

The Fellrunner Magazine

June 2004



*Andy Peace about to claim a famous victory at the 50th Three Peaks
(Photo Gary Fitch)*

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NB: This offer only applies to Telephone Orders and not those placed over the Internet. You can however still order over the Internet if this is more convenient. There are loads more offers on the web site as well.

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The Fellrunner Magazine

Editor: Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL.
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Many of our members will be aware that because of a series of events too complex to summarise effectively in this editorial, the organisation of our International and Junior running was recently thrown into chaos by the resignations of a number of people connected with those areas. Happily the situation has been remedied and things are back on track but, if you are in contention for an International place, please take notice of a number of pieces of information contained in this edition. Likewise, if you are a Junior, or concerned with the training/development of Juniors in any way please have a very careful read of the Junior Pages. The new Junior Co-ordinators, Dave and Eileen Woodhead, together with Steve Fletcher and Chris Knox, have set about their task with enormous enthusiasm and industry but the upheaval has meant that the dates, times and venues of many of the major events in the Junior calendar have had to be altered. If, even after reading all the information, you're still a bit vague as to whether you're affected or not then please give Dave or Eileen a ring and they will, in their inimitably efficient fashion, make sure you know what's what!!

I read with a great deal of dismay a recent article in the "Guardian", which had as its subject the regrettable closing-down of many Riding Schools simply because there are now only two insurance companies prepared to insure them and their premiums are rapidly going through the roof. And why is this? Because of the escalating number of people (often, but not exclusively, parents) who insist on suing the Schools for dislocations, breaks, cuts, bumps, and, believe it or not, stress

caused by falling off the horses they were riding, despite the fact that it was their own choice to get on the beasts in the first place!! Be aware of the possible parallels with fell-running; the legal and insurance worlds do not much like "risk sports" and if we do not proclaim long and loud at every opportunity, especially to newcomers to the sport and to would-be legislators that it is our choice to do what we do AND our fault if we hurt ourselves doing it then we might find ourselves heading down the same slippery slope. As you might gather I loathe and detest both the "compensation culture" and the slimy individuals who encourage it - end of heated rant!!

I'd like to finish with an appeal, which you will find repeated inside this issue, to anyone who is in the habit of taking a camera to races, to send me a copy of any decent photos they get. Our small band of regular photographers can't travel everywhere and it really does brighten up the "Results" section to have a good selection of shots to illustrate the results - provided you put your name and address on any prints you send you'll get them back and we pay the princely sum of £7 for every photo published!!

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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 Sunday 11th September 2004.

Please send material to:

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Please send Advertising Copy to:

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

Chairman's Chat

from Alan Barlow

Two championship races have taken place as I write this and it was wonderful to see so many of you at the Three Peaks race. The event was a great celebration of the 50th anniversary of the race with many past winners attending. The Three Peaks Association set a fine example to all of us in organisation and of course the day was helped by the glorious weather although I believe some found it a little warm for their liking.

You will see from an announcement in this magazine that we have appointed a new International Management Team. I would like to take this opportunity to thank the former members for all their hard work and wish the new members and the runners every success in 2004.

At a recent meeting with the North of England AA when they paid us £3750 as our share of your registration monies it was agreed that they would use the same basis next year, which should see us obtain roughly double this year's payment. In addition they are looking to support us financially with the 2005 World Masters event in Keswick. Should any race organisers wish to hire a large style race clock these are available through your County Secretary. If you are not sure who this is please contact one of the committee members. Who said the NOEAA never did anything for fellrunners?

Talking of the World Masters the organising committee continue with their plans and the glossy brochure should be available later this summer by which time we also hope to have the race website launched.

We are in course of drawing up a formal welfare policy and I expect this to be published in the October magazine. In the meantime if anyone has a concern and would like to speak in complete confidence they should contact Sue Becconsall who is already a committee member and has agreed to be our Welfare Officer. If you prefer to speak to a male please contact Steve Fletcher 01768779362 who has also agreed to help.

Just to annoy our editor I have delayed this piece to be able to read the Foster Report out today. If anyone's interested it's 39 pages long and can be found at www.ukathletics.net where there is also a shortened version. Needless to say fellrunners do not get a mention and I find it beyond belief. Sir Andrew complains about the number of governing bodies in England but concludes by suggesting a new one is set up 'English Athletics'. He suggests that UKA and EA operate from the same building but are run as independent organisations. He seems to duck the issue of what happens to the existing regional bodies and AAA of England. He appears to want an independent England but suggests that UKA sets the strategy, does the monitoring of EA and has a veto on senior appointments. If anyone can make any sense of all this I would welcome their advice. Oh and by the way, the bit that you have all been looking forward to is the England registration scheme, coming soon.

No doubt I will report on this subject again once someone has explained it all to me.

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Colour Rates

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Calendar Update

Please note that my e-mail address has changed to
margaret.chippendale@btopenworld.com

Details of races registered since the February update are listed here. Information about changes to race information is also included. Please note that the update is in chronological order of when races will NOW take place. Information about additions and amendments to the Calendar since it was published can also be found on the FRA website: www.fellrunner.org.uk

Margaret Chippendale

CHAMPIONSHIP AND TRIALS UPDATE

SUN. JUNE 13th. TRIALS FOR BLACK FOREST TEENAGER GAMES – CHANGE OF VENUE. 11.30 a.m. 1.6m/650' from Wells Road, Ilkley (GR 115470). £1 on day only. PM. For juniors born 1987 - 1992 inclusive. Details: Eileen & Dave Woodhead, 166 Hainworth Wood Road, Keighley, West Yorks, BD21 5DF. Tel: 01535 669100.

SAT. JUNE 19th. BUCKDEN PIKE – ENGLISH CHAMPIONSHIP RACE
Please note that the start times given for Buckden Pike in the "2004 Championships Roundup" in the Feb. Fellrunner are incorrect. The women's race starts at 2.30p.m. and the men's at 2.45p.m.

OTHER EVENTS

TUES. JUN 1st. BLENCATHRA FELL RACE. This race which had been cancelled has been REINSTATED. Since the Village Hall is unavailable there will not be any changing facilities. All details as in the Calendar.

TUES. JUN 1st. KRUNCE 3. BS. All details as for Krunce 6 on Sept 7th – see below.

SUN. JUNE 13th. PEACOCK CHALLENGE MOUNTAIN MARATHON. This race has been CANCELLED. Further information about this and future events on the Website:
ladymanners.org.uk/parents

WED. JUNE 23rd. SHELF MOOR UPHILL FELL RACE. Please note that the organiser's contact details have changed. Details: Des Gibbons, 20 Queens Drive, Glossop, SK13 8RB. Tel: 01457 864376 or 079600 92438.

SAT. JUNE 26th. ELDWICK GALA FELL RACE. CS. 3.00 p.m. 3m/300' from Eldwick Memorial Hall. £2.50 on day only. PM. Over 16. Record: 16.01 D. Slater 1981. Also junior races; 3.00 p.m., £1, U10 (over 8) to U16. Details: Dave Stephenson, Ivy Cottage, Priestthorpe Lane, Bingley Tel: 01274 566061.
Email: dave.stephenson@blueyonder.co.uk
Website: eldwickgalafellrace.co.uk

SAT. JUNE 26TH. MULL MONSTERET. AM. 12.30 p.m. 10m/5,000' from Loch Na Keal, Isle of Mull. £7 to organiser or on

day. Also Teenager Race, 3.15 p.m., 4m/1500', £3 and Junior Run, 3.00 p.m., 1.5m/500' entry free. Details: John Coyle, Tobermory, Mull, PA75 6PX. Tel: 01688 302954. Email: sir_coyle@hotmail.com
Entry form at www.mullrunners.com

SAT. JUNE 26th. NANT-Y-MOCH SKYLINE. Please note the change in date from June 19th. All other details unchanged.

TUES. JUL 6th. KRUNCE 4. BS. All details as for Krunce 6 on Sept 7th – see below.

SAT. JUL 10th. MOUNT SKIP FELL RACE. Please note change of date from Sept. 4th. All other details unchanged.

TUES. AUG 3rd. KRUNCE 5. BS. All details as for Krunce 6 on Sept 7th – see below.

FRI. AUG 6th. 21st LOWTHER RUN. CL. 12.00 noon. 13m/1500' from Lowther Show Field. £6 to organiser or £8 on day - includes entry to "Lowther Horse Driving Trials and Country Fair" and refreshments after race. PM. Over 18. Details: Simon Fahy, 10 Bridge Street, Appleby in Westmorland, Cumbria, CA16 6QH. Tel: 017683 51441.

Email: tony.sports@virgin.net
Website: tonyssports.co.uk

SUN. AUG. 8th. LATRIGG FELL RACE
Also junior races, U16, U14, U12 (10 or over on day), start 10:30, £1 on day only, register Fitz Park, details Steve Fletcher 017687 79362. Other details as in Calendar.

TUES. AUG. 10th. LANGDALE END. There will be a new course of 6m/1200' for this race. Contrary to the information in the Calendar toilet and changing facilities will now be available at the Village Hall. Website changed to nymac.co.uk or scarboroughac.co.uk. All other details unchanged.

SUN. AUG 22nd. GRASMERE SENIOR GUIDES FELL RACE - Please note the change in date from Aug. 29th.
Also note that the contact details are now Tel: 01539 731117;
email: enquiries@peteblandsports.co.uk

TUES. SEPT 7th. KRUNCE 6. BS. 7.00 p.m. 3.5m/500' from Rotten O'Grain car park (GR NJ851055). £1 per race on night, £5 per series of six races. PM. Over 16. Records: 21.09 J. Duncan 2003; f. 24.43 C. Miller 2001. The Series is scored on "Improvement Points" with an individual's time compared to their season's best and then ranked against everyone else. Experienced juniors can run one lap of the course and score points. No toilet facilities at this venue. No safety pins provided. Details: Ewen Rennie, 19 Cromwell Road, Aberdeen, AB15 4UQ. Tel: 01224 326541. Email: cosmichb@yahoo.com
Website: cosmics.org.uk

SUN. SEPT 19th. DARK & WHITE/ RAB/ OUTDOOR DESIGNS MM LEAGUE - 4. Please note the change in date from Sept. 5th.

SUN. SEPT 26th. AROUND THE FLAGS RACE. AS. 3.00 p.m. 4m/1175' from the Peoples Hall, Sedbergh (GR SD654923). £2.50 on day only. Teams free. PM. Over 18. Junior relay race at same venue at 12 noon. Tea and cakes available all day. Parking at Sedbergh Auction Mart. Details: Alan Westworth, 5 Willow Drive, Kendal, Cumbria, LA9 6AY. Tel: 01539 728134. Email: alanhelmsmill@msn.com

SUN. SEPT 26th. CROWDEN HORSESHOE FELL RACE. Please note that the organiser's contact details have changed. Details: Des Gibbons, 20 Queens Drive, Glossop, SK13 8RB. Tel: 01457 864376 or 079600 92438.

SAT. OCT 2nd. AUTUMN LEAVES FELL RACE. Please note that the organiser's email address has changed to bsb@gotadsl.co.uk All other details unchanged.

SUN. OCT 3rd. SANDSTONE TRAIL RACES. CL/CM. Race A - 10.00 a.m. 16.5m/1750' from Duckington, Cheshire (GR494526 Sheet 117). £6 to organiser by Sept. 21st with official entry form. Teams (3) free. NS/ER/LK. Over 18. 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 (GR541590 Sheet 117) £4.50 to organiser by Sept. 21st with official entry form. Teams (3) free. NS/ER/LK. Over 18. Records: 54.42 J. Taylor 1990; f. 1.05.39 J. Spark 1998. Please note there are no toilet facilities at these venues. 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 (GR117/542716) to the starts BEFORE the races leaving at 8.30 a.m. Details: Phil Janaway, Step Cottage, Neston Road, Ness, Cheshire, CH64 4AT. Tel: 0151 336 4482. Email: sandstone@wirralway.u-net.com Website: deeside-orienteeing-club.org.uk/sstrail/

SUN. OCT 31st. HARE & HOUNDS HALLOWEEN HOWLER. AS. 11.30 a.m. 3m/800' from "Hare & Hounds", Lothersdale, nr Skipton. £3 on day. New race. Also a full set of junior races, starting at 11.00 a.m., £1. The races precede the FRA Junior "Do" in Skipton. Details: Brett Weeden, 32 Kirkgate, Silsden, Keighley, BD20 0AL. Tel: 01535 210543 (work). Email: brett@phreakware.co.uk
Website: kcac.co.uk

MON. DEC. 27th. MOEL PEN-Y-BRYN. Please note the change in date from Aug. 21st. The start time has changed to 1.30 p.m. and the Website to fellmagic.com. All other details unchanged.



NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place on Saturday 13th November 2004 at 4.00 p.m. at the Castle Green Hotel, Kendal, prior to the Annual Dinner.

1. Motions for the Agenda must be notified to the Secretary by Friday 3rd September 2004.
Details of the Agenda and Motions will be published in the October edition of "The Fellrunner".
 2. Election of Executive Committee.
 - a) Nominations for Officers must be notified to the Secretary by Friday 3rd September 2004.
 - b) Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Friday 5th November 2004.
 - c) Nominations for Membership Representatives (four seats) may be made at the meeting.
- All members of the Executive Committee must be members of Clubs affiliated for fell running to one of the UK Athletics Regions.
3. Voting.
 - a) Individual members of the Association, including family members, who are present at the meeting have one vote each.
 - b) English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Friday 5th November 2004.
 4. An Open Discussion will follow the formal business and is an opportunity to express views on any aspect of our sport.

*Alan Brentnall,
General Secretary, May 2004.*



The Fellrunners' Association Annual Presentation & Dinner Dance

(including the presentation of the
British Championship Awards)

**Castle Green Hotel,
Kendal, Cumbria
Saturday 13th November 2004
7.00 p.m. for 7.30 p.m.**

Dancing to the ever-popular
live band
"Off The Record"

Tickets (limited) £23
on a "first come - first served"
basis either from
**Pete Bland Sports, 34A Kirkland,
Kendal, LA9 5AD**
Telephone : 01539 731012

Cheques payable to "FRA"
or at events where our van is in
attendance - see the back of the FRA
Calendar for details of this.

Note : FRA AGM is at 4.00 p.m. on the same
date at the same venue.

Secretary's Corner

Here are some 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.

COMMITTEE MEETING – CHEADLE HULME, Sunday 25 January, 2004.

The details of the 2004 British Fell & Hill Relay Championships were presented by Dave Jones on behalf of Pennine FR and Knott FR, and received approval by the Committee. It was noted that, as has become customary, the courses will be inspected by the Event Controller, Richard Day.

The resignation of Barry Johnson was discussed at length, with most Committee members contributing, and, although there was a wide range of viewpoints, with some members expressing considerable disquiet at the situation, and despite the fact that Norman Matthews resigned from the FRA Committee, and left the meeting, as a result of (and during) this discussion, in the end the general consensus was constructive and forward-looking.

We agreed to purchase six new Motorola radios, with the help and advice of George Scott.

The Committee heard about the work of the Local Organising Committee for the 2005 World Masters Championship in Keswick, which is well under way.

Alan Barlow is pursuing event-specific training for fell-running coaches with UK Athletics.

We are currently reviewing the wording of the standard race disclaimer, following a suggestion from Morgan Williams.

COMMITTEE MEETING – BARLEY, Saturday 20 March, 2004.

The Committee welcomed Dave and Eileen Woodhead as joint junior co-ordinators, following the resignation of Ian Smith. There have already been several improvements in the administration of the Junior Championship, which have been made at Dave's suggestion.

The FRA Website is to be revamped, with several improvements being suggested.

The lack of the advertised chip butties, and the quality of prizes at the Noonstone Race were discussed. While it is regrettable that some Championship race organisers don't make good use of their increased revenue, there is little we can do in retrospect – other than remember these matters when making future decisions.

On the International front, it was accepted that we had lost our administrative body, and it was regretted that the juniors should have to suffer because of these resignations. However, moves are already afoot to rectify this situation.

The Committee agreed to fund the accommodation for the athletes at the Junior Home International

The Committee agreed to underwrite the World Masters 2005. This event, which will also include an open race for other age groups, promises to be a very successful and memorable occasion. Make a note in your diary!

COMMITTEE MEETING – BUTTERMERE YH, Sunday 09 May, 2004.

The Lottery-funded Junior Training Weekend has been rescheduled and will take place at Westfield Lodge at Penistone.

We now have a new FRA Welfare Officer - Sue Becconsall.

We also have a new International Selection Subcommittee – full details should appear elsewhere in this magazine.

Trials Races for Junior, Senior and Intermediate World Championship events are being organised – again full details should appear in this issue.

The 2005 World Masters event organisation continues. Major

sponsors are now throwing their hats into the ring, both courses have been agreed, the website is being sponsored by Allerdale Borough Council and AAA are offering assistance.

NoEAA have assured us that they will continue to apply Mike Rose's formula to their future contributions to fell running. This will mean that when NoEAA subs double next year, then so should our funding.

This meeting was held before this year's Buttermere Sailbeck race – of the 13 committee members attending the meeting, I'm very proud to say that 10 ran the race.

Alan Brentnall

International FRA Sub-Committee Appointments

The first appointments have been made to the new FRA Sub-Committee which selects athletes to run for England in international mountain running events. These are:

Chairman: Graham Breeze

Team Manager: Robin Bergstrand

Selector: Sarah Rowell

Asst Team Manager: Dr Jo Smith

Junior Co-ordinator: Jack Ellis

Graham is a current member of the FRA Committee and Chairman of Skyrac AC. He believes that whilst the primary task of the committee is to select the best athletes for the English Mountain Running Teams he is conscious that many club level fellrunners seem to be indifferent to the world of mountain races, as distinct from fell-running. He hopes that the committee can bring about a better understanding of the specific qualities required for the different aspects of endurance running.

Robin is a previous team manager and competitor in international events and returns to us following a period living abroad.

Sarah is a previous Team Manager, is currently involved in selection of British athletes for European events and of course has personal experience of racing in World Cup and other international events.

Jo runs for Calder Valley and is a medical doctor.

Jack is a teacher and Grade 111 coach with a particular interest in junior athletics.

International Selection Trial Races 2004

Teams selection is based predominantly but not exclusively on specific trial races.

International Snowdon Race (24th July)

Skiddaw 4th July (see FRA Calendar)

Masters World Championships (28th August) and World Trophy (4th/5th September)

The selection race for all events and categories will now be based on Grisedale Pike (Braithwaite) on Saturday 14th August. Registration at Braithwaite Institute (on opposite side of A66 to village)

1.00 p.m. Selection Race for Ladies, Junior Men and Junior Ladies.

2.00 p.m. Selection Race for Senior and Veteran Men.

For further information contact Graham Breeze
(Breezeuplands@aol.com or 01943 874046).

ERIC WALMSLEY REMEMBERS BOB GRAHAM

by Bill Smith

Roger Dewhurst of Clayton-le-Moors Harriers, organiser of both the Pendleton and Bolton-by-Bowland races, lives in the latter village in the picturesque Ribble Valley, north-east of Clitheroe, and contributes a monthly "Country Diary" to his local Parish News. Having nothing particular to write about for his April column, he decided to give an account of his 1974 circuit of the Bob Graham Round, a joint achievement with the late George Brass on which I had assisted as a pacer from Dunmail to Keswick, going anticlockwise.

When he'd completed the article, Roger took it around to the lady who types up his contributions, Mrs. Christine Walmsley of Holden, the nearby farming hamlet through which the Bolton-by-Bowland Country Run passes following the descent from Higher Heights Farm. On seeing the references to Bob Graham, Christine showed the article to her husband Eric as he had been a friend of Graham's and had done a lot of fellwalking with him. Knowing my interest in Graham and the Lakeland 24 Hour Fell Record, Roger passed this information on to me and I rang Eric and arranged to visit him one cold but sunny afternoon in February when Pendle and the Bowland fells were sharply outlined against a clear blue sky.

Eric Walmsley is a tall, lean man of 87, a retired Chartered Quantity Surveyor whose main leisure pursuits have been cricket and fellwalking. In his younger days, he captained Whitehaven CC's first eleven, for whom his brother Harold, now 89, had also played, as did their Father before



Eric Walmsley and his wife, Christine at Holden
(Photo Bill Smith)

them. All this exercise eventually resulted in Eric needing to have a hip replacement, which by no means curtailed his outdoor activities. After 23 years of hard use, however, the cup had to be replaced and nowadays his walks are mainly short ones of just a few miles, usually accompanied by his dog, Harold still lives in Whitehaven and has many slides of Lakeland scenery, which he often uses to illustrate talks he gives to various clubs.

"I first met Bob Graham," recalled Eric, "around 1937/38, about six years after he'd done his famous Round of the Fells. It was at a gathering of the Anglo-German Society, of which I was a co-opted member as a walker. Eight German visitors were staying at Bob's guesthouse in Lake Road, Keswick, next door to the Abraham Brothers' studio, along with eight Englishmen, myself included. It was Bob's habit to take his guests out fellwalking, if they were so inclined, and he took the Society members out several times. Also present on some of these walks was the noted Grasmere artist, W. Heaton Cooper, who was a close friend of Bob's. He would sometimes assist Bill (Heaton-Cooper) in choosing scenes for his paintings, as he also did for the Abrahams' photography."

"On a visit to Great Gable, one of the Germans started a landslide coming down a scree slope and Bob was fortunate to have been able to arrest the fall of a large stone with his hand. It could have killed one of the Germans had it hit him. It was a near miss! On this same walk, the Germans were greatly impressed by the sight of Napes Needle and wanted to climb it. I loaned each of them in turn my boots and they all made it to the top, assisted by a climbing guide belonging to a friend of Heaton Cooper's who was with the party."

"The Germans had a leader who kept a strict eye on them and Bob cunningly took him to a meeting on his own, allowing the Englishmen to each take a German to their respective homes and brainwash them! I still have a letter from one of my German friends, Rudolf Koslin of Danzig/Stettin."

"Bob later ran the Barrow House guesthouse beside Derwentwater with his sister and her husband. All the meals were served from a hatch and he made many friends by chatting away to guests while passing the plates out. The guests also became friendly with each other once the ice was broken and details of climbs were swapped. Bob was an excellent cook and a great lover of people. You couldn't help liking him. He was also a great lover of nature and could identify all the wild flowers. On one walk, he stopped by a wall and upturned a stone to reveal a lovely wild flower. 'If I hadn't covered it up,' he

said, 'some silly beggar would have picked it.'"

"Bob worked very hard after he'd moved to Barrow House and he didn't have time to do much walking there. Water was fetched from a dam in the stream that flowed down from the waterfall behind the house and this had to be constantly checked to ensure it was clean and not blocked. He afterwards moved to another guesthouse at Lyzzick Hall near Bassenthwaite."

"Following my first meeting with Bob with the Anglo-German Society, I would visit him on summer Sundays with a couple of friends and we'd go for a walk, especially after the cricket season had ended. When the War came, it put an end to our walks and I served with the Royal Engineers. Bob had been turned down for service in the First World War because he had flat feet! After the War, I'd spend at least one week's holiday with him every year. In 1951, I emigrated from Cumberland to Yorkshire, then escaped into Lancashire in 1962. (Eric had moved from Whitehaven to Halifax and then to Holden.)"

"When you went for a walk with Bob, it was an all-day tramp, not a short stroll, and he took a lot of keeping up with as he always moved at a trot or jog. He never ate much while out on the fells and never carried any protective clothing, just a jacket which he'd tie around his waist if the weather was warm. On his feet, he wore plimsolls or sandals, much to the disapproval of one friend who suggested he should wear boots. Bob took his advice for one walk only with the result that he slipped and fell down a gully. That was the last time he wore boots. Had he worn his usual footwear, he probably wouldn't have slipped."

"Bob knew his way around the fells alright and never got lost. One of his favourite routes was a circuit of the lonely fells back o' Skidda' from Keswick to Mungrisdale and back. He never did any rock-climbing but was quite comfortable on scrambles like Broad Stand, and I can't recall him ever competing in guides races."

"My brother Harold and his wife Nell, a Preston girl, also went on walks with Bob and were fond of doing the Ennerdale Round. While still working, they did all the 'Wainwrights' together and repeated this achievement after they'd both retired. Their son became an Alpine climber."

Eric, Harold and Nell must be among the few remaining links with Bob Graham, whose Round of the Fells in 1932 has inspired so many modern fell runners and walkers to emulate his great feat. I am grateful to Eric for sparing me the time to relate his memories of the man.

There's nothing like a bit of tradition to add spice to an event, so when Len Horton sent me this little piece by Ian Lockwood, the editor of the Craven Herald newspaper, it just had to go in - 21st August is the date for this year's race if you want to be a participant in a bit of history.

Burnsall Feast welcomes back an old friend.

Burnsall Feast loves tradition. So it was with some pride that President Len Horton was able to make his customary stride past the church to the village green at the head of Skipton Brass Band.

The last time Skipton Band played at the Feast a nasty chap called Hitler was hoodwinking Prime Minister Neville Chamberlain. By the time that was sorted out and the historic event was restored, the Burnsall Committee had turned elsewhere for its musical accompaniment.

Maybe there was a falling out, or maybe it was just because one of the Committee had connections with the Hammonds Sauce Band. Whatever the reason, Skipton was out and when the Hammonds Band left the scene, the Middlesmoor and Lofthouse Band became a regular fixture on the green on the first Saturday after the first Sunday after St. Wilfrid's Day (the somewhat arcane formula for working out the day of the Feast - which has taken your editor ten years to finally conquer).

Time moves on and the Middlesmoor band was unable to provide musicians able to take part in the march which has to open the gala - a ritual to honour one of Burnsall's earlier bandmasters, who requested he be buried near the church gates so he could for ever hear the band go by. That was the signal for Skipton to return - and a good fist they made of it too.

It was symbolic that they were in a slightly different position to their predecessors, a touch further away from the river-bank and, if memory serves me right, facing away from the bank rather than towards it.

Other than that, nothing had changed. Motorists on a Bank Holiday "drive out" gawped at this traditional village scene as Burnsall and its "suburbs" gathered for their annual get-together and friendly joust in a tradition which goes back to Elizabethan times.

With all due respect to the youngsters who showed commendable determination in events such as the Egg & Spoon race, the main focus is the classic Fell Race, which climbs to the top of Burnsall Fell.

This year, for a different view of the race, I took the decision to climb to the top and watch proceedings unfold from the highest point. The programme states that it is a climb of less than 1,000' (Burnsall being 473' above sea level and the cairn at the top 1,345') but I don't believe it. It's impossible to appreciate the steepness of the climb from the green into the skies.

The descent is worse, in parts a sheer drop on a thin track almost hidden by the heather with treacherous rocks and holes ready to trip up even the most nimble feet. Practice probably makes perfect, which is why Rob Hope (Pudsey & Bramley) was able to retain his title.

Trailing Rob Jebb (Bingley) by some fifteen seconds at the cairn, he shot down the descent to catch and overtake his man and triumph by four seconds in a time of 13 minutes 51 seconds, while Ian Holmes, a three times winner himself, made the fastest descent and finished a further two seconds back.

Among the finishers though was Don Robinson, from Pool, a mere seven-six years old and competing in his first fell race - what a way to start!!



The descent at Burnsall 1999 (Photo Pete Hartley)

FRA RADIOS

This is a reminder to race organisers that the FRA has available for your use a brand new set of Motorola radios - all you have to pay is the cost of postage and packing, unless you can collect them yourselves!

For details and availability contact
Jon Broxap at Pete Bland Sports,
Telephone : 01539 731012

A PLEA FOR RACE PHOTOGRAPHS

While we have a regular group of photographers who keep the magazine well supplied with photos on a variety of subjects, they obviously can't be at every race in the Calendar - and this is where **YOU** come in.

If you're at a race, happily snapping away at your clubmates, friends, family, etc. and you feel that you've got some good results then please send one or two of them in to the magazine, either as prints or by email, to help enliven the "Results" section.

Provided you put your name and address on the back of any prints then they will be returned once the magazine is published and we pay £7 per photo published to help defray your expenses.

STOP - THINK - HELP

Have you any fell shoes you no longer require or which don't fit you??

If so, instead of sending them to the fell shoe graveyard

STOP & THINK -

We can use them to **HELP** the growing (in both senses of the word!!) juniors.

A quick re-sole, recycle and they could be off and running again.

All sizes required.

Please contact Dave & Eileen Woodhead, 166 Hainworth Wood Road, Keighley, West Yorkshire, BD21 5DF. Telephone: 01535 669100 or contact the Martplace on www.felljunior.org.uk

The 16th UK Athletics British Fell & Hill Running Relay Championships

Saturday 16th October 2004

Kinder Reservoir - Hayfield - Peak District

Organised by
Pennine Fell
Runners
&
Knott Fell
Runners



Sponsored by
Pete Bland
Sports
&
Running Bear

Controller : Richard Day (Mercia)

The Relay :

will start from the Kinder Reservoir embankment at 10.30 a.m.

Registration : will be held immediately below the Reservoir embankment from 9.00 a.m. to 10.00 a.m.. At registration all competing Clubs must hand in the declaration form listing the runners in each team (included in the September information pack).

Experience : all runners must have recent experience of fell racing (at least two category "A" races in the last year) and all Clubs wishing to enter the event will be vetted for appropriate experience. The organisers reserve the right to refuse entries from Clubs not meeting this requirement.

Eligibility : the Relay is open to all Clubs affiliated to UK Athletics (or to one of its constituent area Associations) and registered for fell-running. All runners must be first-claim Club members and be over 18 years of age on the day of the event. Each team must consist of six runners, each of whom may run only one leg of the event.

Categories : Clubs may enter teams in three categories -

1. Open (this may include members of both sexes).
2. Veteran Men (40 or over on the day of the event).
3. Ladies.

Entries : There is a limit of 100 teams for this event and Club entries will be allocated on a "first come, first served" basis until the limit is reached. Clubs may enter more than one team in each category but acceptance of these additional teams will be dependent on entries received and cannot be guaranteed.

The entry fee is £30 per team and cheques should be made payable to "Pennine Fell Runners". Note that this entry fee does NOT include food for team members but there will be a refreshment tent serving food and drink all day.

All entries must be on the official entry form (photocopies acceptable) and should be sent to -

Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL.

The closing date for receipt of entries is Tuesday 31st August.

Safety requirements : the following equipment **MUST** be carried by all runners -

- * Windproof full body cover.
- * Hat & gloves.
- * Whistle.
- * Compass & map (suitable for navigating the course).
- * Emergency food (at least a Mars Bar or similar).

Each runner **MUST** carry this equipment in his/her own bumbag - this will be checked before the start of each leg and any deficiencies will result in the instant disqualification of the runner and his/her team.

Route descriptions : the whole area is covered by the OS and Harvey's Dark Peak Maps. Clubs will be supplied in September with colour photocopies of Legs 1, 2 & 4 and laminated colour maps of Leg 3 will be issued to Leg 3 runners 50 yards after the start. The Legs 1,2 & 4 maps will not be suitable for navigation during the event and runners on these Legs should use their own OS or Harvey maps. There will NOT be additional copies of the Leg 1,2 & 4 maps available at the event.

- * Leg One - Partially marked - Solo - 6.29 miles/1660' ascent - estimated winning time 40/45 minutes.
- * Leg Two - Partially marked - Pairs - 8.88 miles/2674' ascent - estimated winning time 60/65 minutes.
- * Leg Three - Pairs navigation - approximately 7.39 miles/2090' ascent - estimated winning time 55/60 minutes.
- * Leg Four - Partially marked - Solo - 6.29 miles/ 1660' ascent - estimated winning time 40/45 minutes.

Expertise and navigational experience will be needed for all Legs and especially so for Leg 3.

Further information : All competing Clubs will be sent a pack in early September containing directions to the venue and details of parking; a plan of the venue; a plan of the event centre; maps of Legs 1,2 & 4; a declaration form listing the runners in each team (to be completed before registration on the day of the event and handed in at registration) and an accommodation list. It should be noted that there is a walk of two-thirds of a mile to the event centre from the carparking and that runners should take ample spare clothing, towel, etc. with them; there will be a changing/kit storage tent (with heater if needed!!).

The 16th UK Athletics British Fell & Hill Running Relay Championships

Saturday 16th October 2004 Kinder Reservoir - Hayfield - Peak District

Official Entry Form

To be returned to -

Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL

Together with the following -

a) your payment cheque b) TWO stamped, self-addressed envelopes (preferably A5)

To be received no later than Tuesday 31st August.

Club	
Name of Club official responsible for entries.	
Address of Club official responsible for entries	
Phone number of Club official.	

Entries will be accepted on a "first come-first served basis" until the limit of 100 teams is reached. Clubs may enter more than one team in each category but acceptance of these additional teams will be dependent on entries received and cannot be guaranteed.

Team category	Number of teams entered
Open	
Male Veterans	
Ladies	
Total number of teams entered	
Total amount @ £30 per team	

Please make cheques payable to - "Pennine Fell Runners"

Access and Environment

FROM CHRIS KNOX

As well, here we are, three years on since Foot and Mouth destroyed and disrupted so many lives, access for our sport being curtailed for most of 2001 and now everything is back to normal, or is it? Let me know your views.

Certainly most things appear 'normal' (if there is such a thing), sheep and cattle are back, though not in such vast numbers, we are still enjoying (?) *de facto* access in most areas and the sun is shining – in between the rain and drizzle that is.

Oh yes and there are still the visitors to the Lakes who see a farm gate stamped with 'National Park' on the top rail and presume they can just wander in and are so surprised when they get shouted at. Things could get worse as legislation from the CROW Act 2000 (Countryside and Rights of Way) comes into effect, with 'Right to Roam' mentality finally discovering restrictions imposed by legislation. For example, routes for the World Masters, Keswick September 2005, are virtually set, but to comply with the Act there has been consultation with landowners, tenants, councils, local authority, access status and designation restrictions, because it's an organised event.

Big Plea to race organisers -

When registering your event for the 2005 calendar, please make sure that your permissions have been sought, to minimise potential conflict within the CROW 2000 Act.

Also minimum kit requirements and junior maximum permitted race lengths are there to protect the individuals and the race organiser/event insurance cover, it is in your interests to stick to our fairly simple rules.

Back on the numbers front, many upland areas are now well into ESA (Environmentally Sensitive Area) management which involves restricting the number of grazing units. For example our (University of Central Lancashire, Cumbria Campus at Newton Rigg) hill farm at Mungrisedale has reduced its fell flock of sheep from 500 down to 325, with all other commoners' grazing rights also reduced. This is intended to halt and possibly reverse the effects of overgrazing, rejuvenate habitat and potential for associated wildlife. Amongst others, species such as Lark, Golden Plover and Black Grouse should benefit as the vegetation structure recovers.

We won't know whether this is working until significant number crunching is done in each area over a number of years to see if a trend emerges. The only problem is by then the CROW Act will be encouraging all walkers (all of course with no specialised equipment, no dogs, horses or bikes) to wander all over this new Access land, disturbing the returning wildlife.

Lets hope I'm proved wrong.

On the lower slopes our native Red Squirrel is possibly doing even worse than expected, with local populations becoming extinct from parapox virus, competition from Greys and loss of habitat. Contact Red Alert on www.redsquirrel.org.uk or telephone 01539 816300, Jason Reynolds or Simon Lloyds (an Eden Runner so he must be OK), to help or find out more.

World Environment Day is on 5 June, the Environment Agency wants people to help the environment by making small changes to their daily lives and presumably parallel agencies in other countries are doing likewise. Below are 10 things suggested by the agency that you can do to help save the environment. By pledging to carry out just one of them, you will do your bit to lessen global warming, save water or reduce the growing problem of rubbish. The agency wants everyone to make pledges, register them on line

(www.environment_agency.gov.uk) and then carry them out over a whole year. They'll do the number crunching and add up the big difference our combined pledges will make.

1. I will replace one light bulb in my house with an energy saving version.
2. I will hang out, rather than tumble dry, one load of washing per week.
3. I will put a 'water hippo' in my cistern to reduce the amount of water used per flush.
4. I will replace one two mile car journey by walking, cycling or taking a bus.
5. I will plant one tree either in my garden or as part of a community forest.
6. I will start re-using plastic bags when I go shopping.
7. I will switch off my television, rather than leave it on stand-by.
8. I will take showers instead of baths.
9. I will turn the thermostat down on my gas fired central heating by one degree centigrade.
10. I will turn the tap off when I brush my teeth.

Now I agree it's not the most exciting list I've ever seen, but my wife enjoyed listening to me reading out the second line so much, I had to repeat it in front of witnesses. Hmm, something has just clicked. Anyway, look in at the web site, log on and tick those boxes.

On the subject of saving the environment, renewable energy has got to be encouraged, right?

Well that depends, if we take wind farms, brilliant idea using windmills to convert wind into useable energy, but are they helping to save the environment? Now without getting into a massive technical debate, possibly not. One proposed current scheme is to install a grid of these mills on a heather covered moor and one of the big benefits is cited as improved access! Great, free energy (that's another debate) and better access onto the moor, we're right behind this one aren't we? No, apart from the debate on real cost benefit, the improved access would actually be from the concrete service roads built across the moor to link the mills. Not quite the better access that may be associated with conservation, to say nothing of the impact on an otherwise unspoiled, isolated heather covered moor. This would appear to be one case where the massive amount of proposed capital could be used more wisely towards direct community help. Just a thought.

Believe it or not

Older members of the FRA may recall a startling incident concerning a racehorse of the Queen Mother's just before the finish of the 1956 Grand National - they will now understand why, after this year's Three Peaks race, a certain member of the FRA Committee, whose articles feature prominently in this edition of the magazine, will from now on be known as "Devon Loch".

“The secret to success is recovery. You can only improve your next performance if you’ve recovered from your last”.

... **Kevin Dawson**
- 8 times mens BBAR cycling champion.

Amino Load Advanced Formula is not intended to replace our flagship Amino Load original, it's just that some athletes push themselves so hard they can take on board extra amino's. It is for such athletes that we decided to develop a stronger version.

Amino Load Advanced Formula works exactly the same as the original but delivers 3000mg of amino acids per serving. Making Amino Load stronger was not simply a matter of adding more of the same amino's, although we did do that partially. The key to increasing the amount of effective muscle building amino's which could be rapidly delivered to the muscle site was by adding Whey Protein Hydrolysate. Whey Protein Hydrolysate is a special form of whey which is predigested using enzymatic hydrolysis. This process results in an extremely pure form of whey broken down into short peptide bonds containing amino acid chains two and three molecules long (di and tri peptides). In this form they can be absorbed just as quickly as the free form or single aminos which are also present, and far more quickly than any intact protein which normal carbohydrate/protein formulas contain. The ratio of the vital muscle building **branch chain amino's** is higher in Whey Protein Hydrolysate than in any other naturally occurring source.

“When You’ve Pushed Yourself To The Limit And Then Pushed Some More - You Need **Amino Load Advanced Formula!**”



Rob Jebb - British Fell running champion 2003. Winner of the classic Ben Nevis fell race 2003 and winner of the Three peaks Cycle Cross for three years in succession and course record holder.

Amino Load Advanced Formula has 3000 mg per serving of mono, di and tri peptide bond amino acids, which includes 1000 mg of L-Glutamine. L-Glutamine is a vitally important amino acid not only in the muscle building process but also in strengthening the immune system. All these amino's are delivered right at the time of most need – immediately after intense physical activity. It is reckoned that 3000 mg of predigested amino acids is close to the maximum you could naturally drive quickly into the muscles using the amino loading process during the 20 minute 'window of opportunity' after exercise.

Amino Load Advanced Formula is available in one kilo and 3 kilo sizes in the same three flavours as Amino Load Original. Here's what some of our athletes have to say about it:

“I regularly take Advanced Formula Amino Load after hard training and racing and certainly feel it helps recovery. Allsports products represent very good value for money.”

ROB JEBB - British fell running champion.

“I would recommend the use of Enduro Load, Winter Training Formula and Amino Load for long training, racing and recovery. For those athletes who want more than the normal limits of performance”.

KEVIN CLARK - Scottish Triathlon champion and Commonwealth Games competitor.

“The best just got better. Better recovery, better times another superb Allsports product, always one step ahead.”

KEVIN DAWSON - 8 times mens BBAR cycling champion.

“Any serious competitive athlete is in danger of jeopardising their full performance potential by using any recovery product other than Amino Load (Advanced Formula). Complete recovery after hard training has to be experienced to be believed, there really is no point in even considering any other product.

We always thought Amino Load Original could never be improved on but Amino Load Advanced Formula is a truly amazing development! - Thankyou Robin for yet another winner.”

PETE READ - Senior Coach with the Association of British Cycle Coaches.



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Trans-Atlantic Fellrunning

from Dick Byers

Spending 18 months working in Boston, USA, the thing I look forward to most is getting "The Fellrunner" in the post! After a few minutes reading I'm transported back to the hills and dales, battles great and small, epic struggles with navigation and waist hugging mud. Ah, bliss. So I felt I just had to make a small contribution to this august journal and pen a few words on my racing this year.

As a Brit abroad and ever keen to keep our national reputation up, I searched high and low for races worthy of a FRA member but all I found were a few trail races with the kind of ascent and terrain that one expects at an easy weekend cross-country league race. So there was nothing else for it than but to head back home. I only did six races last year but three were in England and though my performances weren't great they'll stand out as special forever. Here they are:- I had to make a trip back in July so carefully timed it to include Skiddaw at the start of the week and Wasdale at the end. The logistics of wanting to spend the 4th of July in Boston and race in Keswick the morning of the 6th were considerable but due to the efforts of my team-mates I got there. An overnight flight from New York got me into Manchester Airport at 8.30am where Dave Keeling was waiting with a fast car. We made a brief stop for breakfast and we zoomed up to Keswick with just enough time to register and get ready. I was fifth runner for Trafford so the pressure to finish was on. I was too tired to warm up but reasoned that I'd have plenty of time to do so during the race. Groggy from no sleep and jet lag I wondered how I'd manage it. All I had to do was walk uphill and the descent is gravity assisted is what I told myself. Lining up, the nerves and energy laid by years of racing finally came back and suddenly we were off, through the park, over the road and up the hill. I don't remember much of it except the exhilaration of the sun, the climb and Keswick fading beautifully to a small speck in an ocean of water and hills – ah, hills. I did manage to run half way up the steep bit but from there it was a bit slow and, as always, I forgot that there is a final little climb after the flat path near the top.

Turning at the top the tiredness began to take hold and I realised that the gravity assistance might be more than I'd bargained for. Trying to hold back so as



Dick Byers at Skiddaw (Photo Dick Byers)

not to fall badly, down I went on feet not used to descending after five months on the roads of Boston and beginning to feel very hot! Running the final few hundred yards through the park was wonderful and the tea and cakes on the cricket field afterwards was great: they just don't do that over here. I finished about a third of the way down the field and within twelve hours of being in New York. I was chuffed though, looking at my feet, which now both sported massive heat blisters, I wondered how I'd manage Wasdale in six days time.

A hectic round of work gave time for my feet to recover and so, five days later, I found myself with my Dad in the Bridge Inn, in Santon Bridge, looking forward to Wasdale, probably my favourite race. Waking the next morning still exhausted by jet lag I questioned the wisdom of it but felt it had to be done. The day was a fine one and we set off with all customary casualness up for the Screes. I felt good to the start of the first real climb, began to falter over the top and by the descent off Whin Rigg my feet had begun to complain and I was feeling tired. I'd never felt tired so early in a race before and thought about giving up at the first checkpoint but the sight of Joss Naylor and his cries of, "Keep it up lad" roused me and I set off up Seatallan with hope in my heart. The climb went on forever and the trog across to Pillar took on the proportions of a transcontinental

epic but I'd come all this way and was determined not to give up. Coming off Pillar my spirit was at its lowest ebb and once more I nearly ditched but I've never had a DNF before and kind words from another runner that I'd make it and was doing ok (which dictionary was he using?) kept me going. By this time I'd decided that as long as I wasn't timed out I'd finish, no matter how long it took. On Gable, after an interminable grind up the scree at the bottom and over the rocks at the top, I hopefully asked if I'd been timed out. No such luck, I was doing fine I was told, but could retire if I wanted to. I wanted to so much but of course couldn't so it was onwards. Fortunately the descent to Sty Head is stepped so it felt like being at home, gently going down to breakfast, or somewhere, anywhere, other than where I was. As you can see delirium had begun to set in. However, when has cognitive impairment hampered athletic endeavour. Indeed, many great journeys of exploration may have been said to have benefited from it, for who in their right mind would set out on them, or on Wasdale for that matter.

Passing the Mountain Rescue box at Sty Head was a delight. This was one of the first places I went walking as a boy and the magic of the place, with its history and lonesomeness, never fades. Happily I was walking by this stage and able to savour it, together with conversation with two other back markers. Scafell Pike came round surprisingly quickly it seemed, though in reality it had taken about an hour from Sty Head! It was then that I remembered that whatever goes up must come down, and boy was Lingmell a long way down. A look at my watch (I'm ever the optimist) showed me that if I got a move on I'd break six hours, over an hour slower than my best. The rocks, gravity and the precarious state of my feet, legs, head and just about everything else except my heart told me that pushing it at this stage would not be a good idea so I ambled down and collapsed at the finish. I'd finished, nearly last and a few minutes over six hours, but I'd finished and what joy when the certificate, signed by Joss Naylor as always, came through in the post a few months later. After the race, a hurried return to Manchester and flight out to Boston the next morning completed a memorable week.

The third race I did was the Grisedale Horseshoe as I was over again in

September. This was at the end of a week in the UK and no super logistics were required to get to it but once again jet lag turned it into a super epic. Joined by three other Trafford lads (Vinny Booth, Dave Keeling and Bill Fairmaner) we were determined to have a good time and they assured me that though I felt terrible I'd be fine once I started. I felt ok until the climb up Catstycam but thereafter gradually deteriorated and was reduced to a slow jog for the rest of the race. However, the view of the hills to the southwest, over the Langdales, with tarns, woods, farms, bracken and open fell side, all clothed in dappled cloud shadow and sunburst, was achingly beautiful and will be with me for a long time. How often do we run past such beauty hardly seeming to see it, though conversely it seems more poignant in the midst of the pain of a race. Fortunately on that day I'd managed to combine the states! The last climb over the hill to the finish is a cunning, devious, wicked and downright evil sting in the tail but I got over it with cries of, "You can't stop here" from my fellow runners, though I was very surprised at this stage to find out that I still had fellow runners as I thought that I'd faded to last long since. I made it down the path to the finish just before the heavens opened and once more was cocooned in the ecstasy of tea, soup and fresh sandwiched and cakes in the inimitable WI atmosphere that seems to pervade all after race do's. It's just so homely, grounded, solid and English - I could have cried. At least I did when I saw my position and thankfully my mind has erased it from my consciousness, though no doubt it'll be raised in any future therapy, last judgement, or future reincarnation which will probably be as a snail.

And so my tale is told; it is now 7a.m. in Boston and I dream of noon in the English hills. I'll be back in July and plan to do many more races. I hope I'll place better than in these last three but as long as I'm running the hills again I won't really care and essentially nothing will top the special sense of adventure that they gave me "*upon England's mountains green*" (Jerusalem - William Blake).

JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

At the time of the last update in the October 2003 edition, I was able to report on the first financial awards made by the Foundation which were in connection with the World Championship of Mountain Running held in Alaska in mid-September 2003.

I remarked then that it seemed fitting that the first allocation of funds by the trustees of the Foundation be made to young athletes representing England, something that John did on numerous occasions. I think that the whole fellrunning community, which has so generously supported the early activities of the Foundation, can be proud of the efforts of all those junior athletes who were supported. We were all chuffed by the results and know that John would have been too.

The ongoing discussions with the Charity Commission finally came to fruition in mid-November. The Commission asked us to modify our objects somewhat and revised objects were adopted by a supplemental trust deed entered into by the trustees on 11 November 2003. Formal registration was completed on 3 December 2003 and the Foundation is registered charity number 1101008.

The Commission approved objects for the Foundation are now as follows:

- (a) the relief of poverty by the provision of financial assistance to young amateur athletes in the United Kingdom to allow them to pursue opportunities in amateur athletics; and
- (b) the promotion and preservation of good health by raising public awareness of the condition of cardiomyopathy in athletes in the United Kingdom.

Links have been established with UK Athletics. UK Athletics has indicated that it wishes to support fully the Foundation in its awareness objectives. The initial project will involve the production of an awareness leaflet about the condition of cardiomyopathy which will be produced and distributed to all UK Athletic Clubs with the financial assistance of UK Athletics. The Foundation is preparing the text of that leaflet. After an introduction made by UK Athletics, contact has been made with Dr John Walsh a consultant cardiologist at the Department of Cardiovascular Medicine at University Hospital in Nottingham who will help us prepare the text of the leaflet and also improve the quality of information about cardiomyopathy on the Foundation's website.

Discussions have also taken place about a possible programme of awareness/activity days (perhaps using the Don Valley stadium) for young athletes where the Foundation will work alongside UK Athletics.

With effect from the date of registration as a Charity, the Foundation became subject to the regulatory influence of the Charity Commission. This is particularly relevant regarding the preparation and filing with the Commission of accounts. The first set of accounts for the Foundation cover the period from 9 August 2002 to 2 December 2003. Those accounts, which have already been prepared, will be approved and signed at the next meeting of the trustees after which they will be published on the Foundation's website. These accounts will be prepared to the same standard as though the Foundation had been registered as a charity from the first moment donations were received. Our thanks to David Rhodes and Adam Goff of Broadhead Peel Rhodes of Pudsey who have undertaken the preparation of these accounts.

In an effort to help us create further awareness of the Foundation and its activities, we have worked with Treble 5 Limited of Huddersfield to create a new logo for the Foundation. The results of that work can be seen above and we hope that the logo will become more visible over the coming months. Our thanks to Andrew McGee and Stephen Osmotherly at Treble 5 for their efforts on the new logo. The long awaited JTF t-shirts, which we will be asking those who have been supported by the Foundation to wear, will incorporate the new logo and will soon be with us.

In recent months we have had only a small number of applications for financial assistance from young athletes. One of those applications was funded to the tune of £100. For those of you who are members of Clubs with junior sections, can we please ask if you can help us by bringing the existence of the Foundation and its objects to the attention of your junior members and pointing them in the direction of the website at www.johntaylorfoundation.org.uk. The Foundation can also be contacted at a new postal address at PO Box 214, Ilkley, West Yorkshire LS29 0PX. We want to be spending the resources that the running community has generously placed at our disposal (currently standing at a sum in excess of £10,000) rather than having the funds accrue interest in the bank!

On behalf of the trustees, can I thank everyone who continues to help the Foundation on its way, particularly those who have donated, or organised the donation of, funds for us to spend to further the Foundation's objects.

Finally, in a generous gesture entirely in keeping with the character and life of the man, we received a substantial legacy from the Estate of the late Mike Rose, God bless him.

Morgan Williams, Trustee



Dr Martyn's Problem Page

I have suffered these last few months from the adverse effects of banking. My inability to cope with the demands of standing order transfer depriving me of my copy of the Fell Runner until late April. I feared at one point that I had been excommunicated but the goods arrived in the nick of time.

Strapless Bikinis

Dear Dr Martyn,

Your readers may have noticed recently in the national press a new bikini designed to leave no unsightly strap marks; held in place by gel pads. Well what about us blokes! For years I have suffered with an unsightly string mark around my waist and above the cleft from my posing pouch. Why does no one think of us?

