, some unmanned

- 1 - Craig Pwffla Cairn 762m GR SO 069202
- 2 - Cribin 795m SO 024213
- 3 - Pen y Fan 886m SO 013216
- 4 - Corn Ddu 873m SO 008213
- 5 - Twyn Mwyalchod Trig 642m SO 022176
- 6 - Neuadd Reservoirs Car Park SO 032180
- 7 - Pant y Creigiau 565m SO 056162
- 8 - Tor y Foel 551m SO 115194

**Finish:** Middle of Talybont Reservoir Dam SO 106206. It is a short walk from here to the carpark

**Retirements:** If retiring you MUST report to a marshal or the finish. Road access can be gained at checkpoint 6 and just before checkpoint 7.

The organisers reserve the right to alter the route in the advent of bad weather.

There are a number of areas where route choice is possible, specifically Checkpoints 1 to 2 and 5 to 8. This is left to the discretion of the runner. However please stick to paths whenever it is sensible to do so, especially in the highly eroded area between Cribin and the ridge from Corn Ddu – through this section the path is the best route anyway. As the saying goes, "Leave only footprints and take only memories".

The route itself traverses the highest peaks of the Central Brecon Beacons, affording the discerning Fell Runner excellent views (if you are looking!) and superb running terrain. The terrain varies from peat hags to short grass and from rocky ground to very runnable tracks. The route starts by climbing to Craig Pwffla – the single biggest climb of the race. It then follows the high ridge to the Roman Road crossing before Cribin before tackling the central trio of Cribin, Pen y Fan and Corn Ddu.

Despite its relative ease of ascent, Pen y Fan is still the highest mountain in Southern Britain, rising to almost 3,000ft. On a good day you can see all the way to Cadair Idris in the North. The next highest ground to the east is the Ural Mountains in Russia (just out of sight – even on a very good day!).

After these 3 the route continues down the ridge, which affords some excellent running to the trig at Twyn Mwyalchod. After rounding the trig there is a steep descent on short grass down to the Neuadd Reservoirs. From here the route continues on a brief stretch of tarmac to the old railway. This is followed to the road. From here the short ascent to Pant y Creigiau is made. What follows is an excellent runnable ridge to the track. From there the track, then road is followed to the bottom of Tor y Foel. Which roughly translates in fell running speak to "Nasty Sting in the Tail". After gaining the summit and looking at the fantastic views the competitors descend to the corner of the wood above the Reservoir then down a small path which eventually comes out by the dam. From here it is 400 long metres to the finish line. When I last raced in 2000, I had cramp in both calves as I approached the dam and it was the longest 400m of the race!

**Maps:** Landranger 160 and 161 Outdoor Leisure (or newer Explorer) 12 – Central and Western Brecon Beacons. Harvey Map of the Brecon Beacons.

**Prize Giving:** Prize Giving will be held at registration after the race at approximately 3:30pm. The organisers reserve right to rearrange the prize giving.

**Post Race Festivities:** As it is the last race of the Championships, MDC are planning to arrange a post race Ceilidh/Dance etc. Details will be available from the organiser near the event.

**Records:** Men 2:30::17 E. Roberts 1991 Women 2:59:23 L. Gould 1991

## English Championship

**LAD'S LEAP FELL RACE** Sunday 16th March. 12.00 ladies. 13.00 men. AS. 5.5m/1700 feet.

A new lollipop shaped course with a double climb mainly run on good paths.

**Registration:** at Crowden campsite on A628 between Tintwistle and Woodhead GR 071993

**Parking:** is very limited please car share

**Start and Finish:** from campsite. Toilets and showers available.

**Accommodation:** the campsite is available all weekend for the race but b&b in the Glossop area maybe preferable at this time of year!

**TIC Glossop, tel:** 01452 421188.

**Course:** Map: OS Explorer EX01 Peak District Dark Peak OS Landranger 110 Sheffield and Huddersfield area

A short road section leads to a good path which climbs steeply to Lads Leap (052998). Continue west above Millstone Rocks to path junction (047997) and then descend s. by Rawlins Brook to another path junction (044993)- control 1. Follow flagged route west for another 1/2 mile and then descend alongside intake wall/wood edge to control 2- gate (037986). A tough climb on a good track returns you to control 1. Outward route is then reversed to the finish which is just on the fell by the Outdoor Centre i.e. not right back where started.

**Records:** 43.46 L. Taggart 2002 56.22 H. Hargreaves 2002

**Prize Giving:** about 15.00hrs at Campsite.

NB Farmer has requested NO dogs.

**7th ANNIVERSARY WALTZ** Saturday 19th April. 11.30hrs. AM. 11.25 mls/3600 ft.

Last becoming a Lakeland Classic despite the dreadful run out this race is one of the more unusual ways to celebrate your wedding. This year is the 20th Anniversary of Wynn and Steve getting it together – some engagement!!

**Parking:** will be over two fields near Stair Village Hall and will be manned by KIMM car parking teams – look out for the hats! Access from both directions.

**Registration:** The usual state of pre-race panic in Stair Village Hall (237212).

Entry is £4.50 by 5th April and includes hot food, hot drinks and beer!!

**Accommodation:** Anne Graves at Low Skelgill runs a superb b&b from this farm just up the road from the race start. We would strongly recommend it, tel: 01768778453. For the other 400 of you try the Newlands Adventure Centre which offers b&b, half or full board, tel: 01768778463.

Or there is the Swinside Inn, tel: 01768778253 or try TIC Keswick, tel: 01768672645. Good campsites at Buttermere and Braithwaite.

**Start and Finish:** The start and finish is in the field directly behind the village hall. There is a full kit check as you enter the field. Full body cover, whistle, map and compass.

**Map:** OS Explorer OL 4 North western Lakeland. Harvey Northern Lakes

**Course:** The course covers the Newlands Valley Horseshoe. The first and final sections of the course will be taped and in addition there will be a number of manned checkpoints as follows;

**Start:** Stair Village Hall 237212

Robinson 202169

Hindscarth 216165

Dale Head 223154

High Spy 234163

Catbells 245199

**Finish** Stair Village Hall 237212



...and it could be like this this year as well!!  
(Photo Pete Hartley)

This race has some of the worst and best of Lakeland Fell Racing. The worst - 2.5 miles of track and road out to Little Dale before the long steep climb up Robinson, just follow the crocodile. The best - the final descent off Catbells, a downhill finish followed by free beer at Stair Village Hall. In between is some great running on good paths over superb hills. Route finding is not a big problem on this race, just remember to keep turning left, except on Hindscarth!

The descent off Dalehead to Dalehead Tarn gives one of the few route choices of the race. If you are quick enough follow a Borrowdale vest, if not go and recy it. From here is a runnable climb up High Spy followed by some fast running over Maiden Moor before the sting in the tail, the short climb up Catbells.

Watch the final descent off the summit, descend the first steep rocks then decide how soon to cut down through the bracken! A great downhill run with the finish field in sight. A Classic Lakeland Race.

**Prize Giving:** At some point after the winners are in fed and watered. Hope Fred Rogerson will do the honours again. Generous prizes are given for many categories. Team prizes will be given this year as the race is an English Championship race. Spot prizes are also given at the finish line.

**Records:** 1.30.50 Simon Booth 2002 1.48.00 Angela Mudge 1997

**PEN Y GHENT** Saturday 7th June. Details as in British Championship section.

**SKIDDAW** Sunday 6th July. Details as in British Championship section.

**HOLME MOSS FELL RACE** AL. 16m/4000'. Sunday 27th July. 11.00 a.m.

**Parking:** There's a small parking area on the east side of Brownhill Reservoir (GR 116056) otherwise it's the side of the lane where the race starts, so car-share as much as you can, please.

**Toilets:** No toilets at this venue, because of waterboard regulations.

**Accommodation:** Bit of a problem, this. There are various pubs and hotels in the Holmfirth area but otherwise, not a lot. Holmfirth TIC, tel: 01484 222444.

**Registration:** You can pre-register and save 50p. Otherwise it's registration in the tent by the finish (GR 116059) with the full £4.

**The Course:** Starts on the road (where you parked) and goes up a walled track past the side of Ridings Wood and Crossleys Plantation to Checkpoint 1 (GR 130047) - this, and the following section of the race, is a narrow track, where it can be easy to get boxed in, so plan your tactics accordingly. The next section is not a right-of-way or access land, so keep to the flagged route, and no recce-ing please! A short track leads out onto open moorland, then the route descends steeply to cross Ramsden Clough before climbing Twizzle Head Moss to follow the edge path across to the parking area on the A6024 at Holme Moss. Follow the road south for 150 yards to a drinking station (GR 096035). From here, you drop directly to Heyden Brook where you cross the stream and climb steeply up to Tooleyshaw Moor and Checkpoint 2 (GR 085031). The route now follows the path over White Low, West End Moss and Hey Moss dropping down to the drinking station at Checkpoint 3 at Crowden (GR 071996). Follow the track up the valley to the right of Crowden Brook, cross the footbridge and climb towards Bareholme Moss. When the path divides, follow the top track for a few hundred yards, and then make a direct climb, hopefully via the sheep track, to the top of Bareholme Moss and Checkpoint 4 (GR 067013). A steep descent into Crowden Great Brook is followed by a hard climb to the top of Laddow Rocks and Checkpoint 5 (GR 056014). The Pennine Way is then followed to Black Hill Summit (Soldier's Lump) - Checkpoint 6 (GR 077047), and a level-ish route can be found from here past the masts to the Holme Moss car park and Checkpoint 7 (GR 098038). Back over the fence, and descend the moor to the track in Holme Woods, and you follow this track to the finish by Brownhill Reservoir.

**Description:** A grand outing on rolling wild, Yorkshire moorland. The yellow brick road of the Pennine Way does little to detract from this hard and satisfying race. If it's misty, you may need to navigate carefully over Tooleyshaw, over Bareholme and on the section after Black Hill Summit. As you ascend the flog up to Laddow Rocks, cast your mind back to early in the last century, when Edgar Pryor fell from near the top of the Long Climb. His subsequent rescue, by his mates, eventually led to the Mountain Rescue service we have today. It's still free, and it's still run on a shoestring. Holme Valley MRT will be watching over you on the Holme Moss Fell Race - be sure to say hello!

**Winners' Times:** The last time this race was an English Championship race was in 1999 when Gavin Bland won in 2.07.23, first lady was Helen Johnson in 2.36.33, first MV40 was Gary Devine in 2.12.04 and first MV50 was Tony Hesketh in 2.25.38. But such are the conditions on Black Hill that the records for this race go back to the mid-90s with Ian Holmes in 2.00.05 (1996) and Andrea Priestley 2.33.26 (1994). The 2002 times were 2.22.28 for Alan Ward as first man, 2.30.26 for Julian Rank as first vet and 3.05.40 for Helen Thorburn as first lady.

**LANGDALE HORSESHOE FELL RACE** Saturday 11th October. AL. 11.00 a.m. 14m/4000'. £4 to organiser on the official form by 4th October - use a photocopy of the form on page 10 of the 2003 FRA Calendar.

**Accommodation:** This is the Lake District, so you have a vast choice from the campsite to caravan parks, pubs, B&B's, climbing club huts and all points in between. Ambleside TIC, tel: 015394 32582.

**Parking:** usually loads of it in the field close to the Old Dungeon Ghyll - if it's been wet then be prepared to be towed or pushed out!!

**Toilets:** in the pub.

**Registration:** usually in the porch of the Old Dungeon Ghyll at GR 286062 - note that the organisation won't be providing pins..

**Start:** from the Old Dungeon Ghyll Hotel, Langdale (GR 286062).

**Maps:** either the OS 1:25000 Lakes South-West sheet or the Harvey equivalent.

**Description:** a real Lakeland classic which packs a bit of everything into its fourteen miles. Be prepared to do quite a bit of navigation if it's misty and also be prepared to go horribly wrong if your skills aren't very good!! You start with a fast run-out for a bit, followed by a steep climb up the largely made path up to Stickle Tarn and then round and up to Thunacar Knott, which isn't the most obvious of tops if the visibility is poor - you wouldn't want to go wrong at only the second checkpoint, would you?! From here you have a very long section all the way to Esk Hause, the next checkpoint, with a variety of route choices giving you bogs, grass, paths and rocks, as you prefer. From Esk Hause to the next checkpoint, Bowfell, is fairly straightforward, if a bit rocky, on good paths, as is the following bit from Bowfell to the Crinkles, provided you keep a sharp eye on your map so you don't wander off on the wrong path. From the Crinkles to Pike O'Blisco ought to be straightforward as well and has some very good running, but a surprisingly large number of people have found themselves staring down into the west side of Wrynose Pass, so keep an eye on your navigation equipment. Equally duplicitous can be the descent off Blisco itself, which can lead you to find yourself looking down onto the east side of Wrynose Pass, which would be a pity so close to the finish. What would also be a pity is if you lost concentration at the sight of the finish below you and carried on tearing down the Redacre Gill path only to have to turn round and slog all the way back up to the last checkpoint on the cattle grid at the highest point of the Langdale-Little Langdale road - a lot of people have done it, so think where you need to turn off!! From the cattle grid it's a few minutes downhill and you've done it!!

**Records:** m.1.55.03 Andy Styan, way, way back in 1977!!! f. 2.23.25 Helene Diamantides 1992.

## SECRETARY'S CORNER

It is with a certain amount of sadness that I take over the position of FRA Secretary. As well as being a very good friend of mine since those heady days in Langdale in the early 70s, Mike Rose has always been an active supporter of Fell Running, whether as a marshal, organiser or even competitor. He helps and advises me still and I sincerely hope he carries on doing so. Thanks for all your efforts, Mike, you'll be a hard act to follow.

Here are brief notes from the meetings which have been held since the last issue of the *Fellrunner*. Further information can be obtained by contacting me direct.

**ANNUAL GENERAL MEETING - KENDAL, Saturday 9th November 2002**

We said farewell to long standing Committee members Norman Matthews, Peter Dyke, Sam Kirkpatrick and Jackie Smith, and I'm sure you'll join me in thanking them for all the work that they've done for us over the years.

No controversial motions this year. In fact, apart from a couple of motions bringing our rules into line with UK Athletics, the only motion to cause a stir of any kind was a proposal to increase the subscriptions, and introduce Family Membership. After quite a bit of discussion, the new amounts were approved, but, with the exception of Life Membership, which will take effect from January 1st 2003, the other increases won't happen until January 1st 2004.

Following the AGM we had the usual open discussion, where all kinds of issues were raised and discussed by those present. Topics included prize giving and demographics, over-70s, the World Masters and how to attract new, young blood into our sport. These open discussions always prove very interesting and, in fact, are a unique opportunity to tell the assembled Committee exactly what your opinions are!!

**CHEADLE HULME, Saturday 11th January 2003**

The first meeting of the year is traditionally the longest, as it involves setting out the meetings for the rest of the year and deciding on the format of the various subcommittees. Prior to the meeting, Alison Wyeth (North West Regional Development Co-ordinator for England Athletics) told us about her work, and the assistance which is available for clubs for development.

