

The Fellrunner Magazine



The spirit of the World Masters - Peter Covey of Pudsey & Bramley digs in to take M65 Gold (Photo Pete Hartley)

*October
2005*



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The Fellrunner Magazine

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I apologise (especially to the Yorkshire Thug, who obviously hasn't yet read the bit that says the magazine will be out in the **SECOND HALF** of February, June and October) if this edition's a bit late but it would have been a crime to have sent it out without waiting for the report, results and photos from the World Masters, all of which are inside.

.....and what a magnificent day it was. Everything clicked into place beyond (I suspect) the organisers' wildest dreams. The weather was perfect, the setting couldn't have been bettered, the courses were more demanding than a lot of people imagined they would be, the competition was tight, all the organisation went like clockwork and the atmosphere had to be experienced to be believed. The enthusiasm and support were widespread and vociferous on the hill, on the Park and especially round the finish area and Selwyn Wright performed magnificently as MC of the Presentation, which whipped along in a fervour of communal enjoyment with national Anthems being sung, clapped and even danced to as the winners mounted the podium backed by a large back-projection of Pete Hartley's magnificent photos of them all in the heat of the races earlier in the day. Food was eaten, beer was drunk, music was danced to and, for those with energy left, there was the added challenge of the Open Race on Sunday morning. As a sporting occasion it took some beating and mightily impressed the various notables who were present – as a reflection of the spirit of fell-running it was superb and all who participated, either in the organisation or as runners, deserve to give themselves extremely hearty congratulations.

Something else which is completely different but also deserves congratulation is the courage of the Coledale Horseshoe Race organiser, who disqualified no fewer than twenty-two people for not heeding the stipulations about kit. The details are inside the magazine but

the runners were well-informed and had no excuse for not carrying the necessary gear – and some of them were people with considerable experience and, in at least two cases, positions of some responsibility within fell-running. When will some people realise that a) carrying appropriate gear is in their own interests b) it hardly weighs anything anyway c) if organisers find that runners continually flout their stipulations they may well chuck in the towel in irritation and we will all be a number of races worse off.

This edition of the magazine includes details of the AGM, which contains the Motions for discussion and decision. All of them affect various aspects of the sport and hence, by implication, what you'll be doing (or not doing) in the future. I know most fell-runners would do anything rather than sit in a meeting but FRA AGMs don't generally go on all that long, you can take your beer into the meeting with you and it would be nice if as many people as possible could turn up so that the decisions made are as representative as can be.

One of the issues, namely that of our relationship with UKA and all that that implies, is discussed by Alan Brentnall inside the magazine and, just as a final thought, I have (in my capacity as a Club Secretary) received today a letter from AAA of England about the impending re-organisation of athletics which states, among other things, that individual registration is envisaged to be free next year but will be set at a figure "not exceeding £5" for the following four years – at present it is £2. Just a hint perhaps of the things we can expect if we stay attached to UKA's coat-tails?!?

Data Protection Act

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

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

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

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

Please send in any articles, letters, etc. which you feel may be of interest – if possible send them in Word format, either on disc or by email.

Photographs of runners and events are particularly welcome; please give details of the subject of the photo and your address if you want it returned.

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

Deadline for the next edition is Monday 9th January 2006.

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Chairman's Chat

from Alan Barlow

Wow! What a weekend. With over two years' planning the organisation on the day was spot on, the weather glorious and the runners turned up in droves.

Yes, if you were there you will have guessed that I am talking about the World Masters Mountain Running Championships which took place on the weekend of 10th/11th September in Keswick and will no doubt be reported on in full elsewhere in this magazine.

I would like to say a big thank you to all involved who did themselves and the FRA proud

As I write this the England team along with our home country friends will be flying to New Zealand for the World Trophy. I am sure you will all join me in wishing them every success and of course the results will be available before you read this. Special thanks are due to our team managers who have had to overcome problems with the booking of flights and getting the airline to keep to previously agreed prices. I am aware that we are not the only country experiencing these problems and hopefully the WMRA will learn from this.

Congratulations to all those that enjoyed success this year in the championship races and commiserations to all those who did not achieve what they had hoped for. There is of course always next year.

I look forward to seeing many of you at the AGM, which is again being held in conjunction with the dinner and prize giving in Kendal. We have used this format for the last few years which seems to meet with approval but if you would prefer the two events to be separated please let us know. In addition I look forward to seeing many of our junior members at their prize giving in Skipton.

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Calendar Update

At the end of September I sent out Race Registration Forms for 2006 to all this year's organisers. The deadline for returning the completed forms to me is **Monday October 31st**, otherwise the races won't get in the Calendar. Anyone organising a new race should contact me by phone (01457 863319) or email (fixtures@fellrunner.org.uk) for a form.

As for 2005 the FRA is only allowed to Permit (with associated UKA insurance) races held in England. Details of races held in Northern Ireland, Scotland and Wales can be included in the Calendar, in a separate section, for information only.

As is usual at this time of year there are very few additions or amendments to the Calendar to report.

Information about all additions and amendments to the Calendar since it was published can be found on the FRA website: www.fellrunner.org.uk

Margaret Chippendale

ENGLISH RACES

The following list of English races are permitted and insured to be run in accordance with the "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition".

SUN. NOV 27. EAVES WOOD TRAIL RACE. CS. 12.00 noon. 5m/550' from Holgates Caravan Park, Middlebarrow Plain, Silverdale, Lancs (GR 456760, sheets 97/OL7). £4 - pre-entry encouraged because numbers limited to 100, cheques payable to "Dallam Running Club". Entry form on website. PM. Over 16. Course somewhat extended. Also junior races; 11.30 a.m., U12 (over 10), 2 m; U16, 3m; £2. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, Lancashire, LA6 1DE. Tel: 01524 734035. Email: shinny@overkellet.freesevice.co.uk Website: dallamrunningclub.com

SAT. DEC 10. BLAKE FELL ROUND. Please note that the climb for this race is 1480' and not 480' as stated in the Calendar.

Secretary's Corner from Alan Brentnall

There's no way I can put pen to paper (fingers to keyboard?) for this issue of the Fellrunner without making some reference to the fantastic weekend I've just had in Keswick at the 2005 World Masters Mountain Running Championship. As I write this, I'm slowly getting "back to work" after a great weekend running, watching, helping and just generally enjoying myself on an event which went exceedingly well, and was, as I am only too aware, the result of two years' heavy toil by a very small band of hard working runners and friends up in the Lake District. They certainly did us proud, and we have a lot to thank them for.

I would also like to take this opportunity to invite the various anonymous chat-room critics from our very own FRA Forum to come along to the forthcoming FRA AGM and offer their services. We always have some difficulty getting a full quota of member reps, and this is an excellent opportunity for you to use all your valuable experience for the good of the sport you obviously love. You'll be very welcome.

But now, back to the boring stuff. There has only been one meeting of the FRA Committee since the last issue of the Fellrunner. Here are some brief notes from this meeting. Further information can be obtained by contacting me directly.

COMMITTEE MEETING – CHEADLE HULME, Sunday 21 August, 2005.

As is usually the case at the last meeting of our "FRA Year", we discussed various items of potential change which might affect the contents of next year's "FRA Fixtures Calendar and Handbook". The format of the race listings will be the same as 2005, with any non-English events being listed in a separate section at the back. As was reported in the last magazine, there will be a new checklist issued to all race organisers so that they may (if they so wish) record their own risk assessments in case the unthinkable happens, and they get called to account. There have been a few minor changes to our standard entry form, but most items in the Handbook remain as they are currently. Finally, there are no immediate plans to review the actual grades/categories of the races listed in the Calendar.

Since the January meeting, Dave Jones has been looking into possible alternatives for insuring our race organisers, and he reported back to the meeting with two quotes which indicate that there is affordable insurance out there which will provide

current levels of cover. There was quite a long discussion as to whether this option should be taken to safeguard our races against the kind of outside interference which we experienced in 2004. Indeed, there were even suggestions that this was an opportunity to "go it alone" and to become an independent organisation. However, as you will read elsewhere in this magazine, there are events which are taking place outside our control which will change the way athletics is managed in the UK, and, because of this, a motion has been tabled for the forthcoming AGM giving the membership the opportunity to tell its executive committee how it should plan for these changes. You are all invited – don't let the opportunity go to waste!

While next year's English and British Championship races were unconfirmed at the time of the meeting, there was a discussion of the possibilities which were being considered. There was also a long discussion about the problems which had arisen regarding cut-offs, marshal decisions and substitutions at the Wasdale race. The committee agreed that it would back Richard Eastman's decisions in these matters, but it noted with interest the fact that a motion had been put forward to the AGM to debate the issue of very long races and cut-off times. It is to be hoped that this will be an opportunity for all aspects of these problems to be discussed, and, hopefully, future problems can be avoided.

On the Junior front, Dave and Eileen Woodhead explained their resignation from the International Selection Committee. They also described the very successful Junior Championships which they have organised this year, and some of the future plans which they have under consideration. The Crowden weekend was reported to be a great success, with assistance from Natalie White and many others.

On the Veteran front, the PST are considering V50 Men's teams for the British Championship. Work to put on the World Masters in Keswick is nearing completion, and looks very promising.

And, finally, the two "early" motions (see AGM Agenda elsewhere in this magazine) were discussed at length. It was agreed that approval, or otherwise, of either of these motions would be subject to certain changes (these are reflected in the Agenda) and would be dealt with after the meeting.

THE FELL RUNNERS ASSOCIATION ANNUAL GENERAL MEETING

TO BE HELD AT THE CASTLE GREEN HOTEL, KENDAL,
ON SATURDAY 19 NOVEMBER 2005 AT 4:00PM.

AGENDA

1. Apologies for absence.
 2. Adoption of Minutes of 2004 AGM.
 3. Chairman's Report.
 4. Secretary's Report.
 5. Treasurer's Report and Adoption of Accounts.
 6. Motions.
 - a. The FRA Committee will, whenever it deems it to be appropriate, disassociate the FRA from UKA and establish the FRA as an independent organisation.
(Proposed by Dave Jones, Seconded by Alan Brentnall.)
 - b. When financial support from the relevant athletics bodies for the International Fell/Mountain Running Programme agreed by the FRA Committee is regarded by the FRA Committee as inadequate:
 - i) the FRA Committee is authorised to partially reimburse the costs for runners, who are members of the FRA on 31st January of the relevant year, to a level the FRA Committee decides is fair
 - ii) subject to a maximum expenditure of 50p for each registered FRA member on 31st January of the relevant year.
(Proposed by Graham Breeze, Seconded by Neil Goldsmith.)
 7. Late Motions.
 - a. That if long/superlong fell races are to be considered for the FRA championships leniency is applied to the cut-off times to allow a full and fair championship with more than one member / team in each category having a reasonable potential of finishing the race.
(Proposed by Clare Kenny, Seconded by Debbie Thompson.)
 8. Election of Officers & Committee.
 - a. In the absence of other nominations, the Meeting is asked to elect the following unopposed:-
Chairman - Alan Barlow;
Secretary - Alan Brentnall;
Treasurer - Tony Varley;
Membership Secretary - Pete Bland;
Magazine Editor - Dave Jones;
Fixtures Secretary - Margaret Chippendale; Championships - Jon Droxap;
Website Officer - Brett Weeden;
Statistician - Madeleine Watson;
Environment & Access - Chris Knox;
Juniors/Intermediates - Dave and Eileen Woodhead.
 - b. Club Representatives: Four seats.
Nominations must be in writing (email is acceptable) and must reach the Secretary by 4 November 2005 at the latest.
 - c. Membership Representatives: Four seats.
Nominations will be accepted from the Meeting.
 9. Other Appointments
 - a. The Meeting is asked to appoint FRA delegates to the following organisations:-
World Mountain Running Association;
Athletic Association of England; North of England Athletic Association; Midland Counties Athletic Association; South of England Athletic Association.
 - b. Appointment of the Auditor.
- AS USUAL, A GENERAL DISCUSSION ON FELL-RUNNING ISSUES WILL FOLLOW THE FORMAL BUSINESS.

There are some occasions you just know are going right – even though I spent nearly all Saturday incarcerated in the vast cavern of the marquee struggling with a recalcitrant sound system it was quite obvious that outside something very special was happening and when the running turned into the noisy bonhomie of the pasta party and the incredible enthusiasm of the presentation it was clear that the Keswick World Masters had been an outstanding success in every way. Tremendous credit must go to all the organising team, who thoroughly deserved the bonus of a beautiful day to crown their efforts.



by Chris Knox

All photos in this article courtesy of Pete Hartley

Where to start? Ah yes, phone call from Dave Jones "....Chris you are producing an access article again in time for the Autumn Fellrunner aren't you?"

"Oh, um, err, yes, it's just a little incomplete due to this Masters thing..."

"Ahh well that's great, and speaking of which, we reckon you're just the person to do an article on the Masters."

"Mmm, I don't know if I'll have the time."

"Free beer all night from the band if you do."

"How long have I got?"

"Two days."

"Started already"

Bu**er!!*\$! How on Earth could I get free beer when, by the law of nature the band will be playing on the stage at the opposite end of the bar in the biggest marquee ever to grace Fitz Park?

I didn't.

The idea of bidding for the Masters in 2005, I think stemmed from the last rejection of England's bid for the World Trophy in 2001 for 2003 that went to Alaska. Sedbergh School would be unavailable, due to major building work, so another venue had to be sought.

Barry Johnson put together an enthusiastic, well-reasoned proposal for Keswick, to which others agreed before a massive amount of work cumulating in the successful presentation in Alaska, September 2003.

That's it; job done. Ha! Little did we know, we hadn't even started!

I enthusiastically told Wendy (my incredibly tolerant wife) "We've got the Masters!"

"Why? You don't play golf?"

"No, no this is Masters as in Veterans for the World Championships."

"Why don't you call it Veterans then?"

Although we were pipped by New Zealand for the actual World Trophy event, we'd got the World Masters, which actually should be bigger. Barry and Jon Broxap had pulled together a Local Organising Committee (LOC), which I casually joined. Circumstances arose that meant that Barry could no longer continue, meaning a lot of extra work was spread on the final committee.

Eighteen months later we are well into the monthly meeting routine, each member with very specific roles. The web site is about to go live for on line entries – more tweaks to the system, the webmaster puts the first entry in, it works! There are 'grillings' (positive, but definitely grillings) that follow from the town council, parish council and Fitz Park Trustees and a whole host of individual meetings and fresh headaches. We have the WMRA contract, a much revised business plan, sponsors, logo (much admired), interpreters, promotional booklet, routes, access permissions, a web site, bickering/headaches (*where is that flow chart Neil?*), grey hair/hair loss and a potential black hole in the budget if we don't get enough runners.

Early Summer – we have around 500 entries, very few from overseas, the sponsors and publicity sub-committee are worried, the rest of the LOC are still confident that fellow FRA members are tight fisted and won't enter until the last minute, we'll still get 700 plus entries. One of the sponsors is taken over and revises their commitment, there are many loose ends to tie up (*is that blooming flow chart ever going to appear?*) and our secretary – dealing with, amongst other things, all our email queries - goes on holiday for a few weeks.

What do we put in the goody bag? How many should we work on? How many 'Dry Flo' tee shirts do we speculate on? Who can man the email system? How many kilometres of tape are we going to need for the course and what are we tying it to? How do we actually pull registration together? Who's actually on which VIP list? Is there a foul weather plan? Where do we

actually get electricity from for the marquee?

What if.....?????

Dave, "Stephen, how many emails are we getting and what sort of things do they ask?"

Stephen, " Oh very few really and mostly straight forward, you just need to keep checking on a regular basis."

" Well that sounds OK, I'll do it."

If that was the catalyst, it worked.

Entries flooded in. We'd reached nearly 800 so last minute orders were put in to boost our cover for up to 900, any surplus goodies could go out to marshals and other volunteers. 900 was passed with a week of entries still to go, the last LOC meeting was held on the night entries closed, a certain C. Knox and J. Broxap only entered after the meeting to take the total over 1100.

During the year Sped and I had been on various parts of the courses many times for differing reasons, but in the last week it felt like we were never off the hill, the bracken kept growing, sheep kept pulling out our markers, radios were tested and summit checkpoints re-located. Personally I'd run/walked (very slowly) more miles this week than any other this year.

Wednesday: after delivering extra 'dibbers' marking yet more bits of the course, meeting farmers and re-doing car park arrangements, it was time to join the envelope stuffing team. Four thousand four hundred and forty four safety pins (divided by four) later, I'd done my bit, but not before the first entrants (Italians and Austrians I think) arrived to register, clutching the booklet we'd published over 12 months ago.

Of course not everyone has internet, but surely you'd check on any updates before you travel, wouldn't you? The weather forecast was grim and set to worsen for the weekend. Great, just what we don't need.

Thursday: final course marking, the marquee is built, the start and finish gantries are up, registration is open, Jennings, Wilfs and Lakeland Spring Water arrive, our voluntary security team arrive, it stopped raining and the finish tent has the wrong frame. Ah well....

Friday: the finish tent is corrected, registration is in full flow, Border TV do a live report and plan for tomorrow, the gantry banners are on, arrows and signs are put out, the finish funnel and start straight are ready, electricity is connected, the medical team set up, volunteers set tables and chairs out for 600, our club tent is missing, it's cold and windy but it's not raining. Most of the VIP's turn up as people gathering in the market square are entertained by the Dearham Brass band before the evening opening ceremony begins. One local reminds me that bands playing in the square used to be a regular occurrence years ago, lovely to see a traditional touch. Still not raining. Faces emerge from the crowds of runners that I recognise from races years ago, old adversaries are meeting again for the first time in years – of course nobody is fit, "I'm only here to have a trot out and get the tee shirt" seemed a popular yarn to spin.

Saturday: junior footballers lend us their tent, more volunteers turn up to help, final road traffic signs put out, car park signs in place, the sun emerges, the PA system bursts into life, Wilf's is open (hurray!) and the primary radio system fails from the summit. However a general 'buzz' is felt as the first race gathers for the start, my pulse quickens – no marshals on Spoony Green road junction, Where are they?! In fact quite ready and just tucked away out of sight until needed. The crowds build, the first race goes, the second race gathers, the car park is getting very full, must get someone ready for the overflow carparks, the second race goes as the third race gathers. Soon all the morning races have set off and, oh, what a sense of relief as the first runners finish, two years of planning, it's working and it's still not raining, blue sky, full sunshine, purple heather, bright green grass and bracken just on the turn fill the picture. Both sides of the finish curve are packed with spectators applauding all the athletes, most of whom demonstrate an amazing turn of speed – only here for the tee shirt? my hat!

I sit back and appreciate just what all the others are enjoying in such a spectacular setting, the Lake District at its best, no wonder Fitz Park was voted one of the most scenic cricket grounds in the country. Even seeing the park most days of the week it still strikes me as being so impressive and now brimming with excitement and expectation, the atmosphere is something special. People keep

stopping me to say how good everything is. "It's all to do with teamwork" I say and admit for the first time ever of looking forward to Monday morning when it's all done. I still didn't make it to Wilf's, dash home for a quick change along fairly empty streets (they're all in the park!). More enthusiastic chatter before I line up for my V50 race, no time left for a warm up, we're off, just steady, but then I got slower.....what the heck, it's just great to be running, wait until the downhill. I finish just behind Colin Donnelly, which is fine, except he set off some 20 minutes after me. The marquee was starting to look busy, Jennings bar was quiet as was Wilf's, common sense would take me to eat first, but thankfully Jim had less sense and thrust a pint into my hand, pulled two seats outside and drank. Selwyn kept everyone entertained over the PA system, 'Pride of Cumbria' Air Ambulance took off from the field then landed again shortly – no problems with our runners – wonder how the medical team were doing? This took me over an hour to find out, as more and more people had to tell me how good the weekend was turning out.

In a brief summary, the base Doctor said, " We've been on the go most of the day here but quiet on the hill, I've personally treated 44 people – bumps, cuts and scrapes, a few stitches, the physios have adapted their skills to treat some big blisters, the masseurs have been busy and Denise (Park) has been much appreciated by us and her runners. We were prepared for major traumas – some of the V70's did have us worried at the top but nothing was needed".

On to the night, seats for 600 and meals for 1000, meant a pretty slick operation and a patient queue so that spaces occurring as the early starters finished were clean ready for the next person. This was quite an achievement and much as we intended to have guests/partners included we needed twice the marquee area to get everyone in. So we do apologise for underestimating how popular this event would be. The pasta mountain was rapidly reduced, beer barrels got emptied and we still hadn't done the presentation, however Selwyn got things going and announced the first winner, "Bruno.....", the Italian anthem started, everyone was on their feet and clapping to the music as Bruno's image came up on the screen from today's race. All too soon we were on to the V40 class and the last presentation to another Italian, Franco Torresani.

We'd clapped and cheered every medallist; admired each winner's image on the screen. I was taken by the efforts that many of the winners had to put in to get onto the winner's plinth – a giant step for some after a day's racing. That being said I was equally impressed when the band started up and there we were heading



The M50s go for it at the start of the Masters



The Masters Open Race winds through the Lakeland scenery

onto the floor in droves to dance the night away. The results booklet arrived before 10.00, rather late due to a machine breaking down, but still very impressive.

Even this wasn't enough for some, for Sunday morning saw many of us start again in the open race, including medal winners such as Bruno, a much more laid back race and nobody to beat the V40 and V45 times of Saturday.

Quite a memorable weekend, oh, and wasn't there a cricket match on somewhere involving a little pot of ashes? Wonder how that got on?

There were of course the odd bizarre moments for all of us, but the following extracts of over 950 "query" emails just in the last few weeks, sort of summarises things.

From the "Oh well, if I've got to be there" -

.....I'm in the M45 race starting at 14:10 so presumably I have to register before 13:10 although the website seems to suggest that registration on Saturday is from 8 to 12. I can easily catch an earlier train if that's the case but I don't want to be sitting around for a couple of hours if I can register later.....

to the ones who really went through the mill to get here -

6/9/05 Dear Dave,

How are you? I hope you are fine and full of power on the way to such famous event as your Race! Sorry for a trouble however may I kindly ask you to support us: 1. Our runners (Pepryk and Lytchuk) will arrive to Bus station in Keswick on September 9th by bus NX 570 at 19.30 p.m. (from London). It's too late to find the places of registration and accommodation. 2. They can't speak English and may I kindly ask to find somebody who can meet them at Bus station? The reason of so late trip is such problem as Embassy's decision to take from our runners big tax from visas (about 170 USD per person instead of 54USD as it was usually). That thing made financial problem and instead of flight they are making trip by bus from Kiev to London. By timetable they started today and will be in London at September 9th (7:00 on Victoria). By timetable there are 3 buses from Victoria station to Keswick (10:00, 10:30 & 11:00-NX570 which is going without changing). Time of arrive in Keswick is 19:30. Both of them know well that must pay entry fee and for accommodation (not expensive, please!). Problem is in long trip

by bus from Ukraine which'll make their legs as wood!! Once more thanks for all! I wish you good event!

54 hours travel each way, both to finish at the back of their respective races.

If there was an award for pre-race effort, I'm sure you'd agree these two should have it! Or should they? This is a close second -

Thanks ever so much David - no, we haven't paid yet (as I thought we could on the spot, and I didn't want to pay before I booked the air ticket in case that didn't work out, and we only did that Friday - life has been hectic here. I have had glandular fever, so wasn't sure about coming, but have decided to give it a go anyway).

Let me know if you need anything, but I leave here Tues morn.

Hey - what are those rotten continentals doing? That is a very rude no-show from them, I think!!!!!!!!!!!!!!

....my sister's 40, what race should I put her in?....."

Answers please to the editor!

We thank this following person and hope their condition improves -

Dear Dave,

Your name was in the Newsletter that I received today as someone to contact with last minute queries.

I regret that I shall not be able to participate in the event. Vital bits have dropped off me and unfortunately I shall miss my "swansong."

Perhaps you would be so kind as to pass on this information to Registration in case someone turns up on the day and they wish to allocate unused entries to latecomers.

Hope the day goes well,

During and since the weekend, compliments have been flooding in from competitors, spectators and even slightly bemused bystanders, the whole event has certainly been a memorable experience.

"Just to let you know, Anne & myself really enjoyed the weekend and thought the organisation was fantastic. Everyone I spoke to from numerous clubs and places made very positive comments. Sometimes the willing horse never gets a congrats."

".....CONGRATULATIONS

WELL DONE! WELL ORGANISED AND ALL FRIENDLY AND COURTEOUS - as the Irish are supposed to be - All we Irish visitors will return"

"Hi Dave, Please would you pass this message on to your organising committee. Elaine and I enjoyed the event very much indeed. The course was certainly testing especially for us road / track runners! It was well marshalled and the results set up was absolutely amazing. In all our 20 + years of running we have never seen anything as efficient or quick. We have been to a good number of World Championships in various disciplines, track in and out door, road, cross country and duathlon. Your event was well on par with the best and way better than some. Thanks again. We will now hopefully be doing more mountain races in the future and have pencilled in next September in Switzerland."

"Hi Chris,

OK, Ella would like everyone to know that Franco, stayed at her Craglands Guesthouse, and his fabulous performance was down to her healthy and home made breakfast and comfy night's sleep. He was up bright and early on Sunday morning to go to Mass. If I hear anything else I'll let you know."

"Dear Dave,

A HUGE thank-you to you and all your team and helpers for such a fantastic day on Saturday, it really was a day to remember and so superbly organised, and the other competitors were so friendly. I was just sorry to miss the pasta party and live band due to family commitments, had to get the train back late Sat afternoon, it was a bit unreal to be in such a beautiful wild place on my own for only 19 hours.

The goodie bag was great and I much appreciated having a size small tee shirt. Everyone was very friendly and the course was amazing, cant wait to get the DVD, hope it includes our scramble up to the summit - just wish I'd come up before and practised some fell running downhill techniques as after being 5th at the top lost 5 places on the down-hill! I was so proud to be able to show off my print-out of times when I got back, never had that before at a race so quickly, what technology!



M40 Franco Torresani of Italy



M45 Dave Neill of Staffs Moorlands and England



M50 Nigel Gates of Brighton & Hove and England



M55 Reinhart Vogler of Germany



M60 Raymond Wilby of Highland Hill Runners and Scotland



M65 Peter Covey of Pudsey & Bramley and England



M70 Bruno Baggio of Italy

Hope Keswick continues to hold such good sporting events and hope to spend more time in such a beautiful area in the future."

Sunday bystander - "Hey that music was good last night."

Me - "Oh, I'm glad you enjoyed the party."

"I didn't."

"I'm sorry to hear that, what spoiled it?"

"Nothing, I wasn't there."

"Errmm??"

"I was stood on the front doorstep having a fag and just stayed out to listen."

He lives on a street some distance from the venue. Could this lead to complaints? Ah well it'll make a change from rowdy teenagers and grumpy old men/women.

An extract from the Scottish Hill Runners website report;

"The rockers enjoyed their own era of dance to the FRA's in-house band, and many turned out again on Sunday for the open race. I hope the youth of Keswick noted this weekend of frenzied activity from so many senior citizens. Even rocker David Moorcroft left his executive desk at UK Athletics to come and see what all these stropky hill runners get up to at the weekend. The courses were very good samples of the short British fell racing format for our foreign visitors. The weather for the whole weekend showed the Lake District off for what it is - the best mountain running landscape in the world. Well done to the organising committee!"

Of course as in the best traditions, I've saved the best till last -

"Dear Jonathan

Just a short note to say thanks for a really enjoyable weekend in Keswick. The event was wonderfully well organised, the atmosphere was terrific and I thought the spirit at the awards ceremony summed up what a great weekend it was. Thanks a lot for making us feel so welcome and congratulations again on an event which enhanced Britain's reputation as organisers of world class events.

Best wishes,

Dave Moorcroft"

Thank you to everyone involved in whatever capacity - let's see what the young ones bring back from New Zealand.

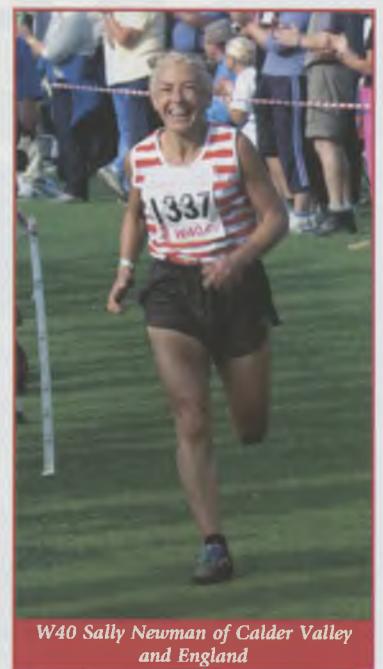
Right Dave - where's that pint?

RESULTS

Pos.	Name	Club	Country	Time
1	Franco Torresani	Atletica Trento Cavit	Italy	00.50.39
2	Alan Bowness	Cumberland Fell Runners	England	00.51.53
3	Craig Roberts	Kendal	England	00.52.50
M45				
1	Dave Neill	Staffs.Moorlands	England	00.52.51
2	Colin Donnelly	Cambuslang	Scotland	00.55.13
3	Kevin Harding	Tring	England	00.55.22
M50				
1	Nigel Gates	Brighton & Hove	England	00.55.56
2	Steve Jackson	Horwich	England	00.58.49
3	Tom McGaff	Cheshire Hill Racers	Scotland	00.59.13
M55				
1	Reinhart Vogler	TV Bad Brucheran	Germany	00.44.38
2	Mike Walsh	Kendal	England	00.45.15
3	Brian Hilton	Leeds City	England	00.45.22
M60				
1	Raymond Wilby	Highland Hill Runners	Scotland	00.47.53
2	Antony Bland	Borrowdale	England	00.49.03
3	Donald Williams	Eryri	Wales	00.49.09
M65				
1	Peter Covey	Pudsey & Bramley	England	00.50.05
2	Kaspar Scheiber	Straumann Running Team	Switzerland	00.50.11
3	Norman Bush	Ilkley Harriers	England	00.52.48
M70				
1	Bruno Baggia	Valli Di Non E Sole	Italy	00.52.51
2	Alex Menarry	Durham Fell Runners	England	00.56.53
3	Lawrence Sullivan	Clayton-le Moors	England	00.57.07
W35				
1	Angela Mudge	Carnethy	Scotland	00.59.27
2	Anne Buckley	Salford Harriers	England	01.02.52
3	Susan Ridley	Edinburgh Southern H	Scotland	01.03.17
W40				
1	Sally Newman	Calder Valley	England	01.03.55
2	Ruth Pickvance	Les Croupiers	England	01.04.25
3	Jacqueline Hargreaves	Cumberland Fell Runners	England	01.04.55
W45				
1	Cecilia Greasley	Cheshire Hill Racers	England	01.05.23
2	Sue Becconsall	Bingley	England	01.05.34
3	Kate Beaty	Cumberland Fell Runners	England	01.06.15
W50				
1	Maureen Laney	Clayton-le-Moors	England	01.04.30
2	Vanessa Peacock	Clayton-le-Moors	England	01.06.44
3	Blanka Paulu	Maraton Stav	Czech Republic	01.07.24
W55				
1	Alison Brentnall	Pennine Fellrunners	England	00.57.16
2	Catherine Colam	Keswick	England	00.58.54
3	Margaret Oliver	Eryri	Wales	01.00.32
W60				
1	Gerlinde Scmittner	TV Ochsenfurt	Germany	00.56.30
2	Barbel Berghaus	Solinger LC	Germany	01.00.29
3	Elaine Statham	Stone	England	01.01.07
W65				
1	Heather Goodman	Kendal	England	01.06.55
2	Hetta Morath	Abbey Runners	England	01.10.55
3	Janet Sutcliffe	Cumberland Fell Runners	England	01.13.22



W35 Angela Mudge of Carnethy and Scotland



W40 Sally Newman of Calder Valley and England



W35 Cecilia Greasley of Cheshire Hill Racers and England



W50 Maureen Laney of Clayton le Moors and England



W55 Alison Brentnall of Pennine Fellrunners and England



W60 Gerlinde Scittner of Germany



W65 Heather Goodman of Kendal and England

FELL RUNNING BOOKS

from Rob Grillo

Many thanks to those people who not only contacted me to let me know of books I had overlooked, but also to those who offered me copies of books I was still hoping to add to my collection. Thanks to these people I now need a new bookcase to house not only the extra dozen athletics books I now own, but also the 1000 or so books on 'non-league' football. Yes I am an anorak and yes, the wife isn't happy about it.

Just days before the last issue of FELLRUNNER magazine went to print, "42 Peaks, the story of the Bob Graham Round" was re-issued in updated form by Hayloft publishing, who also did the reprint of the Hugh Symonds classic 'Running High'.

Among those publications I sadly omitted are the following:

The Welsh Three Thousands, a guide for Walkers and Runners, by Roy Clayton

Judith's Run by Philip Taylor. This lovely book tells the story of a Bob Graham run attempted just 9 weeks after the author lost his wife at the Kentmere Race.

Evidence of a Misspent Youth by Mark Pickard, which tells the tale of real running 'nut' who used to compete in events such as the Fellsman Hike. As someone who has also completed the Fellsman Hike I can second that!

Other long distance related tales include two books by Damon Rodwell. **The Pixie**

Run is the authors account of running the South West Way, while **The Southern Uplands Shuffle** is his tale of a 212 mile run through the Southern Uplands of Scotland.

I Bought A Mountain by Thomas Firbank has a chapter devoted to an attempt on the Welsh 3000m peaks and has details of one of the early records for women set by his wife Esme. Whilst not strictly Fell Running it does contain relevant material.

One club history I seem to have overlooked, and which I would really like a copy of is **Ten Years of Dark Peak Fell Runners**. Philip Turner informs me that this book contains many fell running related articles, including an account of Roger Baumeister's Double BG and The Fifteen Trigs - an event to commemorate DPF's 10 year birthday which consisted of visiting all 15 trig points marked on the Harvey (KIMM 1984) Peak District Map in under 15 hours. Neil Shuttleworth also told me about **Ten Years On the Bog**, which I assume is the same book about DPF.

I've been after a copy of **The First Hundred Years of Ranelagh Harriers**, published privately in 1981, for a while now. Neil Shuttleworth further sparked my interest in the book by suggesting that it may contain details of their 1971 Pennine Way record. Can anyone enlighten us?

There has also been published a small booklet that was brought out to commemorate Colin Donnelly's record run over the Welsh 3000' peaks, although I don't have too many details about this particular publication.

Fred Rogerson's **BG History** was also unfortunately left out of my article. Part 1 included details of the 'event' up to 1972, part 2 was a supplement that came out in 1977.

Other publications that include brief details of fell running of Joss Naylor and/or Grasmere include:

A Walk in the Lakes, Hunter Davies, 1979, **Land of the Lakes**, M. Bragg, 1990, and **Life and Tradition in the Lake District** by William Rollinson, 1974, and **Mountains** by John Cleare, 1975, **The Lake District (1979 HMSO Guide to National parks no6)**

Finally, there is **Sierre Zinal**, c1986, a French language, lavishly illustrated book on the Swiss classic. If only there was an English language copy published, I failed my French 'O' level miserably!

No doubt there are others out there, and no doubt I'll be told about them in time!

Thanks, in no particular order, to Philip J. Turner PhD, Les Stephenson, Chris Holloway, Wendy Dodds, Neil Shuttleworth and to Mrs. Grillo for merely rolling her eyes every time a new book arrives.

SUE COURCHEE, 1937-2005

Sue was a familiar figure to all who took part in the Lake District Mountain Trial. Associated with the event since 1961 (when it was known simply as "The Trial", there were no others), she was the Organiser for seven years from 1978. On many other occasions she was to be found manning a checkpoint and giving vigorous encouragement to competitors. On one occasion a runner appeared just before the closing time, lurking and clearly waiting to be timed out. Sue spotted him and said "Get on with it, there's plenty of time if you've got a torch!" He finished.

She will be remembered also as a keen supporter of longer events (eg the Bob Graham) and weary contenders were greeted by picnic tables groaning with goodies at the road crossings. Mike Rose attributed his success on the BG in good measure to Sue's voice carrying half a mile up the hill above Dunmail Raise. As he once said "She was always there when you needed her".

Sue died suddenly in the West of Scotland on July 12, when on a biking tour with Dick. Her last appearance on the fells was on June 26 for the first completion of the SDC Cumbrian Traverse, supporting at Broughton Mills, Wrynose, Honister and Keswick. What's the Cumbrian Traverse? See the next edition of this magazine or e-mail sdcsunset-house.ndo.co.uk

Au Revoir: Otley Chevin Fell Race

from Graham Breeze

The Verdict of History

Events are well enough in their way but what historians write about them is better.