Bob

Dear Bob

A good point, so I have designed (patent pending) a male stringless posing pouch utilising an old marigold glove and an elastic band. I am working on a more sophisticated adhesion system using a vacuum principal but this is still in the development stages. I hope to have the finished product in the shops soon – possibly franchised via Running Bare.

Fake Pictures

Dr Martyn

I must take exception to the cover pictures on the last edition. Clearly it is a fake - whilst all around her are toiling away Louise Sharp looks as if she is just out on a pleasant Sunday stroll. Ian W sneaks into yet another Fellrunner picture, an increasingly common occurrence, and I know for a fact that the hill in the background wasn't even in the country at the time of the race. Enough is enough I say, when will the ego of one individual editor be compared with the integrity of accurate sports reporting. I think he should do the honourable thing and fall on his running spikes.

Mr Morgan

Dear Mr Morgan

It is not really my place to comment on the accuracy or otherwise of the pictures but even if they are fake the issue is real. Many ladies are now finishing further and further up the field and look comfortable doing so. We stand by the picture as an accurate portrayal of the events of that day.

Last Minute Doubts

Dr Martyn,

In the next couple of weeks I am due to marry the lad of my dreams. I love him more than anything but it's his family. His dad lives in the Stone Age and up until recently I thought his mum was a bit odd but lovely. However, a few weeks ago, totally out of the blue, she turns up at our house and with a big wink gives me a puppy which she says she has already part trained to wee on Walshes. I am beginning to get concerned that my future husband may have some inherent madness in the family. I checked in my marriage guidance booklet ("Bridging the North-South Divide – originally published as "Coping with Opinionated Northern G*ts and Soft Southern Jessies" but retitled after sales in Yorkshire failed to pick up) to see if it was some quaint Northern custom that I was unaware of. You see our marriage is not only a mixed race marriage (fell races and road races) but also a North/South marriage. Should I be concerned or is it just a case of last minute nerves.

Southern Lass

Dear Lass

The course of true love is not always an easy route. Its definitely more a case of an elite or A as opposed to a short score. (Not that I in any way wish to under value the short score mind you). Your compass probably says head South and keep going but in this instance I would recommend following your heart. It will undoubtedly be a more challenging route, but all the better an experience for it. I say go for it girl and I look forward to hearing about your big day in due course.

Old Master Surpassed

Dr Martyn

I thought it would be difficult to improve on the excellent FRA Fixture Calendar and Handbook but I must take my hat off to the new lass. As you have previously advised the old Editor had cleverly developed the glossy cover and

consequent double mug sized coaster features of the Handbook, but this always had the inherent area of instability near the stapled edge. So imagine my delight on noticing the clever new binding in this year's Handbook. The area of instability is now removed and the entire surface area is available, making a three-mug coaster. Absolutely brilliant.

Zafira Mann

Dear Zafira,

I can only agree entirely, a masterpiece of innovation and design development.

Sport & Committees

Dear Dr Martyn,

As a keen fell runner and founding member of the Liberal Welsh Communist Party I am delighted to see numerous articles and letters on committees, policies, rules and procedures. Without the rigour and discipline of sound administration the sport would be much the poorer. All too often we focus on training, race routes, love of the outdoors, sense of freedom and enjoyment. Worthwhile aspects of the sport but I would guess not the main reason people get into the sport. Most people undoubtedly see as it an opportunity to get involved in sports administration with many top administrators seeing it as a soft option for getting selected to an international committee. I applaud the recent level of activity in this area and would suggest that we replace the results section of the magazine with copies of minutes of committee meetings.

Ereck the Red

Dear Ereck,

Hearty sentiments - my own love of the outdoors is only matched by an ardent desire to produce exceptional minutes of meetings and obtain committee member status. Occasionally I think the efforts of our sports administrators go unappreciated, they are after all mostly volunteers.

And The Sun Shone : The 50th Three Peaks Race : 25th April 2004

from Graham Breeze

Just Turning up to Race

It is a refreshing aspect of fellrunning that some races can be organised virtually out of a car boot. The organiser arrives, followed by competitors who run up and down a hill or two, log a time, share the *craic* at a prize giving and go home content.

Organising the Three Peaks Race is different. Hopefully everyone goes home equally fulfilled but only those who are part of the Three Peaks Race Association which organises the event can fully appreciate the work that goes into underpinning the apparently effortless and magnificent execution of each year's race. Around eighty marshals turn out on race day to secure the safety of runners and they are just one aspect of the nine months of work involved in setting up the race. There are the dozens of farmers over whose land the race passes to be consulted and who later attend a Social Evening paid for by the Association. There is the Yorkshire Dales National Park authority, the Police, the community of Horton, Rescue Teams, Catering, Parking, Marquees, Toilets, Time Keeping, Raynet, Ambulances, etc.

And in addition to all this for 2004 the Association promised to turn the 50th race into a celebration. Nothing was left to chance and only the weather remained outside its control. In 1981 snow 6-8 feet deep in Horton meant The Three Peaks Race had had to be postponed until October and in 2002 the weather was so bad that 57 runners were treated for hypothermia. But for the 50th race the sun shone and shone and for most runners avoiding sunburn became a primary concern.

The Association had fulfilled its promise.

The Booklet

Presented to every runner, VIP and helper on the day was a 20-page colour booklet, produced by Dave Hodgson (President of the Association), to be a permanent record and celebration of the race. The contents included:

- Introduction by Dave Hodgson
- History by Douglas Croft
- Fifty Years of Three Peaks Racing by Bill Smith
- Organisation by Graham Maud
- What it Feels Like to Win-Quotations from 17 winners
- Winners: a complete 49 years list
- 21 Completions- a list of all who have achieved this landmark
- Records/Awards/Race Profile, etc
- + a list of all 625 entries for 2004.

The booklet also contained dozens of photographs ranging over the complete history of the race, many of which were provided by Peter Hartley who was Official Photographer on race day.

Around 700 copies of the booklet were distributed and the remaining copies are now available for purchase for £2.00 post free (See display box).

The History (with thanks to Bill Smith)

The man responsible for inaugurating the Three Peaks Race was a Lancastrian, Fred Bagley of Preston Harriers, a keen fellwalker and competitor in the Lake District Mountain Trial. The date was Sunday April 24th 1954 and the race began outside the Hill Inn at Chapel-le-Dale. Bagley arrived first at Ribbleshead after 2½ hours running but then struck a bad patch on the steep ascent of Whernside. This did not deter him, however, and his triumphant return to the Hill Inn was accomplished with a time of 3hrs 48 mins, Bradshaw taking second place in 4hrs 06mins, whilst his Clayton clubmate Alf Case finished 3rd in 5hrs. 12mins.

Preston Harriers again promoted the 1955 race but the next eight events were organised by Clayton-le-Moors Harriers, one of whose members, George Brass, set new records in both 1955 (3.28.45) and 1958 (3.08.25), whilst Jack Bloor (Leeds Harehills), who had helped to pioneer the route as a runner in 1948/49 triumphed in 1956. The 1959 winner Frank Dawson (Salford) created a Three Peaks landmark the following year by becoming the first man to complete the course inside 3 hours, clocking 2.58.33. Runner up on this occasion was Dave Hodgson, a position he was to achieve thrice more, whilst 4th man home was Geoff Garnett (Bingley).

Dawson's record stood for four years before it was broken by Peter Hall (Barrow). Hall was one of the best fell runners of the 1960s and also excelled on road, track and country. However, his mark of 2.53.00 was to stand for one year only, then it was reduced to 2.47.00 by another outstanding fell runner of that era, Mike Davies (Reading), who completed a run of four consecutive victories in 1968 with a splendid 2.40.34 circuit.

1969 witnessed the closest finish yet between two more great all-rounders, Colin Robinson (Rochdale) and Jeff Norman (Altrincham), the former prevailing by 13 seconds with a time of 2.44.44. Norman, who seven years later became our fastest marathon runner at the Montreal Olympics, now embarked on an as yet unbeaten run of six straight wins which included four new records, the fastest being 2.29.53 in the bad conditions of 1974. With the steadily-rising number of competitors and supporters, the Hill Inn venue was now deemed too small to cope and the start/finish was therefore moved to Horton-in-Ribblesdale. The Pennine Way route was followed to Penyghent and Norman set a new mark of 2.41.37 for the revised course.

The rain, wind and mist of the 1978 race resulted in Ted Pepper



P. Coney of P. & B above with the units on race 1. Legend at the Three Peaks
(Photo Pete Hartley)

(Blackheath), a newcomer to fell racing, dying from exposure after going astray coming off Ingleborough and safety measures were increased following this tragic incident. Three-times runner-up Harry Walker (Blackburn) achieved the first of his three victories that year and it is worth noting that his son, Dave Walker (Clayton), won last year's race. In 1980, Mike Short (Horwich), became engaged in a thrilling duel with Colin Donnelly (Aberdeen University) which climaxed with Donnelly leading up the last little climb of the Beecroft pastures, only to be caught at the top by the Lancashire lad who then stormed down into the Horton sportsfield to win by 5 seconds in 2.43.32. John Wild (RAF Cosford), set a new record of 2.37.30 for the Horton course in the perfect conditions of 1982, though with the Sell Gill diversion being introduced the following year, the new mark of 2.53.34 was established by the reinstated ex-guides racer, Kenny Stuart (Keswick).

Runner-up on the latter occasion was Hugh Symonds, who won the next two Three Peaks Races in record-breaking times of 2.50.34 and 2.49.13 respectively and achieved this third record of 3.00.01 in 1987 following the introduction of yet another diversion beyond Ribbleshead the previous year. 1988 saw the first victory by a Yorkshireman since Jack Bloor's 32 years earlier and the man responsible, Ian Ferguson (Bingley) also lowered Symonds' record to 2.57.29 on a fine day. Shaun Livesey (Rossendale) bettered this time by nearly 6 minutes with his second win the following year, though Ferguson was to notch up two more victories in 1991 and '92, setting another new record of 2.51.41 on the former occasion, with another Yorkshireman, Gary Devine (Pudsey & Bramley) having triumphed in 1990.

The narrowest victory yet was achieved in 1993 by the Thirlmere shepherd, Gavin Bland (Borrowdale), over another Cumbrian athlete, Mark Roberts (Kendal). Mark Croasdale (Lancaster & Morecambe) had actually held a 5 minute lead on Ingleborough but had then faded to eventually finish 4th, though he was to later redeem himself by winning the 1999 race. Meanwhile, the strongly-running Bland had surged into the lead to finally pip Roberts by only 4 seconds with a time of 3.05.17. The next three races witnessed the first true hat-trick of victories by a Yorkshireman, Andy Peace (Bingley), who also holds the distinction of being the only athlete to achieve the unique "double" of winning both the Three Peaks fell and cyclo-cross races – not once but twice: 1995/1996. In his last victory, the day after he'd competed in the National Road Relays, he set the current record of 2.46.03.

Another Bingley Harrier, Ian Holmes, the outstanding fell champion of recent years, triumphed in 1997, with Mark Roberts (now representing Borrowdale) prevailing over Mark Horrocks (Clayton) by the narrow margin of 11 seconds in the gruelling conditions of the following year. A very warm day in 2000 saw another Borrowdale runner, Simon Booth, defeating Ian Holmes by over a minute, the same man besting his clubmate Andrew "Scoffer" Schofield in the inclement weather of 2002.

The first ladies' race over the Three Peaks course took place in 1979 when Jean Lochhead (Airedale and Spen Valley) defeated an 11 strong field with a time of 3.43.12, which was subsequently lowered to 3.35.34 a year later by her clubmate, Sue Parkin, a champion orienteer.

A new mark of 4.08.01 to allow for the Sell Gill diversion was jointly established in 1983 by Wendy Dodds (Clayton), an outstanding long-distance mountain runner, and Carol Walkington (Horwich), who again emerged triumphant three years later. Another Clayton Harrier, Vanessa Brindle (now married to clubmate Tony Peacock) began her run of four victories in five years in 1985, with a new record of 3.38.10. She then set a new mark of 3.44.05 for the Ribbleshead diversion route two years later and successively lowered it over the next two years to 3.32.43 in 1989.

This record was decisively shattered by Olympic marathon runner Sarah Rowell (Leeds) in her 1991 debut race, clocking 3.16.29 in misty conditions. She reduced this mark even further to 3.16.17

in her fourth victory five years later, when she finished 20th overall in good conditions. Another outstanding athlete, Bingley's Carol Greenwood (nee Haigh), achieved three wins between 1993 and 1998, experiencing a severe ducking in the rampaging waters of Little Dale Beck on the first occasion, while in 1999 Sarah Rowell was outpaced by 7 minutes by another great champion, Angela Mudge (Carnethy), who became the second-fastest lady with 3.20.17 clocking, gaining her 11th position overall.

It is of interest to note that Three Peaks Race winners have included twelve male and six lady FRA champions, three also having been World Mountain Running Champions (Stuart, Greenwood and Mudge).

The Day

Royal Ascot is as much about hats as horses and for the 50th anniversary the organisers had a celebration in mind as well as the fell race. Accordingly past winners, officials and others associated with the race over the past 51 years were invited as honoured guests.

So Stan Bradshaw, second in the first race 51 years ago, was there and so was fellow Clayton-le-Moors member, Alf Case who was third and who went on to become the Secretary of the Association up to the 21st race. Harry and David Walker, the only father and son winners were present. Other past winners invited included Ian Ferguson, Jeff Norman, Vanessa Peacock, Jean Rawlinson, Sarah Rowell and Hugh Symonds, widows Pat Bloor and Lillian Brass, and Alan Heaton who, with Stan Bradshaw, was the first to achieve 21 completions. Chronicler Bill Smith, long time helpers Ralph & Molly Howson and Jim & Sheila Millman representing the Horton Playing Fields Committee, representatives from past sponsors Pace plc and the Daily Mirror and Horton Quarry (Hanson) who had subsidised the Celebratory Booklet. And so on.



Louise Sharp on her way to a Three Peaks victory (Photo Gary Fitch)

So whilst the drama on the fells was being played out under the searing sun, VIP guests were relaxing over a buffet and taking in the celebratory ambience of a wonderful day.

The Three Documentaries

In 1976 Yorkshire Television made a documentary about the race based around a young reporter, Roger Greenwood, who had decided as a New Year Resolution to compete in the race a few months later. This he did in 4.09.16 (281st out of 319 finishers), which was some way behind the 2.43.59 of John Calvert (Blackburn) registering his first victory, following Jeff Norman's (Altrincham) six consecutive wins.

In 1993 Roger Greenwood produced his own documentary which is remembered for Gavin Bland (Borrowdale) sprinting for victory at the end of the race and the previous leader Mark Croasdale (Lancaster & Morecambe) going from first to fourth on the Ingleborough section to a soundtrack of REM's "Everybody Hurts".

For 2004 and the 50th Anniversary Yorkshire Television waived their copyright restrictions and allowed both films to be viewed freely in the VIP marquees. More importantly Roger Greenwood returned to film a further and excellent half-hour documentary "The 50th Three Peaks Race" which was screened by Yorkshire Television on May 6th.

One event and three television documentaries? Something special for sure!

The Cutting of Technology

Anyone peering into the results tent may have idly wondered why it bore a resemblance to Mission Control in Houston. The answer is that a world first was in the making because for the first time ever a linking of the Sportident recording and Raynet radio systems allowed real time tracking of runners as they passed through every checkpoint. Those monitoring the race in the results tent therefore knew the instant that every runner had passed through the five intermediate checkpoints.

It might have been thought by some that after 50 years the Three Peaks Association could be getting a little set in its ways but, on the contrary, it has chosen to use its status and resources to invest in and advance the cause of greater safety on the fells, and this should be recognised and applauded.

The Runners

For environmental reasons there is a limit on race entries and although the Association accepted 625 entries it was known that no-shows on race day would reduce the actual number starting to an acceptable level. The entry limit was actually achieved seven weeks before race day.

Bill Wade, the Entries Secretary, produces an annual report analysing the race entry. In common with other long fell races the Three Peaks Race has recently suffered from a relative decline in entries, although not to the same extent as races such as Wasdale and Ennerdale which now form part of the Lakeland Classics Trophy. The massive entry for the 50th race was clearly untypical but the fact that well over 600 runners applied (because notices were placed on websites when the race was full it is not known how many more applications would have been received) can only be welcomed. It is perhaps also worth noting that the Three Peaks Race is not a media circus that attracts flippant entries but a serious challenging event. Bill Wade does not accept entries from pantomime horses.

The analysis of the 625 who entered (of which 508 started and 407 finished) also provides some encouragement in the category make up of competitors compared with 2003 when there were 291 pre-entries. For 2004:

- Ladies rose to 12.5% from 10%, which is the highest ever proportion of the field
- Newcomers rose to 38% from 22%
- The number of runners aged under 25 rose from 2 in 2003 to 16, mostly male, including one 20 year old.

Nevertheless, despite the encouraging number of younger entries, the average age of male entries remains at 44 years and 39 for ladies.

The Race

Dave Hodgson, when introducing proceedings, suggested that the day had attracted the most outstanding quality entry in the history of the race because, in addition to celebrating its 50th Anniversary, the race also determined the Yorkshire Championships and was a counter for the English Championship. Not surprisingly the start line was packed with past winners.

Perhaps not unexpectedly it was a past winner who won again but delightfully that winner was Andy Peace (Bingley). Andy who won in 1994/95/96 but had not entered since, set off at a storming pace, despite the heat, chasing Ian Holmes (1997 winner) and by the top of Pen-y-Ghent was already 22 seconds ahead of his club-mate, followed by Rob Jebb (Bingley) and the Borrowdale pair, Simon Booth (2000/2002 winner) and Mark Roberts (1998 winner).

Andy never lost the lead and although Simon closed up with him on Wherside to show just a 3 seconds deficit at the Hill Inn, Peace eventually won in 2.55.46 with Booth finishing in 2.56.38. Holmes was well adrift in 3.02.38 and Roberts was 4th in 3.07.03. Rob Jebb dropped out at an early stage with a hamstring problem.

With a 100% record of wins from his three previous entries Andy had more than most to lose in reputation and had trained for the race. Commentators had observed his superb form earlier in the year and this victory, after a seven-year gap, suggests that had he continued to enter the event the record six consecutive wins of Jeff Norman may have been eclipsed long ago.



Geoff Howard of Ilkley, 1st V60 at the Three Peaks (Photo Andy Sumner)

The joy of the Sportident system is the comprehensive picture it presents of the split times for all runners. There are six "legs" in the race and Peace was fastest on three of them: the three climbs!

Before the race Duncan Overton (Keswick) was interviewed to camera and with prescience observed, "with a race like this it's always about getting round, that's the first thing. After that getting round quickly. After that beating everyone else in your age group".

"Getting round" mattered in the ladies' race where Andrea Priestley (Ilkley) at Ribbleshead Viaduct was over 3 minutes ahead of the 2003 English and British Champion Louise Sharp (Keswick), who was competing in the event for the first time. But by the top of Whernside Louise was 2 minutes ahead of Andrea who dropped out at the Hill Inn. Louise went on to win in 3.39.49 (57th overall) almost fourteen minutes ahead of 85th Sharon Taylor (Bingley) in 3.53.30 and 97th Sue Beconsall (Bingley) in 3.58.31.

The ladies' race has now had eight different winners in the past nine years in contrast with the period in the late 1980s/early 1990s when Vanessa Peacock, Carol Greenwood and Sarah Rowell were sequential multiple winners.

If getting an entry for the 2004 race was a triumph, finishing it proved to be beyond many who went to the start line and 101 of the 508 suffered the indignity of retiring or being timed out to be ferried back to the start in the minivans provided by the organisers. As the driver of one van drolly observed, "you don't get much conversation on the way back to Horton from the runners who have retired".

Perhaps they were all soberly and quietly reflecting that, as one runner commented to camera before the race start, "One's time does not really matter. It is always a wonderful celebration to get round because the Three Peaks is the greatest fell race in Britain!"

The Presentation

The impressive array of silverware on display before the awards ceremony is an adequate reminder that the Three Peaks Race has a pedigree and the major awards are listed below. It is a tradition that men who have completed the race 21 times receive a special award but Wendy Dodds, who was a joint winner in 1983 with Carol Walkington (Horwich), was presented with her award after 15 completions. No other woman has yet achieved 15 completions. However at the 2004 race Wendy achieved her 21st completion and the Association presented her with another award to recognise this further unique and outstanding achievement.

The Next One

Earlier paragraphs referred to the hundreds of people whose work ensures the success of each Three Peaks Race. For the 51st race (Sunday 24th April 2005) the Association hopes that many of those who have now experienced their first Peaks will return. It is always easier the second time.

Perhaps some of the hundreds of runners who enjoyed the occasion of the 50th race might wish to play some part in helping to put the event on in future years and they are invited to ring Paul Dennison, who is Chairman of The Three Peaks Race Association, on 01943 872020, for an informal chat on how they can put something back into the sport.

Finally, whilst the Association cannot guarantee that runners in 2005 will be featured in the media next year, as everyone knows, the euphoria of getting round the Three Peaks Race beats appearing on TV anyway!

Major Prize-winners & Results

Winner

Andy Peace Bingley 2.55.46

1st Lady (57th)

Louise Sharp Keswick 3.39.49

1st Team

Borrowdale

1st Man Over 40 (4th)

Mark Roberts Borrowdale 3.07.03

1st Man Over 50 (47th)

Steve Jackson Horwich 3.35.13

1st Man Over 60 (61st)

Geoff Howard Ilkley 3.41.41

1st Lady Over 40 (97th)

Sue Beconsall Bingley 3.58.31

1st Lady Over 50 (165th)

Wendy Dodds Clayton-le-Moors 4.15.35

1st Veteran Team

Holmfirth

1st Lady Team

Bingley

1st Yorkshire Man (1st)

Andy Peace Bingley 2.55.46

1st Lancashire Man (8th)

Paul Thompson Clayton-le-Moors 3.10.16

1st Newcomer (6th)

Nick Sharp Ambleside 3.07.49

1st Under 25 (7th)

Simon Bailey Staff. Moorlands 3.09.11

Copies of the Celebratory Booklet are available for £2 post free from:

Dave Hodgson, 197, Hall Lane, Horsforth, Leeds, LS18 5EG
0113 258 5586

Leading Positions

1 A Peace	Bingley	2.55.46
2 S Booth	Borrowdale	2:56.38
3 I Holmes	Bingley	3.02.38
4 M Roberts V40	Borrowdale	3.07.03
5 J Davies	Borrowdale	3.07.22
6 N Sharp	Ambleside	3.07.49
7 S Bailey	Staffs. Moorlands	3.09.11
8 P Thompson	Clayton-le-Moors	3.10.16
9 A Schofield	Borrowdale	3.11.10
10 C Stead	Northumberland	3.13.40

V40

16 C Roberts	Kendal	3.19.28
23 T McGaff	Pennine	3.23.13
26 K Harding	Tring	3.23.57
27 J Rank	Holmfirth	3.24.33

V50

47 S Jackson	Horwich	3.35.13
56 D Overton	Keswick	3.39.46
74 K Carr	Clayton-le-Moors	3.50.23
80 P Clark	Kendal	3.51.47
82 D Tait	Dark Peak	3.52.56

V60

61 G Howard	Ilkley	3.41.41
133 P Covey	Pudsey & Bramley	4.08.16
201 D Lucas	Rochdale	4.23.03

Ladies

57 L Sharp	Keswick	3.39.49
85 S Taylor	Bingley	3.53.30
97 S Beconsall	Bingley V40	3.58.31
110 S Dolan	Harrogate V40	4.01.17
124 J Smith	Calder Valley	4.05.02
144 H Sedgwick	Ilkley	4.11.34
155 K Bailey	Bingley	4.14.01
165 W Dodds	Clayton-le-Moors V50	4.15.35
167 A Brockington	Saddleworth	4.16.17
182 J Mellor	Pennine	4.17.55

Three Peaks Race 2004 50th Anniversary Prints

High Quality 10" x 8" prints

Over 270 Runners Captured

To Commemorate Your
Achievement Contact
Gary Fitch:

Tel: 01729 822446

or

e-mail: gary.fitch@btinternet.com



Three Peaks Race 2004
50th Anniversary



Tony Fickes Photography

50th Three Peaks Fell Race

This special Anniversary event was photographed by Tony Fickes and individual pictures are now available to purchase as either A4 or A5 size prints.

A5 – £5

A4 – £10

To order your own special action shot contact

Tony Fickes Photography

01274 495198

DAVID & EILEEN WOODHEAD'S CHIN-WAG

THE NEW JUNIOR CO-ORDINATORS

The sudden and unexpected resignation of Ian Smith meant the FRA were looking for someone to take this position over at very short notice. We offered our services and the FRA accepted, hence we became the Junior Co-ordinators. The decision to do a 'double act' is simple - we felt, along with the FRA, that to have male and female associates seemed appropriate. In case any of you don't know who we are or where we have come from here is a short insight into our background.

DAVID WOODHEAD - a former Coldstream Guard and P.T. instructor for the regiment, was a county boxer and has been a competitive running athlete for 23 years - Road pb's - 10 mile - 52 minutes, Half marathon - 71 minutes, Marathon 2-30.

Fells: twice winner the Man V Horse, Yorkshire Champion, won numerous races Downham, Tour of Pendle, Meltham Cop, Eilidr Fawr, Moel Eilio etc.

Still runs non-competitively and mountain bikes.

Did a successful stint as Editor of the magazine, Up & Down, unfortunately now ceased.

Served on the FRA committee, in the Disciplinary and championship race sub committees.

EILEEN WOODHEAD - Ran on the fells for 10 years, until injuries meant competition inevitably had to cease. Occasionally still runs for pleasure and mountain bikes non-competitively.

Road pb's - 10k - 42 minutes, 10 mile - 72 minutes, Half Marathon 1-30.

Fells - First woman ever to run and win the Cairngorm Hill race, competitively not as strong as David, but enjoyed competing with a few minor successes, The Stoop, Murder Mile, Benarty Hill Race, a few wins in the Isle of Man etc.

We have organised the British & English Fells championship award ceremony and Dinner dance on behalf of the FRA, and also introduced the Junior 'Do'. This also entailed being the officials in charge of English/British medals and trophies, acceptable/engraved to be handed out to the winning athletes.

Organised the Yorkshire Championships since 1989 and introduced the Junior Yorkshire championships for Intermediates, Under 18, Under 16, Under 14 and (since 2003) Under 12's in both male and female categories. The championships now all



have perpetual trophies donated by international athletes. The proudest thing is being able to boast we are the only county that has championship awards for all age categories. Under our guidance the senior championship is rotated between an FRA Short, a Medium and a Long event, thereby giving all athletes whatever their preference a chance. This means the championship doesn't stay in one place, giving more races a chance to host them in the county of Yorkshire.

Yorkshire Team Managers for the Inter County Fell Championships.

Regular contributors and photographers for several publications

Fell races we organise :

Soreen Stanbury Splash - 21 years, The Stoop - 14 years, Withins Skyline - 12 years, Briscoe's Auld Lang Syne - 11 years, Bunny Run series and Relay - 11 years, although Dodd fell & Heathcliffe & Cathy races have run their course. Also have officiated and helped at more races than we care to remember.

Before taking on this role we have actively encouraged juniors in all aspects, none more so than in our own races, which attract 60 - 70 juniors on average. Probably most juniors associate us with 'goody bags', pop, and popular extensive prize lists and, of course, creme eggs!

P.S. Rumours that we work for Cadbury's, Nestle, Lindt or any other sweet confectionery outlet are totally unfounded.

Well, enough said we think, here is an overview to what we think the Junior section should be all about: Primarily it is there for the development of young athletes in all aspects of fell running. The most important thing as in any sport, is that the athletes must enjoy what they're doing, be it training enough to race every week, or once a blue moon, to training for a specific event. Enjoy all what the sport of fell running embraces, an appreciation of

brehtaking scenery, competition and camaraderie.

THERE already have been a few changes made to the running of the championship, hopefully for the better, so far no-one has complained so maybe we're doing something right.

WE felt that the team championship was:

1. Too complicated for people to follow;
2. It was difficult with the formula there for clubs to successfully compete; and
3. It didn't justify the cost of medals as to how many teams actually competed in it, (last year 1 girls' team & 2 boys' teams). So instead of the above why not use the money more wisely and encourage all competitors?

WITH the FRA's approval we have introduced the exclusive English championship T. Shirts to every competitor who finishes in 4 or more championship events, irrespective of if they score a point or not, thus encouraging all the junior runners.

CERTIFICATES to the first 20 in each age groups, yet again that word encourage comes into it.

JUNIOR registration is automatically done whenever a runner enters a championship race, this saves the athlete time and effort having to register themselves, and brings about consistency with the same form filled in at each race.

ORGANISING a junior race isn't easy, the entry fee isn't excessive and prizes are still expected to be awarded, so the FRA have sanctioned that every junior championship race will receive £60 towards the staging of the event.

HOWEVER we feel that it would be nice if every runner was rewarded and so at each race the runners will receive a reward, be it a Mars bar, tea and cakes, or maybe even fruit for every finisher! In some cases this already is being done, but the seniors are subsidising this, so the £60 will help.

ALL junior championship races are to have toilet facilities, although costly, this is a must and the FRA will finance this if required, even trials races will have them.

THE introduction of INFORMATION SHEETS, which will be handed out at every championship race, and will be updated with all current and relevant news/information for junior athletes and parents. Although a cost is attached to it, it's felt it's the best way forward to keep everybody up to speed with junior news.

IN the under 12's category the rule of age is a little different - you must be 10 or over

on the day of the race, it seems unfair that you could turn 10 on the 2nd of January, but can't compete until the following year. This is what is stated in the FRA calendar and handbook.

A BIG thank you must go to INOV - 8 shoes who have assisted the championship and have donated a pair of their shoes to each championship race. The idea being that all category winners' names will be put into a hat for a 'winner's prize draw'; if their name gets pulled out then they win a pair of shoes. So far the lucky recipients have been Sarah Tunstall of Border Harriers and Chris Doyle of Trafford, both under 18's, it's just the luck of the draw. By the time you read this Inov-8 race numbers will be in circulation, and they certainly intend to become more involved, which can only be good for the championship, and for you the runners.

THIS year sees England host the Junior British & Home Countries International on the 9th & 10th October on the grassy slopes of Latrigg, Keswick, look for the page advert in the magazine. A special mention must go to Steve Fletcher and Chris Knox who have taken on the task of organising the event, they have put a lot of work into making it a success, if you want to be a part of this great day of athletics then get your name down, it's for everyone!

A BIG, big thank you must go to Shirley and Paul Wood who, on behalf of Ilkley Harriers, volunteered to stage the Blackforest Teenager Games Trial race at Ilkley in June, with input from last year's winner, Alistair Brownlee; the course had been devised to simulate the Games course. Shirley and Paul sought out sponsorship for the event and prizes were given to each boy and girl in each age group.

NOT forgetting the exciting SPOOKY 'DO' to look forward to, and celebrate the season's end with a BANG (see advert).

Looking forward to 2005, negotiations are afoot for the juniors to have their very own English FRA Junior Relay Championships, with the Helm Hill event in September staging them, with a revised format, which the organisers are approve of.

We are always on the lookout for new junior championship venues, with Derbyshire being mentioned.

So don't be afraid to get in touch, if you know of any events, ANYWHERE.

THIS year will be testing new people in charge and new ideas, but with all this support and help from willing, enthusiastic and committed people how can we fail? Good luck to all you competitors for 2004, it's going to be an exciting season and we're very pleased to be a part of it.

THE ENGLISH CHAMPIONSHIP ASSISTED BY INOV-8 BEGINS

BARLEY JUNIOR RACES - HALF TOUR OF PENDLE

Kicking off the championship in early march in the famous area of the Lancashire Witches, certainly spellbound the juniors who attended and competed.

The organisation was second to none, with plenty of maps, instructions adorning all the walls and well planned courses, even though some said they were on the short side by a minute or two. The attention to detail was excellent, it was all superbly organised. So a special mention must go to Ken Richardson and David Bailey who put this all together with the juniors foremost in mind.

As for the prize giving, well, imagine, a Goody Bag to all finishers, pop, 50p to spend in the village hall cafe, Easter eggs to the first 3 in each age group, a dozen spot prizes, and then David produced a box of Goody Bags and said 'Help yourselves' - Surely this was a dream start to the championship. Certainly everybody there was impressed, well done to everyone who made it a wonderful day of racing, except for the weather which could have been kinder - wet and windy is the term.

However there is always one blot on the horizon and that came in the form of an Intermediate lady who mistakenly ran in the 9 mile Half Tour of Pendle instead of the proper Intermediate race. It was a mistake on both parts, and since she was the only intermediate lady competing, and had run 4 miles longer we felt justified in still awarding her the allotted points. She was fine though and finished the course having thoroughly enjoyed herself.

One thing we are looking into is whether it would be feasible to have the Intermediates run in the Senior English Championship like the LV60's and MV70's currently do. The scoring being in up to 3 races from the short and medium distances - what are your thoughts?

WEST NAB

Heavy rain made the notorious beck in flood which meant an alternative route was used. Which brought more headaches for organisers Graham and Natalie White, this was perfectly dealt with and still gave the courses fast challenging routes.

The seniors, U18's and U20's did ford the beck however, with no mishaps, but to have juniors do this would have been reckless, well done, a good call. International Natalie had run around the course that morning and had negotiated the beck a few times with mixed fortunes.

The exclusive West Nab T. Shirts to first 3 in each age group will certainly be worn with pride and were well earned. A Mars a day helps you work, rest and play whichever category you came into, they were a welcome treat after crossing the finish line.

The results were quickly displayed for prying competitors' eyes and proud parents, and the junior website, www.felljunior.org.uk, was even quicker to display the English Championship standings, thanks to Jim Godwin.

West Nab again hosted the junior Yorkshire fell running championships, with Antoni and June Taylor, on hand to award the Under 12 boys' perpetual trophy which is in memory of their son John Taylor who was an International and former Holmfirth Harrier. Hilary and Norman Berry presented the other prestigious trophies and medals.

Although sunshine blessed the runners and spectators, in the early morning heavy rain made setting up organisation, tents etc. a none too pleasant task!

Well done Holmfirth Harriers.

Junior World Trophy Trials

All juniors interested in these trials please note that they will NOT now be held at Sedbergh on Sunday 22nd August but WILL be held at

Braithwaite, near Keswick, on Saturday 14th August.

The Trial Race for both Junior Men and Junior Ladies will be held at 1.00 p.m. and will be uphill only.

The Spooky Do

for Junior Fell Runners

31st October, 2pm to 6pm

at the horribly haunted

Hanover International Hotel

in scary Skipton

assisted
by



Guest Celebrities

Presenting ...

Junior English Championships Medals,
Trophies, Certificates & ...

the prestigious Championship T-Shirts!!

Buffet,
Competitions,
Photo displays,
Race Videos, and ...

The Grand Prize Draw

Ant & Dec
performing live!
Steady on,
It's the Disco



Fancy Dress
Optional

(But compulsory for
Committee Members
and celebrities!)

and you mustn't miss the Pre-Spooky-Do-Fell Races!

11:00 2 Miles: Under 12, Under 14

11:30 4 Miles: Under 16, Under 18, & Seniors

Great prizes, great fun! £1 Juniors, £3 Seniors

From the Hare & Hounds, Lothersdale, near Skipton.

Full details on the Keighley and Craven AC web site www.kcac.co.uk,

or on the Junior Fellrunner web site

www.felljunior.org.uk

or phone Dave & Eileen Woodhead

01535 669 100



CALLING ALL JUNIORS

YOUR CHANCE TO BECOME A BRITISH & IRISH CHAMPION!

OPEN BRITISH & IRISH JUNIOR HILL RUNNING CHAMPIONSHIPS

INCORPORATING THE JUNIOR HOME INTERNATIONALS

SUNDAY OCTOBER 10 - LATRIGG, KESWICK, CUMBRIA

U18 Boys & Girls	6.1km	476m climb
U16 Boys & Girls	4.2km	348m climb
U14 Boys & Girls	3.1km	264m climb

UKA CHAMPIONSHIP MEDALS IN ALL CATEGORIES

Non-championship U12 race 1.7km and 172m climb

Entry fee (ex. JHI) - £2 (plus name in programme) by Sept. 29 or £3 on day

Details (inc. course maps and start times), updates and registration:

Steve Fletcher, Ings, Threlkeld, Cumbria, CA12 4TB (017687 79362)

www.fellrunner.org.uk and www.keswick-ac.org.uk

REGISTRATION FORM			
OPEN BRITISH & IRISH JUNIOR HILL RUNNING CHAMPIONSHIPS			
Full Name:			
DOB:		Age:	
Address:			
Club:			
Category (circle):			
B U12	B U14	B U16	B U18
G U12	G U14	G U16	G U18
I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. I AM AWARE OF THE ORGANISER'S INFORMATION AND STIPULATIONS AND THAT I ACCEPT THAT ANY INJURY OCCURRING TO ME DURING THE COURSE OF THE RACE IS IN NO WAY THE RESPONSIBILITY OF THE RACE ORGANISER.			
Signed (parent or guardian if appropriate):			

PREVIEW OF COURSES - LATRIGG FELL RACE - SUNDAY 8th AUGUST

HELM HILL RUNNERS PRESENT

THE HELM HILL JUNIOR FELL RELAYS

SUNDAY 26th SEPTEMBER 2004

Starting 12.00 noon from the Peoples Hall, Sedbergh, Cumbria

Run under FRA Rules, the event is open to teams of 6 junior runners comprising:

2 x U12s, 2x U14s, 1 x U16 & 1x U18 (ages as at 1st January 2004)

Under 12s and under 14s will run together as pairs with solo legs for the under 16s and under 18s

Courses will be marshalled, flagged and colour coded for each age group

Course lengths will be within FRA rule 10 limits

All courses will be on and around Winder and all on open fell

All teams must appoint an adult Team Manager Team managers will be responsible for the team's conduct and safety

Team managers must register the names of their team members with the organisers on the day, collect their race numbers and ensure that they assemble at the start on time

TEAM AND PRIZE CATEGORIES

BOYS / GIRLS / MIXED AD HOC

Vouchers will be given to the first four teams in each category

1st Team £90 2nd Team £60 3rd Team £36 4th Team £24

ENTRY FEE

£10.00 per team payable to Helm Hill Runners with official entry form

ENQUIRIES

Helm Hill Runners, c/o Alan Westworth, 5 Willow Drive, Kendal LA9 6AY

Tel: 01539 728134 email: alanhelmhill@msn.com

There will be a under 10's race at 11.30 am; enter on the day £1.00

Cash prizes for the first five boys & girls

Seniors race at 3.0 pm; enter on the day £2.50 Category AS 4 miles 1,175' Winder, Arant Haw, Crook around the flags race Cash prizes to be arranged

A Day out for all the family so please come and have a race

Tea / coffee / orange / sandwiches and cakes available from 10.30 a.m.

Enthusiasm from Pete Shields

As an 'old person', I have been asked on many occasions 'What do you think?' Well is that an honour, being asked? Or does it beg the question, who is asking? What is their motive and, maybe lastly, are they genuine? Of course if it is genuine then a certain amount of Kudos, a feeling of self worth instils in oneself. Why have I raised this question?

Well as we read on maybe sense can be made of it.

Recently, as I pulled my socks on to go to yet another coaching session a blue neon sign started to light up, flashing 'enthusiasm' and it got me to think. What does it mean? To me, to the world, even to fell runners? Well to me it means the energy that generates from all my fellow athletes who meet at infrequent times to splendour on Britain's green and pleasant land, to stamp their individual presence on a part of our national culture. Do we realise as a group what a political force we could become!

Hmm..., getting back to enthusiasm and its individual meaning to each of us. Enthusiasm to me means Dave and Eileen Woodhead. "Hurrah!" I hear the cry. Their love of athletics and those that compete in it has no bounds. The benefit to us that radiates from them is immense. Do we realise that? Do we ever stop to think what enjoyment these two committed people bring to our sport?

I single out Dave and Eileen, knowing full well there are many other organisers who deserve similar plaudits, but for today let's go with these two as role models.

Enthusiasm does not get you a gold medal but can be a large ingredient in the mix. Enthusiasm, with doubts from the NHS, can be contagious and I think that is what I am trying to point out. However, in some areas of our organisation it can also be seen as dangerous, yes, dangerous and even a threat! Personally, I can only see it as contagious and something I want to embrace in all its raw reality.

Enthusiasm in its raw state can lead to the cynics, pursuers of power and those with rather large egos feeling threatened. Their world order of power and deference becomes questioned. These people for whatever reason slink into factionalism, elitism and in many respects terrorism, all for their misbegotten beliefs.

Thankfully, the Dave and Eileen Woodheads of this world (and we all know some) rise above these people. They do not have those hang ups. Their enthusiasm is for the enjoyment sport brings to people. No agendas, no egos, no power, no financial pursuits just an approach where they try to provide arenas in which athletes can look to their potential. Do they give honours to fell running organisers!

This article will come to press after the Junior weekend has taken place at Haworth. At that weekend, alongside the Woodheads, colleagues from Ilkley Harriers, top internationals and a whole host of enthusiasts worked together to enthuse this important group of people in fell running. The weekend had been arranged for all youngsters, their parents and interested coaches who wanted to become involved in the future investment of fell running. We have to invest and this is yet another start. The group of people involved see this as the start of many future training days and weekends which will bring together and encourage, teach and enthuse all youngsters interested in fell running. Mums, Dads, coaches, clubs - you have got Dave and Eileen's numbers, get in touch!

We have a group of people who are prepared to put something back. They have enthusiasm, experience and knowledge that can provide a good base to bring young runners forward. This first weekend was used as a template for the future. It was an information sharing process. It was an opportunity for the young athletes to help develop a programme that will give them confidence, information and skills. It is hoped that this will be the cornerstone of more that will follow.

To digress slightly, Lord Seb Coe recently wrote an article in Athletics Weekly. In that article he spoke of the influence that 'athletics' has on every sport that takes place in our country. Seb Coe said we should sell our sport and the benefits it can provide to sport participation in general, he uses the word "athleticism". Athleticism is the word he suggests using for all physical sporting endeavours. He said that those involved need to sell it as that. We can expect to lose some athletes on the way but also pick up people as well and also use it to plant seeds that will hopefully bear fruit in the future. So, not only have we got to become good fell runners, now we all have to become good salespeople selling the benefits of athleticism to prospective sportspeople.

Reading the athletics press, including the Fell Runner, brings to me, many concerns. It worries me how some of our great and good present themselves. In many respects, in fact in all respects, I have been concerned in their need to project themselves and their successes against the real matters at hand. The pursuit, of their authoritative views, decrying or belittling all others, I find their outbursts on the subject are quite destructive. In fact, I see this destructiveness as being restrictive and threatening to the many good and honest people who strive for the continued improvement and higher profile of our sport. In fact, we lose people through this - lets put a stop to it!

Can I ask you all then, "What do you think?" Your views are much valued and certainly needed at this time in our development.

Calling All Juniors from Chris Knox & Steve Fletcher

This year we have already given the Junior Championships a fresh look, with many thanks to Dave and Eileen Woodhead, developing the work of previous junior co-ordinators. Dave and Eileen also say many thanks to all our juniors for helping to empty their house of chocolate by turning up in great numbers for this year's championships, well done.

Elsewhere in this magazine you will find an advert for 'Open British & Irish Junior Hill Running Championships', this is a further development of the successful annual Junior Home International to not only recognise the depth of talent within junior running but also give British and Irish Champions the prominence they deserve.

So while there will still be intense (but very friendly) competition

to gain a team place for your country, we will also be actively marketing the event throughout the UK and Republic of Ireland. This is intended to encourage more young runners to become involved in hill running and, who knows, maybe beat selected runners to take individual honours!

Although under 12's aren't recognised at this level, we thought it only fair to hold an under 12 competition to complete the day, we know you'll support it.

Come on then, fill those entry forms and get them sent in!

The courses are based on Latrigg, Keswick, with kind permission of the owner, Mirehouse Estate. As a preview, junior events will be run on 8th August in conjunction with the Latrigg Fell Race - see you there.

A MOOR, A RACE, A SONG

from Graham Breeze

The Ilkley Moor Fell Race 1990-2004

If you run very quickly, or just sing slowly, the interminable dirge of the nine verses of *On Ilkla' Moor Baht 'At* can last even longer than the fell race: or perhaps it just feels like it.

The Heritage

Ilkley Moor is the part of the extensive Rombalds Moor (high point 1320 feet) which lies near to the old spa town of Ilkley and connects with Hawksworth Moor, Bingley Moor, Burley Moor, etc. The moor has been generously served by fell races which have come and gone over the years. Races have been named after the Cow and Calf rocks for clambering over, Dick Hudson's pub for celebrating in and the spa waters of White Wells with their restorative and recuperative qualities for when the clambering and celebrating have gone too far. Relays include the Badger Stone and Bradford Millennium Way, there are the Jack Bloor races, the Rombalds Stride, etc.

In 1987, before most of the races referred to above existed, Skyrac AC promoted a "half-marathon" which took 300 runners from the Skyrac base in Guiseley out to Ilkley Moor and back. The inclusion of long sections of both moor and road left most finishers in a state of shock. The half-marathon turned out to be around 16 miles, the mud mystified the roadrunners and the tarmac traumatised the fellrunners. The race was not repeated; which was a pity because the organisers have since claimed that they had inadvertently discovered trail racing.

Even before 1987 Ilkley had been the base for a "professional" race over the moor but this event stopped after 1985 which, coincidentally, was the year Ilkley Harriers was formed.

The Race

However of all these events the pure fell race that draws the biggest field is the Short A race designed by Peter McWilliam and inaugurated by Ilkley Harriers in 1990 which is known simply as the Ilkley Moor Fell Race.

The first event saw 194 turn up and the fifteenth, last February, had 281 finishers.

Races come and go, entries wax and wane but the combination of a challenging route, the proximity of dozens of local fellrunning clubs, the delightful venue of Ilkley and the excellent organisation of Ilkley Harriers have combined to produce fellrunning heaven.

From The Tourist Office

Ilkley Moor is not just any old moor. Ilkley is one of Yorkshire's expensively delightful towns through which flows the serene Wharfe and its heather upland is richly populated with grouse, people trying to

shoot the same and walkers. The town includes Roman remains and the gritstone moor is equally famous for its evidence of early man, being liberally dotted with Bronze age relics including the Twelve Apostles stone circle (presumably known by another name in the Bronze age), the carved Swastika Stone, evocative of carvings found in Scandinavia, and many cup and ring marked stones.

History, the opportunity to take the waters, a first class fell race; no wonder the fellrunning world beats a path to Ilkley every February.

The Route

Although the course is demanding, taking in rough terrain and steep climbs, it starts on a good track adjacent to residential property (Wells Road) rising steadily to pass The Tarn. The path then narrows to cross Backstone Beck prior to climbing up to Ilkley's famous rock landmark; the Cow and Calf. A wide level path leads to a steep climb up to the Pancake Stone followed by a level stretch back to Backstone Beck so runners can lose all the height they gained whilst plunging down a rough narrow path to a small footbridge.

A sharp left turn then allows runners the pleasure of hauling themselves all the way back up the hill but on the other side of the beck prior to swooping down the Rocky Valley on a stony path.

Then follows another stiff climb up the side of the Valley to a large cairn followed by a long stretch along the skyline above Ilkley on rough terrain. After Barmishaw Hole there is a steady haul south, often against the wind, up to the Badger Stone and then east across rough terrain and small paths to cross the Keighley Gate road

plunging down Weary Hill and after briefly rejoining the road, runners then cross Spicy Gill. An easy climb on a path through bracken is followed by a fast traverse before a final giddy plunge down to the finish.

Wonderful!

And all this joy is not confined to adults because there is also a junior race.

Four Miles? Six Miles? Call Yourself A Fellrunner?

Every fellrunner knows that whether a race is categorised as Long/Medium/ Short or A/B/C has more to do with the vanity of the race organiser and an inability to do sums than with an accurate examination of topography and terrain. For years the Ilkley Moor race was categorised as 4.5 miles feet (AS) although to excuse their slow times many runners claimed that it was really a Long A. Indeed in 1991 Dave Woodhead's *Up and Down* magazine suggested that "the route is nearer to 6 miles than the advertised 4.5", an opinion readily endorsed by all who wondered why they ran out of puff after digging in for the final sprint and found themselves to be a few breaths short of the finish.

Yorkshire folk do not rush to judgement and after 12 years of reflection the race organisers advertised the 2003 race as 5.5 miles to keep the carpers quiet. Finally in 2004 after definitive measurement the race length was declared to be 5 miles with 1260 feet of climb; so no more cheap jokes.

Hats Off To Gary

Of course up at the front the odd mile or ten makes little difference and over the years the roll call of winners includes



The juniors just after the start at Ilkley (Photo Paul Wood)

many, but interestingly not all, of the greats of Yorkshire fellrunning. First winner was Gary Devine in all of his 1990 British Champion pomp with Pudsey & Bramley taking the first four places and a 21-year-old Simon Booth (Keswick) taking fifth place, although Simon might now be better known in Yorkshire for his consecutive Three Peaks Race victories in 2000 and 2002.

Gary won again in 1991, prompting the Dave Woodhead headline above (for our younger readers this is a pun on a song "Hats Off to Larry" written and recorded in 1961 by Del Shannon), and for a third time in 1995; a feat later bettered by P&B club mate Rob Hope with three consecutive wins 2000-2002 to follow his first win in 1996. Gary still turns up to race; in 2002 he was 3rd and in 2003 he came 2nd!

Rob's wins included the Foot & Mouth year of 2001 when the race was the first event in the FRA Calendar to be cancelled and one of the first to be rescheduled to November to maintain a 15-year continuous run.

If Pudsey & Bramley have dominated the Men's race, possibly because the men of Bingley Harriers never turn out in strength, at least Bingley Ladies in recent years have demonstrated their prowess and, after all, Ilkley Moor is only over the hill from Bingley.

For The Record

1990 Gary Devine	P&B	39.57
Emma Thackray	Fellandale	52.12
1991 Gary Devine	P&B	39.00
Anne Buckley	Leeds City	47.38

1992 James Parker	Ilkley	37.29
Carol Greenwood	Calder Valley	45.12
1993 Neil Wilkinson	U/A.	36.55
Lucy Wright	Leeds Univ.	45.57
1994 Martin Corbett	Rossendale	40.18
Carol Greenwood	Bingley	46.42
1995 Gary Devine	P&B	36.46
Emma Hodgson	Fellandale	46.52
1996 Rob Hope	Horwich	37.29
Lucy Wright	Leeds City	43.48R
1997 Steve Oldfield	Brad Aire	38.02
Sarah Brown	Bowland	47.38
1998 Greg Hull	Leeds City	36.22
Jo Prowse	K. & Craven	47.20
1999 Rob Jebb	Bingley	38.19
Emma Barclay	Ilkley	51.21
2000 Rob Hope	P&B	38.31
Lucy Whittaker	Saddleworth	48.23
2001 Rob Hope	P&B	38.23
Mary Wilkinson	Skipton	46.01
2002 Rob Hope	P&B	37.39
Pauline Munro	Bingley	50.04
2003 George Ehrhardt	Todmorden	38.12
Helen Johnson	Bingley	47.57
2004 Simon Bailey	Staffs Moor	35.31R
Helen Johnson	Bingley	46.43

English Championship?