The seemingly insuperable problems of sending an England team to the World Mountain Running Trophy in Alaska this year were discussed at length. Shortage of funds, and the huge cost involved with the chosen venue make this unlikely. The problems which will be created for race organisers by the Countryside Rights of Way (CROW) Act were also discussed, as was the future format of the British Championship.



The Langdale Pikes (Photo Pete Hartley)



Elsewhere in this edition of the magazine there is information about the training regimes of those runners who have achieved the status of British/English Champions. While their schedules make for interesting reading and comparisons they may be of little relevance to many of our readers, for whom the simple act of tying their shoelaces or buckling on their bumbags causes slight fatigue and breathlessness and for whom the term "hill reps" means going up a slight incline more than once a week. For these unfortunate souls the doors to athletic greatness will be opened by the article below and they too will have the opportunity to become Champions in their own right without any of the appalling tedium of actually having to exert themselves on the fells.

## LAZOMETRICS AND FELLRUNNING by Ivan Von Vonsse

Most athletes are only too aware of the need to maintain their bodies in a fit, strong and healthy condition and fell-runners are no exception. We all put in those long, hard runs; we submit our bodies to the torture of hill reps; we blast out intervals and we fanatically cross-train, cycling, swimming, weight-training until our battered bodies are honed to as near competitive perfection as they can get and consequently our enjoyment is marred by bad backs, sore knees, dodgy ankles, a multitude of viruses and chronic fatigue. It works, in a way, but is it natural and above all is it necessary? In a word - NO!! There is another way in which we can harness the unbounded latent power of our bodies - lazometric training.

Few people have heard of, let alone understand, the science of lazometrics. It was first developed by the eccentric German mountain runner and bon viveur, Heinrich Wurtenburger, who found in it the perfect way to develop his running prowess without detracting from the quality of his social life. Lazometrics, in essence, makes use of the myriad of activities we do everyday as a matter of course and employs them in a disciplined way to produce the perfect physique for any purpose. Let us take a simple example - just blinking one eye utilises seven different muscle groups; hence, if one wishes to develop massive eyelid musculature one has a simple answer - blink a lot and the cumulative training effect over a number of years will build eyelids to rival Schwarzenegger's biceps.

In specific relation to fell-running there are a number of useful techniques. Firstly, with relation to the legs (clearly one of the most important aspects of the fell-runner's armoury) an essential technique for the male fell-runner to develop is to sit down on the toilet to go for a wee instead of standing up. Why? Simply because the act of sitting and standing, repeated many times is an excellent builder of slow-twitch thigh muscle and stomach power. Why is it that female runners are acknowledged to be better at endurance events than men? Quite simply because they have had a lifetime of this training several times a day and have consequently effectively undergone millions of repetitions of valuable exercise - there is no other reason for women's superiority at long-distance events and there is no reason why men cannot benefit equally - in fact in the Grossebiertsportzademie in Ludwigshafen all the urinals have been removed from the men's toilets and cubicles have been substituted - the subsequent muscular development of the students' thighs has been much admired.

Another useful trick is to put four or five grains of rice into your shoes (running and/or ordinary, it makes no difference) - the extra effort involved in lifting the feet, multiplied by the millions of steps made in the course of a year, will be of incalculable benefit; in the same way the wearing of thickly padded wool-based socks rather than lightweight racing ones will greatly assist in the development of superhuman strength.

Along with simple leg power comes the need for fast reactions and here the lazometrician can utilise the easy but singularly beneficial technique of **jumping** into the leg-holes of his underpants in the morning instead of stepping into them - care is needed when first embarking on this exercise as the penalties for getting both legs into one leg-hole can be devastating!

We hear a great deal of the benefits of training at altitude but, once again, lazometrics has its part to play - anything above 6,000' is reckoned to be training of a beneficial nature. The average flight of house stairs is about 8' high; if the lazometrician keeps a careful record of the number of times he goes up the stairs he will find that after 750 ascents (easily achieved in the course of a week or two) he has ascended the magical height of 6,000' - any going up the stairs after that clearly must count as altitude training of the highest quality.



*Pennine Fellrunners approaching the end of an arduous training session*

It is only too easy, however, to concentrate on lower-body strength, easy to achieve as has been proven above - to attain the perfect athletic physique also needs attention to be given to the upper body and here, perhaps surprisingly, the Olde English Pub has its role to play. The simple act of lifting an empty pint glass to the lips involves the staggering total of 47 muscle groups - imagine how much more those muscle groups will be exercised if the pint pot is **full!!** To the novice lazometrician the repetition of picking up, drinking and putting down a pint of bitter can sometimes result in a feeling of lightheadedness after a mere four or five pints but when it is realised that for a balanced exercise programme the technique needs to be practised with alternate hands it will be realised that an experienced and dedicated lazometrician may need to cope with eight or ten pints per session. It is not suggested that this uniquely valuable exercise is undertaken every night - that would result in grossly overdeveloped chest, neck, shoulders, arms and wrists; two or three sessions per week should suffice. It is not just the use of the pint pot technique that makes these sessions so valuable, when combined with the exercises derived from the ripping open of crisp packets and the rapid dexterous use of the fingers in conveying the crisps to the mouth it can be seen how important they are in a balanced schedule. In addition, there is the benefit to the legs and stomach from the constant movement from bar-seat to bar and back, coupled with the inevitable visits to the cubicles in the toilets - all in all, lazometrically trained fellrunners who do not spend at least four hours on three nights per week in their local pub have no right to term themselves "athletes"!!

*(Note: it is alleged that Barnsley Harriers utilise a variation on this gruelling exercise known as the "Wine Bar Week" but independent research has shown that the pathetically small weights and volumes involved only develop a scrawny physique which compares ill to the sheer magnificence of the true pub-trained athlete.)*

In this brief, introductory article I hope that I have convinced you of the value of adopting a lazometric approach to your training. There are innumerable other exercises and techniques that can be employed, modified and developed in the course of a normal day's activities and the benefits are enormous. All you need is a little imagination and the willpower to approach your lazometrics in a dedicated fashion and within a few weeks you will be utterly unrecognisable to your erstwhile clubmates and competitors and your attitude to the tedious slog of traditional training will have changed forever.

For further reading - "Lazometrics for Life - a compendium of over 5,000 exercises to help you achieve that perfect physique" by Ivan Von Vonsse.

*This is a follow-on from the letter John sent in for the June "Fellrunner". It seems to have struck a chord with various of our older members, of whom the sport has a considerable and ever-increasing number. While I don't want the magazine to turn into something resembling the Problem Page of Saga magazine there is no getting away from the fact that as we all get older we start to have problems and sometimes (as the old adage has it) "a problem shared is a problem halved".*

## **ATRIAL FIBRILLATION AND BETA BLOCKERS** from John Easterbrook

In the June issue of the "Fellrunner" I asked for advice and experiences by readers on the question of continuing to run while suffering from Atrial Fibrillation, or while taking Beta Blockers. About ten people contacted me by phone or letter, and the results of that were very varied and extremely interesting. The problem of Atrial Fibrillation seems to be relatively common, and possibly more common among middle aged to older long term runners than among the population at large. On that basis I thought it worth pulling together what little I have gleaned so far, as it may be relevant to a fair number of readers. I am well aware that a little knowledge can be a dangerous thing, and that this is a complex area, so all I aim to do is give a number of facts and experiences in the hope that they are useful to others.

So what is Atrial Fibrillation? (or A.Fib. as it seems to appear in many medical notes). To understand that you need to look at the way the heart works through its combinations of electrics, (electrical impulses or signals), mechanics (heart muscles and valves), and plumbing (the arteries carrying blood supply). If any of them are working badly then there is a heart problem, and the variety of possible problems makes this such a complicated issue. A normally working heart receives electrical signals through its upper chambers, the atria, which triggers a sequence of regular pumping actions through the heart muscles and valves, pumping the blood supply through the arteries. When A.Fib occurs the electrical signals become abnormal and cause the atria to lose their normal 'beat' and to quiver or fibrillate at a very high rate. (A note on the internet quotes 350 to 600 times per minute). The two lower chambers, or ventricles, try to continue to work normally, but as they take their lead from the atria they lose their normal rhythm, tend to speed up and become irregular in beat.

The actual effect on different people seems to vary quite widely. One contact described his resting heart rate rising from around 45 beats per minute (b.p.m.), to around 65; another rose to 200+. In my own case it seemed to go up from around 60 or less up to 120 or more, and be clearly less regular. No-one described any pain associated with it, though in my case it felt peculiar and in one personal episode there was a level of discomfort. It seems likely that if your heart is basically healthy (in terms of mechanics and plumbing) then A.Fib may not cause you too much trouble. For runners their heart is probably (though not certainly) better than average in terms of basic health. However it seems possible that running provides no protection from potential A.Fib, and indeed a paper by Swedish medical researchers, published in the BMJ, suggests that the reverse may be true. (More on that later).

For most people A.Fib starts as occasional or Paroxysmal episodes, which seem to vary in length from a few minutes through to several days. In my case they tended to last for three to eight hours, but other contacts talked of several days. They usually revert back to normal heart rates and the sufferer is left wondering why it happened. The cardiologist who is treating me seems to believe that the reasons for the rogue electrical impulses starting up and causing the problem are hard to pin down, and indeed the likelihood of any individual having a problem, or of a sufferer actually having an attack, or A.Fib episode, is basically random. There do seem to be associations of A.Fib with older age, and with some stimulants. Alcohol may trigger it, or make the individual more susceptible, as may caffeine (according to one article). In my case I was sure that a short session of hard exercise, after an injury lay-off, triggered a quite bad attack. However from the Fellrunner contacts there is clearly no real pattern, and individual cases vary widely.

A.Fib can then progress to being Persistent A.Fib when the heart refuses to revert back to normal beating, and the "Fibrillating mode" becomes the norm. When fibrillating the heart's efficiency is reduced, and there are some associated dangers of strokes, but medication can address that. However the body can adapt to that condition and continue to function well. Indeed I was amazed to hear that there are fellrunners still running with persistent A.Fib and various other heart conditions.

With regard to age, nearly all my contacts through Fellrunner were older vets, and there would seem to be a typical age of late 40's to

early 60's when the problem starts. My own cardiologist talked of sufferers being of a very wide age band, with one young man in his 20's trying to maintain an active and athletic lifestyle while suffering A.Fib. However there is an age association in that if you are susceptible to A.Fib it is likely to become more persistent as you get older, and the need for medical control becomes greater. Perhaps most interestingly for runners is the article in the BMJ by five Swedish medical researchers titled "Lone atrial fibrillation in vigorously exercising middle aged men". They studied top ranked orienteers and compared them with a more normal control group. The term "Lone" A.Fib means that it is not apparently associated with any other heart malfunctions or problems. Their conclusions were that vigorous long term exercise is associated with higher rates of A.Fib, despite the exercise providing protection against coronary heart disease. They speculated that the improved development of the heart (through exercise) may predispose it to A.Fib. More interestingly most of these orienteers who suffered A.Fib had responded to medication and continued competing, which also seemed to be true of most of my Fellrunner contacts.

The whole "Running boom", from the 1970's up to present day, has been a sort of sociological and physiological experiment with tens of thousands of people taking on an exercise led lifestyle. We have normal club athletes now exercising at rates only international athletes subjected themselves to in the first half of the last century. Furthermore, in the past most athletes retired from their sports in their 20's or early 30's, whereas now we have them competing through into their 60's and beyond. Indeed running clubs are seeing younger members as hard to find, while high level vets are the clubs' mainstays. This has never happened before, and while we all know that "exercise is good for you", particularly in cardio-vascular development, the only real down-sides that we knew of were wear-and-tear injuries and damage, such as to knees and hips. A.Fib may be an exception to these preconceptions in that it seems likely that at best this is a heart problem that exercise cannot help, and indeed it may aggravate the basic problem to some extent.

Where do Beta Blockers fit into this issue? Well they seem to be one of the first lines of medication to be used to treat and control A.Fib. In my case they seem to work very well and since starting to take them I have had no A.Fib episodes, and I feel certain I would have had otherwise. However all medication has side-effects and Beta Blockers certainly do. They slow and control your heart rate, help reduce blood pressure, seem to reduce adrenaline or excitement rushes, and generally steady everything down to an extent. The effect of that on running is fairly dramatic. They also seem to work a bit like a governor or limiter on an engine, and while my GP commented "... they may reduce your capacity for exercise ...", other people's comments would probably be more harsh! One contact described starting to take Beta Blockers and the following day embarking on his regular run. After 300 yards he ground to a halt, and his 9 mile run turned into a 3 hour trial against adversity!

In writing this article I did not want to worry people, or to turn them off the issue. If you are late 40's or older it may become relevant to you at some time. (You'd be unlucky to be affected sooner than that). If it does affect you, recognise it for what it is, don't be frightened by it, but do see your doctor about it. If controlled (medically) life is potentially better and safer than if it is not controlled. The options for medication are fairly varied and most runners have talked it through with GP's or specialists and arrived at an acceptable solution. In my own case I have wear-and-tear damage to my hip and a heel, meaning running would be a problem, so Beta Blockers are serving me well. Other situations have other options. The general message is that any funny sensations and feelings from your heart need to be taken note of, and one of the more common problems is A.Fib. It may be one of the most common heart problems that fit athletes encounter as they get older, so be aware.

You can learn more from:- [www.aboutatrialfibrillation.com](http://www.aboutatrialfibrillation.com).

BMJ 1998; 316: 1784-1785 (13 June). Lone atrial fibrillation in vigorously exercising middle aged men. Karjalainen J: et. al.

*I've put this in as a companion article to John Easterbrook's - in many ways it's the other side of the coin and, as such, deserves an airing. Hope we're not all going to turn into hypochondriacs!!!*

## **DETRAINING OF THE ATHLETE'S HEART** by Dean Hebden

**D**id you know that to stop suddenly and indefinitely after many years of endurance training can kill?

No, neither did I until I found an article about Eddy Merckx, ex Tour de France rider, who retired from racing and just stopped riding altogether. Within a few months he had a heart attack, but because he was fit he survived and recovered but was advised by his doctor to get back on his bike and do some easy training to detrain. The next time I heard it was from a commentator at the start of the London marathon talking about Steven Redgrave, he was running because he could not just stop exercising. If he did stop, he would be risking heart problems. So using the wonders of the internet, I decided to do some research on this subject.

To appreciate why we can't suddenly stop altogether, we need to appreciate what happens to our body when we endurance train over a long period of time.

Here comes the technical bit!

Our muscles get stronger and the mass increases including the heart muscle.

Our blood volume increases and blood plasma and red blood cell count goes up.

Electrically, (yes we do have electricity in our bodies), the impulses in our heart become stronger increasing the body's ability to work at higher heart rates for longer periods.

As a result our heart gets stronger and beats slower at rest because it is able to pump stronger and more efficiently.