No one would know or care about, say, Roman Emperors if it were not for Gibbon. Few would remember the Rossendale or Skipton Fell Races without Bill Smith. A fell race is insignificant in the great scheme until the report and results are published in "The Fellrunner" magazine and only then is it transformed into the stuff of history, available for scrutiny and consideration for as long as men and women run on the fells.

There was only one Julius Caesar and there is only one Wasdale; but little races have histories too. The Otley Chevin Fell Race will never host the English or British Championship - the prospect of 500 runners pounding along the narrow footpath shortly after the start is too frightening to contemplate. So race organisers Neil & Sue Clayton and Skyrac AC have been content for the race to remain what it has always been and that is a mid-week race from the heart of an old market town up a staggering climb with virtually no respite and, after a brief interlude along the crest of the ridge, a relentless downhill charge which, given that the last section is on road, can trash the legs as only cobbles can.

Beginning

The race was first held in June 1980 and organised by Otley Chamber of Trade. This was in the "running boom" days when the world thought putting on a race was easy, profitable, good publicity and fun.

The first race from the Otley Market Square attracted 63 runners. The first three men and lady winner were from Leeds University which also provided the winners four more times. Perhaps Leeds University was the Borrowdale Fell Runners of its time?

The race route of road, track and a stepped path towards the top of the ridge must have been appealing because the following year 200 runners turned up with Leeds University's Geoff Turnbull winning again.

However after five years the Chamber of Trade lost interest and Skyrac AC took over with the Claytons organising the event for the next 20 years.

And Now

Twenty six years on from the inaugural race, registration still takes place under the Market Square Clock (currently stopped but undergoing £100,000 of repairs) but the race start has been moved away from Kirkgate to avoid closing the road. However the start still retains the initial charge over cobbles towards the bridge over the Otley bypass and the serious climb up Jonny Lane to the Chevin Forest and a long drag up a flight of stone steps. The finale of the climb is called Surprise View and on a clear day York Minster can be seen 30 miles away, not that any runner has ever commented on this fact en route because, although the race is run on a June evening, it usually rains before the race, during the race or both.

Then after a 1/2 mile traverse along the ridge the route turns downhill, fast.

With a town centre start local sponsorship has been readily available and the entire entry fee (£3) is returned in prizes. In the past prizes have been goods rather than vouchers and those who choose to run from their home to the race (well it is only a 3 mile dash) must always ponder how they will get the prize of, for example, a sun lounger or barbecue home, if they are a winner.

A few years ago the usual prize list was expanded to include the first team not from an athletics club, which is a euphemism for a pub team although, regrettably, the number of entries for this prize has always been on the low side. This suggests that whilst alcohol may dull the senses even it cannot make a 900 feet climb seem a more attractive prospect than a pint of Tetleys.

It is always interesting (to me at least) to consider winners, and then multiple winners. When Greg Hull won in 1988 did anyone think he might win again for the sixth time sixteen years later or that Carol Haigh/Greenwood would record four wins over a ten year period?

And clubs? Pudsey & Bramley have won the men's race 9 times with 7 different runners, including an American who was studying in the UK, plus the ladies' race 5 times with 4 different winners.

A Rose By Any Other Name

The FRA Forum from time to time explodes with irate debates on what is (or is not) a fell race as distinct from a trail race, a mountain race or a cross country race. No one would suggest that the Otley Chevin is at the pure end of any definition of fell running: cobbles? stone steps?

On the other hand English Champions Gary Devine, Carol Haigh, Sarah Rowell and Ian Holmes have been winners so the race must have something in its favour and Ian Holmes holds the current record (the route was lengthened when a bypass was built across the race route) from 2001 when the race was the first event to be mounted in West Yorkshire following the foot & mouth epidemic.

As everyone knows once you have volunteered to organise a race (and much else) everyone tells you what a great job you are doing and it becomes difficult to stand down. So after 20 years Neil & Sue Clayton have decided to leave England, emigrate to their French home and leave race organisation to someone else. Despite competition from other local races held on the same evening around 100 runners have generally turned up on the first Wednesday evening in June so it is hoped that the new organisers can ensure that a race which epitomises the many that appear in the FRA Calendar can survive for at least a further 26 years.

Thank You

Andrew & Jack Robertshaw for the missing piece of the jigsaw and Neil & Sue Clayton for 20 years of service to fell running.

Winners

1980 Geoff Tunbull	Leeds Univ.	16.36	Katherine Barnett	Leeds Univ	25.10
1981 Geoff Turnbull	Leeds Univ.	16.13	Rochelle Toth	Airedale	20.32
1982 Dave Slater	Bingley	15.52	Jean Lochhead	ASVAC	19.20
1983 Andrew Whittaker	Spenborough	16.32	Carol Haigh	Holmfirth	18.45
1984 Brian Watkins	Bingley	16.49	Carol Haigh	Holmfirth	18.11
1985 Alan Buckley	Holmfirth	16.33	Stacey Smith	Spenborough	20.24
1986 John Sherban	Leeds Univ	16.28	Wendy Proctor	ASVAC	21.30
1987 Richard Pallister	P&B	17.48	Alison O'Neil	Cambridge U.	22.39
1988 Greg Hull	Leeds City	16.37	Carol Haigh	Holmfirth	20.59
1989 Gary Devine	P&B	18.39	Gillian Close	Imperial	23.29
1990 Colin Walker	P&B	18.00	Lucy Wright	Leeds Univ	23.04
1991 Gary Devine	P&B	18.22	Lucy Wright	Leeds Univ	22.26
1992 Greg Hull	Leeds City	18.10	Kath Drake	Spenborough	23.03
1993 Greg Hull	Leeds City	17.59	Carol Greenwood	Calder Valley	20.50
1994 Greg Hull	Leeds City	18.07	Lucy Wright	Leeds City	20.37
1995 Paul Sheard	P&B	18.22	Anne Buckley	P&B	22.29
1996 Mick Hill	P&B	18.05	Emma Hodgson	Fellandale	22.34
1997 Shane Green	P&B	17.10*	Jean Shotter	P&B	21.12*
1998 Mick Hill	P&B	17.19	Jean Shotter	P&B	21.56
1999 Mick Hawkins	Bingley	17.51	Angela Scrivastava	P&B	23.37
2000 Paul Low	P&B	17.10	Sarah Rowell	P&B	21.15
2001 Ian Holmes	Bingley	17.04#	Pauline Munro	Bingley	21.08#
2002 Greg Hull	Leeds City	18.30	Erica Nutter	Ripon	23.02
2003 Robin Lawrence	Bingley	18.36	Helen Sedgwick	Ilkley	23.45
2004 Greg Hull	Leeds City	18.00	Heather Dawe	Ilkley	22.50
2005 Karl Gray	Calder Valley	18.13	Helen Sedgwick	Ilkley	22.43

record

*short course

M O V I N G O N

from
Alan
Brentnall

"Moving On" is the sub-title of the Foster Report, a report which was written in May 2004 for Sport England and UK Sport with the aim of redefining Athletics Management within the UK. It does affect fell running, so read it (at your leisure - it's not as dry as you might expect, and you'll find a very readable version on UK: Athletics website) ... but I'm afraid that you won't find many references to fell running.

And why should you? Athletics these days is about winning medals, capturing headlines, photo-opportunities, product-placement, politics, cheating, drugs and, of course, money - in fact all those "main stream" sports issues which are a million miles away from the moorland runs which lured most of us into fell running in the first place.

But do read the report, and then ask yourself, as a *fell runner*, is this all really what your sport is about? Do we need (or even want) to go in this direction? Isn't it time that we, as a significant section of Foster's 150,000 UK athletes, took a long, hard look at our relationship with mainstream athletics, and analysed the effects it has had and is having on *our* sport? Maybe it's time that we too should be "Moving On".

PEACEFUL INDEPENDENCE

For many of us, UK: Athletics is as much an irrelevance to us as we are to Foster. We create, finance and manage this sport of ours in a self-contained way which doesn't require much, if anything, from the outside world.

But our peaceful isolation came to an abrupt end last year, when, long before the end of the Calendar year, many of our races were de-insured, un-permitted and literally dumped by a subcommittee within UK: Athletics without any consultation with the FRA. UK: Athletics blame the whole thing on the Financial Services Act, but I work in financial services, I'm well aware of the act, and what it stipulates, and this simply isn't true. Some tell me it was a managerial blunder, and this could well be the case, but one fact it did highlight was that having our race insurance managed by an outside body is downright dangerous for our sport.

Because of this fiasco, the FRA asked Dave Jones to look into alternative sources of insurance, and, so far, he has produced two quotes which indicate that adequate insurance with identical cover to that in our current policy is available and affordable.

At the recent committee meeting, we looked into the FRA's annual finances, and taking this option might require an increase in subscriptions, but this would only be of the order of £3 - a small price to pay, all things considered.

It's only an option, but it's one which I personally think ought to be taken, whatever we do. I don't want to see a repeat of the 2004 mess, thank you very much.

FINANCIAL MATTERS

But doesn't UK: Athletics provide funding?

Of course, we do get funds from the regional AAs (well, from some of them, anyway), but this only happens because of the painstaking negotiations of the late Mike Rose, and we are only clawing back money paid into these organisations by fell runners for the management of their sport.

But don't take this for granted - Foster says nothing whatsoever about the future of this funding.

WHY ARE WE HERE??

We need to examine why we have any relationship with UK: Athletics in the first place. Yes, the sport is *athletic*, in so much as running is a fundamental activity within fell running.

But so is mountaineering - yet we don't affiliate to the BMC.

And so is orienteering - and we don't affiliate to the BOC.

JOBSWORTHS

The original reasons for affiliating to the AAA (yonks before UK: Anything appeared on the scene) had more to do with the amateur/professional nonsense which existed in those days, before Selwyn Wright made the powers-that-be see sense and do away with the rule. Before this change, you see, our races had to be *officially permitted* races - otherwise any athletes running in them would be banned from other athletic events, so the FRA affiliated, and became the *official permitting body*.

[This is the kind of stupid logic which had athletes in a particular 2005 athletics event disqualified because they looked at their watches when they crossed the finishing line - an act which was "disrespectful of the time keeper"! Where do they find these attitudes?]

INTERNATIONAL RACES

Another reason for affiliation is the ability to enter international events. This is largely because the IAAF will only recognise UK: Athletics - they won't even talk to us.

However, this does seem to be an irrelevance because fell running, as we know it, is in reality only practised in the British Isles. I know that Graham Breeze will call me a "Little Englander" for saying this, but all the very best fell races that I can think of (certainly all his Lakes Classics!!) would be banned under international rules for being too rough, or for including downhill sections, or boggy bits, or for having uphill sections where it isn't possible to run comfortably, or for making

runners navigate, or for making runners carry safety equipment in bum bags.

Sorry, lovely scenery it may be, and I'm sure it must be a great jolly for all the blazers, but it's a totally different sport.

DEVELOPMENT FUNDING

The other reason trotted out for affiliation is, of course, development funding, which the FRA receives from Sport England via UK: Athletics.

However, the British Orienteering Federation have no trouble raising their own development funding for orienteering through the Sport England channels independently, and there would be no reason why the FRA could not do the same thing for fell running.

ATHLETICS CLUBS

There are, of course, many clubs who find it convenient that fell running is classed as an athletics discipline. It makes UK: Athletics into a kind of "one-stop-shop" - but that's all it is ... a convenience.

They probably have as many members who do orienteering, mountaineering or long distance walking - and the fact that the governing bodies of these other sports are not under the UK: Athletics umbrella is not a problem. In fact, it's probably a benefit.

A MOTION

At this year's AGM you will see that there is a motion concerning a plan to dis-affiliate from UK: Athletics. You will notice that the proposal is for a *plan*, and not an immediate disconnection, and that is intentional. We need to discuss what our members consider appropriate action if we ever needed an exit strategy.

There are many who are uncomfortable with the idea of losing the connection with central UK athletics management, but I suggest that they are simply averse to change. I must admit that I don't like change much either - but, as Foster tells us, change is coming, whether we like it or not, and fell running is not the only endurance discipline to be seriously examining its affiliations, and preparing for this change.

And, until we see the results caused by the Foster Report, we do not know what form this change will take.

Thinking about this now, and discussing it with your running mates, or even (heaven forbid) at the AGM is what we need to do. Planning for all the different scenarios which we may have to deal with isn't "sending the wrong signals", as some have told me, it is simply good management.

If fell running does find that it needs to "Move On", then I think that fell runners should be the "Movers" - let's face it, they always have been.

Mountain Running PST Notes September 2005 from Ian Taylor

Congratulations to the IRA in general and to Jonathan Broxap and his team in particular on a brilliant weekend at the World Masters in Keswick. Having so many athletes of the same age in a race was amazing – I couldn't make my usual excuse that they were all younger than me. The event organisation was superb, running like clockwork and coping with many more athletes than previous Masters. Jonathan, you have set a standard that later organisers will find it hard to live up to.

The event also showed UKA and WMRA that the mountain running community can put on a world class event. With the Masters, World Trophy and European Championship all looking for hosts we trust it won't be too long before one of these events is back in the UK.

Of course some of the cynics amongst us may feel that races like the World Masters are not proper mountain or fell races, perhaps because they use marked routes or are mostly on tracks or paths. We could debate the "proper" format for a race in the mountains for ever. I am reminded of a recent comment to me after a race during a village festival week - "It's a nice race but not a proper mountain one", perhaps forgetting that very many traditional fell races began as part of festivals or highland games. In designing a route such as for the World Masters, account has to be taken of the environmental impact of hundreds of athletes – hence the paths and tracks. Indeed what runner will choose to run through heather if there is an alternative path? However knowing that there is an alternative faster path depends on local knowledge. Marked routes attempt to even up the challenge for those who are not familiar with the particular hills. Even an unmarked route soon becomes identifiable after the first dozen athletes have used it. At world level we are comparing the fitness of athletes with respect to their speed, hill climbing or endurance rather than their skill in navigating or their local knowledge.

In recent committee meetings, the Mountain Running PST has been considering whether to include veteran 50 teams in the British Championship. Would it be any different to the result of the English vet50 team Championship? That led us to consider how to get more Celtic clubs represented in the overall results. Part of the problem may be that there are few larger fell running clubs outside England – smaller clubs have difficulty in getting teams out regularly to each event. The committee welcomed the initiative being taken by the IRA to create and deliver higher level coaching modules relevant to our discipline. We were concerned about the cost for teams getting to the World Trophy in New Zealand, with promises of cheap travel made at the bid not now being delivered. We have also been asked by UKA about the format of its Policy & Support (PST) groups. Should the endurance ones of cross-country, road running, mountains and trails form a single group or is there a need for discipline-specific groups? This PST values the contacts we make across the four UK regions. We, or our replacements, need to meet regularly as representatives of mountain running to discuss Championships, rules and guidelines, coaching, liaison between regions, overseas competitions and the role of mountain running within the wider athletic community.

Steel Fell Race

(3 miles; 1,115 feet)

David Armstrong

Ask any fell runner to list three or four attributes that attract them to the sport, and most will include "Informality" somewhere in their list. Well they don't come any more informal than this! One of Scoffer's little gems.

On a beautiful August evening, we drove down Thirlmere looking for a right turn with a signpost for "Steel End". Then we noticed a hand-written "Fell Race" sign slipped over the top of, completely obliterating, the local authority road sign. I suppose anyone looking for Steel End on that particular evening would be looking for the fell race anyway!

As we turned into the farmyard, there, guiding the runners in, was Scoffer, left arm in plaster from a mishap in Greenland whilst racing with the Salomon Adventure Racing Team.

I approached registration and asked, "Where are the registration forms?" The answer was a new one on me. "Oh its OK. No entry fee and no prizes. No need for forms" – as I was passed my hand-written number and clear plastic food bag to put it in!

We lined up in the field to start, with Scoffer changed into running gear. As organiser he made his race announcements, including the immortal, "I'm the summit marshal, if you get there before me it's a feed sack on the cairn with a flag in it", to guffaws of laughter. He was too! Reaching the top in 3rd place he stayed to count everyone else through.

The informality continued.... "Gavin's son is going to set us off; ready Alex?" upon which Alex Bland, aged about five, announced very maturely, "Right ... Get set ... Off you go"!

Forty-four of us (plus the summit marshal!) raced off across the field for 300 yards or so, through a gate then a right turn followed by an immediate steep climb of around 1,000 feet.

At the top, the route continued southwards along the ridge for about 2 mile climbing gradually, around the summit cairn, and back by the same route. Underfoot it was excellent throughout; the steep climb (and descent!) being short grass, the ridge slightly rougher but still very runnable, and no rocks to worry about at all. On a nice dry evening it was a very fast route – a real lung-burster, and the views northwards up Thirlmere towards Keswick on the return leg were a joy to behold.

The race was won by Phil Davies in 21.17, closely followed by brother Jim 15 seconds behind. As a "mid-pack" runner I was pleased to finish in eighth position, 2nd Vet 40, gaining what I think is, my first ever Lakeland top 10 finish.

I only entered the race because we were already in the Lakes, but I will definitely consider returning. I would recommend anyone to give this race a try. A great route, impossible to get lost, wonderful informality, lovely views and free! What more could a fell runner want?



Hammering down Steel Fell
(Photo Dave Armstrong)

“60 AT 60”

AND OTHER ADVENTURES OF YIANNIS TRIDIMAS

BY BILL SMITH

Two of Britain's best long-distance mountain runners are of Greek descent. There is a good chapter on Helene Diamantides in Richard Askwith's book, *Feet in the Clouds*, and what follows here will hopefully provide a similar service for Yiannis Tridimas.

Yiannis was born on the Greek island of Andros on February 22, 1945 and attended primary school there up to the age of 12. This entailed a one-hour walk over rough mountain terrain both travelling there and returning home. His knees would be covered with cuts and bruises as a result of numerous falls on the rocky ground. He then spent seven years at a boarding school where sport – football and cross-country – was not very well organised. However, one particular school trip stands out in Yiannis' memory: "There was a 700m climb from the bus up through a forest to a monastery, and a schoolmate and I were first to the top."

He did two years' National Service in Greece and went on an officer-training course on

Crete: "I was a lot fitter than most of the others and coped well with the hard training. I ran a track race for the Army and after leading most of the way, got outsprinted and finished second." He then went on to University in Greece and graduated in Theology before moving to England in 1971.

WELSH HILLS AND MOUNTAIN MARATHONS

Yiannis is now a Senior Lecturer in Mechanical Engineering at the John Moores University in Liverpool and it was here that he began hillwalking with work colleagues in Wales – despite being a smoker until well into his 30s: "At first, these walks were taken at a slow pace but I eventually met some faster walkers who also introduced me to the delights of scrambling. One of these was Ray Baines, another work colleague, who later became my regular mountain marathon partner."

Ray, who now lives near Belper in Derbyshire, recalls: "I was invited by a few of the lecturers to go on a walk in the hills but was warned that there was a chap called Yiannis who walked very fast and was impossible to keep up with. They were right! But from that first walk in the late '80s, we became keen walkers and scramblers in the Welsh hills most weekends."

The Welsh hills are clearly visible from Liverpool and a street not far from where Yiannis lives in Aigburth is called

Moel Famau View. Between the ages of 41 and 44 he did a lot of casual jogging around this hill and nowadays it is his main training ground. (Champion fell runners Mark Kinch and Karrie Hawitt have also utilised this hill for training.) It was at the latter age that another work colleague encouraged him to enter a race over a flat cross-country course in a local park and later that same year John Dearden of Helsby AC, who also lectured at the JMU, talked him into entering his first fell race, the 1989 Thieveley Pike. He finished around midfield and realised that he'd enjoyed it much more than the cross-country event. John Dearden, incidentally, was to become the joint 0/60 FRA champion of 1996, along with Pete Duffy (Aberdeen).

The Thieveley Pike race inspired Yiannis to begin competing regularly on the fells and after a year or two he realised that he was best over the longer distances, such as in the Peris Horseshoe or the Edale Skyline. In 1992 he entered his first Karrimor, which was that year based at Threlkeld, and did the B Class course with Ray Baines: "I wasn't such a good navigator then and Ray was much better than me. However, at one point in a whiteout between Calfhow Pike and Great Dodd, we became completely lost. Fortunately, I happened to catch sight of John Crummett (Bingley Harriers and Rucksack Club) and asked him to show me our position on the map. To this day, John has never let me forget this!"

After this event, Yiannis became keen on improving his map and compass techniques and went on one of the fell navigation courses at Elterwater, where he became acquainted with such experts as

Roger Baumeister, John Gibbison, Ken Ledward and David Rosen. He became so proficient that he began winning veterans' prizes in the Saunders solo KLETS class and also in the Karrimor Long Score event, partnered by Ray Baines, who recalls: "After that first Karrimor, in all the other mountain marathons I've run with Yiannis, we've had problems finding the first checkpoint. However, I've always found him to be a remarkable and instinctive navigator, and have always had complete trust in his judgement."

Ray also commented on Yiannis' methods of saving weight in the Karrimor: "I've dined out a few times on the story of how he would cut off half the handle of his plastic spoon, but even more remarkable was the progressive discovery that if you emptied the gas from a gas lighter, that saves weight, too. Just use the spark to ignite the gas, then cut off the plastic bit altogether and just take the flint wheel. We plan on doing the Long Score again this year, and I wait with trepidation for the next weight-saving proposition."

To illustrate Yiannis' commitment to winning, Ray describes their last Karrimor together: "I had a terrible time keeping up with him in long, tufted grass and five or six times I'd just about caught him up, only to trip and crash down. Eventually we reached the overnight camp and I mentioned that I'd taken some terrible tumbles. He simply said, 'Yes, I heard you.'"

While Yiannis was often accompanied by Ray Baines in mountain marathons, he also competed with other partners, including Steve Cliff, with whom he did the Old County Tops: "We finished 3rd after leading for part of the way. We



Yiannis in fine fettle at Shelf Moor 2004
(Photo Bill Smith)

made a navigational error in clag and got ourselves cragfast." Last year, he achieved the best-ever veterans' handicap time in the High Peak Marathon, the winter's night event over the Derwent Watershed route in Derbyshire, accompanied by Ray Baines, Alan Duncan and the explorer, Ranulph Fiennes, and they were successful again this year, with Nick Hewitt replacing Fiennes.

Despite his now-renowned skill as a navigator, Yiannis admits to having got himself cragfast a few times and then lost time retracing his steps to find a better line. However, his reputation has sometimes resulted in him acquiring a band of followers: "In the Saunders one year, I realised people were following me on the second day, so at one point took a roundabout route as I knew I would still win the handicap prize." (Jos Naylor used to stop and pretend to tie his shoelace if he knew he was being followed, then after his rivals had passed, go off on a different line.) Another time, in the Langdale Horseshoe, Yiannis had crossed the Blea Tarn road and was beginning his descent to the campsite when he noticed that two runners who had climbed the stile ahead of him were heading off up the fell towards Side Pike. He called them back and continued his descent, only for one of them to sprint past him on the concluding road section. At the finish, this man told him that he'd just turned 50, so he took the prize for first 0/50, leaving Yiannis in second place!

When he first started competing in races, Yiannis joined the Northern Vets but later helped some other local enthusiasts to form a new club, Mersey Fell Runners. His fellow co-founders included Terry Bolland, Alan Duncan, John Hunt and Garry Kenny, of whom only Alan and John continue to compete regularly in fell races. When the FRA relays were held at Great Langdale, Mersey Fell Runners had two fast lads, Paul Cadwallader and John Hunt, on the first and second legs, resulting in Yiannis being up with the leaders when it came to his turn: "Halfway round, I found myself being overtaken by the likes of Billy Bland and some other big names, who

gave me strange looks – 'What the hell are you doing in this position?' I'd never been overtaken by Billy Bland before!" Mersey Fell Runners eventually disbanded due to declining interest and Yiannis followed Alan Duncan into joining Bowland Fell Runners, while John Hunt opted for Cumberland Fell Runners.

THE CLASSIC ROUNDS

As Yiannis became more proficient at racing and navigating over long distances, he began to think about tackling one of the classic Rounds. He'd never done the Bob Graham but to celebrate his 50th birthday in 1995, he decided to attempt a Bob Graham-based "50 at 50": "I was superfit at the time and just followed my pacers. The weather was very bad – horrendous – and caused us to lose over an hour in navigational errors around Lonscale, Skiddaw and Calva, and later on Dollywaggon Pike. However, I still finished with 35 minutes to spare, but after this experience, decided that in future I would navigate myself rather than rely on pacers."

The following year, on June 1st, Yiannis and Steve Cliff made a joint attempt at the Paddy Buckley Round in Snowdonia, intending to include the other 3,000-footers along with Paddy's 47 tops, as Adrian Belton had previously done: "Conditions were mainly good, though we did have some bad weather, but in the end we had to be content with completing Paddy's original Round with the addition of Crib Goch in a time of 23 hours 42 minutes." Paddy Buckley himself was one of the support team.

In 1993, two years before his "50 at 50", Yiannis had begun to devise and recce his Meirionnydd Round, involving a total ascent of 24,000 feet over 72 miles and covering 47 peaks in the mountain areas of Aran, Cadair Idris, Rhinog and Arenig.

The Round had been named by Paddy Buckley as the route followed a circuit in the old county of Meirionnydd and, on the actual attempt, Paddy was again a member of the support team, which also included Wynn and Steve Cliff. Yiannis had originally planned his attempt for 1997 but an injury demanded that he postpone it till the following year. However, the injury still hadn't healed by then, so he decided to go ahead with an attempt on the weekend of May 8th/9th. Conditions were favourable and, navigating himself, Yiannis succeeded in completing the arduous course in 23 hours 32 minutes, a feat which won him the FRA long distance trophy and the Bob Graham Club's "Achievement of the Year" award for 1998/99.

In 1997, Paddy Buckley had introduced Yiannis to the delights of the Isle of Skye: "We dumped the rucksacks inland from Camasunary, ran out to Garbh-bheinn, and then back over Clach Glas. The tricky descent of the Imposter delighted Yiannis so much that he went back up the south ridge to do it again. As I watched him climb quickly and confidently, I knew that he would have no problems on the main ridge ... The tops were in cloud the next day, so to give the weather a chance to brighten up, we went to the other end of the main ridge. I wanted to show Yiannis the best scramble in the Cuillins –

better than the Dubhs ridge – the ascent of Sgurr na h'Uamh from the floor of the Harta Corrie. I was having a bad day, so at the foot of the ridge I made my excuses and sent Yiannis off into the clouds to find Gillian and anything else afterwards. No longer burdened by my slow pace, he shot off up the slabs faster than any mountain goat. I'd never seen anything like it. Hours later when he got back to the JMCS hut, he was full of praise for the Cuillins. And as for the rock, he had spent his childhood running over similar rough stuff on his island home of Andros. He loved it."

Paddy and Yiannis began making an annual pilgrimage to Skye along with other friends, including Wynn and Steve Cliff, Wendy Dodds, Wayne Percival and Rob Woodall. In 1999, Rob set the inaugural record of 23 hours 28 minutes for his Cuillin Round, which involved 32.8 miles and 23,150 feet over 59 tops in both the Black Cuillin and the Red Hills, and Yiannis assisted him over much of the Black Cuillin. A year later, he made his own attempt at Woodall's Round, with Rob returning the favour by lending his support. The start was delayed for two days because of bad weather but he finally set off from Coruisk at midday on June 14th and, despite mixed weather, which included a storm at night, and some minor navigational errors, he



On the Cuillin Round in 2000
(Photo Bill Smith)

not only reduced Rob's record to 21 hours 22 minutes but also added an extra peak, Sgurr a'Bhasteir, to raise the total distance and ascent to 34 miles and 26,000 feet. Rob sportingly commented in his report on this achievement: "Being half-goat he has an unfair advantage" (*The Fellrunner*: October, 2000). Yiannis himself enthused: "This is the best Round of all. I have a personal attachment to the Meirionnydd Round but the Cuillin is one for the connoisseur." It involved free climbing (no ropes) throughout, at which Yiannis excels, though he is not interested in normal rock climbing with ropes, mainly because he doesn't like the idea of the waiting involved between pitches.

For his next epic, Yiannis again chose a Scottish challenge, the 55 miles and 28,000 feet of the Ramsay Round, which had been inaugurated in 1978 by Charlie Ramsay of Lochaber as an extension of Tranter's Round. His first attempt in May, 2001 "had support but wasn't very well prepared, and with the weather being very bad, came to an untimely end after completing more than two-thirds of the route." On June 2nd, 2002 he had another go, solo and unsupported, climbing Ben Nevis first on a clockwise circuit: "It was a showery day and the rivers were in full spate. I had to detour upstream to find safe crossings. Rob Woodall was supposed to meet me on some tops for spot checks, but I never saw him, though I twice missed him very narrowly." He finished just inside the allotted 24 hours.

Yiannis returned to Wales in 2003 to attempt another of his own routes, Snowdon to Plumlumon, using the Welsh spelling for the latter peak, as he also does for Cadair Idris. This one is 78 miles with 22,500 feet of ascent and links what have traditionally been regarded as the three major peaks of Wales: Yr Wyddfa (Snowdon), Cadair Idris and Plumlumon. He made his first solo effort on April 21st but lost time due to a navigational error at night: "On approaching the Cadair Idris section, although in relatively

good condition, my resolve weakened and I took the easiest option." He went solo again a month later and this time completed the course in a time of 27 hours 09 minutes from Pen-y-Pass to Nant-y-Moch, his summit-to-summit time being 25.28. Wayne Percival was out on the course for spot checks, as Rob Woodall had been the previous year, but "was under oath not to be at road-crossings as this could tempt a weak and battered me into giving up easily ... As Wynn Cliff put it, 'No offers of lifts unless it's to recover your body or remove it to hospital' ... I found this challenge to be one of the hardest I have done ... because of the long, runnable distances between the summits."

On October 2nd, 2004, Yiannis made a mostly solo traverse of the Jos Naylor Challenge from Pooley Bridge to Greendale, Wasdale (47 miles: 16,200 feet) in 12 hours 50 minutes, though as an 0/55 (and very nearly 60) he was actually allowed 15 hours. "The weather was close to perfection," he said, adding that his Bowland clubmate Nick Hewitt had completed the course on that same day in a new record time.

Another clubmate, Duncan Elliott, had been speculating on the feasibility of a route from Llangollen to Barmouth, apparently unaware that Charlie Leventon and Rick Robson had actually completed such a challenge 15 years earlier. Yiannis knew about this and had a copy of their schedule. He had already made a decision some years earlier that he would celebrate his 60th birthday in 2005 with a suitably epic run and the one he chose was a Bob Graham Round-based "60 at 60". However, he decided to attempt an easier challenge, Leventon's Line, both as a warm-up and also to determine his standard of fitness, and on May 2nd this year he and Ray Baines completed an extended version of the route (57 miles: 12,500 feet), with road support, in 18 hours 17 minutes. This was three weeks before Ray's Bob Graham attempt and four weeks before Yiannis' 60 peaks effort on the 27th/28th.

CROWNING ACHIEVEMENT

Yiannis assisted Ray on his ultimately successful 42 peaks run, on which two other Bowland runners, Steve Cox and Ali Welsh, triumphed, but while doing so became aware that he'd acquired a knee injury: "Probably an after-effect from the Leventon Line," he thinks. He set off on his own attempt the following weekend in cool, damp conditions but was soon made to realise that his knee problem hadn't cleared up. Traversing the Skiddaw group first on a clockwise circuit, the injury grew steadily worse as he progressed across the lonely fells back o' Skidda' and on Bowscale Fell he mentioned it to his pacers. "I was also starting to have trouble with my other leg as I was overworking it to favour the injury," he recalls. However, he continued from Threlkeld over the Helvellyn range but was finally forced to call it a day at Dunmail. "The weather now deteriorated anyway," he comments, "so that could have possibly beaten me." One of his pacers, Alan Duncan (a 45 at 45 man, incidentally), says that the injury must have been really bad to cause Yiannis to retire as he is such a hard man: "I once heard him tell another runner, though not in a nasty way, 'You've got a low pain threshold.'"

His second attempt was scheduled for the weekend of July 9th/10th, when the notorious Wasdale race took place with its high number of retirements due to the heatwave conditions. The heat also took its toll of Yiannis and he finally ground to a halt at Black Sail Pass after having been going for 20 hours: "I was getting weaker and slower and by Wasdale Head I was seriously overheating in the blazing sun. Yewbarrow has never seemed harder ... Drained of energy and hopelessly behind schedule, I gave up after 20 hours of hell."

The third attempt also coincided with a classic long Lakeland race, the Borrowdale, on 6th/7th August, when cool, sunny weather compensated for the gruelling conditions of a month earlier. He started at 2 a.m. from Stair bridge in the Newlands valley, as he had

done on his previous attempts, going clockwise again and visiting the Moot Hall in Keswick on his way up to Lonscale Fell. He points out that this venue had the advantage of affording him two options at the end, depending on how he was feeling and how much time he had left: he could finish off either Ard Craggs or Causey Pike. "The longer hours of darkness didn't help," he says, "and we lost some time during the night. Also, I was probably not at peak fitness after my two earlier attempts and the Leventon Line, not to mention the High Peak Marathon and the Saunders, and pacing on Ray's Bob Graham. But I was anxious to get it out of the way as it was starting to get me down and I had too many other things I wanted to focus on for the future. I had hoped to get some sleep before the start but that proved impossible." Alan Duncan recalls: "He seemed cautious and apprehensive this time, as though he was worried about letting his support team down again."

Alan says that, instead of descending Halls Fell Ridge off Blencathra, Yiannis plunged straight down into Gategill, a line they had reccied previously, the middle part of which was particularly horrendous. "On approaching Calfhow Pike," wrote Yiannis in his notes, "Rob Woodall suggested that he would like to visit it. That set my brain thinking: I had Plan A, I had Plan B but no Plan C. If there was no time to do Scar Craggs and Causey Pike (Plan B) I would need one extra to make 60. After some hesitation and a brief discussion we all climbed Calfhow Pike ... On leaving Ill Crag, I was overjoyed to see Ronnie Jackson coming up to join us. Ronnie's dexterity on the rocks inspired me and we made swift progress over the remainder of the section."

How Yiannis felt later in the run does not concur with how he appeared to Alan Duncan: "My worst patch was from Wasdale to Pillar, particularly the ascent of Yewbarrow. Eventually, I perked up a bit, enough to put on a reasonable show up Great Gable, but darkness made us lose time on the rocky descent from it and over the rest of that section."

But to Alan, he looked to be "running well from Yewbarrow and he flew up Gable." Wendy Dodds, who had been the first 0/50 lady in the Borrowdale race earlier that day, joined Yiannis at Honister, along with Ian Roberts, Andy Verden and Rob Woodall. From Robinson, they descended to Newlands Hause, not pausing for refreshment but continuing across the road for the climb to Knott Rigg: "Wendy, Steve Cliff and the others made it clear that I would have to push hard. This is what I did. I found strength in the presence of so many friends, all of them with one thing in mind: to get me to Stair before my time ran out." His support team at Stair bridge were anxiously scanning the dark fellsides for a glimpse of descending headlamps and after what seemed an agonizingly long wait, their vigilance was rewarded. Yiannis and his pacers descended from the final summit, Ard Crag, to reach his starting point with eight minutes to spare: 60 peaks in 23 hours 52 minutes. (A fortnight later, incidentally, Alan Greenwood succeeded in his third attempt this summer at the Bob Graham Round.)

Asked a few days later if this was his greatest long-distance achievement, Yiannis nodded with a laugh: "So they tell me." Certainly Steve and Wynn Cliff think so: "This is his crowning achievement, but all his runs have been inspiring. But of them all, this one perhaps best demonstrates his unbelievable strength, ability and sheer grit and determination ... The achievement of 60 peaks at 60 based on the initial Bob Graham has been tried by a few but this is the first successful attempt." (Paul Murray of Horwich RMI Harriers and the Rucksack Club made two abortive attempts last year based on George Brass' 55 at 55, a Round which Paul himself had previously accomplished.) "The only thing that tempers my feeling of success," says Yiannis, "is that I did not do the 60 peaks of my original choice: 60 from Richard Lamb's 61 peaks round. Do I have any excuses? Of course I do! First I am not Richard Lamb. Second I overdid it in the time leading up to the event. Thirdly the hours of daylight had reduced significantly by August 6th and

precious time was lost in the dark. I am now looking forward to helping whoever wants to do a better 60 at 60."