Traditionally the Ilkley Moor Fell Race has been the opening event in the Skyrac Fell Championship, illustrating that it is equally worthy to be an English Championship counter. However the narrowness of part of the route near the race start and the proximity of the start to where the good burghers of Ilkley burnish their Bentleys mean that FRA blessing has never been sought. Anyway Yorkshire folk like to keep the best things for themselves.

So, instead of seeking Championship glory, Ilkley Harriers have enhanced their race by staging junior races. The 2003 race attracted 57 children and the number grew to 69 in 2004. Ilkley Harriers is enthusiastically developing fellrunning for its junior section and is optimistic that the Junior Ilkley Moor Fell Race will grow in popularity; as you will see if you turn up in February 2005.

Thank You

To Ilkley Harriers for allowing me to write about their race and in particular to Paul Wood who maintains the excellent Ilkley Harriers website which was a source for material.

Finally - The Song

1 Wheer wor'ta bahn w'en Ah saw thee,
On Ilkla' Moor baht 'at?
Wheer wor'ta bahn w'en Ah saw thee?
Wheer wor'ta bahn w'en Ah saw thee?

(Chorus)

On Ilkla' Moor baht 'at,
On Ilkla' Moor baht 'at, On Ilkla' Moor
baht 'at, On Ilkla' Moor baht 'at.

2 Tha's bin a-courtin' Mary Jane,
On Ilkla' Moor baht 'at
Tha's bin (twice)

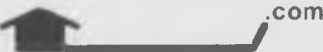
(Chorus)

3 Tha's bahn to get thi death o'cowd
(as before)
4 Then we shall ha' to bury thee
5 Then t'wurms 'll come an' ate thee up
6 Then t'ducks 'll come an' ate up t'wurms
7 Then we shall go an' ate up t'ducks
8 Then we shall all 'ave etten thee
9 That's wheer we get us oahn back.

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RESULTS

FROM
JANUARY
TO MAY

COMPILED BY
DAVE
WEATHERHEAD
& BARBARA
CARNEY

Kirstin Bailey
floating down to
the finish of
the Three Peaks
(Photo Pete Hartley)

LLANGYNHAFAL LOOP
Denbighshire
AS/45m/1500ft 10.01.04

The threat of wet and windy weather conditions never materialised and the day, although overcast, was pleasantly mild. Ideal conditions for the Llangynhafal race.

James McQueen, winner for the third time, led all the way. Two minutes down on his own course record he nevertheless finished over a minute ahead of second placed Ian Houston, who in turn led home Gary Rees Williams by a similar distance. For the second year only the senior men denied veterans a place in the first three. Emlyn Roberts first V40 in fourth place, Don Williams now over 60, never fails to impress after a long lay off with illness, first home in the V60's, finishing eleventh overall.

The ladies race proved to be a much closer contest, Jackie Lee finishing strongly to take first place after a struggle for the lead at the summit with second lady home and first V40, Victoria Musgrove, who has three first places in previous Llangynhafal races.

The record entry ensured that a total £250 was raised for St Kentigern's Hospice, Llanelwy. Many thanks to all who entered for their support. Once again I am indebted to Helen and Colin at the Golden Lion Inn, Llangynhafal; Tony Hulme at Running Bear, CBI Insurance, Colwyn Bay, G E Tools, Rhyl and the special team who consistently officiate and marshal, thereby making the event possible.

Brian Evans

1. J. McQueen	Eryri	39.02
2. I. Houston	Wrex	40.21
3. G. Williams	Eryri	41.28
4. E. Roberts O/40	Eryri	41.57
5. N. Shepherd O/40	Warring	42.17
6. M. Robbins O/40	Wrex	42.22
7. J. Montgomer O/40	Bckly	42.28
8. C. Jones	Eryri	42.44
9. T. Jones O/40	Eryri	42.57
10. S. Ellis	Tatten	43.02

VETERANS O/50

1. (22) G. McAra	Penn	45.31
2. (25) M. Cortvriend	Macc	46.03
3. (27) T. Marshall	Unatt	46.17

VETERANS O/60

1. (11) D. Williams	Eryri	43.14
2. (48) J. Morris	Bckly	49.39
3. (67) P. Norman	Wrex	53.01

LADIES

1. (28) J. Lee	Unatt	46.21
2. (34) V. Musgrove O/40	Eryri	46.59
3. (64) A. Goode	BroDys	52.21
4. (69) J. Ewells	Unatt	54.36
5. (70) S. Montgomery	Buckley	55.10
6. (76) M. Oliver O/50	Eryri	55.52

96 finishers

SHINING CLIFFS FELL RACE
Derbyshire
BM/6.75/1100ft 11.01.04

Thank you for taking part in today's fell race in the lovely Shining Cliff Woods and I do hope that you enjoyed your run and also being in such lovely countryside.

David Denton

1. D. Cross	StnAshfld	51.15
2. L. Banton	Clwn	51.17
3. S. Gregory	HolmP	52.45
4. D. Taylor	Unatt	53.01
5. T. Plant	DrbTr	53.13
6. C. Rowe O/40	Matlock	53.37
7. S. Bellamy	Drtwch	53.51
8. M. Clewes O/40	Mrc	54.05

9. N. Hogan	Nwpt	56.27
10. M. Bernsson	Derby	57.31

VETERANS O/40

1. (6) C. Rowe	Matlock	53.37
2. (8) M. Clewes	Mrc	54.05
3. (11) P. Sharkey	Matlock	57.59

VETERANS O/50

1. (14) M. Moorhouse	Matlock	1.00.11
2. (16) P. Pittson	ErwshVly	1.01.05
3. (25) R. Hopkinson	DkPk	1.04.41

VETERANS O/60

1. (64) M. Edwards	DkPk	1.17.59
2. (68) P. Duffy	NthnV	1.20.50

LADIES

1. (18) C. Howard	Mtck	1.01.20
2. (35) E. Middleton	Chmwtd	1.06.41
3. (46) K. Land	Unatt	1.11.48
4. (50) L. Evans O/40	Derby	1.12.57
5. (62) D. Worthy O/50	VegCyc	1.17.33

73 finishers

23rd BOX HILL FELL RACE
Surrey
BM/7.5m/1800ft 17.01.04

It was all change at the sharp end with two new faces battling it out over the whole length of the course to give us the closest finish for many years. Phil Winkill is a fell runner of some repute from Sheffield who just happened to be working in Dorking this week. He heard about the race on the Tuesday and managed to borrow a pair of Walshes from somewhere. Dean Lacy is a mere 19 years old with limited (someone told me "none") experience of this sort of thing. Both could go a lot faster next time. I thought it was a new face in third place as well until I spotted Paul Dobson lurking down in 19th last year – what an improvement!

After four wins in the veterans' class, Kevin Harding was pushed back to third. His predecessor as veteran champion, John Lowdon, had an excellent run to pip him to the post in 6th overall but they both had to give best to the new (40 year old!!) kid on the block, Shaun Whelan, another new face at Box Hill. Another former veteran winner, Mike Farmery, graduated to take the super veteran award.

The ladies' race was very much a one woman show. Defending champion, Tracey Apps, had an absolute stormer, taking four minutes off last year's time and making the all time best list at No 8. (Nor was that all – see next para).

Christine Tanner and Rebecca Kendall followed at a respectful distance for the minor placings and Sue Ashley retained the lady veterans' prize.

Defending team champions, Thames Hare & Hounds, diverted their best runners for some domestic match and left the way clear to see the closest ever result. Multi-time winners, Worthing Harriers, had failed to complete a team last year but they were back in a big way this time. It wasn't quite good enough though as Springfield Striders just had them – and they did it because of those huge improvements from Paul Dobson and Tracey Apps, the latter being their closing scorer (have Springfield been training specially for Box Hill?) Mind you, Kenny Leitch's "p.w." had an effect as well!

Andy Robinson

1. P. Winkill	DkPk	51.26
2. D. Lacy	Camb	51.33
3. P. Dobson	SprStri	52.13
4. S. Whelan O/40	Frntns	52.31
5. J. Simpson	Knwrth	52.38
6. J. Lowden O/40	Wrthng	52.44
7. K. Harding O/40	Trng	52.58
8. M. Forrest	Frntrn	53.25

9. D. McNally	LfLthr	54.46
10. N. Bunn	ThamesV	55.05

VETERANS O/50

1. (22) M. Farmery	ThHH	60.03
2. (31) G. Newton	Tadw	61.52
3. (34) T. Crossley	EstGrnst	62.24

VETERANS O/60

1. (147) A. Waring	DkngMle	82.46
2. (153) V. Gretton	Hnfd	84.29
3. (156) M. White	MIVal	88.14

LADIES

1. (72) C. Tanner	BshpStfrd	67.21
2. (84) R. Kendall	Knwrth	68.58
3. (93) A. Watson	Ind	70.58
4. (97) S. Ashley O/50	SthLdn	71.12
5. (102) H. Imeson O/45	Tadw	71.39

174 finishers

ESTON NAB NEE NOCKER
North Yorkshire
BM/6m/1200ft 18.01.04

1. C. Stead	N'land	34.34
2. P. Lowe	M'bro	36.42
3. R. Pollard O/40	M'bro	38.17
4. P. Kelly O/40	Darling	38.55
5. A. Minister	H'pool	39.03
6. P. Meadows O/40	Unatt	39.21
7. N. Griffiths O/40	SShields	39.37
8. J. Barwick O/40	M'bro	39.43
9. G. Davis O/40	N'land	43.28
10. H. Dawick	DEFRA	43.34

VETERANS O/50

1. (14) D. Welsh	Wednesday	43.45
2. (27) A. Wikeley	Thirsk	44.28
3. (33) M. Shaw	M'bro	45.10

VETERANS O/60

1. (39) R. Sherwood	NMarske	48.05
2. (68) B. Wells	NMarske	58.50
3. (70) M. Horan	Quak	64.10

LADIES

1. (13) D. Tunstall	Tees	43.40
2. (17) J. Milsom	ClevePol	43.54
3. (24) C. Pollard O/40	Thirsk	44.17
4. (29) A. Raw O/40	Darling	44.30
5. (43) C. Lowe	M'bro	48.50
6. (49) C. Worth O/50	M'bro	49.57

74 finishers

GLENTRESS SHORT DUATHLON
18.01.04

Another excellent turnout despite the weather. Snow on the upper tracks gave a bit of excitement but all competitors returned safe and sound.

Thanks to Forest Enterprise and our sponsors, The Hub Villeneuve Wines, PMS and Walters the Jewellers.

1. A. Anthony	44.35
2. I. Wellock	45.10
3. S. Whitlie O/40	45.50
4. A. Wardman	46.07
5. A. Ward O/40	47.49
6. G. May	48.05
7. G. Tompsett	48.18
8. T. Brunger	48.31
9. G. McInnes	49.23
10. B. Smith	50.32

VETERANS O/50

1. (23) J. Blair-Fish	54.53
-----------------------	-------

VETERANS O/60

1. (56) J. Douglas	68.54
--------------------	-------

LADIES

1. (17) C. Wallace	53.13
2. (52) B. Weir	66.41
3. (53) S. Grey	67.12

63 finishers

**SOREEN STANBURY SPLASH
FELL RACE
West Yorkshire
BM/7m/1200ft 25.01.04**

The Soreen Stanbury Splash fell race came of age, celebrating its 21st birthday with a sunny, cool crisp Sunday morning and 248 seniors amassing in the now famous quarry start.

Way back in 1984, when Dave and Eileen Woodhead took charge of matters, the sport of fell running around Stanbury totally took on a new meaning. Their new 'Stanbury Splash' originally started in the village itself, covering what was thought to be the original fell race route - however, with Scottish International, Jack Maitland, leading the way in a little over 9 minutes, and just a second ahead of Paul Crewe, it was obvious that a longer route would be necessary in the future. The following year's race subsequently dropped into Ponden Clough before climbing to the trig point above Top Withins, and making its way back to Stanbury via paths and moorland. It was switched from its usual July date as part of the village Gala to January in 1989, and besides being run from Ponden Mill twice, thereafter the traditional Penistone Hill base has been used.

Wearing his accustomed number 1, 5 times English and 4 times British champion, Ian Holmes, dominated once more to win this race for a 10th consecutive time, although he did win the race twice in 1996. It was here that due to extremely deep snow, the race was cancelled, but as Woodentop tradition dictates, a 'Ghost' race is on offer. So sorry Ian you have to win next year, for the 'special 10 year reward'.

The 37 year old cantered away from the start leaving in his wake amongst others current British champion, Robert Jebb, as the multi coloured crowd of runners streamed onto the moorland. 45 minutes later, looking fresh as a daisy, Ian strode through the finish ready for his Soreen maltloaf feast. Nearly 2 minutes later, his team mate Jebb joined him, not bad for someone who's been cyclo-crossing all winter, and very successfully at that. In 3rd, winning the veterans trophy for the 4th consecutive time, was Dave Neill, a regular now. The family - Karen, William, Rebecca and of course Dexter the dog all enjoy a

weekend away, with son William again competing in the Quarry runs.

Another regular is Tony Hesketh, who won the V40 race in 1996 and has progressed to winning the V50 title 4 times now and is the current V50 record holder with 50-51 set in 2000, while local Tony Minikin took the V60s and Derek Clutterbuck the V70s.

But it was change on the local's trophy scene, with Robin Bradbury finally beating rival Colin Moses to get his hands on the cherished trophy, and revenge for last year.

Sharon Taylor proved last year was no fluke as she retained the oil painting ladies' trophy. Haworth moor is proving to be fruitful for her as only a few weeks prior she took the Auld Lang Syne race title, but here had 1995 and 1996 winner Sarah Rowell to contend with. Former record holder with 51-53, Sarah led all the way, with Sharon chasing hard, but it all came down to the final grassy climb out of Sladen Beck just like last year with Pauline Munro and Helen Johnson. Here former English champion, Sarah, was found wanting, which gave Sharon, 18 years her junior the impetus to overhaul her to finish 45 seconds ahead. Sarah a regular winner of these Haworth moor based races had some consolation in setting a new FV40 record of 56-54, beating Jo Prowse's 58-26, with Helen Sedgwick 3rd and rapidly improving Dawn Atkins 4th.

Under 8 winner, Joshua Ferguson, son of 6 times local winner, Ian Ferguson, won in 2-54 with a front running performance, give it 10 more years and we may see him contending at the front of the Soreen senior race. Emily Middleborough finished 2nd overall and first girl, before David Rowbotham and Scott Marshall from the 7 runners.

Two new girl record breakers made the headlines in the combined U10, U12 & U14 race with Fiona Jordan, and Jessica Wootton clocking times of 7-59 and 8-35 respectively, while Sam Tosh won in 6-44 from 36 runners.

Once again all runners feasted on Soreen Maltloafs, obviously a staple diet for the runners who religiously every year come and support this race, which is why it's affectionately known as 'The Soreen Maltloaf run'.

Seymour Hills

1. I. Holmes	Bing	45.16
2. R. Jebb	Bing	47.03
3. D. Neill O/40	StaffsM	47.30
4. R. Lawrence	Bing	48.20
5. S. Bottomley	P&B	48.25
6. J. Logue	Horw	48.33
6. J. Hemsley	P&B	48.51
8. S. Neill	P&B	49.21
9. G. Schofield O/40	Horw	49.56
10. A. Shaw O/40	Holm	50.20

VETERANS O/50

1. (36) T. Hesketh	HorwR	55.01
2. (38) M. Walsh	Kend	55.41
3. (54) G. Howard	Ilkley	57.23

VETERANS O/60

1. (92) T. Minikin	Kly&C	61.42
2. (2) N. Bush	Ilkley	62.37
3. (133) T. Peacock	Clay	65.48

LADIES

1. (47) S. Taylor	Bing	56.09
2. (50) S. Rowell O/40	P&B	56.54
3. (69) H. Sedgwick	Ilkley	58.39
4. (107) D. Atkins	Chor	62.59
5. (127) R. Cash	Unatt	65.12

248 finishers

**TARREN HENDRE
Gwynedd**

AM/6m/2000ft 31.01.04

[NOT the Corris Forest Challenge, for those of you who remember it, but something far, far simpler!]

Despite the atrocious weather (rain like stair rods!), the first running of this new race, which saw many sporting events in Meirionnydd being cancelled, attracted 44 runners from as far a field as the Lake District, the Midlands and Sussex. All competitors had to carry full waterproof body cover and these were certainly needed when they reached the mountain ridge. Many of the marshals on the summit and ridge had difficulty in standing upright and even those in the forest were soaked by the end of the day. All of the runners and marshals were grateful of the hot soup provided by Spike and the staff at the Railway Inn at the finish.

The race was hotly contested right from the off with the front four runners in close contention throughout. In the end only 6 seconds separated the first three finishers. The eventual winner was Philip Whiting, with Colin Donnelly and Steve Gilliland hot on his heels. The first male O/40 prize went to Colin Lancaster, the first O/50 was Alan Duncan and first O/60 was local favourite John Marsh.

The ladies' race was won by Jackie Lee in a time of 1.06.35, with local athletes Andrea Goode and Rosie Naish, finishing 2nd and 3rd in 1.14.58 and 1.16.55 respectively. There was only one lady veteran category, and the prize went to Clare Horton in 1.36.23.

It was encouraging to see junior runners taking part in the event and Steffan Lea acquitted himself well, finishing in 1.37.34, a strong follow up to his performance at Rhobell Fawr.

Tarren Hendre was the second of three races in the new Meirionnydd Winter Race Series.

Graeme Stringer

1. P. Whiting	Kend	56.42
2. C. Donnelly	Eryri	56.47
3. S. Gilliland	BrDys	56.48
4. S. Shepley	TarrH	58.53
5. C. Lancaster	Ludl	1.00.55
6. C. Urmston	Clay	1.01.07
7. C. Jones	Eryri	1.01.45
8. D. Burton	TarrH	1.04.27
9. C. Jones	Wrex	1.05.19
10. A. Duncan	Bowl	1.05.35



Phil Grimes (Halifax) leads a charge at Stanbury (Photo Pete Hartley)

CHARNWOOD HILLS RACE
Leicestershire
CL/12.5m/1200ft 01.02.04



John Hughes (Huncote) at Charnwood Hills
(Photo John Cartwright)

1. T. Hartley	Charn	1.20.13
2. G. Deacon	CovG	1.23.56
3. D. Cross	Sutton	1.24.08
4. R. Brown	Bowline	1.25.23
5. A. Long O/40	Shepshed	1.26.17
6. R. Harris	LongE	1.27.19
7. I. Murdey	Beaumont	1.27.32
8. T. Meakin	OWLS	1.27.37
9. J. Maddocks	Wrk	1.27.49
10. S. Kinson	Leaming	1.28.01

VETERANS O/40		
1. (5) A. Long	Shepshed	1.26.17
2. (15) D. Guess	Charn	1.29.05
3. (21) J. Mould	Shepshed	1.31.34

263 finishers

LADIES

1. S. Orridge O/35	Nott	1.35.56
2. E. Marvin	Desf	1.37.44
3. S. Newman O/40	CaldV	1.39.42
4. R. Riley	Unatt	1.41.59
5. Z. Fleming	Birst	1.43.43
6. P. Glover O/35	Wrk	1.46.07

72 finishers

BLAKES HEAVEN

Cumbria
AS/4m/1700ft 07.02.04

A record turn out for the race and a record turn out for CFR with 70 from that club using it to gain early points in their club championship. The weather kept fine after the floods a few days before and, even though the ground was wet underfoot, Jackie Hargreaves broke her own ladies' record by 1m 22s. After last year's fresh chickens for prizes this year saw frying steaks on the prize list. Vegetarians welcome, though. Over £200 goes towards the future stars, the junior section of CFR. I shall make sure that I have more cups for next year. Big thank you to all of the helpers.

Rob James

1. S. Booth	Borr	33.26
2. P. Davies	Borr	33.28
3. N. Fish	Amble	33.58

4. A. Schofield	Borr	34.03
5. A. Bowness	CFR	34.33
6. C. Doyle	Traff	34.54
7. J. Hunt	CFR	34.56
8. B. Thompson O/40	CFR	34.59
9. M. Amor	CFR	35.45
10. R. Lightfoot	CFR	36.07

VETERANS O/40

1. B. Thompson	CFR	34.59
2. J. Dawson	CFR	36.59
3. B. Riley	CFR	37.14

VETERANS O/50

1. H. Jarrett	CFR	39.03
2. J. Hope	AchR	39.18
3. J. Winn	CFR	42.07

VETERANS O/60

1. J. Richardson	CFR	49.41
2. B. Johnson	CFR	53.23
3. S. Watson	CFR	53.33

LADIES

1. J. Hargreaves O/40	CFR	38.31
2. A. Brand-Barker O/40	Kesw	41.09
3. K. Beatty	CFR	43.00
4. S. Ayres	CFR	45.41

102 finishers

LLANTHONY WINTER FELL RACE

Black Mountains
AS/3m/1100ft 07.02.04

A bright, blustery Black Mountains day saw the second running of this South Wales Winter League series race. The start and finish are sheltered by the ruined, Augustinian abbey, but once up on the Offa's Dyke ridge, a fierce northerly headwind for nearly two miles made the middle section of the race quite a struggle for the 36 runners. Even so the first three broke last year's winning time, confirming the general view that it was just as windy and wet underfoot in 2003.

Matthew Collins led last year's second placer Andrew Jones and Patrick Wooddisse up the long diagonal climb to the ridge, and kept these positions right to the finish. Notable performances were those of 19 year-old Kit Edwards in fifth place, and 18 year-old Sarah McRobie who led the women home in 14th place. Sarah's mum also deserved a prize for driving her all the way down from Anglesey, and indeed was seen taking charge of Sarah's box of chocolates "just for safe-keeping!"

At the other end of the age-scale, John Battersby, less than a year from the M70 category, continued his comeback with a storming final descent that gained him two places. "And we haven't even started speed training yet!" – ominous words from his coach.

Dick Finch

1. M. Collins	MDC	35.34
2. A. Jones	MDC	35.54
3. P. Wooddisse	MDC	36.04
4. M. Duxbury	Strd	36.30
5. K. Edwards	MDC	37.08
6. N. Lewis	MDC	37.08
7. C. Taylor O/40	Merc	38.17
8. T. Morgan O/40	Wells	38.18
9. M. Bryant O/40	MDC	39.06
10. R. Wooddisse		41.26

VETERANS O/50

1. (11) S. Brown	MDC	41.47
2. (12) S. Littlewood	HereC	41.58
3. (17) M. Lucas	MDC	46.18

VETERANS O/60

1. (21) E. Meredith	MDC	49.55
2. (25) R. West	MDC	51.45
3. (34) J. Battersby	MDC	61.34

LADIES

1. (14) S. McRobie U/18	Menai	42.41
2. (22) S. Woods O/40	Eryri	49.57
3. (23) S. Ashton O/50	Chep	50.04

36 finishers

THE 13th OGDEN MOORS FELL RACE

West Yorkshire
CM/6m/700ft 07.02.04

Not the best weather for fast times but a bracing wind and wet, muddy terrain underfoot made it an interesting and challenging winter fell race.

Robert Jebb, the British fell racing champion made the journey from Staveley in the Lake District well worthwhile as he coasted round in style. This meant the rest were left to battle it out for the minor places though Dave Watson, the former Yorkshire 10 miles, 15 miles, half and full marathon road racing champion told me afterwards that he "was catching Rob on the faster sections".

Rob's girlfriend Sharon Taylor took the women's title, though the trophy will have to be sent on later as it has still not been returned.

The hail showers as the last few runners were reaching the final mile or so had us diving for the shelter of the car. Well done those hardy souls who had to bear that unforeseen downpour, though we caught it later in the afternoon as we went out to gather markers.

Thanks to everyone who helped make the race possible, the marshals and helpers, especially Bill Smith who again came all the way from Liverpool by public transport just to spend the morning with us and help compile results.

Allan Greenwood and Linda Crabtree

1. R. Jebb	Bing	36.00
2. D. Watson	Holm	36.31
3. K. Gray	CaldV	37.03
4. R. Lawrence	Bing	37.06
5. A. Breaks	CaldV	37.17
6. T. Mason	Wharf	37.55
7. C. Smale O/40	Tod	38.07
8. S. Gregory	HolmeP	38.17
9. S. Frazer O/40	Bing	38.46
10. A. Wood	Bing	39.26

VETERANS O/40

1. (7) C. Smale	Tod	38.07
2. (9) S. Frazer	Bing	38.46
3. (11) A. Trigg	Unatt	39.36



Jackie Carter (Spenborough) at Ogden Moors

VETERANS O/50		
1. (35) S. Moss	Spn	43.19
2. (50) T. Spicer	Ross	44.28
3. (53) I. Simpson	Long	45.01

VETERANS O/60		
1. (63) B. Dover	Bing	46.51
2. (77) N. Bush	Ilk	48.43
3. (86) M. Coles	Skyrac	50.18

LADIES		
1. (24) S. Taylor	Bing	42.03
2. (36) S. Becconsall O/40	Bing	43.22
3. (95) M. Jagan O/50	EPO	51.19
4. (103) J. Atkins O/55	Chor	52.06
5. (105) C. Duffield	Tod	52.25

144 finishers

GREEBA FELL RACE

Isle of Man

AM/9m/2500ft 07.02.04

Conditions were appalling for the second round of the Manx Fell Running League with thick mist, strong winds and heavy rain making life extremely difficult for competitors and officials.

Remarkably a record entry lined up at the foot of Greeba to do battle over the testing 9.5 miles course.

The race quickly turned into a three way fight between reigning fell champion Tony Okell, recent St Johns winner Ian Gale and Brian Osbourne. This trio swapped the lead continuously until the final climb to Sleu Ruy where Gale opened a gap that he managed to increase on the ridge run to the last checkpoint on Greeba summit. Any thoughts of a second win for Gale this year were soon forgotten as he veered off course in the dense mist allowing his rivals to pass him. It was Osbourne who found the strength in the closing mile to take the win with Gale fighting back to take second.

Richie Stevenson

1. B. Osbourne	MFR	1.24.20
2. I. Gale	MFR	1.24.33
3. T. Okell	MH	1.25.12
4. M. Quine	MFR	1.31.20
5. S. Skillocorn	MFR	1.31.54
6. D. Young O/50	MFR	1.31.54

VETERANS O/60		
1. R. Callister	MFR	2.06.57

LADIES		
1. C. Partington	MH	1.41.28
2. R. Hooton	MFR	1.49.34
3. C. Barwell	WAC	1.57.31
4. B. Kaneen	MH	2.05.30
5. S. Folley	Unatt	2.15.18

TITTERSTONE CLEE RACE

Shropshire

AS/2.5m/750ft 07.02.04

1. A. Yapp	Mercia	21.33
2. P. Dobson	SpringS	21.59
3. M. Rea	SpringS	22.22
4. P. Cadman O/40	Mercia	22.24
5. A. Carruthers O/40	Crawley	22.33
6. A. Davies	Mercia	23.15
7. R. Mapp O/40	Ludlow	23.47
8. J. Sanders	TelfH	24.10
9. S. Daws O/40	TelfAC	24.11
10. G. Davies O/40	Mercia	24.12

VETERANS O/50		
1. (26) J. Williams	SpringS	27.08
2. (27) P. Tremain	SpringS	27.15
3. (41) I. Marshall	Camb	29.33

VETERANS O/60		
1. (48) D. Tull	Camb	30.10
2. (52) D. Gray	Spring	31.27

LADIES		
1. (18) J. Lee	Unatt	25.41

2. (36) G. Harris O/40	Mercia	28.35
3. (42) G. Evans O/40	Shep	29.36
4. (49) D. Cureton	TelfH	30.35
5. (54) A. Bradley O/40	Unatt	32.28

41 finishers

LONG MYND VALLEY RACE

Shropshire

AM/10.5m/4500ft 08.02.04

A bright and very windy day. A good race was on the cards. Tim Werrett led into checkpoint 3, closely followed by Geoff Ayers, Andy Yapp and Tim Oaks. Underfoot conditions were good but a very strong cold wind did not bode well for a fast time. Tim Werrett came in five and a half minutes in front of team mate Andy Yapp. Geoff Ayers came in 3rd and first vet. Conditions were not very good for the hill top. A big thanks to everyone who helped.

First lady Jackie Lee was closely followed by Tracey Apps.

Phil & Gill Harris

1. T. Werrett	Mercia	1.44.36
2. A. Yapp	Mercia	1.50.09
3. G. Ayers O/40	CFR	1.50.40
4. A. Davies	Mercia	1.52.20
5. T. Oaks	Unatt	1.52.41
6. M. Humphries	Stroud	1.52.51
7. C. Lancaster O/40	Ludlow	1.55.17
8. P. Cadman O/40	Mercia	1.55.38
9. S. Gilliland O/40	BroDys	1.55.39
10. M. Scriven	Malv	1.59.48

VETERANS O/50		
1. (19) D. Tait	DkPk	2.05.39
2. (27) M. Blake	Eryri	2.10.10
3. (50) J. Coombes	Mercia	2.22.47

VETERANS O/60		
1. 76) D. Tull	Camb	2.41.49
2. (91) A. Clare-Hay	Mercia	3.01.33
3. (106) B. Thackery	DkPk	3.19.22

LADIES		
1. (28) J. Lee	Unatt	2.10.50
3. (30) T. Apps	Springf	2.10.56
3. (39) L. Kent	Chelten	2.15.23
4. (46) T. McQueen	Eryri	2.17.43
5. (54) G. Harris O/40	Mercia	2.26.35

115 finishers

TIGGER TOR FELL RACE

Derbyshire

BM/10m/1550ft 08.02.04

Congratulations to Martin Crosby on winning his first Tigger Tor Fell Race and setting a new course record against some strong opposition. Lewis Banton, just nine seconds behind was a close second.

The first seventeen places were scooped up by seniors and two young vets, all enjoying the new fast course.

This year saw a couple of changes to last year's route, which meant moving two checkpoints which hopefully eased confusion at those areas. However, with an orienteering event taking place at the same time, this led to confusion at other areas!!

Having said all this there are some runners who arrive at the race confused and go home confused, we can only hope that they enjoy the race in between. I am sure they must, if they ever find their way home!

Christine Howard was first female with Dark Peak taking both male and female team prizes, or so we thought, but found that the computer results gave first male team to Barnsley, Dark Peak second and Pennine third. Apologies to Barnsley.

After a hectic week organising marshals, time keepers, registration, results and more jobs too numerous to mention, to say nothing about worrying about the weather, it is always a relief when the race has finished and all the runners are safely back at base and accounted for. When all the moans and groans have been aired about marshals standing in the wrong place, runners cutting corners, results successfully compiled and best of all, letters of thanks and praise for all the effort put in, then the race has again been worthwhile and hailed a success.

Finally thanks go to my wife Glennis, who had to share her birthday with 295 people she didn't know and still kept smiling, and to all the other helpers too numerous to mention by name. The race would not take place without all these people and of course importantly, the runners. I hope you all enjoyed the experience of the day and look forward to seeing you all next year.

I am delighted to announce that Jim Fulton has at last joined the senior vets group!!!! I was beginning to think his name was Peter Pan!!!! Watch out for some more route changes next year, see you then.

Don Longley

1. M Crosby	Altr	1.11.37
2. L. Banton	Clowne	1.11.46
3. D. Taylor	Unatt	1.13.05
4. R. Thackery	Unatt	1.13.16
5. M. Brown	Hallam	1.13.48
6. D. Hurton	DenbyD	1.14.33
7. D. Dunn	Pennine	1.14.49
8. S. Maycock	Unatt	1.15.15
9. L. Footitt O/40	Bux	1.15.27
10. R. Bradbury	Matlock	1.15.29

VETERANS O/40		
1. (9) L. Footitt	Bux	1.15.27
2. (13) G. Williams	DkPk	1.17.10
3. (18) M. Lavery	Sheff	1.18.53

VETERANS O/50		
1. (28) R. Durrant	RustStr	1.20.49
2. (29) K. Holmes	DkPk	1.21.00
3. (44) R. Woods	DkPk	1.23.34

LADIES		
1. C. Howard	DkPk	1.25.43
2. L. Bland	DkPk	1.30.13
3. P. Leach	DkPk	1.30.27
4. J. Sutton	VallH	1.30.30
5. A. Tucker	Quak	1.32.58

LADIES O/40		
1. (6) J. Searle	DkPk	1.34.16
2. (7) P. Weir	Totley	1.37.06
3. (9) K. Towers	Unatt	1.39.22

LADIES O/50		
1. (12) S. Watson	VallH	1.40.46
2. (21) B. Haigh	P'stone	1.50.55
3. (23) A. Douglas	Totley	1.53.54

TISO CARNETHY 5 HILL RACE

Midlothian

AM/6m/2500ft 14.02.04

Race day started with the usual buzz. The Tiso Carnethy 5 Hill race is now Scotland's biggest hill race with over 450 runners again this year.

The junior race went off first (a shortened route up to the top of Scald Law and back) - giving the seniors a few more minutes to eye each other up.

After the traditional words at the start to remember the day in 1303 when 8,000 Scots defeated 30,000 English soldiers, the battle commenced.

(The Scot's like to remember this particular battle even if it was 701 years ago - especially after the recent results on the football and rugby pitches!)

After the sprint across the muddy field at the start - even by the gate at Charlie's Loup the field began to string out. There is nothing better than

the first steep climb up Scald Law to sort the field out.

At the top of the first climb - the first three were already breaking away - last year's Carnethy 5 winner, Davie Rodgers was a couple of metres ahead of Jethro Lennox (2003 Bog and Burn champion), with Phil Davies (2003 SHR Scottish Champion) 10 metres further back.

While amongst the ladies, the first two ladies, record-holder Angela Mudge and Scottish Champion Jill Tait were already ahead of the rest of the ladies and most of the men!

A good tactic for the Carnethy 5 is to burn up the first hill, as more often than not the runner who is leading at Scald Law wins the race.

(Apart from the year wee John Brooks was leading in his string vest at the Kips and forgot to take a right turn - he must have been half-way to Carlops before he realised his mistake!)

There is a lot of fast running from Scald law along the ridge and down to the Howe - before the last big climb up Carnethy hill itself. This year the tops were in light mist and the air just below the summit of Scald Law was saturated with water vapour and it just needed the trigger of steaming warm breath from 450 runners to create a delicate trail of mist picking out the line of runners against the dark heather.

The Pentland Hills used to be the home of the Nobel prize winning scientist - Charles Wilson - who grew up on a farm at the foot of the hills and went on to win the Nobel Prize for Physics in 1927. It must have been a misty day like the race day that gave Wilson the inspiration for 'Wilson's Cloud Chamber'. He might have used his 'cloud chamber' to detect sub-atomic particles - but the same idea worked just as well to identify a string of runners on the dark hillside!

Jethro Lennox runs for the same club as 3-times Carnethy 5 winner Malcolm Patterson. Malcolm's advice to Jethro was 'break away at the top of the gully' - but the first 3 were still together at the gully...

Jethro takes up the story -

'The race made all the training worthwhile and is what you do it for. I was running with Davie Rodgers for most of it and Phil caught us up on the last climb up the gully. That was when it got really interesting as all three of us tried to get in the lead knowing that if one of us broke away we could win the race. It seemed like we were going to stay together until the top but just at the top of the gully Phil and I got away from Davie.'

I then put all my effort into staying with Phil until the top of Carnethy feeling confident I could stay with him on the descent. The descent through the heather was heart stopping as I just hoped that there we no big stones below.

Both of us got safely into the last field still neck and neck. Phil then gave a spurt and I stayed behind him. When we went around the last knoll I could see the finish line and I just thought I would go for it. Managed to pull away easier than I had thought and could not believe I had won.'

Jethro fell to the ground on crossing the finishing line 5 seconds ahead of Phil.

Malcolm's comment after the race was that he used to prefer breaking away at the gully and felt Jethro had left it a bit late!!!

A great result for Jethro - on only his second attempt at the Carnethy 5 - but last year Jethro was showing all the signs of good form - winning several of the short Bog and Burn mid-week races and finishing 5th in the Ben Nevis Race in September.

Jethro is a second generation hillrunner - and his first experience of the Carnethy 5 was watching his Dad run the race. He claims his early

competitive spirit came from trying to beat his Dad, which he eventually did at the Greenmantle dash. Jethro puts this year's success down to his hardest winter training, helped by a good group to train with at Shettleston Harriers and Malcolm Paterson's hill sessions around the dark parks of Glasgow.

Angela Mudge won the ladies race with Jill Tait second and Claire Whitehead third.

In the teams - local club Carnethy won both mens and ladies team prizes. This was the first time Carnethy have achieved the double - and while the ladies have won many times at Carnethy - it was 16 years since the last time the Carnethy men have won the coveted Claymore.

So is the domination of the Lakeland fell-running clubs over - will the Claymore stay in Scotland again next year?

The day was finished off with a hot meal at Beeslack school, followed by a ceilidh in the evening.

Make sure you mark next year's race in your 2005 diary!!

Jamie Thin

1. J. Lennox	Shettle	48.39
2. P. Davies	Borr	48.44
3. D. Rodgers	Lochaber	49.56
4. J. Davies	Borr	50.13
5. T. Lenton	Lothian	50.24
6. M. Roberts O/40	Borr	51.08
7. S. Whitlie O/40	Carn	51.22
8. A. Anthony	Ochil	51.33
9. B. Marshall	HELP	51.57
10. A. Kitchen	Lothian	52.24

VETERANS O/40

1. (6) M. Roberts	Borr	51.08
2. (7) S. Whitlie	Carn	51.22
3. (14) A. Ward	Carn	53.51

VETERANS O/50

1. (55) J. Holt	Clay	59.24
2. (61) John Blair-Fish	Carn	59.40

VETERANS O/60

1. (153) C. Love	DundH	67.05
2. (187) G. Bryan-Jones	Ochil	70.11

VETERANS O/70

1. (346) I. McManus	Irvne	81.50
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LADIES

1. (29) A. Mudge	Carn	55.20
2. (57) J. Tait	Carn	59.27
3. (74) C. Whitehead	Cosmic	61.10
4. (95) L. Sharp		62.41
5. (107) K. Jenkins	Carn	63.36

WINTER HILL FELL RACE

Lancashire

AM/11m/2750ft 15.02.04

The race was run in almost spring like conditions and was ideal for running, if rather wet under foot with all the recent rain.

I would like to congratulate in the men's race first Rob Hope in setting a new record for the race in reducing Neil Wilkinson's 1997 time by 22 seconds and secondly Pudsey who dominated the team event finishing 6 runners in the top 9 one of whom Paul Sheard took the vet's prize finishing 7th.

The race for 2nd place was close with Brendan Bolland holding off Rob's brother Danny by 9 seconds.

In the ladies' race the result for the first 2 positions was a repeat of last year with Christine Howard again coming out best by holding off Suzanne Budgett, 1st vet, by 37seconds. Chorley Harriers were the only team to finish and therefore claimed the lady's team prize.

I have taken a bit of "stick" by going wrong through not concentrating and unfortunately I

took John Nuttall with me who thought I knew what I was doing. Whilst this error caused me to then treat the race as a run John who is obviously made of sterner stuff still succeeded to finish 1st over 60.

I would like to thank all the marshals and Bolton mountain rescue for assisting on the day. Also to the farmers and United Utilities for allowing the race to run over their land and to Rivington Barn for the use of their facilities. My final thanks go to Pete Bland Sports and Walsh Sports for their sponsorship of the race and to the Sweatshop Chorley for sponsoring the team prizes.

I will probably introduce a cut off point in future years following discussions with mountain rescue and the marshals as the last 2 runners did not appear on the result's sheet.

I look forward to seeing you all next year when the race will be run on the 13th February.

Tony Varley

1. R. Hope	P&B	1.33.38
2. B. Bolland	Horw	1.35.15
3. D. Hope	P&B	1.35.24
4. G. Devine	P&B	1.35.53
5. P. Thompson	Clay	1.36.15
6. J. Logue	Horw	1.36.18
7. Paul Sheard O/40	P&B	1.37.07
8. S. Bottomley	P&B	1.37.28
9. S. Neill	P&B	1.38.15
10. M. Nuttall	B'burn	1.38.25

VETERANS O/40

1. (7) Paul Sheard	P&B	1.37.07
2. (12) S. Barlow	Horw	1.40.26
3. (15) G. Schofield	Horw	1.42.33

VETERANS O/50

1. (32) K. Carr	Clay	1.51.49
2. (33) T. Hesketh	Horw	1.51.52
3. (35) D. Schofield	Ross	1.53.15

VETERANS O/60

1. (69) J. Nuttall	Clay	2.08.36
2. (81) T. Peacock	Clay	2.14.22
3. (108) R. Stafford	Horw	2.32.26

VETERANS O/70

1. (121) D. Clutterbuck	Tod	2.59.02
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LADIES

1. (55) C. Howard	Mat	2.02.45
2. (59) S. Budgett O/40	Horw	2.03.22
3. (67) R. Metcalfe	Eryri	2.06.57
4. (71) D. Atkins	Chor	2.09.59
5. (80) R. Cash	Unatt	2.14.04

123 finishers

2ND Y LLETHR MOUNTAIN

LAMB RACE

Gwynedd

BL/14.25m/2448ft 15.02.04

With a distance of 14.25 miles and a total climb of 2448 ft, this is a demanding race but one which yielded an excellent standard of entry with a winning time of 2.04.42 by Steve Gilliland, beating the course record set last year by Adam Haynes by over 2 minutes. Steve won the Snowdonia Mountain Lamb prize produced by local farms and the Victoria Hotel Shield, which will be engraved with his name and record.

The field was up by 40% on last year with Jackie Lee winning the Hen Feudy Shield for fastest lady.

We were incredibly lucky to have superb weather for the second time in 2 years with fine sunshine and clear blue skies, and absolutely still conditions even on the tops.

Approximately 40% of the field came from within a 30-mile radius but there were no entries from the four parishes to win the Ty Mawr Shield for fastest local runner.

The Victoria Hotel put on hot soup for the

runners; positive comments and feedback from entrants on the day and since suggests a good time was had by all and that we have the beginnings of a very successful event.

As well as to our sponsors, thanks must go as always to the many people, not part of the committee, who helped on the day: especially to CMC Pensarn without whom the race would not take place; the Raynet team who do such a great job in providing communications for the race; and to Graeme Stringer, who not only advised on the series but helps every year with the race timing and results.

Brian Macdonald

1. S. Gilliland O/40	BrDys	2.04.42
2. P. Whiting O/40	Kend	2.07.27
3. P. Bullen O/40	Kesw	2.12.36
4. C. Jones	Eryri	2.13.31
5. I. Edgar O/40	Unatt	2.16.53
6. J. Williams O/40	Eryri	2.18.24
7. W. Percival O/40	Amble	2.21.41
8. A. Duncan O/50	BlndFR	2.22.24
9. J. Lee	Unatt	2.22.27
10. P. Browning O/40	Clay	2.24.12

VETERANS O/50

1. (8) A. Duncan	Bowland	2.22.24
2. (11) M. Blake	Eryri	2.25.54
3. (12) Y. Tridimas	Bowland	2.26.39

VETERANS O/60

1. (22) P. Norman	Wrex	3.11.03
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LADIES

1. (14) V. Musgrove O/40	Eryri	2.28.22
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25 finishers

ILKLEY MOOR FELL RACE
West Yorkshire
AS/5.5m/1260ft 22.02.04

This was the 15th running of Ilkley Harriers' Ilkley Moor fell race, and a great day was enjoyed by a record 281 finishers. A new course record was set by Simon Bailey, who led throughout. The race had a great atmosphere, with an al-fresco prize giving and junior races with nearly 70 runners preceding the main race.

Paul Wood

1. S. Bailey	Staffs	35.31
2. T. Mason	Wharfe	39.00
3. K. Gray	CaldV	39.19
4. R. Lawrence	Bing	39.19
5. J. Wright	Tod	39.19
6. A. Breaks	CaldV	39.20
7. B. Field O/40	Unatt	39.37



Simon Bailey well ahead on his way to winning Ilkley Moor in record time (Photo Woodhead)

8. S. Neill	P&B	39.37
9. J. Hemsley	P&B	40.03
10. G. Pearce	Ilk	40.19

VETERANS O/40

1. (7) B. Field	Unatt	39.37
2. (14) J. Wootton	Wharfe	41.36
3. (15) A. Black	Clay	42.06

VETERANS O/50

1. (21) B. Grant	Hgte	43.01
2. (43) J. Griffiths	Ramsey	45.36
3. (70) G. Howard	Ilk	48.11

VETERANS O/60

1. (90) N. Bush	Ilk	49.58
2. (106) P. Covey	P&B	51.36
3. (148) M. Hayes	DkPk	54.12

LADIES

1. (54) H. Johnson	Bing	46.43
2. (61) S. Newman O/40	CaldV	47.19
3. (63) H. Sedgwick	Ilk	47.27
4. (71) N. Cerny	Ilk	48.30
5. (74) J. Smith	CaldV	48.49

281 finishers

JUNIORS U8

1. G. Akester	Unatt	4.28
2. O. Smith	Ilk	4.38
3. M. Preedy	Unatt	4.40
4. G. Sellman Girl	Wharf	4.58
5. B. Acornley	Unatt	5.01

JUNIORS U10.

1. (6) O. Whelan	Bing	8.46
2. (11) D. Wilson	Pendle	9.07
3. (18) J. Hodgson	Unatt	9.49
4. (20) J. Haigh	Unatt	9.59
5. (22) S. Wood	Ilk	10.00

JUNIORS U12

1. (9) F. Jordan Girl	Ilk	8.57
2. 10) S. Richards	Unatt	9.04
3. (12) J. Holder	Wharf	9.09
4. (15) J. Wootton Girl	Wharf	9.31
5. (17) B. Hodgson	Unatt	9.41

JUNIORS U14

1. E. Dawson	Leeds	7.40
2. J. Kelly	Ross	7.53
3. J. Wardman	Unatt	8.07
4. A. Wright	Unatt	8.09
5. K. Ireland Girl	Ross	8.34

JUNIORS U17

1. P. Wadsworth	Ross	13.53
2. R. Hall	Leeds	14.00
3. C. Andrew	Ross	14.04
4. G. Cunliffe	Burnley	14.55
5. A. Kelly	Ross	15.34
6. E. Kitchen Girl	Bing	17.51

MOEL Y CI
Gwynedd
AS/2.75m/900ft 28.02.04

This year the runners had to contend with several inches of snow on the course. The weather on the day was dry with sunny intervals. The route had to be changed this year due to access problems on the lower section. This meant a bit more road and there was no longer a suitable junior course and had to be cancelled. The snow covering the road felt more like fell terrain!

The men's race was won by Dylan Wynn Jones. In the ladies' race, there was a close tussle between Jayne Lloyd and Jackie Lee. Jayne was first to the summit but was passed on the descent by Jackie, who just managed to hold off Jayne to win by six seconds.

The prize for the first male and female was dinner (not together!!) at the popular local inn and restaurant, The Vaynol Arms, in nearby Pentir.

Thanks to all who helped on the day. Rhiwlas Village Hall Committee for providing the food and use of the hall and the Moel y Ci

Environmental Centre for allowing access over their land.

Ross Powell

1. D. Wynn Jones	Eryri	21/53
2. R. Halliday	Eryri	22.09
3. C. Purt	Men	23.15
4. C. Near	Eryri	23.22
5. J. Williams O/40	Eryri	23.46
6. A. Lewis O/40	Eryri	23.50
7. S. Peers Jones O/40	Eryri	24.26
8. C. Jones	Eryri	24.36
9. D. Williams	Eryri	24.40
10. A. Jones	Betws	25.02

VETERANS O/50

1. (11) P. Jones	Eryri	25.07
2. (12) R. Hughes	Eryri	26.07
3. (18) B. Wells	NWRR	26.52

VETERANS O/60

1. (9) D. Williams	Eryri	24.40
2. (32) M. Edwards	Wrex	32.11
3. (36) I. Roberts	Eryri	34.00

LADIES

1. (16) J. Lee	Unatt	26.34
2. (17) J. Lloyd	Eryri	26.40
3. (26) N. Phillips	Unatt	28.53
4. (27) E. Dunnington O/40	Eryri	28.53

37 finishers

BLEASDALE CIRCLE
Lancashire
AS/5m/1250ft 28.02.04

Thanks to everyone for turning up and making the whole event a pleasure to organise.

Well done to Danny Hope for setting a new course record of 37.07. Graham Schofield (a now regular to this race) was the first V40 home and second overall, and well done to the winners of the other categories.

A couple of days before the race we had a fair fall of snow on the Bowland Fells, which brought thoughts of running a low level route. However the sun shone on the course the next day, and for the race, so all was well even though it did snow the night before.

This race was getting a reputation for being a muddy course on the run out and the run in, not this year. There was a hard frost on the night before, which made for good fell running, but a bit ankle breaking. Sixty eight entries this year means the race is gaining in popularity. Many people gave positive comments about the course and the whole atmosphere of the area and the venue. The area is designated as an Area of outstanding Natural Beauty and it could clearly be seen why.

Many thanks to the Bleasdale Estate, Bleasdale School and the land owners involved.

Hope to see you all next year.

Les Orr

1. D. Hope	P&B	37.07
2. G. Schofield O/40	Horw	38.25
3. C. Smale O/40	Tod	38.46
4. Q. Harding O/40	Bowland	39.10
5. C. Reade O/40	Bowland	39.55
6. C. Seddon	Horw	40.35
7. M. Chippendale	Bowland	41.10
8. K. Gaskell O/40	Horw	41.13
9. M. Arnold	Bowland	42.10
10. S. Bamber O/40	Prest	42.19

VETERANS O/50

1. (15) P. Booth	Clay	43.59
2. (17) A. Duncan	Bowland	44.45
3. (19) J. Singleton	Clay	45.14

VETERANS O/60

1. (25) J. Nuttall	Clay	46.52
2. (53) G. Arnold	Prest	55.56
3. (61) B. Shepherd	Prest	59.36

LADIES

1. (21) H. Johnson	Bing	45.49
2. (39) J. Robinson O/45	Garstang	50.01
2. (41) N. Fellows	Eryri	51.42
3. (42) W. Dodds O/50	Clay	51.59

66 finishers

ARTHUR JONES BRADDA FELL RACE

Isle of Man

AL/15m/4100ft 29.02.04

Tony Okell recorded his first win on the Manx hills since August 2003 when he took victory in the Bradda race, the third round in this year's Manx League. Okell led for most of the 15 miles race that is held in the southern hills of the island. He did not have things all his own way though as Ian Gale was always close behind forcing Okell to one of the fastest times ever recorded on the course. The record equalling field enjoyed excellent conditions with bright sunshine all day, although there was quite a lot of snow lying on the higher sections which made things difficult.