When we stop training the most rapid changes have been noted by many researchers, including NASA, in the first 12 to 21 days. Blood volume decreases due to lost plasma and this can lead to the very large heart muscle mass, which requires lots of oxygen saturated blood, becoming short of oxygen. When fit, your heart pumps nice and slowly and efficiently and then suddenly in the coming days your blood volume decreases, the blood flow drops, and you don't have the usual supply of oxygen. There may be one heart muscle cell that is not as strong as its neighbours and it suffers oxygen deprivation. The heart gets irritable, beats erratically, flutters and palpitations start.

Males over the age of 35-40 are at a higher than average risk of having some coronary heart disease as well so a combination of these factors can lead to a heart attack all because you he decided enough is enough and after running for twenty years you are retiring.

But don't panic, this problem is very rare - you have more chance of being knocked down and killed on a training run because you are not wearing your reflective bib!

If you do feel its time to hang up your trainers, then gradually decrease your training over a period of months, down to two sessions a week for maintenance. It doesn't need to be running, just something to get your heart rate up.

If there is a history of heart problems in the family go and see your GP and ask to have a standard "Bruce" protocol exercise treadmill test. If you can do 12 minutes, the chances of you having a heart attack in the next five years are less than 1-5%. Get yourself an MOT and put your mind at rest. Me, I'm off to fit running shoes to my walking frame so I am ready for when I can't get in the track team anymore.

Thanks to Lars Andrews who researched much of this information for me he can be contacted at [lars@cardiacathletes.org.uk](mailto:lars@cardiacathletes.org.uk) he specialises in cardiac rehabilitation and is a mine of information. He has a web site [www.cardiacathletes.org.uk](http://www.cardiacathletes.org.uk) - it is well worth a visit.

## **PST Notes** from Ian Taylor

### **British Championships**

What races do you choose to run and why? I guess many of us have local favourites and a few other events that we regularly participate in. Then there are a variety of local series of short races, often midweek, with keenly fought competition from week to week. If there is no series like this in your area, it is worth developing. With easy terrain and navigation, you may even attract interested road runners. Beyond local series, there are the classic events that we all should do occasionally - Ben Nevis and perhaps Carnethy in Scotland, Snowdon in Wales, Slieve Donard in N Ireland, Three Peaks and a whole range of Lake District classics.

Many of us also compete in our regional Championships (Welsh, NIMRA, FRA or Scottish Hill Runners). If we move beyond these the next obvious step is the six race British Championship which in 2003 has one race in each of Scotland and N Ireland and two each in England and Wales. However it is noticeable that each of the six races for 2003 is in one of the four regional Championships. While saving on race congestion, this means that the British series is similar in nature to each of the regional Championships. Further, there has been less participation by Celtic runners and certainly fewer non-English prize winners. At the FRA dinner at which the British Championship medals are presented, only three out of eighteen medal winners were from outside England (Colin Donnelly vet 40, Brian Waldie vet 60 and Victoria Musgrove female vet 40). While not wishing to deny the English runners their medals, the PST is debating if an alternative format might be more attractive.

### **One-Weekend Event?**

What form do you or your club think the Championship should have? One proposal is for a one-weekend event. We could have the Championship decided on a single race or have a short Saturday race and a longer Sunday event, with the Championship decided on both together. The British Junior Championship already has this format with a single race for each age group, all on one weekend.

### **Grand Prix Format?**

An alternative format, as proposed by our statistician, Brian Martin, might be to have a Grand Prix series, with one race in each region, with more of a mountain running rather than fell running flavour. We already have Snowdon and Knockdhu as Home Internationals and possible Grand Prix events. I understand that the FRA are considering an English one. Part of the aim of such a series would be to bridge the gap between our style of mountain running and that at European and World Trophy level, with the latter having more emphasis on speed endurance and much less on technical descents. One of the races could be uphill only. While there are regional teams in these Home Internationals, as a Grand Prix each is open to all runners. There is nothing like the incentive of beating a team member to prove that you should have been selected! A British Championship could be decided on the Grand Prix series. This would be a similar model to the successful Reebok cross-country series.

A further idea from cross-country would be the introduction of one or more under 23 events. Often successful juniors find it difficult to make an impression at senior level. An under 23 (or even under 25) event within a Grand Prix or weekend championship would allow younger athletes to compare themselves with other runners at the same stage of experience.

Over the next few months the PST hope to gather your opinions on these issues so that we can keep developing fell and hill running and make appropriate changes for 2004.



# CELTIC CORNER

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

For some reason we don't have a Scottish contribution in this edition's "Celtic Corner" - is it because of a lengthy Hogmanay Hangover or have the dirks been out again and we no longer have a contributor?? No doubt all will be back to normal for the next edition.

## NIMRA News

from Ian Taylor

Alert readers may realise that we have changed our name to Northern Ireland Mountain Running Association, reflecting that we have no fells, only mountains and hills in Ireland. While primarily for PR purposes, it also reflects that for us there is no sharp distinction between those who compete for our regional Championship and those who represent us at European or World level. Currently our committee is working on the British Championship event on Slieve Bearnagh on 5th April. Brian Ervine has written about this elsewhere in the *Fellrunner*. An information pack and entry form is available on the Web or from the race organiser. If you fancy a weekend away before Easter, come to Ireland for a good time and a great race.

### 2002 Season

In 2002 the Championship titles were retained by Brian Ervine and Shileen O'Kane, with Deon McNeilly and Neil Carty next in the Men's open section. Deon, Neil and Brian along with Gareth Arnott, Alex Brennan and Simon Taylor represented us in the World Trophy. The latter three, younger and fresher, have the potential to topple to old hands with sufficient guidance, training and experience.

### Risk Assessment

I guess this is a phrase that we wish would go away! Those of you with recent experience of organising cross-country or road running events will be familiar with the UKA's 31 pages of "Risk Assessing Endurance Events". In Northern Ireland we have been asked how this applies to mountain races. To date we, and the PST who have been similarly asked, have responded by pointing out that the mere three pages of "FRA Safety Requirements for Fell Races" have been continuously developed over many years. However we tend to take it on trust that organisers read and apply the rules and only when there are clear breaches of standards do

we act. I suspect we will have to more carefully ensure compliance with the FRA rules if we are not to be saddled with the UKA guidance. I guess many of us don't worry about any risk to us personally in races as we happily accept a much higher level of risk when training in mountain areas.

### Other Events

In Northern Ireland our season falls a bit flat after September as many mountain runners peak then for the World Trophy or the Mourne Mountain Marathon. In October we held a handicap event over the Slieve Bearnagh course to test it out, with Brian Ervine having the fastest gross time in 48 minutes. Instead of everyone starting together and finishing at different times, in our handicap runners start at different times with the handicaps chosen to get them to finish together. Since October, many of our athletes have taken part in cross-country, some representing Northern Ireland. Notable here is the performance of Deon McNeilly in the British Masters, just beating fellow fell runner Colin Donnelly into 4th place by one second. Meanwhile others have been orienteering, ice climbing, skiing or simply training. Over Christmas, a mountain race and two trail races gave runners an opportunity to test themselves and see how others' training has been progressing. We look forward to the first Championship race on Slieve Gullion on 8th March.

## Notes from Wales

from John Sweeting

### Welsh Fell Runners Association

The WFRA will shortly be producing the first edition of a hopefully regular Newsletter - target late February/early March.

To state the obvious, the success of this will depend on the quality and quantity of the material going in to it. So, this is a request for:

- Race results and reports
- Photos/cartoons/poems/jokes
- Club Newsletters (for plagiarising)
- New/late races (that didn't get in the Calendar)
- WFRA/FRA/AAW/PST/UKA/WMRA news
- International news
- Junior news
- Info on other events (long distance challenges, etc, with or without bikes)
- Summer/Winter training lists
- Championship news (and opinions e.g. does an "Open Championship" have a future; or could we extend a current South Wales experiment of a Wales/England challenge?)
- Contributions to the (continuing?) debate on the future organisation of fell running

If this is successful, the next thing we need is people to read it, so let me know if you want a copy. I'm hoping Eryri will show us how to convert it to a suitable format (pdf file?) for easy e-mailing, so state your preference for receiving it by this method (preferably) or post.

Send contributions to:

John Sweeting

Lower Lodge, Cynghordy, Llandoverly,  
Carmarthenshire, SA20 0LD

Tel: 01550 721086

E-mail: john@grottoview.demon.co.uk

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# Cross country skiing for the Fellrunner

by Mike Smith

My wife tells me I get a "bit carried away" when racing. I like to think I'm showing competitive spirit.

This causes me no problems when fell racing. Neither does it cause me any problems since taking up cross-country skiing. It's the other competitors who suffer.

Some people measure their performance in the time it takes to finish; others their final ranking. All I think about is how many people I help on their way to achieving full body contact with the snow.

When you put 11,000 skiers on a frozen lake in Switzerland, arm them with sharp ski poles, and then fire a starting pistol – of course you get exactly what you would expect. But cross-country or Nordic ski racing does have many parallels with fell-running. It complements my running through the winter and it's something I have found immensely enjoyable... and occasionally very scary. The leading skiers top 15 mph - skiing uphill. On the flat, they're travelling twice as fast.

The sport certainly improves fitness and balance, though you don't have to be super fit to do well. Basically, the fitter you are, the more you can enjoy the race; the better your technique, the less effort required. The courses themselves are akin to many fell races, with a number of moderate hills – this time, though, you can use your arms to power your way up.

Every winter a select band of Britons crosses to the continent to take part in what are known as Worldloppet races – marathon distance ski races in ten European countries for "citizen" (i.e. amateur) racers, plus races in Canada, USA, Japan and Australia.

Each one has a completely different atmosphere: from the ecstatic welcome that only Italians can provide as you cross the finish line in the Dolomites; to the huge sausage sandwiches naively being handed out to exhausted competitors at halfway food stations in Germany; and the unforgettable sound of 11,000 pairs of skis gliding across a frozen lake in the Swiss Engadin.

And then there's Mattress Hill in Switzerland. It's called Mattress

Hill because the race organisers have strapped mattresses to the trees to discourage skiers participating in a spot of high-speed tree-hugging. Swiss TV chooses this spot to get some interesting race footage – the viewers are never disappointed. Skiers are sliding out of control downhill, sideways, and even, amazingly, uphill. A few find it hard to stay on their skis; some find it harder when they end up on someone else's.



Mike Dixon proves you don't even need snow!!  
(Photo Mike Smith)

So how do you get started? They are around 10 English Ski Council registered Nordic clubs in England - for details, visit the ESC website at: [www.escnordic.org.uk](http://www.escnordic.org.uk). Joining a club will give you access to skills workshops and the opportunity to hire equipment. A Lancaster-based course in September saw instruction carried out by Mike Dixon, one of the country's leading skiers and a Winter Olympic competitor since 1984. How many other sports can boast that level of tuition?

You may think that Britain's poor snow record places this country's competitors at a great disadvantage. Not so, the improvements in dry ski slopes and the use of roller skis (longer versions of in-line skates for use on tarmac services) noticeably narrows the gap.

Cross country ski racing is something that everyone should try just once. But of course you won't - like me you will become hooked.

## Dockray Fell Races - June 2003

Dockray Fell Races have been going for nearly twenty years, and are popular with those who like good courses and a fun day out. In the past the long Dockray Helvellyn has been used as a championship race, and was a contender again for 2003. Dockray Helvellyn also forms part of the Lakeland Classics Trophy, which was a great success in 2002, and I hope we can continue to stage the race in 2003.

However, I had no option than to turn down Jon Broxap's request to use it again as a championship counter for next year, and discussed the issues outlined below with Graham Breeze regarding implications for the Lakes Classic Trophy.

Over the past few years much has been written about the decline in entrants, and many other things that I haven't got time for here, but my problem is simply that of a lack of organisational support. The races have always operated on a 'low key' basis with the minimum of fuss, and have been staged just by a few tireless individuals, the majority of which can no longer help out.

Help is desperately need in order to stage the races this year. The races have a healthy number of entrants, with two races on the same day – Dockray Fell Race 10m/2500' and Royal Dockray Helvellyn 21m/5500' – effectively a long and medium option. As you will see in the FRA calendar a date of Saturday 28th June has been provisionally set, *but this does depend upon a number of people offering their help.*

### Dockray and Royal Dockray Fell Races

– provisionally Saturday 28th  
June 2003

Help with all aspects of the races  
desperately needed

– No help - No races!!

The tasks that need doing are many and varied; registration, start and finish duties, car parking and marshalling duties, and very importantly, placing of controls and marshalling out on the fells.

It's not much for a team of people but bloody hard work on your own!

Any offers of help would be great and are simply necessary to safeguard the future of these races. If such help is forthcoming I will remain as organiser for one more year, but ideally I would like to retire from this role and hand over to someone else. The races do not currently have a club formally supporting them, and this would be an ideal opportunity for a club or group to take over a successful and well established race, with scope to develop it as you see fit. You would be guaranteed a good day, or weekend away in the Lakes with some good beers on tap at the Royal Hotel too! Think about it – you know it makes sense.

Joe Faulkner

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# Peter Shields

My recent appointment as FRA coach, replacing Norman Mathews came as quite a surprise. Having just found my feet as the English Mountain Running coach this added responsibility has placed me in a more central position regarding fell and hill running in England. Hopefully, I can now go on to put the confidence people have placed in me into action. My already seven day week coaching schedule will have to be re-visited and re-adjusted so that I can prioritise the work I want to do for England and our association.

Replacing Norman will be difficult as Norman's work in developing the FRA and as coach cannot be categorized. His work was both immense and influential. I would like to take this opportunity to thank him for his contribution on behalf of all members and wish him well in his future roles.

Having been a member of the FRA since its inception (I think my enrolment number in that first year was 19) I have seen some great athletes and characters pass through the seasons. As a person steeped in sport and athletics both as a competitor and coach, one of my abiding frustrations has been the athletes I have seen who have not reached their potential because they have been ill advised, some not even realising their own potential because of a lack of confidence and self belief. I feel one of the privileges about being a coach is that people can be given the confidence to allow another person to form a working relationship with them which shares their hopes and aspirations of reaching new goals and playing some part in helping them to achieve that. The real plus is then observing their improvements and growth in self-confidence that develops from whatever their ability or starting point.

In the months and hopefully years ahead, I want to look more closely at the transitional period when juniors move up to senior status. As we are all well aware there are fewer and fewer youngsters staying with our sport. That issue has been well debated throughout all sport I know and it is something we need to give some priority to at the FRA. I also want to look at and help develop our female athletes because from my observations there is an untapped source of talent there. I also want to involve myself in our vet athletes. This side of our sport is probably where our biggest growth area and strength is. As the demographic change in our society grows at a pace,

senior athletes will become more important and even more competitive than they are at the moment and we, as an association need to grow and develop with that.

Recently I held an inaugural training/information day at Ilkley Tennis Club for some of our senior athletes. This was the first of many I will be organising in the future. Barry Johnson, chair of the international committee attended, as did Wilf Paish who was GB Olympic team coach from 1964-84 and South African Olympic coach in 1996. Tony Hulme from Running Bear sponsored the day. I would like to thank Tony for the support he gave me on this new venture and also for his ongoing support to fell runners in general. I would also like to thank all the athletes who gave up their time to attend especially at such short notice.