LAST CHALLENGE

"That will be my last challenge against the clock," says Yiannis, "though I'll continue to race. I like to do new events I've not done before but I'll also continue to support the long Lakeland classics. All my long challenges have been meticulously prepared, with nothing left to chance. For the last three or four years, I've had a lot of pleasure in receiving a Munro round to increase Broxap's Round from 28 to 31 summits. I have been grooming John Hunt for it but would also like to do it myself - without any time limit." (Jon Broxap set his 24 hour Munros record in Kintail, around Glen Sheil and Glen Affric, in June, 1988.) Yiannis has, incidentally, published absorbing accounts of all his major challenges in various issues of *The Fellrunner*, and also contributed a very interesting article on "New Fell Races in Wales" to this year's February issue, covering both the three-race Meirionnydd and Rhinog series.

He doesn't do much training locally, in Liverpool, though he will sometimes compete in the midweek Mersey Colleges cross-country league during the winter, and will occasionally

travel up to Lancaster to join the Thursday Night Running Group, which includes Paddy Buckley, Wendy Dodds, Ronnie Jackson and Richard Lamb, for a training run on local fells. "We introduced him to the Thursday night crew," say Wynn and Steve Cliff, "and three members in particular - Paddy, Richard and the late Ken Turner - taught us the delights of the Bob Graham Round." During the Foot and Mouth outbreak of 2001, Yiannis entered several road races around Liverpool to maintain fitness.

"I go to so many races," he laughs, "that many people think I live alone, without any commitments." In fact, Yiannis has a very supportive wife, Kath, who is a lecturer, and two sons who are also fond of the outdoors. Kath has always provided road support for his major challenges and will also occasionally accompany him to races when she is not too busy. "She's an absolute treasure," says Yiannis. "They say behind every good fellrunner there's a great wife." During holidays on Andros, Kath would stay on the beach with the children while Yiannis would go running in the mountains, wearing just his shorts - an unusual sight on the Island: "Locals who knew him would regard him with amused affection."

"We first met Yiannis when he completed the Karrimor at Drumlanrig," recall Wynn and

Steve Cliff, "and we listened as he provided a summary of his feelings on the latter stages of the course in Greek ... It hadn't been Yiannis' best Karrimor! ... The long-distance challenge became his trademark, raising the standard of his peer group to a new level. Yiannis comes with a rare talent for and knowledge of mountain craft. He is also an engineer, musician, theologian, mathematician, carpenter, sailor, and trusted friend and companion. Of these, the terms 'trusted friend and companion' will probably resonate with most. All that know Yiannis hold him in the highest regard."

"Irrespective of his many achievements," adds his Karrimor partner, Ray Baines, "Yiannis has remained a warm personality with a great sense of fun and, above all, is a pleasure to be with on the hills."

In conclusion, Yiannis would like to thank his "great support teams for long-distance challenges," adding, "I have made many great friends from fell racing. I enjoy just meeting people at events."

Acknowledgements: I would like to thank Ray Baines, Paddy Buckley, Wynn and Steve Cliff, Alan Duncan and, of course, Yiannis and Kath Tridimas for their help in producing this article.



Yiannis and team looking very serious about winning the High Peak Marathon Vets Trophy in 2000
(Photo Bill Smith)

Biking and Running and Training for the Fells

from Dennis Quinlan
(Ex England and UK National Coach - Fell & Hill)

Biking and Running

When I was a lad they used to say that biking was no good for runners 'because you used the wrong muscles'. Things have moved on since then but the value of biking to running is still hotly debated. I believe that biking can be a very useful complement. The muscular effect of biking is very largely on the muscles of the thighs, which is why it is of great benefit to fell and mountain runners with their particular need for strength and muscular endurance in those muscles. But these are qualities of benefit to flat runners too. That is not to say that those qualities cannot be developed by running. Frequent training and racing on hill or fell and hill repetition work will develop those needs. The power demands of flat speed work will also help climbing ability as well as flat speed. One advantage of a running approach is the saving in time. More time is generally required biking to produce a similar workload gained through running - though the use of a 'turbo trainer' can be as time efficient as running. The main advantage of running, of course, is the specificity of the activity, including for example, for fell runners the opportunity for descending practice. A key training principle is that the competitive demands of any sport are best developed through practising the precise activity of the sport. In running terms the best training for running is running. But that does not mean that other activities generally referred to as 'cross-training' are of no use.

One of the great advantages of the bike is the amount of work that can be absorbed because of the absence of ground impact, which affects the runner. An impressive example of this is the workload of competitors in the Tour de France. Athletes attempting a comparable feat would be sidelined at the end of the first week, if they got that far! This is not an argument for runners turning to biking alone in order to run better. They would not. Biking only covers some of a runner's needs. The more a runner bikes the more care is needed in the type of running used. A runner doing slow running alone plus biking is likely to see deterioration in running performance. Fast running demands 'getting up on the toes' and working the muscles of the lower leg and ankle in a way rarely achieved on a bike. Runners can partly compensate by 'getting out of the saddle' on climbs rather than remain seated. But the biking runner must incorporate speed training in their running: fartlek,

intervals, repetitions, sustained pace runs. Biking also tightens the hamstrings and so these should be gently stretched daily and fast medium slope descending on a non-tarmac surface should be included in training.

A problem to be faced with this combined approach is intensity of training. The main limitation in any runner's training is the total amount of quality work which can be done and this remains true for the biking runner. As a runner needs to do some fast running it would be a mistake to switch all hard work on to the bike. Just what the best combination is will vary enormously depending upon the fitness, biking experience and racing intentions of the runner. Some runners may intend racing on the bike and so must practise bike racing demands too. Runners inexperienced in using a bike should simply get used to it for a month or so by looking for no more than a 'steady concentration' out of biking. Such runners commonly fall between two stools - either going too slow, doing 'sight-seeing' miles of little benefit or try too hard, pushing a big gear and quickly tiring. For those with heart rate monitors, because road riding demands little 'whole body' effort pulse rates should be about 15-20 beats below comparable running workouts. The demands of rough, off-road riding, especially on any climbs can soon result in pulses of comparable intensity to running.

For most runners the greatest use of the bike is during periods of running injury. Most endurance athlete injuries are below the knee and it is usually possible to bike. Many athletes who have only run typically stop all training when unable to run. This is almost invariably unnecessary, the bike being just one example of a means of keeping fit. I've had athletes biking who have not run a step for 6 weeks returning to their original running fitness within 2 weeks of re-starting running. Just as with running, the bike can be used for a whole variety of sessions. The simplest, automatic way of working hard is to go for a hilly ride, working the hills and recovering on the descents. But the best controlled work can be done on the 'turbo', stationary bike. There is no downhill, traffic, road junctions etc. In as little as a 30-40 min session it is possible to do a very good quality session. For example, after 5-10 min warm-up, do 6-8 x 3min efforts with 1 min lower gear 'spin' recovery, followed by about a 5 min cool down. But just as with running, there is a limit to the number of hard sessions possible and it is sensible to follow a varied, planned

flow of effort throughout the week. I am convinced that if you can 'get it right' you will get fitter running and biking than running alone. And mixing biking and running reduces the risk of injury, especially for runners with a significant asymmetrical running action, i.e. biomechanical problems eventually leading to frustrating injury problems. This is true for the 40 miles a week runner as well as the 100 plus international who wonders how to compete against the three times a day African athlete. If you want to lengthen your running lifespan, run and bike. Thanks to the bike I have completed long distance fell races running no more than 20 miles per week. The older you get the more this truth will dawn on you.

I hope it's not too late!

Training for the Fells

The most important element in training for the fells is to race the fells.

This may seem an unusual idea to road, track and cross-country endurance athletes who, quite rightly, think of training as preparation for racing. Even those athletes realise that a planned racing programme is an important part of their 'key race' aspirations. However, fell racing can and should be used much more frequently. After the effects of their first fell race a newcomer to the fells would feel quite shocked at the thought of a weekly race (some fell enthusiasts race more than once per week). The beginner will suffer 'Ben Leg' i.e. sore quads from descending at speed, even slow speed! 'Ben Leg' is named after the effects of racing the 10 mile Ben Nevis with 4 miles of continuous rough, steep descent, finishing with 1 mile on the road. Whist deliberate descending practice prior to the first race is worth doing and will help conditioning, it won't be enough. It takes the demands of racing to condition the thighs against undue post-race soreness.

Were a road runner to alternate between 10K, 10 miles, half marathon & marathon races on a continuous basis they would become exhausted, injured joggers within 2 months. Why can fell runners 'get away with' a time equivalent racing programme & get fitter as the season progresses? Part of the explanation is the muscular endurance demands of the sport. You get tired climbing a mountain because of the muscular demand of doing so as opposed to the essentially 'aerobic' demands of a 10K road race. To draw an analogy, if you were conditioned to

doing press-ups you could 'go for max' once per week at least, and actually progress over time.

An equally important part of the explanation is the terrain. Despite the occasional rock, the surface for fell racing is typically 'soft' in comparison to tarmac or track and so the impact on the body is far less, enabling quicker recovery. Also, the varied terrain, demanding varied stride length, body movement etc means that the body does not suffer from the continuous repeat stress of racing on a uniform surface. This variety is a good argument for using tough, off-road training for any endurance athlete as it is a 'natural' form of body conditioning. At last most athletes and coaches realise the value of 'strength' even for endurance athletes, something which Percy Cerutti could have told them in the 1950's! Most people realise the value of strength for injury prevention but its greatest value lies in increased work capacity ie quicker recovery. The more 'event specific' the strength gains the better. Over the years many elite fell runners have demonstrated the benefits of fell running by becoming international road runners, especially over the marathon. Try finding out how much hill climbing the Kenyans and Ethiopians do! This is of particular value to young athletes during maturation as the maturation process enhances physical gains. A good example of this was Bingley's Commonwealth steeplechaser, Mick Hawkins, who started his athletic life as a professional fell runner (there is no longer a distinction between 'professional' and 'amateur'). An advantage of the demands of the sport is that it is possible to perform well off very modest mileage. I know good class fell runners who run 20-40 miles per week. Given more mileage and a sensible training programme they could perform better, of course.

With a regular racing programme, although it has a useful part to play given the opportunity, there is no need to train on the fells in preparation for races. Very few fell runners train over the fells. Fell runners are endurance athletes and so road, path, track training, etc. is entirely suitable. One of the advantages of regular racing is that training can be essentially simple ie fitting in training runs 'as you feel' according to motivation and lifestyle. The weekly race provides the 'speed training' and in fact it is quite tricky trying to fit in speed sessions between races. Athletes need to

learn that speed work does not necessarily mean 'flat out' efforts. Useful speed work can simply be good pace work only, whether as fartlek sessions or repetition running. Despite the essentially up and down demands of fell running, flat speed is a very valuable component of fell training. Even fell races are rarely up and down only and flat speed is a good way of getting the body into 'bouncy' race pace. Surprisingly, flat speed work also enhances descending speed.

A very convenient way of enabling up and down training and flat speed is a concept I introduced to the fell and mountain world of 'hillside triangle' sessions. This consists of working hard on a climb, running briskly downhill and a fast flat section. The possible variables are as immense as the variety of interval/rep sessions any athlete might consider. A simple example is a triangle consisting of around 15-20 sec efforts on all three sides. This is a useful session for any endurance athlete. The session can be interpreted according to need, from being an easy 'exercise only' with brief recoveries at each corner of the triangle, to a continuous fast loop even linking each rep to make a tough sustained effort, a particularly useful training session for athletes who do not race frequently.

Many fell runners do hill rep sessions but typically miss the opportunity of descending practice. An excellent 'speed endurance' session is 6 X 3min off-road hill reps and instead of simply turning round at the top and jogging back for recovery I recommend continuing the effort for 5-10 sec on the top followed by a short, 'breath back' recovery then using the steeper, rougher part of the hill for brisk descending practice, with another brief recovery break at the bottom.

Besides running, the most valuable means of cross-training is using the bike. Because of the focus on thigh strength, power and endurance biking is especially valuable for fell runners. Biking can greatly improve climbing ability. There are many points to consider in making best use of the bike and those interested should read my 'Biking and Running' article.

A common mistake of beginners to fell racing is wearing ordinary trainers for a bit of grip. This is a good way of putting yourself off fell running. Even the first race should be done in fell shoes of which there is a reasonable

variety in the marketplace. The two main reasons for this are that ordinary trainers have too thick a sole unit causing instability on rough terrain, especially that with a camber and they provide very inadequate grip on steep descents, especially on wet grass. Those who think buying fell shoes is a bit extravagant for an initial trial should realise that some of the more cushioned fell shoes are excellent off-road training shoes even if fell racing loses its attraction.

A typical negative response of a beginner is their poor descending skills. It can be rather frustrating to find a dozen or so accomplished fell runners flying past as you carefully find your way down. As with any skill, improvement comes with practice and although training practice is worthwhile the best skill improvement comes through frequent racing. When I turned primarily to the fells after a lifetime of road, track and cross-country I was a completely useless descender but after regular racing I made significant progress to just pathetic yet winning national vets medals. Another beginner concern is the fear of injury. Rough, rocky terrain sounds like a dangerous racing surface. Whist there is the rare risk of the occasional fall, very rarely causing major injury, ironically road and track running carries a greater risk of injury. I turned to the fells because of frequent injury problems from road and track.

Fell events range from 10 min dashes to mountainous events over several hours. They are also classed according to their severity of climb in relation to race distance. A particularly important aspect of fell racing for medium and long events is navigational skills. Unfortunately, many fell runners don't know how to use a map and compass, relying on those round them when uncertain about the route. Although nine times out of ten they get away with this it can be both foolish and dangerous on mountain tops when the mist is down.

One of the most attractive reasons for fell running is the beauty of the environment - a sharp contrast to running round the streets in town!

Rec reading - Mountain Navigation for Runners by Martin Bagness (£4.99), Fell & Hill Running by Matthews & Quinlan (£7.50) available from Pete Bland Sports tel 01539 731012 or www.peteblandsports.co.uk

Celtic Corner

In which we are kept up to date about events in the far-flung corners of our islands by our doughty foreign correspondents.

Isle of Man from Christine Barwell

The Manx Fell League consists of eleven races, four are categorised short, four medium and three long, one of which is the prestigious 31 mile Manx Mountain Marathon. To qualify as a finisher in the league, competitors must complete one of each distance, plus any three others, to make a total of six.

This year's season is drawing to a close with September's Creg-ny-Baa being the final encounter. It certainly promises to be an interesting and challenging race, as the course will follow the reverse of the normal route. What better way to finish the league than with a final climb, then flying descent of the Island's highest peak, Snaefell?

The title of 2005 Manx Fell Running Champion in both the men's and women's class has already been decided. Tony Okell has already clinched the title of 2005 Manx Fell Running Champion, the honour he first accomplished in 2000. He certainly wasn't the favourite at the beginning of the year, finishing third on New Year's Day. Despite narrowly winning the race at Greeba with a PB, he failed to finish at Bradda the following month. His season really began on Easter Saturday with a superb second place in the Mountain Marathon; from thereon he dominated proceedings.

With excellent performances throughout the year, Cal Partington took the women's title. Cal finished her first ever long fell race back in February with the 14 mile Bradda, and from thereon was hot favourite to take the league. A former Commonwealth Games race walker, Cal has demonstrated a talent for the fells over the years, holding a couple of course records, notably the North Barrule gained in 1995. Coincidentally husband Steve also holds the same course record, established back in 1989.

It's second place for Rose Hooton in 2005. Rose, together with Brenda Walker and Steph Maddrell have been the women to dominate fell running on the Island over the years. Rose has won the title for the past three. She is a tough competitor, but always prepared to share her knowledge of the Manx hills. A true ambassador for the sport, she will be delighted to see a total of five women complete the league, a record in the history of Manx fell running.

This maybe the end of the fell league for 2005, but there is little respite with October seeing the first race in the Winter Hill League. A series of 3 races, over short, well marked courses; it is an ideal opportunity for runners of all disciplines and abilities to have a go 'off-road'. League positions are determined on overall times, so the impetus to work hard right to the finish line makes for exciting racing all the way down the field.

News from Northern Ireland from Ian Taylor

Northern Ireland Championship

The six race senior Championship was closely fought all year with Neil Carty (North Belfast) just behind Deon McNeilly (Newcastle) prior to the final race, Rostrevor. With an excellent field for this event – also our World Trophy selection race, Neil had to win to take the title from Deon. While Deon was unable to beat Neil, his clubmate Alan McKibbin did it for him, outsprinting Neil at the finish and handing the title to Deon. Brian Ervine (Ballydrain), after earlier injuries, pulled through to take third position. We are glad to see many newer and mostly younger athletes now starting to challenge the elite of Deon, Neil and Brian for medal positions. For instance at the Rostrevor race, ACKC athlete Eddie Hanna was

third while clubmates Des Woods and Gary Bailey were sixth and seventh. Indeed Des Woods, hardly heard of before this year, improved at every race in 2005 and is now on our World Trophy team.

With more ladies on our running scene, we hoped for a competitive senior championship but the reality turned out different. Some were off injured, others were very selective in which races they participated in, while others did every race in sight except the long championship ones. In consequence Anne Sandford, while a very worthy winner, did not have to beat her rivals too often to take the title. An option to consider in the future might be to make the format for ladies any four races out of the six championship ones, rather than insist on one of the counters being a long event.

Championship Format

Of course, the above presupposes that our Championship format remains four out of six races. We discussed the format at an EGM earlier in the year but made no change for 2005. The debate ranges between those who want the Championship to produce a ranking based on as wide a range of races as possible and those who think we race too often. The latter wish for the current four out of six format, as distinct from our previous five out of nine format. At least we still only have one Championship, unlike the two in some other UK regions!

Developments

A new initiative this year was the physiological testing of various elite athletes, to give them a better appreciation of their strengths and weaknesses. If required a follow up training scheme has been devised by our Level 4 Endurance Coach, Jim Johnston. The full benefits will come with repeat testing next year. We are glad to report that our regional athletic body, NIAF, is supporting this programme and contributing to the costs.

One development that we need to make is to strengthen our links with junior athletes. It is difficult pulling together full teams for the British & Irish Junior Championships in October. Our fell running clubs have few junior members and so we rely on informal links with coaches to encourage their junior athletes to try mountain running. We capture their attention for a few weeks from August to October, at which point they disappear into school events over the winter and track ones the following summer. We would welcome any ideas or suggestions that have worked for you in bringing more juniors into mountain running.

Scottish News from Keith Burns

Everything looked decided before going into the final race (of the four-from-six Scottish Hill Runners series) at Glen Clova. This probably explained why the numbers were so low. The weather at Clova caused the biggest upset in the championship yet. The newly crowned British champion and red hot favourite to lift the Scottish Hill Runners title for the third time in a row, Jill Mykura, missed one of the final controls of the race after her map disintegrated in the rain. That disqualified her from the race and so put her out of the championship, letting Kate Jenkins through to win the series (for the 3rd time as she has previously won in 1999 and 2001). Well done, Kate. However, Jill should not be too disappointed. Apart from winning the British, she has been selected for the World Trophy in New Zealand and has really shown herself to be a class athlete this season. Sarah Legge took the runner up position – a first Scottish medal for her – from Maggie Keegan, who had already done enough to win the Ladies O/40 title.

The other class winners had been decided before the last race but the minor places were all up for grabs. Cameron Watson's dead-heat with Ronnie Gallagher to win Glen Clova meant he pulled up to 2nd equal with Stewart Whitley in the Men's with Ronnie in 4th place. The new Scottish champion Brian Marshall decided he had done enough and sat out the last race, no doubt very pleased he didn't have to run it! Ronnie Gallagher's great run at Glen Clova meant he finished 2nd in the O/40s (behind champion Stewart Whitley) while Adrian Davis's 3rd place at Glen Clova gave him 3rd in the O/40 championship for the 3rd year in a row! Other notable achievements are Charlie Love's first ever SHR Scottish title (in the O/60s) after many years of trying and many second places and John Blair-Fish winning the O/50s for the 4th year in a row. Westerlands cleared up the minor medals in the Ladies O/40 with Val Brunton taking 2nd and Jane Robertson 3rd.

Both Men's and Women's team titles went to Carnethy with Westerlands in second place.

2005 Scottish Athletics Championship

In the alternative single-race championship of Scottish Athletics at Falkland (6 miles/ 2100ft.) Jethro Lennox (Shettleston) won from Al Anthony (Ochils) and Euan Jardine (Gala). Men's Team winners were Carnethy. Tracey Brindley (U/A) won the women's title from Hazel Dean (Central AC) and Filidh Wardlaw (HBT). Women's Team winners were HBT. Scott Fraser (Lothian), Michael McLoone (Greenock Glenpark) and Robert Inglis (Lothian) won the U19, U16 and U14 respectively. Jennifer Emsley (Arran Runners), Jennifer Kibble (Fife AC) and Alice Haining (Gala) won the same age groups for the girls.

Good support for both championships shows that we have enough interest to sustain both formats. There's nothing wrong with diversity (some would disagree).

Freedom of choice with race insurance?

As we expected during 2005, many race organisers in Wales and Scotland (and a few in England) have chosen to insure their races independently of their governing body. The main reason (in Wales and Scotland) was that they could no longer insure through the FRA following the insurance changes imposed by the Financial Services Authority. Further, due to a rule change imposed by UK Athletics, race organisers could now only insure via the governing body of their *home* nation. In order to break this near-monopoly control of access to insurance, both the Welsh Fell Runners Association and Scottish Hill Runners arranged independent insurance for their own members and opened up the insurance "market". Some English race organisers joined them to use their insurance. However, both WFRA and SHR have recently been given notice of dramatic premium hikes for 2006. No justification has been offered by the brokers or underwriters, and this despite no change in the risk being underwritten, nor any successful major claims – ever – on fell race insurance policies in the UK. Some of us suspect we have been nobbled. As a result, WFRA and SHR will incur significant extra cost to continue their independent insurance. FRA members outside England are destined to continued denial of access to insurance through FRA until it is freed from UK Athletics' control. One solution would be for FRA members to direct their committee to implement Dave Jones' forthcoming AGM proposal for separation from UK Athletics as soon as possible. We need to work together on an all-UK solution to this serious problem. It is not healthy for the governing bodies of athletics to be sole providers of affordable insurance for hill races.

WFRA Report from John Sweeting

South and West Wales news

Nearly the end the end of WFRA's first year (see Ross Powell's note below about the AGM in November) and it's been hectic but enjoyable – latest new/resurrected race was Llyn y Fan (Carmarthenshire), held 17th September for the first time since 1991 or 1992 (anyone with info/results from those days, please let us know). Lots of new faces still appearing, many of them from outside Wales' traditional fell running centres.

Another race to recommend was Ras Beca (Preseli Hills, Pembrokeshire) on August Bank Holiday Saturday. I thought a "BS" race might suit my stage of athletic rehabilitation, but the "B" designation cleverly disguises a very tough race which includes rather a lot of path-free marsh/knee deep bog! It was a relief to get to the climb! Very encouraging was the turnout for the junior races (an area where South Wales races are still a bit weak).

The South Wales Summer Series finishes with Fan Fawr on October 8th – a race which this year "triples up" as a counter in the WFRA Open Championship as well as being the first race of the South Wales Winter Hill Series. The Summer Series is currently led by Angela Jones (Mynydd Du) in the women's and Matthew Collins (MDC) in the men's, but a lot could change at Fan Fawr (see www.wfra.org.uk if you want to know how you're doing).

North (West & East) Wales & WFRA Championship news From Ross Powell

Membership of the Welsh Fell Runners Association continues to increase. We have members the length and breadth of Wales - and beyond! The formation of the new independent WFRA seems to have brought fell runners across Wales closer together.

The second Newsletter was sent to members in August, and we have recently arranged discount for members with a number of outdoor equipment retailers.

Open Welsh Championships

With 4 of the 6 races gone, Dan Booth of MDC is leading the Men's Championship. The over 40 category is being led by John Montgomery of Buckley. First over 50 is Martin Cortvriend of Macclesfield. John Morris of Buckley is leading the over 60 category and John Carson of Eryri is first over 70.

The ladies Championship is being led by Ellie Salisbury of Eryri (also 1st over 40). The over 50 category is very close between Sue Ashton of Chepstow and Maggie Oliver of Eryri. Brenda Jones of Bro Dysynni leads the over 60 category.

North Wales Series

With 6 of the 9 races gone, Richard Roberts of Eryri is leading the Series. However, clubmate Tim Higginbottom is close on his heels ready to pounce when the limit of 6 races is reached. Stephen Gilliland of Bro Dysynni is setting the pace in the over 40 category, closely followed by John Montgomery of Buckley. The over 50 Category is being hotly contested by Geoff Oldrid of Aberystwyth and Graham McAra of Cheshire. John Morris of Buckley is leading the over 60 category with clubmate Peter Roberts close behind. John Carson of Eryri is leading the over 70 Category.

First in the ladies category is Yvonne Amesbury of Clwydian. Maggie Oliver of Eryri (also first in the over 50's) is close behind. Ellie Salisbury of Eryri is leading the over 40 category and Brenda Jones of Bro Dysynni leads the over 60 Category.

The new WFRA North Wales Series has been a great success. Attendances at all of the races in this Series are well up on last year, with most age categories being keenly contested. At one race, the attendance was almost double the usual!

North East Wales

There is more activity in North East Wales than has been seen for many years, which is highlighted by the success of the new Midweek Summer Series in the Clwydian Hills, and several other new races in the area. The Ponderosa race in August attracted over 70 runners (good for a new race in Wales).

The WFRA AGM will take place on Saturday 12th November after the Rhobell Fawr Race. For more information visit the WFRA website www.wfra.org.uk.

Insurance

The WFRA would like to reassure its members and Race Organisers that it is confident of being able to provide insurance for 2006.

..... and quite right too!!!!

At the bottom of the Results sheet published after the Coledale Horseshoe there was a "list of shame" (my term, not the organiser's) of the TWENTY-TWO people who were disqualified for not heeding the organiser's stipulations about kit.

I do actually have the list to hand but have decided not to heap further ignominy on the miscreants – they know who they are and a lot of them have been around long enough to know better!!

It takes a lot of bottle to disqualify that number of competitors and Sam deserves our thanks for helping to uphold common-sense rules which are there ultimately for the benefit of the competitors, the organisers and hence the sport itself.

There follows an extract from Sam's report which went with the results – I think it says it all.

I had various comments made about the kit check; some very positive, some extremely negative. Some competitors were very gracious in accepting their disqualification, admitting that they were at fault. Others thought it necessary to swear at marshals.

All disqualifications were as a result of lack of kit. With most it was just one item and, with some, that item had genuinely been lost when they'd taken water from their bumbag – perhaps attaching compasses and whistles to the bag with a pin would help.

Several people didn't have maps. I stipulated 'map of the route' on the race information. At least three people carried maps of other areas... Ullswater, Helvellyn and Scotland!

One person carried absolutely no kit and a second carried a bum bag that was completely empty.

Contrary to what some may think, I don't like to disqualify people. I did it for your safety and for my security. As a race organiser I am required to ensure that the 'equipment requirements... are met by holding complete or random checks before and after the start of the race.' See Rule 9 (Equipment) of the 2005 Fixtures Calendar and Handbook for more information.

I don't think that disqualification was unfair, it was clearly stated on the race information on display outside the tent that kit checks would take place both at the start and end of the race and that anyone found not carrying the required kit (as listed) would be disqualified.

During the random check at the start, one person was found not to have a map. He was given the chance to return to his car and get one. I also announced at the race briefing that people would be disqualified if found without kit. Again the chance was provided for people to get the right kit. How many more chances do people need?

Sam Ayers.

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Dr Martyn's Problem Page

As our sport debates the lighter issues of UKA affiliation and litigation/liability I thought it appropriate to mention the most serious threat to our sport. – the impending rubber stud shortage. Stocks are now at a perilously low level, although the manufacturers are denying this, and they are just not investing enough in exploration for new resources. The seemingly inexhaustible seam of rubber studs in Malham, so long the backbone of British Fell Running, is very close to being mined out. If I am not wrong we will shortly see the price of fell shoes rocket although the price of unstudded training shoes should remain stable.

Bear faced cheek!

Dear Dr Martyn,

I write to complain most vehemently about your scandalous attack on my species (Polar Bears) in the last edition. As one of the very few polar bears regularly competing in fell races I was dismayed to see us branded as ferocious and likely to commit petty crime. I think if you check last year's police statistics you will find very few incidents allocated to polar bears. Similarly you will discover that my species accounts for only a minute percentage of violent crime – this being virtually the sole preserve of human beings. For years in my job as a dentist I have striven to overcome the prejudice levied against me because of my species' association with sugary clear mints, and until now, I was at least free of this prejudice on the fells. I demand an explanation.

P Bear

Dear P

I did not specifically intend to infer any particular animosity towards polar bears. I was merely using this as an example of the complexity surrounding environmental issues. Please accept my apologies and you are right about human beings having a poor behavioural track record. The statistics don't look good for us. However, I did note that the statistics for dental negligence claims against Polar Bears don't look too great either. Something to do with paws not having the required dexterity and your propensity to savagely claw all complaining patients. Mind you this is not the sole preserve of polar bear dentists.

Bob Graham or Child Birth

Dr Martyn,

I wonder if you could help settle an argument that has been raging in my house for some time now. Basically which is harder - a Bob Graham Round or child birth?

Anti Clockwise Smith

Dear Anti,

This old chestnut. Yes this is a question that has raged for many a year. I have only actually successfully completed one of the events but have assisted at both. So let us assess the matter logically;

Preparation

BGR – often many years of dedicated training and recce runs.

CB – the event usually begins with a far too rapid initial effort followed by a fairly consistent nine month programme.

Navigation

BGR – in inclement weather good navigational skills are essential.

CB – navigation tends to be easier and less weather dependent. However, instances of an initial exit bearing being 180 degrees out do occur and this can make the task much more onerous.

Route Choice

BGR – circular route with a choice of clockwise or anti-clockwise but all sections must be completed.

CB – a direct A to B route that can be shortened by including the more exposed caesarean section. In fact this route is becoming increasingly popular amongst celebrity participants.

The event day

BGR – generally it is physically and mentally fairly tiring but with good weather and support usually a result in less than 24 hours can be achieved. Huge stress on the legs, knees and feet

CB – usually shorter in duration but physically very demanding. Stressful on the back, hips, abdomen and husband.

The event product

BGR – a certificate and memory to be consistently proud of.

CB – initially some very cute photos but then many years of mixed emotions – Pride, despair, love, hate – all in equal measure.

Post event recovery

BGR – generally fairly quick 2- 3 days with very little on going financial burden – the odd dinner at the Shap Wells to cater for.

CB – you will suffer from this event both financially and psychologically for many years to come.

On balance I consider both events rewarding and challenging. Heartily recommending each. However I am becoming increasingly concerned over drug

usage in one of the events. Somewhat tainting the purity of effort.

No smoking

Dear Dr Martyn,

There has been much in the press recently over the Government's draft proposals for a smoking ban. Might I ask you as a medical man but known champion of pointless and offensive causes where you stand on the matter.

Lambert Butler

Dear Lambert,

I personally feel that the FRA should show some leadership on this issue and ban smoking from all of its races. If a race organiser won't enforce a smoking ban then he should not qualify for FRA insurance. It should make no difference whether they serve food at the race or whether the race is classed as a working class race or not – no exemptions should apply - a total ban is in order. This will be healthier, reduce the risk of fires and save organisers a huge amount of time in not having to put ash trays out around the course. Now is the time to act.

Daft lad

Dear Dr Martyn,

Do you know if it is possible to do psychological assessments from a distance. I think my lad, Rocky, has lost a few sandwiches from his picnic. First off, as you are aware, he ups and marries some southern lass and last week he announces the patter of tiny walshes is imminent. Not only is he barely back into training after his honeymoon but wait for this – they want to have the baby in a multi-coloured Tepee within sight of Coniston Old Man. Something to do with being connected to water, rock and air.

Jed Steel

Dear Jed,

A tough one this Jed - modern couples do appear to have some weird ways these days. The only saving grace is that the vast majority of the marriages (or partially binding social partnerships - in modern speak) don't last. However, you must be wary of the grandfather effect – many a wizened old man of the fells has seen his training schedule obliterated by irresistible smiles or giggles from tiny walshes.

JURA by SELWYN WRIGHT

Dubh
Bheinn

Glas
Bheinn

Aonach
Bheinn

Bheinn
a'Chaolais

Beinn
an Oir

Beinn
Shiantaidh

Corra
Beinn



(Photo panorama, taken from Glas Bheinn, by Richard Topliss. In the foreground are long-term Jura organiser Andy Curtis and Ian Warhurst of Pennine)

Dubh Bheinn Dog Leg

We're running downhill quite steeply now – a ridge of bilberry and bog grass stippled with rocky outcrops. The cloud base is about 1500' which means we've been running in 50 yard visibility ever since climbing onto the shoulder of Dubh Bheinn (pronounced Doo Ven; The Dark Peak, and very well named in today's conditions). There are other runners all around, gradually slowing with that classic group hesitancy while everybody waits for someone else to make a decision. I make it first and slow to a stop; I think we're on the wrong ridge and need to be about 100m west of here to pick up a parallel ridge which climbs onto Glas Bheinn. How to get there without giving a tow to the dozen or so folk hovering around; uncertain? Get the map and compass out; dither about a bit. Slowly they wander off, not sure who to follow.



Runners gather for the start outside the Jura Hotel. (Photo George Scott)

The last one plods off down the hill (which leads back into Craighouse) and I turn 90 degrees west, dropping further and then finally climbing; hands and knees stuff this; until I'm in a coll. Check the compass and continue climbing – this looks more like it! Ten minutes climbing on rough compass and I can hear the voices of the summit marshals.

Good call! A random vignette of what makes Jura the most satisfying of all fell races. The course poses an immense variety of problems; we hadn't even arrived at the supposedly more difficult 'Paps' when this happened. You need all your mountaineering some years just to get round. This incidentally was not the year in which Jon Broxap passed me four times; neither was it the year I met Andy Styan, the 'King of Jura' who won the race four times, trailing a large group of runners in exactly the opposite direction to mine!... Just another amusing titbit to put in front of the 'Lounge Bar Committee'.

Aonach Bheinn View

About an hour and a half into the race I'm usually to be found beginning the fast, wet descent into Gleann Astaile. I'm looking across at a sight which is pretty dispiriting the first few times you see it – breathtakingly glorious as it is. The toughest climb in British fellrunning is right across the valley beckoning at me! It may not be the longest climb in the Calendar – say six hundred metres quickly and it doesn't sound too bad. The Ben's very nearly twice as high! But for sheer unremitting grind the Ben (and take this from someone who's raced the Ben a dozen times) doesn't even get near to Beinn a Chaolais (Ben a Hoolish). On the Ben there are corners, there are paths and junctions, there are streams, there are bridges, damn it there are even flat bits! Well nearly. The point being that there are a dozen ways to split the Ben into nice neat little pieces to be devoured course by course, without even

starting to think about things like where you'll be when Ian Holmes comes past you on his way down!

Beinn a Chaolais, on the other hand, is a bastard. And now from the top of Aonach Bheinn (that's Oonash by the way) it's an even bigger B...because it's foreshortened to make it look even steeper. And the difference is that this hill is just a simple 'hands on knees', 'head up the arse in front' marathon. Which makes it kind of fun in its own inimitable style.... Because of the banter. There's folks all the way up the side of this hill shouting and joshing at their mates. Taking the mickey out of someone who's gone suddenly quiet. Wondering where old such and such has got to. Now and again one of the superstars who's gone adrift earlier on will come scorching past. Everybody saves a bit of slaver for them! The folks on the side of this hill are just passing time you see, and if we can lift our spirits with a little humour and let the minutes go by just a little bit quicker, then let's party!

And then there's the small matter of fitness. It now takes me more than five hours to get round the course; which is further than I do for the rest of the year by several hours. I forget who first called Jura his annual M.O.T. but for a lot of us backmarkers it's a very apt description. A crash course of three runs over and above the 'twice round the golf course and a bike ride to work' that normally constitutes my training regime, begins a month before the race with a two hour Saturday session on Coniston Old Man. Three hours the following weekend and a final four hour stagger a fortnight before the race and I'm ready!

This would all have been most embarrassing to admit twenty years ago when my profile was that of the usual obsessional fellrunner – not content unless 60 miles were in the log by the weekend! However the plates and pins which now hold my ankles together and the demands of a career and a family mean that I'm happy to

get round an hour slower than back in the 80s. Nevertheless, if Beinn a Chaolais passes with the banter still flowing it's a good sign!