Richie Stevenson

1. T. Okell	MH	2.12.14
2. I. Gale	MFR	2.14.10
3. B. Osbourne	MFR	2.18.21
4. S. Skillicorn	MFR	2.35.54
5. M. Quine	MFR	2.25.15

VETERANS O/50

1. D. Young	MFR	2.41.13
2. R. Webb	MH	2.43.17
3. D. Corrin	MH	2.44.15

LADIES

1. R. Hooton	MFR	3.02.38
2. S. Folley	Unatt	3.29.05

GLENTRESS DUATHLON

- LONG RACE

Borders

AS/5m/1300ft 29.02.04

1. C. Smith	1.23.20
2. A. Wardman	1.23.49
3. B. Duncan	1.25.52
4. A. Anderson	1.26.12
5. S. Whittle O/40	1.26.59
6. S. Bottomley	1.27.37
7. S. MacInnes	1.28.46
8. G. Abrahams	1.29.06
9. A. Anthony	1.29.35
10. S. Peachey	1.30.13

VETERANS O/40

1. (5) S. Whittle	1.26.59
2. (11) P. Sheard	1.32.10
3. (17) M. Crompton	1.37.14

VETERANS O/50

1. (38) J. Blair-Fish	1.48.40
2. (47) K. Adams	1.54.22
3. (63) M. Heath	2.23.22

VETERANS O/60

1. (61) J. Douglas	2.13.33
2. (62) C. Lane	2.19.07

LADIES

1. (22) E. Guy/K. Jenkins	1.40.00
2. (24) J. Tait	1.42.14
3. (29) N. McLeod	1.45.10

63 finishers

SLIEVE GULLION

Northern Ireland

AS/3.5m/1000ft 06.03.04

The annual Slieve Gullion was run this year in unusually favourable conditions ie crystal clear visibility, as against the more usual dense fog, snow, rain plus heavy wind of recent years.

The winner, Paul Nolan had an excellent run if outside the record. Neil Carty and Andy Gregg both improved but the biggest surprise of the day was the 4th and 5th finishing positions of record holder Deon McNeilly and former record holder Brian Irvine. These two dominated this race for years. Violet Linton had one of the fastest winning women's times just outside the record. A record 57 finished.

Brian Vallely

1. P. Nolan	DbIn	29.30
2. N. Carty	NBH	30.45
3. A. Gregg	Lrne	30.55
4. D. McNeilly O/40	Nwcstle	31.06
5. B. Irvine	Blydrn	31.21
6. G. Bailey	ACKC	31.47
7. M. Alexander	Blymna	31.51
8. S. Cunningham	Nwcstle	32.11
9. D. McNeilly	Blydrn	33.02
10. J. Brown O/40	BARF	33.29.

VETERANS O/40

1. (4) D. McNeilly	Nwcstle	31.06
2. (10) J. Brown	BARF	33.29
3. (13) P. Howie	Lrne	33/52

VETERANS O/50

1. (14) J. Patterson	Nwcstle	33.55
2. (36) M. Barton	ACKC	40.51
3. (38) D. Rankin	BARF	42.03

VETERANS O/60

1. (32) B. Magee	Lrne	40.19
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LADIES

1. (35) V. Linton	LVO	40.35
2. (48) B. Brown O/45	ACKC	45.28
3. (53) I. Lemea	Crsdrs	50.54

57 finishers

FIENSDALE FELL RACE

Lancashire

AM/9m/2600ft 06.03.04

The weather at this year's race was 100% better than last year and contributed to a reasonable turnout in spite of clashing with the English Championship race at Noonstone. With most of the big names competing in the championship race it gave the opportunity for some of those not accustomed to the higher placings to shine. That is not to take anything away from anyone who competed. Fiensdale must be one of the most demanding but popular races in the area. Thanks as always to the Bowland & Pennine Rescue Team for their support in manning the checkpoints, to members of Bowland Fell Runners for their help in organising the race but most of all to the competitors who helped to raise £180 for the rescue team. However, surely it is time a way was found to give prior notice to organisers of intended championship races and their dates before we have to submit our dates for the calendar and therefore giving us a chance to avoid clashing with them.

Andrew Farmer

1. R. Thomas	Eryri	1.28.37
2. S. Bolland	Bowl	1.31.12
3. C. Seddon	Horw	1.31.17
4. S. Clawson	Ross	1.31.45
5. M. Chippendale	Bowl	1.32.09
6. L. Warburton O/40	Bowl	1.32.28
7. P. Taylor O/40	Ross	1.32.46
8. R. Owen O/40	Eryri	1.33.58
9. S. Bamber O/40	Prest	1.34.00
10. D. Emmerson O/40	Unatt	1.37.22

VETERANS O/50

1. (19) J. Hope	AchR	1.39.13
2. (25) R. Durrant	Rusdon	1.43.26
3. (35) M. McLoughlin	Prest	1.49.16

VETERANS O/60

1. (42) T. Peacock	Clay	1.52.00
2. (51) R. Jaques	Clay	1.57.26
3. (73) P. Jepsen	Ross	2.18.43

LADIES

1. (40) N. Fellows	Eryri	1.51.19
2. (50) K. Taylor O/40	Ross	1.56.55
3. (66) J. Taylor O/40	L&M	2.08.18
4. (79) D. Griffiths O/40	Garst	2.37.33

81 finishers

NOON STONE FELL RACE

Lancashire

AM/9m/2300ft 06.03.04

Both Ian Holmes and Louise Sharp got their 2004 defence of the English championships off to a great start by winning at Noon Stone.

409 runners enjoyed perfect weather conditions for this year's race which should leave fonder memories than did the atrocious weather conditions experienced in the 1999 championships.

A thrilling finish in the men's race saw Simon Bailey, who had led for the whole of the route out descended on the final flank of Coldwell Hill, giving Ian Holmes the victory by six seconds.

In the ladies' race, Louise Sharp proved a worthy champion by winning in a record time of 78.12, despite the going being heavy underfoot over the open moorland sections.

Bingley Harriers, who attended with strength in depth, took both the men's and ladies' team prizes.

Apologies for the absence of the chip butties, which was down to an unforeseen logistical problem with the catering. See you all next year when, hopefully, the chip butties will be back!

Andrew Horsfall



Jane Mellor (Pennine) and others losing their balance a bit at Noon Stone (Photo Woodhead)

1. I. Holmes	Bing	64.34
2. S. Bailey	StaffsM	64.50
3. R. Hope	P&B	64.54
4. R. Jebb	Bing	64.59
5. A. Peace	Bing	65.05
6. S. Booth	Borr	66.29
7. A. Symonds	Kend	66.31
8. J. Davies	Borr	66.37
9. N. Leigh	Altr	66.56
10. P. Davies	Borr	67.06
11. D. Neill O/40	StaffsM	67.22
12. D. Hope	P&B	67.49
13. M. Roberts O/40	Borr	68.00
14. P. Thompson	Clay	68.01

15. M. Croasdale	Bing	68.03
16. L. Siemaszko	Borr	68.17
17. G. Devine	P&B	69.07
18. S. Stainer	Amble	69.14
19. R. Lawrence	Bing	69.21
20. N. Spence O/40	Borr	69.31

VETERANS O/50

1. (81) D. Overton	Kesw	75.34
2. (95) B. Grant	Hgte	76.47
3. (103) J. Holt	Clay	77.17

VETERANS O/60

1. (144) G. Howard	Ilk	80.23
2. (181) J. Amies	Macc	84.03
3. (214) J. Nuttall	Clay	87.17

LADIES

1. (117) L. Sharp	Kesw	78.12
2. (140) S. Taylor	Bing	81.01
3. (156) L. Clough	WigPh	81.35
4. (171) K. Bailey	Bing	82.42
5. (178) H. Johnson	Bing	83.33
6. (183) S. Becconsall O/40	Bing	84.15
7. (198) S. Dolan O/40	Hgte	85.52
8. (204) R. Whitehead	Bing	86.14
9. (212) A. Eagle O/40	Ilk	86.53
10. (213) J. Smith	CaldV	87.14

404 finishers

CLOUD NINE HILL RACE Cheshire CM/9m/950ft 07.03.04

The race was conceived in 1986 as a "dash" from the town to the trig point at the top of the local hill (The Cloud, 343m) and back, for members of the club. Its success was such that it was inaugurated as an "open" event the following year with a slightly lengthened course.

This year saw a record number of 238 finishers, with 190 men and 48 ladies finishing the tough course, and in some very mixed conditions. With a forecast of wintry showers, the runners set off from Brunswick Wharf in sunshine only to be greeted by wind, rain and finally sleet as they approached the summit. All were glad to return to Congleton and were thawed out by the free soup and roll served by the Harriers.

Local man Damian Nicholls overcame a strong field to win the race, holding off his club colleague Alex Johnson. In third place was veteran Thornton Taylor.

The ladies' race saw previous winner Cecilia Greasley make a confident return, coming home 20th overall as a first lady holding off the challenge from Catherine Robinson.

The open team prize went to Macclesfield Harriers.

Pete Doyle

1. D. Nicholls	Macc	55.55
2. A. Johnson	Macc	56.57
3. T. Taylor O/40	Ross	57.29
4. L. Footit O/40	Bux	57.43
5. S. Farrell	StaffsM	57.54
6. A. Lamont	Macc	57.57
7. B. Carr O/40	Congle	58.58
8. K. Fisher	Telf	59.01
9. M. Flint	Newc	60.37
10. D. Hamilton		60.44

VETERANS O/50

1. (15) B. Blyth	Macc	63.18
2. (17) M. Cortvriend	Macc	64.26
3. (23) R. Britton	StaffsM	65.22

VETERANS O/60

1. (18) G. Patton	Sphinx	64.33
2. (179) J. Paric	CheshT	86.14
3. (186) T. Cutler		87.24

LADIES

1. (20) C. Greasley O/40	Macc	64.50
2. (30) C. Robinson	BelleV	66.19
3. (41) M. Hollinshead	Dews	67.50
4. (46) M. Buckle	Newc	68.11

238 finishers

CARDINGMILL CANTER Shropshire AS/4m/1500ft 07.03.04

A good race, windy conditions, numbers were down, may be due to an English championship race (Noonstone), the day before. It would help organisers if we knew championships before we have to send entries for the FRA calendar.

After falling on the final sprint Matthew Clewes still came 6th (only one stitch on his chin). A good battle for 9 and 10 position and first M50. A good run by Vicky Musgrove with newcomer Anna Bartlett coming 2nd lady, closely followed by Gill Harris. Arthur Clarehay dipped just under 60 minutes to finish first M60.

A good time was had by all.

P. Harris

1. A. Yapp	Mercia	43.07
2. T. Taylor O/40	Mercia	44.15
3. A. Davies	Mercia	44.56
4. M Leguma O/40	Ludl	46.35
5. P. Cadman O/40	Mercia	46.56
6. M. Clewes O/40	Mercia	47.15
7. H. Jones O/40	Newt	47.51
8. S. Dawes O/40	Telf	47.52
9. N. Hogan	Newp	47.56
10. J. Griffiths O/50	Sarn	47.56

VETERANS O/50

1. (10) J. Griffiths	Sarn	47.56
2. (15) M. Blake	Eryri	52.40

VETERANS O/60

1. (28) A. Clarehay	Mercia	59.19
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LADIES

1. (17) V. Musgrove O/40	Eryri	53.22
2. (20) A. Bartlett	SAC	55.27
3. (23) G. Harris O/40	Mercia	55.49

44 finishers

BISHOP HILL RACE Kinrosshire AS/2.5m/1000ft 07.03.04

The Bishop Hill is a wee friendly race, a gut bursting one thousand foot taster for the season ahead. Sixty of us gathered in bright early spring sunshine in the woods at the foot of the hill, single file at first along a narrow path between the gorse bushes, then a delectable grassy track with glorious views across Loch Leven. In no time we left the wood and reached the open hill. Brian Marshall lead the field with Anesti and Ronnie close behind. A steep push up the final steep grassy slopes and over the two tops and then it's a hell for leather dash for the finish, with our mini version of the Ben's green wall, cutting out the long zig zag. A few yards before the end a deep gully can catch out the unwary. Brian Marshall finished first, well in the lead with a tight tussle for second, Anesti Davenhill just holding off Ronnie Gallagher. Westerlands were out in strength using the race as one of their championship series, and it was good to see a strong junior turnout. All the hard work over; we relaxed around the line and cheered on the tailenders. Back to the hall for soup and rolls and plenty of beer dispensed in the lengthy prize list.

Alan Graham

1. B. Marshall	HELP	18.01
2. A. Davenhill O/40	Shett	18.29
3. R. Gallagher O/40	W'lands	18.31

4. D. Rodwell	W'lands	18.35
5. C. Russell	Fife	18.40
6. M. Gorman	W'lands	18.59
7. A. Smith O/40	Dee	19.47
8. C. Upson O/40	W'lands	20.07
9. C. Glencorse	Perth	20.16
10. M. Geoghegan	Dund	20.28

VETERANS O/50

1. (22) M. McLeod	W'lands	22.27
2. (24) G. Robinson	W'lands	22.29
3. (29) D. Smith	W'lands	23.17

VETERANS O/60

1. (41) B. Beveridge	Lom'd	26.53
2. (50) B. Campbell	Unatt	29.21
3. (52) I. McManus	Irv	30.13

LADIES

1. (40) J. Wilson O/40	Carn	26.05
2. (42) M. Aitken Jun	Carn	27.29
3. (44) D. Stokoe Jun	Unatt	27.48
4. (45) A. Talbot	W'lands	28.03
5. (46) V. Reid Jun	W'lands	28.10

BLACK COMBE FELL RACE Cumbria AM/8m/3400ft 07.03.04

We were back to usual numbers this year with a turnout of 97 runners. Not bad considering it was Noonstone the day before which was an English championship counter. Well done to those runners who did both Noonstone and Black Combe, including George Ehrhardt who won Black Combe race.

The weather was kind to us for the time of year. This year we used electronic timing which made light work of results. We hope to use this again at future Black Combe races. Thanks to all runners, spectators, marshals and volunteers, with special thanks to John and Jill Peel. Hope to see you all next year.

Val Gill

1. G. Ehrhardt	Tod	1.16.20
2. C. Doyle	Traff	1.16.32
3. B. Thompson O/40	CFR	1.18.30
4. A. Anderson	Carn	1.18.33
5. D. Golding	Amble	1.20.16
6. B. Taylor	CFR	1.20.25
7. J. Dawson O/40	CFR	1.20.55
8. B. Riley O/40	CFR	1.21.41
9. C. Reade O/40	Bowl	1.22.58
10. E. Gamble	Stock	1.23.11

VETERANS O/50

1. (18) D. Spedding	Kesw	1.26.02
2. (35) M. Litt	CFR	1.34.18
3. (42) D. Fell	CFR	1.36.44

VETERANS O/60

1. (50) B. Martin	Amble	1.39.01
2. (64) J. Richardson	CFR	1.49.02
3. (74) J. Ely	CFR	1.51.23

VETERANS O/70

1. (92) J. Ritt	CFR	2.14.25
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LADIES

1. (28) K. Beaty O/40	CFR	1.30.08
2. (29) N. Davies O/40	Borr	1.30.57
3. (56) R. Cash	Unatt	1.41.49
4. (75) J. Bowe	Helm	1.51.52
5. (79) E. Aspden	Dall	1.54.07

94 finishers

MOEL WNION RACE Gwynedd AS/4m/1600ft 13.03.04

Once again we had good conditions for the race. A big thank you to Ross, Sheila, Trevor, Wills, Steve and Geoff for helping on the day. Alun won again with Natalie White winning the ladies' race in a good time. Looking back at the results over

the past years Dylan has improved by 10 minutes since 1998. Don Williams has stayed at an average of 40.30, not bad for 60+.

Jamie McQueen

1. A. Vaughan	Eryri	34.20
2. D. Jones	Eryri	35.58
3. R. Thomas	Eryri	36.44
4. R. Halliday	Eryri	37.43
5. T. Higginbottom	Eryri	38.12
6. B. Johnston	Eryri	38.48
7. R. Owen O/40	Eryri	39.20
8. C. Pierce	Eryri	39.41
9. C. Jones	Eryri	40.05
10. M. Pickering O/50	Eryri	40.12

VETERANS O/40

1. (7) R. Owen	Eryri	39.20
2. (12) S. Jones	Eryri	40.50
3. (14) J. Williams	Eryri	41.44

VETERANS O/50

1. (10) M. Pickering	Eryri	40.12
2. (24) G. McAsa	Penn	43.02
3. (34) D. Thomas	Eryri	45.20

VETERANS O/60

1. (11) D. Williams	Eryri	40.28
2. (39) P. Roberts	Wrex	48.01
3. (51) E. Davies	Eryri	51.36

LADIES

1. (16) N. White	Holmf	41.54
2. (31) J. Lee	Unatt	44.55
3. (47) A. Williams O/40	Eryri	50.21
4. (50) E. Salisbury O/40	Eryri	51.19
5. (56) J. Ewels O/40	Buckley	53.11

63 finishers

WUTHERING HIKE

Lancs/Yorks

BL/31m/4400ft 13.03.04

The Wuthering Hike started many years ago as the Howarth Hobble and, in its heyday, attracted fields of over 800.

Whilst a much smaller event now it's still a pleasure to watch runners finish, the winners in less than 4 hours whilst the walkers, aged up to 72, push themselves just as hard, but many manage to stop for a pint or two on the way round!

Ian Goodyear, Bingley Harriers, completed his 21st Hike this year and has only missed a couple since its inception, Ian's inception being long before the Hikes.



Wuthering Hike 1st Locals Loz Helliwell & Darren Drame (Photo Woodhead)

The race entry of £18 per team of two covered a meal and hot shower at the finish and delights such as hot dogs, jam donuts, scones, hot cross buns, tea, coffee, orange, decent weather and the ubiquitous broken biscuits at the checkpoints.

The prize list is short and not of great value, as the proceeds of the race are always donated to the local scout groups, athletic clubs and a special school in Keighley, who all provide marshals for the event.

On a slightly sadder note, a competitor who finished in the top ten was horrified to see the few athletes in front of him discarding drink bottles and used energy gel sachets on the open Fells. When he complained to us he assumed they were road runners, but we know they aren't!! Anyone know how to stop it?

Many thanks to all marshals, Keighley and Craven AC and Keighley Raynet, including the sweeper, Bill.

Brett & Sue Weeden

1. M. Hartell	Macc	3.56.06
2. A. Breaks/S. Bottomley	CaldV/P&B	3.59.10
3. A. Horsfall/J. Wright	Tod/Tod	4.04.59
4. G. Cunliffe/P. Atherton	Clay/Clay	4.09.33
5. P. Hindle	Kghly	4.13.09
6. C. Upson	W'lands	4.20.43

VETERAN PAIR

1. (15) L. Thompson/ S. Whitaker	Clay/Clay	4.45.24
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LADIES PAIR

1. (57) C. Worth/K. White	Mand/Quak	5.51.05
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MIXED PAIR

1. (13) A. Green/A. Green	BfdA/Spen	4.43.18
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DARK & WHITE OUTDOOR DESIGNS

MM LEAGUE (ROUND 1)

White Peak

MM 14.03.04

1. D. Harrison O/40	Wirks	295 pts
2. R. Sanby/R. Buxton O/40	WhiteP	294 pts
3. N. Wood	MDOC	280 pts
4. G. Cowley	DkPk	278 pts
5. M. Sleath O/40	WhiteP	275 pts
6. S. Boulby O/40	DenbyD	265 pts

HALF TOUR OF PENDLE

Lancashire

AM/9m/2250ft 20.03.04



Gavy Devine in determined mood at the Half Tour (Photo Bill Smith)

The fell rescue people on Pendle Hill measured the wind speed at 70 mph during the race. Given that the most exposed part of the route was run into the wind it makes the times set by Ian and Andy all the more impressive. Also worthy of note is the fact that only one runner retired out of 200 starters.

The two Bingley lads led from start to finish with Ian eventually pulling away from Andy on the descent into Ogden Clough.

The oldies from Clayton won the other categories.

My thanks, as ever, go to the dwindling band of helpers, especially those who braved the gentle breeze on the ill, and to the Rossendale Fell Rescue Team for their reassuring presence.

K. Thompson

1. I. Holmes	Bing	66.16
2. A. Peace	Bing	66.26
3. G. Devine	P&B	68.37
4. D. Hope	P&B	68.53
5. S. Thompson	Clay	69.36
6. A. Schofield	Borr	70.25
7. J. Heneghan	P&B	70.47
8. R. Thomas	Eryri	70.57
9. S. Neill	P&B	72.37
10. M. Wallis O/40	Clay	73.10

VETERANS O/40

1. (10) M. Wallis	Clay	73.10
2. (11) C. Smale	Tod	73.22
3. (13) C. Reade	Bowland	73.35

VETERANS O/50

1. (35) J. Holt	Clay	79.17
2. (40) K. Taylor	Ross	79.45
3. (52) K. Carr	Clay	81.56

VETERANS O/60

1. (85) J. Nuttall	Clay	87.56
2. (111) N. Bush	Ilk	92.10
3. (127) T. Peacock	Clay	95.54

LADIES

1. (76) M. Laney O/50	Clay	86.01
2. (88) H. Sedgwick	Ilk	88.32
3. (95) K. Slater O/40	Settle	89.01
4. (103) S. Malir	Ilk	90.46
5. (108) D. Gowan	Accr	91.53

199 finishers

GLENARIFF MOUNTAIN RACE 2004
County Antrim
BS/6m/1200ft 20.03.04

In very stormy conditions, Neil Carty retained his title with Brian Ervine second and Gary Bailey third. Junior, Jonathan McCloy, produced an excellent performance to finish fourth, ahead of top veterans, Jim Brown and Billy Orr. Neil was a minute ahead of Brian on the descent but pulled out a further minute on the flat road section.

Race times were considerably slower than the two previous years as the course had to be diverted from the flooded riverside path to the road. In addition, the recent heavy rain made the ground very slippery on the upper part of the mountain.

Violet Linton was the first lady but in a slow time due to an ankle injury on the descent. Teams were very closely matched, with Ballymena one point ahead of Larne, themselves only one point ahead of BARF.

In the O/40 category, just finished five seconds ahead of Billy Orr to claim the new class award presented by the race sponsor, Glens of Antrim potatoes. Jim Patterson claims he is getting younger so entered the O/50 category, hence taking the O/50 prize off Fred Hammond and in turn allowing a surprised Ricky Cowan to get the O/55 award. Fred and Ricky can hardly complain as Billy Magee, running as a spritely O/60, was well ahead of them both.

Mark Alexander

1. N. Carty	NBelf	48.14
2. B. Ervine	Ballydr	50.28
3. G. Bailey	ACKC	51.21
4. J. McCloy	MUlster	51.45
5. J. Brown O/40	Barf	52.05
6. B. Orr O/40	Foyle	52.36
7. M. McManus	Larne	52.43
8. S. Drummond	Bally	53.17
9. C. McAuley O/40	Bally	53.33
10. J. Patterson O/50	N' castle	54.56

VETERANS O/50

1. (10) J. Patterson	N'castle	54.56
2. (25) R. Cowan	Willow	66.17
3. (26) F. Hammond	Barf	66.22

VETERANS O/60

1. (15) B. Magee	Larne	61.22
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LADIES

1. (24) V. Linton	LVOrient	65.21
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40 finishers

ENGLISH JUNIOR
CHAMPIONSHIP RACES
BARLEY NR BURNLEY
Lancashire
20.03.04

The first Junior Championship races of the season, with a new venue in the picturesque setting of Pendle Hill. Held on the same day as the Half Tour of Pendle, this was our first time at organising such an event. The aim was to give the juniors new courses, make it enjoyable with good amenities, and of course lots of prizes and goodies. This meant quite a number of trips to the local supermarket. Barley has good parking and toilet facilities, with a separate room in the village hall for registration and the presentation, hot food and drinks as well. On the day however we could not control the weather, whilst it was fine and cloudy in the early morning by 11.00am the weather became considerably worse.

The u12s race, a straight up and down route, which we acknowledge was probably the toughest of all the courses only just finished before the rain started, with Tom Doyle first boy and Bethany Pettit first girl. As James Mountain, the first boy finished his race, the heavy rain

showers started. Alex Wheatman was first u14 girl.

The u16s, u18s and u20s followed routes up onto the right ridges of Ogden Valley down and across the valley and then a steep climb up onto Spence Moor where they met the full force of the wind and heavy rain, before the descent to the finish. Adam Peers (Wirral) was first u16 boy and Emma Stuart first girl. In the u18 race Chris Doyle was first boy and also beat the first u20 runner, and Sarah Turnstall first girl. With just two u20 runners Ricky Lightfoot beat Wajibi Ali.

All runners received goody bags and drinks. At the presentation Easter eggs and medals were awarded to the first three boys and girls in each age category, with spot prizes and loads of spare goody bags to take home. We learnt a lot about organising such an event and how improvements can be made, the u14s route was probably a little short, start and finish lines should have been closer together, as well as other things. However, as they say if you don't try it you'll never know.

I must thank my fellow organiser Ken who marked and flagged all the courses as I am injured at the moment. To all the marshals, helpers and friends, and also to Dave and Eileen the new Junior Co-ordinators who gave us help advice and support, thank you.

David Bailey

BOYS U/12

1. T. Doyle	Helm	9.19
2. T. Sessford	Kghly	9.26
3. O. Webster	Bing	9.31
4. N. Proctor	Wharf	10.00
5. A. Harrison	Prest	10.01
6. H. Carmichael	Ilk	10.16
7. R. Addison	Helm	10.23
8. J. Beard	Radc	10.26

GIRLS/U12

1. B. Pettit	Holm	10.45
2. R. Cryte	Scarb	11.12
3. F. Jordan	Ilk	11.13
4. A. Riley	Skip	11.21
5. J. Wootton	Wharf	12.02

BOYS U/14

1. J. Mountain	Skip	10.33
2. G. Cunliffe	Burnley	10.46
3. S. Tosh	Ross	10.53
4. P. Bolton	Ross	10.58
5. R. Shuttleworth	Prest	11.00
6. J. Walker	CFR	11.16
7. J. Kelly	Ross	11.17
8. M. Laughlin	Skip	11.18
9. H. Croft	Skip	11.18
10. R. Nichol	Alt	11.23

GIRLS U/14

1. A. Wheatman	Scarb	11.47
2. R. Stuart	CRF	11.54
3. H. Timmins	Warr	12.00
4. A. Ogden	Hallam	12.16
5. K. Ireland	Ross	12.50
6. H. Naylor	Skip	12.51
7. F. Gilbert	Mat	13.00
8. H. Florence	Warr	13.14

BOYS U/16

1. A. Peers	Wirral	20.54
2. D. Shepherd	Settle	21.37
3. J. Pawson	Skip	21.48
4. S. Mitchell	ValeR	22.14
5. P. Wadsworth	Ross	22.16
6. R. Hall	Leeds	22.27
7. S. Webster	Bing	23.10
8. C. Andrew	Ross	23.14

GIRLS U/16

1. E. Stuart	CFR	26.33
2. S. Roe	Prest	27.07
3. E. Knox	Kesw	30.05
4. K. Woodhead	Holmf	30.08
5. A. Kevan	Unatt	31.14

BOYS U18

1. C. Doyle	Traff	28.06
2. S. Hunn	Skip	28.59
3. J. Teece	Mat	31.29
4. J. Kevan	Unatt	31.55
5. W. Jackson	CFR	33.35

GIRLS U18

1. S. Tunstall	Bord	34.17
2. R. Thompson	Herwick	35.09
3. S. Slater	Settle	38.40
4. K. Cole	Harw	38.46
5. T. Jones	Holmf	39.04

BOYS U/20

1. R. Lightfoot	CFR	28.13
2. W. Ali	Felldancers	30.34

MIDGLEY MOOR FELL RACE
West Yorkshire
AS/5m/1250ft 20.03.04

Times were slow on this wild, wet and windy day. Jonathan Ingram comfortably held off Adam Breaks down the long finish field. There were some interesting tales of the pros and cons of different route choices on the moor, and again the choice on the final leg over the moor from checkpoints 4 to 5 is crucial.

Rod Sutcliffe

1. J. Ingram	Sadd	42.10
2. A. Breaks	CaldV	42.18
3. A. Carruthers O/40	Craw	46.25
4. R. Barrett	Skip	46.38
5. J. Ryder	Ilk	46.39
6. L. Athersmith	Skip	46.47
7. A. Whittem	Tod	47.19
8. B. Johnson	CaldV	47.38
9. R. Horsfield O/40	DkPk	47.57
10. D. Wilby	Felland	48.24

VETERANS O/40

1. (3) A. Carruthers	Crawl	46.25
2. (9) R. Horsfield	DkPk	47.57
3. (14) S. Storey	Penn	51.07

VETERANSO/50

1. (15) D. Beels	CaldV	51.19
2. (18) T. Spicer	Ross	51.46
3. (21) P. Jagan	Bing	54.46

VETERANSO/60

1. (1) D. Quinlan	Aire	68.43
2. (39) B. Thackeray	DkPk	69.01
3. (41) B. Pycroft	FRA	72.14

LADIES

1. (24) J. Foster	Ilk	55.17
2. (30) J. Smith O/40	Tod	58.17
3. (36) J. Scarf O/40	CaldV	63.15
4. (37) L. Ellis O/40	Aire	66.20
5. (42) L. Abdy O/40	Tod	72.35

RAS YR ARAN
Gwynedd
AM/10m/2500ft 27.03.04

The first running of the Aran Fell Race, created and sponsored by Aran Organic Lamb, saw an impressive turnout of 66 athletes all keen to attempt the 2500' climb and 10 miles of racing which the event involved. The race, which was run on a series of permissive paths could not have gone ahead without the support of the local landowners, and a big debt of thanks is due to them all.

The weather on the day was nothing short of perfect, with little wind a comfortable ambient temperature and cloud hanging around the 2000' mark.....maybe not quite perfect then! But at least there was a fence to follow all the way to the summit.

Colin Donnelly led from start to finish, with an Eryri 1,2,3, clean sweep being completed by James McQueen and Russell Owen. The prize for first vet 40 went to Stephen Gilliland and

finishing 4th, many suspected that he was keeping something in reserve for the Presteigne half marathon in which he was competing the very next day. The prize for first vet 0/50 went to Alan Duncan but one of the stories of the day concerned the evergreen performance of 0/60 winner John Amies, who finished 10th overall. On a local note, a special mention should be made to Bala Chemist, Sion Llewelyn, who finished in 28th place overall – resplendent in a pair of heavy weight hiking boots!

The women's race was a hard won affair, with Ruth Metcalfe leading the outward leg to the summit of Aran Fawddwy, but her lead was reeled in on the descent of the course by unattached athlete, Jackie Lee, a runner many of the local clubs are keen to sign up. Lee finished in 1.50.46 with Metcalfe only 1min 41 behind her. Third finisher was Ellie Salisbury (formerly Dunnington – much to the confusion of the race organiser!). The prize for first lady 0/40 went to Karen Forster, and first lady 0/50 went to Maggie Oliver.

As well as the Aran race itself, the event also saw the culmination of the Meirionnydd Winter Race Series, organized by Bro Dysynni AC, in which the runner with the lowest accumulative time over three races would take the grand prize. After the results from Rhobell Fawr, Tarren Hendre and Ras Yr Aran were totaled the first prize went to Colin Donnelly with an overall time of 198 mins 33 secs. In second place was Stephen Gilliland in 209 mins 49 secs with Carl Jones, 233 mins 33 secs in third. First 0/40 was Geoff Oldrid in 243.18 with Graham Spencer first 0/50 in 259.44. In the ladies' competition only local athlete Alison Price completed all three races and took first place in a time of 321.44 – not bad considering she only took up running last Autumn!

The prizes for the Winter Race Series were presented by Reg Keys of Llanuwchllyn, who had given a perpetual trophy in memory of his son Tom, who was tragically killed in the Gulf War in 2003. Tom used to regularly train on the Aran mountains and it was a fitting tribute to his memory that the race shield will be presented in his honour.

Graeme Stringer

1. C. Donnelly O/40	Eryri	1.28.50
2. J. McQueen	Eryri	1.30.35
3. R. Owen O/40	Eryri	1.34.44
4. S. Gilliland O/40	BroDys	1.39.22
5. S. Jones O/40	Eryri	1.40.46
6. T. Jones O/40	Eryri	1.43.57
7. P. Bullen O/40	Kesw	1.46.00
8. R. Hutton O/40	DkPk	1.46.22
9. P. Stinton	Buck	1.46.27
10. J. Amies O/60	Macc	1.46.29

VETERANS O/50

1. (12) A. Duncan	Bowland	1.46.36
2. (16) P. Foale	Aberyst	1.50.10
3. (23) Y. Tridimas	Bowland	1.53.23

LADIES

1. J. Lee	Unatt	1.50.46
2. R. Metcalfe	Eryri	1.52.27
3. E. Salisbury O/40	Eryri	2.12.35
4. K. Forster	Spectrum	2.15.08
5. M. Oliver O/50	Eryri	2.15.16

63 finishers

SNAEFELL RACE

Isle of Man

AS/5m/1900ft 27.03.04

Paul Sheard scored his second win on Manx soil when he took the honours in the 5 miles Snaefell race to follow up his win in last years Creg Ny Baa. Paul is based on the island for a couple of years working on a building project. His presence will add a bit of competition in our races for a

while for sure. Reigning Manx champion, Tony Okell, was always close behind in second place but could not close the gap although the winning margin was only 9 seconds, one of the closest finishes we have had in this race. Manx Marathon champion, Ian Gale, enjoyed a good race to take 3rd with top track star Darren Gray impressing on his first attempt at the fells in 4th.

Commonwealth Games race walker, Cal Partington, scored her second win of the season in the females class but she was made to work hard by Rose Hooton who excels on this course in particular.

For the 3rd time this year a record entry was received with a lot of new faces which is most encouraging.

A junior race was held on a short course from the Bungalow to the summit of Snaefell and back. Winner Andrew Newton who is one of the most promising young talents in Manx athletics at the moment.

Richie Stevenson

1. Paul Sheard	P&B	42.46
2. T. Okell	Manx	42.55
3. I. Gale	Manx	43.55
4. D. Gray	Manx	44.45
5. S. Skillicorn	MFR	44.46
6. M. Quine	MFR	46.18

VETERANS O/50

1. D. Young	MFR	49.09
2. I. Callister	MH	53.26
3. D. Corrin	MH	53.30

LADIES

1. C. Partington	MH	54.05
2. R. Hooton	MFR	55.38
3. C. Barwell	Western	58.22
4. M. Kewley	WAC	67.02
5. S. Folley	Unatt	68.08

JUNIORS

1. A. Newton	MH	13.26
2. M. Speakman	Nthn	15.03
3. S. Gordon	Unatt	15.34
4. Ciara Kaneen Girl	MH	18.06

CAUSEY PIKE

Cumbria

AS/4.5m/1780ft 27.03.04

Nearly a record number of runners, although no records were broken – Simon Booth over a minute outside his own record time, but finishing well clear of Nick Fish and Nick Sharp of Ambleside. In the 11 years that the race has been held I can only recall one poor day weather-wise, and that was for the marshals, not the runners, and we were blessed once again with sunshine.

Many thanks to all the helpers, Newlands Parish for the hall, and Craig Beaty and Keith Harryman for the use of the field.

Lyn Thompson

1. S. Booth	Borrow	33.30
2. N. Fish	Amble	34.57
3. N. Sharp	Amble	35.06
4. A. Schofield	Borrow	35.23
5. C. Doyle	Traff	35.52
6. M. Denham-Smith	Kesw	36.16
7. R. Lightfoot	CFR	36.39
8. N. Lockwood	Kesw	36.45
9. B. Thompson O/40	CFR	36.59
10. G. Schofield O/40	Horw	37.05

VETERANS O/40

1. (9) B. Thompson	CFR	36.59
2. (10) G. Schofield	Horw	37.05
3. (15) B. Rilet	CFR	39.00

VETERANS O/50

1. (13) D. Overton	Kesw	38.19
2. (18) K. Taylor	Ross	39.44
3. (26) D. Schofield	Ross	40.55

VETERANS O/60

1. (55) J. Nuttall	Clay	46.12
2. (67) B. Booth	Kesw	48.03
3. (72) J. Richardson	CFR	49.57

LADIES

1. (37) N. White	Holm	42.33
2. (64) J. Meeks O/40	Kesw	47.39
3. (68) M. Mackenzie O/40	CFR	48.05
4. (80) N. Goffe O/40	BCR	51.57
5. (84) L. Buck O/40	CFR	52.33

58 finishers

LLANBEDR – BLAENAVON FELL RACE

Gwent

AL/15m/4500ft 27.03.04

Not a good turn out this year. Could have been the clash with the rugby or the lack of a Welsh calendar this year, or just that we are all getting older and the youngsters, don't do Grade AL races. Anyhow, the 25 hardy souls were treated to a fine if overcast day. Times again were quite a bit down on those from earlier years with a few of us reflecting that our best times of years ago when we were middle order runners, would put us in the top few places now even allowing for the slightly longer course.

With the sports centre catering facilities closed (to save money) we retired to the Butterfly Pub afterwards where we were treated to pasties and chips and real ale!

Next year will be our 25th running of the race so we hope for a larger field – might even try to get a proper race dinner if we can get a few past winners out of retirement!

G. Buffett

1. C. Flower	MDC	2.18.25
2. M. Pengilly	Lisw	2.24.24
3. G. Craft	Unatt	2.35.01
4. A. Porter	Horw	2.35.22
5. A. Orringe O/50	MDC	2.35.55
6. M. Humphreys	Stroud	2.36.17
7. M. Cowan	Salisb	2.38.05
8. J. Darby O/50	MDC	2.39.47
9. L. Jones	Card	2.40.40
10. T. Morgan O/40	WelshC	2.43.22

LADIES

1. (12) A. Jones	Caerleon	2.49.38
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25 finishers

BROUGH LAW FELL RACE

Northumberland

AS/5m/1250ft 28.03.04

1. S. Birkinshaw	NFR	37.49
2. P. Addyman	NFR	38.05
3. M. Jeffrey O/40	NFR	38.28
4. D. Armstrong O/40	NFR	38.51
5. J. Ross O/40	NFR	39.17
6. D. Atkinson O/40	NFR	40.47
7. M. Byron	Tyne	41.32
8. L. Turnbull O/40	Norham	41.33
9. M. Golithly	NSP	41.42
10. P. Waterson	Morpeth	42.55

VETERANS O/50

1. (12) J. Metson	NFR	43.30
2. (15) J. Dallinson	NFR	44.12
3. (17) P. Graham	Tyne	45.16

VETERANS O/60

1. (35) K. Rawlinson	NFR	50.52
2. (49) M. Sanderson	NFR	57.11
3. (50) J. Garbino	NFR	60.31

LADIES

1. (14) K. Robertson	NFR	44.03
2. (16) V. Oldham	Norham	44.21
3. (25) L. Wilkinson	NFR	47.02

52 finishers

FIVE TORS MOORLAND RUN

Cornwall

CM/11m/1170ft 28.03.04

1. J. Hoston	NDev	1.09.58
2. M. Musty	SDev	1.11.07
3. H. Marsden O/40	Exmouth	1.11.11
4. J. Pascoe	Corn	1.12.54
5. I. Andrews	SWRR	1.13.05
6. M. Horton Lady	NDev	1.13.25
7. S. Long O/40	Tring	1.14.46
8. J. Pyne	Exmouth	1.15.24
9. J. Evans		1.16.40
10. D. Rowe	Truro	1.17.31

VETERANS O/40

1. (3) H. Marsden	Exmouth	1.11.11
2. (7) S. Long	Tring	1.14.46
3. (15) M. Chapman	Falmouth	1.19.38

VETERANS O/50

1. (14) T. Ryan	Tiver	1.19.35
2. (16) L. Clarke		1.19.59
3. (20) B. Dabrowski	Dulw	1.21.01

VETERANS O/60

1. (84) R. Dransfield		1.42.55
2. (100) M. Anstey		1.51.57
3. (101) D. Anstey		1.51.57

LADIES

1. (6) M. Horton	NDev	1.13.25
2. (18) J. Horne	NDev	1.20.16
3. (24) S. Daw O/40	Caradon	1.21.48
4. (30) C. Davidson O/40	Unatt	1.25.01
5. (33) J. Nash O/40	Caradon	1.25.59

129 finishers

TRUNCE 1 – JUNIOR RACE

South Yorkshire 29.03.04

1. W. Heap	14.59
2. E. Mutch	15.11
3. J. Chatterton	15.46
4. M. Carr	16.37
5. L. Wray	16.40
6. A. Knight	17.23
7. A. Cullen Girl	17.24
8. B. Senior	17.30
9. J. Rooke	17.42
10. E. Bishop Girl	18.02

PEN CERRIG CALCH

Glamorgan

AS/3m/1500ft 30.03.04

Phew! I've been out in all sorts of weather on some of the world's biggest mountains, but never in wind like that. Still, it made for a race to remember; one about which tales will be told in years to come by the old codgers in the back bar of *The Muddy Dap*. It was touch and go, but as people had travelled a long way, we put out a lot of marshals and a lot of flags and cut the junior race to half distance. If there had been any narrow ridges to negotiate or precipices near the course, I would have called it off, but (almost) everyone was keen to run. For once, there was no argument about kit requirements – I generally like runners to take responsibility for their own safety and, without exception, they did.

Just as the field set off, Kay Lucas, the summit marshal called in to say that she couldn't reach the summit. She had been blown over and couldn't get up again! Fortunately the wind eased slightly before the runners got there, and she was able to crawl the rest of the way just in time. Even in rough slippery conditions, there was some close racing all round the course. Dylan Wynn Thomas perfected the "plummet" descent to get one better place than last year, although 3 minutes and 9 seconds slower. Judging by the mud caked look, many runners developed unorthodox descent methods; understandable as the storm force winds were behind them on the

slippery slope. Most people were around 5 minutes behind their normal times, but Steve Brown lost over 13 minutes of last year's time because his glasses kept blowing off!

The juniors had an excellent close race, with Daniel just out-sprinting Sarah in the last few yards. James, Sarah and Lizzy all made a good enough effort to get selected for the Welsh team – a great future for all is in prospect.

As usual, 60% of the field were over 40 and 15% over 50, but all seemed to have a good time, enjoying the extreme conditions. Many thanks to Kay, Brian, Fred, Benjy, Ade, Angie, Lizzy's dad and Shirley for their presence around the course, ensuring a safe day out for all. Many thanks also to Cliff Jones for use of his farm – sorry about the state of the field after all the cars had slithered out of it.

It will be back to the last Saturday in March next year, and therefore back to our normal beautiful weather.

Derek Thornley

1. D. Jones	Eryri	32.15
2. A. Jones	MDC	33.20
3. P. Woodisse	MDC	33.38
4. C. Flower	MDC	34.07
5. T. Taylor O/40	Mercia	34.13
6. M. Duxbury	Stroud	35.32
7. D. Adlam	MDC	35.46
8. M. Collins	MDC	36.23
9. C. Taylor	Mercia	37.16
10. J. Griffiths O/50	Sarn	37.26

VETERANS O/60

1. (25) R. West	MDC	46.46
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VETERANS O/70

1. (31) J. Battersby	MDC	59.13
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LADIES

1. (14) J. Lloyd	Eryri	40.37
2. (19) V. Musgrove O/40	Eryri	42.55
3. (21) E. Salisbury	Eryri	44.32

33 finishers

JUNIORS

1. I. J. Thomas	Card	18.26
2. D. James	Pontyp	19.46
3. S. McRobie Girl	Menai	19.50
4. L. Goodband Girl	Aberyst	21.19

LLANTYSILIO MOUNTAIN RACE

Denbighshire

AM/7.5m/2600ft 03.04.04

Fifty competitors lined up for this annual event in a country area unfamiliar to the average hill-walker and runner, with views extending to Snowdonia and the North Wales coast. Of the fifty 37 were veterans with 6 ladies competing.

The main battle of the event was between James McQueen and Anthony Smith. Anthony must have thought he had the win in the bag as he headed the race all the way to the final mile which includes a single track technical descent. It was here that James McQueen struck and took the lead having to work hard over the final half mile of tarmac to win by 3 seconds. In the veterans Don Williams Vet 60 was 4th place at the top of the final climb (a killer of a hill after 6 miles) and eventually finished 7th, Don is like a vintage wine, he gets better with age.

In the ladies race Victoria Musgrove had it all her own way to finish 29th overall.

Geoff Gartrell

1. J. McQueen	Eryri	51.04
2. A. Smith	Amble	51.11
3. I. Houston	Wrex	53.04
4. E. Davies O/40	Mercia	55.20
5. A. Mouncey	Hinck	55.24
6. T. Jones O/40	Eryri	55.34
7. D. Williams	Eryri	55.44

8. S. Jones O/40	Eryri	56.14
9. P. Stinton	Buck	56.25
10. M. Williams	Penn	56.41

VETERANS O/50

1. (13) G. McAra	Penn	58.33
2. (17) L. Best	Stock	59.00
3. (26) Y. Tridimas	Bowl	62.21

VETERANS O/60

1. (7) D. Williams	Eryri	55.44
2. (35) P. Norman	Wrex	69.31
3. (36) P. Jones	Prest	70.08

LADIES

1. (29) V. Musgrove O/45	Eryri	64.22
2. (40) M. Oliver O/55	Eryri	72.42
3. (44) S. Montgomery O/35	Buck	76.46
4. (45) S. Charman O/50	Helsby	78.49
5. (49) J. Mapp O/40	Ludlow	86.21

50 finishers

DONARD-COMMEDAGH RACE

Northern Ireland

AM/6.8m/3300ft 03.04.04

Simon Bailey won the first race of the 2004 British Championship series, giving notice to all contenders that he expected to do better than his 2003 13th overall position. In second place was his team mate Tim Davies just 2 seconds ahead of Simon Booth. Robert Hope was in fourth place with Rob Jebb, 2003 champion in fifth place. The latter, with Tim Davies set the early pace, leading by half a minute on Donard and the same on Commedagh, with Simon Bailey taking 68 seconds off them on the fast descent over grass, heather and forest tracks. Tim was able to hold onto second place but Rob faded to 5th. Simon Booth was another fast finisher, being 10th on Donard, 6th on Commedagh and 3rd overall. Others had poorer performances, with record holder Ian Holmes being 8th on Donard, 9th on Commedagh and uncharacteristically losing out on the descent to finish 16th. Mark Roberts was the first veteran in 9th place overall with a time of 66:32, while 2003 vet 50 champion, Duncan Overton was again the leading vet 50 in 58th place overall.

In the ladies' categories Angela Mudge was an easy winner, over 5 minutes ahead of Natalie White with Louise Sharp a further 2:27 behind. Angela was 32nd on Donard, 37th on Commedagh and 48th overall, whereas Natalie improved during the race (96th, 89th, 86th) and Louise faded from 79th on Donard, 82nd on Commedagh and finished 102nd overall, being passed by Natalie on the descent. Kate Beatty maintained her race position to finish first vet 40, fifth female and 111st overall.

With five counters required in the Open Men's teams, club strength in depth is essential with Borrowdale proving they could deliver. With Ambleside, last year's champions not appearing, Borrowdale have given notice that they want to improve on their second place in the team award. Borrowdale's 38 points left them well ahead of Pudsey & Bramley (71 points) and Mercia (83 points), with a total of 17 teams in this category. The ladies' teams were led by Dark Peak (30 points) with Calder Valley second on 49 points, just beating Carnethy (51 points). The male veteran teams were again led by Borrowdale (23 points), followed by Cumberland Fell Runners (51 points) with Clayton Le Moors third on 99 points. Horwich also tied on 99 points but their fourth counter was behind the fourth runner of Clayton Le Moors.

Ian Taylor

1. S. Bailey	Mercia	1.02.19
2. T. Davies	Mercia	1.02.57
3. S. Booth	Borr	1.02.59
4. R. Hope	P&B	1.03.37

5. R. Jebb	Bing	1.03.53
6. D. Hope	P&B	1.04.54
7. P. Davies	Borr	1.04.37
8. J. Davies	Borr	1.04.42
9. M. Roberts O/40	Borr	1.06.32
10. T. Austin	DkPk	1.06.49
11. A. Davies O/40	Borr	1.06.54
12. S. Whitlie O/40	Carn	1.07.04
13. N. Sharp	Amble	1.07.33
14. R. Lawrence	Bing	1.07.35
15. N. Carty	NBelf	1.08.10
16. I. Holmes	Bing	1.09.06
17. A. Schofield	Borr	1.09.07
18. B. Ervine	Ballyd	1.09.20
19. G. Devine	P&B	1.09.27
20. S. Bottomley	P&B	1.09.29
21. G. Wilkinson	Clay	1.09.36
22. Paul Sheard O/40	P&B	1.09.44
23. A. Ward	DkPk	1.09.49
24. P. Vale	Mercia	1.09.58
25. R. Lamb O/40	Mercia	1.10.13
26. G. Ayers O/40	CFR	1.10.16
27. D. Taylor	DkPk	1.10.21
28. P. Nolan	GEN-DSD	1.10.26
29. James	Carn	1.10.45
30. M. Hayman	DkPk	1.10.50

VETERANS O/50

1. (58) D. Overton	Kesw	1.14.56
2. (69) J. Hope	AchR	1.16.51
3. (79) D. Tait	DkPk	1.18.30

VETERANS O/60

1. (97) G. Howard	Ilk	1.21.36
2. (161) B. Waldie	Carn	1.32.13
3. (166) R. Booth	Kewsw	1.33.34

LADIES

1. (48) A. Mudge	Carn	1.14.05
2. (86) N. White	Holm	1.19.19
3. (102) L. Sharp	Kesw	1.21.46
4. (107) S. Taylor	Bing	1.22.22
5. (111) K. Beaty O/40	CFR	1.22.38
6. (132) K. Bailey	Bing	1.25.30
7. (147) M. Laney O/40	Clay	1.28.58
8. (150) L. Bland	DkPk	1.30.00
9. (157) A. Johnson	CaldV	1.31.21
10. (158) K. Davison	DkPk	1.31.32

229 finishers

FOUR INNS West Yorkshire

BL/45m/6500ft 03.04.04

The Four Inns Walk, organised by the Derbyshire Scout Council originally started in 1957 with a total of 12 Rover Scout teams. The Four Inns, a tough competitive walk in the Peak District approximately 72 km long over some of the roughest moorland in Britain now attracts 70 plus teams of four. Originally only open to 'Scouting' members it is now a truly open event - this year welcoming 22 teams from outside 'Scouting'.

Teams start at 2 minute intervals from the Parish Hall in Holmbridge up to the site of the Isle of Skye Inn. Proceeding across the top of Black Hill to the second checkpoint (the trig point at Hey Edge) down to the Youth Hostel at Crowden - the first feeding point. The route continues down the side of the Torside Reservoir across the dam to the next checkpoint before the climb up 'The Reaps' to the second major peak - Bleaklow. The following checkpoint is Doctor's Gate on the Snake Pass. The route continues as a gentle walk down the main road to the Snake Pass Inn before the ascent of the third major hill - Kinder Scout, across the plateau and drop down Grinds Brook into Edale, past the Nags Head Inn and down to the checkpoint. The route now heads up the Chapel Gate footpath and drops down into Chapel-en-le-Frith. Out of Chapel up to Whitehall (the Derbyshire Outdoor Pursuits centre) and then down into the Goyt valley. A

gentle' climb up Shooters Clough brings the walkers to the Cat and Fiddle Inn, the last of the Four Inns. The Cat high on the moors in Cheshire is now recognised as the highest pub in England. The final stretch is a mainly downhill walk along the old Roman road into Buxton, finishing at the University of Derby High Peak College.

This year we introduced the option of teams of 3 as well as the normal teams of 4. This together with increased publicity attracted an entry of 87 teams, which is an improvement on previous years and we hope has reversed the previous trend.