I found the day very informative and feel it helpful for all who attended, as we all know, the more you put into something the greater reward you reap. The athletes who came out of their way and gave up their valuable free time showed the kind of commitment and attitude that can only lead to even more success. After an orienteering exercise on Ilkley Moor and lunch, Wilf Paish gave the group a talk on his experiences as a coach by outlining the varying components that needed to be put together for an individual to achieve maximum potential.

Wilf's talk was evocative, provocative and stimulating. His explanation as to how he deliberately raised an athlete's blood pressure to over 200 while waiting in the loneliness of an Olympic stadium's warm up area, prior to going out for her final rounds, will stay with me for a long time (incidentally she won the gold). The overriding memory I will take away from that talk was his emphasis on the word **passion**. Wilf used the word several times. He emphasised how the general public have a passion for both sport and individual athletes. He added that the most successful athletes are also passionate when competing, some even when training! Wilf concluded that the coaches and administrators who assist their sport to function also feel a great deal of passion about the joy of competition and individual performance. We have all witnessed moments of greatness in sport that imprinted everlasting images in our memories that we can immediately recall. Any athlete whatever their level can identify with this feeling and attitude.

The whole day was a forum for new ideas and feedback and I would like to extend that invitation to you, after all it is our sport and passion! My e-mail address is at the bottom of this

article; please get in touch with any of your own thoughts and ideas. I would be keen to pursue the idea of establishing a page on the FRA web to be used as a forum for expressing our views and ideas concerning development.

Do not hesitate to contact me regarding anything I have written. All the best for the coming season and let's see you all reaching your untapped potential.

My e-mail address is shields.coach1@btinternet.com



*Athletes putting their heads together on the Ilkley course  
(Photo Pete Shields)*



# Aubrey Balmoral Courtney-Davies takes to the hills at 70

For a number of years now the Lakeland fells have been graced from time to time by the august presence of Mr. Aubrey Balmoral Courtney-Davies (otherwise known as regular "Fellrunner" contributor, Peter Travis) accompanied by his butler, Graham, who have walked/run various routes to raise both money and awareness for the Keswick-based welfare sanctuary for abandoned and injured animals, Pets' Lifeline. Two years ago, when the photo was taken, the group was descending Scarth Gap during a round of Styhead, Black Sail, Scarth Gap and Honister when they met a large group of walkers ascending towards them, one of whom exclaimed in horror, "Bloody hell, it's the Inland Revenue!!"

This year Aubrey and Graham will be walking in the Lakes from Monday 12th May to Monday 19th May, during which time they will be out on the fells on four occasions. The itineraries are below and anyone who would like to join them would be very welcome indeed - the times will NOT be fast, the idea is to meet people, talk to them, interest them in supporting the charity and have a bit of exercise and a laugh into the bargain.

**Tuesday 13th May** - Start at 11.00 a.m. from Thirlmere at GR 318137 - Harrop Tarn, Watendlath, King's How, Grange. 7.5 miles.

**Thursday 15th May** - Start at 10.30 a.m. from the carpark behind the Fish Hotel at Buttermere - Buttermere to Keswick via Robinson and Dale Head. 11 miles with 3770' of climbing.

**Saturday 17th May** - Start at 10.30 a.m. from Seatoller National Trust carpark. Dale to Dale - Borrowdale to Langstrath. 12 miles with 2130' of climbing.

**Sunday 18th May** - Start at 10.30 a.m. from Seatoller National Trust carpark. Classic walk over Great Gable to Honister via whatever fells can be found. 8 miles with 2700' of climbing.

The walks on Tuesday and Thursday are linear; the walks on Saturday and Sunday are circular. If you're interested and would like further details, please contact Peter Travis at the address below; runners welcome - if you can't participate in the walks but would nevertheless want to support the charity, again, contact Peter.

*Aubrey Balmoral Courtney-Davies, c/o Peter Travis, 23 Kingsway East, Westlands, Newcastle, Staffordshire, ST5 3PY.*



## CORRECTION

In the last edition of "The Fellrunner" the two photographs used in the "Twenty Years After" piece were erroneously credited to Bill Smith - they were actually taken by Tommy Orr, a founder member of Cumberland

Fell Runners, and the blame for this mistake lies squarely with the Editor.

Sorry Tommy and apologies also to Bill for any embarrassment caused.

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# The World Masters Championships: Igls Austria

## Reports from Neil Goldsmith and Harry Jarrett

### Neil Goldsmith

It would be an interesting statistic to know the percentage of veterans competing in fell races and the break-down by age category. Anecdotal evidence suggests that over 60% of entrants are over 40. It seems that an increasing number of those are also over 50. I, for one, am now dropping even further down the over 50's results list and where once there was a fair chance of picking up a vet's prize just by turning up at a local race that is no longer the case. If the World Masters is anything to go by, the situation in the rest of Europe is even more competitive in the vets' ranks than here. The selection race at Skiddaw indicated the interest in England - far more runners entered the vets' race than entered the seniors' I held no pretensions of a vest, but I was surprised by how far down the field I was - almost last!

We certainly had a large turn-out of Brits to the World Masters Championships in Austria. There was a strong contingent of Scots, and a strong contingent from England with Wales and Ireland also represented. Clearly the prospect of an England vest had spurred many into running in the selection race and booking a flight. No doubt the availability of cheap flights added to the numbers, but it was heartening to see the vibrancy of the UK and European vets' running scene.

There were some excellent performances from the British Isles: Robin Bryson (Eire) won gold in the V40's and Steve Oldfield won silver in the V45's, Jo Prowse (o/45) and Jacky Hargreaves (o/35) won bronze in their categories. The Italians confirmed their dominance in mountain running and went away with the majority of the medals. Helen Johnson 6th o/35, Katherine Harvey 7th o/40, Wendy Dodds 7th o/50, Tony Hulme 7th o/55 and Fred Gibb 6th o/60 also did well.

"Uphill only" is not very British - we don't do uphill only, and we don't have any seriously high mountains and our results showed it. Running at altitude, or to altitude is a different game. The courses finished at over 2000 metres and the last couple of hundred metres of climb were real lung burners. Those who did well were well acclimatised to altitude. Robin Bryson had run in the seniors' world championships the week before and some of the Scots had been out for a couple of weeks. The Italians, French, Swiss and Austrians (not many competing from the host country) have a natural advantage, their proximity to the Alps mean that it is relatively easy

for them to train at altitude. Our best o/50 man was beaten by 9 minutes by the winner in the o/50's (an Italian). This is almost the same margin as the winner had beaten me by at the selection race at Skiddaw: a clear indication of the strength of the field at a World championships.

We will need to seek revenge at an up and down - Italy in 2004!!

### Harry Jarrett

After two poor days weather-wise we were blessed with a wonderful sunny day, even at the finish some 2000metres up. Before going out to Austria I thought 20 euros was a bit much for entries but after receiving our entry pack which included, T-shirt, badge, programme, transport of luggage up the mountain by cable car, liquid refreshment at the summit and transport back down in the cable car and full list of results I realised this entry fee was very good value.

The organisation was excellent and the summit finish with music, bar facility and the restaurant proved very successful and enjoyable.

Despite having to pay their own way the English team were well represented at this championship event and performed well at all age groups. The sight of the team warming up and racing in the England strip was a great sight to see. Many thanks to Tony Hulme who sponsored the vests and helped distribute them with the shorts and socks.

AS I said the whole team ran well and packed really well, finishing 2nd or 3rd team in most races. The icing on the cake were the three medals we gained with superb runs from Steve Oldfield (2nd Vet 45) Jackie Hargreaves (3rd lady Vet 35) and Jo Prowse (3rd lady Vet 45).

Next year the event is being staged in Germany at the Black Forest on a much faster course. After this first successful trip I for one would like to see the vets out in force and surely someone must know of some firm who would help with some kind of sponsorship. Contact me or one of the management committee if anyone has any ideas.

Thanks to all friends and partners of the runners who gave our team such great verbal support

There was one euro extra per person required to cover entry fees - anyone who missed paying this should give it to Barry Johnson who paid out the extra.

#### MEN V40

1st	R. Bryson	Newcastle A.C.	50.07
2nd	F. Torresani	Italy	51.02
3rd	C. Donnelly	Scotland	51.46
6th	A. Wilton	England	52.22
13th	M. Roberts	Borrowdale	53.47
24th	S. Barlow	England	57.00
28th	N. Spence	England	57.53
38th	D. Frampton	England	59.48
50th	S. Hicks	Borrowdale	63.05
75th	N. Taylor	Bingley	78.0

#### ENGLAND - 2nd TEAM

#### MEN V45

1st	H. Senora	Italy	53.36
2nd	S. Oldfield	England	53.56
3rd	F. Kolinek	Cze	54.20
4th	D. Neill	England	54.57
12th	S. Jackson	England	56.35
25th	W. Proctor	England	60.16
34th	R. Hamilton	Warfdale	63.18
64th	B. Slater	Settle Harriers	78.52

#### ENGLAND - 2nd TEAM

#### MEN V50

1st	G. Vello	Italy	56.18
2nd	B. Prosser	New Zealand	56.45
3rd	A. Moscato	Italy	57.24
8th	B. Grant	England	59.20
12th	T. Heskett	England	60.42
18th	K. Payne	England	62.06
20th	J. Winder	England	62.59
25th	H. Jarrett	C.F.R.	64.03

#### ENGLAND - 3rd TEAM

#### MEN V55

1st	H. Reitmeir	Germany	34.20
2nd	P. Haberi	Austria	34.31
3rd	G. Grignis	Italy	35.05
7th	T. Hulme	England	36.47
9th	D. Spedding	England	37.32
15th	D. Tait	England	39.35

#### ENGLAND - 3rd TEAM

#### MEN V60

1st	K. Scheiber	Sui	35.13
2nd	J. Luptak	Svk	37.01
3rd	P. Lessing	Germany	37.46
7th	F. Gibbs	England	40.01
14th	P. Murray	England	42.39
19th	W. Wilson	England	44.15
26th	B. Johnson	C.F.R.	49.05

#### ENGLAND - 2nd TEAM

#### MEN V65

1st	J. Libra	Cze	40.18
2nd	B. Gauld	Carnethy	41.15
3rd	L. Costenaro	Italy	42.20
14th	P. Duffy	Northern Vets	49.18

#### LADY V35

1st	C. MacDonald	New Zealand	60.46
2nd	F. Oppliger	Sui	62.02
3rd	J. Hargreaves	England	63.22
7th	H. Johnston	England	67.52

#### LADY V40

1st	G.D. Pay	Germany	60.22
2nd	K. Distefano	U.S.A.	61.21
3rd	S. Clark	Austria	65.23
7th	K. Harvey	England	73.37
8th	S. Budgett	England	74.39
9th	S. Becconsall	England	75.04
17th	L. Buck	England	80.44

#### ENGLAND - 1st TEAM

#### LADY V45

1st	A. Frotschnig	Austria	68.16
2nd	E. Beck	Germany	68.32
3rd	J. Prouse	England	69.03
7th	K. Slater	Settle Harriers	70.25

#### LADY V50

1st	L. Fairfax	Australia	65.31
2nd	R. Pattis	Italy	69.29
3rd	R.L. Scherzer	Germany	74.41
11th	W. Dodds	England	82.02

## Believe it or not ..... !!

Culloden revisited !!\*\$! - once or twice in these pages Mr. Danny Hughes has come in for a bit of stick. Never again, I suspect, after his act of stunning courage and bravery in taking on a roomful of audacious and uppity Scots determined to demean the stature of the English. This legendary act of derring-do took place, allegedly, during the World Masters Championship when, after dinner, Danny sportingly joined in with the arm-wrestling and press-ups, pausing only, as any true-born Englishman would, to remove his tie. This garment was promptly appropriated by a Scottish section of the party, who refused to return it and in the ensuing confrontation Danny, in preparation for a justifiable affray with the MC, also removed his glasses, which were promptly nicked by another of the Celtic brethren who put them on and also refused to return them. Despite the lack of both tie and glasses and being both un-uniformed and unable to see, Danny, undaunted by the appalling odds stacked against him, summoned the spirit of Culloden (and innumerable other English victories) and roared into battle. Realising the horrific fate awaiting them, the Scots capitulated, the tie and glasses were returned and the English, as so often before, left in triumph!!\*!

## Mountain Run

by Peter Travis

Steeply rises Clough Head fell,  
behind, Threlkeld, diminishing village  
as we near the summit cairn.  
Beneath our feet coarse greenness  
gives way to smoothing whiteness.  
Lungs have mastered new demands.  
Brief stop, views absorbed, directions found,  
a fast pace; for in this solitary place  
mind and body are lifted  
to reach such heights that are beyond  
the grasp of those who cannot free themselves  
of all the mundane clutter of life.  
Great Dodd, Watson Dodd; rounded fells  
that have watched the hollowed lake since time began.  
Stybarrow - hill of the pass,  
Ulfr's lake - a distant sheet, silver glinting.  
A fellsman stares, bemused, as across  
the pass we race - a hasty greeting  
is all that we can spare,  
and it's on to Raise.  
Mountain walkers, coloured moving sticks,  
appear on Helvellyn's summit plateau.  
Through the moving groups we weave,  
until, like some crowded railway station,  
they are far behind

FELLRUNNING FRED by Anne Colstrane





# Dr. Martyn's Problem page

It should be noted that the characters portrayed in Dr Martyn are either fictional or have been altered to protect the innocent. Any resemblance to real events or people is purely coincidental and the praise for any offence or embarrassment caused should not be credited to Dr Martyn.

## The Future is Electronic

Dear Dr Martyn,

I found Martin Stone's article on electronic tagging and timing in the last edition of the Fell Runner fascinating. It was refreshing to see our sport embracing the latest in technology. However, for me, I feel he didn't go far enough. I recently had my dog tagged with an embedded identity chip. The logical progression for me is to see all fell runners fitted with embedded chips. Clearly the choice of position for embedding the chip would have to be a personal choice, based on what part of their anatomy the runner would feel comfortable exposing at a swipe point at checkpoints. I suspect we would have to have some basic limits on the location to prevent the more exhibitionist runners over-stepping the bounds of decency. When you consider what some people are doing with lycra shorts, it's obvious that such people exist within our sport. The system could also automatically delete banned runners from the results sheet and prevent entry by runners who hadn't paid their FRA subs etc. The only down side I am aware of is that you have to stand a bit further away when they are swiping your shopping at the supermarket or your last race number appears on your bill.

William Fivebars

Dear William,

Care also needs to be taken whilst training in the Menworth or Fylingdale areas. Several runners here with embedded chips have inadvertently become designated "smart targets" for weapons of mass destruction. Whilst not immediately detrimental to your health it does tend to put up your house insurance premium, and the social stigma of being associated with weapons of mass destruction should not be underestimated.