Downhill Fast

An ancient paved trod leads from the summit of Beinn an Oir to the start of the normal descent route. You can more or less follow a grassy path down through the scree to pick up a little scratch which short cuts down a 300' bank of rock and heather. In 1988, the year of Billy Bland's famed shootout with Colin Donnelly however, normality was cast to the wind as two champions fought for supremacy. There weren't many to see it but my old mate Mike Rose watched Billy lead Colin over all the biggest stones he could find! Absolutely eyeballs out – doing his level best to dislodge Colin from his shoulder. Billy knew he had to drop Colin before the three miles of flat road at the end or he was dead meat. This was fellrunning at its absolute best, and Colin clung on to prove Billy's fears correct by sailing away from him on the tarmac.

The race has always attracted a 'stream of the cream' as the country's top runners want to pit their talents against a course acknowledged as the best even though it's never been part of the British Championship. Some of them just can't keep away and Holmesy has practically got his own plot for the van! This popularity is all down to one man. Donald Booth of Dark Peak had been captivated by the event when Arthur Jones organised a race over the route in the seventies. Donald it was who had the vision, the confidence and, let's face it, the sheer bloody salesmanship to resurrect the event in 1983. Donald being Donald, 'The Laird O' Craighouse', he went straight to the top and managed to persuade Mr Mackinlay, owner of the distillery, that a fell race was just the marketing tool to bring his sales figures up.



*The author high on Beinn Shiantaidh in glorious weather
(Photo Pete Harley)*

So the race took off with a degree of pomp that hasn't been matched outside of Italy; the whisky flowed and the runners were feted. The Jura Distillery continues to do a fantastic job promoting the event although the ownership has changed hands several times over the last twenty years. Donald handed over the race organisation to Anne and Andy Curtis over ten years ago and in a style that is completely different, they have made the event their own. Both Anne and Andy have won the event in their time of course – Andy over the bad weather course in 1991, a course which perversely was considerably longer and in some respects more dangerous than the normal route.

Its another feature of the race that the local folk play a very full part in the proceedings – and not just checkpoint marshalling and cake baking, you just never know when an ageing Distillery Engineer will leap up and dance on a table! Jurachs, as the locals are known, have always entered a team in the race, and in 1995 Jura shepherd Duncan Richardson actually won, albeit in pretty appalling conditions. Local ghillie Davie Mack does very well when he has time to train, and Mark Shaw regularly places in the top ten although Mark does most of his running on the mainland these days.

The Bowling Green

Finding a good route off Beinn Shiantaidh (Ben a Hinteth) is worth quarter of an hour, and therefore one of the nineteen navigational cruxes of the whole event. So when Jim Smith started drawing maps of what he calls the 'Bowling Green' high on the upper scree strewn slopes, the Lounge Bar Committee started paying attention. Jim has been doing the race since before we were born, and actually won in 1927! (1973 actually:Ed). Beinn Shiantaidh is actually one very large boulder field from top to bottom – the only twist being that when you put a foot on one of these boulders it will set off down the hill with you, or more likely on top of you. So a certain nimbleness of foot is a handy attribute and finding the best way off Hinteth is the Jura equivalent of the North West passage! Anyway the Bowling Green is the key to all this, but sadly that's information I intend to keep to myself! Private consultation doesn't come cheap but can be arranged – I'm not sure about Jim.

After the race a Ceilidh is held in the Village Hall. Those few words cover an absolute multitude of folklore, and not a little sin, and usually involving Bingley. Obviously where drink and music are involved the seamier sides of Island life as well as fellrunning life start to emerge. Eh, but we had some fun! Bingley always seem to win the raffle – even when they don't – and so Strathclyde Police get to pay a visit to the campsite the following morning to restore gallon bottles of malt; sets of antlers, etc to their rightful owners. The Health services also tend to get in on the action, restoring missing parts of athletes' ears damaged while climbing

through toilet windows. A handy tip from Bingley : always make sure the window's open first! Clearly none of this activity involves the 50% of Bingley Harriers who are members of the constabulary; but it has been noted that one half of the club is usually busy making work for the other. Its not always the Yorkshiremen though, and one year the Police landrover set off for the ferry with an Islay miscreant on board, who unfortunately was not securely tethered : result – landrover in ditch; Islach away over the fell!

It's a Long Way From Corra Bheinn

Just ask Robert Jebb, or Nigel Lanaghan. In fact you don't need to – I'll tell you myself. It's easy to fall into the trap, having safely negotiated the three Paps, of thinking you're home and dry. Not so; first of all Corra Bheinn's a big enough climb to warrant a fell race all to itself, and second of all there's more tops on it than a Bob Graham Round! Over the years I've stood on most of them, and one year (and isn't it always the year you're having a really good run!) I stood on all of them except the right one in the space of a fairly miserable half hour with the clag down. And even when you've found the true summit, there's the small matter of getting off and down to the Three Arched Bridge. It might be downhill all the way but most years the route is under 6 inches of water and a foot of bog grass. And picking the knees up aint easy when you've been running four and a half hours!

On second thoughts, probably not such a good idea to ask Rob about the time he found himself on the uninhabited west coast asking directions from a fisherman: twenty miles round the coast (but no path) or twelve miles back the way he'd come. Rob was younger in those days! And not a word to Nigel. Best not.

You can see the blessed bridge practically the whole way down, and for a good half mile you can see 'Mike's Stone', the rock dedicated to former FRA Secretary Mike Rose whose ashes are scattered there. Friends have brought small offerings and its hard not to recognise his presence here. Even when you finally get to the bridge it's a good three miles along the coast road to the finish and most years this is where the race is won and lost. It may be flat but these are hard miles and its not always a joke when someone tells you it's the toughest part of the race.

What else is there left to tell you?

Strangely enough the more time you spend on this island the less important the actual race becomes. In May 2001 the race was cancelled because of the Foot and Mouth outbreak. Naturally enough something like twenty of us happened to find ourselves on Jura anyway, and Davie Mack led a run over the Paps. Instead of running back down the road to finish I wandered along the shore watching a pair of otters and the ubiquitous heron. Davie got worried and came back to look for me in his pickup, but that finish was infinitely the most satisfying end to a Jura run for me. Fact is Jura's probably changed me down the years. The old obsessional 60 mile a weeker has gone. In his place? Sighting an otter, or an eagle, or just a hermit crab; admiring the 'lazy' beds on an old croft; biking with the kids across Arran and the joy on their faces as they freewheel down the last hill into Craighouse; those are the things that excite me these days. ...That and having a thrash round a good course with my mates!

On the Sunday after this year's race we walked over to Crackaig beach with the Curtises. Andy led a seaside safari in the rockpools which completely captivated the kids, and the water was warm enough for swimming (just and so). The campsite was much quieter on our return and Small Isles Bay had recaptured its usual serenity. I had been too full of a bug to run and someone asked how I could come all this way knowing I wasn't going to race?

The answer? "Race? What race?"

PS If you've been taking any notice of my pronunciations, then forget it! I'm from Yorkshire, mate. What would I know?

The piece below is a bit of an advertisement feature but worth including if only for its information on forthcoming shoes.

Salomon — its history and its plans

It's 60 years since Francois Salomon, his wife and their son set up their business in Annecy, France, six decades which have seen the company grow from a manufacturer of wood saws and ski edges, to the multisport brand it is today.

In the early days, the company concentrated on wintersports, becoming the number 1 in ski bindings and inventing the first downhill ski boots. It wasn't until the 90's that Salomon diversified into summer sports with the launch of its first mountain footwear ranges including a new category, the x-hiking shoe. This was the forefather of the multi-activity shoe with which we are all so familiar today.

Other launches that decade included a snowboard range to complete its wintersports offer, the Snowblade, a new snowsports discipline and a comprehensive range of in-line skates. Growth was also helped by the purchase of MAVIC, a specialist in the manufacture of high quality bicycle components and BONFIRE, the American snowboard clothing company.

The turn of the century saw the launch of Salomon's first clothing range, followed two years later by the introduction of the S-Core technology which takes the company into the surf market.

Annecy, with its status as a mecca for winter and summer sports, has allowed Salomon to create a unique research centre, right in the heart of a natural sports laboratory. This symbiotic relationship between people and local geography has been crucial in the development of Salomon and its products.

Snow, earth, asphalt, water and air are representative of the environments that the Salomon brand has chosen for its playground. Their common points are the absence of limits and rules but the presence of creativity, discovery, sensations and freedom. The paradox of this freedom and creativity is that although equipment is essential, it must be completely complementary to the activity. This is the approach that Salomon applies in its 'Pure Products' philosophy. Unique designs, innovative technology, functionality and proven reliability are brought together with the sole aim of increasing athlete's performance and pleasure.

For Salomon, the softgoods offering (footwear and clothing) is an essential anchoring point in very varied activities which include adventure racing, trekking, running, climbing and even white water sports. Teams of Salomon athletes participate in some of the toughest events in the world, watched over by the keen eyes of the R&D departments. Involvement in the field is how Salomon operates, listening to athletes, working non-stop to improve the products. Everything is studied, analysed and calculated, but the revolutionary and technologically innovative concepts, such as the shrewd Advanced Chassis, also came from a development

process which holds instinct and conviction in high regard.

As the founders of adventure racing footwear, Salomon naturally progressed into off road running, developing a range of footwear and clothing to challenge the toughest terrains.

The XA Pro model was launched in 2002 to meet this growing demand. Stability became the main criteria and this was achieved with the XA pro models featuring Salomon's 'Advanced Chassis'.

2005 saw the launch of the XA Pro 3D, which took the Advanced Chassis technology to another level by adding a third dimension. This third dimension brought the foot closer to the ground, resulting in a lower profile heel providing better stability, agility and high levels of shock absorption.

Salomon's focus on off-road running has led to a strong focus on innovation: from traction (Contagrip) to cushioning (SalomonCushioningSystem); from stability (Advanced Chassis) to foothold and comfort (Sensifit); from durability (one of the best levels on the market) to active cushioning (Ground Control System); all help to build a complete footwear range with a strong Salomon identity.

For Spring 06 there's an even larger Running Segment from cross country to trail running shoes you'll find authentic, traction loaded adventure running footwear, guaranteed to keep you fresh and agile no matter how harsh the terrain.

And it doesn't stop there, Salomon's trail running clothing range is becoming the adventure runner's product of choice. Throughout the range you'll find technical, innovative, lightweight products to enhance performance. Features for 2006 include, ultrasound seamless technology, Acti-Lite Lycra Power and X-Static to name a few.

The incredibly successful Team Saab Salomon blaze a trail of success around the world in their Salomon footwear and clothing. They recently ran to victory at the Arctic Team Challenge and were placed an incredible 1st, 2nd and 3rd in La Plagne 6000 World Sky Running Championships in the French Alps. The team embark on the XA Raid Series in September this year.

For the ultimate product test in the UK, Salomon created the Saab Salomon Hellrunner. Voted "Best New Running Event in 04" by readers of Runners World, the Hellrunner was a sell out success. For 2005 the Hellrunner is predicted to be even more sinister, billed as the "Devils Revenge", this event promises pure wickedness! Go to www.trailplus.com for further details.

Access and Environment

September 2005 / from Chris Knox

A rather short piece for this issue due to a lot of time being spent on this veterans' weekend which for some reason that I can't remember (senior moment there I think) we call "Masters". Never mind, we enjoyed it whatever it's called.

Speaking of which, for those of you who chose to fall on the Jenkin Hill path, I've checked it and it's OK, just a little blood, sweat and tears to remove and the odd bit of lycra to pick up, fancy wearing lycra at your age! Well yes I do actually. Seriously though I'm pleased to say that conditions were such that us nimble footed oldies have had little lasting impact on the ground, our hard working marshals had done a thorough job of picking up on their way down, the heather still has grouse in it and some of the most vigorous growth of bracken I've ever noticed has been cut back.

This was mostly alongside existing routes where not so many years ago it would have been either harvested for bedding or 'browsed' down to a manageable level. The move to area payments for farms could further reduce the need for stock and bracken will soon spread over more land unless controlled.

One farm in the Lakes has gone back to harvesting bracken, but instead of bedding, it is being made into a sustainable compost product. Good move I'd say.

The current trend of upwardly rising fuel costs must prod more of us into car sharing travel to races, which in turn

could lessen the impact of our events on the environment.

Speaking of impacts, there is a healthy debate well underway about mountain top memorial cairns, plaques etc. Although mostly revolving around Scottish peaks, there are issues emerging on mountain top desecration/celebration/memorials throughout the UK and indeed on the continent. It is a wonderful thought to remember someone special in a wild remote place. As fell runners, we have our own way with races, relays, cups and trophies dedicated to people we need to link to some particular area. The problem on Ben Nevis, as an example, is the sheer volume of new plaques and cairns with varying degrees of taste in their construction. Do these spoil the wild nature of the area? Should some or all of them be removed? And if so, where should we stop? Or is it right and proper that we should be free to put memorials etc. on any top we like? Catch up on the debate in TGO (The Great Outdoors) magazine.

Finally to finish with a plea, I was so pleased to be able to complete this year's Borrowdale race (even in a personal worst time), but quite ashamed of the half dozen or so runners ahead of me that just had to leave drinks bottle rubbish on Dalehead. Why? I know its only a speck in the great scheme of things, but it could lead to a new phrase - "Studmarks to the Summit, Rubbish to the Finish"

Rant over!



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Letters/views/opinions et.al.

Unfair to ladies??! from Brenda James

Sorry Dave, this is a letter of complaint.

I notice that the World Masters Mountain Championship in Keswick is offering race categories in five year age brackets up to O70 for both men and women. However, when scrutinising the results and reading articles in "The Fellrunner" I see no evidence of any lady runners still competing at the age of 60, never mind 70. Does this mean there will be no British competitors in the O60, O65 and O70 categories? Or does it mean that any competitors there are will not get a mention for winning their age category?

I came into fell-running twenty years ago as a veteran of forty-four after years of mountaineering but almost abandoned it for road running because of the chauvinistic attitude towards women – not only the lack of categories but also because in one case, even though I was first lady overall, I received nothing, not even a mention!!

Things have improved since then but why do you not publish women's race results in age bands as you do for men? It means age category winners do not get a mention unless they happen to be included in the first five lady runners. I know the argument is that numbers in some races do not warrant it but there was a separate O70 heading for a sole seventy year old man in a recent race where I was the lady O60 winner and not even mentioned because I was not amongst the first five ladies. There are other races where this has happened but I am referring here to the Llangynhafal Loop (9th April 2005).

I have just completed the Snowdon International Race. At the award ceremony, despite there being O40, O50 and O60 ladies' categories no mention was made of them nor any veteran awards given; similarly, despite ladies' International teams being publicised before the race no ladies' team award was given! You can imagine the amazement and outrage of many ladies. It makes me wonder what results will be published in "The Fellrunner". Looking back at last year's copy I notice that there were no ladies' results AT ALL published for the Snowdon race.

It is not that I like to see my name in print, although naturally I like to have my best efforts acknowledged at the age of sixty-four, but I scan race results to see what others are doing and to measure my performance against theirs. I can do this for road running, so why not for fell races?

Are there any O60 ladies out there running/competing on the fells?

Please – can we have a fairer deal for ladies?

(In defence of the FRA I feel I must point out two things

1. the "Fellrunner" results team can only put in the magazine the information organisers send them and

2. what happens at race prizegivings is solely down to the race organiser –

so while I have sympathy with much of what Brenda says I think the issues are ones wholly for race organisers to address - Ed.)

Simplicity from Craig Jones

How wonderful it was to read the opening article in the last edition of The Fellrunner by Editor Dave Jones. A man who I feel writes on behalf of the large majority of fellrunners.

As I was reading I was thinking 'hooray', someone with a bit of common sense. The opinions expressed by Dave are entirely sensible and exactly what the sport is crying out for. The divisions caused by those insisting on following the UKA route are damaging to what is still a minority sport. The situation of the various committees, championships, calendars is quite frankly ridiculous and would be amusing if I wasn't affected by it. I tried to explain the situation to a non-running friend who was vaguely interested in what I got up to at weekends. He just shook his head with an incredulous expression.

The suggestion of a single calendar for the whole of the UK, with Ireland and Isle of Man affiliated is essential to the future of the sport. Some races depend upon attracting runners from further afield and at the moment unless you subscribe to two or three different calendars you won't have clue what's going on at a national level.

At present I'm a member of the FRA, WFRA and my local club Eryri; a total cost somewhere in the region of about £50!

As a Welshman I continued my membership of the FRA this year for reasons I can't quite explain. I receive a calendar that has a few of my local races in the 'Foreign Section' and advertises the 'Welsh Championship' races run by the WMRC, a body that probably represents the views of a tiny minority.

Delivery of *The Fellrunner* is the only benefit. Interestingly it always has articles about races or routes undertaken in Wales, ironic really.

I suggest that at the earliest opportunity all the organising bodies get together under one roof and agree to have one self governing organisation with regional committees separate from UKA. The representative body of a like-minded bunch of people from different backgrounds who enjoy a minority sport.

I know - we could call it the 'Fell Runners Association'!

I've heard much about insurance over recent times, and those extolling the

benefits of being insured by the UKA / Welsh Athletics insurance. Does anyone really think that the grass-roots level really give a monkey's about it? Have I worried about travelling to a race without the benefits of being covered before I've even clapped eyes the hill I'm about to run on. The answer is an emphatic, "NO".

Finally, over all the years I've been running I've only been a member of my club for 3 of them and the FRA a bit longer. Prior to that I just photocopied a friend's calendars! Unless something is done to get the grass roots runners like me back together many others will start doing the same. I know I will.

Shoes for Juniors (originally sent to the Woodheads) from Gill Darby

Hope one of your juniors find these shoes useful.

I am pleased that so many youngsters are taking up the sport that has given me so much pleasure over the years, and hopefully for years to come!

The road races that I take part in, around Liverpool and the surrounding areas, are mainly made up of aging veterans, and the numbers are falling. So I find it really encouraging that so many kids are having a go on the fells.

Keep up the good work!

Problems with internet results from Mike Duxbury

The Internet provides the opportunity to produce results on one computer that are visible in minutes by any athlete or interested party, wherever they live.

Unfortunately a growing number of results are being published in PDF format. This stops results being sorted, extracted or analysed (for example: try finding your individual result and copy/pasting it from the 2004 FRA Relay results). This means they must be rekeyed for submission to local papers, club newsletters or for international/county selectors/magazine statisticians to compare individual results. PDF format was designed to save memory space (in reality a colour photo takes more memory than the results of a dozen large races in any format) and to give the commercial protection that documents cannot be easily changed (race organisers issuing free results don't need this protection).

Please stop publishing your results as PDFs! Web Pages (HTML), Word Documents or Excel spreadsheets are all preferable (ironically most results have been in one of these formats before being converted to PDF). It will be a great shame if the value of the Internet is compromised.

British Championships 2005

from Mark Hobson

Simon Booth, from Borrowdale Fell Runners, went one better than last year to win the 2005 British Championship.

He gained maximum points in the hot and dry conditions of Wasdale to clinch the title and improve on last year's championship second place.

As last year, the 2005 championships started in Ireland, this time in April at Spelga Skyline, followed by Moelwyn Peaks, Edale Country Fair, Culter Fell and Wasdale, finishing in Wales on July 31st at Pen y Fan.

There were four different winners in each of the opening races of the championship, with Rob Jebb getting maximum points at Spelga Skyline, Tim Davies at Moelwyn, last year's British champion Simon Bailey at Edale and Booth at Culter Fell.

Solid performances from Jethro Lennox of Shettlestone saw him emerge as overall leader after Moelwyn Peaks and he stayed on top spot until Wasdale.

Even in the most ideal conditions the Wasdale Fell Race is considered one of the hardest events in the fell running calendar.

Add to this the fact that it was run on what must have been the hottest day of the year so far, then it must have been no surprise to see nearly half the field retiring before the finish.

However, local runner Booth was able to overhaul Lennox and Nick Sharp on the

descent from Scafell Pike to win by just under two minutes and, in doing so, he put himself in top position in the championship.

With Rob Hope of Pudsey and Bramley winning the final race at Pen y Fan, it meant five different winners in the six-leg championship and also secured him third overall position. Lennox finished as British Championship runner-up with Booth taking the title.

Similarly, in the V40 Championship Stewart Whittle of Carnethy improved on last year's second position to take the title.

As early as the third event at Edale, the top three places had been decided and they were not to change throughout the remainder of the races. Joe Blackett took runner-up spot and Ronnie Callaghan of Carnethy was third.

Tom McGaff of new club Cheshire Hill Runners and Steve Jackson of Horwich battled it out for top honours in the V50 Championship.

Jackson had climbed to top spot by Edale and maintained it until the final race when McGaff was able to turn a one-point deficit into a two-point lead. Jackie Winn of Cumberland Fell Runners took third.

A dead heat in the V60 Championship saw David Spedding of Keswick and Kieran Carr of Clayton le Moors tying for first place. Geoffrey Fielding of Rossendale stepped up on last year's fourth place to take third position.

Sally Newman of Calder Valley dominated Women's V40 Championship and for most of the season, the Women's Open Championship.

As last year she took the V40 Championship title ahead of Elizabeth Batt and Alison Eagle of Ilkley Harriers.

However, in the Open Championship Jill Mykura of Carnethy seemed to go through the whole season with races in hand so it was not until her win at Pen Y Fan that she finally displaced Newman to take the top spot and improve on last year's third place. In the Women's Open Championship, Newman and Batt (both vets) were runners-up.

Borrowdale Fell runners were winners of the 2005 British Team Championship, Carnethy took the 2005 British Vets Team Championship and Ilkley Harriers won the 2005 Women's Team Championship.

Congratulations to all the champions and medal winners and thanks to race organisers for making the results available so promptly. Thanks also to Pete Bland Sports for his support and sponsorship of this year's championship.

And finally...after the scorching weather conditions of 2004 at Borrowdale and the burning heat of Wasdale in 2005, will we all have our sun block-out at Ennerdale in 2006? Good luck to all for next year.

Any queries to
mhobson@mishmash.freeserve.co.uk

Open Mens			Mens O50			Open Womens			Open Mens Team		
Pos	Name	Total	Pos	Name	Total	Pos	Name	Total	Pos	Name	Total
1	Simon Booth	194	1	Tom McGaff	84	1	Jill Mykura	82	1	BORROWDALE FR	45
2	Jethro Lennox	191	2	Steve Jackson	82	2	Sally Newman	79	2	DARK PEAK	37
3	Rob Hope	188	3	Jackie Winn	72	3	Elizabeth Batt	69	3	CARNETHY	33
4	Lloyd Taggart	180	4	David Spedding	66	4	Jackie Lee	68	4	BOWLAND FR	27
5	Karl Gray	167	5	Nick Hewitt	65	5	Helen Sedgwick	63	5	MERCIA FR	25
6	Jim Davies	159	6	Ken Taylor	63	6	Louise Roberts	60	6	PUDSEY & BRAMLEY	24
7	Danny Hope	154	7	Rob James	61	7	Emma Barclay	59	7	C.E.R.	22
8	Pete Vale	146	8	Kieran Carr	40	8	Sharon Taylor	53	8	AMBLESIDE	19
9	Stewart Whittle	146	9	Keith Holmes	38	9	Helen Fines	44	9	TODMORDEN	12
10	Sean Bolland	144	9	Willie Bell	38	10	Nicky Jaquiere	43	10	CLAYTON LE MOOR	12
11	Joe Blackett	142	11	John Blair-Fish	37	11	Natalie White	41			
11	Nick Sharp	142	12	Graham McAra	35	12	Alison Eagle	35			
13	John Heneghan	141	13	Chris Taylor	34	13	Ruth Metcalfe	28			
14	Dan Golding	128	13	Edward Davies	34	14	Sally Malir	25			
14	Ronnie Callaghan	128	15	David Tait	27	15	Wendy Dodds	21			
16	Mark Denham-Smith	126	16	Andy Howie	24	16	Christine Howard	19			
16	Jon Deegan	126	17	Derek Schofield	22	17	Jo Smith	18			
18	Phil Winskill	116	18	Brian Goodison	17	17	Sue Mitchell	18			
18	Andrew Davies	116	18	Stephen P Jones	7	19	Rebecca Cash	17			
			18	Jim Patterson	17						
Mens O40			Mens O60			Womens O40			Womens Team		
Pos	Name	Total	Pos	Name	Total	Pos	Name	Total	Pos	Name	Total
1	Stewart Whittle	121	1	David Spedding	45	1	Sally Newman	45	1	ILKLEY HARRIERS	48
2	Joe Blackett	112	1	Kieran Carr	45	2	Elizabeth Batt	39	2	CALDER VALLEY	39
3	Ronnie Callaghan	106	3	Geoffrey Fielding	25	3	Alison Eagle	29	3	ERYRI	19
4	Stephen Pyke	99	4	Richard Clives	18	4	Sally Malir	20	4	CARNETHY	9
5	Dave Taylor	98	5	Charles Love	17	5	Sue Mitchell	18	5	DPER	8
6	Adam Ward	97	6	Charles Love	17	6	Clare Kenny	17	6	BORROWDALE FR	8
7	Christopher Smalle	89	7	Alwyn Oliver	13	7	Wendy Dodds	16	7	WESTERLANDS	7
8	Malcolm Fowler	88	7	Geoffrey Howard	9	8	Celia Mills	12	8	AMBLESIDE	7
9	Andrew Davies	86	8	John Amies	8	8	Maureen Laney	11	9	CHESHIRE HILL RACERS	7
10	Adrian Davis	85	8	John Littlewood	8	10	Sally Gilliver	10	9		
10	Andrew Yapp	85	8	David Weatherhead	8	10	Kate Ayres	10	9		
12	Tom McGaff	80	11	Dick Finch	7	12	Nicola Davies	9	9		
13	Steve Jackson	78	11	Adam Anderson	7	13	Aly Raw	8	9		
14	Malcolm Patterson	54	11	Dennis Kearns	7	13	Sarah Hammond	8	9		
15	Nick Hewitt	53	14	Bill Gauld	6	13	Kate Beaty	8	9		
16	Jackie Winn	50	14	Ken Buckle	6	13	Meeks, Jane	8	9		
17	Rob James	46	14	John Adgey	6	17	Jayne Lloyd	7	9		
18	Kevin Harding	44	17	R. Blakeley	5	17	Angela Jones	7	9		
19	David Spedding	43	17	Ian McManus	5	17	Weston, Alison	7	9		
20	Julian Rank	42									

ENGLISH CHAMPIONSHIPS

update after 5 races

FROM MADELEINE WATSON

At the time of writing, there have been 5 of the 6 English Championship races this year, but by the time you read this, we will have had the final race. Full results are available on the FRA website.

The year started with a medium category race - Fiendsdale - in Lancashire on 19th March. A beautiful sunny start to the championships. We then moved to the Lakes for the other medium race, at Buttermere, on the 8th May. The 12th June saw the first short race at Edale in the Peak District, part of a country day. The next race was back in the Lakes on 9th July at Wasdale, on an absolutely scorching day. And this tough fell race lived up to its name with many people suffering in the heat and being timed out. We then went back into Lancashire for the second short race on 20th August at Whittle Pike. The final race will be Langdale on the 8th October.

Although Wasdale had a record number of competitors enter and start the race, there were a number of people in contention for the championships who didn't run (for whatever reason), or who were timed out. This has meant that some people have still to score points in a long race and thus only have three scores counting. It's wide open in the majority of categories leading in to Langdale.

The M70 and W60 are already finished as the long races don't count for those categories. Moyra Parfitt (Todmorden) had a clean sweep in the W60, winning all 4 of the races to become W60 champion. Alex Menarry (Durham) won 3 of the 4 races in M70 and so is the overall M70 champion.

Sally Newman (Calder Valley) is currently leading the ladies, although Natalie White (Holmfirth) could win if she wins at Langdale. Sally also leads the over 40 ladies, which she will retain unless Elizabeth Batt wins at Langdale in which they be equal on points. Wendy Dodds (Clayton) was the only over 50 lady to finish at Wasdale, and she currently leads the W50s, although her club mate Maureen Laney could easily end up first overall if she runs at Langdale.

Senior men is currently led by Rob Hope (Pudsey & Bramley) with Danny Hope (also P&B) and Simon Bailey (Mercia) on equal points in second. Simon still has to score in a long race, as does John Heneghan (P&B) currently in 7th place. Danny will hope to improve on his relatively weak position at Wasdale. Rob Jebb (Bingley), Simon Booth (Borrowdale), Nick Sharp (Ambleside) and Ben Bardsley (Borrowdale) are all well up but have only run in 3 races so far. It's good to see Sean Bolland (Bowland) - a relatively unknown name - currently in 4th place.

Joe Blackett is the lead man over 40, although both Dave Neill (Staffs Moorland) and Mark Croasdale (Lancaster & Morecambe) could challenge at Langdale. Steve Jackson (Horwich) is currently leading men over 50, but there's a possibility that Tom McGaff (Cheshire Hill Racers) could be equal first. Kieran Carr (Clayton) will win the men over 60, although the other places are wide open. Dave Spedding (Keswick) will not have a medium race to count, and there are a number of people who need a long race.

The Mens over 40 team has been won by Clayton, but there is fierce competition for the other places, with Bowland, Dark Peak, Cumberland and Cheshire Hill Racers all very close. And Ilkley ladies have won the ladies team (even if Calder Valley win at Langdale, they will be second on points scores). In the men's open team, this is close between Borrowdale and Pudsey and Bramley, with Dark Peak third, Horwich fourth and Keswick fifth. The men's over 50 team is also very close between Cumberland and Clayton, and third place could go to one of 4 teams (Cheshire Hill Racers, Dark Peak, Rossendale and Horwich), all of which need points from a long race.

Many thanks to all those involved in organising the races and those who have put me straight along the way. I do hope that Langdale proved the exciting end to the English Championships it promised to be. Finally, congratulations to Moyra, Alex, Kieran, the Clayton M40 team, and the Ilkley Ladies team.

LADIES

1	Sally Newman	Calder Valley	124
2	Elizabeth Batt	U/A	111
3	Emma Barclay	Ilkley H	100
4	Natalie White	Holmfirth	93
5	Sharon Taylor	Bingley	82
6	Nicky Jaquierey	Ilkley H	81
7	Helen Fines	Bristol & West AC	76
8	Helen Sedgwick	Ilkley H	73
9	Louise Roberts	Keswick	71
10	Karen Davison	Dark Peak	68

LADIES V40

1	Sally Newman	Calder Valley	85
2	Elizabeth Batt	U/A	82
3	Alison Eagle	Ilkley	54
4	Maureen Laney	Clayton-le-Moors	47
5	Claire Kenny	Calder Valley	39
6	Sue Beconsall	Bingley	38
6	Wendy Dodds	Clayton-le-Moors	38
8	Kate Beaty	CFR	36
8	Nicola Davis	Borrowdale	36
10	Kate Ayres	Cheshire Hill Racers	35

LADIES V50

1	Wendy Dodds	Clayton-le-Moors	42
2	Maureen Laney	Clayton-le-Moors	36
3	Rachel Gooch	Ilkley H	25
4	Moyra Parfitt	Todmorden Harriers	16
4	Hilary Bloor	Dark Peak	16
6	Margaret Jagan	EPOC	15
7	Sheila McNulty	Radcliffe AC	14

LADIES V60

1	Moyra Parfitt	Todmorden H	36
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MEN

1	Rob Hope	P&B	192
2	Simon Bailey	Mercia	153
2	Danny Hope	P&B	153
4	Sean Bolland	Bowland	150

5	Rob Jebb	Bingley	147
6	Simon Booth	Borrowdale	144
7	John Heneghan	P&B	142
7	Ricky Lightfoot	Ellenborough	142
9	Nick Sharp	Ambleside	141
9	MarkDenham-Smith	Keswick	141
11	Karl Gray	Calder Valley	132
11	Ben Bardsley	Borrowdale	132
13	Pete Vale	Mercia	131
14	Jim Davies	Borrowdale	126
15	Dave Neill	Staffs Moorland	122
16	Joe Blackett	Unattached	117
17	Nick Leigh	Pudsey & Bramley	115
18	Lloyd Taggart	Dark Peak	111
19	Darren Kay	Horwich	110
20	Paul Thompson	Clayton	106

MEN V40

1	Joe Blackett	North Yorks Moors 151	
2	Christopher Smale	Todmorden	135
3	Julian Rank	Holmfirth	131
4	Malcolm Fowler	Cheshire Hill Racers	130
5	Kevin Harding	Tring R C	127
6	Dave Neill	Staffs Moorland	123
7	Mark Croasdale	Lancaster & Morecambe	120
8	Tom McGaff	Cheshire Hill Racers	106
9	Mike Wallis	Clayton	104
10	Nigel Bunn	Thames Valley	102

MEN V50

1	Steve Jackson	Horwich	125
2	Tom McGaff	Cheshire Hill Racers	121
3	Jackie Winn	CFR	114
4	Nick Hewitt	Bowland	101
5	Derek Schofield	Rossendale	94
6	Ken Taylor	Rossendale	92
7	Willie Bell	CFR	90
8	Dave Spedding	Keswick	82
9	Andrew Robinson	Clayton	79
10	Dave Tait	Dark Peak	78

MEN V60

1	Kieran Carr	Clayton	85
2	Dave Spedding	Keswick	63
3	Jeff Norman	Altrincham	53
3	John Amies	Macclesfield Harriers	53
5	Geoff Fielding	Rossendale	45
6	George James	Blackpool & Fylde	39
7	Roger Ashby	Sale Harriers	38
8	Raymond Johnson	CFR	35
9	John Nuttall	Clayton	33
10	Alex Menarry	Durham Fell Runners	29

MEN V70

1	Alex Menarry	Durham Fell Runners	36
2	Derek Clutterbuck	Todmorden	27
3	Donald Rigg	CFR	26
4	Peter Duffy	Northern Vets	15
5	Lawrence Sullivan	Clayton-le-moors	9

MEN TEAMS

1	Borrowdale	42
2	P&B	36
3	Dark Peak	30
4	Todmorden	27
5	Mercia	25
6	Clayton-le-Moors	23
7	Horwich	16
8	Ambleside	13
9	Bowland	13
10	CFR	13

LADIES TEAMS

1	Ilkley H	45
2	Calder Valley	33
3	Dark Peak	23
4	Horwich	19
5	Keswick	16
6	Clayton	14
7	Pennine	12
8	Borrowdale	11
9	Todmorden H	11
10	Holmfirth	8

MEN O40 TEAMS

1	Clayton	43
2	Bowland	33
3	Dark Peak	30
4	CFR	27
5	Cheshire Hill Racers	26
6	Horwich	17
7	Todmorden H	14
8	Mercia	14
9	Holmfirth	8
10	Keswick	8

MEN O50 TEAMS

1	CFR	45
2	Clayton	42
3	Cheshire Hill Racers	23
4	Dark Peak	21
5	Rossendale	21
6	Horwich	21
7	Pennine	10
8	Bowland	8
9	Keswick	6
10	Todmorden	5

The Burnsall Classic Fell Race

(1.5 miles; 900 feet)

FROM DAVID ARMSTRONG

During 2004 I was suffering somewhat from motivational difficulties, at least until the 3-day period during my summer holiday when I read Richard Asquith's excellent fell running book "Feet in the Clouds". This suitably re-inspired me and made me determined to try some new races, and particularly some of the "classics" that I hadn't realised carried so much history.

One of those is the Burnsall Classic, which dates back to the 1920's, and throughout the years, has been the occasion of some monumental battles between the legends of the early professional fell racers.

Travelling back from a family visit in Lincolnshire seemed an ideal opportunity to take a modest diversion into the beautiful southern Yorkshire Dales to take part in the race.

And what a fantastic occasion. The village of Burnsall is small and compact, with the various races and sports being centred on the riverside village green, with adjacent tearoom and pub and a throng of locals and visitors. We were blessed with wonderful sunshine, ideal for the occasion but not for the competitors. At least a 5.00pm start meant the worst of the August heat had passed.

After awful traffic problems I was quite late in entering, only about 1 hour before the start. I paid my entry fee of £5, and thought to myself that working out at £3.33 per mile it made the Government's proposed road charging scheme seem like a snip! Like everything in life, a bit of history never comes cheaply!

103 runners lined up on the road, behind a specially painted white starting/finishing line, with hundreds of spectators lining the road and the first field, cheering and shouting encouragement to everyone. The loudspeaker announcer was setting the scene with a description of the route. His descriptions were designed to help the non-participants understand what the race



Starting the climb (Photo David Armstrong)



En masse over the wall at Burnsall (Photo Bruce Duncan)

is about, but it did nothing for my confidence, particularly after 3 hours stuck in a car! "The second field has rushes thigh high; we've never seen them so tall", "The heather track on the initial descent is very rough and so overgrown that you can hardly see where to put your feet", "The wall that you cross is a full seven feet high and so you need to go carefully over that", "And the thistles in the field are knee high". I was beginning to think Wasdale was a doddle!