Peter Rogers

NON-SCOUT TEAM

1. White Peak	08.01.00
2. Shelton Striders	08.25.00
3. Belperites A	08.00.00

SCOUT TEAM

1. Viking C	08.41.00
2. Quest XXXB	09.51.00
3. Phoenix Network A	09.54.00

NOVICE TEAM

1. Glossop Rover Crew (Jap)	10.17.00
2. Meat and Two Veg	10.57.00
3. Long Eaton RC	11.29.00

SCOUT TEAM U/25

1. Phoenix Network A	09.54.00
2. Viking A	10.03.00
3. Tsunamiesu A	15.57.00

MIXED OPEN

1. Shelton Striders	08.25.00
2. Meat and Two Veg	10.57.00
3. Pegasus B	11.29.00

150 YEARS (4 TEAM) OR 120 YEARS (3 TEAM)

1. White Peak	08.01.00
2. Shelton Striders	08.25.00
3. Belperites A	09.00.00

SCOUT TEAM OUTSIDE DERBYSHIRE

1. Pegasus B	11.29.00
2. Thrust	11.48.00
3. 1st Hinchley Wood B	12.33.00

PENDLE FELL RACE Lancashire

AS/4.5m/1500ft 03.04.04

Numbers were slightly down this year due to many of the top runners being across the water at Knockdhu. This meant therefore that new names would appear on the men's and possibly ladies' trophies.

The weather was fine and mild, that is until just before the start of the race, then it started to rain, and as the runners set off up the track the heavens opened. The finishing line started to resemble a river rather than the tarmac track that it was.

In the race Colin Donnelly had a 5 second lead at the top of the cart track with Andrew Ellis 2nd and Michael Hammer 3rd, but after the tough climb up the front of Pendle Hill Michael had moved into 1st with Colin 2nd and Andrew 3rd, 15 seconds separating all three. Michael held on and extended his lead to 30 seconds with Colin just ahead of Andrew.

Many thanks to the marshals who endured the appalling rain on the hill and the other helpers and friends. Thanks also to Mr & Mrs Weatherall for the food and drinks at the village hall, and Rossendale and Pendle Mountain Rescue for their attendance.

David Bailey

1. M. Hammer	B'burn	34.04
2. C. Donnelly O/40	Cambuslane	34.34
3. A. Ellis	ValeR	34.41
4. J. Wright	Tod	35.23

5. P. Thompson	Clay	35.44
6. A. Etherden	Saddle	35.56
7. C. Smale O/40	Tod	36.24
8. M. Wallis O/40	Clay	36.30
9. A. Black O/40	Clay	36.41
10. J. Hunt	CFR	36.43

VETERANS O/50

1. (26) P. Booth	Clay	39.44
2. (38) B. Mitchell	Clay	41.32
3. (40) N. Pearce	Ilk	41.47

VETERANS O/60

1. (127) R. Jaques	Clay	50.04
2. (141) D. Kay	Horw	51.33
3. (148) G. Arnold	Prest	52.39

VETERANS O/70

1. (163) B. Thackery	DkPk	53.56
2. (171) D. Clutterbuck	Unatt	56.39
3. (189) J. Newby	Tod	82.13

LADIES

1. (62) K. Slater	Settle	44.10
2. (89) C. Anthony	BelleV	46.09
3. (96) J. Smith O/40	Tod	46.58
4. (101) S. Budget O/40	Horw	47.42
5. (107) J. Commons O/40	Clay	48.25

WIRKSWORTH INCLINE RACE Derbyshire BS/4m/600ft 04.04.04

The annual Wirksworth Incline race was held from Ravenstor Road, Wirksworth. The four mile long course rises steeply from Ravenstor Road over Middleton Moor, a climb of over 600 feet, then returns to the starting point.

A relatively poor turnout of 70 competitors completed the course in cool, dry and blustery conditions, following fifteen hours of rain.

A. Woolley

1. D. Yates	Matlock	23.50
2. D. Lilley	Hather	24.01
3. J. Teece	Matlock	24.36
4. K. Webster	Matlock	24.48
5. T. Plant	Belp	25.13
6. M. Berhisson	Derby	25.42
7. K. Brailsford O/50	Derby	26.38
8. S. Edwards	Matlock	27.01
9. D. Harrison	Matlock	27.03
10. D. Walsh	Sheff	27.20

VETERANS O/50

1. (7) K. Brailsford	Derby	26.33
2. (11) R. Britton	Carlton	27.31
3. (13) S. Brister	Matlock	27.47

VETERANS O/70

1. (35) B. Rogers	Chestfld	34.10
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LADIES

1. (16) C. Howard	Matlock	28.28
2. (34) L. Evans	Chestfld	33.54
3. (41) R. Britton	Carlton	35.05
4. (47) M. Moore	Sheff	36.55
5. (48) A. Cluley	Ilkeston	41.31

70 finishers

AXE TO EXE Devon

AL/20.3m/5935ft 04.04.04

1. M. Bayer	Sidmouth	
2. D. Stone	Exmouth	
3. R. Williams	Plympton	
4. T. Laney	Clay	
5. A. Carruthers	Hales	
6. J. Jackson	Sidmouth	
7. A. Pickington	Settle	
8. S. Bellaway	Worc	
9. R. Iles	Woodfalls	
10. I. Andrews	SWRR	

BUNNY RUN ONE
West Yorkshire
CS/3m/300ft 6.04.04

1. M. Buckingham	Holm	17.36
2. I. Holmes	Bing	17.49
3. C. Doyle	Traff	18.21
4. A. Brownlee	Bing	18.40
5. C. Loftus	Kghly	18.42
6. A. Shaw O/40	Holm	18.42
7. S. Bottomley	P&B	18.59
8. S. Livesey O/40	Bowland	19.05
9. W. Ali	Felldancer	19.15
10. R. Lawrence	Bing	19.18

VETERANS O/40

1. (6) A. Shaw	Holm	18.42
2. (8) S. Livesey	Bowland	19.05
3. (15) R. Haworth	Horw	19.32

VETERANS O/50.

1. (91) H. Atkinson	Bing	24.29
2. (101) P. Gillham	Chor	25.17
3. (108) I. Goodyear	Bing	25.36

VETERANS O/60

1. (99) M. Coles	Skyrac	25.14
2. (179) R. Cutts	Longw	29.26

LADIES

1. (36) N. White	Holm	20.57
2. (54) H. Glover	Kghly	22.20
3. (56) B. Haywood U/14	LincWell	22.22
4. (72) A. Fulton U/16	Bing	23.30
5. (74) A. McGivern U/14	Holm	23.38

232 finishers

HEROD FARM HILL RACE
Derbyshire
AS/8m/1100ft 07.04.04

A quality field competed in this fast and furious race organised by Glossopdale Harriers. The course takes in two steep accents and descents of Whitley Nab in the High Peak above Glossop. Despite days of unpredictable weather conditions were dry, but muddy.

Clare Baguley

1. T. Austin	DkPk	23.04
2. J. Ingram	Saddle	23.53
3. A. Johnson	Macc	24.07
4. G. Cudahy	Stock	24.14
5. M. Hayman	DkPk	24.57
6. A. Trigg O/40	Unatt	25.43
7. N. Bassett O/40	Staffs	25.51
8. P. Targett	Clay	25.59
9. C. Fray O/40	Penn	26.23
10. D. Gibbons	Penn	26.33

VETERANS O/50

1. (25) R. Taylor	Penn	29.03
2. (26) M. Cortvriend	Macc	29.15
3. (28) S. Frith	Barns	29.31

VETERANS O/60

1. (59) R. Wignall	Altr	35.26
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VETERANS O/70

1. (67) B. Thackery	DkPk	38.49
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LADIES

1. (32) Z. Tucker	Bitterne	30.26
2. (43) E. McGuire O/40	Stock	32.01
3. (50) M. Calvert O/40	Macc	33.13
4. (51) C. Mosey O/40	DenbyD	33.23
5. (52) E. Doherty	Unatt	33.24

71 finishers

McVEIGH CLASSIC
Mourne Mountains
AS/4m/1200ft 08.04.04

The clocks go forward and all of a sudden it's bright enough to run in the forests and mountains after 7.30pm heralding another Hill & Dale Series. Traditionally, of recent times, it starts with the McVeigh Classic in Castlewellan Forest

Park and the personal excesses of the winter period are exposed for all to see as the race winds its way up and down and up and down, finishing with the very public 'crawl' up the grassy slope in the shadow of the castle.

113 brave souls gathered by the lakeside and the atmosphere as ever was fantastic with the air full of anticipation. For anyone who knows Castlewellan Forest Park, the race has three serious climbs, the Ridge Walk, Slievenaslat and also Foxes Green with, of course, a lot of height loss in between each.

Amid the raucous noise there was a poignant moment's silence for Michael Morgan, founder of the Hill & Dale Series who died in the past year. Appropriately the silence was broken as the clock turned to 7.30pm, Michael set the trend that still exists today that the race should start on time.

Up front, Alan McKibben started fast as usual, followed by Neil Carty. Behind was one of this winter's cross-country champions, in a January race when he dropped McKibben on the last lap, Francis Marsh, who led the rest of the bunch. In close order were Mark Alexander and Andy Gregg.

As the years go by and old and new faces appear at the races, only one thing really changes, everyone is one year older than last year. Pointedly, Billy Magee, former Mountain Racing Association Chairman and Northern Ireland Team Manager, has now turned 60 and you wouldn't believe it, it seems to have been a new lease of life as he stormed home in 54th out of 113. At the other end of the spectrum, 16-year-old Shane Doherty is this year's youth find of the early season as he surprised everyone, with the exception of himself, to come home in 6th place overall.

Neck and neck as they appeared at the finish, it was McKibben who summoned up the extra effort and out kicked Carty to win in a time just 5 seconds outside Deon McNeilly's 2002 record.

The ladies' winners from the last three years, Shileen O'Kane and Sharon McBurney were notable by their absence (O'Kane recently had a baby but is allegedly already back in training). This left the way clear for Kerry Harty, another youthful star of times past who is returning this year to top class competitive action. Special mention of the night goes to fireman Jess Anderson who marked his decision (it's only taken him two years) to join Newcastle AC with an early nomination for the 'lost in the mountains' award. I know it's only the forest, but Anderson set off for his warm-up and decided to take a short cut back through the young Christmas trees. Not so soon after he appeared at the start area with blood oozing from scratches all over his body - this wasn't a case of 'did not finish' instead a case of 'did not start'.

Someone handed in £5 as the race entry fee and willingly took back £2 in change. Honesty will be applauded when the transgressor owns up next week and the return of £1 will be sufficient - suspects are in the following order - those who live in Blayney, those who also work in Bessbrook and finally, those who shop regularly in Newry - you know who you are!

BOGBOY

1. A. McKibben	N'castle	32.33
2. N. Carty	NBelfast	32.35
3. F. Marsh	NDown	34.24
4. M. Alexander	Bally	34.32
5. A. Greg	Larne	34.46
6. S. Doherty Jun	MUlster	35.18
7. P. Rodgers	N'castle	35.23
8. J. McCann	N'castle	35.26
9. D. Brannigan	N'castle	35.37
10. G. Bailey	ACKC	35.49

VETERANS O/40

1. (11) D.Allen	Albert	35.59
2. (16) E. Bell	Abbey	36.31
3. (27) C. McAlinden	N'castle	38.37

VETERANS O/50

1. (18) B. McKay	Albert	36.52
2. (42) W. Kettyle	ACKC	41.36
3. (61) F. Hamond	BARF	43.42

VETERANS O/60

1. (54) B. Magee	Larne	43.07
2. (109) H. Young	Unatt	56.50

LADIES

1. (36) K. Harty	N'castle	40.40
2. (58) A. Sandford O/40	N'castle	43.20
3. (79) T. McCann O/40	LVO	45.57
4. (82) S. Murphy	N'castle	46.25
5. (84) B. Brown O/40	ACKC	46.51

112 finishers

KNOCKFARRELL HILL RACE
Ross-shire
BS/5m/1200ft 10.04.04

The highlight of this year's race was a fine run by Tracy Brindley to set a new course record for the ladies, which knocked seconds off the record she set in 1998. Graeme Bartlet was a comfortable winner but was almost two minutes down on his record time set in 2000. A total of 40 runners entered, which was very pleasing, as apart from the championship year it was our highest entry since 1986. There were only 10 runners under forty which makes you wonder what will be happening in ten years time. Many thanks to all the marshals and helpers who ensured the day ran very smoothly.

R. Wilby

1. G. Bartlet	ForrH	39.19
2. D. Cummins	Shettle	41.28
3. A. Smith O/40	Dees	41.49
4. A. Macleod O/40	HHR	42.29
5. S. Worley O/40	Inv	43.01
6. P. MacLean	Lochaber	43.18
7. T. Brindley	Carn	43.20
8. M. Johnson	Carn	44.43
9. A. Dytch O/40	HHR	45.09
10. A. MacDougal	HHR	45.22

VETERANS O/50

1. (11) G. Mitchell	Inv	45.27
2. (16) B. Brooks	Lochaber	48.42
3. (17) A. Brett	HHR	48.49

LADIES

1. (7) T. Brindley	Carn	43.20
2. (22) M. Johnstone O/40	HHR	51.58
3. (23) J. Wilson O/40	Inv	52.09
4. (27) D. MacDonald O/40	HBT	54.30
5. (29) J. Cleghorn O/40	HHR	58.28

38 finishers

RIVINGTON PIKE FELL RACE
Lancashire
BS/3.25m/700ft 10.04.04

Rob Jackson made history in this year's annual Rivington Pike Fell Race. Thirty eight year old Rob became the first runner ever to complete 20 consecutive Pike races. Not only that but he continued his superb record by finishing ninth and making it twelve top ten finishes out of the last sixteen races. George Arnold also completed his 20th Pike Race and finished runner up in the M65 category. The race was won by Andi Jones, who also won the £50 prize for the first man to reach the Pike Tower, getting there in 10.09.

Liz Procter was first lady, also winning £50 for being the first female to reach the Pike Tower (12.59). Janet Rashleigh was the first Horwich RMI Harrier winning the Lady over 40 category and with Suzanne Budgett (2nd Lady over 40) hot on her heels, just two places behind, and

Katie Ingram (1st Junior Lady), the Horwich ladies won the team event.

Blackburn Harriers, led by Michael Hammer finishing a fine third place overall, won the men's team award ahead of Horwich. Local athlete Idris Evans of Lostock AC continued his record of being the oldest ever Pike race competitor, being just short of his 80th birthday on June 20th.

Race organiser, Gordon Entwistle, was delighted with the way the race went and was especially grateful to all the helpers, Bolton Mountain Rescue Team, Gary and Beverley Parker of the Crown Hotel and the race's main sponsors Walsh Sports. He was also very appreciative of the generous donation of prize money by Horwich RMI Harrier Jason Hodgson who now lives in America.

The Junior Pike races were held for U12, U14 and U16 year olds. Ryan Gould (E.Cheshire) and Olivia Ellis (Bolton) won the U12's, Grant Cunliffe (Burnley) and Laura Alexander-High (Aldershot Farnham & District) won the U14's and Ben Lindsay (Pendle) and Dionne Allen (Leigh) won the U16's. Junior races organiser Pete Ramsdale was again grateful to all who helped.

Next year is the 50th anniversary of the first open Pike race, when all the men's and lady winners over the last fifty years will be given a special invite to attend the race and associated celebrations.

Gordon Entwistle



Leo Pollard (V65) descending in fine style at Rivington Pike
(Photo Bill Smith)

1. A. Jones	Salf	17.02
2. R. Hope	P&B	17.40
3. M. Hammer	B'burn	17.56
4. C. Roberts O/40	Kend	18.07
5. D. Hope	P&B	18.19
6. D. Nicholls	Macc	18.20
7. T. Cornthwaite Jun	B'burn	18.23
8. M. Bouldstridge	Merc	18.45
9. R. Jackson	Horw	19.00
10. S. Livesey O/40	Bowland	19.08

VETERANS O/40		
1. (4) C. Roberts	Kend	18.07
2. (10) S. Livesey	Bowland	19.08
3. (18) R. Haworth	Horw	19.42

VETERANS O/50		
1. B. Walton	Horw	20.42
2. T. Hesketh	Horw	20.45
3. J. Norman	Altr	21.53

VETERANS O/60

1. A. Peers	Spect	25.06
2. T. Orrell	Clay	25.10
3. P. Walkinston	Horw	25.15

VETERANS O/70

1. B. Thackery	DkPk	29.31
2. M. Walsh	NFylde	33.31
3. A. Robinson	Horw	33.35

LADIES

1. L. Proctor	Bolt	22.11
2. J. Rashleigh O/40	Horw	22.50
3. S. Budgett O/40	Horw	23.00
4. C. Anthony	Belle	23.58
5. K. Ingram Jun	Horw	24.00
6. K. Cole Jun	Horw	24.27

225 finishers

**MANX MOUNTAIN MARATHON
Isle of Man**

AL/31.5m/8000ft 10.04.04

After eight years of trying, Paul Thompson finally achieved the win he wanted so much when he took the honours in this race. And what a performance by the popular Lancastrian as he led for most of the 31 miles recording a super fast time just here minutes outside the course best of Colin Donnelly set in 2002.

Last year's winner, Ian Gale, had to settle for runner-up in another very quick sub-5 hour time with six times previous winner, Andy Hauser, slotting into yet another top three placing.

The ladies' race looked to be heading to Wales as Victoria Musgrove opened a lead of over eight minutes on Clare Kenny by the checkpoint at Injebreck. From here on thought, it was Clare who fought back gradually closing the gap until she took the lead on South Barrule, which she maintained to the finish.

Tony Spicer had a comfortable win in the O/50 class from Raymond McArthur and Peter Booth, whilst Roger Ashby was Top O/60.

The team prize was won by Clayton trio of Paul Thompson, Lee Thompson and Peter Booth.

Finally, the fastest newcomer went to Andrew Brierley in a very good 9th place.

There were some good performances by overseas competitors. Switzerland's Ralf Bruwhiler improved from 13th last year to 7th. There were also solid runs by Jiri Fiala from the Czech Republic and Neils Lindeman from the Netherlands.

Tony Rowley

1. P. Thompson	Clay	4.42.27
2. I. Gale	MFR	4.59.29
3. A. Hauser	Holm	5.06.49
4. T. Okell	MH	5.14.22
5. L. Thompson	Clay	5.35.30
6. S. Skilicorn	MFR	5.38.04
7. R. Bruwhiler	Switz	5.41.53
8. T. Spicer O/50	Ross	5.47.53
9. A. Brierley	Unatt	5.58.19
10. A. Sunter	Horw	5.59.07

VETERANS O/50

1. T. Spicer	Ross	5.47.53
2. R. McArthur	Meltham	6.01.07
3. P. Booth	Clay	6.06.40

LADIES

1. C. Kenny	Unatt	6.24.52
2. V. Musgrove	Eryi	6.36.00
3. C. Barwell	WAC	7.18.17
4. A. Wade	FRA	7.56.04
5. J. Feeney	Ross	9.37.56

**MANX HALF MARATHON
Isle of Man**

14m 10.04.04

A race was held over the second half of the MMM route starting at St John's, giving a distance of

around 14 miles. Brian Osbourne from Douglas produced a strong run pulling away on the first climb at Slieuehallian. He increased his lead from here to the finish having an advantage of just under six minutes at Port Erin over fellow local, Mark Preston. Third was Stephen Whittaker who had originally been entered for the main race.

Reigning Manx champion, Rose Hooton, was best female ahead of Switzerland's, Barbara Neunschwaz.

Tony Rowley

1. B. Osbourne	MFR	1.50.33
2. M. Preston	MH	1.56.23
3. S. Whittaker	Clay	2.01.27

VETERANS O/50

1. D. Kelly	MFR	2.07.21
2. S. Kelly	Nthn	2.37.49
3. A. Pilling	IOMV	2.54.53

LADIES

1. R. Hooton	MFR	2.20.51
2. B. Nuenschwz	Switz	2.31.03
3. L. Croome	Exmouth	2.44.04

**MIDDLEFELL
Cumbria
10.04.04**

Local lad and race record holder, Alan Bowness, had a comfortable victory over British fell running champion Rob Jebb. Alan, who has spent the winter substituting his usual high mileage training routine by fell walks and cycling was much fresher than the rather tired looking British champion.

After a fast start from the Screes Inn (Nether Wasdale) crossing the valley to Greendale, Alan powered away on the 500m ascent of Middlefell to establish a 90 second lead at the top. Rob, who is usually a faster descender than Alan, continued to lose ground and the lead had doubled at the finish

Sharon Taylor not only beat the second lady by 4 minutes, but also finished 9th overall leaving the majority of the men's field behind her.

All enjoyed an excellent Cumberland Tatle Pot in the Screes Inn afterwards

Rachel Hughes & Nick Putnam

1. A. Bowness	CFR	48.31
2. R. Jebb	Bing	51.46
3. B. Thompson O/40	CFR	53.49
4. M. Denham-Smith	Kesw	54.45
5. W. Bell O/40	CFR	57.28
6. B. Taylor	CFR	57.43
7. H. Jarrett O/50	CFR	58.12
8. Garry Byers O/40	CFR	58.54
9. S. Taylor Lady	Bing	62.06
10. I. Robinson O/50	Clay	62.38

VETERANS O/50

1. (7) H. Jarrett	CFR	58.12
2. (10) I. Robinson	Clay	62.38
3. (12) R. James	CFR	63.33

LADIES

1. (9) S. Taylor	Bing	62.06
2. (15) K. Slater	Settle	66.06
3. (23) T. Taylor	Stamf	68.37
4. (27) J. Casey	Barrow	70.31
5. (31) S. Slater	Settle	73.35

**SHINING CLIFFS FELL RACE
Derbyshire**

BS/5m/900ft 11.04.04

1. A. Leck	L&M	30.50
2. R. Bradbury	Mat	31.30
3. P. Archer O/40	Notts	32.40
4. J. Sharp O/40	Unatt	32.48
5. A. Moore O/40	DkPk	33.53
6. D. Stuart	LongE	34.16

7. R. Keal	Unatt	34.27
8. N. Lander O/40	EreV	34.35
9. R. Salt O/40	Charn	35.22
10. A. Sheldon O/40	Millt	35.33

VETERANS O/50

1. (12) A. Keen	EreV	35.40
2. (13) M. Leck	L&M	35.42
3. (19) P. Pittson	EreV	36.07

VETERANS O/60

1. (47) R. Bunn	Hales	44.03
2. (53) M. Edwards	DkPk	44.42
3. (63) T. Long	RollsR	50.29

LADIES

1. (14) K. Davison	DkPk	35.46
2. (30) A. Heading	Millt	39.18
3. (44) A. Leck	Unatt	42.59
4. (46) R. Langton	Unatt	43.46
5. (49) K. Else O/40	Newark	44.13

69 finishers

TOLLYMORE FOREST Mourne Mountains AS/4m/1200ft 15.04.04

The identity of the most popular race organiser of the annual Hill & Dale 11-race Series was reinforced when a record 129 runners gathered at the Tollymore Mountain Centre. This race tends to be the fastest of the Series, unloved by the true mountain goats, loved by the track stars, although it still contains three solid climbs interspersed with very fast sections.

Alan McKibbin is just returning to form and aims to wrench the Hill & Dale title from Neil Carty this year and started by winning Race 1 of the Series in Castlewellan. However, Carty is a dogged competitor, coming out all guns blazing this week taking the fight to McKibbin. It was a joy to watch as they pulled swiftly away from the other 127 runners and scrapped neck and neck for nearly half an hour. Eventually, though, Carty broke the elastic and pulled away to win in two seconds under 31 minutes, 22 seconds clear of McKibbin to make it one all. With the course changed to take account of the forestry management, this becomes a new record.

A new record too then for Kerry Harty who made it two out of two with victory in 37 minutes 58 seconds, despite a spectacular crack and tumble on the first climb, coming home with a gashed hip and swollen ankle. She was just over two minutes clear of club mate and first lady veteran Anne Sandford, who continues to improve after a couple of seasons away from the fells. Overall, 20 females participated this week making it an all-time record turnout – long may it last.

Back at the sharp end of the race, in the junior category, a great tussle developed between Jonathan McCloy and local teen idol, Adam Mitten. Known by his friends and admirers locally as the Mighty Mitty, a profile of this teenage protegee can be seen elsewhere in the paper this week. McCloy, as ever, set off hard and led for a long way. The Mighty Mitty never gave up and into the last ten minutes of the race, on the final climb, he dug deep and caught and passed McCloy to win by 7 seconds to give him the early led in the Series after two races.

Jim Brown came home first veteran, inside the first 10, for his first Hill & Dale win of the season. Dave Allen and Eddie Bell took second and third veterans with the faster running suiting them well. Billy McKay belied his years to finish 17th and first veteran 50. Billy Magee continued his impressive form to come home first veteran 60, again easily in the top half of the field.

BOGBOY

1. N. Carty	NBelF	30.58
2. A. McKibbin	N'castle	31.20
3. M. Alexander	Ballym	32.45

4. A. Gregg	Larne	32.57
5. L. Maginnis	N'castle	33.02
6. D. McNeilly	Ballyd	33.05
7. A. Brennan	Ballym	33.09
8. P. Rodgers	N'castle	33.16
9. J. Brown O/40	BARF	34.01
10. G. Bailey	ACKC	34.09

VETERANS O/40

1. (9) J. Brown	BARF	34.01
2. (14) D. Allen	Albert	34.35
3. (15) E. Bell	Abbey	34.55

VETERANS O/50

1. (17) B. McKay	Albert	35.07
2. (19) J. Patterson	N'castle	35.48
3. (42) P. McGuckin	ACKC	39.22

VETERANS O/60

1. (48) B. Magee	Larne	40.11
2. (125) H. Young	Unatt	54.01

LADIES

1. (31) K. Harty	N'castle	37.58
2. (61) A. Sandford O/40	N'castle	41.05
3. (65) V. Linton O/40	LVO	41.24
4. (71) H. McCausland	Omagh	41.54
5. (81) S. Murphy	N'castle	43.02

129 finishers

CLACHNABEN HILL RACE Grampian AM/10.5m/3500ft 17.04.04

With thanks to Fasque Estates for access, to our sponsors – the Running Shop and Powerhouse – to Janet, Ian S., Peter, Jon and Helen for officiating and to Colin, Adrian, Chris, Alastair, Mike, Ann, Claire, Ian W, and Shelley for other help. Conditions quite dry and sunny.

Ewen Rennie

1. J. Lennox	Shettle	79.59
2. B. Marshall	HELP	80.34
3. S. Whittle O/40	Carn	80.46
4. D. Whitehead	Cos	83.32
5. T. Lenton	Lothian	83.39
6. A. Kitchen	Lothian	83.49
7. A. Davies O/40	Carn	83.58
8. M. Snodgrass	Cos	85.06
9. M. Patterson O/40	Shettle	86.01
10. A. Ward O/40	Carn	86.12

VETERANSO/50

1. (24) D. Armitage	Cos	93.24
2. (35) M. Hulme	Corst	97.17
3. (41) E. Harwood	Morav	98.24

VETERANSO/60

1. (58) G. Bryan-Jones	Ochil	1.44.14
2. (65) C. Love	Dundee	1.47.07

LADIES

1. (47) S. Wingrove	Cos	1.40.23
2. (67) H. Murray O/40	Lothain	1.47.32
3. (71) J. Whitehead	CofEdin	1.49.48
4. (73) L. Burt O/40	Fife	1.51.01
5. (74) K. Kitchen	Lothain	1.51.54

131 finishers

ANNIVERSARY WALTZ Cumbria AM/11.25m/3600ft 17.04.04

The 8th Anniversary Waltz was run in cool windy conditions but clear on the tops. The high winds stopped any records being set. Simon Booth won the men's open race for the 5th time. Sharon Taylor was the first lady home. First male vet 40 was Andrew Davies.

First ladies vet 40 (and second lady) was Kate Beaty.

The junior races were a great success thanks to the efforts of Irvine Block and CFR. We plan to run a junior race again next year.

We have donated £400 to the village hall fund

which will be used for the upkeep of the building. Thank-you to all our sponsors including New Balance, Needle Sports, Mike's Sports (Garstang), Cartmel Sticky Toffee Puddings, Brothier (F1 sponsors!), Argos, The Prince of Wales Brewery, The Bowley Scout Crew, Turner Fell Services, Sutcliffe's the farmers, and the Conway Embroidery Company. Finally a huge thank-you to you (the runners) and all of the officials that have helped this race become such a success.

Wynn & Steve Cliff

1. S. Booth	Borr	1.32.35
2. P. Davies	Borr	1.35.58
3. B. Bardsley	Borr	1.37.16
4. A. Schofield	Borr	1.39.03
5. S. Stainer	Unatt	1.40.36
6. A. Davies O/40	Borr	1.41.34
7. K. Gray	CaldV	1.42.50
8. J. Deegan	Unatt	1.43.39
9. M. Denham-Smith	Kesw	1.43.49
10. D. Troman	Kesw	1.44.05

VETERANS O/40

1. (6) A. Davies	Borr	1.41.34
2. (22) M. Christie	Chor	1.55.16
3. (24) A. Miller	Kend	1.55.51

VETERANS O/50

1. (20) J. Holt	Clay	1.54.49
2. (23) K. Taylor	Ross	1.55.46
3. (29) D. Schofield	Ross	1.56.47

VETERANS O/60

1. (57) T Laycock	Amble	2.09.27
2. (85) R. Bell	Amble	2.15.33
3. (108) S. Laurence	Clay	2.25.53

VETERANS O/70

1. (165) B. Leathley	Clay	3.05.23
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LADIES

1. (32) S. Taylor	Bing	1.59.04
2. (36) K. Beaty O/40	CFR	2.01.26
3. (55) K. Slater O/40	Settle	2.06.49
4. (80) H. Dawe	Ilk	2.14.48
5. (81) J. Leather	Amble	2.14.55
6. (82) W. Dodds O/50	Clay	2.15.02

167 finishers

WEST NAB FELL RACE West Yorkshire AS/5.9m/2000ft 18.04.04

Heavy rain over the two previous days made the river crossings dangerous and impassable for the junior races. The English and Yorkshire Junior Championship races were well supported as always.

With World Junior Mountain Running Champion from Alaska, Karrie Hawitt, in attendance, she made winning the U/18 ladies race look easy.

The senior race was won by Lee Scemaszko, now running for Borrowdale. Two U/20 England Internationals, Mark Buckingham and Andy Ellis, chased Lee hard to the finish, with ever young Shaun Livesey V40) finishing a creditable 5th.

In the ladies race Sally Newman made a welcome comeback after injury to win the ladies' race, closely followed by Angela Allen and Helen Berry 2nd and 3rd respectively.

N. White

1. L. Siemaszko	Borr	40.26
2. M. Buckingham U/20	Holm	41.22
3. A. Ellis U/20	ValeR	41.26
4. J. Ingram	Saddle	41.46
5. S. Livesey O/40	Bowland	42.39
6. R. Lightfoot U/20	CFR	44.26
7. P. Targett	Clay	46.25
8. S. Hoyle	Ross	46.48
9. A. Haynes O/40	Eryri	47.02
10. M. Pattinson O/40	Nailsea	47.16

VETERANS O/50			
1. (14) R. McArthur	Melth	47.58	
2. (32) R. Kersey	Holm	51.01	
3. (35) I. Mitchell	Longw	51.49	

VETERANS O/60			
1. (62) K. Bamforth	Holm	61.05	
2. (66) T. Cock	Holm	62.25	

LADIES			
1. (29) S. Newman O/40	CaldV	50.45	
2. (33) A. Allen	Tipt	51.23	
3. (37) H. Berry	Holm	51.58	
4. (45) S. Hammond	Tatten	54.26	
5. (49) C. Waterhouse	Hfx	55.42	

87 finishers

GLENTRESS DUATHLON OVERALL RESULTS Scotland

The final (Long) Duathlon gave an exciting end to the local mountain bike/hillrunning series. The Long race was won by newcomer Chris Smith, who came from behind on the run (8th) to take first on the day. Ladies winner was Jill Tait, with Stuart Whitlie as first Vet 40 year old. First Team was Emma Guy (The Hub) with runner Kate Jenkins.

An excellent last race saw both the Male and Female trophies decided on only a few places in the final race. The Male Vet trophy was more of a certainty with three excellent performances by Stuart Whitlie.

The Male troy was taken by Andrew Wardman from the Hub to give a popular win for the Local man who works at Glentress. Alasdair Anthony put up a brave effort, but being new to mountain biking was not as comfortable in the icy conditions found on some parts of the course, which was adapted to two low level loops for safety.

The Female trophy was a hard fought duel between local ladies Susan Grey and last year's winner Suzanne Gilchrist. Susan won by a few points and gave us a great end to the series. While various other ladies competed, and gave strong performances, Susan ensured that the trophy remains in the Borders for another year.

The Three Race Series was completed by fifteen athletes, although entries were up on last year, a testament to the growing popularity of the sport in Glentress. A total of around 170 entries were received for the races, which brings people from all over the UK, during one of the quieter spells in the area. The event is strongly supported by local businesses, including PMS Limited, Villeneuve Wines, Walter the Jewellers and the Hub in the Forest, from whom full results can be obtained. The events are organised by Peebles Cycle Club, the Hub and Scottish Hillrunners.

1. A. Wardman (General)	9 pts
2. A. Anthony (Elite)	12 pts
3. S. Whitlie O/40 (Elite)	13 pts
4. G. Tompsett (Elite)	28 pts
5. G. May (Elite)	29 pts

VETERANS O/50	
1. J. Blair-Fish (General)	80 pts

VETERANS O/60	
1. J. Douglas (Novice)	161 pts

LADIES	
1. S. Grey (General)	155 pts
2. S. Gilchrist (General)	158 pts

TRUNCE 2 West Yorkshire CS/4.25m/550ft 19.04.04

Another amazing turnout with total numbers topping 200 for the third time since the race started in 1968.

The weather was perfect, although a little cold for timekeeping and the descents were a little slippery but, then again, what do you expect in these races?

Andy Plummer

1. S. Marsden	24.53
2. J. Cox O/40	24.54
3. T. Tett O/40	25.29
4. A. Meskimon	26.06
5. A. Carruthers O/40	26.26
6. S. Rippon O/40	26.29
7. L. Lewis	26.37
8. A. Shelbourne	26.45
9. R. Atkinson	26.56
10. M. Lavery O/40	27.03

LADIES	
1. (47) J. Seymour	30.33
2. (62) L. Bland	32.22
3. (72) C. Couch O/40	32.47
4. (79) N. Spinks	33.26
5. (82) K. Goldthorpe O/40	33.41

178 finishers

BUNNY RUN 3 – THE EGGCESS West Yorkshire CS/3m/300ft 20.04.04

1. M. Buckingham	Holm	18.15
2. J. Heneghan	P&B	18.19
3. A. Shaw O/40	Holm	18.47
4. C. Smale O/40	Tod	18.52
5. A. Brownlee	Bing	19.03
6. W. Ali	Felldancer	19.14
7. J. Harman	Holm	19.20
8. N. Bourke	Leeds	19.22
9. B. Lindsay	Pendle	19.22
10. G. Pearce	Ilk	19.31

VETERANS O/40		
1. (3) A. Shaw	Holm	18.47
2. (4) C. Smale	Tod	18.52
3. (11) A. Clarke	Cald	19.37

VETERANS O/50		
1. (74) P. Jagan	Bing	23.47
2. (80) H. Atkinson	Bing	24.15
3. (90) S. Thompson	Bing	24.46

VETERANS O/60		
1. (137) T. Cock	Holm	26.59
2. (188) R. Cutts	Longwood	29.44
3. (205) P. Mitchell	Kghly	30.55

LADIES		
1. (41) V. Wilkinson	Unatt	21.36
2. (53) H. Glover	Kghly	22.25
3. (56) A. McGivern U/14	Holm	22.36
4. (63) R. McGivern U/16	Holm	23.12
5. (68) A. Fulton U/16	Bing	22.33
6. (75) K. Drake O/40	Hfx	23.50
7. (79) D. Atkins	Chor	24.09
8. (82) S. Varley U/14	Holm	24.22

244 finishers

SLIEVE MARTIN Mourne Mountains AS/4m/1700ft 22.04.04

1. A. McKibben	N'castle	34.45
2. D. Brannigan	N'castle	36.08
3. J. Brown O/40	BARF	36.42
4. A. Gregg	Larne	36.52
5. G. Bailey	ACKC	37.14
6. E. Hanna	ACKC	37.24
7. P. Rodgers	N'castle	37.45
8. J. McCloy Jun	MUlster	37.49
9. B. Campbell	N'castle	37.57
10. J. Gregg	TPurple	38.12

VETERANS O/40		
1. (3) J. Brown	BARF	36.42
2. (20) C. McAlinden	N'castle	40.32
3. (23) D. Bell	N'castle	41.55

VETERANS O/50		
1. (44) D. Rankin	BARF	45.13

2. (45) M. McVeigh	N'castle	45.25
3. (47) P. McGuckin	ACKC	45.28

LADIES

1. (37) K. Harty	N'castle	44.25
2. (41) A. Sandford O/40	N'castle	44.47
3. (60) T. McCann O/40	N'castle	47.18
4. (72) S. Murphy	N'castle	49.06
5. (74) B. Brown O/40	ACKC	49.13

104 finishers

P & O KNOCKDHU CLASSIC County Antrim AS/4.7m/1470ft 24.04.04

Tim Davies of Wales was the convincing winner of the P & O Irish Sea Knockdhu Classic Mountain Race held at Cairncastle. Larne Athletic Club promoted the event, now in its thirteenth year, with P & O Irish Sea, Johnson and Courtney Solicitors, Larne, Carrickfergus and Ballyclare and Larne Borough Council providing valued sponsorship.

Davies was prominent from the start along with Scottish veterans Stewart Whitlie and Colin Donnelly and Welsh team-mate Alun Vaughan. He pulled away by Sallagh Braes and was almost a minute clear as he crossed the line.

Whitlie finished an impressive second to lead the Scottish team to victory in the veterans' event. With three more Scots, Tim Lenton, Brian Marshall and Jethro Lennox following Vaughan in the senior race, Scotland narrowly took the team prize from Wales on countback.

In the Senior Ladies race, Angela Brand Barker of Wales finished over two minutes ahead of Helen Murray of Scotland and team-mate Jane Lloyd to lead Wales to a team victory.

Earlier, the Junior race went to Iain Donnan from Scotland, with his team-mate Jennifer Emsley winning the Junior Ladies race. Scotland won the Junior Male team prize while the Junior Female team prize was won by Wales.

Open race

The Open Race was incorporated into with the international event and attracted an entry of 46 runners. Dan Whitehead won in twelfth place overall followed by Simon Taylor and David McNeilly.

Peter McClenaghan was first Veteran over 40 with Kevin Grogan and Robert Webb first in the 45+ and 50+ categories respectively. Jim Patterson won the 55+ category, finishing in 29th place overall. Charlie Love won the Over 60 category, in which race organizer Billy Magee was placed second.

Billy was one of the nine Larne Athletic Club runners taking part and Larne Athletic Club would like to thank all those who assisted with marshalling, timekeeping or played any part in ensuring a successful event.

Bill Magee

1. T. Davies	Wales	35.07
2. S. Whitlie O/40	Scotland	35.59
3. A. Vaughan	Wales	36.13
4. C. Donnelly O/40	Scotland	36.21
5. T. Lenton	Scotland	36.27
6. B. Marshall	Scotland	36.36
7. J. Lennox	Scotland	37.26
8. N. Carty	N.Ireland	37.30
9. P. Nolan	Ireland	38.13
10. R. Gallagher O/40	Scotland	38.27

VETERANS O/50		
1. (29) J. Patterson	N'castle	43.50
2. (49) R. Webb	ManxH	48.22
3. (58) D. Rankin	BARF	51.30

VETERANS O/60		
1. (50) C. Hove	DundH	48.36
2. (62) B. Magee	Larne	53.00
3. (78) S. Cromar	Dundee	56.08

LADIES		
1. (42) H. Murray	Scotland	47.02
2. (45) J. Lloyd	Wales	47.30
3. (48) C. Partington	IOM	48.02
4. (52) A. Jones	Wales	49.11
5. (54) A. Sandford	NthnI	49.28

90 finishers

MOELWYN THREE PEAKS RACE Gwynedd

AM/11.5m/2800ft 24.04.04

1. R. Thomas	Eryri	1.23.01
2. J. McQueen	Eryri	1.23.59
3. T. Higginbottom	Eryri	1.24.53
4. R. Haliday	Eryri	1.26.26
5. R. Owen O/40	Eryri	1.26.56
6. C. Smale	Tod	1.32.47
7. B. Beachell	Eryri	1.33.43
8. M. Pickering O/50	Eryri	1.34.34
9. R. Wilson	MDC	1.37.08
10. P. O'Brien	Eryri	1.37.33

VETERANS O/60		
1. (12) D. Williams	Eryri	1.39.15

LADIES		
1. (18) R. Metcalfe	Eryri	1.43.39
2. (34) V. Mushgrove O/40	Eryri	1.58.44
3. (38) M. Oliver O/50	Eryri	2.00.58
4. (40) J. Ewels	Buckley	2.03.44
5. (42) E. Salisbury O/40	Eryri	2.05.25

BUNNY RUN 4 - THE EGGS HAUSTED West Yorkshire

CS/3m/300ft 27.04.04

1. C. Doyle	Traff	18.03
2. W. Ali	Fell	18.27
3. J. Heneghan	P&B	18.36
4. A. Brownlee U/16	Bing	18.57
5. S. Livesey O/40	Bowl	19.03
6. B. Lindsay U/16	Pendle	19.10
7. S. Bottomley	P&B	19.35
8. B. Ross	BrdGram	19.37
9. R. Howorth O/40	Horw	19.38
10. J. Harman U/16	Holm	19.50

VETERANS O/40		
1. (5) S. Livesey	Bowl	19.03
2. (9) R. Howorth	Horw	19.38
3. (14) A. Shaw	Holm	20.04

VETERANS O/50		
1. (79) H. Atkinson	Bing	24.30
2. (97) P. Gillham	Chor	25.19
3. (111) P. Yates	Roth	26.05

VETERANS O/60		
1. (98) M. Coles	Skyrac	25.23
2. (130) T. Cock	Holm	27.03

VETERANS O/70		
1. K. Bingley	Ack	31.38

LADIES		
1. B. Haywood U/14	LincWell	22.16.
2. (49) A. McGivern U/14	Holm	22.59
3. (52) A. Fulton U/16	Bing	23.09
4. (64) D. Atkins	Chor	23.32
5. (73) K. Drake O/40	Spem	24.23
6. (75) L. Griffiths	Holm	24.26
7. (77) S. Varley U/14	Holm	24.27
8. (80) C. Tomaney	LeedsUni	24.31

220 finishers

PENTYRCH HILL RACE Glamorgan

BM/6.5m/1600ft 27.04.04

Race conditions were good. Underfoot was firm and the weather was fairly mild, dry and with little wind.

Julian Baker, Les Croupiers established a clear lead through the first major climb through the

forest, so that by the half way mark he was some 2 minutes in the lead. He treated the steep climbs with contempt to finish in a new course record of 44 minutes 14 seconds, almost 4 minutes in front of Peter Coles. The field was well spaced out.

The standard this year (other than the winner) was disappointing with many regular competitors missing. The field was almost 20 athletes down on recent years (60 starters) and a feature was the number of unattached runners (20).

As usual, the runners were complimentary about the marshals around the course (32) so there was no chance of anyone getting lost, of the three sweepers at the back of the field, and of the availability of showers and drinks.

John Gough

1. J. Baker	LesCroup	44.14
2. P. Coles O/40	Unatt	48.09
3. M. Pengilly	Lliswery	48.29
4. R. Manning	MDC	48.54
5. K. Edwards Jun	MDC	49.26
6. D. Cunningham	Unatt	49.40
7. P. Adams O/40	Neath	49.47
8. M. Saunders O/40	MDC	50.11
9. R. Morris O/50	SanDom	50.58
10. D. James Jun	Ponty	52.40

VETERANS O/50		
1. (9) R. Morris	SanDom	50.58
2. (20) M. Lucas	MDC	55.38
3. (31) C. Ryder	Unatt	57.57

LADIES		
1. (13) A. Scriven	Cardiff	53.19
2. (16) J. Prichard	LesCroup	54.02
3. (25) A. Bedwell O/40	MDC	57.24
4. (42) M. Jones O/40	Islwyn	63.33

59 finishers

GRISEDAL GRIND Cumbria AS/3m/1600ft 28.04.04

What an evening! Sunny spells and no wind on Grisedale Summit. It was a good year to be a summit marshal; Pete and Pat managed to compile a comprehensive summit position list in these conditions, many thanks.

Many thanks also to our two road marshals and to my son Christopher for registering you all and then helping to compile the results board. There were a good few supporters out on the hill which also added to the atmosphere! I really appreciated the opportunity to run in an old favourite race and now we've got Christopher trained, we could both run next year!

Hope to see you all at the Lords Seat race on Wednesday, July 14th.

Angela & Tony B-B

1. A. Schofield	Borrow	29.31
2. B. Thompson O/40	CFR	29.35
3. D. Troman	Kesw	29.44
4. R. Lightfoot	CFR	29.50
5. N. Lockwood	Kesw	30.34
6. J. Archbold O/40	CFR	31.08
7. M. Denham-Smith	Kesw	31.16
8. P. Brittleton	Howgill	31.35
9. J. Dawson O/40	CFR	31.39
10. P. Brittleton	Helm	32.05

VETERANS O/50		
1. (13) D. Spedding	Kesw	32.56
2. (24) R. James	CFR	35.16
3. (29) B. Short	CFR	36.14

VETERANS O/60		
1. (42) J. Richardson	CFR	39.15
2. (43) M. Pitchford	CFR	39.28
3. (78) S. Watson	CFR	47.59

VETERANS O/70		
1. (76) D. Rigg	CFR	46.11

LADIES		
1. (23) A. Brand-Barker O/40	Kesw	34.58
2. (28) K. Beaty O/40	CFR	36.09
3. (45) A. Williams	Unatt	40.07
4. (48) J. Meeks O/40	Kesw	40.24
5. (50) S. Schofield	Borr	40.35

89 finishers

REALLY RUNNY BUNNY RELAY West Yorkshire (CS/2.5m/250ft) x 3 04.05.04

1. Gone with the wind	38.07
2. Altringham	38.32
3. P&B	40.01
4. 2.4 The Team	42.14
5. Hot Toddlies Mk 2	42.49
6. Holmfirth Vets	43.23
7. 1st Class Royal Mail	Kghly 43.47
8. Limited Edition	44.09
9. No Hoppers	44.47
10. P Stars	45.27

65 teams

CAW FELL RACE Cumbria AM/6m/1800ft 05.05.04

Good weather and the absence of bracken from the course (due to moving the race from its previous August slot) produced fast times.

Eighteen year old Chris Doyle led throughout and was just two minutes outside the course record. He could have gone faster, but he held back to stay with other lead runners who knew the course.

Jackie Hargreaves ran very strongly up to the top of Caw, arriving there in 11th place, and maintained her lead over Nicola Davis on the home run! Her time of 56.27 took all of 4 minutes off Helen Diamantides' previous record.

Most people seemed to have enjoyed the race and we had healthy numbers entering (68) for this evening event.

Mike Berry

1. C. Doyle	Traff	50.55
2. B. Thompson O/40	CFR	51.48
3. J. Hunt	CFR	52.24
4. B. Taylor	CFR	52.36
5. P. Whiting O/40	Kend	53.30
6. R. Lightfoot	CFR	54.20
7. G. Thorpe O/40	Amble	54.56
8. D. Golding	Amble	54.56
9. H. Jarrett O/50	CFR	55.06
10. P. Crompton O/40	CFR	55.50

VETERANS O/50		
1. (9) H. Jarrett	CFR	55.06
2. (27) M. Litt	CFR	61.39
3. (30) D. Fell	CFR	63.13

VETERANS O/60		
1. (36) M. Pitchford	CFR	64.45
2. (52) J. Naylor	CFR	77.59
3. (58) S. Watson	CFR	83.20

VETERANS O/70		
1. (49) D. Rigg	CFR	75.58

LADIES		
1. (12) J. Hargreaves	CFR	56.27
2. (20) N. Davies O/40	Borr	58.38
3. (38) R. Cash	Borr	66.08
4. (39) V. Robinson	Unatt	67.58
5. (43) N. Goffe O/40	BCR	69.41

67 finishers



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FROM AIREDALE TO KENTDALE

A Profile of Rob Jebb and Sharon Taylor

by Bill Smith

Bingley Harriers have boasted several outstanding fell runners in their ranks since the 1950s, including Ronnie Hiley, David Humphreys, Martin Weeks, Bob Whitfield, Ian Ferguson, Mark Croasdale, Andy Peace, Ian Holmes and the late John Taylor; while prominent among the ladies have been Kirstin Bailey, Sue Becconsall, Barbara Carney, Carol Greenwood, Helen Johnson, Pauline Munro and Victoria Wilkinson.

Two of their brightest young stars in recent years have been Rob Jebb and his girlfriend Sharon Taylor.

Baptism At Buckden

Rob was born at Bingley on 28.2.75 and is a British Telecom engineer by trade, currently working from Windermere. He was encouraged to take up the sport by his father Peter, a police constable from Eldwick, near Bingley, though a Lancastrian by birth. Pete came into fell running from mountaineering, initially competing in the 1974 Felisman Hike, an event which he was to win seven years later, and his best performances were achieved in long, rough mountain races like the Karrimor, Capricorn, Mountain Trial and the Ennerdale Horseshoe. He inaugurated the first amateur Buckden Pike race in 1982 and continued to organise it for 20 years, his former Bingley Harriers clubmate Allan Greenwood taking over in 2003. In November this year, however, Pete will be inaugurating a race up another "Fellsman peak", Great Whernside, from Kettlewell. He still competes in fell races as an 0/55 veteran. His sister, the aforementioned Barbara Carney, is a former FRA treasurer and presently assists David Weatherhead to compile the "Results and Reports" section of "The Fellrunner". Rob has two brothers, Adrian, who has followed his father into rock-climbing, and Andrew, who has represented Yorkshire at Rugby Union.

Rob's baptism came in the Buckden Pike junior race, which his father had allowed him to enter, along with his friend Chris Carris, even though they were both under-age. He finished next-to-last but enjoyed the experience. "My father was my early inspiration as a junior and also my coach," he recalls, "but I also trained with the Harriers on Tuesdays for a long run and on Thursdays for speedwork, having joined them in 1984 at the age of nine." He didn't show much promise as a junior and never won a race, though he made the placings several times, with 2nds at Blackstone Edge and Penyghent in 1991 and at Burnsall in 1993, the latter two races being won by his clubmate Matt Whitfield, son of the 1987 English champion, Bob Whitfield. However, an indication of his general form at that time can be found in his 10th position in the 1993 U/18 boys' championship.

A year later, he became a member of Bingley's winning team in the Sheepstones Relay from Mytholmroyd in Calderdale, along with Ian Holmes and Andy Peace, and was 1st Intermediate at Skiddaw in 1995, when he also finished 4th at Halton Gill, 6th at Burnsall and 19th at Ben Nevis, all open senior races: "I had first run the Ben two years earlier as an under-aged 18-year-old, having been inspired to enter by watching my Father and Ian Holmes perform in it." Hard work in training paid off the following year when he came 5th in this classic event, other highlights of that season including 2nd at both Wansfell and the Glen Rosa Horseshoe on Arran, 5th in the Langdale Horseshoe, and 6th in both the Jura and Duddon races. He had achieved his first victory earlier that year in the Keighley Hill Runners' Winter League race from Goose Eye, a 7-mile route out to Keighley Moor Reservoir and back, and during the summer secured his second win in the short up-and-

down event at Halton Gill, where he set a new record after cycling 40 miles to reach the venue - plus 40 miles home again!