## FRA Fixtures Secretary No-more

Dear Dr Martyn,

I noticed in my recently received FRA Calendar and Handbook that Dave Jones will be giving up the task of producing the

calendar after 15 years. I suspect this could well give rise to a few "jolly well done and sterling effort old boy" type letters. Well I for one would like to set the record straight. Yes he did it for 15 years but in all that time he actually only produced 15 different calendars, not exactly cutting edge productivity. And then there are the quality issues - who else I wonder remembers the 2 spelling mistakes in the 1992 edition, or the grammatical error in the 1996 edition. An incident I still feel was worthy of the Editor being disciplined by the FRA for a gross breach of sentence structure. I know some of your readers may think I am being unduly harsh in my criticism, but then they didn't suffer the indignity of being the only runner to turn up for the inaugural "Andrex International Toilet Duck Challenge" on the 1st of April in 1995 - a race prominently advertised in the calendar of that year as starting at 12.00 noon from the public conveniences in Keighley. The fact that I was the only runner who hadn't realised this was an April Fool entry was bad enough, but imagine the humiliation of being picked up by the police for loitering around the toilets for 20 minutes after being filmed by the civic centre surveillance camera. You try videoing yourself getting ready and warming up for a race and then explain your actions to the police in the cold light of an interview room. Suffice to say vaseline is no longer included in my race day bag.

Still angry and humiliated of Hayfield

Dear Still,

I fear I must differ with you on this one, the annual Fixtures Calendar and Handbook has been (and I am sure will continue to be so) a masterpiece of detail and useful information. An absolute must for anyone involved in the sport. Additionally, with the recent trend for vastly improved "glossing" of the front and back cover it also now doubles as an extremely useful double mug sized coaster, with excellent wipe clean qualities.

## Performance Enhancing Substances

Dear Dr Martyn,

I would like to raise the very difficult subject of performance enhancing substances within our sport. I am a top junior runner and I am alarmed at the apparent ease with which these substances, or fruit and veg as they are known on the street, are now available. I consider myself to be a very fortunate teenager having been encouraged from an early age to eat a balanced diet from all three principal food groups, pizza, burgers and nuggets. My parents have always encouraged me to train clean, but at recent races I have actually seen parents openly giving fruit and veg to their kids. I am not just talking about soft fruits either - I am talking class A serious veg - asparagus, kale etc. I hope your readers don't just think that this is an inner city deprived area issue either, this stuff is now doing the rounds in places like Macclesfield. Clearly, our society hasn't plunged so low as for the good people of Alderley Edge to worry yet, but mark my words it's only a matter of time.

Worried Teenager

Dear Worried

You are right to be worried, in my professional capacity I am seeing an alarming increase in the ultimate extremes of this form of abuse - vegetarianism. People who now solely exist on fruit and veg. Sad times indeed.

## Wildoutdoors Ltd, Scotland – Running (Cycling) Holidays Spring/Summer Training and Holiday Programme 2003

Date	Location	Cost	Places
8-15	March Villa Marguerita, Pollensa. <b>Majorca</b>	£369	5
4-5 April (weekend)	Callander Hostel, Stirlingshire	£60	20
31 May-7 June	Western Isles - <b>Cycling tour</b>	£499	10
14-21 June	Torrison Highland tour - <b>Cycling tour</b>	£425	10
29 June-5 July	Waterbury Guest House, Dunkeld, Perthshire	£399	12
13-19 July	Callander Hostel, Stirlingshire	£329	14
19-26 July	Chalet Morrettes, Courcheval Le Praz, Savoie, <b>France</b>	£469	10
26 July-2 Aug	Chalet Morrettes, Courcheval Le Praz, Savoie, <b>France</b>	£469	10
10-16 Aug	Tour de Fife (&Perthshire) - <b>Cycling tour</b>	£369	10
24-30 Aug	Falkland Hostel, Fife	£329	14
7-13 Sept	Fort William, Highland	£399	14

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Website: [www.wildoutdoors.info](http://www.wildoutdoors.info) or e-mail [adrian@wildoutdoors.info](mailto:adrian@wildoutdoors.info)

Contact Adrian at Wildoutdoors 01337 831196 or 01383 831202 (Butterchurn)

# BRITISH HILL AND FELLRUNNING RELAY CHAMPIONSHIP 2002

by Eric Parker

## What we did and why we did it

When we were asked to stage the relays we realised that it would probably be the biggest one day event ever to be staged in Langdale, and it would take place during the half term holiday only one week after the Langdale race. It was obvious we could not use our usual Old Dungeon Ghyll venue because the numbers we anticipated would swamp the area and clash with the usual tourist business. So we decided to go to the other side of the valley and have runners starting and finishing their legs in full view of all the spectators.

Via the National Trust, we approached Mike Edmondson at Wall End Farm, with our plans for the event. His reaction was fantastic; he immediately offered the use of three of his largest level fields. He allowed us to take down fences and widen gates; he did not even mind when we told him the last leg was to go through his farmyard! We are indebted to him (we hope the contents of Jane's blue bucket helped).



Emma Barclay of Ilkley on leg 2  
(Photo Woodhead)

**Safety:-** we were happy enough with the safety arrangements we would make for courses on the hill. Our problem was perceived to be the road, keeping runners and cars apart as road closure even for a short time was out of the question. We eventually settled for marshals, shouting, much arm waving and running up and down, not a sophisticated system, we had a few close calls but no accidents so the system worked. Our marshals should have worn high visibility vests, lesson learned!

**Safety on the hill:-** if you ever meet a Raynet guy in a pub buy him or her a pint! They are the anonymous people who provide the radio links at checkpoints whatever the weather for however long it takes (they were on Blisco from 11am and got back to the finish field at 6pm). They are the vital link in the safety chain, thanks.

**Course:-** early in the planning it was decided the event should finish at about 4pm to allow people with a long drive ahead of them at least a couple of hours daylight to get home, and more importantly plenty of daylight for lost runners to get off the hill. The fact that the last runner fell into the finish field just as prize giving started proved we got the timing right. As for the quality of the courses we think they were good, but look forward to feedback.

**Disqualification:-** unfortunately we had to disqualify two teams from the orienteering leg. There is no stigma attached to this, they were not trying to gain an unfair advantage by missing controls. In the excitement they forgot to punch their cards and just ran through.

**Timekeeping and results:-** how do you time in "A" "B" Ladies, Veterans and mixed all arriving seconds apart possibly on different legs! (I do not mean tired legs or muddy legs). You give the job to Norman, Geoff and Alwyn of course. Nightmare scenario, what happens if it is raining and all the runners have wind tops on covering their numbers? We got the full results out by 6pm same day thanks to our results ladies who started registration at 8.30am. The results ladies would like to thank the many people who entertained them throughout the day with lots of interesting questions like, "Have you got any toilet paper?"

We must thank both Wilf's café for the food; they did us proud and satisfied hundreds of people and did not charge too much. Also our thanks go to St John's Ambulance for being professional and reliable. Our thanks also go to you for turning up, running, spectating and making the event run as smoothly as possible.

Would we do it again?.....Not likely. Over to you Shropshire !!

## SOMETHING TO CROW ABOUT?

from Mark Sandamas

As avid users of the countryside I'm sure you're aware of the biggest change to land access for a large number of years – the Countryside and Rights of Way Act 2002 (CROW), when it comes into effect, will give people a new right to walk (and run) over large areas of open countryside and common land. Potentially this means more places and new routes to run, although there's still a way to go yet before this happens.

Part of CROW requires the local and National Park authorities to set up Local Access Forums (LAF) who will advise the authorities on improving public access. The Forum members include representatives of land-owners and managers, recreational user groups (including walkers and runners) and other relevant local interests.

I have been selected for the Yorkshire Dales National Park LAF, with particular representation for running and cycling amongst other things. This means I have an opportunity to ensure the views of runners are fully considered in the access decisions.

Draft maps have now been produced for the region which show the areas that the Countryside Agency have provisionally indicated will be opened up. The maps for the YDNP are available to view at the National Park offices in Grassington and Hawes plus Settle TIC. You can also view them on the internet at [www.countryside.gov.uk/access/mapping](http://www.countryside.gov.uk/access/mapping) although allow plenty of time.

You have until early March to make comments on these maps. For example, if you think land has not been included that should be and vice versa. I won't go into the detail here of the various definitions and criteria – this is all given on the website.

Although the maps are likely to be the initial focus of the Access Forums, they will be also covering a wider range of access and recreation issues. So, if you have any particular comments, questions or suggestions about access issues in the Dales then please get in touch ([mark@sandamas.demon.co.uk](mailto:mark@sandamas.demon.co.uk)).



# British & Irish Junior Fell Running Championship. 13th Oct. Llanberis, Wales.

All the home countries plus Ireland made great efforts this year to field full teams for the junior home international which was held on the more gradual grassy slopes of Moel Eilio. This coupled with a relatively flat start and finish was a much faster course than usual allowing those juniors with a pedigree of speed to compete on more even terms with the out and out fell junior. In the team awards England shared the honours with Scotland, with Ireland taking a well deserved third in front of hosts Wales. The competition up front was very competitive with Richard Newton of England winning by the biggest margin of the day. Other notable wins were those of Karrie Hawitt of England who had the company of the new junior England fell sensation, 13 year old Daniele Walker all the way to the turn. Scotland had two gold stars in Iain Donnan and Sarah Blake, who impressed greatly with their front running, and, in particular, Iain's tremendous descending ability. In the Welsh team Rhodri Buffett had a super run in winning the U/16 Bronze medal, as did Colm Turner for Ireland in the U/18 race. Eoghan Gill in the U/16 boys race had the best performance from the N/Ireland team.



The English team in the Welsh sunshine (Photo Norman Matthews)

## Junior "Do" - preliminary information

This year's Junior "Do" will be held, as usual, after the Candlelighters Kelbrook Fell Race on the evening of **9th November.**

We will be enlisting the help of star guests for the Prizegiving and will be including such favourites as the buffet, disco and half-yard of orange competition!! Further details will appear in the June "Fellrunner" but put the date in your diaries!!

## RESULTS

### UNDER 16 GIRLS

1	KARRIE HAWITT	ENGLAND	20.33
2	DANIELE WALKER	ENGLAND	20.51
3	THIALA JONES	ENGLAND	21.18
4	JENNIFER EMSLEY	SCOTLAND	22.04
5	EMILY GIBSON	WALES	22.32
6	VICKY SNAPE	ENGLAND	22.33
7	ELIN WOZENCRAFT	WALES	23.13
8	HELENA RYAN	IRELAND	23.20
9	EMILY KENDRICK	WALES	23.30
10	ROSIE RICHARDS	WALES	23.49

Teams	1st England	6
	2nd Wales	21
	3rd Ireland	31

### UNDER 16 BOYS

1	RICHARD NEWTON	ENGLAND	26.52
2	STUART HUNN	ENGLAND	27.42
3	RHODRI BUFFETT	WALES	28.21
4	CIARAN FITZPATRICK	IRELAND	28.51
5	SCOTT FRASER	SCOTLAND	28.57
6	ANDREW MCCALL	SCOTLAND	29.23
7	DAVID BUTCHER	SCOTLAND	29.27
8	EOGHAN GILL	N IRELAND	29.46
9	ANDREW MURPHY	IRELAND	29.31
10	RORY McDONGLL	SCOTLAND	29.53
13	JOHNNY MELLOR	ENGLAND	30.22
15	CHRIS DOYLE	ENGLAND	31.16

Teams	1st England	16
	2nd Scotland	18
	3rd Ireland	24

### UNDER 18 GIRLS.

1	SARAH BLAKE	SCOTLAND	32.50
2	KATIE INGRAM	ENGLAND	33.09
3	REBECCA CRONSHAW	ENGLAND	33.21
4	ELAINE BAKER	IRELAND	33.22
5	MARBETH SHIELL	SCOTLAND	33.45
6	BRIONY CURTIS	SCOTLAND	34.39
7	RUTH MILLS	IRELAND	34.40
8	NI DEVLIN	IRELAND	34.46
9	LAURA KEMP	ENGLAND	35.10
10	VICKY CLEGG	N IRELAND	35.33
12	HELEN BOOTH	ENGLAND	35.59

Teams	1st Scotland	12
	2nd England	14
	3rd Ireland	19

### UNDER 18 BOYS

1	IAIN DONNAN	SCOTLAND	35.01
2	ANDY ELLIS	ENGLAND	35.31
3	COLM TURNER	IRELAND	36.05
4	JOHN NEWSOM	SCOTLAND	36.20
5	MARK BUCKINGHAM	ENGLAND	36.25
6	GRAHAM BEE	SCOTLAND	37.18
7	DAN MULHAIR	IRELAND	38.08
8	TIM ELLIS	ENGLAND	39.04
9	TRISTAN EVANS	WALES B	39.40
10	GWYN WILLIAMS	WALES	39.50
11	JAMES CARTER	ENGLAND	39.55

Teams	1st Scotland	11
	2nd England	15
	3rd Ireland	23

MEDAL TABLE	GOLD	SILVER	BRONZE
ENGLAND	2	4	2
SCOTLAND	2	0	0
IRELAND	0	0	1
WALES	0	0	1



# Lakeland Classics Trophy 2002: A Review

Graham Breeze

## Be Careful What You Wish For

"Graham, you are the man to set this in train" were the chilling words I read in a letter from Brian Martin a year ago suggesting that, having written a discursive article about the uncertain future of Long A races, I should actually do something practical and get the idea of a grand prix, based on these races, of the ground. He also suggested that 2002 would be a good year to promote a new trophy after the "lost" year of the F&M epidemic.

Given that several race organisers, notably Selwyn Wright in his article *Race Profile-The Three Shires*, had supported the idea it was a suggestion I could not refuse, particularly given his offer to manage all the statistical analyses. So a year ago, the Lakeland Classics, a grand prix based on seven Lakeland races, was launched; at least in theory.

## Seven Races

The two principles underpinning the series were to encourage runners to support the SuperLong A races which had been experiencing falling entries and to recognise the performance of true fellrunners across a range of Lakeland races. It was clear that the arduous SuperLong quartet of Duddon Valley, Ennerdale Horseshoe, Dockray Helvellyn and Wasdale would have to form the basis for the grand prix but to broaden the appeal of the series the popular trio of Borrowdale, Three Shires and Langdale Horseshoe were added to make a total of seven races to be run between June and October. Qualification for the series required completion of three races of which at least two had to be from the SuperLong quartet and points were to be scored based on relative times and not positions.

## Outcomes

### Individual Race Entries

It is gratifying that several race organisers have kindly acknowledged that the Trophy has raised the profile of their event and had a positive effect on entries although, as Joe Faulkner's entry for his Dockray Helvellyn race in the 2003 Calendar indicates, the future of Long A races is not secure.

### Trophy Qualifiers

Given that some fellrunners never tackle a SuperLong race the requirement to complete at least two such races to qualify for the Trophy meant that only the hardest of fellrunners would be attracted to the series.

Delightfully: -

- \* 49 runners, including 7 women, completed 2 of the SuperLong races
- \* 38 runners, including 4 women, went on to complete the LCT series with a Long counter
- \* 5 runners completed all 4 SuperLong races (and there was only one week between Duddon Valley and the Ennerdale Horseshoe!). They were John Hunt, Leigh Warburton, Rob James (CFR), Mike Wardle (Calder Valley) and Anna Forrest (Carnethy). Unfortunately Anna retired at Borrowdale or she would have been the only lady to complete all 7 races
- \* 9 further runners, including Wendy Dodds, completed 3 SuperLong races.