The route can be followed from the village green; along the flat road for 200 yards, turn right into the fields, at which point the climbing starts, up two rough fields, including the rushes, through a gate onto the heather fell, following a single zigzag to the cairn at the top and then returning by a direct route through the heather, over the high wall, down through the thistles field, back through the first field and along the flat road to the finish. It was like a mini-Olympics with the crowds cheering and the loudspeaker announcer admirably managing to identify those running in by name.

I was delighted to finish 7th overall, and 2nd Vet 40, in such a classic race, in a time of 16.53. The race turned out to be somewhat of a hijack by Bingley Harriers, who had the winner in Ian Holmes, former British and English Champion claiming his 4th victory in 13.46; in 3rd place, and also

former British Champion, Rob Jebb; 1st Vet 40 Paul Mitchell; 1st Lady Sharon Taylor; 1st Vet 40 Lady Rebecca Weight; first team with 1st, 3rd and 4th positions, and 7 out of the top 10 finishers.

I wondered whether the prizes at such a prestigious race might extend far enough to justify delaying our departure to attend the prize giving. I cheekily asked an elderly local lady if I could quickly look in her programme, and discovered that I was indeed in line for a £10 prize as 2nd Vet 40. Fighting off grumbling children, we watched the egg throwing competition and generally killed time until I could proudly claim my reward. Unfortunately there had been a change of plan since the programmes were printed, and the prizes were not financial as advertised. I was in fact the proud recipient of a solar powered "Welcome" garden Bunny light - and it was broken when I got it home!

But none of this detracted from a wonderful day. This race is deservedly considered a "Classic" and would have been cheap at twice the price. Burnsall is a bit inaccessible from Northumberland, in fact from most places, but don't let that put you off. Very few fell races attract such an enthusiastic crowd and are part of such a genuine local occasion. I would highly recommend the race as one every true fell runner should do at least once.

RESULTS

FROM FEBRUARY
TO SEPTEMBER

COMPILED BY
DAVE WEATHERHEAD &
BARBARA CARNEY



*Nigel Worswick of Clayton looking very piratical at
the Golf Ball Race (Photo Mark Aspin)*

RAS YR ARAN
Gwynedd
AM/10m/2500ft 26.03.05

The second running of the Aran Fell Race, created and sponsored by Organic Aran Lamb, saw an impressive turnout of 98 athletes, significantly up from the 68 of 2004, and all had been tempted along to try 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. I thought the weather was good last year but this time the gods excelled themselves, crystal skies and a cooling breeze, not very seasonal for Easter but who cares!

The race had a new start/finish area (slightly longer course) allowing the event to begin and end right in the centre of the village of Llanuwchllyn – something much appreciated by the local residents, and the availability of the Village Hall, complete with changing rooms and hot showers, went down a real treat.

Dylan Jones steamed off from the start and had a commanding lead at the summit but was overhauled having "bombed" on the descent of the mountain. The race, in a new course record, was won by Tim Higginbottom. This also saw Dylan Jones win the Meirionnydd Winter Series (3.17.23), a cumulative time from the Bro Dysynni races at Rhobell Fawr, Tarren Hendre and the Aran, breaking Colin Donnelly's record from 2004.

The women's race was a hard won affair, with Ruth Metcalfe, for the second year running, leading the outward leg to the summit of Aran Fawddwy, but her lead was once again reeled in on the descent of the course by Jackie Lee. Lee set a new course record in 1.48.41, with Metcalfe a close second. As in the men's competition for the Meirionnydd Winter Series, Jackie Lee set a new record on her way to the ladies victory, completing the three races in a total time of 3.49.04.

Make sure you pencil in the last Saturday of March next year for a Spring visit to Gwynedd – this is indeed racing of the finest quality.

Graeme Stringer

1. T. Higginbottom	Eryri	1.31.32
2. J. McQueen	Eryri	1.32.03
3. D. Jones	Eryri	1.33.06
4. R. Owen O/40	Eryri	1.39.22
5. C. Pearce	Eryri	1.40.46
6. S. Gilliland O/40	BroDys	1.43.57

VETERANS O/50

1. G. Aldrid	Aberyst	1.44.44
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VETERANS O/60

1. J. Amies	Congle	1.49.22
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VETERANS O/70

1. J. Carson	Eryri	2.42.41
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LADIES

1. J. Lee	Eryri	1.48.41
2. R. Metcalfe	Eryri	1.52.27
3. M. Price	Ludlow	1.49.35
4. G. Middlewick	Unatt	2.06.05
5. A. Farr	Malvern	2.11.21

98 finishers

GREAT LAKELAND 3-DAY
Cumbria
MM 08.09.10/04/05

GL3Day 2005 was certainly one which won't be forgotten in a hurry. GL3Day is a 3-day adventure for competent fell runners and walkers. Speed is not important but total reliance and confidence in good navigation is a must, and was severely tested in some appalling weather. It's a tough event but a low-key friendly event.

First a big thank-you must go to all the people who helped, especially those suffering the weather on hill tops, or at the now infamous control called 'The Perfect Picnic Place', which simply wasn't at all, as the wind and rain blew in from the north. It was, of course, very sheltered during December's race.

Overall I was very pleased with the routes, which have been very well received and executed. I was very reluctant to shorten day one but it just had to be done because of the forecast. Inevitably it wasn't too bad, but the bitterly cold wind and squally wintry showers added up to a horrendous wind chill.

Route outline: start and finish Coniston

Day one – 1. Coniston Old Man, 2. Three Shires Stone, 3. Three Tarns, 4. Great How, 5. 3 Ghyll Head, finish at Nether Wasdale.

Day two – 1. Middle Fell, 2. Looking Stead, 3. PPP – track/stream crossing at 133 137 near Gillerthwaite in Ennerdale, 4. Crag Fell, 5. Lank Rigg, 6. Cawfell, finish at Nether Wasdale.

Day three – 1. B'way enters forest -135 021, 2. 145 896 B'way/road, 3. Water Crag, 4. Whitfell, 5. Ulpha Bridge, 6. Caw, finish at Coniston.

Visiting Round How, the original but omitted control, would have taken at least an extra hour's effort and maybe two, which made my original planning about right. More significantly it would have been an hour or much more of very difficult navigation in high and rocky and exposed terrain; hence a serious risk.

Day two was a fascinating day, with snow down to 400 metres and a huge amount of route choice. It is very pleasing that everybody coped with the weather conditions and made what they needed to of the day's route card. As I 'ran' up to the snowline at Looking Stead, I wondered what would happen. The low level route (4km up Wasdale) was an unusual but sensible extreme weather alternative and I applaud all participants for choosing their days' route options appropriately. Day three was the traditional sprint for the finish burgers, but over some rarely visited fells.

You can read more about GL3Day by visiting www.plantefear.com and reading Shane Ohly's account and Anne Wade has written a great report of her and Vaughan's adventures; see my site too. Garry Parrat also has his GL3Day 2005 memories and a lot more info too at www.LeanMeanRunnerBean.me.uk

The event has evolved over 8 years. It has always been difficult finding overnight locations, especially on the BIH weekend. This year was the second year running that we had two nights camping at the same place, and the Nether Wasdale facilities and pubs were very

superior. I cannot promise this again, although do hope to include a ramble for an evening's beer in next year's plan.

Next year's event will be May Day Bank Holiday weekend. (April 29 & 30, + May 1), and judging by the interest this year we will hit the limit of 50 people.

Joe Faulkner

1. A. Davies		15.53
2. P. Fernandez		16.17
3. P. Pearson		16.33
4. M. White		17.02
5. G. Perratt		17.02
6. R. Townsend		17.55
7. P. Cadman		18.13
8. D. Aspden		18.59
9. P. Rigby		19.09
10. J. Davis		19.15

HUNTERS BOG TROT
Edinburgh

BS/4m/800ft 23.04.05

1. P. Mowbray	HBT	27.07
2. J. MacAlister	H'land	28.57
3. M. Strain	EUH&H	29.09
4. G. Stewart	Edinburgh	29.14
5. A. Kitchin	Lothian	29.28
6. T. Brindley	Unatt	29.38
7. B. Minto O/40	HBT	29.49
8. B. Robertson O/40	Arran	29.58
9. J. Thin	HBT	30.07
10. C. Glencorse	Perth	30.39

VETERANS O/50

1. (16) J. Blair-Fish	Carnethy	32.13
2. (24) L. Turnbull	Norham	33.38
3. (39) T. Bowie	Carnegie	35.35

VETERANS O/60

1. (56) I. McManus	Irvine	40.57
2. (61) T. Stapley	Porto	42.35
3. (69) D. Turnbull	W'lands	44.15

LADIES

1. (6) T. Brindley	Unatt	29.38
2. (19) M. Mowbray	HBT	32.39
3. (20) A. Haw	EUH&H	32.59
4. (22) V. Oldham	Norham	33.17
5. (29) S. Blake	Penicuik	33.58

75 finishers

WREKIN STREAK
Shropshire

AS/2.75/810ft 27.04.05

The Wrekin Streak is the first race in Shropshire's summer fell race series. The popularity of fell running in Shropshire has really grown and most of our evening races attract over 100 runners. This year's streak was no exception with a record 111 finishing the run up Telford's only big hill. Pete Vale joins an illustrious group of runners that have won the event including Welsh international Tim Davies who also holds the record. Pete was never threatened with Robin Sedman-Smith half a minute down by the finish. Anna Bartlett continued her recent domination of the series finishing over two minutes ahead of her nearest rival Debbie Thomas.

Simon Daws

1. P. Vale	Mercia	18.28
2. R. Sedman-Smith	Telf	19.02
3. A. Yapp O/40	Mercia	19.05
4. I. Hughes	Shrews	19.11
5. R. Challinor	Deeside	19.16
6. R. Lamb O/40	Mercia	19.19
7. S. Ilugh	Telf	20.09
8. K. Francis	Shrews	20.14
9. M. Orchard	Unatt	20.19
10. H. Jones O/40	Maldwyn	20.23

VETERANS O/50

1. (17) B. Dredge	Mercia	20.57
2. (39) G. Spencer	Mercia	23.02
3. (45) P. Sanderson	Telf	23.29

VETERANS O/60

1. (62) C. Williamson	Shrop	25.00
2. (80) A. Hodgkiss	Telf	26.55
3. (82) J. Brown	Newport	27.11

LADIES

1. (34) A. Bartlett	Shrews	22.11
1. (51) D. Thomas O/40	Shrop	24.13
2. (55) J. Turner O/40	Telf	24.42
3. (59) G. Evans O/40	Shepsed	24.57
4. (61) M. Donnelly O/40	Shrop	24.59

111 finishers



Battling up the hill at Ras yr Aran. (Photo Andrea Goode)

STUC A'CHROIN 5000 HILL RACE
Perthshire
AL/14m/5000ft 30.04.05

We were indeed lucky with the weather (again!) considering the cold winds of Thursday and Friday and the downpour on Sunday, Saturday was a fine summer's day. The hill was very wet and times were slower than usual. Last year's winner, Stewart Whitlie won again in a time well outside best for the course. One runner injured his ankle and had to be taken off the hill by quad-bike. There were no other major mishaps. A good number of runners and marshals enjoyed the evening dance in the village hall.

A. Bennie

1. S. Whitlie O/40	Carn	2.22.04
2. A. Davis O/40	Carn	2.28.01
3. A. Anderson	Carn	2.28.16
4. M. Gorman	W'lands	2.30.58
5. A. Ward O/40	Carn	2.31.35
6. P. Addyman	N'umberland	2.32.43
7. J. Kennedy O/40	Maryhill	2.33.28
8. S. Simpson	Ochil	2.34.12
9. P. MacLean	Lochaber	2.34.32
10. J. Hepburn O/40	Lochaber	2.34.33

VETERANS O/50

1. (18) T. Scott	Fife	2.48.44
2. (22) M. Hulme	Unatt	2.52.23
3. (29) J. Fish	Carn	2.57.51

LADIES

1. (28) E. Schmidt	Bella	2.56.46
2. (38) S. Legge	Carnegie	3.06.13
3. (48) M. Keegan O/40	Carn	3.16.40
4. (57) H. Johnson O/40	Bing	3.25.24
5. (58) N. Mooney	Ochil	3.25.27

100 finishers

WRAY CATON MOOR FELL RACE
Lancashire
BM/6.75m/1100ft 02.05.05

1. M. Croasdale	L&M	43.30
2. S. Bolland	Bowl	44.10
3. M. Aspinall O/40	Clay	44.15
4. C. Rigby	Horw	45.27
5. S. Thompson	Clay	45.30
6. M. Tickle	Horw	46.34
7. I. Greenwood O/40	Clay	46.40
8. M. Whyatt O/40	Garstang	46.45
9. D. Massey O/40	Horw	46.50
10. Q. Harding O/40	Howl	46.54

VETERANS O/50

1. (14) T. Hesketh	Horw	48.29
2. (23) R. Clucas		50.22
3. (47) M. Laney	Clay	53.03

VETERANS O/60

1. (80) P. Walkington	Horw	59.06
2. (89) T. Minikin	K&C	60.46
3. (104) A. Menarry	Durham	63.44

LADIES

1. (47) M. Laney O/50	Clay	53.03
2. (48) C. Greasley O/40	Chesh	53.21
3. (62) N. Davies O/40	Borrow	54.59
4. (74) K. Nash O/40	Prest	58.03
5. (79) R. Browne		58.54

144 finishers

JUNIORS

Boys U/18

1. P. Burch	26.07
2. C. Scott	27.35
3. T. Kingston	28.27

Girls U/18

1. B. Crewe	28.36
2. I. Fisher	31.28

Boys U/14

1. N. Gould	16.58
2. R. Gould	17.16
3. M. Fretwell	18.30

Girls U/14

1. H. Bateson	19.52
2. A. Flanagan	21.52
3. L. Grinstead	22.26

Boys U/12

1. C. Adamson	11.30
2. R. Croasdale	11.38
3. M. Nash	11.43

Girls U/12

1. M. Hyder	12.33
2. J. Rycroft	13.43
3. A. Fretwell	13.49

Boys U/10

1. C. Nash	07.38
2. E. Bland	08.01
3. J. Knox	08.04

Girls U/10

1. A. Johnson	09.41
2. K. Wright	09.44
3. M. Davis	09.48

Boys U/8

1. L. Burthem	05.22
2. M. Bevan	05.23
3. L. Donnelly	05.26

Girls U/8

1. M. Drinkall	05.33
2. R. Flanagan	05.36
3. Z. Messener-Jones	05.52

LATTERBARROW LOOP
Cumbria
AS/2.5m/1200ft 02.05.05

Local man Brian Thompson knows every yard of these rolling far-west Cumbrian hills. The Egremont based fellman was English champion back in 1992 and remains a tough man to beat. Last year's winner, Andy "Scoffa" Schofield, biked the 45 mile plus journey from Keswick (against a mighty headwind) to defend his title, but Scoffa had to settle for a gallant 3rd, with Brian Taylor taking the runner-up spot.

The ladies' race witnessed the awesome talent that is 14 year old Laura Park of Ellenbro AC. Laura finished a remarkable 9th overall and broke fell international Jackie Hargreaves' course record for good measure. Laura Park, remember where you heard it first...!

The vet 45 category on the day was won by the lightly raced, Peter Crompton, who took 8th overall. Harry Jarrett looked a bit like his old self winning the vet 50 category and taking 13th position. Harry has had injury after injury of late. No such problems for the much improved Mike Simpson who was a hugely popular winner of the vet 55 men's section. The much younger Ben Farrell of Keswick AC is another star in the making. Young Ben was a splendid 7th overall. Not bad for an U/16. U/18 Wayne Jackson added to his growing reputation by finishing right up in 5th spot.

Irvine Block

1. B. Thompson O/40	CFR	24.17
2. R. Taylor	Ellenbro	24.35
3. A. Schofield	Borrow	24.55
4. N. Cockbain	CFR	25.06
5. W. Jackson U/18	Ellenbro	25.30
6. R. Harrison O/40	CFR	26.00
7. B. Farrell U/16	Kesw	26.21
8. P. Crompton O/45	CFR	26.22
9. L. Park U/16	Ellenbro	26.32
10. R. Lightfoot	Ellenbro	26.32

VETERANS O/50

1. H. Jarrett	CFR	27.33
2. R. James	CFR	27.36
3. J. Winn	CFR	30.02

VETERANS O/60

1. (30) R. Whitaker	Kesw	32.06
2. (40) D. Morgan	CFR	35.22
3. (51) H. Blenkinsop	Kesw	47.54

LADIES

1. (9) L. Park U/16	Ellenbro	26.32
2. (23) E. Stuart U/18	Kesw	29.33
3. (33) D. McGee U/18	CFR	33.12
4. (34) E. Knox U/16	Kesw	34.05
5. (35) L. Knox U/16	Kesw	34.06

52 finishers

BUTTERMERE SAILBACK
Cumbria
AM/9.4m/4600ft 8.05.05

Despite the hail shower about ten minutes before the off, the weather for the race was fine and dry. Early finishers claimed it was too warm to be ideal but both male and female records were broken. Keiran Carr smashed the V60 record by some margin. Rob Jebb led from early on and was almost three minutes clear at the finish. Andrew Schofield probably set a record for the descent from Crag Hill to the finish making up at least eight places.



There's a vest there somewhere!! Andy Howie of Pennington charges down to the finish at Sailbeck (Photo Mark Aspin)

In the ladies' race Sally Newman was some 30 seconds clear. The first twelve ladies were back within nine minutes of Sally

Many thanks to all the helpers who gave up their Sunday - without then the race wouldn't happen. I hope to see many runners back next year, provisional date 14th May 2006. 374 started and all but ten finished.

Jack King

1. R. Jebb	Bing	1.23.49
2. S. Bailey	Mercia	1.26.43
3. R. Hope	P&B	1.27.06
4. S. Booth	Borr	1.27.44
5. N. Sharp	Amble	1.27.55
6. J. Henegan	P&B	1.28.20
7. J. Bland	Borr	1.30.48
8. A. Schofield	Borr	1.30.49
9. S. Stainer	Amble	1.30.58
10. L. Taggart	DkPk	1.31.09

VETERANS O/40

1. D. Neill	Staffs	1.32.46
2. M. Croasdale	L&M	1.34.23
3. J. Blackett	NYork	1.35.57

VETERANS O/50

1. S. Jackson	Horw	1.40.29
2. T. McGaff	Chesh	1.40.33
3. J. Winn	CFR	1.42.03

VETERANS O/60

1. K. Carr	Clay	1.50.05
2. J. Norman	Altrin	1.53.50
2. J. Amies	Macc	1.57.27

VETERANS O/70

1. A. Menarry	Durham	2.23.39
2. D. Rigg	CFR	2.35.03

LADIES

1. S. Newman O/40	CaldV	1.47.04
2. S. Taylor	Bing	1.47.32
3. N. White	Holmf	1.49.12
4. H. Fines	Dean	1.51.31
5. N. Davies O/40	Borr	1.51.32

RAAS DREEYM CARRAGHAN
Isle of Man
AS/2.5m/1100ft 09.05.05

Carraghan Fell Race is the shortest race in the Manx league, however the two and half mile course climbs a steep 1100ft, making it a classic on the Manx fell running calendar. Tony Okell lead from start to finish and reached the halfway point on the summit of Carraghan with a ten second advantage over Simon Skillicom and Ian Gale. On the descent back into the beautiful West Baldwin valley, he maintained his pace to take the well-deserved victory.

Without a doubt this is Cal Partington's best ever season on the fells and her convincing win in the

women's race maintained her top spot. Rose Hooton much prefers the longer events, however she performed well to secure second spot. Gail Musson, who has only previously competed in the New Year's Day race, had a lot of ground to make up as she reached the cairn, however she descended extremely well to take third place.

Ian Callister

1. T. Okell O/40	Manx	20.47
2. S. Skillicorn	Manx	20.59
3. I. Gale O/40	Manx	21.20

VETERANS O/50

1. R. Webb	Manx	24.12
2. I. Callister	Manx	27.05

VETERANS O/60

1. D. Corrin	Manx	25.45
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LADIES

1. C. Partington	Manx	25.08
2. R. Hooton	Manx	27.03
3. G. Musson	Manx	31.20

**MEARLEY CLOUGH FELL RACE
Lancashire**

AS/3.5m/1200ft 10.05.05

Almost perfect conditions greeted 124 runners on the 7th assault of Mearley Clough. Numbers far exceeded expectations after the very recent championship race of Buttermere Sailbeck, and there were a lot of shaky legs at the finish. The second surprise came when the record was destroyed by Matthew Whitfield who dropped in on his way from Newcastle to London just to stretch his legs. He knocked 1 minute 48 seconds off Danny Hope's time of last year.

The petite figure on the start line took everyone by surprise, as Blue Haywood, the English under 14 champion stormed round to finish first lady, missing the ladies' record by 10 seconds, set by Vanessa Peacock and left 87 runners in her wake. Blue needed a good hilly course as a training run for the High Rigg junior championship counter on the 22 May, and the long trip up from Lincolnshire paid off as Blue collected the ladies' trophy, a large tin of chocolates and a plant.



Fine Stile jumping technique at Mearley Clough
(Photo Mark Aspin)

Worried about letting this talented young lady run made me change the course slightly on the brook crossing which made it a lot safer, this will be kept to in the future.

The Calf's Head once again supplied us with an excellent supper to round the evening off and their support for this classic little course is much appreciated. Many thanks to all helpers, marshalling can be a lonely job, but there would be no race without you.

Geoff Newsam

1. M. Whitfield	Bing	28.13
2. D. Kay	Horw	30.31
3. M. Horrocks O/40	Wharf	30.44
4. I. Maghee	Skipt	31.42
5. I. Greenwood O/40	Clay	32.20

6. N. Worswick	Clay	32.25
7. R. Bradbury	Bing	32.34
8. A. Brown	Clay	32.48
9.? Barlow O/40	Horw	32.58
10. K. Gaskell O/40	Horw	33.12

VETERANS O/50

1. (46) M. Targett	Clay	37.43
2. (52) R. Bellaries	Clay	38.38
3. (54) J. Singleton	Clay	38.55

VETERANS O/60

1. (84) T. Peacock	Clay	42.24
2. (104) D. Simpson	Pres	45.54
3. (116) T. Targett	Clay	52.13

LADIES

1. (37) B. Haywood	Linc	36.53
2. (43) C. Leah	Clay	37.20
3. (72) T. Mitchell	Clay	41.20
4. (73) C. Kenny O/40	FRA	41.28
5. (83) J. Commons O/40	Clay	42.23

123 finishers

**JACK BLOOR RACES
West Yorkshire**

BS/5.2m/1150ft 10.05.05

The 20th running of the Jack Bloor memorial race sponsored by The Complete Runner of Leeds Road, Ilkley, was run on an unusually warm spring evening bathed in sunshine.

In the senior race local runner, Andy Robertshaw, led virtually all the way but the real race was in the placings from 4th to 12th where 40 seconds separated 9 runners.

In the end, Hector Haines picked a better descent to the finish to head home Nail Bourke and first vet John Wotton. For the first time, the men's team competition ended in a tie between the young tyros of Arientiers (average age 17) and the old lags from Pudsey and Bramley. I'm sure the prizes of special Jack Bloor beer will be treasured by the Aire boys until their official coming of age.

The ladies' race was comfortably won by Jackie Smith with Leeds student Aislinn Austin second for another year. Winner of the lady veteran prize of the Mike Rose bowl was Joyce Marshall. Another of Mike's nieces had come to present the bowl and she was rewarded with a bottle of special Jack Bloor beer as a thank you.

The junior races go from strength to strength with 99 runners this year over 4 classes from 6 to 16 years old. Thanks to Shirley Wood of Ilkley Harriers. 6/7 year old boys was won by Joe Stapleton of Ilkley with Lucy Haines winning the girls. Harry Sessford won the boys 8/9 class whilst his brother Thomas won the 10/13 group. First girls were Eleanor Rice-Birchall and Fiona Jordan respectively.

Disappointingly, only 5 runners contested the 14/16 class where orienteers George Stevens and Florence Haines won. What happens to all the runners in the 10/13 class when they get to 14? Maybe running isn't cool.

As always, prizes were fairly evenly distributed between orienteers and runners as befits Jack Bloor's involvement in all athletic fields.

Pete Haines

1. A. Robertshaw	Otley	44.07
2. M. Cox	Otley	44.08
3. N. Armitage	PudseyP	44.12
4. H. Haines	Aire	44.41
5. N. Bourke	P&B	44.48
6. J. Wootton O/40	Wharf	45.01
7. J. Mercer	Aire	45.03
8. J. Aylward	P&B	45.10
9. N. Armitage	PudseyP	45.14
10. S. Wilkinson	K&C	45.15

VETERANS O/50

1. (35) M. Pickering	Ilk	50.03
2. (45) N. Hindle	Unatt	52.03
3. (48) R. Hawksby	Otley	52.11

VETERANS O/60

1. (67) G. Breeze	Skyrac	54.29
2. (97) B. Speake	Ebor	58.00
3. (101) M. Coles	Skyrac	58.27

LADIES

1. (41) J. Smith	CaldV	50.43
2. (51) A. Austin	Leeds	52.21
3. (57) L. Griffiths	Holm	53.14
4. (73) H. Dawse	Ilk	54.55
5. (83) J. Foster	Ilk	56.57

174 finishers

CARADOC CLASSIC

Shropshire

AS/3.5m/880ft 11.05.05

On a very pleasant evening the sun shone over the Shropshire hills to bless a record entry of 125 runners for the Caradoc Classic race.

First overall was Michael James in a time of 22.43, some 36 seconds ahead of Matthew Collins. Michael led the race from start to finish, showing good form recently on the fells.

Peter Vale was in a creditable 3rd place just over a minute behind, considering he was just back from competing in the English champs fell round at Buttermere, where he placed 18th overall, his best result to date.

First male vet home was Roger Lamb, 5th overall in a time of 25.01

The ladies' race was won by Louise Taylor (her 2nd victory in succession) with a winning time of 28.14, which is the 4th fastest time over the course. Anna Bartlett was 2nd, just 30 seconds behind. The leading female 140 vet was Melanie Price in 30.14.

Simon Daws

1. M. James	Shrews	22.43
2. M. Collins	MDC	23.19
3. P. Vale	Mercia	24.27
4. R. Sedman-Smith	Telf	24.36
5. R. Lamb O/40	Mercia	25.01
6. A. Davies	Mercia	25.13
7. S. Bellamy	Droit	25.53
8. I. Hughes	Shrews	25.58
9. H. Jones O/40	Maldwyn	26.04
10. C. Taylor O/40	Mercia	26.07

LADIES

1. L. Taylor	Telf	28.14
2. A. Bartlett	Shrews	28.37
3. G. Chillingworth	Shrews	30.03
4. M. Price O/40	Unatt	30.14
5. G. Harris O/40	Mercia	33.47

**DUMYAT HILL RACE
Stirling**

AS/5m/1250ft 11.05.05

188 runners took part in the 32nd Dumyat Hill Race on 11 May. Conditions were good with the sun shining and the ground dry under foot. R. Ward from Hunters Bog Trotters club won in an impressive time of 35.15, 2nd and 3rd place were hotly contested with A Ward from the Carnethy club being closely followed home by J McDonald from Central Athletics club.

The women's field was led home by Angela Mudge from the Carnethy club in a time of 39.35. It was good to see Angela, a former University of Stirling student, competing well as she is returning from injury. Second place was again won by Hazel Dean from Central Athletics Club. C. Ward from Hunters Bog Trotters finished in 3rd place.

Student Ian Yates won the University category for the 2nd year running in a time of 37.20. Ian has obviously been training hard as he bettered his time of last year by exactly two minutes. L. Arnott won 2nd place this year in a time of 40.06. Third place in the University competition was Angus Hunter in a time of 40.28.

**VANESSA CHAPPELL FELL RACE
Cheshire**

BS/5m/850ft 11.05.05

Many thanks to everybody, hope to see you all again next year. Hope you enjoyed the route change

Dale

1. M. Fowler O/40	Chesh	33.34
2. C. Heys	Horw	34.02
3. E. Gamble	Chesh	34.21
4. S. Haylock O/45	Stockp	35.40
5. B. Heaton O/40	Wilms	36.06
6. V. Booth O/40	Traff	36.18
7. R. Holt O/45	Gloss	36.21
8. M. Richards O/45	Goyt	36.26
9. D. Keeling O/40	Traff	36.47
10. C. Tipton	Traff	36.51

VETERANS O/50

1. (12) L. Best	Stockp	37.25
2. (16) R. Eagle	Chesh	37.41
3. (25) B. Gregory	Chesh	38.55

VETERANS O/60

1. (53) P. Roberts	Buckley	42.40
2. (68) C. Ardron	Macc	43.49
3. (69) J. Morris	Buckley	43.55

VETERANS O/70

1. (176) B. Thackery	DkPk	58.26
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LADIES

1. (35) C. Greasley O/45	Chesh	40.41
2. (37) K. Green	Chesh	40.50
3. (47) S. Gilliver O/40	Chesh	41.42
4. (54) J. Clarke	Chesh	42.41
5. (67) E. McGuire	Stockp	43.45

188 finishers

HEN & COCK RACE – HILL & DALE SERIES

Mourne Mountains

2.75m/1700ft 12.05.05

It is summer at last – at least while the sky was clear and the sun was shining. A beautiful evening greeted the 112 runners who showed up at Hen Car Park near Hilltown for the sixth race of the 2005 Blue Lough Hill & Dale Race Series. A real hill race this with statistics 2.75 miles and 1,700 feet of climbing taking in the classic mountains of Hen and Cock on the southern end of the Mourne near Hilltown.

On the word of this week's race organiser, Frank Morgan, the field set off and straight into the first back breaking climb to the crags at the top of Hen. 6 minutes and 45 seconds later Alan McKibben reached the summit closely followed by Deon McNeilly. McNeilly's season so far has been a bit up and down (pardon the pun) and he knew that he had to win to stop McKibben taking the title with six straight wins. Behind, Stevie Cunningham is starting to come through to great form and he had climbed strongly and on the descent off Hen joined the two leaders.

Meanwhile, the women were being led out by the pure strength climbing of Anne Sanford. Sanford comes into her own on steep ground like this and this race was to be no exception. Behind her, club mate Alwynne Shannon, now getting a few races strung together was also climbing strongly. In the junior section with no Jonathan McCloy this week, fast improving Adam Mitten was also showing well up early.

Onto the climb of Cock and McKibben, now with vest off and tucked into his shorts, was bent double just doing enough to keep McNeilly at bay. McKibben reached the top of Cock a mere 12 minutes after reaching the top of Hen, awesome running. The descent is fast and runs into boggy ground towards the bottom. McKibben is a competitor to match the instincts of McNeilly and once again McNeilly surged and, as they reached the top of Hen on the way back in less than 8 minutes from the top of Cock, McNeilly was back with McKibben.

Not the smoothest of ground, the drop off Hen, but that didn't stop the two protagonists flying down and inside two and a half minutes from the top of Hen, a sprinting McKibben broke the tape to win the race and the series with six straight wins – can he win all eleven races? Behind, McNeilly finished a clear second with a season's best race from Cunningham in third.

The fastest descender of them all, Gary Bailey was just under half a minute behind Cunningham in fourth place with Neil Carty next in fifth ahead of Ed Hanna, home in just two seconds over the half hour.

Sandford stayed well ahead and worked hard descending, as well as on the climbs to come home in 36.42 to knock 12 seconds off her own race record from last year. Sandford is going from strength to strength as she focuses on the World Masters Mountain Racing Championships that come round in September in the Lake District in England. Behind, Shannon was second nearly two minutes back followed by Kerry Harty to make it a clean sweep for Newcastle AC just as in the men's race.

Thanks go out to the likes of Mark, Billy & Wills, who week in week out help out for nothing other than the love of the mountains and the sport.

Paula Radcliffe set the trend for iced baths to reduce the inflammation in the damage done to the legs and ankles after a hard race. Stories of visits to the fish market in Limerick when she is visiting Ger Hartmann the famous physio, to pick up bags of ice are one thing. Not to be beaten, witness the intrepid band of Newcastle runners sitting and standing in the mountain river at the Hen Car Park on Thursday night. Herd-like behaviour it might be, but as the last drop of feeling

left the feet and one by one each retired to the car to change the clothes, there was a sense that, as it hurt so much, it must be good for you. The pain of the race had turned into the pain of the cold. Who claims that these runners are not eccentric?

BOGBOY

1. A. McKibben	N'castle	28.20
2. D. McNeilly	N'castle	28.30
3. S. Cunningham	N'castle	28.53
4. G. Bailey	ACKC	29.21
5. N. Carty	NBelf	29.56
6. E. Hanna	ACKC	30.02
7. D. Woods	TeamPurple	30.11
8. A. Niblock	ACKC	30.54
9. R. Rodgers O/40	N'castle	30.54
10. E. McCrickard	N'castle	31.28

VETERANS O/50

1. (14) B. McKay	Albert	32.06
2. (38) P. McGuckin	ACKC	36.48
3. (43) M. Barton	ACKC	37.32

VETERANS O/60

1. (48) B. Magee	Larne	38.08
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LADIES

1. (37) A. Sandford O/40	N'castle	36.42
2. (62) A. Shannon O/40	N'castle	39.20
3. (75) K. Harty	N'castle	41.03
4. (81) R. McConville O/45	NDown	42.33
5. (83) J. Smyth	Unatt	43.05

111 finishers

PINHAW MOOR FELL RACE

Earby

BS/5m/800ft 13.05.05

The 2005 Pendle and Burnley Grand Prix got off to a sunny start with the 25th running of the Pinhaw Moor Fell race in Earby.

106 runners were led home by last year's winner, and reigning Grand Prix champion, Thomas Cornthwaite. Aaron Hargreaves closely followed Thomas only 11 seconds behind. Mark Horrocks was third and also the first veteran (V40) home. The revelation of the night was the performance of 15-year-old Tom Addison, who finished 5th overall in an excellent time of 32.15.

Helen Sedgewick, won the ladies race and was followed home by club mate Emma Barclay who was also the first lady vet (LV35) home.

Adrian Pickles V45, Stephen White V50, David Scott V60, Ted Orrell V65 and Richard Packer V70 were the leading male vets. It was unlucky Friday 13th for David Scott who failed, on his return to Grand Prix racing, to beat the previous V60 record by only 3 seconds.

Only two records were broken on the night. Jennifer Adams reduced the previous LV55 record by 1.40. And Richard Packer took over two minutes off Jack Riley (RIP) record set back in 1993.

Gerard McCabe

1. T. Cornthwaite	B'burn	30.05
2. A. Hargreaves	Clay	30.16
3. M. Horrocks O/40	Wharfe	31.19
4. R. Barrett O/40	Skip	31.54
5. T. Addison U/20	Helm	32.15
6. A. Stubbs	Clay	32.20
7. N. Worswick	Clay	32.23
8. A. Pickles O/45	Settle	33.06
9. M. Theaker O/40	Clay	33.23
10. S. Clare O/40	Clay	33.35

VETERANS O/50

1. (29) S. White	Clay	36.54
2. (32) K. Parkinson	TodHar	37.12
3. (50) M. Hirst	Clay	38.59

VETERANS O/60

1. (48) D. Scott	Clay	38.44
2. (60) T. Orrell	Clay	41.07
3. (81) T. Peacock	Clay	44.00

VETERANS O/70

1. (106) R. Packer	RedRose	52.20
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LADIES

1. (22) H. Sedgewick	Ilk	35.48
2. (28) E. Barclay O/35	Ilk	36.46
3. (37) S. Malir O/40	Ilk	37.40
4. (51) T. Mitchell	Clay	39.10
5. (55) J. Foster O/35	Ilk	39.46

106 finishers

MYTHOLMROYD FELL RACE

West Yorkshire

BM/7m/1350ft 15.05.05

Changing this race to a Sunday was certainly a good move. Previous Mytholmroyd races have attracted only 40 runners while on a midweek fixture. Thank you and well done everyone for helping us to make it a success again.

Karl Gray smashed the previous record time set by Robin Lawrence in 2003 by well over a minute and dragged the next two men, Chris Smale and world veteran silver medallist, Steve Oldfield, inside also.

Lynne Bland dominated the women's section to win relatively comfortably, with Naomi Sharratt second.

Thanks to members of Halifax Harriers who flagged the course, marshalled and swept the field, and to SMK Sports and Screentone Screen Printing for assisting with the prizes.

Thanks for coming and if you enjoyed it please tell your friends before next year's race.