This improvement continued the following year with results such as 1st at Loughrigg, 2nd at Boulsworth, 3rd at both Ben Nevis and Burnsall, and 5th at Wasdale and Langdale. These performances show Rob to have become a proficient runner over all types of terrain and distance, though the longer races remain his favourite, and in 1998 his dedication was rewarded with a 6th position in the British championship and 3rd in the English. He also represented his country in the Knockdhu International race that year, finishing 7th, and notched up victories in the Tour of Pendle and Within's Skyline, a 2nd in the Langdale Horseshoe, and 3rd at both Buckden Pike and Ben Nevis.



Rob at Noon Stone 2004
(Photo Bill Smith)

British Champion

1999 kicked off with a victory in Allan Greenwood's Ovenden Moor race and he also achieved success in the Tour of Pendle again and at both Ilkley Moor and Elidir Fawr, as well as being outright winner of the Wharfedale TTT (three events over three days). He further improved his Ben Nevis performance by placing 2nd, a position also gained in the British championship races at Callow, Donard-Commedagh and the Welsh 1,000m Peaks, and he was also runner-up in the British championship and 3rd in the English.

The Millenium Year came as something of an anti-climax, however, for he slipped back to 6th in the British and 4th in the English, though he did fulfill one long-held ambition by winning his Father's Buckden Pike race, while later in the year he completed his hat-trick of victories in the Tour of Pendle. Other noteworthy performances included 2nd at Dunnerdale, 3rd in the Ben Nevis, Clachnaben and Fairfield, and 5th in the Three Peaks, Ennerdale and the gruelling Mount Kinabalu race in Borneo, which usually involves a 7,500' climb over 5½ miles to the 13,500' summit (with the same amount of descent afterwards), though on this occasion the course was shortened due to torrential rain. (Rob's best position over the full course was 7th in 1999.) "I believe I slipped back in the championships that year," recalls Rob, "as progressing from being a not-very-good runner to gaining selection for England meant that I couldn't say 'No' to any invitations to races abroad. It was all new to me, so I raced too much and tired myself out. I don't regret it as I went to some great races and it was good experience for me."

During the Foot and Mouth year of 2002, his racing season was severely curtailed like everyone else's but he and Sharon did manage to achieve three double victories in the Glen Rosa Horseshoe, Up And Down The Old Man (of Coniston) and the Grasmere Guides Race, the latter event being held the day after completing their move from Yorkshire to Burneside in Cumbria.

Rob and Ian Holmes were joint runners-up in the 2002 British championship, while Rob came 3rd once more in the English and triumphed in such races as Carnethy, Arnison Crag, Grisedale Grind, Middlefell and Y Garn. Last year, he realised another ambition by winning the British championship outright and finishing a close 2nd to Ian Holmes in the English. In the British, he won Slieve Bearnagh, placed 2nd at Stuc A Chroin and Moel Eilio, 4th in the Brecon Beacons, 7th at Skiddaw and 9th at Penyghent. The latter two performances seem to suggest that his prowess on steep, rough courses is not matched by his speed over faster, easier terrain - a shortcoming shared by most previous fell champions. Penyghent and Skiddaw also featured in the English championship, while of the other four races, Rob won at Holme Moss, finished 3rd in both the Anniversary Waltz and Langdale Horseshoe, and 4th at Lad's Leap. Had he won at Langdale, the final race of the series, or finished three places in front of Ian Holmes, he would have achieved a double championship win, but although he held a narrow lead at Blisco summit, the superior descending skills of Gavin Bland and Holmes put paid to his hopes of accomplishing this feat. He did fulfil one other ambition last year, however, by winning the Ben Nevis Race, with success also coming in the Wadsworth Trog (with a new record of 2.50.03), Ingleborough, Coledale Horseshoe and what is now his local event (having since moved from Burneside to Staveley), the Kentmere Horseshoe. Rob also won the Lakeland Classics (Long As) championship last year and gained a praiseworthy 2nd placing on Jura. He has so far represented England twice in the European championships, finishing 28th in both 1999 and 2000, while in the 2002 World Trophy event he was placed 48th, perhaps accentuating the difference between rough British courses and the smoother terrain so beloved of Continental athletes. He has also competed in the Matterhorn Lauf and the Sierre-Zinal, his best position being 6th in the latter.

Determination

As previously mentioned, Rob's earliest guide and inspiration was his father Pete but as a teenager he came to respect other clubmates who were doing well at that time, namely Ian Ferguson, Bob Whitfield and Andy Peace, while nowadays he has great admiration for triple British and five times English champion, Ian Holmes, from whom he receives occasional advice on training and racing. "I also got some help from Dennis Quinlan when I was aged 20," Rob recalls, "but it was more in the nature of casual advice rather than formal coaching."

Dennis is, of course, the noted coach who has himself competed as an International on road, track and cross-country, besides running many fell races, and who co-authored with Norman Matthews the BAF coaching guide, *Fell And Hill Running* (1996). "As a young boy, Rob was little better than average," says Dennis, "but as the years went by, he became more and more determined to improve. I recognised that he was not a naturally fast runner but an endurance athlete and so I encouraged him to increase the volume of his training to provide a large endurance base. His biking enthusiasm enhanced that approach, for it is more possible to do a large volume of training mixing running and biking than it is with running alone. Biking is particularly beneficial for fell running because of the climbing strength gained from it. Rob's recent successes have stemmed from his very consistent determination year after year."

When living in Yorkshire, Rob's performances began to improve on a steady diet of running 60/70mpw, including races, plus seven hours of cycling. He would run 4 miles in the morning before work and 8/10 miles in the evening, while Tuesdays and Thursdays would be club training nights, with speed work in the winter supervised by Dennis Quinlan. For fell training, he would use Baidon or Ilkley Moors. Since moving to Cumbria, Rob cycles to and from work and then runs his 8/10 miles in the evening. Now virtually surrounded by fells, he trains on Potter Fell and the

higher Kentmere tops, with his long runs also starting from home or else used to retrace the course of a forthcoming race.

Neighbouring villagers at Staveley include Pete and Anne Bland and also Dave Meek (Helm Hill Runners and SARDA) who inaugurated the Langdale Horseshoe race back in 1973 when he was running for Keswick AC.

Comparatively few fell runners excel equally on climbs and descents and, in common with such celebrated champions of the past as Harry Walker (1973) and Mike Short (1975 and '78), Rob's strongest asset is definitely his climbing ability, though Dennis Quinlan has advised him that very short speed work to get more leg speed would help his descending. He doesn't mind what type of terrain a race entails but his preference is for grassy courses like the Fairfield and Kentmere Horseshoes.

Outside fell running, Rob has also made a name for himself in cyclo-cross racing: "I started doing a bit when I was 15 and rode in the Three Peaks cyclo-cross when I was 17, lying about my age. I've won the Peaks for the last three years and also compete over parkland courses (similar to club runners' cross-country), finishing 7th in the National championships in January this year."

During the Foot and Mouth year of 2001, Rob began road racing on his bike as well with the Ronhill Cycling Team. (Ronhill also provides some sponsorship for his fell running, as does Pete Bland Sports.) "I'd had no experience," recalls Rob, "but with a solid grounding in cyclo-cross, was sure I'd be okay. After my first few races, I found that I was really enjoying it and was soon taking part in premier-7 calendar races. I was getting placed in the Top 20 in these events and impressed the manager of the Scottish team, Vello Eccosse, who invited me to ride for them in the Tour of Ireland. I rode well but crashed on the 3rd stage and dislocated my shoulder, causing me to retire. Shortly afterwards, I won my first race, the South Western Divisional Championships, and this rates highly on my list of personal achievements.

Improving The Sport

Rob has been lucky with injuries so far: "My only real lay-offs from fell running have been six weeks with glandular fever and a week in hospital following a downhill skiing accident." His aims for the future are: "To win the British championship again, to win the Three Peaks fell race and improve my Ben Nevis time, to keep on winning races in general and to stay injury-free."

He also has some thoughts on improving the sport: "I would like to see the championship races being organised by the FRA rather than the clubs as under the present system some of the events chosen are just a rip-off. I think we should be able to enter all six races at the beginning of the year, with payment going to the FRA and the prizes all being equal for each race. The FRA could afterwards make a donation to each club for promoting the races.

I would like to see the World Trophy come to Britain and be able to compete in it over a real fell course. Likewise, I would like to see an end to the bickering over the selection for teams to contest the World and European championships:

you run the Trial and that's it. And finally, I think more young runners should be doing the long Lakeland races like Ennerdale and Wasdale. They seem to be scared of them and for this I blame the coaches."

Descent Specialist

Sharon Taylor was born at Bradford on 10.8.79 and is employed as a Medical Rep, selling drugs to doctors. She played hockey and netball at school, representing Bradford in the latter sport, and also began her athletic career as a schoolgirl, winning the Bradford Schools U/14 cross-country championship and the U/16 3,000m championship. She joined Bingley Harriers in 1991 and ran her first fell race four years later when Dennis Quinlan took her to the amateur Hebden Moor event in Wharfedale, organised by another Bingley Harrier, Chris Wilkinson. She was then 15 years old and should have entered the U/16s race but going by cross-country age groupings, competed instead with the U/18s, the fastest of whom was Victoria Wilkinson, Chris' daughter, with Sharon finishing 5th. "Training with the Harriers as a junior consisted of a 40-minute run on Tuesday evenings," she recalls, "and speed work on

Thursdays, generally followed by a race at the weekend. In between these sessions, I continued to play hockey and netball."

As an U/20 fell runner, Sharon began to achieve victories in her age group in such events as the Harriers v Cyclists, entering as a harrier and finishing 4th lady overall, and the Whinberry Naze Dash, both in 1998. It was during August of this year that she gained her first outright victory: "It was the Langdale Country Fair race and I turned in 5th position at the top, on Harrison Stickle, and came down well to cross the line first." This victory emphasised Sharon's outstanding talent as a fell runner for she truly excels on steep descents. Other results that year included 3rd at both Hebden Moor and Burnsall, 5th at Penyghent, and 6th at The Stoop and Dodd Fell, all in her native Yorkshire. She was 2nd Intermediate in her County fell championships the following year and 1st U20 at Buckden Pike (3rd overall) and Skiddaw (4th overall). Other good results included 3rd at Settle Hills and Dodd Fell, 4th at Dunnerdale and 5th at Langdale Horseshoe.

Long Distance Victory

The Millennium Year opened with Sharon winning the Ovenden Moors race from Ogden Water, near Halifax, and she later improved on both her previous Buckden Pike and Skiddaw performances by placing 2nd in each. She also achieved highly-creditable 3rd placings at Black Combe, Ben Nevis and in the Tour of Pendle, and finished 12th lady on her Three Peaks debut. Prior to the outbreak of Foot and Mouth disease in 2001, Sharon had finished 5th in the Ogden Moors race and had then scored a fine victory in the 20-mile Wadsworth Trog over neighbouring moors a week later. Her other three triumphs that year, Grasmere, Glen Rosa and Up And Down The Old Man (of Coniston), have already been mentioned in relation to Rob's victories in the same events and she also came 5th in the Ben Nevis Race.

Now resident in Lakeland, both Sharon and Rob were now able to contest a wider range of Cumbrian events, not to mention also having ideal training terrain right on their doorstep, and in 2002 Sharon emerged victorious at Black Combe, the Anniversary Waltz, Kentmere, Dalehead and Wansfell, with 2nd placings at Arnison Crag and Middlefell, 3rd at Causey Pike and 4th at the Duddon. Elsewhere, she finished 2nd in the Withins Skyline and Auld Lang Syne and 3rd at both Ben Nevis and Burnsall, while in the championships she gained a very worthy 4th position in the British and 5th in the English.



Sharon heading for 1st at Stanbury
(Photo Pete Hartley)

Ben Nevis Favourite

2003 was not quite such a successful season, however, with Sharon finishing one position lower in both the British and English championships and her only wins coming in two of the Woodheads' Haworth Moor races, the Stanbury Splash and Auld Lang Syne, and in Black Combe Runners' Kirkby Moor race over the fells of southern Furness. "The competition was better in 2003," she says, modestly low-rating her successes of the previous year. She did accomplish some good 2nd placings, however, including Boulsworth, Noon Stone, Sail Beck and Latrigg, with other noteworthy performances including 3rd in the Coledale Horseshoe, Langdale Horseshoe and Snowdon, the latter as a member of the victorious English ladies' team. She won the ladies' Mountain Bike Dash at Grasmere Sports and was 4th lady in the Guides Race, a position she also gained in the Ben Nevis, Three

Shires and Anniversary Waltz. Sharon has now run five Ben Nevis Races, her fastest time being 1.58.32 last year, and this remains one of her favourite events, not only for the race itself but for the whole enjoyable weekend of socializing.

Other favourites are the Lakeland races, Kentmere, Fairfield and the quaintly-named Anniversary Waltz, along with Dave and Eileen Woodhead's races on Haworth Moor and Harden Moor (the Bunny Runs). Reporting her Auld Lang Syne victory in the last issue of "The Fellrunner", Dave wrote: "Now 24, Sharon first ran here as an 18-year-old, finishing 5th lady, and has progressed every year to finally being Queen of Haworth Moor." She became the Cover Girl of the February, 2003 Fellrunner when David Brett superbly captured on camera the climax of her fall in the Auld Lang Syne race two months previously as she sprawled on all fours in a peat bog, her mud-spattered face creased in a rueful smile..

Training

While studying at Sheffield University, Sharon ran every day for half-an-hour to an hour, mainly using the city's parks, while at weekends she would travel to the nearby Peak District for her long Sunday run. Since moving to the Lake District, first to Burneside and now at the neighbouring village of Staveley, she has trained locally on Potter Fell, again for between 30 and 60 minutes, but for the last six months has also been doing speed work at Kendal on Tuesday evenings, while more recently she has twice a week been doing an half-hour run in the morning before work. For a long Sunday run, she will generally use the higher Kentmere fells or, like Rob, go to recce the course of a forthcoming race, usually with her friend and rival, Lou Sharp, who lives in Kendal: "I get some helpful advice off Lou in regard to racing and training." Since December last year, Sharon has averaged 40/50rpm, including races. Other champion runners she admires and whose achievements she finds inspirational are Carol Greenwood, Sarah Rowell and Angela Mudge. "Sharon has always been a talented girl," says Dennis Quinlan. "She has been running quite well for many years now and I've always known that she had the potential to do better. She is now fulfilling more of that potential than she has done in the past. Her relationship with Rob has been of mutual benefit in supporting each other. Sharon saw what Rob had done and picked up from that."

As a teenager, she experienced some problems with pulled muscles, while as a senior she has been prone to ankle injuries and turned an ankle on three occasions in 2002, not all of them on descents: "I've been trying to strengthen my ankles with exercises and it must be paying off because I only once twisted an ankle last year."

Sharon feels that fell racing is "better-packaged and better-organised than track or cross-country and has a better atmosphere, but as a teenaged novice I didn't get any encouragement from anyone. I'm also concerned about the big increases in race distances when you move up into the seniors. My longest event as an U/20 was the Settle Hills Race (A: 7m: 1150') and it's a big jump from that up to the likes of the Three Peaks, which is what I had to do moving from an U/20 in 1999 to a senior in 2000. I managed to prepare myself for the 2000 Three Peaks by doing Sedbergh and Langdale in 1999."

Her ambitions for the immediate future are "to make the first three in both the British and English championships, to improve my Ben Nevis time and to do more new races. I'd particularly like to do the longer Lakeland events like Ennerdale, Wasdale and Borrowdale and to contest the Lakeland "Long A's" championship. I'd also like to race more abroad, having already done the SierreZinal twice, with my fastest time being 3 hrs 51 mins, and I also ran for Bingley in the open Grand Prix race at Grabs when Rob was representing England."

So far this year, she has won the Ogden Moors (a double victory with Rob), Middlefell and the Anniversary Waltz, and placed 2nd to Lou Sharp in the English championship races at Noon Stone and the Three Peaks, with a 3rd in the first British event at Donard-Commedagh.

In conclusion, we wish Rob and Sharon all the best for continuing success on the fells.

PUBS AND FELLRUNNING

This is a subject very, very dear to my heart and you only have to have a quick look through the Calendar to realise the close and valued connection between pubs and our chosen sport. Not only do myriads of races state pubs as their venues but many are actually named after them and many more hold their post-race Prizegivings in them.

Many of my fondest memories are nothing to do with the race, run or whatever - they are centred on the events in the pub afterwards; sitting chatting in front of a blazing fire in the Boar's Head after soaking wet, wind-blasted, freezing training runs; enjoying the noisy afternoon in the King's Head when half of Borrowdale Fellrunners took over the pool room to watch an England international rugby match; watching with astonishment as Mari Todd turned out to be the stirring bagpiper who led the clientele of the Patterdale Hotel outside to welcome in the New Year; feeling eternally grateful to the landlord of the Horseshoe, who welcomed four money-less, near hypothermic fellrunners into his vault one appalling winter's day, stoked up the fire, fed them hot soup and sandwiches and then beer until they'd thawed out sufficiently for two of them to run back for the car and the cash - I have a host of memories of occasions such as these, as I am sure do lots of you, so we have below a little collection of pub stories from the Peak District, the Lake District, Ireland and Scotland. There was supposed to be one from Wales as well but there isn't - which may be a comment on Welsh pubs!!**!

SADDLEWORTH RUNNERS - A DRINKING CLUB WITH A RUNNING PROBLEM FROM BRUCE BRIDGESTOCK

Saddleworth Running Club, like many fell running clubs, is a collection of slightly eccentric people who enjoy a range of activities in the great outdoors, come from a wide range of social backgrounds and jobs, are of all ages and income brackets but have a common interest that draws them all together - BEER! However it seems we also have a drive to run, maybe it is to avoid a guilt complex by feeling that at least we did something to deserve the ale!

The origins, continued existence of, and many of the events and activities of SRC revolve around pubs. One pub and one event in particular stand out as central to the club organisation and culture in many ways.

The Cross Keys pub above Uppermill in Saddleworth is a traditional English inn, dating from 1745. The pub is in a wonderful position high above Uppermill village and just below the Pots and Pans obelisk at the end of the Saddleworth Moors. The pub has for many years been owned by Lees brewery of Oldham. In 1979 Phil and Pat Kay moved back from Anglesey to manage the Cross Keys.

Also around this time Frank Sykes of Dobcross was running with East Cheshire Harriers but was more interested in fell running. Frank had developed some particular views about race organisation and had become intent on organising some races in Saddleworth. Frank set out to put on races that would be safe, well organised, good value for money, as well as fun and challenging.

Sometime in 1980 Frank had been out running on the moors and was dehydrated whilst running home past the Cross Keys. It was mid afternoon and the pub was shut but this was no barrier. He knocked up Pat Kay and, after some persuasion, Frank was given a drink (just orange squash as Pat recalls). This was to be the start of a relationship which hugely influenced fell running in Saddleworth.

Sadly, both Frank and Phil have now passed away but the innovative annual road and fell relay which they initiated continues. Frank and Phil and the contribution they both made to local life, not just running, are often remembered.

In 1981 the Saddleworth Running Club was formed. Ian Brierley was a local runner and one evening sat with Roger Devy and Roger Jones in the Diggle Hotel. Over a few pints the SRC was created. The two Rogers continued with other clubs for a while, but Ian, along with people such as Gerry Royle, Harry and Bob Waterhouse, began to run together and then take refreshment in 'The Kitchen' at the Cross Keys.



In March 1981, before the formation of SRC, Frank put on the first Chew Valley Skyline event. This event went very well and set the standard for future Saddleworth races, focus on safety, smooth organisation, good routes, refreshments and lots of prizes, low entry fees fast results service (Well maybe the latter took a while to get going!).

Sometime around then Frank and Phil enjoyed an evening in the company of John Willie Lees and had a conversation which led to the Cross Keys Road and Fell Relay race. The conversation may have gone something like this.

FS. Well Phil, this pub's not bad, but it could do with some events to liven it up and bring in some more people, something a bit different, that uses its position on cusp of town and moor and involves the local community.

PK. Err...

FS. You know runners like to drink a bit, especially if they get thirsty by running on a hot summer's day, and if they have to hang around a bit for other runners, and they might bring friends and family along to watch as well.

PK Ahh..

FS. Fell runners and road runners don't mix much so a race that brings them together would be good, and road races are expensive and not very well organised, so we should show them how a race can be organised at low cost, with safety, good prizes, a social event afterwards and fun for all.

PK Oh er....

FS. So we could organise a road and fell relay, get the brewery to sponsor it, have the race and then a disco in the barn afterwards, on the August Bank holiday weekend. What do you think Phil?

PK Ermm..

FS. Well that's agreed then, the first Cross Keys Road and Fell Relay will take place this August. Come on Phil, drink up, it's your round.

PK. ****

Around this time Frank and the newly born SRC came together

and by the time the first Cross Keys Road and Fell relay took place it was an SRC organised event.

Lees brewery really came up trumps and the winning team from Holmfirth had so much beer to take home they could not get it all in the car.

The event was well supported and families and friends did indeed come along. Three teams of local ladies turned out to run for the first and in most cases the last, time. Pat Kay and the pub staff were kept very busy making sandwiches and serving beer all afternoon.

The tradition of a class for Local Pub Team was started and so the teams became balanced as road running clubs, fell running clubs and local community teams based in pubs. This is pretty much a reflection of the club culture today.

Memories of the early years of the events are that the sun always shone, lots of beer was drunk and won, the disco in the evenings was really well attended, teams came from far and wide, including the mighty Wolverhampton and Bilston Harriers. East Cheshire Harriers have always given great support, mainly due to the enthusiasm of Harry Kelly, who would bring over several teams, often a lot of 'young lions'. He would run them all round the course to warm up and then give terrific vocal support to all the runners and often a vote of thanks to the organising team. Holmfirth have also been a great supporting club and over the years Holmfirth and ECH have had some great battles for the Cross Keys trophy.

The event was truly a partnership between the running club and the pub. Phil and Pat put in a lot of effort and the Lees brewery gave great support. The event is integral to the Cross Keys and is one of the most unusual and enjoyable events on the SRC calendar, though sadly the team numbers entering have declined and the evening disco no longer runs.

We also hold the annual Christmas Handicap from the Cross Keys, using the barn building which has become the HQ of the Oldham Mountain Rescue Team. The Handicap event is an exercise in the bizarre performed by the ridiculous with the serious intent of trying to understand the rules. Often we are to be seen returning to the pub from the moors, 'cross dressed', pushing prams, bouncing huge balls, or maybe having played a game of massive rugby across the Saddleworth Moors. The pub takes it all in its stride; it has 'seen it all' over the years.

Saddleworth Runners continue to meet in 'The Kitchen' of the Cross Keys, every Tuesday evening. The walls of the pub have many photographs of runners, in particular there are several taken at the first Road and Fell Relay back in 1981, with the sun shining down on the local mayor handing over a large trophy to Holmfirth, the local ladies jogging around in tennis skirts and the runners on the start line. According to Frank's race report the starter pulled the trigger on his starting gun three times, with no effect, before just shouting out 'BANG!!' The runners on that first event set off from the Cross Keys with big smiles on their faces, and today the runners who meet there are still smiling.

With thanks to Pat Kay and Ian Brierley for information and memories. And with eternal thanks to Frank Sykes and Phil Kay.

SELECTED RESULTS FROM 1ST CROSS KEYS ROAD & FELL RELAY 29TH AUG 1981

Pos.	Team Road	Fell	Road	Fell	Total	
1.	Holmfirth A	16.16	17.26	15.49	18.01	1.07.30
2.	Horwich A	16.43	18.54	16.29	17.37	1.09.43
3.	Salford A	16.02	18.58	17.59	17.52	1.10.51
18.	E.C.Harriers (Boys)	21.52	23.03	20.01	23.24	1.28.20
20	E.C.Harriers (Vets)	17.27	23.38	24.40	24.15	1.30.00
29.	Horwich Ladies	25.20	32.51	33.33	28.16	2.00.00

THE SLIGACHAN INN AND THE GLAMAIG RACE FROM KEITH BURNS

A Friendly Scottish Pub. Now there's an oxymoron for you. I remember, as a 16-year-old in 1958, staggering into the Bridge of Orchy Hotel, knackered and frozen after cycling from Fort William in torrential rain and a south westerly gale. I asked for a pot of tea and biscuits through chattering teeth. "We're closed!" The door slammed in my face. The experience is still burned on my memory. The good news is that things are improving slowly, at the pace of oncoming global warming. So Scotland doesn't have the same strong culture of cosy symbiosis between hill races and pubs. However, we do have a few, and all the more valued for their relative rarity compared to the English scene and by far the most resonant and historical must be the Sligachan Inn on Skye and the Glamaig Race.

Norman Collie first visited Skye in 1886 when most Alpine mountaineers considered the British mountains hardly worthy of their attention. He made the Sligachan Inn his base for his explorations. It was a logical choice when you see the view of Sgurr nan Gillean and the northern Cuillins from the inn. Until his death in 1942 the island was his spiritual home. He had a distinguished career as a chemist at University College London but the mountains were his first and last love and with John Mackenzie of Sconsor he explored the peaks, revealing the wild inaccuracies of the 1885 one inch Ordnance Survey. He followed the Pilkington brothers' first ascent of the Inaccessible Pinnacle in 1880 by its longer east ridge.

In the summer of 1899, Collie and General Bruce brought Gurkha Harkbir from the Himalaya to explore the Alps. They climbed Mont Blanc and Monte Rosa. Then Collie took them to Skye and the Sligachan Inn. Harkbir hauled them up many climbs on Sgurr Alasdair. It was during their exploration of Coire Lagan that Collie noticed an enormous shadow on the face of Sron na Ciche. It was seven years before he was able to return and identify what was projecting the shadow - "It was a climb full of excitement - - suddenly it came into view and we found ourselves on the end of the knife edge. We sat down on that knife edge and slowly made our way on to the great rock tower at its end. Up this we climbed, and John and I were mightily pleased with our climb." It was Mackenzie who named the tower the Cioch and Collie who gave the name Sron na Ciche to the great face looking down on Coire Lagan.

The estate owner, McLeod of McLeod, heard of an extraordinary run that Gurkha Harkbir had done from the Sligachan to the summit of Glamaig and back in one and a quarter hours. He refused to believe it and had a heated argument with some local gillies (who presumably had witnessed the ascent). Bruce offered to resolve the dispute and asked Harkbir to do it again. He did, and knocked twenty minutes off the alleged one and a quarter hours. It is recorded that he did it in bare feet, which seems implausible to me. Surely a sensible Gurkha who had already explored the local hills would have worn sandals at least.

Climbers of the 1930's were familiar with Collie commuting between the Sligachan and other parts of the island in the yellow Sligachan Rolls Royce. In October 1942 at the age of 83 Collie fell and received a drenching while fishing in Loch Storr. This led to rapid deterioration of his health and he died a few months later. He is buried in Struan Free Presbyterian churchyard alongside John Mackenzie - a delightful spot with views across to the Cuillins.

David Shepherd (a member of Carnethy Hill Running Club) had the inspired idea to commemorate Gurkha Harkbir's run with an annual race from the Inn to Glamaig's summit and back, just as Harkbir had done it. David was tragically killed in a road accident before he was able to set up the race. The race is now a fitting commemoration of David. It is organised by Robin Morris and Carnethy Hill Running Club. The Shepherd family has maintained a link with the race through David's brother, Andrew, competing every year. In 1995 a Gurkha team took the winning place in the race and was the fastest team.

The race is an exciting mixture of leg-sucking bog, steep climb with tumbling boulders, a frantic scree descent with great rafts of moving stones that you sink in whilst staying roughly upright, and a final dash across the swamp back to the Sligachan.

The Sligachan hosts a superb post-race ceildh and helps to restore your faith in Highland commercial hospitality. Its position close to the northern end of the Cuillin ridge makes it a superb base for exploring. You can camp by the river within staggering distance from the friendly bar which has good beer, food and the occasional fiddle and accordion session. On still summer evenings when you look up at Glamaig from the bar window, you can almost feel the approving spirits of Harkbir, Bruce, Collie and David Shepherd.

Reference: "Norman Collie, A Life in Two Worlds". Christine Mill, Aberdeen University Press.



Glamaig from the Sligachan Inn

MY FAVOURITE FELLRUNNING PUB

FROM SELWYN WRIGHT

My first fell race was the Blisco Dash in November 1976. In the way of the humble student I had hitched up the M6 from Birmingham, where my legal studies and the general mountain-less environment were less than fully stimulating.

Friday night saw the old Saunders Fellpine pitched in its usual spot by the plantation on the N.T site and me enthralled as ever by the antics of the Langdale Festerers in the ODG public bar. Not too much ale of course – not til after the race. Ah the race! I have to say that I don't remember a single thing about it. I know I finished 46th out of about 90 and that the thing was won by Mike Short. This last information is firmly imprinted because I spent most of the Saturday evening in the Stickle Barn with a very happy Mike – who in winning the race became the 'Fellrunner of the Year' (nowadays he would be British Champion).

Until that day I'd never met Mike Short. I can't remember what beer we were drinking – whatever it was it seemed to appear and disappear fairly rapidly – or much else about the pub, but during the course of the evening I was struck by the

notion that this was one hell of a sport. When the champion can sit in a pub with an also ran, here was a sport I was immediately keen to make my own. And in the nearly 30 years which have gone by since I haven't seen anything to change my mind!

I wouldn't want anyone to think that the Stickle Barn was my favourite pub though. Pleasant as it is to sup a shandy on the terrace in the evening sun, the place doesn't have the ambience of its near neighbour, which is a strong candidate for the title. An early memory of the ODG is of watching a runner descend from Loft Crag; lie down on a sun bed in the pub car park while several attendants filled him up with rice pudding and changed his socks. After about 10 minutes he jumped up and set off up Blisco with several other attendants carrying torches. Since it was about 3pm and wouldn't get dark for another 7 hours this quite impressed me. I later found out that it was Bill Smith heading towards his 63 peak round.

Back inside the pub that evening Mike Rose and his festering mates were at it again and Mike, bless him, was involving us in the banter. A pub of course is all about its craic, and the ODG had the very best craic of all for about 15 years through the seventies and eighties. Folk would gather from all over the country on a Friday night and the craic would be coming out of your ears. It was inevitable of course, but the place gradually became much too popular and the originals drifted away; "If you're looking too hard for the craic then you'll never find it."

We found it one night in the Wasdale Head Inn - having dropped ignominiously out of the KIMM I had to pawn my watch during the course of the evening. Funny that! However much you put in your sack to 'cover eventualities' it's never quite enough. I ended up having to run over from Grasmere the following weekend to retrieve the watch and managed to find a load of mates in the 'Screes' down the valley. Anyway you know the score – drink too much; kip behind a wall; wake up soaked; run back to Grasmere wet, hungry and hung over!

There are a few hostleries where you can walk in after years away and just know that you'll find mates. The Clachaig in Glengoe is one; the Scafell in Borrowdale another. There are others which become the epicentre for a single weekend each year; the Jura Hotel; the Newfield; the Royal; the Crown; the Imperial; the Vic; the Nags Head. Ok - I must have caught one or two of you with that list! Those who've enjoyed a pint or two after the race at both a Cumbrian and a Peak District 'Royal' can have a point, as Jimmy Saville would say.

So, the question is, which is my favourite fellrunning pub? Well it wouldn't really do to choose the 'Three Shires' (excellent home cooked food, evening and lunchtime; fine ale and reasonable b&b) what with the family running it and all.

The answer of course, which won't surprise many, is the Blacksmiths Arms, Broughton Mills, Cumbria – home of the Dunnerdale and Caw races; second home to many fellrunners living in the surrounding district. The Blacksmiths benefits immensely from being a little bit off the beaten track, and tends not to get too packed even at peak times!

Over the years there've been several landlords – many readers will remember Andrew Wood who starred in several continental coach trips to World Trophy races – and even ran in some of the open races (though never completely sober!). Andy was one of a number of British fighter pilots who 'dambusted' their way through the rather nonplussed Austrian village of Telfes during the early stages of one open race. In this respect he can fairly claim to have been led astray by one Dick Wall. That was after a fairly serious session in 'Den Alten Post'. For some of us it was pretty much immediately after the session – for others the race was just a short interval in an extended rep.

Former chairman Norman Berry also distinguished himself in Austria. 'Sexual harassment during an underpant relay' is not a frequent charge against FRA chairmen but the lack of sober witnesses let him get off 'Scot free'! I really can't say anymore - you'll have to ask someone who was there. (Actually there's got to be another article 'Socialising at the World Trophy' in there somewhere.)

All this and not a word about Gary's dad, Hugh Devine. It is said that in Die (1989) Hugh was held captive by a bartender because P&B couldn't pay the bill. Personally I don't believe it – who could imagine Hughey being kept in a pub against his will! It is further said that in finally rolling back to his bed Hugh encountered a very focussed Rod Pilbeam in search of breakfast. Son Gary competed for his country later in the day, but by then dad was sound asleep! (Actually, there's yet another article in there - 'Sessions with Pudsey & Bramley').

*Ed : Unfortunately Selwyn was unable to include the details of his many and scurrilous anecdotes about the Blacksmiths Arms due to the threat of legal proceedings from half the fell-running aficionados of south-west Cumbria!***\$!*

ALCOHOL & FELL RUNNING (OR ARTISTRY IN THE IRISH PUB)

FROM "BOGBOY"

Robbie Bryson, World Masters Hill Running Champion 2002, Dermot McGonigle, twice Scottish Fell Running Champion, Deon McNeilly, many times Northern Ireland Fell Running Champion (and silver medallist in the British Cross Country Championships in 1988 outkicked by Eamon Martin) all have a couple of obvious things in common. They all run for Newcastle AC and keep their soul in the Mourne

Mountains, but there is something else. They all love their Guinness, by the gallon.

It is an observation that the level of ability to run in the mountains is directly proportional to the ability of the liver to digest alcohol and it is a further observation that fell runners have been testing this theory for years and, as the results are not yet conclusive, the research continues. Of course, the Irish are partial to a Guinness or two, but there is still the ability to shock the locals whenever they discover finely tuned athletes over indulging in a licensed premise. For lovers of fell running, it is part of the religion; the golfers have the nineteenth hole, fell runners have the Guinness (if you're English, Scottish or Welsh, please read 'real ale' or better still 'Deuchars IPA' and you'll keep up faster) but in the shadow of the mountain, it tastes much better than next to the 18th green – fell runners earn it more and so the beer goes down easier.

Of course, the love of the pub post-race is not unique to the Irish fraternity, it is reflected throughout the sport of fell running. The photo below was taken in Newcastle's 'Central Park' on the evening of 3rd April after the Donard-Commedagh race, the first round of the British Championship series. What do we see? If



you're following so far, you'll know the answer already, three recent British Fell Running Champions (and Scoffer) participating in their love of Guinness and, in the interest of sports science, continuing to provide real-life research into the link between the liver and the ability to descend rapidly.

For many years now, the annual Hill & Dale Series in the Mourne Mountains has grown in popularity. On a Thursday night for 11

weeks in a row from the turning of the hour that gives enough evening light (apart from the last race, which is on a Friday night with the leisure activities extending well into Saturday morning) an average of 110+ turn up in the Mournes from all over the country to participate in a race that tends to have a record around the half hour mark. Each race has a unique character, from the faster forest race to the roughest of mountain terrain. However, each race has one thing in common, the post-race congregation in the pub. The Series and respective pubs with grid references for anyone who wants to visit, after a rewarding run in unspoilt mountainous surroundings, are noted below:

McVeigh Classic	Frankie's, Castlewellan (340350)
Tollymore Forest	Avoca Hotel, Newcastle (377307)
Slieve Martin	Glenside Inn, Rostrevor (181184)
Slieve Binnian	Anchor Bar, Newcastle (376306)
Moughanmore	Doran's Mourneview, Hilltown (225293)
Hen & Cock	Rathfriland (197336)
Monument Race	Frankie's, Castlewellan (340350)
Loughshannagh	Mary Margaret's, Hilltown (223300)
Rocky	Doran's Mourneview, Hilltown (225293)
Meelbeg Meelmore	Maghera Inn (373344)
Donard Forest	Avoca Hotel, Newcastle (377307)

Not everyone comes to the pub, of course, some have to drive maybe two hours home and need to be up early for work on the Friday, however, the headcount still tends to be 80 or 90. The atmosphere is great, stories of the best routes, awful climbs, breakneck descents, getting lost, the excess pounds of the winter, they're all there. Sandwiches; cheese, ham, tuna, salad and many people's favourite, McNeilly's egg and onion – he's not just a good runner? Feed the stomach, quench the thirst (one sober driver and a group of liquefied passengers enjoying the research) and renew the soul.

So what do we conclude from all of this? The pub is an integral part of our sport (of course, only if you want it to be) where the best (and we can all continue to live in awe of the best and their ability on the mountains) show that they are mortals like the rest of us. Elitism and fell running are not good bedfellows, our sport is different from many others, the mountain is the true leveller, everyone in the race battles against themselves as well as others and that sense of achievement is felt by all, no matter where you finish. That's the beauty of our sport, that's the beauty of the pub; it's the escapism from the rat race. What about the morning after? For the Hill & Dale, it's work, but with a better attitude; for the weekend race, it's whether the traditional long slow Sunday run in the hills, forest or sand hills can be approached in a sober enough state.

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BOOK REVIEWS



“Running High” by Hugh Symonds; Hayloft Publishing; £16.99p.

“Feet in the Clouds” by Richard Askwith; Aurum Press; £16.99p.

Our sport being the minority interest it is we don't have the literary traditions of a sport such as mountaineering and therefore books about fell running are not exactly thick on the ground; however for this edition of the magazine I was fortunate enough to be offered not one but two books to review and, although they are very different works indeed, I enjoyed both of them, perhaps all the more for the contrasts in their viewpoints and styles - it might be an idea to persuade someone to dig deep and treat you to both of them for your birthday!!

“Running High”

In 1990 Hugh Symonds completed an amazing run, the continuous traverse on foot, including the distances between them, of all the 3,000 foot peaks in Great Britain. Having achieved this in the staggeringly short time of eighty-three days, when his target had been a hundred, he decided to add the Irish tops to the list and still finished in ninety-seven days, raising a considerable sum of money for Intermediate Technology along the way. His account of this epic was first published in 1991 but, because of commercial complications, getting hold of a copy of the book was like finding snow in August. However, he was persuaded by Hayloft Publishing that, despite the passage of time, his work was worth re-printing and so, with a few of the appendices updated, it has duly re-appeared.

So much for the basic facts about the book but the feature that makes it such a gripping read is that it is far, far from being a straightforward blow-by-blow recounting of the course of those ninety-seven days - it is instead, whether Hugh intended it or not, a fascinating look into the psychology of an athlete at the height of his powers driving himself with awesome single-mindedness deeper and deeper into the challenge he has set himself. For those people interested in the motivation behind those people who are capable of pushing themselves way beyond normal limits it makes a riveting read.

I have here a confession to make - I started the book with serious misgivings because it appeared from the Contents page and the initial map that this was to be another book about the Munros and I have never been able to summon the slightest enthusiasm for Munro-bagging, not because I don't like Scotland, quite the contrary, but because so many of the Munros are shapeless, fairly uninteresting

lumps which happen to be over 3,000' and there seem so many better mountains on which to spend all-too-infrequent trips north. However, not only did I soon discover that Hugh himself tended to share this view of certain mountains but that, strangely enough, the details of the mountains, although skilfully and evocatively described, occupied a surprisingly small percentage of the book; they were but a part of the elements against which Hugh had set himself, together with weather, distance, logistics and the fundamental issues of fitness, injury, nutrition and fatigue.

To overcome all these required the development of a singleness of purpose which necessitated the exclusion of nearly all other considerations and it is the depiction of this development from the first steps up Ben Hope to the realisation that he has the reserves and the fitness and the stamina to complete the task if only he can shut everything else out which gives the book its fascination.

The contrasts between Hugh's accounts and the entries from his wife Pauline's diary serve to accentuate this increasing fixation all the more. She devotedly spent the time while Hugh was on the hills in driving their campervan all over Scotland to pre-arranged meeting points, looking after and educating their three young children (I wonder how they recall the experience fourteen years on?) dealing with an incessantly demanding pile of dirty clothing and ensuring that when Hugh returned that he had the food, rest and moral support needed to enable him to carry on. It must have been a monumental task in itself and was at times obviously very wearing but all the time I was reading her busy, people-inhabited entries I was aware of the solitary figure outside them driving himself on through the frequently dreadful conditions towards his self-imposed goal.

It is the same with the other characters who feature in the book - a veritable “who's who” of the fell-running world appear in a variety of essential supporting roles, either on the hills or otherwise, and while I am sure that Hugh fully appreciated and acknowledged their contributions and has an affable and friendly relationship with them they do not appear as fully-drawn characters in their own right. It is as though the task in hand demanded a cold-eyed appraisal of all the factors contained within it, each bit to fulfil its own function - food, sleep, clothing, companions, etc. - nothing to be overlooked but nothing to

be over-emphasised. If this implies that there is a coldness to the book it is not so; the degree of passion and commitment Hugh devoted to his project is very evident but to make the project succeed demanded that this be controlled and organised to an extreme extent and, had he not been able to achieve this control, it is clear that he felt he would not have performed as he did.

It is very much a book about a single obsession and a tracing of the development of the single-minded qualities needed to bring that obsession to a satisfactory conclusion. This particular obsession finds its expression through fell-running and hence the book will have appeal to readers of this magazine, after all at one time or another most of us have visions of ourselves battling against insuperable odds, but it could have been set in any field of endeavour because it is about the man behind the deeds rather than about the deeds themselves and therefore, apart from the fact that no-one else has even had the temerity to try to repeat the exploit, it doesn't matter at all that the run took place fourteen years ago, he could have done it last week and it wouldn't have made any difference to the immediacy of the atmosphere of the book.

Try it and see - I found it fascinating.

“Feet in the Clouds”

This book is one of the most effervescent books about anything - never mind fell-running - that I have ever read. It is an explosion of enthusiasm about the sport which whips along in a most compelling fashion indeed and, once started, proves very difficult to put down.

The author has a distinguished background in journalism and there is very much of that background evident in the pacy, direct style of the writing and in its range, which can switch its tone from tongue-in-cheek exaggeration to considered discussion and evaluation to straightforward vivid and effective description in as many pages. He is a self confessed “middle-class southern softie” (although that definition needs to be taken with a sizeable pinch of salt once you have penetrated a little way into the book) who came to fell-running in his early thirties and found it very nearly the answer to the great questions about The World, The Universe and Everything; as a result he has obviously steeped himself in the history, traditions and personalities of the sport and has researched all his material most assiduously to produce a

work which is at once both stimulating and informative.

The book is ostensibly built along two main chronological strands, the first one being "Scenes from a fell-running year", which traces and comments on the monthly events in the fell-running calendar of 2003 and the second one being the author's various attempts (ultimately successful) on the Bob Graham Round. Both of these are in themselves most readable, perceptive and revealing but their progress is, however, interrupted by a series of chapters dealing with a range of issues as diverse and interesting as you could wish for. There are chapters on the legendary personalities, living and deceased, of our sport, out of which appear genuine, complex characters vibrant and skilfully and sympathetically delineated; there are chapters on the history of the sport which open up the amateur/professional issues in a very lively fashion; there are chapters on what he sees as our traditions; there are chapters on the place of Clubs in the sport; chapters on ethical issues such as risk, responsibility, risk assessment and the role of the FRA; chapters on significant races; chapters on two-day events, long distance challenges and so on and so forth.

The book is a very rich and tasty stew with an amazing number of very piquant ingredients spiced with not a little controversy here and there and what forms its base is the sheer quality of the writing coupled with the constant sense of freshness and enthusiasm. It bubbles with details, quotes, references, personal reminiscences and anecdotes, none of them gratuitous but all there to serve the purpose of the particular section. The amount of interviewing, letter-writing, phone calling, reading and other research which Richard must have undertaken to produce work of such detail must have been quite staggering but the feeling and humanity are never obscured by this detail, only enhanced by it and the book never becomes a mere recitation of fact - facts are used to justify description, spark opinion or add richness to an anecdote but they are clearly not there just for their own sake.

Whatever the author's reservations about his qualifications in the sport this is undoubtedly a singularly knowledgeable and informative book written by someone who knows and appreciates what fell-running is all about and feels a burning need to communicate that knowledge both within and outside the ranks of the converted - it has a sense of concern and a sense of fun in equal measure and carries a feeling of spontaneity which no doubt took a lot of craft to create but which is no less genuine for that.

If I were you, I'd read it - you'll end up learning a lot more about our sport than you thought and you'll enjoy yourself immensely while you're doing it!! And as a special treat the publishers are offering the book at a discounted rate to readers of "The Fellrunner" - £14-99p (including postage and packing!!) - just ring 01903 828503 and quote reference AUR151.

Dave Jones

DPC International Snowdon Race 2004

from Jayne Lloyd

Well, I've been doing this job for five months now and I would like to thank all those people that have shown me so much support.

After my initial enquiries from runners, spectators and locals alike, I came to the conclusion that there were a few requests coming up time and time again.

Most runners felt that prize money would be the only way to improve the quality of the field. They were also keen to have some sort of party after the event and for there to be plenty for their supporters to do whilst they were on the hill. Spectators likewise wanted to see plenty going on in the village before, during and after the race. Local tradespeople wanted more opportunity to reach the thousands of folk coming in to the village, to show them what this area has to offer. Another strong feeling was that the junior races should return and be recognised in their own right.

I am glad to say that we are well on our way to achieving most of this. Locally based Euro/DPC have come up with a substantial prize fund which is allowing us to offer 1,000 Euros first prize, 750 second, 500 third and 250 fourth for men and women. This has already proved to be a pull in attracting more international teams with Poland and Slovenia now keen to come and give the British and Italians a run for their money.

There will be a band playing in the Quality Hotel (Royal Victoria to most of us!) after the buffet and presentation, so plenty of scope for post race bopping (bring your own handbag). There will also be loads going on on the field including a bike course, climbing wall and (subject to permission) kayaking - although this will be on the lake and not on the field!

The Junior races are back, sponsored by 'New Balance'. We are hoping that some of the International teams will be able to bring some juniors along to up the ante! There will be prizes for the first three boys and girls in each category and the trophies for the under 18 race have been donated by the JTF in John's memory.

There will be free physiotherapy workshops for all juniors and their parents. These will be centred around pre and post race stretching and massage and foot analysis.

There will also be workshops for seniors with all donations going to the John Taylor Foundation. We are happy to be able to help this worthy cause, John competed in the Snowdon Race on a number of occasions and we are proud to have known him.

Another exciting development involves the timing. The runners will wear microchips this year and will be electronically timed. Locally based Gaia technologies plc. Will be building a wireless network up the mountain which will be able to relay the competitors' times live back down to Llanberis. Better still; there will be cameramen on the hill filming for a documentary that is being made to be screened next year when the race will be seen live on TV. This footage can also be picked up by Gaia's network and relayed back down to the field where people will be able to see the runners live on screen! This will be great for the spectators - just make sure you're looking your best.

We are also being sponsored by 'Penta' water and a few of their sponsored athletes will be coming along to try their hands at Snowdon (should that be their feet?) If you check out their website, www.teampenta.co.uk, you'll see they have some awesome testimonials.

Next year will be the 30th Snowdon Race and big things are planned for that. I hope that this year's race will whet people's appetites for that and the years to come. Thanks to all our supporters and sponsors for making this happen and to the Wales Tourist Board and the Countryside Council for Wales through Adfwyio for their substantial funding.

Please come along if you can. You don't have to be running, just enjoy a day out in North Wales. It's a great place.



Tim Davies and Simon Bailey battle it out on the climb at Snowdon
(Photo Jayne Lloyd)

ALL OVER IN 13 MINUTES

(Classic fell Races Part 4)

from Graham Breeze

20 Years of Short + Medium Races

Introduction

Earlier articles collated the winners since 1987 ABB (After Billy Bland) of 16 classic Long A fell races and to complete the series Part 4 examines races where the pleasure is as delightful but over in a shorter time. The data presented here covers 20 years (1984-2003) although some of the races listed were not run until after 1984.

Four Short Classics: Which and Why?

Buckden Pike (AS 4m: 1500ft)

"The fells of Upper Wharfedale boast some of the finest runnable hills in the whole of England and have long been neglected by the fellrunner", was how Peter Jebb introduced his report of the inaugural race in 1981, which he continued to organise until 2002. He must have been right or the race would not have since been such a popular choice for the English Championship, including 2004.



Can you spot yourself? - The start of Buckden Pike 1981 (Photo Allan Greenwood)

Burnsall Classic (AS 1.5m: 900ft)

In *Studmarks on the Summits* Bill Smith reports a variety of dates for the professional race from the mid 1800s but as an amateur race (under AAA laws) Burnsall dates from 1932. It has had its moments such as in 1954 when a flooded Wharfe prevented the race taking place and given its pedigree perhaps the organisers can be forgiven for immodestly including the word "Classic" in the race title. The race record goes back to 1983 when Hugh Symonds reported in *The Fellrunner* that John Wild "flew down taking risks which Kenny (Stuart) said he just wasn't prepared to take, including leapfrogging the wall". The race has had many high calibre winners, although since 1986 always from Bingley or Pudsey & Bramley so perhaps only someone from a Yorkshire club is now tough enough to win it?

Interestingly the *Fellrunner* report made no particular mention of Carol Haigh's (Greenwood) 1983 time of 16.34 yet this is still the record and only Sara Hodgson (Taylor), with nine victories, has come close in 1992.

Pendle (AS 4.5m: 1500ft)

At one time or other nine fell races ran over Pendle Hill (Bill Smith "Racing on Pendle": *The Fellrunner* October 1992) although some like Downham and Five Cloughs have gone. It would therefore be perverse not to include one race over this splendidly isolated hill (1831 ft) from any classic listing. The Pendle race dates from 1956, although that race had a different start, route and length to the current event, which dates from 1974. During

the 1980s Jack Maitland won 5 races in 6 years and his record from 1984 still stands.

Scafell Pike (AS 4.5m: 3000ft)

In 1987, the year after the inaugural event, the Scafell race was an International event with teams from Italy, France and Belgium supplementing those from the home countries. The best of British fell runners were present including Messrs Donnelly, Pilbeam, Patterson, Whitfield, Livesey, Devine, Bland ... but the race was won by an Italian, Battista Scanzi who was merely a reserve for the Italian World Cup team.

A typical entry is now less than 50 runners and even English Championship status in 1999 only boosted this to 184 finishers. In some

years there has been just one or even no female entrant. In 1992 in bad weather conditions and on therefore a short course there were only 10 runners (no women) but organiser Richard Eastman declared that his ambition was to keep the race going believing that "England's highest mountain deserves its own dedicated race".

It has; it just needs more runners to turn out.

Four Medium Classics: Which & Why?