### Finishing Time Points

Trophy points were based on finishing times as an inverse percentage of the winning time to overcome the arbitrariness of race-position based systems, the distorting effect of varying field sizes and to encourage runners to run faster rather than focus on positional tactics. (So if the winning time is 60 minutes (i.e. 100 points) then a runner taking 90 minutes i.e. 50% longer gets 50 points and a runner taking 120 minutes i.e. 100% longer gets zero points). Although this approach is less transparent than race-position schemes it adds an extra dimension and element of excitement (or at least uncertainty) by leaving the final outcome open until late in the series.

In 2002 the overall winners were not decided until the seventh and final race at the Langdale Horseshoe. John Hunt (CFR) had led the series up to that point and had the series been restricted to the four SuperLong races he would have won outright but Jonny Bland's (Borrowdale) winning time at Langdale secured the male trophy by just 2 points (298 to 296). The female trophy was also won by a small margin with Wendy Dodds just two points ahead of Alison Weston (Ilkley) (195 to 193) who finished 25th and 26th of the 38 runners who completed the series.

## Trophies and Category Winners

### Slate Trophies (Permanent)

Male Trophy	Jonny Bland	Borrowdale
Female Trophy	Wendy Dodds	Clayton-le-Moors
Team Trophy		Borrowdale

### Bentham Pottery "Lakeland Classics 2002" Mugs

First Male	Jonny Bland	Borrowdale
Second Male	John Hunt	CFR
(& SuperLong Series Winner)		
Third Male	Andrew Schofield	Borrowdale
MV 40	Allan Miller	Kendal
MV50	Dave Tait	Dark Peak
MV60	Barry Johnson	CFR
First Female	Wendy Dodds	Clayton-le-Moors
Second Female	Alison Weston	Ilkley

John Hunt and Leigh Warburton (Bowland) who was 8th overall were the two runners who completed all seven races in the series and Leigh has therefore been awarded a memento mug.

The full results are available via the Ambleside or FRA websites (with thanks to Eddie Bland of Ambleside) or a large SAE to the organisers.

## Thank You

Entry to the Lakeland Classics series is free and particular thanks are due to Selwyn Wright (Three Shires) and Martyn Jones (Duddon Valley) who made financial contributions towards the cost of purchasing the Perpetual Slate Trophies and Bentham Pottery Mugs.

## Conclusion and 2003

When Brian and I were discussing the idea a year ago we had no idea how much interest there would be. We feared that people would groan at yet another grand prix appearing in what some may think is an already overcrowded FRA Calendar; even though we believed our proposal to be a very grand grand prix! We have been heartened by the response from runners and race organisers and the series will be repeated in 2003 based on the same seven races, assuming that the Dockray Helvellyn races takes place.

We will be delighted to receive any comments (Breezeuplands@aol.com or 01943 874046 & brian\_martin16@bopenworld.com or 017684 84156) on how we can improve the Lakeland Classics 2003.



The author taking flight at Bouldsworth  
(Photo Woodhead)

## Believe it or not .....

Diversification is good for you (as they say on "the Archers") - or in the case of our well-known fellshoe manufacturer, Walsh, is it??? The photo below was taken at a very classy shoe-shop in Milan and depicts an impressive array of high-class fashion shoes made by ..... Norman Walsh of Bolton, England. Wonder where their priorities lie??



Photo Paul Ramsden



# TRAINING FOR HILLS

Mention fell running to anyone and they immediately think of running up hills. This specialised aspect of our discipline together with the technique of descending is unique to our sport. Coaches must capitalise in this area so that our athletes are able to maximise their ability in this aspect of performance.

The criteria for optimising the ability to climb well is the same for all abilities.

## 1) WEIGHT

The weight of an athlete is a critical factor in good climbing formula. If the percentage of body fat is reduced to under 10% for senior men, and 15% for senior ladies then the ability to climb well is positively enhanced. This does not mean that you immediately put your athlete on a diet. The progression towards a low body fat level takes planning, since athletes in full training require a diet with sufficient calories to maintain an equilibrium for energy needs. It is the minor refinements within a healthy diet that can pave the way to attaining low body fat and the coach needs to assess each athlete individually to find the correct formula.

## 2) LEG STRENGTH

Leg strength is undoubtedly the key factor if body weight is as suggested. As mentioned earlier the building of strong leg muscles is not a major difficulty, it is more a matter of a scheduled application and sound knowledge of the overload principle.

## 3) LACTIC TOLERANCE

Lactic tolerance has to be well developed. Tolerance conditioning sessions and activities enhancing lactic buffering are not hard to find. Turbo sessions on a static bike should not be overlooked.

## 4) AEROBIC CONDITIONING

Aerobic conditioning is a major factor, especially on the long climbs. A solid base of aerobic conditioning is an essential element in good hill climbing, especially over the longer courses. A **Minimum** mileage of approximately 70 miles per week is necessary, although this will vary depending on the time of year and the standard of competition. 100 miles a week during the winter months is not out of place for elite athletes aspiring for International selection.

## 5) STRIDE LENGTH

Correct stride length and uphill running technique require practice. Economy is the key word when climbing steep ascents. The arm action should be minimised on long slow climbs and routes selected to minimise knee lift.

## 6) PACE JUDGMENT

Pace judgment is an essential ingredient in maintaining an efficient running action and, as outlined earlier, use should be made of specific hill sessions to acquire this knowledge.

## 7) MENTAL ATTITUDE

A strong will is a necessary characteristic, especially in the shorter races when lactic tolerance levels are high.

## 8) WALKING TECHNIQUE

A good race walking technique is essential for those parts of a course which are not runnable

## 9) ROUTE CHOICE

Optimum route choice is a tactical application which plays a major part in uphill running. It is not always the strongest climber who gets to the top first. Under certain conditions it is occasionally reserved for the runner who finds the shorter route.

## 10) USE OF HANDS

There are occasions when it is helpful to use the tactical ploy of pulling oneself up by the use of the hands. There are critical times in a race when metres can be gained on a very steep climb by using the hands to ease lactic build up in the legs. Heather slopes and rock out-crop can all aid forward momentum at times when seconds are at stake.

## 11) MUSCLE LOAD TRANSFER

On severe climbs the running action of light forefoot contact puts great strain on the calf muscles, which at times can fatigue sufficiently to bring about a drop in pace. If an intentional change to flat foot contact is made for short periods of time with the emphasis on a quadriceps lift, it allows lactic to disperse sufficiently in the calf's to regain the former action.

## 12) SECURE FOOT PLANT

When climbing steep ascents careful positioning of the foot can at times allow a continuous drive forward without the occasional slip back. Any such slip results in lost momentum and careful selection of step positions should be made so that maximum forward drive can occur without loss of speed. Although this may seem trivial in application the leverage gained when the foot is on a strong foundation establishes a marked advantage over those whose random steps find insecure positions. The early gully climb to Bessyboot in the Borrowdale race is a good example of such terrain.

## 13) BREATHING PATTERNS

The application of selected breathing patterns using the diaphragm action is a much undervalued technique when running at threshold level. Coaches must examine this aspect of preparation and application.

## HILL REPS

To excel at hill running hills need to be run in training. Strong legs can be built with strength conditioning and riding a bike but there is no better way of developing the ability to climb well than running on the fells or doing specific hill reps in training.

The difficulty with hill reps is trying to overload a specific aspect in isolation from the rest. Running hills of any gradient works all parts of the circulatory and musculo - skeletal systems, with the heart, lungs and legs all placed under stress at the same time.

## DOWNHILL RUNNING

It is said that good down hill runners are born that way and that you either 'have it' or you don't. That may be so, but there are not too many runners who have been schooled in the art of descending. This is largely because we have not had a coaching structure to implement such a training programme.

**What is it that makes a good descender?**

## 1) STRONG LEGS

In the first instance a runner must have strong legs. Rather an obvious statement really, but how many fell runners actually train to improve leg strength away from the fell. If they do they generally build muscle strength with just endurance in mind - they occasionally go for gross strength training. However, they seldom opt for elastic strength development via plyometric and drop jumps for extra power. Coaches must ensure that all these aspects of training are applied in the right proportions. Coaches who have not been on a strength conditioning course should make it a priority. In the meantime read all that you can about the subject, search out information and learn the principles.

## 2) FAST FEET

A fell and hill runner must have good eye / foot co-ordination. A term used regularly for sprinters, is 'fast feet'. When descending at pace over rocks and other rough ground the fell and hill runner needs to think of 'fast feet,' using steps in keeping with the surface material. Long strides are inappropriate on tracks similar to the final track descent at Kentmere, with boulders everywhere. There are times when the need to react to a bad foot plant requires a light quick step to recover. If the stride is too long and committed it is very difficult to avoid trouble. Drill work of the sort used by sprinters for speed and co-ordination will help. Try some for a couple of months down at the track. The principle is similar to the American footballers use of rapid stepping in and out of tyres.

## 3) CORRECT LEAN

Knowing the correct lean and doing it is another thing. e.g. when descending Lingmell in the Scafell race, it takes a degree of courage to let the legs go in a relaxed state of free fall. If the racer resists the fell then the leg muscles must work overtime, and produce the old 'leg wobbles' on the way down. The correct lean co-exists with both experience and fearlessness. Correct technique borders on recklessness but most elite descenders know exactly what they are doing. It just looks dangerous because inexperienced runners can't do it.

## 4) STUD CONTACT

When descending at pace it is important that the foot is in the plantar flexion position (foot pointing downwards) to facilitate as much contact with the ground as possible. Full stud contact helps considerably on wet grassy slopes. Less pointing is needed by those runners wearing shoes with heel spikes. Scree running is quite different. Try to keep the body straight with the heels going into the scree. Taking the scree route off Scafell in the Borrowdale race can be very exhilarating, and a shorter route!

A small point, but an important one, is that it is no use wearing a pair of studs to aid descent if the studs are worn down. If the uppers are still in good condition then a new sole is a must.

## 5) LACTIC BUILD UP

There are many times when a runner has a poor descent because their legs will not hold them at pace. It is no use giving that extra push for the top only to find that the lactic build up prevents a good descent. If a runner usually picks up places on the descent, it is good coaching practice to work on this in training. If the descent is long like Ben Nevis, Snowdon, Skiddaw etc, then those runners with good descending techniques need to utilise their judgment of lactic build up on the climb in order to fully exploit their descending prowess on the way down.

Another over 50's long distance challenge was launched last year based on Sedbergh. It is easier than the Joss Naylor Challenge by at least a couple of hours so it is not just for the elite. Nevertheless it is no pushover and it will make for a rewarding day out that will not be quickly forgotten!! The 40 mile circuit links together seven trig pillars in a roller-coaster run across some of England's wildest country. A range of first class times related to ages are aimed at fell runners and these should make a good test of both stamina and navigation. Part of the challenge is to select your own route between the pillars although most of it should be obvious. After leaving Sedbergh the run climbs the remote top of Baugh Fell then heads over to Great Shunner Fell via Grisedale and the Mallerstang Valley. From there the next objective is the distinctive summit of Wild Boar Fell. A good run off then leads to foot of the Howgills for the last leg to bag the final four pillars before the descent back to Sedbergh.

For all those ancient Bob Graham members out there who have gone grey, bald or whose joints are now creaking here is a chance to roll back the years and pick up another gauntlet!

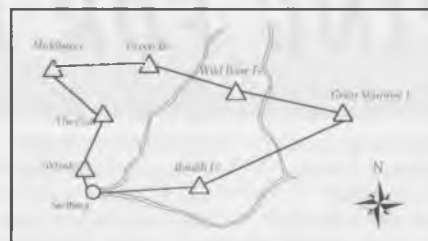
### Route

Map: Outdoor Leisure or Explorer Series- Howgills and Eden valley

Start and finish at Sedbergh -GR 657922 (church gates) and visit the seven pillars located on:

Baugh Fell - GR 731919, Gt Shunner Fell - GR 848973, Wild Boar Fell - GR 757988, Green Bell - GR 698011, Middleton - GR 653013, The Calf - GR 667971 Winder - GR 654934

The route from Baugh Fell to Gt Shunner Fell must be via Flust (GR 770943) and High Dyke (GR 803943) otherwise any right of way or open country route may be used.



### First Class Times

Over 50 - 12 hours

Over 55 - 15 hours

Over 60 - 18 hours

Over 65 - 21 hours

### Registration

Successful completions can be registered with Tony Wimbush.

Send SAE for registration form and other details to Over The Hill Club, 10 Beaufort Grove, Bradford, BD2 4LJ or email: [twimbush@fish.co.uk](mailto:twimbush@fish.co.uk)

A quality certificate will be available shortly and a badge may be produced subject to demand.

### 2002 Completions

1= Tony Wimbush - Dark Peak FR Over 50 1st class

1= Colin Brooke - LDWA (West Yorks) Over 50 1st class

3 Stuart Thompson - Bingley Harriers Over 50 1st class

4= Peter Barker - LDWA (West Yorks) Over 65 1st class

4= Dave Light - LDWA (West Yorks)

Current record: 8 hours 57 minutes by Stuart Thompson

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# AND NOW FOR SOMETHING COMPLETELY DIFFERENT : THE SCOTTISH OLD COUNTY TOPS

from Andy Walmsley

The seeds of the idea for this expedition were first sown in my mind years ago, probably in the early 1990s. I'd had a couple of failed attempts at the Bob Graham in the late eighties, during which I found I could keep going OK for about 10-12 hours but then wilted in a big way. In 1989, while on holiday in Spain, I completed the Integral de Sierra Nevada (58km/4000m) - a route mostly above 3000 metres altitude - in 15 hrs and 5 min. I thought this was a good performance but I only went *well* for about 12 hours. Any more seemed beyond me.

However, I had noticed that no matter how exhausted I was at the end of these 'runs' I was strong again the next day.

I seemed to have a good overnight recovery rate. Maybe a multi-day expedition with a good sleep every night would suit me?

Sometime around this same period, I bought a book by Paddy Dillon called "The County Tops of the British Isles". This mainly covered the new (post 1973) counties and Scottish Regions, but in the back was a list of the "Old County Tops", including the 30 Scottish mainland ones. The seed was sown.

Research and planning for the trip went on for years as I gradually built up a database of information on the Old County Tops, planning to attempt it "one day". A major piece of the jigsaw fell into place when I bought a VW Transporter van, subsequently doing a basic camper interior and adding an LPG conversion for cheap running costs. This meant that accommodation, transport, catering, drying facilities, gear storage, and changing room were all sorted at one fell-swoop. All I needed now was fitness!

Unfortunately, a bad fall from Sharp Edge in September 1999 put the hold on that, but ironically worked in my favour in that it focussed my mind in the aftermath; I HAD to get my head around a major effort to regain my fitness. It was a long, slow process but after only three more years (!) I was finally ready.

My intention on this trip was to total up the aggregate times for all the ascents and descents and to take no account of the times taken for the drives from hill to hill. I thought 10 days was a reasonable overall target, to establish a standard time frame for the challenge, but I wanted to avoid any suggestion of "against the clock" driving. The total time for the runs was the important thing and my rough target for this was 65 hours.