Linda Crabtree and Halifax Harriers

1. K. Gray	CaldV	44.30
2. C. Smale O/40	Tod	44.57
3. S. Oldfield O/45	BfdAire	45.38
4. A. Breaks	CaldV	46.20
5. B. Mounsey	Stain	47.19
6. C. Miller	H'gate	47.31
7. S. Gregory O/40	HolmeP	47.40
8. N. Worswick	Clay	48.18
9. G. Oldfield O/40	Unatt	48.20
10. S. Godsman	Tod	48.35

VETERANS O/50

1. (14) C. Davies	Saddle	50.45
2. (17) K. Taylor	Ross	50.54
3. (19) P. Pyrah	StBedes	51.06

VETERANS O/60

1. (46) G. Fielding	Ross	59.01
2. (59) G. Webster	Valley	63.05
3. (84) G. Arnold	Prest	73.16

LADIES

1. (45) L. Bland O/40	DkPk	58.44
2. (51) N. Sharatt	Stain	61.10
3. (58) J. Gardner O/45	DkPk	62.30
4. (61) J. Scarf O/40	CaldV	63.39
5. (67) L. Crabtree O/45	H'fax	65.27

93 finishers

BURBAGE EDGE FELL RACE

Derbyshire

BS/5.75/1200ft 17.05.05

Once again the Gods of Fell Running provided us with a perfect evening for the opening race of the Hope Valley series and shirts-off (well for the 'fat Andys' anyway), was again the order of the day.

Phil Winskill won the race for the 3rd year in a row, pleasing my son who had recently chosen a suitably vulgar/grotesque Egyptian statue for 1st prize, hoping Phil would once again triumph. Dave 'pocket rocket' won the V40, Keith Holmes the V50 and Graham Berry the V60, none of them being seriously stretched for their category wins.

The ladies' race was a much closer affair which I was privileged to watch unfold around me, with Liz Batt ultimately claiming top spot with a finishing burst down the Green Drive, and Lynn Bland clinching the best contest of the night to win the FV40 by 3 seconds.

It was good to welcome again clubs from the Southern 'flatlands' with Wootton, Holme Pierrepoint & Thames Hare & Hounds having several runners in the field, with one or two of them beating yours truly. Maybe I'll have to do some road training – then again maybe not. I'll stick with being first fat bloke.

Thanks to Tony Hulme of Running Bear for sponsoring the race, and to Edale Mountain Rescue and St John Ambulance for ensuring I had provided 'reasonable care' as race organiser.

Last, but by no means least, thanks to my many helpers – I ought to name them as it's invariably the same volunteers every year! I just hope there isn't a legal lower age limit for marshalling a fell race. At least the late finish did give us the benefit of seeing a magnificent sunset over Higger Tor in the gathering darkness (I'm sure that was the compensation I offered last year).

Andrew Moore

1. P. Winskill	DkPk	37.32
2. A. Thake	Hallam	38.48
3. R. Little	DkPk	39.02
4. C. Sellens	DkPk	39.07
5. G. Cudahy	Stockp	39.10
6. J. Morgan	BlackDeath	39.18
7. L. Banton	Clowne	39.20
8. D. Taylor O/40	DkPk	39.29
9. A. Middleditch	DkPk	40.26
10. J. Helme	DkPk	40.34

VETERANS O/50

1. (25) K. Holmes	DkPk	43.34
2. (37) B. Hanley	DkPk	45.10
3. (40) R. Fawcett	DkPk	45.18

VETERANS O/60

1. (130) G. Berry	DkPk	52.27
2. (136) J. Hewitt	Barns	52.57
3. (151) B. Jarvis	HolmeP	54.25

VETERANS O/70

1. (229) B. Rogers	NVets	63.48
2. (232) F. Makin	HolmeP	64.33

LADIES

1. (45) E. Batt O/40	DkPk	45.48
2. (49) H. Winskill	DkPk	46.08
3. (50) E. Lilley	Mansf	46.31
4. (58) W. Barnes	Barns	47.09
5. (82) J. Walker	NDerby	48.51

247 finishers

DOCKRAY-HARTSIDE Cumbria AM/6m/1800ft 18.05.05

The race was won on a cool night with a very competitive race leading to a new record for both men and women. There were no prizes on offer just for this race but prizes were up for grabs based on combined times with Blencathra two weeks later. So most people just went to the pub for a beer. No worries.

Joe Faulkner

1. P. Davies	Borr	48.47
2. B. Bardsley	Borr	49.37
3. A. Schofield	Borr	49.53
4. P. Brittleton	Helm	52.46
5. J. Archbold O/40	Borr	53.28
6. V. Wilkinson	Bing	53.56
7. J. Davies	Borr	54.33
8. A. Labram	Eden	55.09
9. D. Birch	Kesw	55.43
10. T. Wild	Amble	55.54

VETERANS O/50

1. (29) R. Unwin	Kesw	60.34
2. (32) P. Blanchard	Eden	61.51
3. (48) J. Downie	Kesw	63.55

VETERANS O/60

1. (63) D. Harrison	Kesw	72.45
2. (20) R. Johnson	CFR	77.57

LADIES

1. (6) V. Wilkinson	Bing	53.56
2. (33) S. Wood	Amble	61.53
3. (34) K. Beaty	CFR	62.21
4. (50) M. Mackenzie	CFR	67.55
5. (51) J. Rugby	Unatt	68.09

71 finishers

BLACKSTONE EDGE FELL RACE Lancashire AS/3.5m/1200ft 18.05.05

That's the 24th Edge race over. This mid-week lung buster is a classic. The feedback I get from runners that have done it for the first time is good, and how much they enjoyed the course. It's got everything over a short route road track. Big Turks Heads, bog, steep climbing and rocks, peat, fast finish - what more does a fit fell runner want?

It starts from a little hamlet at the bottom of Blackstone Edge which is 1300ft above sea level. The views are stunning. From the Cairn at Robin Hood rocks where the race goes past, it also passes Blackstone Edge's famous Roman road.

It was a better turnout this year with 128 starters. I must admit after not running for 10 years I'm well out of touch, I didn't know most of them, though the regulars turned out. Nice to see more seniors up there and not all vets. Must be good for the future of the sport.

Anyhow we had a good tussle between Danny Hope,

Gary Devine and Darren Kay. Gary was leading after the heavy bog section. Then Danny made his mark on the steep climb to Robin Hood rocks. I don't think he was ever headed. After that his long legs did the stuff all the way home, winning by 29 seconds. It was a fast night but still 1.27 off Colin Dannelly's record, set in championship year 1989. Gary was in his usual top 3, 2nd on this occasion, and Darren who does BCF cycle races as well ran fine to finish 3rd. He also won Turnsack last year.

First lady Jo Smith, 56th in 36.25, was 2.22 off the ladies' record set in 1989 by Claire Crofts.

A notable good run came from Rod Holt, first O/45, whom I ran with 20 years ago; he was hopeless when I took him out training! Look what age can do to you, and some bloody hard miles.

A big thank you must go to farmer Steve Shepperd who for 20 years has lent me his farm for entries and field for finish. Also Colin and Brenda Robinson, who have not missed a race in 24 years, either flagging or time keeping, and my mate, John Hey, and girlfriend, Siri, who make results easy with computer wizardry. And last my son Daniel who, since he could write, has helped me on entries, but next year look out, he's going to run it.

Kev Shand

1. D. Hope	P&B	28.00
2. G. Devine	P&B	28.29
3. D. Kay	Horw	28.54
4. K. Gray	CaldV	28.56
5. J. Wright	Tod	29.56
6. C. Smale O/40	Tod	30.19
7. S. Thompson	Clay	30.46
8. C. Heys	Horw	31.00
9. C. Seddon	Horw	31.22
10. N. Worswick	Clay	31.44

VETERANS O/50

1. (17) P. Grimes	H'fax	32.28
2. (32) B. Waterhouse	MLOSOPO	33.38
3. (38) K. Taylor	Ross	34.11

VETERANS O/60

1. (60) P. Walkington	Horw	37.32
2. (70) P. Covey	P&B	38.12
3. (71) G. Breeze	Skyrac	38.15

LADIES

1. (56) J. Smith	CaldV	36.25
2. (79) H. Williams	Unatt	39.25
3. (82) C. Kenny O/40	CaldV	39.44
4. (87) J. Scarf O/40	CaldV	40.26
5. (98) C. Davies	CaldV	42.21

125 finishers

MONUMENT - HILL & DALE SERIES Mourne Mountains 19.05.05

The beautiful Tollymore Forest Park always attracts the crowds. Even a cool showery and windy Thursday night in May, with the mountains hidden in the clouds, is no exception and 133 brave souls arrived before the 7.30pm start time - mind you, for some, only just. The Monument race was the seventh in the 2005 Blue Lough Hill & Dale Race Series.

The consensus was that this year's race was around half a mile longer than previous years' editions because of the enforced re-routing. Not that this stopped Alan McKibben make it seven wins out of seven. McKibben was at the front of the field from the start, the very fast start to the Ivy Bridge, and pulled slowly away from the rest on the first climb and eventually ran out a clear winner, more than a minute ahead of his brother Dave who came home second.

In the ladies' race, McKibben's club mate Kerry Harty, made it four wins from seven ahead of Anne Sandford who took the ladies vet40 category.

Adam Mitten continues to improve from week to week and made it into 10th place this week to win the Junior race, half a minute ahead of Series favourite Mid-Ulster's Jonathan McCloy, who was 11th.

On the night of the 7th of January, the greatest storm of the winter of 2004/05 raged and as people woke up on the 8th after a sleep punctuated with the sound of roofs nearly being ripped off, one Newcastle couple left home early to catch a flight to Nice in the south of France with one half due to run in a 10km Road Race in the summer sun. One hour after leaving home they returned having failed to get out of Newcastle. What relevance is this to a race in Tollymore Park in May? Well, on the same night thousands of trees in the forest

were flattened and the traditional route of the Monument Race was covered with strewn trees. The top end of Curraghard remains impenetrable even five months on.

Paul Mawhirt, this week's organiser, had (a rare occasion) to work really hard to develop a new route to get the runners to the top of Curraghard. Many of the runners expected, therefore, the changes from the traditional route on the upper slopes of the climb. What they did not expect, however, was the change to the lower end of the route near the Ivy Bridge along the Shimna River, as it exits the Forest Park on its way down to Newcastle and the Irish Sea. As the runners speeded down from the Monument to the Ivy Bridge, the pace was fierce, but when they entered the narrow tracks along the Shimna, the route started to twist and turn as Mawhirt weaved his magic round the fallen trees.

Suddenly, a trench emerged, really suddenly. Runner after runner jumped first the few feet down into it, only to discover that a six feet rise faced them to allow them to emerge the other side. Six feet is a big climb, particularly for the vertically challenged, but to add spice, after the rain, it was slippery too, no, very slippery. One lady veteran having failed three times to extricate herself cried out for help and with a snigger from behind, the ACKC guru readily helped with one hand on each cheek to levitate the distressed damsel out of her predicament.

Des McHenry (V55) is a legend in his own lunchtime, a retired school teacher, he is a CORGI qualified gas installer running his own business, 'The Original Gas Company', and will probably never really retire. However, this is likely to be the peak of his Hill & Dale racing season, for a source close to McHenry has told the 'Stig Bogboy' that McHenry is about to have his beloved 2CV restored. Soon to be unveiled from a heavy tarpaulin that has protected it from the elements for so many years, the obsession to put it back on the road again is likely to interfere with the great man's fitness, but more importantly, his running speed is likely to dwindle to that of the 2CV rather than the V6 to which he aspires.

After commenting last week on the 'unsung heroes' - the race marshals - it was the Three Musketeers of Billy & Wills McNeilly with Mark Hanna who again this week were waiting for the runners on the summit of Luke's Mountain behind Tollymore Forest Park. Safe to say that McNeilly's patience of last week did not last. As the wind blew and the heavy rain fell and runners arrived with numbers ripped off by the conditions, he rued the stupidity of so many runners unable to remember their numbers. Who, you ask, was their D'Artagnan? It was none other than one of the great losses to local mountain-racing Jason Weir. Weir is infamous for his all round ability, climbing, descending and post-race ability in the pub. Unfortunately, he finds gravity heavy going these days, but most hope he will return to running. Standing half way up the first climb, he encouraged most and had some fun with others. Then out of the mist he was there again, at the back of the forest standing at the wall 'greeting' the runners returning from the summit. Maybe he is back to fitness already? No, for hidden just behind the forest wall was the trusty yellow steed forestry van, maybe next year he will be competing - hope springs eternal.

BOGBOY

1. A. McKibben	N'castle	31.12
2. D. McKibben	N'castle	32.25
3. R. Rodgers O/40	N'castle	32.40
4. S. Cunningham	N'castle	32.51
5. E. Hanna	ACKC	33.04
6. S. Taylor	BARF	33.17
7. G. Arnott	Willow	33.35
8. P. Mawhirt	N'castle	33.43
9. K. Kearney	NBelf	33.46
10. A. Mitten	N'castle	33.56

VETERANS O/50

1. (29) D. McHenry	Willow	37.50
2. (35) P. McGuckin	ACKC	38.20
3. (61) M. Barton	ACKC	41.26

VETERANS O/60

1. (90) J. Adgey	ACKC	44.37
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LADIES

1. (47) K. Harty	N'castle	39.14
2. (58) A. Sandford	N'castle	40.56
3. (60) A. Shannon O/40	N'castle	41.26
4. (64) C. Galbraith O/40	N'castle	41.36
5. (86) H. Cassidy	Physio	43.23

132 finishers

OLD COUNTY TOPS RACE

Cumbria

AL/37m/10000ft 21.05.05

First of all, thanks to all the marshals and helpers, particularly the ones on Helvellyn, who had the worst of the weather and the ladies who did the food stops. Also to Raynet for their usual excellence and the New Dungeon Ghyll for use of facilities and sponsorship. All in all it was probably the best day's race yet. We had a record number of entries with 47 teams starting, the least number of retirements at six and an incident free day, even the weather after a poor start cleared to give a clear bright day until early evening. Scoffer and John Hunt established an early lead closely followed by the two Eryri lads, James and Tim, and had not James' knee given out up Wythburn perhaps Scoffer and John might have been pushed closer to Colin Donnelly's long standing record. In the event, after that they were never seriously challenged and finished some 25 minutes adrift. Behind the first two the race for second and third was evenly contested with Mike Robinson and Ben Robinson holding off Simon Milligan and Paul O'Reilly. However, the big story of the race was the race for 4th place where Heather Dawe and Nicky Jacquery prevailed, consistently picking off other pairs after Cocklybeck to finish in a new ladies' record time, forty seven minutes below the previous. They didn't even look tired. Brian and Susan Clough had a good run to lead the mixed pairs home in 9th place overall and the team prize was won for the first time in a few years by Northumberland fell runners.

Thanks in part to the increased numbers, most of the teams were in contact with others throughout the day and consequently everyone seemed to have a good day's racing.

Finally I would like to point out to all the pairs who consistently try to avoid the straight climb from Lever's Hause to Brimfell that history says you will invariably end up on Dow Crag, so bite the bullet next time.

Arthur Daniels

1. A. Schofield/J. Hunt	Borr/CFR	6.51
2. B. Robson/M. Robinson	Hallam/DkPk	8.05
3. S. Milligan/P. O'Reilly	Helm/Unatt	8.09
4. H. Dawe/N. Jacquery	Ilk/Ilk	8.30
5. I. Hodgson/S. Deakin	NYMAC/NYMAC	8.37
6. J. Doyle/S. Crabtree	Penn/Penn	8.38
7. D. Atkinson/J. Sharp	NFR/NFR	8.42
8. J. Smallwood/G. Perratt	CFR/AxeV	8.50
9. B. Clough/S. Clough	Amble/Amble	8.52
10. R. Bellaries/D. Farnworth	Clay/Clay	8.53

40 teams finished

HELVELLYN FELL RACE

Cumbria

AM/11m/4500ft 22.05.05

A record turnout, accompanied inevitably by an increase in injuries, which led to some difficulties with our results - hence the delay in getting them out.

We also have a new ladies' record. Kate Beaty's great achievement last year in taking over two minutes off



Simon Bailey to the fore at the start of Helvellyn
(Photo Steffan Johnson)

Nicola Davis' long standing record fell to tenth placed Chris Howard. But you can't hold a good woman down, and Kate, second lady overall, led an all veteran CFR ladies' team, Lyndsey Buck and Dot Patton being the other two counters.

In the men's race, record holder Simon Booth was an easy winner with his Borrowdale team mates Jonny Bland and James Archbold following in, respectively second and thirteenth places. It should be noted here that Archbold did suffer a slight disadvantage having lost the sole of one of his shoes on the final descent.

My thanks to our sponsors, Pete Bland Sports; Jill and Duncan Stuart for their usual high standard of hospitality; the Keswick branch of the St John's Ambulance Brigade; everyone who helped with marshalling, registration and results; and last but not least everyone who competed or came along to provide support.

Allan Buckley

1. S. Booth	Borr	1.39.21
2. J. Bland	Borr	1.42.39
3. D. Kay	Horw	1.44.39
4. N. Lockwood	Kesw	1.48.11
5. J. Aylward O/40	Unatt	1.48.46
6. A. Labran	Eden	1.53.08
7. P. Pollit	CFR	1.53.33
8. S. Hoyle	Ross	1.54.04
9. A. Preed	Ross	1.55.26
10. C. Howard	Mat	1.55.33

VETERANS O/50

1. (21) D. Schofield	Ross	1.57.28
2. (29) J. James	CFR	2.00.00
3. (30) R. Unwin	Kesw	2.00.06

VETERANS O/60

1. (103) R. Whittaker	CFR	2.25.57
2. (129) R. Johnson	CFR	2.37.21
3. (148) R. Wignall	Altrin	2.45.51

LADIES

1. (10) C. Howard	Mat	1.55.33
2. (37) K. Beaty O/40	CFR	2.05.10
3. (77) K. Harvey O/40	Altrin	2.18.11
4. (87) K. Mather O/40	Saddle	2.21.33
5. (92) C. Leah	Clay	2.22.39

160 finishers

TWO RIGGS

Cumbria

BM/6.5m/1350ft 24.05.05

As with Helvellyn two days previously, the ladies' record fell to an impressive finisher. Vic Wilkinson, 11th overall, took nearly 3 minutes off Lou Robert's 2003 record.

Lou's consolation was to lead in the first ladies' team, Keswick, her fellow counters being Debbie Thompson and Rose Gittins. Kate Beaty was again the first lady over 40, and 3rd lady overall.

Simon Booth, first at Helvellyn, was again an easy winner. He then left early for a flight to Spain and another event. The Borrowdale team prize was collected by 2nd placed, Ben Bardsley and 4th placed, Jonny Bland. They were later seen dividing the spoils with their team mates, including first man over 40, James Archbold.

Thanks to: Duncan and Gill Stuart for their hospitality, and to Gill for excellent refreshments; Elaine and Alan Ritchie, and Denise Booth for stepping into the breach and providing an excellent registration, timekeeping and results service; everyone else who helped with marshalling and refreshments; our sponsors, Pete Bland Sports; and finally, everyone who ran, and their supporters, for an excellent turnout.

Allan Buckley

1. S. Booth	Borr	41.46
2. B. Bardsley	Borr	42.09
3. C. Doyle	Traff	42.55
4. J. Bland	Borr	43.06
5. D. Milliken	Salf	43.29
6. R. Lightfoot	Ellen	43.57
7. A. Schofield	Borr	45.43
8. D. Birch	Kesw	45.47
9. D. Golding	Amble	45.59
10. P. Brittleton	Helm	46.28

VETERANS O/40

1. (14) J. Archbold	Borr	47.44
2. (16) A. Beaty	CFR	48.24
3. (17) D. Armstrong	NFR	48.49

VETERANS O/50

1. (20) J. Winn	CFR	49.20
2. (26) M. Walsh	Kendal	50.07
3. (27) R. Unwin	Kesw	50.32

VETERANS O/60

1. (76) D. Harrison	Kesw	62.54
2. (85) P. Gilchrist	Kesw	66.55
3. (89) R. Johnson	CFR	68.11

LADIES

1. (11) V. Wilkinson	Bing	46.38
2. (36) L. Roberts	Kesw	51.58
3. (53) K. Beaty O/40	CFR	56.25
4. (55) S. Wood	Amble	56.32
5. (57) H. Jones	Dallam	56.47

100 finishers

STANHILL FELL RACE

Lancashire

BS/5m/800ft 24.05.05

A very wet and boggy course with a very good turnout from local and further afield runners. From the start three runners got away on the ascent up past only foals and horses and were well clear at the top. Paul Guinan, Shaun Godsman and organiser Lee Passco were neck and neck at the turn at Walts Stone, only for Paul on the descent to get away from Shaun and Lee to win the race by just under 20 seconds. Debbie Gowans led from start to finish to set a new lady vet 40 record with Karen Nash second and Linda Clarkson third. None of the course records were under threat due to boggy conditions.

Darwen won the men's team with Accrington winning the ladies' team.

In the juniors race Phil Bolton of Rossendale and Rachel Stanson of Blackburn were the winners. Race organiser's two sons, Leon and Thomas Passco, both competed in the under 9s with Leon winning and Thomas being the youngest at three; both represent Clayton Harriers.

Thank you to all organisers, Britannia and farmers and also the runners.

Lee Passco

1. P. Guinan	B'burn	34.24
2. S. Godsman	Tod	34.41
3. L. Passco	Bowl	34.45
4. R. Bradbury	Bing	35.20
5. D. Parkington O/40	Prest	36.27
6. N. Barnes O/40	Darwen	36.43
7. I. Wright	Leeds	36.47
8. M. France O/40	Darwen	36.49
9. G. Sumner	Ross	36.58
10. M. Howard O/40	Rad	37.02

VETERANS O/50

1. (29) M. McLoughlin	Prest	40.51
2. (37) K. Parkinson	Tod	41.45
3. (42) A. Wannew?	FRA	43.10

VETERANS O/60

1. (57) G. Navan	Ross	46.10
2. (67) D. Simpson	Prest	48.56
3. (72) M. Moore	Salf	49.35

LADIES

1. (36) D. Gowans O/40	Accring	41.20
2. (48) K. Nash O/40	Prest	43.30
3. (49) L. Clarkson	Darwen	44.40
4. (50) H. Yeomans O/40	Ross	44.44
5. (66) N. Wood	Accrin	47.50

88 finishers

HARROCK HILL RACE ONE

Lancashire

BS/5m/900ft 25.05.05

1. D. Kay	Horw	32.08
2. S. Bolland	Bowl	32.34
3. P. Derbyshire	Wigan	33.28
4. D. Massey O/40	Horw	33.48
5. M. Tickle	Horw	33.56
6. G. Schofield O/45	iHorw	34.07
7. C. Seddon	iHorw	34.22
8. K. Gaskell O/40	Horw	34.34
9. D. Raby	Chorl	34.45
10. A. Murray	Horw	35.17

VETERANS O/50

1. (13) S. Jackson	Horw	36.07
2. (15) T. Hesketh	Horw	36.10
3. (35) S. Morran	FRA	39.20

VETERANS O/60

1. (44) R. Hart	Wigan	41.12
2. (69) J. Gresty	Skelmer	45.01
3. (106) B. Hughes	L'pool	57.25

LADIES

1. (42) Y. Wyke	Wigan	40.44
2. (46) R. Metcalfe	Horw	41.23
3. (51) N. Fellows	Eryri	42.25
4. (53) J. Wilson	Sth'port	42.40
5. (63) J. Robertson	Spect	43.52

112 finishers**EAGLE CRAG HILL RACE
Highland****AS/5.4m/2500ft 25.05.05**

The weather conditions for the 4th Eagle Crag Hill Race at Fort William could not have been better (for the spectators and marshals), but the runners would no doubt have preferred some respite from the heat as they made their way up the first climb towards Bidhean Bad na h-lolaire (The Eagle Crag). By the time he began his descent from the second checkpoint towards Dun Deardail, John Hepburn had a clear lead, which he held for the remainder of the race. Still to come was a 1.5-mile section of the West Highland Way, a 1000-ft climb through deep heather and an extremely steep descent to the finish. Dawn Scott led the women's race, opening up a huge lead on the final climb and pressing home the advantage with a fearless descent to finish 14 minutes clear of her nearest rival.

1. J. Hepburn O/40	Lochaber	1.03.31
2. P. Kennedy	Lochaber	1.05.10
3. P. McLean	Lochaber	1.05.28
4. T. Brand O/40	Lochaber	1.08.13
5. J. Maitland O/40	Lochaber	1.09.23
6. S. Gray O/40	Lochaber	1.10.11
7. N. Arnott	Lochaber	1.10.29
8. S. Wilson	Oban	1.11.49
9. N. MacBeath	Lochaber	1.14.52
10. D. Munro O/40	Lochaber	1.15.27

VETERANS O/50

1. (13) R. Boswell	Unatt	1.19.46
2. (17) E. Orr	Lochaber	1.30.44
3. (19) D. Ford	Lochaber	1.33.31

LADIES

1. (14) D. Scott	Lochaber	1.20.16
2. (20) N. Forster	Lochaber	1.34.33
3. (21) A. Kitson O/40	Lochaber	1.39.44
4. (22) J. Ness O/40	Lochaber	1.39.50
5. (23) K. Gray O/40	Lochaber	1.44.32

28 finishers**SHINING TOR
Derbyshire****AS/5m/1500ft 25.05.05**

It's been a good year for Lloyd Taggart and this race was no exception, finishing a clear winner by a mile. 187 turned out to follow him around the course, which rises to 559 metres at the summit of Shining Tor, on an unexpectedly dry evening in the Goyt Valley.

It had rained hard during the days leading up to the race and it was a bit of a mud bath on the tops. Some emerged at Pym Chair covered from head to toe, there was even a 'Kinder-esque' story of a female runner being dragged out of a bog. Curiously, others seemed to manage to avoid the mud completely. It's certainly a skilful sport this fell running lark.

With the runners on the horizon, an enthusiastic Peak Park Ranger was struggling to unlock the padlock to a gate at the road crossing. Undeterred, he returned to his Range Rover and suddenly emerged with a pair of heavy-duty bolt croppers. There was much looking at shoes and general avoidance of eye contact whilst he wrestled furiously with the heavy chains like something out of a prison movie. Nobody wanted to tell him that the race could easily have been diverted a few yards over a nearby stile!

Ged Cudahey, looking considerably fresher than the Ranger, followed Lloyd through the gate and gave chase down the street but never really looked like catching him. A number of Cheshire Hill Racers, winners of both team prizes, were not far behind, most notably Graham MacNeill who took third place and first Vet 40.

Also of Cheshire Hill Racers and in seventh place overall was Vet 50 winner Tom McGaff, who showed himself to be a true sportsman by keeping quiet and clapping to congratulate another runner who had mistakenly been awarded the Vet 50 prize. He then



Lloyd Taggart with a massive lead at the finish of Shining Tor (Photo Stuart Crabtree)

mentioned the slip up quietly afterwards so that it could be remedied. Isn't this the sort of attitude that makes our sport?

Alistair Fitzgerald

1. L. Taggart	DkPk	37.46
2. G. Cudahey	Stockp	39.49
3. G. MacNeill O/40	Chesh	40.31
4. C. Heys	Horw	40.54
5. M. Hartley O/40	Macc	41.09
6. D. Dunn	Penn	41.33
7. T. McGaff O/50	Chesh	42.00
8. C. Fray O/40	Chesh	42.00
9. V. Booth	Traff	42.05
10. M. Richards	GoytV	42.23

VETERANS O/50

1. T. McGaff	Chesh	42.00
2. R. Eagle	Chesh	44.20
3. B. Blythe	Macc	45.36

VETERAN S O/60

1. J. Aimes	Congle	45.47
2. C. Ardron	Macc	50.24
3. J. Garner	Siemens	53.08

LADIES

1. E. McGuire O/35	Stockp	49.07
2. J. Mellor	Penn	49.57
3. S. Gilliver O/40	Chesh	50.11
4. K. Roberts	Helsby	50.39
5. K. Ayres	Chesh	50.52

187 finishers**CORNALLEES HILL RACE
Greenock, Scotland****BS/5.5m/900ft 25.05.05**

Torrential rain, howling winds and poor visibility in the hills above Greenock didn't deter a record turnout for the Cornallees hill race, now in its 9th year.

The four Scottish junior internationalists in the field of 33 starters showing no respect for their elders made a clean sweep of all the top positions.

In an eventful race at the front David Phee had built up a commanding 30 second lead just before the steepest climb to the summit cairn but with the rain driving into his face, he ran past the turn onto the open moor, allowing Andy McCall to take the lead.

Andy sportingly waiting & allowing David to catch him, the race began all over again. With the pair exchanging the lead several times on the descent, the result remained in doubt right until the end with Andy just prevailing by 5 seconds.

Under 16 Scottish champion, Michael McLoone, battled closely with David Riach to the summit, but it



All nicely bunched at the start of Cornallees (Photo Stevie McLoone)

was only after the turn that he managed to edge ahead and gradually open up a 40 second gap to secure third place.

Jennifer Emsley led the ladies' race from start to finish, heading Westerlands duo Helen Palmer and Muffy Calder.

In the V50 category Hamilton Semple proved too strong for Alan Stewart, while, Jim McMillan making a rare appearance on the hills was best V60 ahead of Ian McManus, category winner for the previous 4 years.

1. A. McCall	Glenpark	42.06
2. D. Phee	Giffnock	42.11
3. M. McLoone U/16	Glenpark	46.09
4. D. Riach	W'lands	46.47
5. D. Petrie O/40	Kilbarc	46.57
6. D. McLaughlin O/40	Glenpark	47.18
7. M. Roper O/40	Giffnock	47.55
8. S. McKendrick	Irvine	48.33
9. G. McNamee O/40	Giffnock	49.24
10. J. Galbraith O/40	Giffnock	49.47

VETERANS O/50

1. (17) H. Semple	W'lands	54.11
2. (24) A. Stewart	Giffnock	60.11
3. (26) B. Downie	Glenpark	62.19

VETERANS O/60

1. (20) J. McMillan	Kilbarc	56.13
2. (25) I. McManus	Irvine	60.47
3. (29) D. Turnbull	W'lands	66.35

LADIES

1. (15) J. Emsley	Arran	52.38
2. (21) H. Palmer	W'lands	56.37
3. (28) M. Calder O/45	W'lands	63.57
4. (30) F. Hutchinson O/45	W'lands	69.49
5. (32) P. McLaughlin O/50	W'lands	71.15

33 finishers**KNOCK HILL RACE****Perthshire****BS/5m/685ft 25.05.05**

The Perth and Kinross Leisure Knockhill race was again a fantastic success. It looked as if the weather would be ruining the event as rain battered Crieff all Wednesday. However 56 competitors battled it out to win the race.

The Knockhill race, which has some very steep climbs, twice passes over the summit and the Hunters Bogtrotters again claimed the top prizes. This year it was the turn of Donald Naylor to win overall with a time of 30.57, with the first female Claire Ward, coming in at 37.24.

All staff from Strathearn Recreation Centre would like to thank the competitors for braving the weather, and Crieff army cadets for marshalling the event again. We look forward to next year's race and hope we get better weather and more competitors. If anyone would like an application for next year's event please email Maparkinson@pkc.gov.uk or phone 01764 653779 and we will place you on our mailing list.

1. D. Naylor	HBT	30.54
2. M. Bell	E'burgh	31.02
3. J. Hargreaves	Carnegie	31.06
4. C. Glencorse	Perth	32.36
5. J. Burke	Strath	32.51
6. R. Ward	HBT	33.10
7. D. Flynn O/40	CentAc	33.35
8. R. Watson O/40	Ochil	35.17
9. D. Phillips O/40	Perth	35.47
10. W. Manners	Strath	36.16

LADIES

1. C. Ward	HBT	31.24
2. H. Murray	Loathian	40.06
3. P. Mitchell	Corstoph	40.15
4. K. Antaniuk	Corstoph	40.32
5. D. McDonald	HBT	41.13

56 finishers**LOUGHSHANNAGH HORSESHOE****Mourne Mountains****AS/4m/1700ft 26.05.05**

One fine day in the whole week and, for once this spring it turned out to be Hill & Dale Thursday. Just as well, for this week's offering at the hands of race organiser Father Joe McCann was the Loughshannagh Horseshoe. The toughest race in the eleven-week series still attracted a motley crew of 104 of whom only 102 were destined to finish. This was the 8th race of the 2005 Hill & Dale series.

The initial climb on the 7.30 gun saw the runners take on Ott Mountain and then over and down to

commence the climb of Slieve Loughshannagh itself. At the front Deon McNeilly, in the absence of Alan McKibben who had clocked up 7 wins out of 7 in the previous weeks, was intent on winning this week. However, the Mourne pair of Eddie Hanna and Stevie Cunningham tracked him early on. Behind them were Gary Bailey, Des Woods and Don Travers with juniors Adam Mitten and Jonathan McCloy also well to the fore. In the ladies race it seemed to be well set up for a tussle between Alwynne Shannon and Clare Galbraith.

The plunge through the heather off Slieve Loughshannagh took the runners to the very scenic trek across to the remote peak of Doan – the beautiful conical mountain that only the fitter among the population ever see. The first three had a fierce descent of the technical descent of Doan and then they circled around the tranquil shores of Lough Shannagh itself. Then came the sting in the tail, the climb of Carn Mountain. Carn is steep, very steep and hands and knees quickly become the order of the day as the heather becomes thigh deep in places requiring that a careful check for ticks is needed after the race.

Eddie Hanna is a relative novice to mountain racing, but what he might lack in experience, he is making up for in raw talent. This is only Hanna's second serious season in the hills and he is making big progress. He climbed hard and for the first time broke the elastic from McNeilly and reached the summit in front. Smelling the victory, he set off through the bog for home with his piercing eyes almost lifting out of his head with the effort. It was worth it as he sprinted home in 40.49, 13 seconds clear of McNeilly for a famous victory. Cunningham was only a further 22 seconds back in third.

In the ladies' race it was equally close with Shannon coming home first in 57.53, only 24 seconds ahead of Galbraith.

Adam Mitten made it three junior victories in a row to put more pressure on Jonathan McCloy who had seemed to be running away with the series in the first half. Billy McKay made it into the top ten again, an excellent performance for a vet50 and Jim Brown showed further improvement in his fitness coming home 12th. Barry Wells had his best result of the season in 13th to win the vet40 category.

Race organiser Joe McCann wants to send his personal thanks to his four marshals who spent a long time out on the peaks this week – namely Roy Mooney, Jim Johnston and regulars Mark Hanna and Billy McNeilly (whose free range egg sandwiches are eagerly awaited in the pub each week, however, imagine his reaction when he realised that he had forgotten them and that he had to traipse off home from the Spelga Pass and then back to Mary Margaret's Horseshoe Bar near Hilltown – oh, and by the way he also found time to liberate some pigeons on the way). McCann has a unique style of organisation among the eleven different organisers and he brings much amusement throughout the field. Let's just say that he has the art of delegation perfected – after all what more should an organiser be expected to do?

Back to Fr McCann, who by now had settled into Mary Margaret's kitchen where he had gone to cut the sandwiches but was now enjoying a pot of tea with official race timekeeper Frank Morgan. Swiss rolls and jaffa cakes were the order of the evening as the masses crammed into the bar in the next room to await the egg sandwiches.

Meanwhile series sponsor, Marty McMullan of Blue Lough gets fitter as each week passes and has now completed the last four races. He was so confident that he brought along his business partner John Keating for his virgin race of the season and beat him by eight minutes.

Brian Ervine supplies a pair of Walsh Mountain Racing Shoes for the Series winner each year and also sells quite a few pairs over the weeks of the season. This week he was further in luck as one unfortunate runner lost a shoe – 'the bog jumped up, sucked of the shoe and it disappeared never to be found'. Another true story - the runner made it home with one shoe on and one shoe gone. One man's cloud is another's silver lining.

The special prize of the evening went to Gary McLoughlin. This week's prize was a pair of designer glasses specially crafted to help Gary avoid falling whilst climbing. Falling on the descent is quite normal for the sport but to be doing the sort of damage that he has been doing to himself on the climbs is unique. Let's hope the glasses work.