Buttermere Sailbeck (AM 9.4m: 4250ft)

Buttermere Sailbeck has never been as popular as the similar length Fairfield Horseshoe which normally takes place around a week later; but then Sailbeck with its high ascent/ distance ratio has often been described as the toughest Medium category race in the Calendar. When organised by the CFRA it was a regular choice for different championship events but in ordinary years (only) around 100 plus runners would turn up and the CFRA, citing factors including "low race entries", discarded the event after 1999. It is currently organised by Jack King.

Coniston (AM 9m: 3500ft)

"In my opinion the most complete fell race on the calendar, with a varied course necessitating some route choice and minimal road sections, although starting right in the village." - Hugh Symonds (Editor *The Fellrunner* January 1986)

Fairfield Horseshoe (AM 9m: 3000ft)

If pedigree counts for anything then the Fairfield Horseshoe, first organised by the Lake District Mountain Trial Association in 1966, must be included and it remains one of the most popular Lakeland races and attracted over 500 starters when an English Championship counter in 2000.

Kentmere Horseshoe (AM 11.9m: 3300ft)

When run in April the Kentmere race was regarded as a serious Lakeland fell race which always carried the risk that it might be



Colin Doonally in the mud, wind and rain at Pendle (Photo Pete Hartley)

held in gale force winds and white-out conditions as, for example, in 1983 when 50% of the men dropped out. Interestingly 80% of the female entries finished, probably because they had the intelligence to dress sensibly for the extreme conditions. Since the tragic death of Judith Taylor in the 20th race in 1994 the event has been held in July.

Reflection

The purpose of this article is to focus on the winners of the eight races listed and it is not an attempt (in 3800 words!) to describe the 8 races more fully; all of which justify their own article. These words merely add colour to what is in essence a list but therefore a thing of wonder. Lists bring order out of chaos, light out of dark and provide meaning to life. Regrettably some race organisers remain unconvinced and are indifferent to the history of their events and this is why the acknowledgment list at the end of this piece is so long.

However some race organisers do take pride in their event and its heritage and they are epitomised by Peter Jebb who organised the Buckden Pike for 21 years or Jim Maxfield, who organises Burnsall and who, on request, rummaged through boxes of old programmes just to clarify a detail of 20 years ago.

Some runners do not bother with results sheets even for races they have won, whereas one can telephone other runners and without missing a beat they can immediately look up race records going back two decades. Oh music to my heart!

Deja Vu

It is not intended to reprise the general conclusions drawn from the earlier articles because the list again illustrates, for example:

- Championship status is associated with a fast if not record time
- A one-off winner with a slow winning time suggests a clash with a Championship event which creamed off the best runners.

The list therefore records when the race was an English/British Championship counter with E/B (Note: English Championship started in 1986) because of the impact this has on the quality of the field and record times. However given that five of the records listed here still date from the 1980s perhaps today's runners do not bother with records anymore? Certainly the records for, say, Buckden Pike look as distant now as when set by Colin Donnelly in 1988 and Carol Greenwood in 1993 when Carol from 209 starters was 9th (ninth!) to the summit ahead of runners of the calibre of Ian Ferguson and Bob Whitfield before finishing 20th overall.

Incidentally Buckden Pike illustrates other trends in fellrunning over the last 20 years, e.g.:

	% Veterans	% Women	% Juniors
1984	20	4	10
2003	48	8	3

The increase in the proportion of women at Buckden Pike may be a good thing for the sport; the decline in the junior entry and the fact that almost half the field are now veterans is not.



Ian Holloway (Rochdale) flies down Whiteless Pike at the 1998 Sailbeck (Photo Pete Hartley)

The Usual Suspects

Examining past race winners is always a voyage of discovery but it is no surprise that Ian Holmes (Bingley) appears as a winner 21 times with wins in six of the eight races listed (not Pendle & Kentmere Horseshoe). The second highest multi-winner is Shaun Livesey (Rossendale & CLM) with 9 victories. The only other runners with half a dozen or more victories are Jonny Bland (Borrowdale) with 7 wins, Mark Roberts (Borrowdale), Andy Peace (Bingley), although 5 of these victories were at Burnsall and Jack Maitland (Aberdeen and P&B), but 5 of these wins were at Pendle.

From the earlier articles one might have expected Gavin Bland (Borrowdale) (4 wins) to have appeared more often and perhaps if the choice had featured more Lakeland races he would have and similarly if the races chosen had been in Wales Colin Donnelly (Eryri) presumably would have more than 2 wins.

The most prolific female winner in the earlier Long A articles was Vanessa Peacock (Brindle) of CLM and in this survey she has 7 wins but perhaps what is most staggering is the longevity of her success with wins at Coniston in 1987 and 16 years later in 2003. Carol Greenwood (Haigh) then running for Holmfirth and Calder Valley here has 7 wins over a shorter running career. The only women with 6 wins are Sarah Rowell (P&B) and Kate Beaty ((CFR) although as previously noted Sara Hodgson (Taylor) has dominated the Burnsall Classic race since 1987 with 9 wins in this one race but none elsewhere in this analysis.

Clearly the particular qualities required to win Burnsall with around 13 minutes of effort are somewhat different from grinding out a victory in the Three Peaks race in something nearer to three hours: although that is what Andy Peace achieved in both 1994 and 1995. Many of the winners of the four short races examined here have also won the Long A classic races featured in previous articles so it would be fair to conclude that runners who are capable of winning a long classic can also produce the goods in a short event.

The reverse does not necessarily apply and whilst Greg Hull (Leeds City), who is primarily a roadrunner, won Pendle and Buckden Pike in 1994 his name has never appeared in any of the earlier Long A race articles.



Rough stuff on the descent at Coniston 2003 (Photo Pete Hartley)

Rushing to Judgement

False conclusions should not be drawn. Beverley Redfern (Carnethy) is only listed once for these outings on the English fells (Coniston 1993) but she won Ben Nevis in 1989 and the World Cup in 1990. A previous article suggested that Angela Brand-Barker (Eryri) was the champion female fellrunner of her generation but her name only appears here twice (as Carson). The current status of Angela Mudge (Carnethy) is without peer but her only showings here are in 1998 at Pendle and Buttermere Sailbeck when these events counted in the British Championship: which she won.

And of course whatever the status of the eight races chosen here, the choice of races and the 20-year period are arbitrary.

If, say, the Ilkley Moor race (not yet a classic but it only has a history of 15 years) had been included the 4 wins of Gary Devine (P&B) would have yielded a total of 8 wins for the survey and the 3 wins of Robert Hope (P&B) would have given him a total of 7 wins.

Or if the 20 year time frame had been moved back to say 1981-2000 Ros Coates (Lochaber) would have appeared strongly since in 1981 she won all of the only three of the eight races considered here which were then in existence (Pendle, Kentmere Horseshoe and Fairfield). Burnsall did exist but, incredible as it may now seem, there was no women's race until 1982 when Carol Haigh won the inaugural event at the age of 16 years and the following year created the record which still stands.

Similarly in 1981 John Wild (RAF) won all four of the aforementioned races which is perhaps not surprising because they were all Championship races that year, in the era when there were 15 races in the Championship and men had to be men to win it, which John Wild did in 1981 and again in 1982.

In other words twenty five years ago there were fewer races in total, the Championship required contenders to run in up to 15 races and there is a strong correlation between the winners of the classic races and the winner of the Championship.

But things change. The 2003 English Champions (Ian Holmes and Andrea Priestley (Ilkley)) between them won one of the eight races and that was Ian winning Buckden Pike for the sixth time. In 2002 the English Champions (Ian Holmes and Louise Sharp (Keswick)) gained three victories. Ian won Buckden Pike (why not?) and they both won their respective races at Coniston: which was of course an English Championship counter. In 2000 the English Champions (Ian Holmes and Sally Newman (Glossopdale)) won one race between them when Ian won Burnsall. And so on.

And So?

The picture shown is just the picture shown but even allowing for all the caveats and qualifications the fact remains that 20 years and 8 races is a significant "snapshot". It cannot be coincidence that Vanessa Peacock was pre-eminent in the survey of Long A races and is so again from this survey of Short and Medium races. Ian Holmes is again revealed as the outstanding runner of these times but then perhaps five English Championships (1996, 1998, 2000-

2003) and four British Championships (1996-8, 2000) had hinted at that anyway?



Paul Dugdale of Horwich on Hart Crag at the 2000 Fairfield
(Photo Pete Hartley)

2004- 2024?

And what of the rising stars? So far Rob Jebb (Bingley), 2003 British Champion, has 3 wins. Louise Sharp (Keswick) the 2003 English & British Champion has a couple but who knows, perhaps in another 20 years Ian Holmes will have added a further 21 wins to his total here?

I'll let you know.

Notes & Sources

Thank you Mike Addison, David Bailey, Andy Beaty, Steve Barlow, Adrian Belton, Alan Bowness, Sam Clarke, Wendy Dodds, Allan Greenwood, David Hamilton, Dave Hodgson, Steve Jackson, Ross Jaques, Peter Jebb, Alan Judd, Brian Martin, Jim Maxfield, Tony & Vanessa Peacock, Andy Plummer, Martin Stone, Andy Styan, Dave Tait, Katie Thompson, Andy Trigg, Tony Varley, Colin Valentine and Mick Watson.

Data is from contemporaneous reports for clubs & female surnames. E/B indicates English/British Championship. Record is marked # or listed separately if before 1984. Advice on errors appreciated.

Buckden Pike: AS 4m: 1500ft

1984	Hugh Symonds	Kendal	33.05
	Linda Lord	CLM	43.21
1985	Alex Smith	CFR	32.40
	Ruth Hancock	Airienteers	42.20
1986	Ray Rawlinson	Rosendale	34.45
	Winky O'Neale	Keswick	42.45
1987	Graham Kirkbright	Skyrac	35.51
	Carol Haigh	Holmfirth	42.53
1988	Colin Donnelly#	Eryri	30.51
EB	Claire Crofts	Dark Peak	38.1
1989	Malcolm Patterson	Dark Peak	31.23
	Glynda Cook	Rochdale	43.41
1990	Alex Smith	CFR	32.50
	Yvonne McGregor	Bfd Aire	40.13
1991	William Styan	Holmfirth	34.49
	Janet Kenyon	Horwich	41.35
1992	Steve Hawkins	Bingley	31.32
	Cheryl Cook	CLM	42.06
1993	Ian Holmes	Bingley	31.08
	Carol Greenwood#	Calder Valley	36.32
1994	Greg Hull	Leeds City	32.12
	Amanda Isdale	Bingley	44.13
1995	Ian Holmes	Bingley	30.59
E	Sarah Rowell	P&B	37.24
1996	Gary Oldfield	Brad Aire	33.15
	Lisa Lacon	Holmfirth	46.34
1997	Gary Oldfield	Brad Aire	33.34
	Tracy Ambler	Ilkley	44.21

1998	Ian Holmes	Bingley	31.52
E	Carol Greenwood	Bingley	38.32
1999	Ian Holmes	Bingley	31.05
	Sarah Rowell	P&B	39.05
2000	Rob Jebb	Bingley	31.33
	Vanessa Peacock	CLM	41.44
2002	Ian Holmes	Bingley	32.12
	Sharon Taylor	Bingley	43.36
2003	Ian Holmes	Bingley	33.37
	Wendy Barnes	Barnsley	44.07

Burnsall Classic: AS 1.5m: 900ft

1984	Jack Maitland	Aberdeen	13.11
	Liz Dunn	Dark Peak	20.24
1985	Kenny Stuart	Keswick	13.23
B	Pauline Haworth	Keswick	18.08
1986	Mike Hawkins	Bingley	13.16
	Sylvaine Boler	Penistone	19.59
1987	Gary Devine	P&B	14.20
E	Sara Taylor	Fellandale	19.26
1988	Steve Hawkins	Bingley	13.55
	Sara Taylor	Fellandale	18.29
1989	Andy Peace	Bingley	13.28
	Ann Curtis	Livingston	19.24
1990	Andy Peace	Bingley	13.13
	Sara Taylor	Fellandale	18.57
1991	Andy Peace	Bingley	12.55
	Jill Teague	Bingley	17.04

1992	Steve Hawkins	Bingley	13.04
	Sara Hodgson	Fellandale	16.47
1993	Steve Hawkins	Bingley	12.51
	Amanda Isdale	Bingley	18.04
1994	Andy Peace	Bingley	12.52
	Sara Hodgson	Fellandale	17.19
1995	Andy Peace	Bingley	13.31
	Jean Shotter	Fellandale	18.27
1996	Ian Holmes	Bingley	13.09
	Sara Hodgson	Fellandale	18.14
1997	Steve Hawkins	Bingley	13.29
	Jane Clark	P&B	18.13
1998	Gary Devine	P&B	14.13
	Sara Hodgson	Fellandale	19.19
1999	Ian Holmes	Bingley	13.41
	Sarah Rowell	P&B	17.31
2000	Ian Holmes	Bingley	13.41
	Tracy Ambler	P&B	17.50
2002	Rob Hope	P&B	13.54
	Sara Hodgson	Fellandale	19.25
2003	Rob Hope	P&B	13.51
	Sara Hodgson	Fellandale	19.14

1983	John Wild	RAF	12.48
	Carol Haigh	Holmfirth	16.34

Pendle AS 4.5m: 1500ft

1984	Jack Maitland#	Aberdeen	29.44
	Angela Carson	Dark Peak	39.58

1985	Jack Maitland	P&B	30.36
	Carol Haigh	Holmfirth	36.46
1986	Jack Maitland	P&B	30.22
	Carol Haigh	Holmfirth	36.53
1987	Jack Maitland	P&B	31.25
	Hilary Bloor	Dark Peak	43.33
1988	Shaun Livesey	Rossendale	30.25
E	Claire Crofts	Dark Peak	36.17
1989	Jack Maitland	P&B	31.09
	Anne Buckley	Leeds Univ	39.15
1990	Martin Crewe	Bingley	31.19
	Kath Drake	Spensborough	39.00
1991	Bashir Hussain	Stockport	30.04
	Kath Drake	Spensborough	39.01
1992	Shaun Livesey	Rossendale	30.26
	Kath Drake	Spensborough	38.23
1993	Shaun Livesey	CLM	30.21
	Carol Greenwood#	Calder Valley	34.25
1994	Greg Hull	Leeds City	31.31
	Sarah Rowell	P&B	36.30
1995	Andy Peace	Bingley	31.39
	Glynda Cook	Rochdale	39.55
1996	Gary Devine	P&B	31.06
	Debbie Gowans	Accrington	40.14
1997	Billy Burns	South Ribble	31.15
	Victoria Wilkinson	Bingley	37.44
1998	Matt Whitfield	Bingley	30.02
EB	Angela Mudge	Carnethy	35.17
1999	Mark Kinch	Bingley	31.36
	Charlotte Sanderson	Bingley	38.18
2000	Steve Oldfield	Brad Aire	32.21
	Vanessa Peacock	CLM	39.13
2002	Simon Bailey	Staff Moor	30.37
	Tracey Brindley	Carnethy	36.02
2003	Simon Bailey	Staff Moor	30.47
	Lucy Whittaker	Saddleworth	38.39

Scafell Pike: AS 4.5m: 3000ft

1986	Colin Valentine	Keswick	55.40
1987	Battista Scanzi	Italy	51.05
E	Second: Colin Donnelly (Scotland)		52.29
1988	Keith Anderson	Ambleside	55.46
	Fiona Cole	CFR	72.56
1989	Willy Gaunt	P&B	54.10
E	Julie Harold	Horwich	68.05
1990	Ian Holmes	Bingley	53.45
	Caroline Hughes	Reading	72.44
1991	Alan Bowness	CFR	53.54
1992	Jonny Bland	Borrowdale	39.24
1993	Ian Holmes	Bingley	51.43
	Kate Beaty	CFR	71.42
1994	Rob Hope	Achille Ratti	57.58
	Kate Beaty	CFR	71.10
1995	Jonny Bland	Borrowdale	51.50
1996	Andy Trigg	Glossopdale	57.18
	Claire Crofts	Dark Peak	76.27
1997	Gavin Bland	Borrowdale	53.37
	Lyn Thompson	Keswick	71.50
1998	Jonny Bland	Borrowdale	55.56
	Janet King	CFR	64.17
1999	Ben Bardsley #	Borrowdale	51.12
E	Nicola Davies #	Borrowdale	63.24
2000	Colin Valentine	Keswick	61.35
	Lindsay Buck	CFR	85.58
2001	Ian Holmes	Bingley	57.59
	Louise Sharp	Keswick	69.38
2002	Lloyd Taggart	Buxton	58.11
	Lyn Thompson	Keswick	84.17
2003	Nick Fish	Ambleside	55.29
	Nicola Davies	Borrowdale	68.25

NB -- In 1992 10 runners ran via Lingmell, Hollowstones and Brown Tongue only; hence low time.

Buttermere Sailbeck: AM 9.4miles: 4250ft

1985	Kenny Stuart#	Keswick	1.21.50
	Pauline Haworth	Keswick	1.50.44

1986	Dave Cartridge	Bolton	1.26.23
	Sarah Haines	U/A	1.55.03
1987	Ray Rawlinson	Rossendale	1.26.41
	Helen Diamantides	Dark Peak	1.55.44
1988	Rod Pilbeam	Keswick	1.25.47
	Angela Carson	Eryri	1.44.49
1989	Robin Bergstrand	Mandale	1.26.58
	Angela Carson	Eryri	1.48.06
1990	Robin Bergstrand	Mandale	1.25.28
	Sue Mackay	CFR	1.56.37
1991	James Bulman	Borrowdale	1.33.34
	Linda Carder	U/A	2.06.25
1992	Ian Holmes	Bingley	1.29.23
	Ruth Pickvance	Kendal	1.55.28
1993	Ian Holmes	Bingley	1.27.59
	Kate Beaty	CFR	1.56.44
1994	Ian Holmes	Bingley	1.24.59
EB	Andrea Priestley	Fellandale	1.46.14
1995	Ian Holmes	Bingley	1.27.32
	Nicola Davies	U/A	1.48.28
1996	Robin Lawrence	Bingley	1.31.11
	Vanessa Peacock	CLM	1.52.36
1997	Mark Roberts	Borrowdale	1.28.05
	Nicola Davies	Borrowdale	1.50.11
1998	Simon Booth	Borrowdale	1.24.05
EB	Angela Mudge#	Carnethy	1.39.16
1999	Jonny Bland	Borrowdale	1.27.14
	Yvette Baker	P&B	1.51.17
2000	Jim Davies	Borrowdale	1.30.42
	Wendy Dodds	CLM	2.02.01
2002	Jonny Bland	Borrowdale	1.28.48
	Lucy Whittaker	Saddleworth	1.57.05
2003	Jonny Bland	Borrowdale	1.30.15
	Kate Beaty	CFR	1.50.07

Coniston: AM 9m: 3500ft

1984	Kenny Stuart	Keswick	1.06.23
B	Pauline Haworth	Keswick	1.25.18
1985	Kenny Stuart	Keswick	1.05.46
B	Pauline Haworth	Keswick	1.26.33
1986	Rod Pilbeam	Keswick	1.09.11
E	Diane Ellerton	Newcastle	1.29.01
1987	Billy Bland	Keswick	1.16.05
	Vanessa Brindle	CLM	1.35.16
1988	Malcolm Patterson	Dark Peak	1.10.41
	Sue Parkin	Kendal	1.26.27
1989	Colin Valentine	Keswick	1.13.40
	Fiona Cole		1.35.36
1990	Shaun Livesey	Rossendale	1.10.59
	Sarah Rowell	Leeds City	1.26.56
1991	Malcolm Patterson	Dark Peak	1.07.24
	Amanda Isdale	U/A	1.31.49
1992	Keith Anderson	Ambleside	1.05.22
EB	Claire Crofts	Dark Peak	1.24.49
1993	Ian Holmes	Bingley	1.08.39
	Beverley Redfern	Carnethy	1.25.33
1994	Gavin Bland	Borrowdale	1.09.07
	Andrea Priestley	Fellandale	1.28.18
1995	Dave Truman	Keswick	1.13.04
	Vanessa Peacock	CLM	1.29.17
1996	Ian Holmes#	Bingley	1.03.29
EB	Menna Angharad#	Eryri	1.20.51
1997	Mark Roberts & John Hoosen	Ambleside	1.18.10
	Kate Beaty	CFR	1.37.33
1998	Rob Jebb	Bingley	1.11.56
	Lyn Thompson	Keswick	1.32.42
1999	Simon Stainer	U/A	1.14.03
	Kate Beaty	CFR	1.36.50
2000	Stephen Savage	Ambleside	1.14.59
	Louise Sharp	Keswick	1.39.01
2002	Ian Holmes	Bingley	1.06.02
EB	Andrea Priestley	Ilkley	1.21.01
2003	Ted Mason	Wharfedale	1.17.04
	Vanessa Peacock	CLM	1.33.35

Fairfield Horseshoe: AM 9m: 3000ft

1984	Kenny Stuart	Keswick	1.10.51
B	Pauline Haworth	Keswick	1.29.59

1985	Kenny Stuart	Keswick	1.11.54
B	Pauline Haworth	Keswick	1.32.16
1986	Robin Bergstrand	Rochdale	1.15.29
	Sarah Haines	York Univ	1.35.15
1987	Billy Bland	Keswick	1.16.57
	Sarah Haines	York Univ	1.36.52
1988	Shaun Livesey	Rossendale	1.11.26
	Ann Watmore	Dark Peak	1.35.13
1989	Shaun Livesey	Rossendale	1.13.12
	Jackie Smith	Dark Peak	1.37.39
1990	Robin Bergstrand	Mandale	1.12.45
E	Cheryl Cook	CLM	1.29.04
1991	Mark Croasdale	L&M	1.11.18
	Sue Ratcliffe	Saddleworth	1.35.45
1992	Craig Roberts	Kendal	1.18.53
	Maureen Laney	CLM	1.43.24
1993	Mark Croasdale	L&M	1.27.04
	John Taylor	Holmfirth	
	Andrea Priestley	Fellandale	1.50.13
1994	Ian Holmes	Bingley	1.22.58
	Carol Banlin	Helsby	1.42.53
1995	Dave Neill	Mercia	1.17.27
	Lyn Thompson	Keswick	1.43.36
1996	Ian Holmes	Bingley	1.15.40
E	Sarah Rowell	P&B	1.30.43
1997	Craig Roberts	Kendal	1.22.02
	Nicky Lavery	Ambleside	1.41.41
1998	Gavin Bland	Borrowdale	1.19.23
	Helen Johnson	Ilkley	1.44.57
1999	Mark Croasdale	Bingley	1.19.17
	Caroline Young	Leeds City	1.41.16
2000	Mark Roberts#	Borrowdale	1.15.11
E	Janet King#	CFR	1.29.46
2002	Jonny Bland	Borrowdale	1.20.28
	Liz Cowell	Keswick	1.51.10
2003	Craig Roberts	Kendal	1.24.32
	Jackie Lee	U/A	1.45.52

Kentmere Horseshoe: AM 11.9m: 3300ft

1984	Jon Broxap	Keswick	1.27.11
	Daphne Varley	Kendal	1.54.56
1985	Kenny Stuart	Keswick	1.24.05
B	Pauline Haworth	Keswick	1.47.59
1986	Andy Styan	Holmfirth	1.32.39
	Gillian Wilkinson	Kendal	1.52.08
1987	Malcolm Patterson	Dark Peak	1.32.28
E	Carol Haigh	Holmfirth	1.43.53
1988	Malcolm Patterson	Dark Peak	1.24.11
	Sue Parkin	Kendal	1.45.05
1989	Colin Donnelly	Eryri	1.23.53
EB	Paula Hawtin	Edinburgh	1.42.17
1990	Phil Clark	Kendal	1.28.18
	Sue Parkin	Kendal	1.49.51
1991	Shaun Livesey	Rossendale	1.23.48
E	Cheryl Cook	CLM	1.44.12
1992	Shaun Livesey	Rossendale	1.28.49
	Tricia Calder #	ESPAC	1.43.47
1993	Mark Croasdale	L&M	1.25.19
	Sue Parkin	Kendal	1.47.17
1994	Jon Broxap	Kendal	1.51.11
	Nicky Lavery	Ambleside	2.09.26
1995	Shaun Livesey	CLM	1.28.05
	Jacqueline Finney	Knivesmire	2.04.33
1996	Mark Roberts#	Borrowdale	1.24.13
	Caroline Holden	Kendal	2.00.36
1997	Gary Devine	P&B	1.30.40
	Vanessa Peacock	CLM	1.51.33
1998	Mark Fleming	Ambleside	1.41.55
	Sue Jones	Horwich	1.59.36
1999	Gavin Bland	Borrowdale	1.34.20
	Sue Jones	Horwich	2.13.57
2000	Mark Roberts	Borrowdale	1.25.00
E	Helen Jackson	Bingley	1.50.41
2002	John Taylor & Mark Roberts	Borrowdale	1.34.21
	Sharon Taylor	Bingley	1.58.37
2003	Rob Jebb	Bingley	1.31.08
	Andrea Priestley	Ilkley	1.48.47

Celtic Corner

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

Manx News

from Richie Stevenson

The Manx season is progressing very well so far. Entries are showing a small increase with record numbers on a truly awful day at Greeba, and a perfect day at Snaefell along with a record equalling number at Bradda. On the down side, Easter's Manx Mountain Marathon again had a fall in numbers which is causing some concern as it takes an awful lot of organising and manpower, not to mention money, to run a race of this length. Entries have gone down considerably since the Foot and Mouth epidemic in 2001. Ironically it was that year when the numbers were heading for record levels with interest the highest it had ever been but of course we lost everything. It seems to be a pattern in long races all over the British Isles and it is difficult to know how to change the trend. A new race was introduced this year that was run in conjunction with the main event at Easter covering half the course from St Johns to Port Erin. There was a small entry of 28 runners but the feedback has been favourable and the organising committee have big hopes that this race will be used as both a stepping stone to the longer event and as an alternative for those who have not been able to train enough for a 31 miler.

All the top fell runners on the island were formed into a squad last year to do quality training sessions one evening a week plus the odd Saturday under the guidance of coach Margaret Lockley. Margaret does not have a fellrunning background having competed successfully on the roads but she has a wealth of knowledge that she is kindly passing on to whoever is prepared to listen. The sessions seem to be having the desired results as Ian Gale followed up his win in last year's Manx Mountain Marathon with second place this year and fellow squad members Tony Okell in fourth and Simon Skillicorn sixth. All the squad are being encouraged to race off the island as much as possible to improve standards. There will be a team at Knockdhu in April followed by as many rounds of the British Championships as possible and the Snowdon International.

The Manx sports personality of the year has just been awarded to Martin Rowe, a world champion in the production class in car rallying. To our delight one of those short listed for this prestigious title was our own Ian Gale. Ian or "Onion" as we all know him created quite a stir over here by not

only becoming the first Manxman to win the Mountain Marathon but followed this up later last year by winning the local road marathon, a feat that will probably never be equalled.

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As I write, we have now had four of our nine Championship races, giving a good indication of current form. Neil Carty (North Belfast) has gained maximum points in three events with runner up in the fourth, so is in a strong Championship position. Second is Brian Ervine of Ballydrain with one win and two second places. However the position of these two at the top is becoming more vulnerable with athletes such as Andy Gregg (Larne), David McNeilly (Ballydrain) and Mark Alexander (Ballymena Runners) showing considerable improvements from last season. Jim Brown leads the vet40 category, well ahead of Newcastle runners' newcomer Barry Wells and Daon McNeilly, with the latter slowly recovering from injury. With two former Champions out of action, the Ladies' Championship is much more open, with Barbara Brown nominally in the lead, but could be overtaken by former winner Anne Sandford or orienteer Violet Linton, if either do sufficient races. The midweek Hill & Dale races, now at the halfway point, provide hard trailraining for some and competitive racing for others, with Alan McKibbin (Newcastle) just ahead of Neil Carty in the men's category. In the ladies' section, Kerry Harty's speed seems to be effective against Anne Sandford's greater endurance.

Rather than having a junior series, this year we are trying a one-event junior Championship, with a range of age groups and races at Scrabo at the end of July. This will then provide a springboard for squad development leading up to the World Trophy in September and the British Juniors in October. Of course that does not stop juniors racing, with notable local performances by Shane Doherty, Jonathan McCloy and Adam Mitten. Further afield, a junior squad took part in the Irish Schools' Mountain Running Championship, a mass participation event ably organised by our southern counterparts, the Irish Mountain Running Association (IMRA). Shane Doherty was first in the Intermediate Boys category out of 57 athletes. Earlier in the season, the aforementioned Kerry Harty was one of the University of Ulster team that claimed the Irish Universities'

Mountain Championship. This is another initiative by IMRA to bring mountain running to a wider group of participants.

Donard-Commedagh British Championship

Hopefully a report on this event is elsewhere in the magazine, with full results on the nimra web site. From our point of view it was a successful event, with probably the largest number of athletes in a Northern Ireland mountain race. To quote from the Carnethy report "an excellent, true fell running course over two summits in lovely sunny (but windy) conditions". Mind you it did rain seriously until 15 minutes before the start. The Carnethy squad seemed to have enjoyed themselves, quoting again, "So once again we had an excellent club weekend to Northern Ireland, helped by cheap Easyjet fares and a lovely cottage as the base". We also used it to maintain our profile within the NI Athletic Federation, with three officials present and the current President and two former ones assisting with race organisation.

Other Events

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from Keith Burns

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Jethro Lennox (Shettleston) has been in outstanding form and has a 100% record after getting his third win out of three at Clachnaben; this after winning a very competitive race against class opposition at Carnethy 5 and then recording one of the fastest ever times at Screele. As long as he remains injury free for the end of season long races, he is a very firm favourite for the Scottish title. The minor placings are all still up for grabs, though. The Men's O/40 is another title that is looking sorted since Stewart Whitlie (Carnethy) also has 3 wins out of 3 and is on brilliant form with recent overall wins at Ben Lomond, Stuc a' Choin and 2nd place at Knockdhu. Like Jethro, he just needs a reasonable run in one of the long races to claim the title. Half a dozen people are chasing for the minor places. The inspired running of Jethro has also taken Shettleston into the lead in the men's team championship. But it looks like the close battle between Carnethy and Shettleston will go to the final race.

Helen Murray (Lothian) is leading both the Ladies and Ladies O/40. In the O/40 she looks unbeatable and in the Ladies her 2nd place at Clachnaben consolidated her position, however, some runners who have missed races could still challenge her. The defending champion, Jill Tait (Carnethy), now has to do all the remaining races to be in with a chance. Westerlands Ladies have been getting their runners out and they have been rewarded by taking the lead in the Ladies' Team.

Martin Hulme (Corstorphine) is consolidating his position in the O/50s, but this could get interesting as his main challenger, John Blair-Fish (Carnethy), can pull out good performances on the long stuff. Finally (but not least!) after a good win by Gareth Bryan-Jones (Ochil) at Clachnaben, there is at last a challenge to Charlie Love's (Dundee) dominance of the O/60s.

Anyone who completes 4 races in the series will receive a memento - last year it was a special SHR Championship mug. Although non-Scots cannot get points they can still complete the series to get the memento, so if you've done, say, Carnethy 5, then by completing the remaining races, Melantee, 2 Breweries and Pentlands Skyline you can still get your mug!

Positions After 3 races:

Men

1. Jethro Lennox (Shettleston)
- 2= Brian Marshall (HELP)
- 2= Stewart Whitlie (Carnethy)

Men O/40

1. Stewart Whitlie (Carnethy)
2. Adrian Davis (Carnethy)
3. Malcolm Patterson (Shettleston)

Men O/50

1. Martin Hulme (Corstorphine)

Men O/60

1. Charlie Love (Dundee)

Ladies

1. Helen Murray (Lothian)
2. Jo Whithead (City of Edinburgh)
3. Clare Thomas (Hunters Bog Trotters)

Ladies O/40

1. Helen Murray (Lothian)

Ladies O/50

1. Alison West (Carnegie)

Men's Team

1. Shettleston
2. Carnethy
3. Westerlands

Ladies Team

1. Westerlands
2. Carnethy
3. Cosmic

Whose rule is it anyway?

It started at the 2003 Waun Fach Race in Wales. The organiser, doing what is the organiser's right in his own race, imposed FRA Rule 9 on safety kit. There was no ambiguity. The race was also the Welsh selection race for the WMRA World Trophy and World Masters. It had been suggested to the organiser that the race could be run under different rules (AAW) so that Rule 9 need not be applied. The organiser declined and made the Rule 9 requirement quite clear (mandatory safety kit to be carried). It was a hot day (an irrelevance). Ten entrants, having signed the entry form accepting the rules, decided not to carry safety kit. They were told they had to, or to withdraw. They withdrew and ran "informally", thus breaching FRA Rule 9 as well. The organiser returned their entry fees.

Possibly (probably?) not unrelated to the above sad events, the UKA F&HR PST has since considered launching a new category of hill race - Category D. The category will apply to selection and international races only. It will give the organiser discretion as to whether he should enforce safety kit requirements. That is, it will give the organiser freedom to evade an FRA Rule which was developed after much collective thought and anguish following deaths in hill races. The introduction of this Category D "exemption" could also undermine the confidence of insurers in the security of their arrangements with the hill-racing scene.

It is a race organiser's prerogative to impose whatever code and rules he chooses (at least for senior events), or no rules (consenting adults in private). It is also a race organiser's responsibility to concern himself about the safety of the event he is organising. So there are potential conflicts here that only the organiser can resolve to his own satisfaction. Most race organisers subscribe to a common safety code (those

of the FRA or SAL or SHR, which are pretty uniform). This is necessary for insurance compliance, for mutual protection of competitors, and for financial protection of the organiser from claims against him. Quite separately, breaching an organiser's rules, whatever they are, is cheating and unsporting because it gives the miscreant an unfair advantage.

By suggesting the creation of a new hill-race D category, the UKA PST has supported the freedom of an organiser to choose, but they have also flown in the face of much good work done by the Fell Runners Association over the years to reduce the risk of a tragedy. Carrying mandatory safety kit in long or medium category A races is sensible and equitable. It is also a lot more sensible than the alarming idea of carrying out risk assessments (a possibility I hear rumblings about) for a risk sport. Risk assessments would be the beginning of the end for traditional fell racing. I think the fact that UKA PST has undermined Rule 9 disqualifies them from any aspiration to be part of the governing structure for hill racing in the UK.

Will we ever see an all-UK Fell Runners Association taking over the governance of our own sport by people who know what they're doing? We would then be free from the byzantine processes of UKA, PST, AAA, SAL and all the other ponderous quangoes that regularly screw up the simple process of racing up and down a hill.

Welsh news and views from John Sweeting

Regular reader(s) of this column will have noticed that it has been almost exclusively about fell-running politics rather than fell-running. A very unsatisfactory situation, to be remedied with a little more light exercise and a little less time sitting in front of a computer.

However, politics is still getting in the way of progress in Wales, so this time I will use the space to put forward the views of a number of people, rather than just my own, following our experience since last year's Waun Fach race.

If you have any queries about the statement, or any comments to make, then please use me as a contact point (details below).

Finally, apologies to all the people I've let down in failing to produce a Welsh fixtures calendar this year. I have the necessary information, and will try to produce a "limited edition" over the next few weeks. Let me know if you want a copy.

John Sweeting (01550 721086, 07929 021897, john@grottoview.demon.co.uk)

WELSH FELL RUNNING - THE WAY FORWARD?

MEETING 26th JUNE

CALLED BY THE WELSH FELL RUNNERS ASSOCIATION

AFTER THE NANT-Y-MOCH RACE

3.00 pm in the Village School, Ponterwyd

STATEMENT FROM THE WFRA

Has the time come for domestic Welsh Fell Running to leave the Athletics Association of Wales (AAW)? There appears to be a great deal of support for this move across Wales.

Many people are disillusioned with the AAW and see little return for their registration fee (which has just increased by 50%!). The Welsh Fell Runners Association (WFRA) has tried to work with the AAW for the last two years. We found the AAW very unhelpful and they gave no proactive support towards developing grass roots fell running in Wales. They only ever appeared interested in Elite athletes. When the issue of rule breaking at the Waun Fach race occurred they buried their heads in the sand and did not give the WFRA any support in dealing with the problem.

Because of this, and other issues, most of the WFRA Committee have decided that they want no further involvement with the AAW. The AAW affiliated Committee has now been reformed, by invitation only, as the Welsh Mountain Running Committee (WMRC) with some of the people involved that condoned rule breaking and ignoring race organizers instructions at the Waun Fach race last year. How can we have any confidence in this Committee?

At present, Fell Races in Wales are registered with the Fell Runners Association (FRA). If the AAW have their way then races would have to be registered with the AAW. This would mean that to participate in a Fell Race you must be AAW registered, or pay an unattached levy as happens in Road Races at present. This will mean increased entry fees and increased bureaucracy. Races would also be run under AAW Rules and not FRA Rules. This would lead down a road where there are different rules and entry requirements for fell races in Wales compared to the other home countries.

Surely, this is not what the majority of fell runners want? The system we have at present is the best one – where the same rules and entry requirements apply throughout the United Kingdom.

The experience of trying to work with the AAW suggests that the way forward for fell running in Wales may be to have two organisations: -

- One affiliated to the AAW for International Mountain Running only (WMRC).

- Another organization, independent of the AAW, to administer domestic and grass roots fell running in Wales.

This is effectively what is happening, very successfully, in Scotland at the moment, with the Scottish Hill Runners acting independently of Scottish Athletics Limited.

With this in mind a meeting has been arranged on Saturday 26th June after the Nant Y Moch Race. This will start at 3.30pm in the village school in Ponterwyd, a few miles south of the race venue. Hopefully at this meeting an effective Committee can be formed, independent of the AAW, that really does look after the interests of domestic/grass roots fell running.

If this new Organisation is to succeed then people are needed that are willing to serve on the Committee and fight for what they believe in. Anyone who would be in support of this initiative is welcome to attend.

Welsh Mountain Running Committee Update from Adrian Woods

At the Welsh Mountain Running committee meeting held in Llandrindod wells on 28th February the vacant positions of Secretary and representative to the Welsh Athletics Endurance Committee were filled by Sharon Woods (Eryri) and Adrian Orringe (Mynyddywr De Cymru) respectively.

Steve Barnard (Eryri) was appointed as Deputy Chairman with Rod Jones (Mynyddywr De Cymru) continuing in the role of Chairman.

The respective Welsh Regional Athletics Boards elected the following Mountain Running Regional Representatives onto the committee: - East Wales, Adrian Woods (Eryri), North Wales, Mike Blake (Eryri), South Wales, Angela Jones (U/A) West Wales, Brian Williams (TROTS).

The Welsh Mountain Running Committee is a sub committee under the umbrella of the Welsh Athletics Association (AAW) and is empowered by the AAW in conjunction with the Sports Council for Wales to govern the sport of Mountain Running in Wales.

It is responsible for such matters as

- Rules (and their interpretation)
- Creating links and working closely with other Governing Bodies (e.g. Fell Runners Association)
- Welsh Championship events
- Management of international teams
- Junior development and coaching
- Representing Wales at UK Athletics Policy and Support Team

In addition the Welsh Mountain Running Committee acts as the link between the Governing Body and Welsh Athletics clubs with an interest in mountain running i.e. the grass roots of mountain running.

Mountain Running Squad

Plans are underway to move towards a squad of mountain runners in Wales with the intention of developing talented runners and thereby improve the strength in depth of potential and existing international athletes.

Following a very successful junior squad training weekend held near Merthyr Mawr, Ogmore, in November (run in partnership with cross country and road running) it is intended to organise further training camps for both junior and senior athletes and to set criteria for inclusion in this new squad.

All members of the mountain running committee are hard working dedicated "volunteers" with the best interests of mountain running at heart. So please get behind them and give them your full support.

P & O 'Knockdhu' Classic International Fell Race

Wales Mountain Runners gave outstanding performances at the 'Knockdhu' Classic Fell Race held in Larne, Northern Ireland.

Tim Davies was never really challenged over this demanding course but still managed to win in a time over a minute quicker than last year's winner i.e. This year Tim, in the absence of John Brown from England to distract him, managed to go the right way.

Second senior man Alan Vaughan also had an excellent run, equalling the 2003 winning time. A big improvement for him since he has cut down on post race cigars. The Welsh senior men's team would no doubt have won the team event had Dylan Jones, the winner of our trial race, been allowed through immigration at Birmingham airport.

Angela Brand Barker, after cycling to the start, was also a clear winner in the senior ladies' race finishing two minutes ahead of her nearest challenger. Angela, like a fine wine, seems to be improving with age. The Welsh ladies secured the team prize and all the Welsh party were quids in at the end of the evening after selling their P & O travel voucher prizes to the locals who had been queuing up to buy them at the bar. The most Andrew Jones had previously won for winning a Fell Race was a bottle of wine and an Easter Egg.

Following on from England's example, and their plea last year for junior competitors, Wales sent over a large contingent of young athletes – all performed well and gained valuable experience – so it was particularly disappointing that England were missing from this event. Let's hope their difficulties

can be overcome and we'll see them back at Knockdhu at full strength next year.

Many thanks to Billy Magee and his helpers for this fantastic annual event. PLEASE KEEP IT GOING!

Diolch Ken

On a final note, with the Snowdon International Mountain race looming next month. A massive thank you, (Diolch yn fawr iawn) to Ken Jones for this unique event on his retirement as race organiser this year.

Knockdhu 2004 Report - from Rod Jones

Wales' mountain runners took the P & O Knockdhu Classic Home Countries International in Larne, Northern Ireland by storm! First senior man, first senior woman and team prizes, whilst the Under 20 girls and boys teams took a second and a third together with team prizes in their respective categories.

Tim Davies ran an unchallenged race over a course of 7km with a climb of 420metres to win in a time of over a minute quicker than last year's winner with second senior man Alun Vaughan equalling the 2003 winning time. Our third athlete home was Andrew Jones with cross country specialist Rob Jones completing the team to challenge for the best men's team. They lost out to Scotland by the 'count back' rule after scoring the same number of points as Scotland.

In the women's race our team had what proved to be unbeatable form and experience, all had run in 2003 World Trophy in Alaska and brought all that experience to bear, dominating the women's results. Angela Brand-Barker finished two minutes clear of her nearest challenger taking 59 seconds off her 2003 time in a great win, with Jayne Lloyd taking third place. Our third and fourth scoring athletes were Angela Jones and Sharon Woods, securing a clear first team prize for Wales.

Our men's 'B' team lost their chance to go for a team prize when Rob Jones was drafted into the senior Men's 'A' team as a late replacement. Hadyn Jones, running for the first time in a Welsh vest, just getting the better of Adrian Woods who was running in his 11th Knockdhu race.

The under 20 races were over a 4.2km course with a climb of 210metres. A tough course but it suited Rhodri Buffett who finished third in this International race ahead of Ian Williams, Dafydd Dylan, running for our 'B' team (and suprising quite a few, including the selectors!), new vest Kit Williams, then 'B' team's Joe Thomas with another first timer in a Welsh vest, Daniel James, finding out just how tough mountain racing can be.

The girls, Sarah McRobie, Lizzie Goodband and Sian Kirk took an unopposed team win in their race on the same course as the boys.

A lively evening awards presentation, where P & O's generosity as a sponsor meant our successful athletes had a very profitable weekend, was followed by a disco and celebrations with the odd glass of Guinness!

Full results are on www.nimra.org.uk

Senior Men

1st	Tim Davies	35mins 07secs
3rd	Alun Vaughan	36mins 13secs
9th	Andrew Jones	39mins 15secs
15th	Rob Jones	42mins 05secs

Senior Women

1st	Angela Brand-Barker	45mins 00secs
3rd	Jayne Lloyd	47mins 30secs
5th	Angela Jones	49mins 11secs
9th	Sharon Woods	55mins 02secs

Senior Men B

7th	Hadyn Jones	44mins 51secs
9th	Adrian Woods	46mins 16secs

Under 20 Men

3rd	Rhodri Buffett	23mins 34secs
6th	Ian Williams	24mins 53secs
8th	Dafydd Dylan	25mins 05secs
10th	Kit Edwards	25mins 58secs
12th	Joe Thomas	28mins 55secs
13th	Daniel James	37mins 16secs

Under 20 Women

2nd	Sarah McRobie	32mins 26secs
3rd	Lizzy Goodband	33mins 25secs
4th	Sian Kirk	34mins 06secs

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SPORTS SCIENCE RESEARCH REGARDING FELL RUNNING REQUEST FOR WILLING VOLUNTEERS!

I am currently a second year undergraduate studying Sport and Exercise Science at St. Martin's College, Lancaster, and also a member of the FRA since 1995.

In consultation with my tutor I am now in the early stages of planning my third year dissertation proposal. As a keen fell runner and active athletics coach I would like to undertake my research with regard to physiological and psychological parameters of fell running.

There is currently very little research within sports science which specifically analyses fell running. Most of the literature concentrates on endurance running from the point of view of track and field and marathon running.

To enhance the validity and value of the research to athletes and coaches, it would be beneficial to study BOTH elite and club standard fellrunners. For the purposes of this study I would quantify elite fell runners as those finishing in the top 20 of the English championships in 2003.

The exact nature of the tests to be undertaken for the study have yet to be determined. However, they are likely to include physiological tests to ascertain $\dot{V}O_{2max}$, anaerobic/lactate threshold and an assessment of downhill running speed. Time permitting, a psychological assessment may also be carried out either by questionnaire or interview, as my experiences have led me to believe that psychology has a large part to play, particularly in downhill running and could be as important as skill and fitness levels.

It is also intended to compare the measured physiological characteristics against an actual race performance to ascertain whether physiological characteristics are an accurate predictor of fell running performance. This will be the most difficult aspect, as it will require all volunteers competing in the same race or a suitable course being created by myself!

The testing will be undertaken during the autumn of 2004, which should not interfere with the major championship events. All tests and results will be handled in a strictly confidential manner, and I would undertake to provide a full copy of my findings to the FRA, together with a summary for each participant.

There would be no financial costs incurred by the participants, with all physiological tests being undertaken in the Human Performance Unit at St. Martin's College.

If you require further clarification as to the validity of this notice/request, please contact my tutor, Dr Grant Abt, (telephone: 01524526530) at St. Martin's College, Lancaster, or by email at: g.abt@ucsm.ac.uk

If you are interested in taking part please contact me as follows:

Telephone: 01524 68520

Email: dave@croxy37.freeserve.co.uk

Many thanks in anticipation of your co-operation in this matter and I look forward to hearing from you. With your help I hope we can give further publicity to our great sport both in the scientific and athletics world in general.

Dave Croxall, 37 Cork Road, Lancaster, LA1 4AY.

BUNNY RUNS 2004

BLUE IS THE NEW YOU

Blue is the colour, Electric blue, Out of the blue, Bluemin' marvellous, but that doesn't do justice to how the youngster Blue Haywood has performed at the 2004 Bunny Runs. At just 4' 8" and 4 stone 13 pounds, this diminutive figure has excellent style which she now intends to let loose on the fell running scene. The race organisers, the Woodentops even gave her star billing by honouring her 2004 under-13 National X-Country championship win with being Bunny Run 2 star celebrity.

"We haven't ever had a National X-Country champion grace any of our races, and thought it warranted something special," commented the organisers.

Little Blue showed her potential by setting new FU16 & FU14 records that very night, taking 30 seconds from England junior, Danielle Walker's year old mark. In recognition of all this, at the raucous prizegiving she was presented with a Lindt Swiss chocolate 2.2 lb gold bunny, plus her normal choice off the mountainous table of eggs. She even finished second lady, two places and 9 seconds down to 34 year old Lisa Mawer, from the high calibre Bingley Harriers stables. Lisa thoroughly enjoyed her first BR experience, especially all the chocolate prizes, yes, she's a chocoholic, and her children Harry & Rosie who also competed, helped mum out in the tasting of them.

Crème de la crème, came at BR4 where Blue ran her way into the record books by being the first ever junior male or female to win the overall series, this for a 12 year old is astonishing. As tradition dictates, the overall series male and female winners are immortalized on BR Series bottles of Briscoe's Brewery beer labels - with special permission from Sally and Russell, her proud parents, this will happen in 2005.

Another enormous Lindt gold bunny found a home at the Haywood's household, for Blue's ladies' outright win at BR4, but not for long as she took this one to Tuxford school and sold raffle tickets, thereby raising fifty pounds for leukaemia research. The BR2 gold bunny was given to her eldest brother Jerry, who was competing in the London marathon and raising funds for leukaemia research.

Besides her National win, Blue also won the Nottinghamshire county title, was 3rd in the Inter-Counties and 2nd in the Reebok X-Country series, making it an "out of the blue" start to the season. Jogging/running since the age of 8, with brothers Elliot and Dexter she learnt to be very competitive and even now gives Brighton University student Jerry a good work out.



Blue Haywood at Bunny Run One (Photo David Brett)

Her talents aren't only in her feet, but her fingers too, as she plays the flute to grade seven. The BR's saw not only U16's Elliot and Dexter competing, but sister Mia and dad Russell - maybe mum Sally will take up the challenge next year, since with Mia she intends competing in the London marathon.

This isn't Blue's first experience on the fells, previously she has competed in the Race the Train event and the Wincle Trout race.



Stuart Hunn, Rob Haworth and Jake Harman go eyeballs out at Bunny Run One (Photo David Brett)

The other athlete to be immortalized on the beer label is Mark Buckingham, the male series winner, and at only 18, he has many more BR's to win in the future.

At BR1 - The Eggstravaganza, stars of TV's SAS challenge series turned out to take the 'Who Dares Wins' spirit to the Guide Inn and Harden Moor high above Keighley, West Yorkshire. Adventure racer Mark Chryssanthou and Dr. Wendy Dodds, both made it to the latter stages of the SAS - Are You Tough Enough? and were that night's star celebrities. Over 50 English champion Wendy ran with a backpack on, as both competed in their combat tops as used on TV. Mark finished 35th, a second ahead of lady winner Natalie White, who recorded her 2nd BR win, while Wendy was 120th, and first over 50 from 244 runners.

A veteran of these races, Mark Buckingham, 18, finally came of age by getting his hands on the fluffy bunny rabbit trophy, and his sweet success was rewarded by a huge amount of chocolate goodies. But it was defeating reigning English champion, and 21 times a BR winner, Ian Holmes which gave him his greatest thrill. He stuck to his game plan, and waited until the final 600 metres before kicking hard for the finish line. 'Sharkey's' impressive run was in the words of Holmes, "Won the hard way, and well deserved. He has so much talent and with using tactics is a much better athlete". Sharkey also took his 8th Egg Stage win in 3-27.

Another 18 year old, Chris Doyle finished 3rd, while 15 year old Alistair Brownlee improved the U16 record by 4 seconds, a record that had stood for 27 BR races, to Max Brear 1997, (remember it's 4 races a year). Meanwhile V40 Andy Shaw made it a clean sweep for the large contingent of Holmfirth Harriers, who are home from home on Tuesday nights, and where Amy Griffiths and Jordanna Harman are the BR running fashion icons.

BR2 - The Eggstreme, saw 37 year old Ian Holmes, the Bunny Run master take revenge on Sharkey, with his tactics coming out on top. Sharkey took his 9th Egg Stage win in a fast 3-21, and Ian never let the pace drop. In fact on the greasy banking climb it was Sharkey in his fell shoes who stormed up, against Ian's road flats. But maybe that was too much effort, because, despite a trip en route back to the Egg Stage, Ian re-challenged and passed a lactic acid leg filled Sharkey to win by 10 seconds in 17-14, a very fast time, for Ian's 22nd BR win.