The expedition was one of ups and downs in more ways than one. The early days were a matter of sticking to the schedule and setting a sustainable pace, which could hopefully be maintained for the full ten days. The weather early on was mixed, with sunny spells and showery rain but there were no REALLY bad conditions and I soon dropped into a rhythm of eating driving and climbing hills. What a life!

Managing kit, navigating, driving and refuelling (both van and me!) were all quite challenging logistical problems, but my pre-

trip plan (including doing the whole thing on environmentally-friendly LPG) was vindicated by the fact that the strategy ultimately worked.



Andy takes a quick breather on Hill of Stake  
(Photo Andy Walmsley)

Day one was a half-day. I drove up from Chorley in the morning and, starting at 2:30pm, climbed Cairn Hill in drizzly rain and Mickle Says Law in pleasant evening sunshine. A dark drive then took me to a wild camp at the foot of Blackhope Scar.

This latter hill, pathless and heathery, gave me a tough Bowland-style start to the second day, but the subsequent three, much bigger, hills (White Comb, Dollar Law and Broad Law) allowed relatively easy passage, despite a real mixed bag of both weather and physical state!

On day three I climbed five tops. Starting with a dew-sparkling morning on Culter Fell, I progressed via a simple stroll to the top of Cairnpapple Hill then had a surprisingly strong climb up the steep slopes of Ben Cleuch. The afforested Innerdouny Hill gave me some uncertain moments as the forest track seemed to wind endlessly around the slopes without getting anywhere near the summit, but open ground eventually arrived and I finally made the top. I met up with Ian Roberts and his daughter Cath in the late afternoon, and Ian joined me in the evening for the last hill, West Lomond. This was a pleasant, relaxed run and I began to believe I might actually be able to do this thing!

Day four was a tough one. It started with a long drag up Mount Battock from Glen Esk in damp misty conditions. A 70-mile drive then took me to Glen Shee and the uninspiring ascent of Glas Maol (first Munro of the trip) and by the time I'd driven over the Lecht to

the Hills of Cromdale there wasn't much daylight left. A slightly desperate solo dash in the claggy gloom snatched Carn a Ghille Chearr from the jaws of darkness. But only just.

Day five was a day of two halves. A euphoric morning on Ben MacDui in dazzling sunshine was contrasted by a tedious ascent of Carn Glas Coire in deteriorating weather in the afternoon. An increasingly sore Achilles tendon and a dank mist which descended during the 100 mile drive up to Caithness made for a depressing end to this day.

The next day proved a real test of character, and probably represented a 'watershed' on the trip. My Achilles was very sore, the weather was bad, and the relentless demands of the itinerary were weighing very heavily. Added to this, I almost failed to negotiate access to Morven from the gamekeeper and only persuaded him by means of a hang-dog look and an assurance that I could be up and down in 3 hours. I managed it with 2 minutes to spare. By the time I had done Ben More Assynt in the evening it was obvious that a barrier had been passed but, shattered, I stopped for the night early at Ardmair and thus pushed day seven's schedule beyond reach.

The plan had been to camp near to Glen Affric and to ambitiously bag Carn Eighe and Ben Nevis in the day. The eighty mile drive in the morning from Ardmair put my start time on Carn Eighe back to after 10 am and, labouring under a lethargic malaise, the round trip took me almost 5 hours. By the time I'd rested for a bit (needed), eaten (essential!) and driven the 70 miles to Fort William it was 6pm. The Ben would have to wait. I met up with Ian and Cath again here and we spent a pleasant night on the Glen Nevis campsite, catching up on our recent adventures and washing some kit!

Although Ben Nevis was postponed until morning, I still reckoned I had enough time to fit the remaining hills into the rest of my ten days. The fact that I'd started at 2:30pm on Thursday 5th, meant that I had until 2:30pm on Sunday the 15th to collect all the tops.

Day eight started with an easy trip to the top of Ben Nevis and back in 3:07. Ian and Cath set off with me, but we separated on the climb and met up again in Glen Coe when I returned from Bidean nam Bian in the afternoon. The weather provided glorious sunshine and should have made for an easy day, despite the total of almost 8000 feet of ascent, but Bidean had other ideas. Faulty navigation (well, blind path-following actually) led me into the wrong corrie, and I had anxious moments in some very precarious situations before good sense prevailed and I retreated slightly and found a safer way to the summit ridge. I didn't stand on the top of Bidean until 2:06 had elapsed. A brisk descent (grousing to myself all the way) got me back down with an overall time of under 3 hours, but that was at least half an hour slower than it should have been. After this escapade I needed a drink and we duly stopped off in Killin for a magnificent pint of Guinness before retiring to a wild-camping spot above

Glen Lochay, where I slept like a log!

During the last two days my injuries had been improving (much to my surprise) and my revival continued on the morning of day nine when I was treated to the most fantastic cloud inversion on Ben Lawers. After a grey plod through mist, I broke out of the clouds on the last bit to the top and then spent priceless minutes on the summit gazing out over a dazzling sea of white cloud, with Ben Nevis' unmistakable bulk dominating the skyline. Ben Vorlich was the afternoon peak, and unbroken sunshine tempted Ian to join me for the ascent. We sweated our way up the 'southern buttress' and then I pressed on ahead along the surprisingly switchback summit ridge. The amount of up and down, and contouring around minor tops surprised me and I decided to take a more direct descent to the Sloy dam instead of retracing my steps. I hoped to tell Ian of this change when I met him on the way back, but we missed each other on the ridge and he ended up returning by the purist route – a fact he's never let me forget!

The night was spent on the Cashel campsite on the east bank of Loch Lomond and I made an early start on Ben Lomond next morning. The climb followed a similar pattern to Ben Lawers; early grey mist giving way to brilliant sun and a cloudless sky on top. The view of the highlands was fantastic and I spent some time imprinting it on my memory, to be recalled during the dark days of winter! Uplifted by this I made a fast descent back to Rowardennan in 43 minutes, feeling quite

sprightly for an old crock. The day developed into a scorcher and the afternoon ascent of Hill of Stake from the surprisingly picturesque Muirshiel Visitor Centre, west of Glasgow, was hard work. My earlier verve had evaporated and I simply followed in Ian's tracks as he led me to the summit. I pressed on alone on the descent, but didn't achieve much of a pace; Ian arrived only a few minutes after me, despite taking time for a lie down in the burn to cool off! We intended to squeeze Craig Airie Fell into the day, leaving only Merrick and Kirriereoch for Sunday morning and making a sub 10-day completion a formality but this plan didn't quite come off. We drove like true 'white van men' down to Galloway, arriving near Derry farm just as daylight was fading. The rush, combined with some 'skim reading' of the map resulted in us setting off up the wrong track and by the time we'd discovered our blunder, the day had gone. We decided that Merrick, Kirriereoch and Craig Airie could all be fitted into tomorrow morning anyway, and the chippy in Newton Stewart seemed to be calling insistently to our rumbling stomachs. We didn't resist. After a council of war at Caldons Campsite in Glen Trool, it was decided that Ian and Cath would generously drive back up to Derry farm and retrace Craig Airie for me while I tackled the twin hills of The Merrick and Kirriereoch Hill, so starting at 7:20am from the head of the valley I launched myself into the rush to finish inside the 10 day target (2:30pm).

It was a misty, muggy morning but I climbed fairly well up to the summit of Merrick. A stiff-legged descent into the col brought me to

the foot of Kirriereoch and I then struggled somewhat up soggy slopes to its bald summit. After crossing to the boundary wall on the north side of the domed top, to be sure of being on the highest point in Ayrshire (how conscientious is that?!), I returned wearily to the col and made the 500-foot re-ascent onto Merrick. The descent was taken steadily, with a slow plod up the whaleback oddly named 'Nieve of the Spit' en route, but I was back at the van in 3:21. After a quick bite to eat and a partial change of clothes I was off to Craig Airie, bouncing my way along tiny, crumbling lanes to reach Derry at 12:05. Ian and Cath were waiting, having rechecked the route through forestry, which was in the course of being felled. The route was actually part of the Southern Upland Way but it was an uninspiring finale to this great expedition. All three of us reached the summit together and after a quick photo-call I was off for the van and the finish. I knew that I was easily going to be under the 10-day target, but I ran as hard as I could all the way back, just to see how much I had left in me. I felt fairly strong (blimey), but despite my best efforts I couldn't break the hour for this last hill, arriving back after 61 minutes. It was 1:15pm.

Although ten days was my overall aim the important statistic, and the target for any future contender, is the aggregate time for all the ascents and descents. My times added up to 56 hours and 32 minutes for a total of 182 map miles and a conservative figure of 55,000 ft of ascent. It's not the greatest physical feat which has ever been achieved, but what a memorable trip!

### The Scottish Old County Tops – Summary.

Hill	County	From	GR.	Miles	Ft	Time	Day's Miles	Day's Ft	Hill Hrs
Cairn Hill (W. top)	Roxburgh	Cocklawfoot	853185	7.0	1650	1:36			
Miekle Says Law	East Lothian	Faseny Cottage	613636	5.6	770	1:20	13	2420	2:56
Blackhope Scar	Midlothian	S of Wolf Cleugh	347465	5.0	1150	1:45			
White Coomb	Dumfries	Grey Mare's Tail	186145	4.5	2000	1:25			
Dollar Law	Selkirk	Cramalt	195232	7.0	1575	1:52			
Broad Law	Peebles	Meggett Stone	151202	5.0	1300	1:14	22	6025	6:16
Culter Fell	Lanark	Glenkirk	081295	3.7	1370	1:25			
Cairnpapple Hill	West Lothian	Nr Knock	990710	0.5	100	0:11			
Ben Cleuch	Clackmannan	Tillicoultry	914975	5.5	2350	1:10			
Innerdouny Hill	Kinross	Littlerig	013071	5.6	750	1:15			
West Lomond	Fife	Craigmead	227062	4.4	790	1:00	20	5360	5:01
Mount Battock	Kincardine	Glen Esk	540790	9.0	2250	2:19			
Glas Maol	Angus	Cairnwell Pass	141775	4.5	1500	1:05			
Carn a Ghille Chearr	Moray	Easter Shennach	112301	6.0	1650	1:35	20	5400	4:59
Ben MacDhui	Aberdeen/Banff	Coire Cas	990060	10.0	2450	2:45			
Carn Glas Coire	Nairn	Nr Auchterteang	929258	8.0	1350	2:05	18	3800	4:50
Morven	Caithness	Braemore	073304	10.0	2100	2:58			
Ben More Assynt	Sutherland	Inchnadamph	250218	11.0	3350	3:54	21	5450	6:52
Carn Eighe	Ross & Cromarty	Glen Affric	200233	14.0	4250	4:55	14	4250	4:55
Ben Nevis	Inverness	Glen Nevis Y.H.	128718	6.5	4350	3:07			
Bidean nam Bian	Argyll	Glen Coe	138566	4.0	3600	2:56	11	7950	6:03
Ben Lawers	Perth	Visitor Centre	609379	6.5	2600	2:37			
Ben Vorlich	Dunbarton	Inveruglas	322100	6.8	3150	3:15	13	5750	5:52
Ben Lomond	Stirling	Rowardennan	360985	8.5	3100	2:23			
Hill of Stake	Renfrew	Muirshiel	311631	6	1100	2:03	14.5	4200	4:26
Merrick	Kirkcubright	Glen Trool	415803	10.5	3800	3:21			
Kirriereoch Hill	Ayr	Glen Trool	415803						
Craig Airie Fell	Wigtown	Nr Derry	264734	6.8	560	1:01	17.3	4360	4:22
<b>TOTALS:</b>							<b>182</b>	<b>54965</b>	<b>56:32</b>

# THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

It is good to be able to report that we appear to be getting back on course after having been knocked back following FMD. Mountain legs are returning to form and there were eventually four confirmed successes this year plus one repeat run in a new age group; it appears to be addictive! The runs extended from May to late October, an unusually long season. The poor summer probably discouraged a few more and they may return next year. I hope so – there's a great day on the hill awaiting all of you who have survived till reaching your half-century and beyond. Go celebrate with Joss's run! Ken Jones was one of the four who enjoyed their day and wrote about it evocatively in 'The Fellrunner' of October 2002. I knew nothing of this beforehand and it was good to have such publicity. We enjoyed a good Presentation Dinner at The Bridge Inn, Santon Bridge, though the clash with the FRA Presentations precluded Wendy Dodds, Paul Murray and Barry Johnson from attending as they were receiving FRA awards. Congratulations to them.

The final run was completed by Phil Clark on October 26th. I recall feeling for him in the very poor weather prevailing at home that day, but it did clear and Phil just caught that window. He ran fast, thus finishing before the window closed. It is Joss's policy that times are not given to anyone other than those who have already succeeded, so I can't tell you what it was – I guess you have your own ways of finding out! Suffice it to say that Don Ashton's run as an M50 way back in May '93 still holds the top slot, by a whisker. Although some contenders are running faster, Don is going to take some beating. These days, there is the option of sample schedules for guidance, but those are nameless and conservative. Joss does not want it to turn into a series of races and

this view is supported by the faster runners, too. So enjoy the day, rejoicing in the fact that you are still fit enough to train and run under your allotted time. Quotes from Phil's report are revealing:

On finishing, "I'm absolutely knackered and feel as tired as when I finished the Bob Graham".

Later, sitting by the Bridge in the dark, sipping Champagne, "A fantastic day out and anyone who says it's a soft touch wants to give it a try!"

So come along and do just that! Celebrate the start of your 50th to / 70th 'Year to Heaven' (Dylan Thomas) in 2003. It is sometimes said that it gets easier in the upper age groups, but I think the jury is still out on that. And you can raise Charity money too – many sponsors will be impressed and may thus be generous. The grand total raised to date is £12,395.

The final list of those who succeeded this year is:

Wendy Dodds,	W50	Clayton le Moors
Ken Jones,	M50	Dark Peak
Alan Yates,	M50	Dark Peak
Phil Clark,	M50	Kendal
Brian Leathley,	M70	Clayton le Moors. (Repeat run.)

Totals in age groups since the beginning in 1991 are:

W50-3; M50-14; M60-14; W65-1; M65-5; M70-1.

Information (sae please): Monica Shone, Swn y Gwynt, Penmynydd, Llanfairpwll, Ynys Mon. LL61 5BX

e-mail: mandc@gwyntog.freemove.co.uk If using e-mail, please add your postal address to your message.

## Brit Smashes Fairydown Adventure Kepler Challenge Record

As was expected the 15th annual Fairydown Adventure Kepler Challenge proved to be a race to remember. Three hundred and thirty five competitors from around the globe and the far corners of New Zealand came to pit their wills with hard training behind them against the rigours of the mountainous 67km run over the Kepler Track. As the day dawned on December the 7th and the storms of the early morning abated, the officials around the route, most of whom had been flown to strategic locations the night before, readied their stations. They would be helping a steady stream of determined runners who would spread themselves 6 hours apart around the route. The three returning runners who were setting off on their fifteenth consecutive Kepler Challenges: Peter Dunne, Alan Reid and Murray Thomas, were given the honour of starting the race.