BOGBOY

1. E. Hanna	ACKC	40.49
2. D. McNeilly	N'castle	41.02
3. S. Cunningham	N'castle	41.24
4. G. Bailey	ACKC	44.13
5. D. Woods	ACKC	45.26
6. A. Mitten	N'castle	46.01
7. D. Travers	Armagh	46.30
8. J. McCloy	MidUlst	46.42
9. D. Brannigan	N'castle	46.55
10. B. McKay O/50	Albert	47.00

VETERANS O/40

1. (12) J. Brown	BARF	47.46
2. (13) B. Wells	N'castle	48.10
3. (14) S. Begley	Albert	48.43

VETERANS O/50

1. (10) B. McKay	Albert	47.00
2. (33) P. McGuckin	ACKC	52.32
3. (36) M. Barton	ACKC	53.29

LADIES

1. (62) A. Shannon O/40	N'castle	57.53
2. (65) C. Galbraith O/40	N'castle	58.17
3. (67) H. Cassidy	Physio	58.38
4. (86) B. Brown O/45	ACKC	65.24
5. (86) R. McConville	NDown	65.24

102 finishers

HUTTON ROOF CRAGS RACE

Lancashire

BM/7m/1300ft 28.05.05

1. L. Siemaszko	Borr	47.16
2. D. Kay	Horw	48.04
3. S. Bolland	Bowl	48.10
4. P. Davies	Borr	48.32
5. C. Pass	Wesham	49.24
6. G. Patten O/40	Amble	50.44
7. T. Higginbottom	Eryri	50.57
8. M. Whyatt O/40	Garst	51.12
9. S. Sweeney O/40	Bowl	52.20
10. A. Rowe O/40	Wesham	52.52

VETERANS O/50

1. (94) M. McKenna	Dallam	58.48
2. (84) J. Bircmenough	Bolt	58.52

VETERANS O/60

1. (84) D. Kearns	Bolt	62.02
2. (97) P. Covey	Pudsey	62.15
3. (60) C. Graham	Helm	70.23

VETERANS O/70

1. (86) H. Catlow	CFR	87.01
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LADIES

1. (173) V. Wilkinson	Bing	52.32
2. (139) R. Robinson	Kend	55.57
3. (172) H. Jones	Dallam	59.30
4. (170) N. Davies O/40	Borr	59.44
5. (93) S. Budgett O/40	Horw	61.46



Victoria Wilkinson with a string of men behind her on the way to first lady at Hutton Roof. (Photo Bill Smith)

JUNIORS

U/16 Boys

1. T. Addison	HelmH	18.54
2. R. Jackson	Prest	19.08
3. J. Livesey	Howgill	20.15

U/16 Girls

1. H. Page	Hfx	25.50
2. B. Crewe	Dallam	26.51

U/14 Boys

1. J. Addison	HelmH	21.31
2. J. Dickinson	Kend	23.42
3. A. Anderton	Unatt	30.28

U/12 Boys

1. T. Doyle	HelmH	11.00
2. R. Addison	HelmH	11.04
3. M. Nash	Prest	11.14

U/12 Girls

1. M. Hyder	Dallam	11.58
2. M. Morphet	CFR	14.24
3. L. Appleyard	HelmH	15.16

GT. HAMELDON JUNIOR HILL RACE

29.05.05

1. J. Hare M16	Hfax	25.11
2. N. Gould M13	EChesh	25.59
3. R. ShuttleworthM13	B'burn	26.50
4. C. Andrew M15	Ross	27.51
5. J. Rawcliffe M15	Unatt	27.57
6. M. Nash M12	Prest	28.03
7. B. PageM13	Hfax	29.27
8. R. RobinsonF13	Scun	29.57
9. A. Harrison M13	Prest	31.16
10. S. Richards M12	Pendle	31.26

20 finishers

CADER IDRIS

Gwynedd

AM/10m/3000ft 29.05.04

This year's Cader-Race.co.uk, sponsored by Cader Idris Outdoor Gear, saw a superb entry of 175 competitors in the main event with a large number of runners travelling from as far as Portsmouth and Sussex to undertake the challenge – unfortunately for the second time in three years the weather had other ideas!!

The day was opened by Lord Dafydd Elis-Thomas, race President, and the junior races, sponsored by the Lemon Grass Restaurant, got underway at 11.30. Over 100 children took part in the five races which act as a superb curtain raiser to the main event. In the Fun Run winners' trophies went to Kyle Jones (8) of Bala, in 03.27, and Elin Owen (9) of Dolgellau in 03.41. The under 12 race victory went to Adam Willetts (10) of Bala in 08.42 and Rosie Owen (11) of Dolgellau in 09.54. In the under 14 competition the winner was Adam Bitchell (13) of Aberystwyth in 14.18 with Sarah Thomas (13) of Bala taking the girls' title in 20.18. The under 16 race went to Francis Fitzpatrick (15), who had travelled from the Wirral, in 16.46, with Annie Owen (14) of Dolgellau taking the girls' race in 24.18. The final junior race of the day, the under 18s, which starts with the main race, was won by Ieuan Brooks (16) of Dolgellau in 1.02.24.

With severe South Westerly winds, gusting up to 60 mph on the summit, the committee were forced to shorten the race, with a turnaround point just above Rhiw Gwedydd being used. For the competitors, this brief sortie onto the open ridge gave a taste of what were described by the National Park Wardens as "vicious" conditions on the summit itself, nearly a mile and 1000ft further up.....and to my knowledge no one to date has complained about not getting to race the full course!

Despite this technical hitch the runners' anticipation of the challenge ahead was heightened in the town square by the superb drumming of the Barmouth Samba Band, which really did provide an inspiration for many of those present. In a well fought race the final victory went to Gary Devine, with Dave Taylor in second.

The ladies' race was won by British International Natalie White with last year's winner, Jackie Lee, second.

The £100 bonus to the first runner to beat either the male or female course record will of course still stand in 2006 (NB: the quality of this years field in NO WAY clouded the organiser's judgement on whether to shorten the race or not...honest, it was really windy!)

Graeme Stringer



Gary Devine sprinting hard to maintain first place
(Photo Rod Davies)

1. G. Devine	P&B	1.07.40
2. D. Taylor O/40	DkPk	1.08.47
3. M. Humphries	Stroud	1.10.02
4. S. Gilliland O/40	BroDys	1.10.52
5. D. Jones	Eryri	1.11.14
6. D. Finn	Wells	1.11.47
7. P. Brittleton	Helm	1.12.40
8. A. Smalls	Colwyn	1.12.43
9. A. Haynes O/40	Eryri	1.13.48
10. P. Brittleton	Helm	1.15.11

VETERANS O/50		
1. (25) G. Oldrid	Aberyst	1.20.28

VETERANS O/60		
1. (35) J. Amies	Congle	1.28.30

VETERANS O/70		
1. (152) J. Carson	Eryri	1.54.22

LADIES		
1. N. White	Holmf	1.18.27
2. J. Lee	Eryri	1.20.40
3. K. Burge	Staff	1.21.06
4. A. Bartlett	Shrews	1.25.29
5. M. Price	Unatt	1.31.03

160 finishers

BAMFORD SHEEPDOG TRIALS FELL RACE
Derbyshire
BS/4.5m/1000ft 30.05.05

1. L. Taggart	DkPk	30.09
2. A. Ward	Clowne	30.55
3. R. Bradbury	Bing	33.37
4. S. Bell O/40	DPFR	33.51
5. G. McMahon O/40	Nott	34.01
6. P. Martin O/40	Staffs	34.57
7. A. Jackson	Sheff	35.09
8. D. Ansell	DPFR	35.17
9. R. Keal	N'ham	35.28
10. N. Wallis	DPFR	35.34

LADIES		
1. K. Jones	DkPk	41.36
2. K. Towers O/40	Unatt	42.41
3. D. Allen	Rad	44.00
4. F. Kay	Hallam	44.23
5. P. Peakman	Buxt	50.52

120 finishers

AUSTWICK AMBLE
North Yorkshire
BM/8m/1200ft 30.05.05

On a lovely day with light winds and sunshine, 95 runners registered for the Austwick Amble. The race is part of the Austwick Street Market and so the village

was full of people - about 3,000.

The race began at 1.00pm and the winner came home to great applause in a time only 10 seconds outside the course record.

All finishers seemed very happy with the course and a nice dry route.

Ian Greenhalgh

1. J. Deegan	Amble	49.35
2. T. Mason	Wharfe	49.59
3. R. Pattinson O/40	P&B	50.17
4. L. Athersmith	Skip	50.37
5. M. Brown O/40	Clay	50.53
6. R. Barrett O/40	Skip	51.07
7. K. Gaskell O/40	Horw	52.34
8. C. Seddon	Horw	52.47
9. N. Holding O/40	WPenn	52.38
10. J. Hemsley	P&B	53.04

VETERANS O/50		
1. (24) J. Butler	K&C	57.22
2. (25) J. Adair	Holmf	57.40
3. (40) C. Murphy	Linton	61.55

VETERANS O/60		
1. (57) T. Peacock	Clay	67.40
2. (85) M. McDonald	Bowl	78.58
3. (86) M. Raine	Clay	79.36

LADIES		
1. (41) T. Hird	Wharf	62.18
2. (47) C. Preston O/40	K&C	65.10
3. (48) K. Nash O/40	Prest	65.34
4. (60) A. Carrington		
O/40	Settle	68.30

93 finishers

MYNYDD MYFYR HILL RACE
Shropshire
BS/4m/500ft 30.05.05

A good turn out on an ideal day for running. The winning men's time was down on course record but a new junior record set by Ollie Blake. The race produced a fine new course record from Amanda Wright who sliced minutes off Sarah Hammond's course best.

Doug Morris

1. O. Blake	Oswest	22.08
2. E. Davies O/50	Maldwyn	22.41
3. B. Amesbury O/50	Clwyd	22.46
4. H. Jones O/40	Maldwyn	22.49
5. C. Davies O/40	Buckley	22.50
6. A. Wright	Mercia	22.58
7. C. Harris O/40	Hales	23.07
8. B. Griffiths	Oswest	23.29
9. J. Montgomery O/40	Buckley	23.36
10. P. Whiting O/45	Kend	24.04

VETERANS O/60		
1. (32) T. Mandeville	Wrex	27.10
2. (46) P. Norman	Wrex	29.05
3. (50) A. Todd	Helsby	29.35

LADIES		
1. (6) A. Wright	Mercia	22.58
2. (23) K. Roberts	Helsby	26.22
3. (30) B. Eyke O/40	Oswest	26.58
4. (33) J. Hatton O/40	Shrop	27.14
5. (36) Y. Amesbury	Clwyd	27.38

78 finishers

SURREY HILLS RACES
Surrey
30.05.05

This year was my first as organiser. In future years I will make it even clearer to the road- and X-country-running fraternity that either local knowledge or good map-reading skills are required for these challenging and highly enjoyable races, which are not marked or marshalled.

Pleasingly, this year the 'A' race, with 37 entrants, was almost double last year's; the 'B' race was over 30% up, but the 'C' race was 25% down. Neither the men's nor the ladies' trophies on the 'C' were won by a runner in the 'Open' age class: in fact both winners were in the 50-60 class. Many of the classes were not contested at all, even though there were (potentially) prizes for all of them; and sadly (though understandably) many winners left before the prize-giving at 2.00 p.m. (Next year the prize-giving will be brought forward to 1.30 p.m.)

The only untoward incidents to report are: (1) the

incorrect placing of control No 10. This was, thankfully, put in the right place by another runner; only the first five runners on the 'C' and first two on the 'B' were affected though as they had run the course before they weren't too put off. (2) The temporary disappearance of a runner on the 'A', who was eventually picked up, none the worse for wear, by one of our search parties. (Modern timing technology allowed us to pinpoint his last known location and therefore direct the search very precisely.)

Owing to some nifty car-parking by Jon O'Donnell and team (to whom thanks are due) we managed to get almost everyone on to the little patch of land at the Powell Corderoy School. I would hope to be able to return to the larger Priory School next year (which has the added attraction of proper toilets, changing rooms and showers), if care-taking staff are available.

Thanks also go to Ray (stand-in care-taker at the Powell Corderoy School), Sue Lumas, Chris Robinson and Trish Robinson (registration), Mike Elliot (electronic timing), Karen Farmery, Nicky King, James Morris, Kay and Jeremy Denny, Philip Robinson, Vince Roper, Simon Evans and Kate Thomas (control placement and provision of water), and Mark Rowe (co-organiser on The Nower of the orienteering competition). And thanks to the runners for taking part.

Virginia Catmur (South London Orienteers)

Race A: CL/18/2200ft

1. M. Wilkins	Saxons	2.12.09
2. J. Green	SLon	2.15.50
3. D. High	Croyd	2.16.48
4. A. Doyle O/50	Guild	2.27.16
5. S. Powell O/45	Sthdowns	2.27.16
6. J. Williams O/45	SLon	2.33.46
7. M. Franklin	Sthdowns	2.38.09
8. P. Nixon	SthLon	2.41.26
9. B. Gray	Liss	2.41.34
10. S. Allen O/45	Barnet	2.41.36

VETERANS O/50		
1. (4) A. Doyle	Guild	2.27.16
2. (13) P. Martin	DMVAC	2.46.35
3. (14) J. Wilde	Guild	2.49.51

VETERANS O/60		
1. (18) J. Pratt	Lon	3.00.35
2. (18) B. Harvey	Rane	3.00.35
3. (24) A. Waring	DMVAC	3.12.22

LADIES		
1. (12) B. Handyside	Ind	2.41.44
2. (16) C. Catmur	SLon	2.58.16
3. (26) K. Hanson O/40	SLon	3.20.35

34 finishers

Race B: CL/10m/960ft

1. J. Edwards	Warrior	1.06.48
2. T. Hart	Ind	1.06.52
3. T. Frost	SNav	1.10.18
4. G. Walford O/40	Thames	1.10.55
5. T. Norton O/45	EKent	1.11.25
6. M. Farmery O/50	THH	1.12.11
7. G. Francis O/40	Sheen	1.12.15
8. J. Block	Ind	1.12.32
9. P. Whiston	Croyd	1.12.50
10. S. Rollins	BritArmy	1.13.02

VETERANS O/50		
1. (6) M. Farmery	THH	1.12.11
2. (17) A. Leakey	SLon	1.20.31
3. (18) J. Wilkins	Saxons	1.21.00

LADIES		
1. (10) S. Rollins	BritArmy	1.13.02
2. (30) J. Parry-Jones	Ind	1.45.49
3. (35) S. Covey-Crump	SLon	1.54.27
4. (40) J. McEwan	Ind	2.26.48

41 finishers

Race C: CL/6m/575ft

1. P. Heywood O/60	Mole	59.12
2. R. Marshall O/55	Elm	1.00.45
3. J. O'Donnell	SLon	1.01.04
4. S. Brockbank O/55	Croyd	1.01.55
5. M. Mullarkey O/55	Elm	1.03.52
6. M. Bava	SLon	1.06.26
7. N. Saker O/55	SLon	1.06.31
8. A. Jacob O/40	Ind	1.07.45
9. P. Hermolle O/60	Ind	1.13.38
10. K. Humphrey O/45	Ind	1.13.55

LADIES		
1. (5) M. Mullarkey O/55	Elm	1.03.52
2. (6) M. Bava	SLon	1.06.26
3. (11) K. Vyvyan-Robinson	SLon	1.22.32

14 finishers

ROMBALDS MOOR FELL RACE
West Yorkshire
BS/3m/700ft 31.05.05

Gyrating to the pop chart sounds of 'Amarillo' as he soaked up a rousing reception along the home straight, Wharfedale's 'man of many noble parts' Ted Mason set a new record for the race from Skipton's Shortbank housing estate around the summit of the neighbouring Rombalds Moor. The dry fast conditions no doubt contributed to the new best time, and runner up, Robin Lawrence, also finished inside the previous best which he himself had established last year. A particularly fine effort for 3rd came from 17 year old Harry Coates - 2nd round the top - and he duly took the incorporated under 18 award.

There was a new record too in the senior women's event as the defending Sarah Glover improved upon her previous best figures to finish clear of runner-up, Katie Nash, with under 18 winner Samantha Morphet in third.

In the lower age group events - all run separately - Skipton's Luke Maude and Claire Lilley led the way in the boys' and girls' under 16 races; Bingley's Oliver Webster and Skipton's Rebecca Lambson performed impressively, likewise in the under 14's and Preston's Matthew Nash and new England international Melanie Hyder from Dallam, galloped majestically to victory in the respective under 12 events.

Adding to another cracking show were sprints, cycle-dash and 'blades blitz' - which might not have gone down too well in the 'health and safety' stakes, but provided considerable excitement for the large enthusiastic crowd. And, despite no corporate sponsorship of any form - the generous contributions of supporters, and competitors amassed a splendid total £1426.88 for 'Candlelighters', fighting children's cancer and leukaemia at Leeds St James Hospital.

Roger Ingham

1. T. Mason	Wharf	18.47
2. R. Lawrence	Bing	19.04
3. H. Coates U/18	Skip	19.19
4. S. Thompson	Clay	19.35
5. S. Webster U/18	Bing	19.38
6. I. Greenwood O/40	Clay	19.54
7. J. Pawson U/18	Skip	19.59
8. B. Lonsdale	Settle	20.04
9. S. Hunn U/20	Skip	20.08
10. L. Athersmith	Skip	20.11

VETERANS O/50

1. A. Robinson	Clay	21.59
2. B. Scholes	Settle	24.41
3. P. Jagan	Bing	26.07

VETERANS O/60

1. G. Breeze	Skyrac	25.09
2. N. Berry	Holmf	27.41
3. G. Arnold	Prest	31.08

LADIES

1. S. Glover	Skip	24.06
2. K. Nash	Prest	26.41
3. S. Morphet U/18	Cumber	27.29
4. M. Jagan	EPOC	27.56
5. L. Whittaker	Wharf	29.08

INTERMEDIATES

1. S. Hunn	Skip	20.08
2. D. Walmsley	Skip	21.19
3. S. Watson	Wharf	22.23

JUNIORS

Under 16 Boys

1. L. Maude	Skip	11.13
2. B. Morphet	CFR	11.36
3. S. Athersmith	Skip	14.09

Under 16 Girls

1. C. Lilley	Skip	12.27
2. H. Page	Hfx	13.11
3. A. Lilley	Skip	13.21

Under 14 Boys

1. O. Webster	Bing	6.54
2. M. Fretwell	Settle	7.03
3. T. Sessford	Kghly	7.15

Under 14 Girls

1. R. Lamson	Skip	8.35
2. E. Thompson	Pendle	8.47
3. R. Thompson	Pendle	9.18

Under 12 Boys

1. M. Nash	Prest	6.20
2. H. Sessford	Kghly	6.43
3. C. Nash	Prest	6.45

Under 12 Girls

1. M. Hyder	Dallam	6.28
2. E. Throup	Wharfe	7.02
3. A. Fretwell	Settle	7.13

CHEVIN FELL RACE
West Yorkshire
AS/3.5m/ 900ft 01.06.05

After a day of intermittent rain, sometimes heavy, the 114 starters were set off in dry but humid weather.

Previous winner, Gary Devine, obviously found this to his liking and by the summit of Surprise View, was 19 seconds ahead. Surprise View is aptly named as you have magnificent views over Lower Wharfedale when approached from the south. For each runner, there is no surprise as a 900ft climb, almost vertical up the steps, would provide a view anywhere.

But, back to the race! Gary must have stepped off the gas as Karl Gray caught him then overtook him on the notorious cobble finish, to beat him by seven seconds. A new name on the trophy but a familiar pattern in the teams. My thanks to the many Pudsey & Bramley, and Pudsey Pacer, runners who swell the ranks (and also win many of the prizes).

In the ladies, Helen Sedgwick bided her time and overturned a six second deficit at the summit to run out the winner by 30 seconds from clubmate, Helen Dawe.

The race is sponsored by Clearview Windows of Otley with support (reciprocated) from the Red Lion Pub and this enables Skyrac AC to give a total of 29 individual and two team prizes, as well as annual trophies for winners, plus 1st local (for the 6th year this was Jason Hemsley).

My thanks to all runners for their continued support and also to the marshals and our regular timekeepers, Dave & Eileen Woodhead.

Neil Clayton

1. K. Gray	CaldV	18.13
2. G. Devine	P&B	18.20
3. R. Pattinson O/40	P&B	19.12
4. J. Hemsley	P&B	19.27
5. N. Bourke	P&B	19.35
6. Neil Armitage	PudPac	19.51
7. J. Aylword O/40	P&B	19.56
8. Nigel Armitage	PudPac	20.03
9. S. Barker	Unatt	20.06
10. G. Pearce	Ilk	20.08

VETERANS O/50

1. (26) J. Wheldon	PudPac	22.01
2. (29) J. Butler	Kghly	22.08
3. (54) H. Atkinson	Bing	24.29

VETERANS O/60

1. (72) B. Wade	Holm	25.53
2. (75) P. Robinson	Otley	26.05
3. (107) L. Wood	Unatt	31.29

VETERANS O/70

1. (98) P. Duffy	NthnV	30.02
2. (114) B. Thompson	Arient	38.46

LADIES

1. (35) H. Sedgwick	Ilk	22.43
2. (44) H. Dawe	Ilk	23.13
3. (58) K. Marrison	WyeV	24.41
4. (60) A. Austin	LeedsMet	24.49
5. (65) H. Williams	Unatt	25.12

114 finishers

HOTFOOT UP FAMAU FELL RACE
Clywd
AS3.5m/1200ft 01.06.05

After weeks of clear skies and hot weather, things were looking good for the first race in the newly established summer series entitled the Clwydian Summer Trots. And then - the course was marked out, the entries team awaited the first runner and a thick cloud of mist decided to descend upon Moel Famau - was this the first in a series of adverse events of the kind which go through the heads of race organisers during the sleepless nights before a new race? Where on earth was that number for the North East Wales Mountain Rescue? Fortunately more marshals were available to be press-ganged into service, no one went astray and a good time was had by all. Local runners Tim Higginbottom and Dawn Urquhart were clear winners of the men's and ladies' races and good support came from several clubs with seven runners each from Buckley, Pensby, Tattenhall and Wrexham!

Martin Cortvriend

1. T. Higginbottom	Eryri	36.08
2. I Houston	Wrex	37.39
3. S. Jones O/50	Eryri	38.46
4. J. Montgomery O/40	Buckley	40.12
5. A. Tibbetts	Wrex	40.18
6. S. Jones	Wrex	40.52
7. S. Bellis O/50	Wrex	41.29
8. C. Ashley O/40	Wrex	41.31
9. B. Amesbury	Clwyd	41.43
10. P. Ellis	Wrex	42.19

VETERANS O/60

1. (29) P. Jones	Prestat	49.45
2. (36) M. Edwards	Wrex	52.13
3. (47) B. Evans	Eryri	58.48

LADIES

1. (22) D. Urquhart	Buckley	47.18
2. (40) C. Howard O/40	Tatten	53.47
3. (43) A. Smith	Tatten	56.56

55 finishers

BLENCATHRA FELL RACE
Cumbria
01.06.05

1. R. Lightfoot	Ellen	01.16.12
2. K. Hagley O/40	SWRR	01.16.15
3. A. Beaty O/40	CFR	01.16.57
4. M. Denham-Smith	Kesw	01.17.07
5. D. Spedding O/60	Kesw	01.17.43
6. D. Ward	CFR	01.21.10
7. S. Bennett O/40	Eden	01.23.25
8. K. Hill	Kesw	01.23.37
9. B. Houghton	Eden	01.23.39
10. D. Ferguson O/40	Kesw	01.23.41

VETERANS O/50

1. (14) P. Blanchard	Eden	01.24.37
2. (30) T. Nichol	Unatt	01.32.55
3. (36) C. Knox	Kesw	01.39.21

LADIES

1. (16) K. Beaty O/45	CFR	01.25.07	
2. (34) M. Mackenzie	O/45	CFR	01.37.10
3. (38) J. Fletcher	Borr	01.40.54	
4. (39) S. Lewsley O/50	Kesw	01.41.18	

43 finishers

CALVER PEAK FELL RACE
Derbyshire
BS/5m/900ft 01.06.05

Despite gloomy weather, a record field turned out for this year's event. The course was in good shape and some fast times were recorded, records being broken in a number of categories including MV40, MV50 and FV50. Rob Baker ran away from the field to win the race, but was outside Tim Austin's course record set the previous year.

Many thanks to all those who helped and made the event such a success. Particular thanks go to the registration team, the marshals and all those who helped with setting up, providing medical cover, organising drinks etc. Special thanks must also go to Outside (Mountain Shops) for once again providing excellent prizes and the Derwentwater Arms for providing such a good venue and allowing access to their facilities.

All proceeds will go to support local events and activities in the coming year.

Many thanks to all for making the event possible and enjoyable and we look forward to seeing you all next year!

Pete Grover & Matt Boyes

1. R. Baker	DkPk	31.21
2. A. Middleditch	DkPk	32.20
3. S. Gregory O/40	HolmeP	32.27
4. R. Patton	DkPk	32.37
5. L. Banton	Clowne	33.09
6. C. Sellens	DkPk	33.24
7. M. Fanning	Borr	33.47
8. P. Hodges	DkPk	34.39
9. M. Robinson	DkPk	34.57
10. M. Saunders O/40	MDC	35.07

VETERANS O/50

1. (16) K. Holmes	DkPk	36.20
2. (29) M. Moorhouse	Mat	38.35
3. (30) N. Oxley	Sheff	38.38

VETERANS O/60		
1. (116) T. Platts	Clowne	50.29
VETERANS O/70		
1. (131) G. Richardson	Clowne	62.28
LADIES		
1. (44) M. Hart	DkPk	40.33
2. (57) J. Griffiths O/40	DkPk	42.16
3. (63) J. Searle O/40	DkPk	43.08
4. (69) F. Kay O/40	Penn	44.00
5. (70) M. Edgerton O/40	Penn	44.00

132 finishers

KETTLESHULME VILLAGE FELL RACE Derbyshire BM/6m/850ft 01.06.05

After a bright sunny day the previous day, race day dawned very wet and windy. All the team got thoroughly soaked marking out the course but by 6.00 p.m. the rain had cleared and we were treated to a decent evening for the race. 161 runners turned out.

Lloyd Taggart led almost all the way and finished in a time of 37.18, which is a new course record. Malcolm Fowler, who must have been having an off day, came in second over a minute behind in a time of 38.36.

First lady was last year's winner Cecilia Gresley, in 44th place, in a time of 46.54.

The race went off very smoothly and we had no complaints from any of the runners. Most of them thanked the marshals that were on the various stiles and road crossings. Four locals turned out for our local cup. One man who always runs in both our races is in his early 50s and has no proper running gear. Last year he came straight from work and ran in a pair of hob nail boots. All the 161 starters finished.

Alan K. Boothby

1. L. Taggart	DkPk	37.18
2. M. Fowler O/40	Chesh	38.36
3. G. Cudahy	Stock	38.50
4. C. Heys	Horw	40.29
5. T. Wild	Macc	40.35
6. E. Gamble	Chesh	40.55
7. C. Fray O/45	Chesh	41.35
8. S. Haylock O/45	Stock	41.40
9. V. Booth O/40	Traff	41.46
10. P. Taylor O/45	Ross	42.07

VETERANS O/50		
1. (28) B. Blyth	Macc	44.50
2. (33) M. Jones	Altrin	45.50
3. (39) F. Fielding	Pen	46.20

VETERANS O/60		
1. (62) P. Roberts	Buckley	48.37
2. (68) G. Burgess	Altrin	49.04
3. (88) C. Ardron	Macc	52.15

LADIES		
1. (44) C. Gresley O/45	Chesh	46.54
2. (64) E. McGuire	Stock	48.50
3. (100) C. Chapman	Unatt	53.18
4. (104) K. Taylor O/45	Ross	53.40
5. (113) A. Leonard O/40	M'chester	54.45

161 finishers

ROCKY - HILL & DALE SERIES Mourne Mountains 02.06.05

Leitrim Lodge on the Hilltown to Rostrevor Road is a beautiful location. It is on the edge of the valley between Rocky Mountain and Kilbroney Forest, which stretches from there to Rostrevor. A small copse of trees with picnic area forms race HQ for the 9th race of the 2005 Hill & Dale series.

At this time of year it is also plagued with midges. There are literally millions of the little beasts that descend and bite to leave that dreadful itch that seems to be worse 24 hours later. It wasn't to be a problem this year, at least at the start, because just as race time approached the heavens were opening and the rain that we have got so used to this spring started again.

The wind was also up and after the initial steep climb of Rocky Mountain, 800 feet, with Eddie Hanna reaching the summit in less than ten minutes, the runners turned for Pearse's Castle via Tournaman Rock into the teeth of the gale and the driving rain. To add to the melting pot, the ground was saturated and many stories came back of runners up to the waist in the bog - firm ground was hard to find anywhere on the course. Summer - where is it?

112 runners this week and now with two races to do there are still a possible 128 competitors who could complete the minimum six in the Series to gain the Series prize - 260 different runners have competed in at least one of the 9 races so far.

Meanwhile back at the sharp end, Kerry Harty has won four of the opening 8 races with her nearest rival being club mate Alwynne Shannon with two victories and Anne Sandford and Cathy McCourt winning the other two races. This meant that if Harty could beat Sandford tonight and make it 5 wins with two races to go, she would be very unlikely to be caught.

As the rain poured down, race organiser Damien Brannigan urgently drafted in timekeeper Aidan Austin to start the official watch and set the runners off - Austin was also a godsend to Paul Mawhirt later as his umbrella kept the poor lad as dry as possible as he scribed the results at the finish line. Harty set off at break neck speed and as the climb of Rocky steepened, she was still climbing strongly. Father Joseph McCann asked her if she was having a laugh. McCann and club mate Mark Kendall had run in the 'flat' ECOS 5-mile road race in Ballymena the previous evening finishing 14th and 17th respectively. Now the former was under pressure from the leading lady.

Sandford continued to climb strongly but reached the summit already more than 30 seconds down and under real pressure to try and catch Harty. Behind, Clare Galbraith was also running well in third place. Last year Sandford had headed Harty until literally the home straight until Harty's fast finish won the day. This year, no matter how hard she tried, she could not get back onto terms and left Harty to come home in front in 30th place overall in 41.31, only 28 seconds outside her own record, but a better run given the very wet and windy conditions. Sandford secured second one and a half minutes back with Galbraith third another two minutes back.

The men's race was wide open with the McKibbens and McNeilly absent. It was Eddie Hanna who pulled slightly away from the field on the climb of Rocky to reach the top in 9.45 ahead of Stevie Cunningham and Gary Bailey. Hanna, winner of last week's race, was running strongly and established a good lead by the top of Pearse's Castle and by Altataggart seemed like the clear winner. However, turning at summit marshal Mark Hanna, rather than find the shortest route back to the main track, he set off alongside the forest wall over the rougher ground. Cunningham, seeing his opportunity, strode quickly to the track and put to good use the track training that he has been doing and literally sprinted down the one and a quarter miles to the finish.

Shell struck, Hanna eventually reached the track to find himself relegated to second place and could do nothing to catch Cunningham, who raced home to his first victory of this year's Series. A fast-finishing Bailey came home in third only 16 seconds down on Hanna.

Adam Mitten is making a serious race of the junior category. His rival, Jonathan McCloy, won four of the first five races, but tonight Mitten made it three wins in a row with two races to go - anyone's title. The measure of Mitten's improvement is that he finished 41st in race one in Castlewellan and 9th tonight.

Jim Brown continued his challenge for the Vet 45 title beating Dominic McGreevy, whilst Billy McKay was again the easy winner of the Vet 50 category. Des McHenry and John Adgey were respective winners of the Vet 55 and Vet 60 categories.

BOGBOY

1. S. Cunningham	N'castle	34.12
2. E. Hanna	ACKC	34.32
3. G. Bailey	ACKC	34.48
4. R. Rodgers O/40	N'castle	35.43
5. D. Woods	ACKC	35.57
6. D. Travers	Armagh	36.29
7. A. Niblock	ACKC	36.53
8. D. Brannigan	N'castle	37.06
9. A. Mitten	N'castle	37.08
10. E. McCrickard	N'castle	37.13

VETERANS O/50		
1. (17) B. McKay	Albert	39.15
2. (35) P. McGuckin	ACKC	42.18
3. (37) D. McHenry	Willow	42.23

VETERANS O/60		
1. (82) J. Adgey	ACKC	46.49

LADIES		
1. (30) K. Harty	N'castle	41.31
2. (43) A. Sandford O/40	N'castle	43.03
3. (60) C. Galbraith O/40	N'castle	45.07
4. (70) H. Cassidy	Physio	45.46
5. (97) B. Brown O/45	ACKC	50.41

111 finishers

BEACON HILL FELL RACE Northumberland AS/5.75m/1500ft 02.06.05

Talented Nick, the winner, was one of four local young lads having a go on the fells. There was a new ladies' record with Hannah taking nearly four minutes off the old record.

R. Hays

1. N. Swinburn U/18	NFR	50.13
2. M. Donnelly	NFR	50.43
3. C. Stead	NFR	52.11
4. M. Jeffrey O/40	NFR	52.12
5. D. Armstrong O/40	NFR	52.38
6. K. Wood O/40	Saltwell	52.49
7. W. Horsley	NFR	53.03
8. M. Adams	Heaton	53.27
9. L. Williamson U/18	Unatt	54.50
10. H. Wooton Lady	NSP	54.53

VETERANS O/50		
1. (18) N. Cassidy	Tyne	58.32
2. (20) M. Bennet	Elvet	58.51
3. (28) J. Dallinson	NFR	62.53

VETERANS O/60		
1. (39) K. Rawlinson	NFR	71.26
2. (48) J. Garbarino	NFR	80.04
3. (50) M. Sanderson	NFR	81.31

VETERANS O/70		
1. (55) D. Wright	Tyne	89.41

LADIES		
1. (10) H. Wooton	NSP	54.53
2. (23) J. Mooney	Morpeth	59.46
3. (24) K. Robertson	NFR	60.36
4. (26) L. Wilkinson	NFR	61.08
5. (33) R. Vincent	Tyne	65.08

56 finishers

WINCLE TROUT RACE Cheshire CS/5.5m/500ft 04.06.05

Despite poor weather 169 runners from all over England, and four from the Netherlands, descended on Wincle on 4 June for its unique annual Trout Run - in which every runner gets a fresh trout. Vicky Skelton, a regular from North Devon, Tony and Joanne Goodier from Doncaster, and the three Tom brothers from Holland were among those who joined many local runners for the start of this demanding 9 km (5.5 mile) fell race. The runners had to wade through the Dane, endure 900 feet of gruelling climb and descend steeply down from Hanging Stone back to Danebridge to qualify for their trout. Lloyd Taggart, of Dark Peak Fell Runners, and who currently lies in fourth place in the British Fell Running Championships, was overall winner in 33:04. Second placed and male veteran winner, Stephen Pyke from Staffordshire Moorlands AC, came in 2 ? minutes later. It was the second time Lloyd has won this race. On this occasion he was presented with the new, trout-shaped trophy, donated this year by Danebridge Fisheries.

Winners of the team trophy were Staffordshire Moorlands A.C., with 2nd, 3rd, 17th and 22nd place.

Junior Race

Seventeen 10 to 15 year olds also had to wade through the Dane to earn their medals in the 3km junior race. Race winner was Nick Todd from Bristol in 13:44. First girl was Hannah Hills of Macclesfield Harriers in 16:57.

Many thanks to Boalloy Running Club for providing most marshals and the sweep runners.

Next year's Trout Race will be on June 3rd. Put it in your diary now.

Alan Weeks

1. L. Taggart	DkPk	33.04
2. S. Pyke O/40	StaffsM	35.42
3. C. Jeffrey	StaffsM	35.55
4. A. Poirette	Unatt	35.56

LADIES		
1. (27) E. McGuire	Stockp	42.45
2. (42) V. Skelton	NDevon	44.57
3. N. Le Good O/40	Macc	45.01

169 finishers

DUDDON VALLEY FELL RACES Cumbria 04.06.05

Long Course AL/20m/6000ft

There was one of the best turnouts for several years with 117 runners for the strenuous 20 mile, 6000ft ascent long race and 32 runners for the 11 mile 3000ft 'short' race and the starts were delayed ten minutes to allow all entries to be dealt with. The weather was less co-operative and low cloud remained on the fell tops throughout the day making navigational skills a premium.

There was a very close finish to the men's race with Andrew Schofield making up two places on the descent of Caw to claim the race in a time of 3.13.20, just ahead of Paul Thompson and Mark Hartell (first V40).

In the women's race Ilkley clubmates, Nicky Jaquiere & Heather Dawe, finished together in a time of 4.58.28.

The short race was won by Kevin Hagley and Hazel Jones won the women's race and amongst the prize winners was fell racing legend, Joss Naylor, who won the V60 prize.

The evening concluded as usual with a music night at the Newfield Inn.