Of course this saw Blue Haywood the celebrity, which she handled with much maturity as 255 runners cheered and

applauded her before the race even began, and consequently finished 2nd to Lisa Mawer.

With the 3 Peaks championship race looming, Ian rested and watched BR3 - The Eggcess, but Sharkey continued to take number 10 Egg Stage prize, and had the legs to beat John Heneghan by 4 seconds. Shaw again took the V40 while new V40 boy Chris Smale, was chasing him down at the finish, before happy sweet 16 year old Brownlee came 4th. The celebrity was 1997 World Junior Mountain Running champion, Victoria Wilkinson, who had just returned from road cycle racing in Holland, and even donned running shoes that night. Victoria an international road, x-country and fell runner won her first ever England vest at the Grasmere Home International as a 15 year old, finishing 2nd, and a year later won the international at Edinburgh, before winning the Worlds in the Czech Republic as a 19 year old. Injuries curtailed her career on and off, so to the bike she took, and hasn't looked back, being now a world class mountain biker and cyclo cross competitor. Now 25, she only runs once or twice a week, but puts hours in on the bike. In fact that morning she had cycled for 3 hours, so to win the BR was some surprise. "I didn't have the leg speed on the paths, but am fit through biking which must have helped. I remembered the race from before, but can't remember there being so many juniors. It was great to see so many, especially girls enjoying the event, and the prize giving atmosphere is unbelievable!!".

Victoria, last ran in the BR seven years ago in the world championship year - so see what a BR can do for you. Her time of 21-36 was excellent on the wet & windy evening, Helen Glover was 2nd with FU14 Amy McGivern 3rd, and FU16 sister Ruth 4th from 245 including 76 ladies.

So to BR4 - The Eggshasted, with 3 Peaks winner Andy Peace the starter, (Holmes finished 3rd), and 226 eager runners ready to tackle the 3 mile/300ft course. Chris

Doyle showed his potential in winning his first ever BR and Egg Stage with his fastest time 18-03, and Wajib Ali having an inspired run to finish 2nd, 18-27. Brownlee took his 7th U16 win, and Shaun Livesey a First V40, along with birthday boy Grant Cunliffe the U14. At the other end of the age scale history was made when Ken Bingley of Ackworth runners set a first ever V70 record at 31-38, and still had 35 cheeky young pups behind him.

Blue won the ladies, while Amy McGivern, just pipped a tiring Bingley's, FU16 Alice Fulton, who gave Blue a real tussle until the steep banking, here Blue literally scurried to the top. Alice, 3rd in the Yorkshire X-Countries, loves the Bunnies, as it seems do new recruits the McGivern's, Ruth and Amy, because they got stronger as the series progressed. When Blue won the National, Amy was the first Holmfirth Harrier to win a National individual medal, Bronze, and with talent like this around all that's needed is for it to be nurtured properly. So with all these youngsters running the Bunny Runs you could say they have the seniors definitely on the run!

Many tales are to be told at the Bunnies, but one worth a mention, was one excited youngster who managed to lose a shoe in the infamous bog at the furthest point, and had to negotiate the tough climb and remainder with only one shoe; nothing new there. But he then insisted that his mum accompany him to retrieve the footwear; after what really was an impossible search in the black lagoon, he then announced that the prize giving was due to start, and no way could he miss that, no matter what. So consequently he then had his poor mum go at race pace all the way back to the Guide Inn, still minus the shoe, but mucky to boot! Thanks Angus.

So to the finale, the BR Relays where the choice of colour for the raw egg batons had to be blue, in recognition of little Blue's exploits at the Bunny's. She couldn't be

there, having just won the Crag Vale fell race the previous day beating Calder's Jo Smith, also setting a new senior record and school work taking precedence.

65 eager first leg runners scrambled to collect the blue batons, with a few looking perplexed as they were informed a broken or cracked egg would result in a minute penalty. The 'yolk' was on them, as this wasn't implemented, but could be, and besides only half a dozen breakages occurred.

Youngster Amy McGivern was shell shocked after being teamed up with two of the fastest ever relay ladies, Sarah Rowell and Anne Buckley. This trio didn't disappoint, winning in 47-28 and achieving the 3 fastest times that night, Buckley 15-18, Rowell 15-59, McGivern 16-11, to collect the beer and two chocolate eggs each. The change over took a little longer, because Buckley had difficulty ferretting the baton egg out of her cleavage, much to the amusement of the male runners offering assistance. This technique is often used by the fairer sex, although we hate to think where the men might devise as a safe haven for the baton. Just warmed up Rowell then proceeded to anchor P&B Ladies, Sally Corbin and Debbie Hardy to second ladies team and 2 more chocolate eggs each. Having had to frustratingly watch the BR'S with injury, Danielle Walker ran 16-21 to bring U16 Burnley Girls into 3rd and the 4th fastest leg.

The 'Gone with Wind' team of Chris Doyle, Lee Sziemasko and Mark Buckingham led all the way with Sharkey 3 seconds faster than Sziemasko in 12-37. A welcome surprise was the Norman brothers and Nick Leigh from Altrincham finishing 2nd, with Andrew posting the fastest lap in 12-34, to go 5th on the all time fastest leg chart, even with the slippery conditions.

But this relay is about friendship, camaraderie and fun, hence ad hoc and family teams get together with prizes to win. It's bizarre and humorous what weird team names are thought up, Run Rabble Run, The Freaks, Egg Squashers, Silly Old Fools, 3 Degrees, Charlie's Angels, Pendle Princesses, Tea Biscuit and a Slice of Bacon, why this? because Sean McVittie, Jack Thompson & Philip Bacon teamed up - say no more. The list is endless and imaginative, it's a pity we can't mention them all, it's a small part of what makes these relays so popular.

After the usual mountain of chocolate eggs has been awarded and the renowned chocolate throw out thrown out to the baying crowds, the food noshed, the results scrutinized, a pint or two sunk, it's home and normality for another year. All that's left are empty Easter Egg cartons, chocolate wrappers and some weary organisers, while that night's relay video still plays in the Guide Inn.

See you all next year



Vicky Snape to the fore at Bunny Run Two (Photo David Brett)

Windfarms On The Hills – Yes or No?

from Charles Gladstone

First, I'd better declare my hand. I'm Charles Gladstone, a landowner. About 15 years ago I inherited a chunk of Kincardineshire. You'll have probably heard this said before, but I don't really consider my interest in the land to be "ownership"; "stewardship" is a better word. Whatever you call it, for better or worse, it is me and my advisors who decide what happens on Glen Dye and Fasque Estates: where trees get planted, when footpaths are repaired, where the gamekeepers work, what crops are planted. Anyway, I love my patch and live here with my wife and six children.

I'm interested in the social fabric of the Scottish countryside: in keeping people living and working in remote rural areas. It's important that people who live in the countryside are connected, in a real way, to the soil, to nature. These are people that know what a magpie does, where the best mushrooms grow, where the foxes return to year after year to rear their young. And I do all that I can to make sure that these working men and women stay working in the countryside. I'm also interested in the natural environment, in bio diversity, and in the way that the environment looks. We don't have many natural resources in Scotland, but we do have large swathes of wonderful countryside. And we need people to visit this countryside: locals, foreigners, Londoners, walkers, runners, shooters.

Why do these people visit the more remote corners of Scotland? Well, for lots of reasons, but crucially most of them come because Scotland is beautiful and relatively pristine. I'm a runner and a walker and I love the solitude of the hills. I understand completely why these people come here: they come for the views, for the air, for the unique feeling that being alone in the Scottish hills gives them.

Ten years ago I formed a Trust with some hillwalkers to protect and repair some footpaths on my Estate. So far we've raised about £250,000 and the quality of our paths improves each year. As more people head to the hills to walk, or bicycle or run or just think, erosion has become a significant problem. The Scottish Executive have, of course, worked to try to improve access but they have left path, gate, stile and car park maintenance in the hands of landowners who I hope are willing and, as importantly, able to manage and fund the repairs and improvements that increased access will demand. We'll see.

I digress slightly, but what I am trying to say is that I understand why people want to enjoy their leisure time on my Estate and I am doing my very best to welcome them here. It follows that part of my job is to protect the landscape that people come here to enjoy.

In the last few years I've been approached by a number of companies keen to investigate the siting of windfarms on my ground. Glen Dye is appealing to these companies because we have hills and therefore wind and, crucially, because we have a good sized road running through the Estate. Good access is a vital

component in the siting of windfarms because it keeps the cost of installation and maintenance down. Initially I was very tempted by these propositions: they came with the promise of huge sums of money, sums that would have allowed me to make incredible improvements to the Estate. Oh, and there was also the promise of big chunks of cash for the "community" – a piano for the village hall, a decent playground for the park, that sort of thing. Money that would in essence shut the locals up should they see fit to complain about the installation of industrial turbines on their patch.

On first glance it all seemed so simple. The energy companies get to site their windfarm on my ground. I get a lot of money. The government gets to fulfil their obligation to create green energy. I get to feel good because I'm part of the green energy revolution. And, after all, these turbines don't look too bad, do they? And 90 metres isn't that big, is it? In fact, they are actually quite majestic, aren't they?

Well..... I took a good look around and I changed my mind. I spoke to experts in Scotland and the United States and I had a good look at the Danish experience of windfarms. First, I discovered that the windfarm will result in virtually no local long or mid-term employment – in short the only local that might benefit would be me. And I learnt that the energy created would be burnt somewhere else entirely (I don't know where but it's certainly not here in Scotland. We produce a surplus of energy anyway thanks to Hydro Electric.) So, it seemed to me that there would be little local, or even national, benefit to siting a windfarm on Glen Dye.

I also learnt the Danes were pioneers in land-based windfarms but they are now abandoning their programme. I visited windfarms and I went to London and stood beneath Nelson's Column. I soon realised how big 90 metres is. I learnt that windfarms do have a negative impact on biodiversity. I discovered that Westminster are keen to see windfarms based at sea because they are far more efficient at sea and, as crucially, they can't be seen by walkers and residents and all the other people who don't like the idea of bigger roads and vast industrial structures clogging up our last remaining tracts of countryside. I discovered a massive body of environmentalists working against windfarms. I drove along the fabled Cairn O'Mount road time and time again. And I stood at the top and thought how absurd it was to site 25 mammoth turbines on the boundary fault where tens of thousands of visitors

would be greeted not by heather moorland and trees and a magnificent granite tor but, instead, by 25 massive turbines that will make Nelson's Column look small. So I went back to the foreign-owned energy company and I said no and they went on their way. And then another company approached me about a slightly different site and I said no. And then another.....

I am a supporter of green energy and of the idea that we must



Windmills at the 1994 Howarth Hobble (Photo Pete Hartley)

also work to burn less fossil fuels. But I don't think land based windfarms are the answer, and this is the essence of my concern here. Real doubts about their viability are being widely expressed. I think that all land-based windfarms should be put on hold until there has been a detailed study of their long-term viability. After all, no-one who loves the countryside wants it to be lumbered, in say ten years, with these vast industrial structures that are, quite simply, unviable.

The key things here are that the government have an obligation to create clean energy and wind is freely available in the hills and it is far cheaper to site these turbines on land than it is at sea. It makes sense to stick the turbines in the hills because there aren't many local residents to complain. Locals can be a real nuisance to the energy companies because they don't like these industrial structures near their homes. But these remote sites are, by definition, the very places that we should cherish as our last remaining vestiges of wilderness - and they might well be the victims of bad timing stuck somewhere between a time when sea-based windfarms are the norm and the evolution of green energy.

Eventually the energy companies left me alone because, it transpired, they had found an excellent site on the boundary of my Estate on "Forestry" Commission land. Because the British timber market has collapsed recently due to cheap imports the "Forestry" Commission have been having a tough time. And so they have decided to turn to wind power as part of their salvation, chopping down trees to make way for turbines. I imagine that the executives at the Commission have done their research. They may know that land-based turbines are widely regarded as a red herring. But it doesn't really matter to them because they don't live near to the turbines and their main concern is to balance the books in the short term.

My point is simple. We have an extraordinary asset in the Grampians: pure undisturbed moorland. It isn't pristine but it's pretty good. It's loved by millions from all over the world, precisely because it is about as undisturbed as anywhere in Western Europe. I want it to stay that way. I want it to be the way that it is now for my children and my grandchildren. But the government want green energy (I'm with them there) and they want to provide it cheaply with minimum hassle through a privatised and consequently unstable system. Their logic dictates that they should site their turbines away from centres of population where the NIMBYs will leave them alone. But in doing so they wreak havoc on one of the most precious and unique natural resource that we have. If ever there was a case of robbing Peter to pay Paul then this is it.

My hunch is that the proposal to build a windfarm at Midhill, Fetteresso will go ahead. The "Forestry" Commission obviously have an advantage over most organisations trying to build a windfarm on their land, and amazingly enough I am not sure that many locals care. But I do care about my patch. I want people to be able to walk on Glen Dye, to climb Clachnaben, and to look out over a landscape filled with rocks and trees and heather. I want to protect all of this from the lethal combination of short-sighted Government policy and corporate greed. I'm a NIMBY and I'm proud of it. After all, as one of the Kennedys so neatly put it, (I paraphrase) the first duty of an environmentalist must be to protect his own backyard.

Fell & Hill Running PST Notes from Ian Taylor

As I write this the Foster report "Moving On" on the future of athletics in the UK has just appeared. As you collect your gear for your next midweek fell race such debates seem far removed from pb's, staying ahead of that vet who passed you last week or keeping within sight of the younger female you followed!

Nevertheless we have to ask if any of the comments, suggestions and recommendations made about athletics in general apply to the discipline of fell running in particular. Since the Fell & Hill Running PST has yet to consider the report, this is a personal view. First, Sir Andrew was seriously critical of the infighting, self-interest and resistance to change apparent to him. As we reflect over recent debates over fell running structures in each of the four UK regions I think we would have to plead guilty to this charge. Of course we would say it was not about hanging onto power but because we believed that our view of fell running was more correct than another's. This is reflected in our debates about whether we do fell or mountain running, priorities between elite, veterans or junior development and our affiliations to regional athletic bodies. The report says we need these different viewpoints; we need partnership thinking and a willingness to work together, not for ourselves, but for the good of our sport. Going further, we need to recognise that fell running is not a world apart from other disciplines but has much in common with cross-country, trail running, road and longer track events as evidenced by a our athletes regularly competing successfully in these arenas, not to mention in orienteering or adventure racing.

As identified in the report, we need to work on three different objectives:

- participation by as many as possible,
- develop and fulfil those with special talent,
- create competition opportunities to demonstrate and celebrate talent.

These three core purposes all need to be taken forward within fell and hill running, they are not mutually exclusive. However some of these activities are best done at local level - e.g. opportunities for participation by the majority of runners organised through local clubs and leagues. Other activities require UK structures - coaching may be carried out locally but needs centrally structured courses for coach development. Do we identify and develop younger runners with special talent - and encourage them to try a range of disciplines and events before specialising in one? Do all our elite fell runners have personal coaches - no track athlete would be without one. We cannot accept a second best approach if our elite runners are to compete successfully in world class events.

Another recommendation is that there should be a membership scheme for England, similar to those developed in the Celtic regions. Some Scots will say, "That was a disaster here, don't have a similar one in England". Everyone reading the *Fellrunner* has paid an FRA membership fee, so we are not against membership in general but strongly in favour of getting value for money for our contribution. We need to see discounts for races or gear, members' only sections of web sites, communications to us on future events and communications from us listened to before decisions are made.

To enable all this to happen, each organisation needs a clearer idea of its role, with the proposed new body, "English Athletics", operating on the same level as the Celtic regional bodies, leaving UK Athletics to address strategic issues and support of elite athletes. The corresponding structure for fell running would see the FRA operating alongside the Scottish Hill Running Commission, the newly set up Welsh Mountain Running Committee and the NI Mountain Running Association with the current PST concerned primarily with issues that need co-operation - e.g. British Championships, UK teams, agreed safety rules, coaching developments.

Now back to my priorities - where did that gear go for the race tonight?

What did the Romans ever do for us?

from Allan Greenwood

Each weekend, events take place up and down the country specifically aimed at walkers. They have to be of at least twenty miles in length, so with a few hills thrown in for good measure, coupled with typical English weather, many are a pretty tough challenge. Most, though not all, allow runners to take part, usually with a later start so as to allow reasonable shifts for checkpoint marshals.

Each year, a different branch of the Long Distance Walkers Association (LDWA) organises a walk of one hundred miles in length. In 2002 it was held in the Lake District and the first I'd ever heard of it was when a member of our club, Mike Bell, who had been our Secretary for a few years, told me all about his experience of it. Mike had read about my continuous traverse of the 50 miles Calderdale Way route in the club newsletter and seemed to think that 'double-the-distance' might be the obvious next challenge for me! Coupled with this, Mike recognised the fact that in 2003, it would be more or less on our doorstep, as it was the turn of West Yorkshire LDWA to organise the walk.

"The Hundred is a fantastic event, you really should do it", he said. "Well laid out routes, all the camaraderie you might expect from the marshals and from other competitors, and a great achievement to finish it".

I didn't see Mike after that but the seed had been planted in my brain, albeit pushed to the back in a dark, quiet corner of my mind.

Two weeks later I heard the sad news that Mike had lost his long fight against cancer.

Months later, I was out on a long training run with Stuart Thompson, my workmate, an LDWA member and regular long-distance competitor, when I brought the subject of The Hundred into the conversation. He had certainly heard of the event, having completed one 25 years earlier! We talked about the possibility of getting hold of the route description with a view to looking around parts of the course. "Leave it with me", he said. "I'll make some enquiries".

As good as his word, Stuart made some calls and managed to get hold of the preliminary route. Every free weekend from then on was spent on part of the route in glorious weather. It wasn't exactly the most hilly, with only 12,000 feet of climbing in total, but this was part of the course designer's plan to enable as many competitors as possible to finish.

I learned a lot in a short space of time from Stuart. Not only about pacing for long events, but *when* and *what* to eat and

drink - jam butties, bananas and rice pudding go down dead easily!

After around eight weeks of focused training, much of it on the route of the event, and loads of sleep, the week finally arrived when I would make my first attempt at a "Hundred". The word had got around at work and although we were encouraged by some of the sportsmen in the factory, I reckon everyone, without exception, genuinely though we were bloody crackers!

In the days up to the spring Bank Holiday I had been eating like a horse. Extra sandwiches for work, with cakes, buns and biscuits to nibble on through the day. Andy came round frequently with his latest food bulletin. "Stuart's just had a pile of sandwiches, half a dozen Jaffa cakes and two packets of biscuits; What are *you* having?"

I arrived at Ripon school at nine o'clock and the sun was beating down. The place was heaving with walkers, making last minute adjustments to their rucksack contents, applying suntan cream or simply laughing and talking with friends.

I went across to check in, labelling and handing over my bag for the breakfast stop, which would be in the Dales village of Hawes - home of the famous Wensleydale cheese - at 55 miles. I had packed a full change of clothes, spare shoes and some emergency food, in case I'd had cause to eat the extra rations I would be carrying.

In Ripon there is a 500 year old tradition with horn blowing. A 9 p.m. each night, a horn is still blown at each corner of the town square by a man in traditional costume, to 'set the watch' and signal that all is well. The organisers had therefore arranged for the walk to be started by a horn blower on the stroke of 10 a.m.

9-45 a.m. soon came and it was time way made our way to the start. Across the school playing fields, down the road, over a bridge and queuing up a short flight of steps took longer than many of us anticipated and as we reached the start area, the horn had been blown and the throng had gone. Never mind, I thought, we'd have all day to catch up. And, come to think of it, all night, and the next day!

Steady away for the first few miles, everyone seemed in very high spirits chatting and laughing as we went merrily along. I caught Val and Jan on a woodland section and was introduced to their respective friends, Dave and Mick. We passed through the first few checkpoints in the villages of Markington, Hampsthwaite and Dacre Banks without problems. Apart from from a couple of light showers around Ripley Castle, the

sun had continued to beat down but so far, no hot spots or blisters. We reached the first big stopping point at Pateley Bridge, after 21 miles and made sure we had plenty to drink. Jan's leg looked a bit sore at the front of the shin. It was swollen and shiny and, I remarked, looked a bit like the cellulitis I'd witnessed in someone else a few years back.

We carried on, alongside Gouthwaite reservoir and up to Lofthouse, before the long haul to Scar House and over to Thoraby in Bishopdale.

Jan's leg was clearly giving her trouble though she bashed on without complaint. Meanwhile, I'd felt a bit of a niggle in my own shin, though at first I shrugged it off, thinking it was a bit of shin soreness. I put it down to the trail-running shoes I was wearing, as they were fairly new and I had probably covered the longest distance so far while wearing them today. However by Thoraby (44 miles), I was asking for ice. This was a bit of a tall order so a cold tea towel was brought by one of the willing volunteers.

At this point I have to pay tribute to the checkpoint officials. After clipping our cards to prove we'd checked in, we were waited on hand and foot. On these ultra distance events, you simply have to eat whatever you can get down, so they made sure there was *something* for everyone. I was managing well on rice pudding and peaches with biscuits to go. At Carlton, jam butties piled high covered every table. Then we were offered soup, buttered bread, biscuits, cakes and, would you believe, slices of pizza - and even a choice of toppings!

At Thoraby, we were gently ushered to sit and offered waiter (and waitress) service. There were even printed and laminated menu cards in wooden stands upon each table, offering chicken soup, sandwiches and, (get this) apple pie and custard - at almost midnight... Heaven!

As we left Thoraby, it had become dark and the night reccie-ing would now be tested fully. Stuart had been 'bang on' in his calculation of where my night section would begin. As we climbed across the moor, Dave told me to look behind. The night was clear and still and across the valley, beyond the village lights, way off in the distance was a string of torchlights descending Carlton Moor into Bishopdale.

All the frivolity and badinage which was going on tended to take my mind from the pain in the shin that was beginning to become a real hassle. Going uphill wasn't a problem as I was on my toes. As we jogged along on the level ground I was

tending to flick my right foot downward on each lift in order to stretch the shin. It seemed to ease the pain for a while, maybe half a minute, before I started the action again. On the downhill however, it got much, much worse. Descending the steep and rough stony bridleway to Stalling Busk I was reduced to limping pitifully so the others went on, offering to have a cuppa ready at the next stop. Soup, jam butties and cakes were also offered up, again with a cheerful smile and lots of encouragement. As we turned to leave, a great wave of excitement hit me as one of the ladies serving the tea told me, "You are now over halfway, 51 miles" and she added, "Only four miles to breakfast!"

The next section was going to be the hardest to navigate as we were going over featureless moorland on a compass bearing. However, I had recced this piece only a fortnight before so I took the lead and managed to pick out the sheep trods, made easier as they had been trampled by those in front of us.

Soon we found the bridleway that would take us to Cam High Road, after the crossing of which, we would descend to Hawes, the breakfast stop and, for me, a change of socks! Skirting around Wether Fell, faint veils of mist swirled around us, then voices could be heard above and to the left. Soon a procession of lights appeared out of the gloom, as a stream of walkers, descended the extra peak they had bagged. Our paths converged and the steep descent to Gayle began, and for me this was to be the turning point.

I'm going to apologise here and now for wittering on about it but the sensation in my lower right shin was now a searing, burning pain, sending shooting spasms up the leg. There are six fields, steep and grassy on this descent, each with a small sprung-gated wall stile. I limped pathetically downwards, and at one point found the only way to make progress was to turn round and walk down backwards. This way there was no pressure on either of the front leg muscles.

Soon I gained the road and I could relax along the pavement, past the Wensleydale Creamery, and limp steadily towards the well-lit school buildings. I allowed myself a glance at the watch. It was almost 3-30 a.m.

I had covered 55 miles and had been on my feet for seventeen and a half hours.

As the checkpoint drew nearer, I looked up to the millions of stars in the cloudless sky. "Come on now Mike". *I had actually spoken out loud*, "You're going to have to give me something now". It seems funny thinking back, but my spirits actually dropped a little as the silence continued and nothing happened.

Into the school and there was a lot going on. A small and rather cramped corridor with two sinks and toilet cubicles were being used for changing by half a dozen people. To the right, a large classroom was

filled with breakfast stop bags and holdalls. Just inside the door, stewards at a table clipped my card and logged another arrival. I was told to be sure to 'clock out' before leaving the checkpoint as I collected my bag and went to get changed. Badly blistered feet now washed. I sat outside in the cool air and stripped off. People were walking by but I was past caring. The searing, burning pain was so severe. Two St. John's men stood nearby and so as soon as I was decent, I asked their advice about my leg. An instant chemical ice pack was produced and I was able to sit with it strapped to the offending area.

Jan sat nearby in the corner, looking quite fresh and very clean. She had changed into non-walking shoes and trousers and sadly, announced that she had decided to pack in. Her shins were both very sore so she'd decided to call it a day. Well, night. Or rather, morning.

Shortly, a lift to Ripon was announced so together with two other retirees Jan stood up and made her way out with a cheery wave and so I was left alone in the corner. Val and Dave sat at the far end. Having finished eating breakfast and redressing their feet they were almost ready to go.

Now we come to the crux of my story. I'm not religious at all but what happened next really makes me think.

A young girl of around ten or eleven years old came across with a pad and pencil and cheerfully took my food order. Now remember, it is ten minutes to four *in the morning!* "Cornflakes, toast with marmalade, sausages, bacon..." I settled for tea and toast and it arrived in a flash.

As I ate, foot up on a stool, a chap in a black sweater and casual walking trousers came across and sat next to me. He was cheerful and mild mannered, instantly easy to get along with. He asked how I felt, then we began to talk as if we were old friends continuing a previous conversation. He pointed out the very well built man with a quiet and kindly manner who had just a few minutes before, asked if I was being looked after and whether I needed anything specific.

He told me that 'the man in charge' was a doctor and that he had travelled widely and spent much of his time in Sri Lanka. He had returned to England with a Sri Lankan woman he had met, who at the moment was busy preparing all this food in the kitchen at the back of the school room. "The little girl is his adopted daughter".

Then he continued to tell me of the work the doctor had done out in the field. He had treated young wayward boys who had been caught stealing or otherwise breaking the law and arrested. "They have no prisons or borstals so they cut off the boys' feet so they cannot run away. The doctor helps them during rehabilitation, teaching them to walk without feet, on their bandaged stumps. They walk

everywhere. Sometimes for miles and miles."

"Right", I said quietly. "Thank you very much, you have just given me the inspiration to finish this walk".

At least, I mused. I have feet.

As I left Hawes it was getting light. I set off down the main street and, on turning left to join the Pennine Way past a row of cottages, caught a group of four walkers who laughed, chatted loudly and allowed gates to slam shut at 4-30 a.m. Though this disgusted me I said nowt. Along the beautiful dale of Wensleydale the light began to spread across the horizon. An explosion of pinks and oranges soon burst across the hill tops and, though the sheep in the meadows we crossed had been up and working their shift of munching grass for hours, another day dawned.

My pace was painfully slow but I mugged on. "I have to do it now", I told myself. I had come too far not to finish this. I simply *had* to do it.

Val and Dave were at the Askrigg checkpoint as planned and the friendly staff offered us tea cornflakes and bananas. I urged the two of them to go on, but I was amazed when they told me I had literally followed them in by only a couple of minutes as they had felt incredibly tired over the previous section. Soon we left for the next checkpoint at Redmire, passing the remains of the 14th century Bolton Castle. It was built in 1399 by Richard le Scrope, Lord Chancellor of England. It has never been sold, and so remains the property of Lord Bolton, le Scropes' descendant and has been used for filming *Ivanhoe*, *Elizabeth*, *Heartbeat* and *All Creatures Great And Small*.

Along the next six miles stretch, through the grounds of Bolton Hall to Wensley and along the riverbank to Middleham, Val strode out at the front. She was walking and jogging strongly so we were told her to go as she felt. Dave and I were bound by our pain and suffering. We were both struggling with blisters and my leg was burning again. However we stuck together and complained, consoled and swore to pass the time away. Soon I saw Dave's Partner Denise coming along the riverbank toward us, then they greeted each other and then hung back a little, probably sneaking a snog.

It was such a relief to know we were approaching the threequarter distance checkpoint. Suddenly, I was overcome with emotion. I saw a woman ahead on the banking skipping our way. It was Linda. She was quite a way off so I suddenly steeled myself. I remembered a report I'd heard on the radio during the recent Iraq war when the American troops had finally liberated Baghdad. A soldier was asked how he had felt when all the common people had come out into the street cheering and laughing, the children singing and hugging the soldiers legs as

they walked through the town. "It sure makes you feel proud, but we have to remember that we still have a job to do and we must keep our emotions in check".

She smiled and asked how it was going. All the pain and suffering was gone. I felt so strong, so full of energy. Right now, I reckoned I could run the rest of the way to Ripon. "I'm alright, just fine", I lied, "Only a bit of soreness in my leg". Suddenly Linda was clearly very shocked and concerned. My shin was inflated like a marrow and extremely red. "You could do with that looking at", she said. "Well, just look and I'll be off then," I laughed. I felt so much better.

Dave and Denise caught up and we all entered the checkpoint together.

Middleham is famous for its links with horse racing. As we set off up the gallops alongside the road we managed a steady canter for a while. Well, I thought, I can eat as well as any nag! Leaving the road we dropped painfully over fields to a river then climbed up the heather covered moor. Soon it levelled out and for the next ten miles or so we made good progress. We were heading for The Drovers Inn at Belford, the 90 miles point. I had taken some painkillers as every time we came to a descent. I was having to walk down backwards, the shin sending shooting pains to my knee. I would have given anything for a bike or kid's scooter right now, but made do with soft grass verge. "We will get there", I told myself. It had become colder over the last few hours and soon began to rain. Dave was getting cold so he bashed on ahead. I reached the wood at the bottom of a hill and crossed a bridge. Though the trees and soon up a steep farm track, there was no problem, it felt easy. I felt fresh and pain free - the pills had kicked in. The route followed a series of stony bridledways waymarked every so often with small mosaics, about the size of a ceramic wall tile. If these were on our estate, I thought, they'd have been vandalised. Up the long

steady climb on tarmac to the pub and I was able to stride out quickly. Now I was feeling much better and picking up the pace. At a road junction, 200 yards before the main road I could see a crowd waiting. There was a woman with a large black dog. I got my head down now and dug in, preparing myself mentally for the last ten miles. "Only ten miles to go!"

"Go on, find him!" I looked up and the black labrador was bounding down the road toward me. It was Linda, and she had arranged to meet my parents, who were clapping and shouting at me, as another man took my photo. Imagine how I felt. Imagine how I must have looked. Limping pathetically, my right shin swollen like a marrow and shining blood red. No Mother wants to see her lad in this state. "Remember!" I shook myself into shape, "We must keep our emotions in check".

I drew close and the man lowered his camera from his face revealing a warm smile and offering a hand to shake. My Dad said, "This is uncle Tom from Australia."

"You've come a long way to see me", I said, to which he countered, "Well, you've come a long way to see us!"

Smiling faces and tables of food greeted arrivals at the checkpoint, in a garage to the rear of the pub.

Dave and I set off together again and almost immediately we were hit by a monsoon. It bucketed down, and just as we were crossing an exposed section of moorland. At least it was taking our minds off everything else.

About a half mile before the final checkpoint we crossed the muddiest farmyard I've ever seen. Shin deep slurry, even the driveway from the main road to the farm was rutted and waterlogged. This made for a slow and painful trudge to the road, then once across, we had to climb a couple of rather high, cramp inducing stiles, then a swamp of a field. I floundered around in the marshy ground,

as I glanced up I saw Linda waiting at the next gate and I swore, telling her how pathetic I felt.

"Allan", she said sternly, "You have covered ninety five miles on foot."

The enormity of what I was doing was creeping into my mind, though I was constantly telling myself about the *emotions* thing. "We're not there yet."

It was bouncing down with rain and she offered me her brolly, though I declined as the rules of a Hundred preclude any outside assistance of any kind.

I was approaching Sawley, where my old Haworth Hobble partner Maggie Dunn would be checkpointing.

Sure enough she was and she waved me off with, "You can do it now me darlin', and you won't need your torch!". Through Fountains Abbey and the deer park at Studley Royal was a fitting end to a great weekend out. It was getting dark as I travelled down the long driveway, and as I looked around, my headtorch picked out hundreds of small red lights on either side, the eyes of some of five hundred deer. Along the road to Ripon College, over the fields and around the edge of a building. The lights of the classroom exploded over the sports field and I found the door into the finish. Suddenly it was all over. Linda and Denise were there, but where was Dave? He came in seventeen minutes later, having taken a wrong turning in the grounds of Fountains Abbey!

On Monday we went over to see my parents and our visitors from Oz. My uncle asked how I was, then passed me his Sunday newspaper. "Now you are a Centurion, here's another challenge for you," he said, as he showed me an article about the opening of the full length of Hadrian's Wall, a distance of around eighty miles. Hmm, now there's a thought.

What did the Roman's ever do for us? They gave us Centurions!



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Letters, opinions et.al.

A challenge to the over-70's from Alex Menarry

The feature on the "Super Seventies" by Bill Smith in the October Edition of "The Fellrunner" and the report on the World Masters Championships in the February edition have prompted me to pen you this letter. I had dropped racing, except for a few each season to keep my hand in, about ten years ago and regrettably let my membership of the FRA lapse. Then, last year, I was persuaded by a friend - Keith Burns, of SHRA - to go to the World Masters in the Black Forest. The younger friends I have were very encouraging about entering the race - "All you have to do is turn up with a beating heart and understand which direction to run in", they said. Young people today, no respect for their elders!! Keith and I took the bikes out to Strasbourg on the plane and rode back through Germany, Luxembourg and Belgium after the race, which is another story.

To my surprise, I was the only English runner in the over 70's. The amazing Bill Gauld (Scotland) won the gold, Allan Smith from Wales ran well and I was chuffed with 6th place. The experience was a very enjoyable one.

The International atmosphere was very inspiring. I had long chats with John Amies and Wendy Dodds, met Ben Grant again after an interval of ten years and generally lapped up the pleasure of being in the Black Forest with runners from all over the UK and Europe. Danny Hughes confirmed the principle of the World Masters - to keep the race open and accessible to anyone who wishes to enter, in the best tradition of hill running, and to encourage everyone to keep going well into the seventh decade and more.

The real reason for writing to you is to see if I can persuade (provoke?) my fellow over 70's in England to enter for the World Masters this year. I can't believe I am the fastest over 70 in England with the stars of Bill Smith's article and others still on their feet. In fact I throw down a challenge to all over 70's to turn up at Braithwaite for the trials and we can have a burn-up. If our best runners enter, I bet we can lift some medals this year. Anyway, we have to get some experience in before the World Masters in the Lake District next year.

Skipton AC's matchmaking service for runners from Paul Norman

The caring, sharing members of Skipton AC are well aware that many runners out there are looking for a Mr or a Miss Right (not withstanding those who are coveting somebody else's). To rectify this the club are proud to present a universal entry form for runners to enter races using the internet and at the same time register their interest in the possibility of being fixed up with somebody of a similar persuasion who has entered the same race. Simply click in the appropriate check boxes on the web form and the race organiser will match you up with somebody whose idiosyncrasies match yours. You will be forwarded a list of race numbers of people we are recommending, all you have to do is find those people on race day. To assist this we will organise line ups so that you can inspect the 'goods'. There, couldn't be simpler!!

The screenshot shows a web browser window with a form titled "Universal entry form". It is divided into two main sections:

- Race entry form:** Includes fields for Surname, Forename, Address, Postcode, Telephone, and Club. On the right, there are checkboxes for Male and Female, and age groups: 16-39, 16-34, 40+, 35+, 50+, 40+, and 60+, 50+. A date of birth field is labeled "Date of Birth dd/mm/yyyy".
- Running matchmakers form:** Includes checkboxes for the sex of a prospective partner (Male, Female) and a note: "Can't afford to be busy, hardly anything breathing & occasionally awake". It also has checkboxes for physique (Racing snake, Comfort not speed, Hairy, sinewy, muddy, sweaty fell runner), interests (Road running, Off-road running, Anything but running, keen carbo loading alcoholic preferred), expected finishing time (7 seconds, Did not start, Can't remember, it's been so long), and willingness to take part in a line up for inspection (Yes, do I wear clothes?, No, too shy, Will supply own paper bag).

At the bottom, there is a "Get out clause" section: "The organisers accept no responsibility for anything, anytime. Don't even think of asking".

THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

In early May there is rarely anything to report from Joss Naylor aspirants having completed their runs, though there are dozens in the pipeline; I hope they emerge eventually. Had there been any who aspired to having done a winter traverse of this route, I would have had an interesting day about which to write but, as yet, we have only ever had one. Wendy Dodds capitalised on her local Cumbrian residency and was able to grasp a superb winter's day in March 2002, with the added bonus of flexible support. Such a day would probably be realistic only for the V50 runners in the short days of winter, but a good moon reflecting off firm snow conjures up a most delectable challenge. From my current domicile, with a view of all the Welsh 14 Peaks over 3,000 feet, I can appreciate the advantages of being able to take a spot decision when the time is right. There have been comments on what does and does not constitute a winter run, but I have seen no hard and fast rules, only suggestions. I reckon that if it is largely snow covered and freezing, then it's 'winter' and we may not have many to come if forecasters of warm gloom and doom are to be believed.

Two aspirants have emerged from the pipeline and declared their intentions to run; one M60 in May and one M65 in July. They shall be nameless until they complete, but one came up with an interesting point about the number of summits to be covered; it transpires that the 31 blithely stated on the Information Sheet is, in fact only 30! Maybe Barton Fell, which has no identifiable summit but is an attack point for Arthur's Pike, was included early on. A case of 'Mea Culpa' I'm afraid, but all tops have always been covered and that's what matters. So thank you, 'Eagle Eyes'. I hope we meet with tankards raised.

The Presentation Dinner this year will again be at The Bridge Inn, Santon Bridge, Wasdale, but on a later date than usual in order to avoid significant clashes with other events. It will be held on SATURDAY 20th NOVEMBER.

No prices are available as yet, but anyone wishing to reserve rooms is free to do so, stating that they are attending this Dinner.

Information: SAE please. Monica Shone, Swn y Gwynt, Penmynydd, Llanfairpwll, Isle of Anglesy. LL61 5BX
e-mail : mandc@gwyntog.freeserve.co.uk (please add postal address to e-mail)

When being first is the last thing on your mind!

from Teresa Wall (Penistone)

I am not known either within my club or at local races for my speed or for my frequency of picking up prizes or finishing in coveted positions. I do make the occasional well timed sprint to the finish, often to be told that I mustn't have tried hard enough throughout the race, and I did get two notable scalps from my club in the Kinder Downfall last year. However, mostly I am contented to tuck in at back, hoping to avoid the last position.

Yes, I have dared to dream of the day when, after losing two stones and training compulsively for a season, I can run shoulder to shoulder with fell champions. I have even dreamed about standing on the winner's podium beside Paula Radcliffe. But then I smell good food and a pint of Marston's Pedigree (which is apparently also Madonna's favourite beer). Each time I start one of my "come backs" I decide that entering races is a good way to make me try harder. Well at least it gets me out and about in less familiar territory.

Thinking that last year I might just dare think about training up to do Tanky's Trog, I started my assault on the fells with a new found vigour, skipping over the Dark Peak heather, gliding over rocks and tripping through the peat bogs and feeling reminded of why it is worth all the pain and discomfort. So enthused was I with my re-found sense of freedom that I decided that "I needed a race to make me try harder".

It being September, I thought why not have another go at The Shelf Moor, a race I have run on a number of occasions before; not a nice ascent but a nice rolling bit on the top and a lovely fast steep descent (something else that I am relatively good at). I remembered it as being a well attended race, which for me means less chance of being last, but always a possibility. Ah, well. I thought, what if I am last, I've been last before and nothing bad happened.

Things became a little anxiety-provoking when I arrived at registration to find a much reduced field, as there were clashes with other local races and Fell Championship races. However, there was only me and two others from my club, so not many people who knew me to see me red faced, panting and dripping with sweat. I thought, well, I am definitely going to be last so I might as well decide to relax and enjoy it.

I set off with the others and very soon was at the back with the odd 70-year-old, the "slow to warm ups" and the ones who were carrying a bit too much beer belly. In better times I would have managed to hold them off but this was the early stage of my latest 'come back' and I had a long way to come back yet. Soon I was left with the sound of my own heavy breathing and the bird song echoing through the valley. Yes, I was left behind before I even got to the steep ascent! At times like these I am reminded of the wise words of Keith Davis, one of our club's past winners, "Thas doin better than them that's sittin at ome watching't telly." As I started the ascent I began to think of the joys of Eastenders and Corrie and by the time I was half way up I had started to think that Emmerdale would make a nice change. When I approached the first false summit I could see my closest rival just leaving the trig point. Oh well, I thought, I'm not likely to catch him unless he is very bad at descents, I'll just keep relaxed and enjoy myself. This was what I did. I trotted home in what for me was a PW for that race, just in time to wipe the sweat from my brow before the prizes were given out. It was only then that I noticed a distinct lack of women.

The prizes were given out 1st man, 2nd man, 3rd man, 1st male vet 60, 2nd male vet 60. Then came the ladies - 1st lady, 2nd lady and 3rd lady - what, ME?!?!*! Yes, I had been 3rd and last in the same race. I got a £10 gift token. I thought the only prizes I might manage would be the musical boxes for the over 50's, as received by a friend from our club in the Denis Stitt! But no, I got something useful. I must say, although I was pleased I also felt rather embarrassed about getting a prize for doing my worst time in this particular race. It was only a few days later that the full extent of my success and embarrassment was realised when I received yet another voucher for £10 through the post with a note saying that not only was I 3rd lady, but I was also 1st lady vet.

To be honest there is something safe, secure and anonymous about being at the back in a race, as long as you are not last. No one really notices you and you can satisfy yourself with the idea that "it is the taking part that counts." But I was caught out when my glory was also my shame. I am listed in the Fell Runner for October 2003 as being 3rd lady in the Shelf Moor for my PW in what should have been an anonymous and unnoticed appearance.

A BLAST FROM THE PAST!!

The article below comes, courtesy of Nev Kirk, from the Oban Times of September 18th 1909

RECORD ASCENT OF BEN NEVIS

LADY'S REMARKABLE PERFORMANCE

Interest was revived on Tuesday in the matter of record-breaking on Ben Nevis, a form of sport which a few years ago claimed many devotees. In the case of males the previous contest included not only the ascent of the mountain but also the sprint down again, but, as regards the gentler sex, the competition was confined to the climb proper and the previous best performance was that of Miss Tait, a postrunner at Corrou, whose time was half a minute under two hours.

Miss Wilson-Smith, of Cumledge, Duns, Berwickshire, who essayed the somewhat hazardous task on Tuesday, succeeded in reducing the above record by eight and a half minutes, having made the ascent in one hour fifty-one minutes. In the morning when she started off from the Post Office in Fort William she was greeted with a round of cheering from an interested crowd of spectators. Setting off at an easy double, she reached the base of the mountain in 17 minutes and also ran in parts on the bridle-path. Mr.Wm.Swan, Fort William, who established the first gentleman's record, acted as official timekeeper on the summit and expressed admiration for Miss Wilson-Smith's performance. Seen by our correspondent after her return, that lady was inclined to belittle the so-called feat and said she accomplished it at no discomfort to herself. An ardent cyclist, she is in good training but had only once before made the ascent of Ben Nevis. Her previous highest climb was on the Sidlaws, when she scaled a height of 2600 feet - only about half the elevation of Ben Nevis. She underwent no special training for Tuesday's task and on her return looked as if she could again repeat the climb without much inconvenience. The day was bright and clear, with a touch of frost in the air, and was highly suitable for such an exploit.

The distance from Fort William to the summit is approximately seven miles and when it is borne in mind that the gradient of the bridle path exceeds 1 in 6, the remarkable nature of the performance will be better understood.

The Coniston Round

by Peter Travis

What king so named this place,
some Viking warrior tired of battle
who changed the bloodied axe
for plough and scythe?

These southern fells throw down a gauntlet
well worth the challenge.

And so we lean on the Sun Inn's bar
and keep company with Church Beck
until past disused quarries, deserted copper mines,
we make for Wetherlam: in winter time
a fell with "attitude".

Here the mind contorts in Lakeland mist
and searches for a summit raise frustrations.

Swirl How, the linchpin of the route,
as splintered crags plunge deep into the dale.

Old Man of Coniston, a summit cairn,
immense and with natal definition.

Dow Crag, the precipice of dove and deer
in ancient times,

where climbers test their strength and skills
on routes to tantalise intrepid minds.

And now it's done - a downhill trudge
until once more we rest our arms
upon the wooden bar.

Few words are spoken, there is no need
to articulate feelings too deep for words.

Martin Stone's Long Distance News Summary May 2004

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: 0870 766 1792, FAX: 0870 766 1793.*

EMAIL: martin.stone@sportident.co.uk

ANDY VERDEN & JOHN RODGERS – BOWLAND 1500's

After a previous abortive winter attempt in December 2002, Andy and John successfully completed the first round of all the Bowland hills over 1500ft with a separation of one or more contours on Saturday 21st Feb. They set off at 6.36 a.m. in freezing temperatures from Stoops Bridge and arrived back at 18.41hrs, 12hrs and 5 minutes later. The route crosses 19 tops, is about 41 miles with 6200ft ascent/descent. The weather was quite cold all day and bitterly cold in the latter stages. Although they had trained using one of Andy Walmsley earlier schedules, they decided on the day to leave the schedule behind in favour of having a steady run and not feeling as though they were trying to race the clock. They took some time out for a few photos and to appreciate the views. Sunrise was perfect. Sunset was magical though they felt too tired to fully take it all in. They were unsupported and carried around 8-10 pounds of gear, food, spare clothes etc. They took more fluid with them than was needed as they were expecting their stashed water supplies to be frozen, but this proved to be not the case.

JOHN FLEETWOOD – THREE WINTER BOB GRAHAM ATTEMPTS

Last year you may have read about the two solo-unsupported Tranter's Rounds that John completed in December 2002 and April 2003. After a solo-unsupported Charlie Ramsay Round in July, he turned his attention this winter to the Bob Graham Round and has also joined the debate about "When is a Round, a Winter Round". John writes:

'This winter nicely illustrated the vagaries of winter rounds for me, starting with an attempt on a Bob Graham on 7th December. By coincidence this happened to be the same day as Chris Upson made his attempt although I was completely unaware of anyone else making an attempt on the day. I set off at 4.25 a.m. going anticlockwise and completed the first two sections solo-unsupported in the cold, snowless conditions to which Chris referred. The rocks were verglassed but really caused little problems or time loss. As the day wore on, the verglas disappeared and in superb sunshine, it was a delight to

be out on the hill, especially with company. With nightfall, I inevitably slowed even with a big full moon, and to me this is what makes a winter round more difficult than summer - the long, long hours of cold and dim light. I felt severely woozy on the ascent of Blencathra but plodded on with just enough time to complete the round in 24 hours. Disaster then struck when I took a very poor route up Great Calva, not having reccied the route. I became marooned in knee deep heather which took an age to struggle through and I lost so much time that chances of success became remote. I went on without a break to Skiddaw where a fresh wind had picked up and I just couldn't make up the time and finished 5 minutes over the 24 hours. Still I was pleased with completing the round, having done no training in the previous six weeks due to full blown flu and carrying a painful knee.

With the knowledge that a little training and some preparation should see me comfortably round, I had another go 6 weeks later. It never went well from the start. Having failed to sleep the night before, I started jaded and with too heavy a sack. As I drove over to Keswick, snow swept across the route mesmerising me in the dark and even the road up to Newlands was icy and slow. Above 450m I entered the cloud with zero visibility in the impenetrable dark with no moon to light the way. The snow was crusty and 15cm deep with 30cm drifts and the footsteps were intermittent and partially snow filled. It was impossible to run, even on the level sections in the mist, snow and dark. I lost a glove on Hindscaith and half an hour on schedule as I approached Honister. The dawn was a very grey one and the slog up Grey Knotts was tortuous with no tracks and deep snow. On Gable the wind had turned the snow to neve and I was glad of my ice axe. The descent to Beck Head was slow with 30 cm of powder overlying frozen scree and neve, and Joss's Gully required definite climbing moves to overcome awkward steps where the ice axe was absolutely indispensable. By Pillar the wind had picked up to almost gale force with spindrift blowing across the ridge and filling any steps in the snow. The traverse out to Steeple proved to be most awkward in Walshes, with 20 cm of powder snow overlying rock hard neve and was only overcome by solid axe placements and tentative teetering on my feet. This was followed by waves of snow being whipped up by the wind over Red Pike. By Yewbarrow I was pretty exhausted but my support had driven for two and a half hours to Wasdale, so I felt obliged to carry on, despite being an hour and a half over my original schedule. Fortunately the snow had blown off the Western slopes of Scafell, but this only meant that the descent to Foxes Tarn was covered in knee deep powder.

With no prospect of the cloud lifting and the wind still strong, I gave up at Scafell Pike and descended in to Langdale via Rossett Gill. The ODG seemed a better

prospect than a night of snow, mist, wind and dark!

7th February and I was once again at the Moot Hall. This time I didn't rate my chances but I fancied a go anyway with hardly any support and feeling a bit jaded. Why? - because the night was superb, with almost a full moon and snow above 550m. By way of variation I went clockwise starting at 8.50 p.m. and up to the summit of Skiddaw everything went smoothly despite the snow and a stiff breeze. It was not long however, before I realised the scale of the challenge with crusty windblown snow on the slopes to Calva. I made big holes in the snow as I lunged down, and the snow trapped in the deep heather below Hare Crag was truly trying. The moon lent an austere beauty to the white slopes but it didn't make them any easier to climb. The Caldew was icy cold and above the knees, whilst the never ending slopes up Mungrisedale Common were exceptionally tiresome with 10 cm of crust all the way. My skin was exposed to the crust which cut my leg, reducing my shins to a bloody state. The Alpine ridge of Halls Fell brought enjoyment back as I took care on the icy rocks which were by now glistening in the moonlight with no need to use the torch. I couldn't undo my laces at Threlkeld where I had dropped provisions as they were frozen in an icy mass, but I managed to pull them off and feel life again in my feet which had lost any feeling for the last couple of hours. The Helvellyn ridge was windblown so had remarkably little snow and I began to get back on schedule, but Dollywagon put paid to that with an unbelievably slow descent in drifted snow. Fairfield was very cold and by Seat Sandal I felt drained and lacking in inspiration to continue. At Dunmail I retired for breakfast and a drive home to my bed.

Three days out on the hill in winter and all very different. The winter round is so condition dependent, that I feel that setting a 24 hour limit is perhaps not the most meaningful since it requires conditions to be less than you would expect of full winter. If I had completed either of my later attempts at the Winter Bob Graham outside of the 24 hours, I would have considered that more of an achievement than completing the first attempt in the allotted time. In my view, we should record winter rounds whether or not they are recorded in 24 hours but note the underfoot conditions, weather and style of completion. If a 24 hour rule is used then this should be around the winter solstice, but would not two weeks either side be reasonable? The actual daylight hours vary very little between these limits with the dawn getting progressively later throughout the period and sunset also getting progressively later in the day."

So, to summarise the debate so far, John agreed that there should be "Mid Winter Rounds" two weeks either side of the shortest day and Andy Verden also mentioned that other rounds during the winter period could be described as "Winter Season Rounds".

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