The weather gods were good to everyone and by the time the first runner, Mark Bright of Waiheke Island, emerged from the bush line all cloud had cleared and they were rewarded with spectacular views. For Mark and Richard Ussher of Queenstown, who was hot on his heels, this was a bonus as neither of them had been around the Kepler track before. Mark reached the Luxmore hut in 1st place to take 'The King of The Mountain' Crown. Colin Rolfe of Paraparumu, last year's champion, was only minutes behind.

In the women's Race Carline Macdonald of Wellington led the field to Luxmore with Jill Westerna of Wellington and Zelah Morrall from the UK closely behind.

From Luxmore across the tops there was a close tussle between Bright and Ussher with Ussher eventually taking the lead. Carline Macdonald led most of the way to Iris Burn and there was quite a competition going between her and Westerna. Zelah Morrall caught them in the latter stages of the race and said when she saw the tired looks on their faces she knew that the race was hers as she was feeling so good. Last year's winner, Andrea Murray, remained in 4th place throughout the race.

Richard Ussher took line honors to win the men's race in a time of 5:08:36 with Mark Bright 5 minutes behind in a time of 5:13:42. Colin Rolfe finished 3rd in 5:22:08.

The feel good factor led Zelah Morrall to a spectacular win, smashing the women's record by 8 minutes to finish in 5:40:15. This British athlete currently living and working in Whangarei as a Physiotherapist also won The Routeburn Race earlier this year but was competing in the Kepler for the first time. She won a \$1000 prize for the record.

Jill Westerna finishing 2nd also did a commendable time of 5:50:23 which would have been close to breaking the record also. Carline Macdonald finished 3rd in a time of 6:00:52.



*Yet another timely reminder that in these complicated days of risk assessments, focus groups and target-driven initiatives there still exists that group of straightforward and hardy individuals who require nothing but a lot of hills and a bit of time to themselves*

## The Charlie Ramsay Round, solo and unsupported 21st June 2002 from Yiannis Tridimas

I got to Fersit early on Friday morning after driving from Liverpool through the night. The day was spent resting, sleeping and feeding. Late in the evening I walked up to the dam and deposited a bag with food and drink in the bushes and then drove to Glen Nevis for the start.

Without a support team the start is a very private affair, a secret not to be revealed to anyone who might not fully understand the type of affliction that overtakes people with a peculiar sense of enjoyment.

The weather at the Glen was mild and windless. It had been raining on and off during the day but just now it was dry.

The path to the Ben was quite busy with groups of walkers coming and going - it was the longest day of the year after all and some people like to mark the occasion with a visit to the big mountain.

I took a direct line to the summit staying on the left of the stream - not a good idea in the dark with masses of wet boulders to clamber over. Cloud cover was above about 800 metres. The rain returned before I got to the top. I had decided to take it steady through the darkness and as I am not too familiar with this mountain I kept a careful eye on map and compass.

Wet rocks, darkness and mist called for measured actions, hence my slow times in this section.

On the broad expanse of Aonach Mor the rain got quite heavy and a cold wind blew. Daylight was on its way but visibility was limited as the mist was thick.

I found the way down from Aonach Beag through the nick under the massive rock all right, but my bypass of Choinnich Beag could have been better.

The short cut to Stob Coire an Laoigh along the valley presented no problem. The showers were getting heavier all the while and running downhill on grass saturated with water was difficult if you wanted to stay upright.

The long, rough ascent to Stob Coire Easain must be one of the hardest ascents in the round. On the other hand, the long and runnable downhill from Stob a' Chuire Mheadhoin is one of the features that makes the clockwise round worthwhile. At the lower slopes I followed a small path that heads directly to the dam and missed Rob who had come up to meet me but expected me to run along the track by the side of the loch.

Just above the dam I had my only stop where I feasted on hot soup and bread, bananas, cake and coffee. The thousands of midges who attacked me also had a feast.

I crossed the deer fence just before the railway tunnel and took a short diagonal to the ridge of Stob Coire Sgriadain, keen to get on to firm ground as quickly as possible.

As I descended Chno Dearg the clouds dispersed and I had my only clear and almost

dry interval till I got to Luibeilt.

My two crossings of the Abheinn Rath in full spate were close to being unsafe but I had no time to worry too much about such things.

I crossed the path near the footbridge at Luibeilt and took the direct line to Sgurr Eilde Mor. I dislike roads and tracks and had previously reccied descending the ridge and found it quite good. While going up it I was thinking that this boggy and heathery ascent would lose me time. However, having subsequently checked other people's times I now think it was not so bad after all.

On the slopes of Sgurr Eilde Mor the rain returned menacingly, this time blown along by a chilly wind. The cloud was breaking from time to time so that I could get a good look at the route ahead. On the way up Binnein Beag conditions were bad enough to make me contemplate putting on my spare layers. This I postponed until I got to Binnein Mor, which, peering through the broken clouds now and then, looked like a mighty tower from below. At the top I sheltered behind a rock and put on extra clothes. The severity of the weather and the fact that I had been wet since the start worried me a little. But I was determined. I did not want to have to redo the whole thing again.

Along the ridge to Na Gruagaichean I noticed recent Feildancer stud marks and thought of Rob, who was to meet me on some tops for spot-checks (but he always wore Walshes). I found out later that it was him. I had not given him a detailed schedule as I did not have one. I just estimated section times and pushed along at a reasonable pace. When he got to Binnein Mor he could not stop long due to the cold and not knowing whether I was ahead or behind he pressed on along the next couple of mountains and then got down.

I bypassed the northwest top of Na Gruagaichean along a low line on the left, something which I had never done before and it turned out all right. Past the col I took the path that branches off to the right, which loses some height before ascending to the col between Stob Coire a' Chairn and An Garbhanach. From the lowest point on the path I contoured along a sea of boulders on the east side of An Garbhanach and made a diagonal grassy ascent to the summit of An Gearanach. Then a short distance along the ridge and diagonally down a mainly grassy slope below the crags west of An Garbhanach with a small reascent to the col before Stob Coire a' Chairn.

The time was rolling on but I felt quite strong and not ready to discount success. I had been eating and drinking without even a hint of a bad spell. I kept an eye on my watch and did rough calculations to keep my mind occupied. .... One hour to Sgurr a' Mhaim, best part of an hour to Stob Ban (last big hill), that leaves just about two hours ..... tight, keep pushing on.

On the way up Devil's Ridge I was debating whether to return the same way or to do my favourite traverse west of it, below the crags. I did not want to lose time and I was concerned about the steep drop from Sgurr a' Mhaim on very slippery grass and scree. The weather helped me to decide. As I was climbing Sgurr a' Mhaim the cloud dispersed and I got a good view of the line down to the corrie. It was undoubtedly the best option unless you wanted to reascend all those extra tops along Devil's Ridge. It involves a small reascent and some contouring.

As I was climbing the ridge to Stob Ban I remembered that last year when accompanying Wendy it was at about this point her time ran out and she finished in 26 hours. I was optimistic as I still had about two and a half hours to go. I thought of Kath, I should have called her before from one of the tops to let her know I was OK but did not want to waste time. I got the mobile out and stayed more or less still for a whole minute so as not to lose the faint signal. There was no answer!

At Stob Ban I still had two hours and ten minutes, it looked good. On the way to the Mullach I stayed on the ridge path and did every extra bump. I had reccied shortcuts in the past but I was not risking getting things wrong now in very thick mist, rain and fading light.

On the Mullach at last and the time was 22:37. One hour and twentythree minutes to go. It usually took that long on the way up so I must be able to do it going down.

I abandon my preferred option of a north ridge descent, which I knew quite well. I was cold and wanted to get to lower ground as soon as possible. I opted for the usual north east ridge route. At the bottom, after the forest fence I took the small path by the stream, which is quite a safe way out of the maze, and noticed that someone, a fellow sufferer perhaps, had marked a couple of key-points with tape, thanks. It was quite dark in here and my LED torch came into action again. On to the track I kept a steady pace, constantly checking the time.

There it was, the road! I ran past my car. Rob's car was there as well. I shone the torch through his window but did not stop. I'd got another 150 yards to the footbridge.

I was there, what a relief! I walked back to the cars. I knocked on Rob's window and woke him up. It was still before midnight and he congratulated me. I changed into dry clothes and shivers went through my body. After a brief conversation with Rob I wrapped myself in my quilts in the back of the car and went to sleep. I wanted no food and no drink; I just wanted to get warm. I woke after a few hours sleep feeling happy and warm.

It had been a hard 24 hours.

..... which proves that some people will do daft things and then will not stop talking about them!

# Martin Stone's Long Distance News Summary

## FRA LONG DISTANCE AWARD 2002

Glyn Jones received the award for 2001, in recognition of his successful solo-unsupported winter Tranter's Round in January 2001. On the long distance scene, 2002 was a very quiet year and nothing exceptional was recorded. It was felt that the award should only be made in a year when there has been a groundbreaking achievement. For the first time since its inception in 1987, it was decided to not make the Long Distance Award in 2002.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, FAX: 01931 714107, EMAIL: martin@staminade.co.uk

## FIRST RAMSAY ROUND IN WINTER CONDITIONS – GLYN JONES

Following his winter Tranter's Round, Glyn had made a few unsuccessful attempts to complete a solo-unsupported Winter Ramsay Round. The route was first established by Charlie Ramsay in 1978 as an extension to Tranter's Round and since then only 30 stalwarts have managed to complete the round in summer within 24 hours. The other national rounds, the Bob Graham in the English Lakes and the Paddy Buckley Round in Snowdonia were both completed as sub-24 hour solo-unsupported winter runs by Martin Stone in the late 1980's. Since 1989 the Ramsay Round has been attempted in winter by the Mountain Guides Martin Moran and Paul Potter, John Brockbank, Phil Clarke, Alun Powell and latterly by Glyn Jones. No one had come close to completing the route, let alone complete it in 24 hours. Attempts had never progressed beyond the 2/3rd point of the route and attempts typically ran out of steam due to bad weather, dangerous conditions, deep snow or exhaustion. The Scottish mountains in Winter posed a special challenge.

Glyn invited Pete Simpson to join him for an attempt at Ramsay's Round on November 16th. Pete was an especially suitable partner as he had completed the first Winter Bob Graham in 1980. There was no question in their minds of aiming for a sub-24 hour completion but Pete felt that they should try for a time of around 42 hours. They

attempted the route anti-clockwise starting with the Mamores and intending to finish with the Grey Corries and finally with luck on the final peak, Ben Nevis. They set off from Glen Nevis at 05:16 on the 16th November. There was cloud on the tops of the Mamores but most of the cols were clear. Flurries of snow fell all day with a heavy shower between 13:00 and 15:00. The wind was variable and the snow conditions on the ridge varied from soft and helpful to hard and dangerous. It was dark well before they descended off the Mamores and as the skies cleared on the trek round past Loch Treig to Beinn Na Lap it was freezing at low level. They continued slowly through the night across the 3 most easterly Munros, Beinn na Lap, Chno Dearg and Stob Coire Sgriodain. Glyn mentions 2 dire hours spent hacking at white iron and sliding and searching. Despite all this, Sunday morning dawned beautiful and it was a clear and cold day.

At breakfast time by Loch Treig dam and after 27 hours on their feet, Pete was all too aware of how much still lay ahead and called it a day. Glyn carried on alone and progressed steadily throughout the day, crossing the Easains before meeting very hard and slippery snow on Stob Ban. It was dark again soon after he set off along the Grey Corries ridge. He was in cloud throughout the night and the next morning until he had descended half way down Ben Nevis. Gentle snow fell for most of the night with three intervals. Glyn felt desperately tired and lay down in the snow to take a few catnaps. Most of the way the snow was 3 – 4 inches deep. Some especially hard sections provided some hairy moments and a frightening 2-hour descent off Aonach Mor into the col before Carn Mor Dearg.

At 10:50 on Monday 18th November after 53hrs 34mins on his feet which included about 3hrs 40mins rest, Glyn dropped into Glen Nevis to complete the round, still in good spirits. Roger Boswell and various local running mates were on hand to assist when Glyn failed to arrive back at the appointed hour. Glyn, thankfully, was safely off the hill minutes before the Mountain Rescue Team was to be scrambled.

Pete describes Glyn as the most self-sufficient person he knows, who never panics about times, takes the next step as it comes, navigating precisely and having a food or sleep stop as required. His resilience is that of an early-century kind right down to the use of trainers from a charity shop and his reliance on very basic, cold food. For his own part, Glyn in his inimitable and modest way says "Without the quiet weather, completion would have been impossible for me, but, as might be guessed, there were numerous instances of good luck apart from this, not least having such a steady, tough companion in Pete".

## TERRY TRUEEMAN Died April 2001: Age 49



Terry was a very keen and able fellrunner, mountaineer and caver. He died whilst doing one of the things he loved most. He was taking a solo walk and scramble in the Scottish Highlands last Easter, during a regular family holiday in Gairloch and left the carpark in Glen Torridon on Weds 18th April but did not return as planned. His body was discovered after an intensive search by Torridon Mountain Rescue and the RAF teams early on the Friday morning. He was found at the top of Glas toll Bothain, on the north side of Mullach an Rathain, one of the outlying summits of Liathach.

Exactly what he did that day will never be known, although he probably traversed the northern slopes of Liathach and ascended the north-east ridge via the Northern Pinnacles, a route which he knew.

Raised in Bradford, Terry lived in Skipton and worked as a Lecturer at Leeds Metropolitan University. As an accomplished caver and mountaineer he was an active member of the Upper Wharfedale Rescue Team, having participated in many difficult and arduous rescues over the years. Terry's many interests included cycling, walking, the environment and conservation matters.

As well as being a family man, in his leisure time Terry was foremost a fell runner (he would never run on roads) and completed all the classic races in the Lakes and Pennines many times, over a thirty year period. These included Borrowdale, Ennerdale, Langdale, Wasdale and others, his favourite being The Three Shires. I believe Terry was the runner described in the 'snowy' Chew Valley Skyline report as... the one with bleeding shins who threatened to keep the tag!

Terry's attempts at the Bob Graham were legendary amongst his circle of supporters, although no-one was trusted with the knowledge of exactly how many attempts were made. On one of his later attempts when Terry was over an hour overdue at Dunmail Raise one particularly dark and foul night, his friends ate the food supplies to curtail the attempt! However, Terry had previously completed the entire round in a little outside 24 hours and with typical tenacity was still trying to reach the magic number. Terry was a great authority on the micro variations of all manner of fell race courses and of the Bob Graham Round in particular, not to mention the best cakes at village sports!

The great circle of friends who miss Terry's characterful and humorous company packed the large church in Skipton for his funeral. It was a fitting testimony for Terry that it was standing room only, with family, friends, neighbours, work colleagues and students in abundance.

Terry leaves a wife, Myfanwy, and children Eleanor and Francis. Terry is a great loss to his family and the many dozens of friends who eagerly sought his company.

Eddie Lesniak



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