James Goffe

1. A. Schofield	Borr	3.13.20
2. P. Thompson	Clay	3.13.38
3. M. Hartell O/40	Maccle	3.13.57
4. G. Bland	Borr	3.17.40
5. D. Duxbury	Amble	3.35.18
6. L. Warburton O/40	Bowl	3.38.19
7. R. Mellon	Bowl	3.52.05
8. S. Watts O/40	Maccle	3.52.10
9. K. Holmes O/50	DkPk	3.52.43
10. T. Laney O/40	Unatt	3.53.22

VETERANS O/50

1. (9) K. Holmes	DkPk	3.52.43
2. (11) P. Clark	Kendal	3.55.19
3. (27) I. Cowie	Mercia	4.37.29

VETERANS O/60

1. (46) D. Lucas	Roch	5.03.07
2. (83) J. Ely	CFR	5.39.24
3. (87) T. Smith	Tod	5.54.52

LADIES

1. (21) J. Lee	Eryri	4.18.40
2. (37) N. Jaquiere	Ilk	4.58.28
3. (37) H. Dawe	Ilk	4.58.28
4. (40) R. Cash	Borr	5.00.29
5. (54) A. Eagle O/40	Ilk	5.06.36

89 finishers

Short course AM/11m/3000ft

1. K. Hagley O/40	SWRR	1.46.14
2. P. Johnson	Unatt	1.46.17
3. T. Bridgeland	Unatt	1.49.04
4. S. Storey O/40	DkPk	1.49.53
5. A. Heaton O/40	Bowl	2.03.46
6. A. Young	Amble	2.04.09
7. N. Holmes O/40	Tatten	2.05.03
8. H. Jones	Dallam	2.05.53
9. M. Gibbison O/40	Bowl	2.05.58
10. M. Meadowcroft	Dallam	2.06.14

VETERANS O/50

1. (11) P. Booth	Clay	2.07.08
2. (12) M. Laney	Clay	2.07.53
3. (13) P. Brooks	ColwynB	2.09.32

VETERANS O/60

1. (20) J. Naylor	CFR	2.23.53
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LADIES

1. (8) J. Jones	Dallam	2.05.53
2. (12) M. Laney O/50	Clay	2.07.53
3. (17) A. Brockington	DkPk	2.23.35
4. (19) E. Aspden	Dallam	2.23.50
5. (23) L. Buck O/40	CFR	2.29.10

29 finishers

KNOCK HILL RACE Aberdeenshire BS/8.5m/1000ft 04.06.05

The Knock Hill race normally consists of a road race plus the hill, running from the village of Cornhill to the top of the Knock Hill and back, a distance of over 8 miles. This year, however, we had atrocious weather all week rendering the hill far too dangerous to allow

runners on. This resulted in the race being curtailed to the road only, a distance of 6.8 miles.

There were 37 runners, ages ranging from 11 to 67. It was a successful day for a local girl, Charlotte Runcie aged 11, who was the first lady home, the first under 16 girl, the first under 13 girl and also the youngest to finish the race.

Maureen Hay

1. J. Whittett	Huntly	37.18
2. S. Reeve O/40	Keith	39.48
3. A. Reid	Alvah	39.49

LADIES

1. C. Runcie	Cornhill	54.55
2. L. McAllen	Knock	55.24
3. A. Gatienby	Aberch	63.27

BOYS U/16

1. G. Rodger	Roth	58.23
2. N. Forrest	Aberch	59.59

37 finishers

WHARFEDALE MARATHON N. Yorks CL/26m/2600ft 04.06.05

Jonathan Aylward produced a very strong finish to win the 3rd Wharfedale Off Road Marathon in wet and windy conditions. The recently turned vet 40 proved to strong for Mike Davies on the final descent into Threshfield, making up for his 2nd place finish last year. Last year's winner and course record holder, Les Hill, was 3rd, but found the conditions very tough from Arncliffe to Malham Tarn on this most scenic of courses.

Carolyn Hunter-Rowe had a welcome return to form breaking the course record in a time of 3.43.04 for 5th place overall. Alison Bogie 2nd with last year's winner, Cath Worth, 3rd. Local runner and previous course record holder Karen Chown ran well to finish a close 4th.

Thankyou to The Complete Runner for sponsoring all the prizes in both races.

Michael Hawkins & John Heseltine

1. J. Aylward O/40	P&B	3.12.33
2. M. Davies	UWFR	3.12.50
3. L. Hill O/45	Dumfries	3.22.33
4. G. Lewis	Unatt	3.42.04
5. C. Hunter-Rowe O/40	Dumfries	3.43.04
6. N. Hill O/40	Dumfries	3.47.45
7. M. Robins O/45	ChapAll	3.51.45
8. D. Egan O/50	Totley	3.53.30
9. J. Thornton O/55	Shelt	3.58.02
10. D. Thornton O/45	Shelt	3.58.02

VETERANS O/60

1. (33) B. Wilkes	Valley	5.03.50
2. (39) A. Ratcliffe	K&C	5.30.02

LADIES

1. (5) C. Hunter-Rowe O/40	Dumfries	3.43.04
2. (12) A. Bogie	ChapAll	4.00.29
3. (19) C. Worth O/45	NYorks	4.09.11
4. (20) K. Chown	Skip	4.10.28
5. (28) K. Boobyer	P&B	4.36.08

42 finishers

Half Marathon CL/13m/2300ft

1. R. Barrett O/40	Skip	1.42.20
2. S. Jones	Wrex	1.52.34
3. J. Croome	Exm	1.56.04
4. D. Ackroyd O/55	Ilk	1.56.37
5. D. Askew O/40	H'gate	1.57.12
6. R. Fairburst O/40	K&C	2.03.32
7. F. Hardie O/40	K&C	2.03.32
8. M. Bolton O/45	Baild	2.04.28
9. J. Eyre O/50	Baild	2.04.09
10. K. Malone	Unatt	2.04.47

VETERANS O/60

1. (22) P. Lambert	Valley	2.12.18
2. (28) J. Blundell	Valley	2.15.07

LADIES

1. (14) G. Cook O/45	Unatt	2.08.32
2. (18) S. Goodchild	M'chester	2.11.35
3. (23) L. Croome	Exm	2.12.57
4. (34) J. Haigh O/45	Unatt	2.27.32
5. (41) B. Owens O/40	Unatt	3.03.10

46 finishers

GLAS TULAICHEAN UPHILL RACE Scotland

AS/4.5m/2200ft 04.06.05

For the tenth running of the event high winds and torrential showers alternated with warm sunshine, so times were mostly a minute or two slower than usual. Nevertheless there were no drownings and everyone finished in good form. Our loyal customer Ben Preece even established a record for M60. The first four finishers hope to represent Scotland in the World Championships in New Zealand later this year.

Thanks once again for Simon Winton and Steven Halliday's invaluable help. To Iain and Scott for marking the course. Thanks to Dundee Hawkhill for food and help. Kate Kitchin and Robin Morris braved the elements to time-keep, and lots of other good folk helped out.

I enjoy offering the event but could do without the hassle of folk arriving after entries close. This compromises our safety procedures and is a source of anxiety for the organiser.

I will try again in 2006 provided that helpers can be found to mark the course.

Martin

1. I. Donnan	Lothian	35.31
2. S. Fraser	Lothian	38.49
3. R. Quinn	Kilbarchan	39.25
4. L. Wilson	Carn	42.53
5. D. Riach	W'lands	44.40
6. N. Arnott	Lochaber	44.59
7. C. Hutt	Ed'burgh	45.18
8. D. Armitage O/50	Cosmic	45.48
9. D. Hanlon O/45	Dundee	46.25
10. C. Love	Dundee	46.40

VETERANS O/50

1. (8) D. Armitage	Cosmic	45.48
2. (12) S. Dempsey	Lothian	47.04
3. (19) D. Sullivan	Dee	52.34

VETERANS O/60

1. (16) B. Preece	Dee	49.31
2. (26) C. Love	Dundee	56.51

LADIES

1. (4) L. Wilson	Carn	42.53
2. (17) H. Murray O/40	Lothian	49.49
3. (20) J. Salvona O/45	Lothian	53.21
4. (24) C. Miller	W'lands	56.05
5. (27) M. Ewing O/45	Lothian	57.09

36 finishers

KELBROOK FELL RACE Lancashire BS/3.4m/700ft 04.06.05

This was the third running of the race over the new more demanding course. The ground and weather conditions were not conducive to a record breaking race with it being wet and slippery underfoot with a brisk south westerly wind. The entry was disappointing with only 75 entries and 74 finishers.

The men's race was a closely fought affair with Mathew Tickle finally out pacing Neil Worswick. Tony Chew was a close third and the first vet finisher. The winning time was 22.50, which is over one minute outside of the course record.

Anna Kelly led a trio of Clayton ladies to the first three positions in the ladies' race and was also the first lady vet finisher. The winning time was 26.37, which is one minute outside of the course record.

As is normal for this race the marshalling was first class, thanks to a loyal band of village helpers. Peter and Barbara Myers supplied the drinks at the end of the race and a personal 'leg wash'.

The race committee will be making donations to local good causes from the generosity of sponsors and the race receipts.

Ian Ramsay

1. M. Tickle	Horw	22.50
2. N. Worswick	Clay	23.04
3. T. Chew O/40	Clay	23.21
4. A. Preedy	Ross	23.35
5. M. Goldrick	Settle	23.51
6. S. Haggerty	Ryde	24.05
7. J. Butler O/50	Kghly	24.21
8. G. Shaw	Clay	24.28
9. A. Robinson O/50	Clay	24.34
10. C. Balderstone O/40	Clay	24.39

VETERANS O/60

1. (32) T. Peacock	Clay	30.06
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2. (47) N. Dyson	NYM	33.32
3. (53) D. Grimes	Clay	35.02

LADIES

1. A. Kelly O/40	Clay	26.37
2. T. Mitchell	Clay	27.01
3. A. Smith	Clay	29.01
4. K. Hall	Wharf	30.18
5. L. Whittaker O/40	Wharf	31.29

74 finishers

RAS MYNYDDOEDD 1000m. 2005 Wales AL/22m/8000ft 04.06.05

Following a few years of relatively good weather, Snowdonia threw a range of conditions at the competitors this year. There was a good pea-souper on the Carneddau, the most navigationally challenging part of the route, followed by a (very) brief spell of sunshine and then rain and wind. This got more and more enthusiastic until the poor sodden marshes at the finish (Snowdon Summit) had to take refuge in the cafe to avoid hypothermia and papier mache results!

The marshals and officials do a great job in this race, staying out for hours in all weather without the benefit of much movement to keep them warm, so well done to all of you. Well done to all competitors too; there were three new race records this year, all in the short fell race (Ogwen start). They were: MV40 Dai Richards (2:08:51), MV50 Andrew Middleton (2:35:24) and LV50 Maggie Oliver (2:29:45).

The winner of the long course (Aber start) was Jonny Whitaker, with M50 winner Cedric Clemerson and M60 winner Dewi Sinclair. Natasha Fellowes was first lady and the LV50 winner was Elizabeth Rocke.

Eryri swept the board in the short course, the winner being Dylan Owen and the MV50 winner Mike Blake. First lady was Stel Farrar and first LV50 Maggie Oliver who set a new record (see above).

In the mountaineers class (Aber start, wearing boots) Elizabeth Hawker beat all the men to first place, and the first man was Gethin Ellis. The short mountaineering race was won by Dai Richards and first lady was Gill Rostron.

Natasha Fellowes

Aber start - Fell Race

1. J. Whitaker O/40	4.43.45
2. H. Jones	4.46.07
3. G. Jones	4.49.36
4. C. Clemerson O/50	4.56.02
5. S. Ellis O/40	5.09.41
6. S. Cash	5.12.09
7. M. Fortes	5.14.52
8. I. Lancaster O/40	5.21.35
9. A. Wood O/40	5.27.13
10. N. Craine O/40	5.30.11

VETERANS O/50

1. (4) C. Clemerson	4.56.02
2. (15) M. Hale	5.50.00
3. (17) P. Parker	5.57.30

VETERANS O/60

1. (25) D. Sinclair	6.17.19
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LADIES

1. (11) N. Fellowes	5.32.59
2. (23) L. King	6.13.33
3. (30) A. Northcott	6.24.34
4. (34) L. Davis	6.43.30
5. (35) R. Harrison	6.47.22

47 finishers

Ogwen start - Runners

1. D. Owen O/40	1.53.06
2. M. Blake O/50	2.03.17
3. A. Lewis	2.03.45
4. J. Bennell O/50	2.04.32
5. G. Spencer O/50	2.04.42

28 finishers

Ogwen Start - Mountaineers

1. D. Richards O/40	2.08.51
2. I. Jones	2.22.21
3. N. Davies O/40	2.27.45
4. I. Penny	2.30.42
5. J. Jones	2.35.18

37 finishers

Early start - Mountaineers

1. P. Mainprize	7.55.43
2. J. Moran	8.01.20
3. P. Kenny	8.19.54
3=T. Atkin	8.19.54

15 finishers

Aber start - Mountaineers

1. E. Hawker Lady	6.36.10
2. G. Ellis	6.52.02
3. A. Wooderson O/40	6.58.35
4. J. Rees O/50	7.09.10
5. T. Pickup O/40	7.20.00

18 finishers

SADDLEWORTH FELL RACE Lancashire AS/3m/950ft 05.06.05

Well, I've competed in this race a fair few times, helped out on the day in recent years, but this was my first attempt at organising the race. So I had my usual organiser's tick list - letters to landowners, acquiring prizes and press-ganging family and friends and fellow Saddleworth runners into helping on the day. And it all went amazingly smoothly. All the 49 runners who set off came back unscathed, no mean feat with the steep descent from Pots & Pans slightly greasy from the drizzle the previous evening. Even the 'first time' fell racer enjoyed herself so much she came up afterwards and thanked me.

Alas, the 2 items missing from my organisers' tick list have now come to light:-

(1) talk to the competitors after the race and find out how it was for them and (2) take photos.

So there we go - I have no idea what thrilling personal duels were carried out on the hill, who climbed strongly to the top but was let down by poor descending skills.....still, there's always next year to try and improve - see you there.

Sue Ratcliffe

1. D. Kay	Horw	21.10
2. G. Schofield O/45	Horw	23.02
3. J. Ingram	Saddle	23.04
4. A. Norie	Sabar	23.15
5. A. Kirk O/45	Penn	23.22
6. M. Flatley	Middle	24.12
7. D. Gibbons	Penn	24.43
8. J. Adair O/50	Holmf	24.54
9. P. Burnett	Unatt	25.11
10. R. Griffiths O/45	Holmf	25.17

VETERANS O/50

1. (8) J. Adair	Holmf	24.54
2. (11) D. Emmerson	Unatt	25.30
3. (14) A. Darby	Newp	26.13

VETERANS O/60

1. (32) D. Cartwright	P'stone	31.13
2. (37) T. Greene	Saddle	31.40

LADIES

1. (12) N. White	Holmf	25.38
2. (17) L. Lacon	Holmf	27.00
3. (21) L. Griffiths	Holmf	27.44
4. (31) Christobel O/40	Saddle	31.09
5. (36) J. Caddick	Unatt	31.21

49 finishers

YETHOLM HILL RACE Roxburghshire AM/8m/2500ft 05.06.05

Weather conditions were dry and overcast, providing perfect running conditions for the 74 starters taking part in Round 2 of the SHR champs. Winner of Round 1, Brian Marshall, led from the start chased hard by Cameron Watson and leading V40, Stewart Whitlie. Brian broke clear on the final descent of Staerough to extend his lead in the championship. Stewart finished third lowering the V40 record by 4 minutes. In the ladies' race Jill Mykura led from start to finish, followed home by host club Norham's leading lady, Veronique Oldham. Other records were set by Tom Scott MV50 and Jocelyn Scott, FV50.

Thanks to all the marshals, Border Search and Rescue, sponsors Hastings & Co Solicitors Kelso. Special thanks to the Scottish Hill runners for providing insurance cover for the race, thus allowing an English club to organise a race in Scotland and organise a round of their championship. It was our pleasure and we really appreciated the positive comments afterwards from competitors and spectators.

Les Turnbull

1. B. Marshall	HELP	63.56
2. C. Watson	Pitreavie	64.03
3. S. Whitlie O/40	Carn	64.51
4. R. Gallagher O/40	Carn	67.52

5. A. Davies O/40	Carn	68.11
6. N. Scott	W'lands	68.12
7. D. Crowe O/40	Shett	68.43
8. P. Fettes	Dundee	69.02
9. A. Ward O/40	Carn	69.42
10. A. Smith O/40	Deeside	70.19

VETERANS O/50

1. (15) T. Scott	Fife	74.38
2. (20) J. Fish	Carn	76.33
3. (33) M. Macleod	West	81.46

VETERANS O/60

1. (55) C. Love	Dundee	94.44
2. (62) G. Armstrong	HELP	97.02
3. (74) I. Nimmo	Carn	115.09

VETERANS O/70

1. (67) B. Gauld	Carn	106.34
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LADIES

1. (28) J. Mykura	Carn	78.12
2. (31) V. Oldham	Norham	81.17
3. (35) K. Jenkins	Carn	84.23
4. (42) S. Legge	Carn	86.35
5. (43) H. Murray O/40	Lothian	87.03

74 finishers

HAY BLUFF Wales AS/4m/1292ft 05.06.05

Fortunately the weather broke and we had a fine morning for the inauguration of this AS race situated on the north-facing escarpment of the Black Mountains in South East Wales.

The Junior Race saw a good tussle with the lads forming one group and lasses another, all excelled putting in 100% on a steep course, particularly 13 year old Tom Haynes.

In the Senior Race Dave Finn was in good form due to his preparation for the BGR and went storming off from the start impressing spectators by running Hay Bluff bottom to top. Adam Haynes came a well deserved 2nd despite racing and cycling the previous day. The ladies raced it out with Jo Sharp pulling away for victory with the ever-present John Battersby, who by my reckoning is now 70 years, coming in just behind.

My thanks to Ade, Sharon and Pat for their help on the day. Runners' feedback was very positive about the course and race so I'll keep it in the calendar for next year.

Ade Orringe

1. D. Finn	Mynydd	35.56
2. A. Haynes O/40	Eryri	39.41
3. R. Mapp O/40	Ludlow	42.34
4. R. Hornsby	Ludlow	43.32
5. S. Herington O/50	Hereford	44.46
6. J. Darby O/50	MDC	45.26
7. N. Lewis	Mynydd	53.26
8. G. Wood O/40	Ludlow	57.13
9. T. Davies O/50	CroftHan	57.16
10. J. Sharp	Ludlow	67.10

VETERANS O/70

1. J. Battersby	MDC	69.08
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LADIES

1. J. Sharp	Ludlow	67.10
2. J. Mapp	Ludlow	68.25

Junior race

Boys

1. R. Challinor	Deeside	11.32
2. D. Jenkins	Cardiff	12.30
3. T. Haynes	Eryri	13.09

Girls

1. B. Woods	Mynydd	14.29
2. C. Davies	SarnH	14.50
3. G. Paletta	Wrex	15.45
4. M. Davies	Swansea	16.32

SHINING CLIFF FELL RACES Derbyshire BS/5m/900ft 05.06.05

There was only ever going to be one winner as ex-Marine, Paul Timmons, immediately went into the lead and won easily in the final of the three race Shining Cliff Woods Fell Race Series 2005.

Timmons doubled the lead he had built on the first of the two lap race in the beautiful Forestry Commission site. Finishing in second place was Graham Moffatt, who had taken the silver medal the previous weekend in the 4 race Hilly Clothing Company Tour of Derwent Valley.

The first lady to finish, Amanda Heading, was running her first race since being the second GB woman runner home in the recent Marathon de Sables in Morocco.

David Denton

1. P. Timmons O/40	Ripley	30.13
2. G. Moffatt	HolmeP	30.51
3. C. Rowe O/40	Matlock	32.27
4. C. Brearley	Unatt	33.57
5. P. Steptoe	Unatt	34.13
6. J. Birch O/40	LongEat	34.23
7. M. Kuszynski O/40	Matlock	34.26
8. S. Rollitt O/40	Ashb	34.58
9. S. Froggatt	DkPk	35.20
10. G. Murfin	Burton	36.03

VETERANS O/50

1. (15) T. Vernon	Staffs	37.39
2. (22) J. Williams	Sping	39.02
3. (25) W. Helliwell	Unatt	40.02

VETERANS O/60

1. (43) F. Makin	HolmeP	45.41
2. (47) M. Edwards	DkPk	46.50
3. (55) A. Bourne	Staffs	51.31

LADIES

1. (24) A. Heading	Milltown	39.45
2. (31) B. Ellis	LongEat	40.59
3. (39) A. Ellison	LongEat	45.03
4. (41) H. Cameron	Matlock	45.31
5. (42) R. Smith	Unatt	45.40

58 finishers

SHORT RACE

2.5m/450ft

1. L. Page O/40	Derby	18.58
2. J. Salt	Charm	19.48
3. B. Salt	Charm	21.10
4. C. McKenna	Unatt	22.02
5. L. Oseland O/40	Tipton	25.02
6. L. Varney O/40	FormOne	27.22
7. V. Heyes O/40	Unatt	28.29
8. F. Whiting	Unatt	30.32

8 finishers

PADDY'S POLE FELL RACE

Lancashire

AS/4.5m/1100ft 07.06.05

114 starters is the smallest field ever in the race's 17 year history, with almost 80% of the runners in the veteran category. On a more positive note the number of ladies running was double last year's figure. No records were broken on the night but Ian Greenwood came close to being the first vet to win the race, finishing just 11 seconds behind the winner, S. Bolland.

The presentation took place in the local village hall, accompanied by the pie 'n peas supper that has always been a feature of this race. The race made a profit of £94, which was shared between Bowland Pennine Mountain Rescue and my running club, Preston Harriers.

B. Dearnaley

1. S. Bolland	Bowl	31.58
2. I. Greenwood O/40	Clay	32.09
3. M. Wallis O/40	Clay	32.19
4. S. Thompson	Clay	32.54
5. Q. Harding O/40	Bowl	33.15
6. M. Chippendale	Bowl	33.35
7. C. Reade O/40	Bowl	33.41
8. M. Johnson O/40	Lanc	34.12
9. C. Seddon	Horw	34.28
10. A. Murray	Horw	34.53

VETERANS O/50

1. (20) I. Cookson	RedR	38.48
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VETERANS O/60

1. (32) G. Breeze	Skyrac	40.39
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VETERANS O/70

1. (105) H. Catlow	CFR	53.09
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LADIES

1. (21) M. Laney O/50	Clay	38.51
2. (46) J. Commons O/40	Clay	41.49
3. (50) K. Nash O/40	Prest	42.14

COLEDALE HORSESHOE FELL RACE

Cumbria

AM/9m/3000ft 07.06.05

Thank you to the following people for help with the organisation of the event:

Diane Hayton, Val Pallister and Liz Grisdale, (Grisedale Pike), David Norton and Geoff Ayers (Crag Hill), Ken Needham, Steve and George (Barrow), Jean Norton and Don and Jeanette McLeod (Registration and Timing), Dave Hayton, Stephen Sharp, Raymond Johnson (Parking, Admin, Tent etc!), Mr Stuart of Scotgate Caravan Park for the use of his facilities.

All of these people gave their time freely and without them there wouldn't be a race.

I had various comments made about the kit check; some very positive, some extremely negative. Some competitors were very gracious in accepting their disqualification admitting that they were at fault. Others thought it necessary to swear at marshals.

All disqualifications were as a result of lack of kit. With most it was just one item, and with some, that item had genuinely been lost when they'd taken water from their bumbag - perhaps attaching compasses and whistles to the bag with a pin would help.

Several people didn't have maps. I stipulated 'map of the route' on the race information. At least three people carried maps of other areas... Ullswater, Helvellyn and Scotland!

One person carried absolutely no kit and a second carried a bum bag that was completely empty.

Contrary to what some may think, I don't like to disqualify people. I did it for your safety and for my security. As a race organiser I am required to ensure that the 'equipment requirements are met by holding complete or random checks before and after the start of the race'. See rule 9 (Equipment) of the 2005 Fixtures Calendar and Handbook for more information.

I don't think that disqualification was unfair, it was clearly stated on the race information on display outside the tent that kit checks would take place both at the start and end of the race and that anyone found not carrying the required kit (as listed) would be disqualified.

During the random check at the start, one person was found not to have a map. He was given the chance to return to his car and get one. I also announced at the race briefing that people would be disqualified if found without kit. Again the chance was provided for people to get the right kit. How many more chances do people need?

Can you help?

I haven't handed out trophies since I took over the race organisation in 2002. This is because two are missing: 1st V50 Man and 1st Lady. Do you know of their whereabouts? If so, please phone/e-mail me. Many thanks.

Sam Ayers

1. S. Booth	Borr	1.13.37
2. M. Denham-Smith	Kesw	1.15.38
3. A. Schofield	Borr	1.17.04
4. J. Deegan	Amble	1.17.44
5. N. Lockwood	Kesw	1.18.19
6. M. Croasdale O/40	L&M	1.19.20
7. B. Thompson O/40	CFR	1.21.45
8. G. Bland	Borr	1.22.12
9. D. Birch	Kesw	1.22.13
10. M. Mickelsen-Barron	Kesw	1.23.12

VETERANS O/50

1. (32) K. Dacre	Kendal	1.35.02
2. (46) P. Starkey	Chorley	1.40.19
3. (51) D. Elliott	Bowl	1.43.29

VETERANS O/60

1. (69) D. Harrison	Kesw	1.53.46
2. (71) R. Johnson	CFR	1.54.53
3. (84) P. Dowker	Kend	2.04.07

LADIES

1. (33) K. Beaty O/45	CFR	1.35.32
2. (45) H. Dawe	Ilk	1.40.11
3. (48) J. Meeks O/40	Kesw	1.41.11
4. (56) A. Eagle O/40	Ilk	1.45.07
5. (62) L. Griffiths	CFR	1.49.20

95 finishers

12TH WAUGH'S WELL FELL RACE

Lancashire

AS/4m/1000ft 07.06.05

The 12th Waugh's Well Race, sponsored by Norman Ward of Bury Motor Bodies, had perfect weather and reasonable conditions under foot. Many thanks to all those who took part - not only the competitors but those behind the scenes, flagging the course, taking entries, refreshments, car parking and of course, Rossendale Search and Rescue Team - making the whole event so enjoyable.

Darren Kay was the only competitor to break the 30 minute barrier but Andrew Wrench's record of 28.55 was left intact for another year. Vanessa Peacock, although not having raced much recently, again led the way home, having over 5 minutes in hand over Donna Allen. Chris Smale headed the veteran field with an excellent 5th place overall. Ken Taylor, in 22nd place overall, took 57 seconds off Pete Jepson's V55 record which had stood for 7 years.

An item of clothing was left at the start/finish area; please contact me on 01706 824097 to claim this.

Finally, thanks once again to all those who took part, hopefully see you all next year!

Cath Hignett

1. D. Kay	Horw	29.44
2. K. Gray	CaldV	30.24
3. P. Thompson	Clay	30.39
4. A. Wrench	Tod	31.04
5. C. Smale O/40	Tod	31.15
6. J. Wright	Tod	32.04
7. S. Gregory O/40	HolmeP	32.16
8. S. Godsman	Tod	32.28
9. C. Heyes	Horw	32.55
10. N. Ashcroft	Amble	33.01

VETERANS O/50

1. (22) K. Taylor	Ross	35.27
2. (31) P. Booth	Clay	37.38
3. (35) V. Peacock	Clay	38.23

VETERANS O/60

1. (60) R. Blakeley	Tod	41.05
2. (66) T. Peacock	Clay	41.52
3. (96) G. Corbishley	Ross	46.12

VETERANS O/70

1. (116) P. Duffy	NVets	53.10
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LADIES

1. (35) V. Peacock O/50	Clay	38.23
2. (77) D. Allen	Rad	43.27
3. (80) A. Athroll O/40	Clay	43.43
4. (82) M. Jagan O/50	EPOC	43.57
5. (87) H. Corbishley	Ross	44.57

122 finishers

THE 15TH KRUNCE SERIES

Aberdeen

35m/500ft 07.06.05

With thanks to Janet Rennie for officiating, to Carl Pryce and Jason Williamson for marking/clearing the course and to Forest Enterprises for access. Pleasantly mild and dry underfoot - ideal conditions.

1. M. Rigby O/40	22.53
2. H. Lorimer	24.14
3. C. Pryce O/40	24.19
4. J. Williamson	24.20
5. D. Armitage O/50	25.18
6. M. Edwards	25.37
7. G. Quinn	25.44
8. J. Reeve O/40	26.06
9. D. Hirst O/40	26.16
10. T. Jack	26.20

VETERANS O/50

1. (5) D. Armitage	25.18
2. (17) A. Jermison	27.54
3. (30) B. Elder	30.09

VETERANS O/60

1. (33) M. Edwards	30.35
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LADIES

1. (27) A. Hamilton O/40	29.40
2. (39) C. McLeod O/40	31.51
3. (40) E. Stewart O/40	32.34
4. (43) C. Mouat O/40	34.21
5. (46) G. Clunas O/40	37.50

47 finishers

**WILL RAMSBOTHAM BADGER
STONE RELAY
West Yorkshire
AS/2.5m/590ft/LAP 08.06.05**

A nice warm sunny evening brought out 29 teams for this year's event. Bingley's men brought a team over for the first time in a few years and duly won just by a mere 3 seconds, but unfortunately they were 2 seconds outside the P&B record.

Ian ran the fastest men's leg but was still 20 seconds outside Tony Byrne's long standing record.

It's good to see quite a few juniors running and beating a lot of the seniors.

Gary Devine

1. Bingley	48.45
2. Pudsey & Bramley	48.48
3. Wharfedale	52.30

VETERANS

1. Settle	58.14
2. Ilkley	62.38

JUNIORS

1. Giggleswick School	61.48
2. Settle	63.41
3. Wharfedale	70.06

INDIVIDUALS

Men

1. I. Holmes	Bing	14.54
2. J. Henegan	P&B	15.29
3. T. Mason	Wharf	15.59

Ladies

1. A. Buckley	Skipt	19.25
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**RAINOW FIVE
Cheshire
BS/5m/750ft 08.06.05**

A balmy summer evening and a record turnout of 169 runners got this year's Rainow 5 to a great start. Despite bettering his last year's winning time Ed Gamble could only manage 3rd place this year, as Andy Wilton and Malcolm Fowler battled it out for the lead, Andy eventually pulling away to win comfortably. As has become tradition with this race the local guides supplied refreshments during and after the race. A big thank you to all, £600 was raised which will be donated to the local play school.

Colin & Jenny

1. A. Wilton O/40	Buxt	31.40
2. M. Fowler O/40	Chesh	32.57
3. E. Gamble	Chesh	33.32
4. T. Wild	Maccle	33.55
5. D. Dunn	Penn	34.12
6. G. MacNeil O/40	Chesh	34.16
7. A. Kirk O/40	Penn	34.19
8. V. Booth O/40	Traff	34.23
9. M. Stone	Unatt	34.45
10. J. Chapman	Unatt	34.55

VETERANS O/50

1. (15) B. Gregory	Chesh	36.52
2. (25) G. McAra	Chesh	37.39
3. (26) G. Hodges	Chesh	37.49

VETERANS O/60

1. (77) C. Ardron	Maccle	43.13
2. (97) R. Ashby	Sale	45.20
3. (102) R. Wignall	Altrin	45.35

LADIES

1. (30) C. Greasley O/40	Chesh	38.23
2. (48) E. McGuire	Stock	40.14
3. (75) R. Avenessian	M'chester	42.53
4. (82) C. Nield	Maccle	43.40
5. (94) A. Leonard O/40	M'chester	45.05

168 finishers

**MEELBEG/MEELMORE - HILL & DALE
SERIES
Mourne Mountains
AS/3.5m/1950ft 09.06.05**

Beautiful summer weather, millions of midges, more controversy over the race finish and a quality post-race gathering in O'Hare's in Burrenbridge, all make for a fine Thursday evening out. The Happy Valley was the location for the 10th race of the 2005 Hill & Dale series over the mountains of Meelbeg and Meelmore.

119 souls stepped up to the moving start line in sunny

conditions amid controversy. ACKC guru, Mike 'BART' Barton, was inspired by his anger again this year over the location of the finish. Early for a change, official timekeeper Frank Morgan had already penned out the finish line, but again over the Wall at the location of last year's finish line. Bogboy's mistake of last year had been widely criticised by the Bart and he was livid with despair to find the finish line in the same place as last year as he warmed up for the start. Arguments followed and to make matters worse, race organiser, Billy McNeilly decided to play games with the start as well.

As the runners gathered some 200 metres up the track, he called them back to the car park gate amid more protests. Mild mannered men are sometimes easily excitable. The race started amid reasonably well-intentioned banter (I think) with the Bart having failed to have the finish moved - again. At least next year the race will be run in the opposite direction, automatically ending any controversy. Maybe this is Bart's way of psyching himself up for the race? For the record, he finished 46th tonight, no real difference from other weeks (although he has got fitter as the Series has progressed), so hard training seems to be the only real alternative.

At the sharp end of the field it was yet again Eddie Hanna who was first to show, climbing strongly up the tough Meelbeg rise ahead of Neil Carty, Stevie Cunningham, Gary Bailey and Des Woods. Hanna had lost out in the final descent last week and was out to ensure that he didn't make the same mistake again. He led from start to finish as he ground out the lead and sailed home down the fast descent off Meelmore to win his second race of the Series from Carty with fast-finishing Bailey third.

The junior title is still alive, just, after Jonathan McCloy responded well to the pressure of two defeats in a row by Adam Mitten. His father, Hugh, chauffeurs McCloy Junior to each race, not a trivial task given that they live on the northwest side of Lough Neagh on the edge of the Sperrins. The family McCloy organise the very successful Slieve Gallion race in October each year and have been big supporters of the Hill & Dale for several years now.

McCloy made it his fifth win this evening in ninth place overall to edge ahead of Mitten's four wins. This sets things up nicely for the final race later in the week with McCloy hoping to seal a hat trick of junior titles.

In the ladies, Anne Sandford was the easy winner over two minutes ahead of her nearest rival and one second inside her own record of last year. This was Sandford's second win of the Series but ironically her victory ensured that Kerry Harty secures her second Hill & Dale title in a row with five victories already under her belt, without running a step.

Winners in the veterans' categories were Wendy Findlay in ladies vet35, Billy 'the elephant' McKay in the vet50 in a fine 8th place overall, fast-improving Jim Brown in the vet45 in 12th place overall, Steve Begley in 13th overall, first vet40, Billy Magee first vet60 in 48th overall and Ricky Cowan first vet55.

So back to Billy McNeilly who declared himself pleased with the overall organisation on the night. He arrived at O'Hare's with his now famous free-range egg sandwiches in hand this week for a change, however, only to discover that he had left the prizes 'in da house'. He headed off for home in a hurry uttering the words 'don't say to anyone, particularly Bogboy', sorry, but it is now clear that the General is unable to hold his own water.

A final word for BARF's Denis Ranking, a founder member of the Fell and Mountain Racing Association and recently turned 60. Denis completed his official 100th Hill & Dale race this evening and will look to return next year to win the vet60 title. Denis is one of the many inspirations to younger runners who can now see that running and racing can be a lifetime hobby - life begins at 60.

BOGBOY

1. E. Hanna	ACKC	29.35
2. N. Carty	NBelf	30.20
3. G. Bailey	ACKC	30.39
4. S. Cunningham	N'castle	30.54
5. D. Woods	ACKC	31.33
6. A. Niblock	ACKC	32.04
7. G. Arnott	Willow	32.07
8. B. McKay O/50	Albert	32.51
9. J. McCloy	MidUlst	33.02
10. D. Brannigan	N'castle	33.06

VETERANS O/40

1. (12) J. Brown	BARF	33.52
2. (13) S. Begley	Albert	33.58
3. (15) B. Wells	N'castle	35.18

VETERANS O/50

1. (8) B. McKay	Albert	32.51
2. (32) P. McGuckin	ACKC	37.44
3. (46) M. Barton	ACKC	39.39

VETERANS O/60

1. (48) B. Magee	Larne	39.50
2. (69) J. Adgey	ACKC	41.45
3. (87) D. Rankin	BARF	43.48

LADIES

1. (38) A. Sandford O/40	N'castle	38.34
2. (61) A. Shannon	N'castle	40.46
3. (70) C. Galbraith	N'castle	41.54
4. (90) H. Cassidy	Physio	44.06
5. (94) N. Rea	BARF	44.36

118 finishers

**CARNEDDAU
Gwynedd**

AM/10.5m/4150ft 11.06.05

The weather was good, the pub food was good, a lovely atmosphere. Thank you to all involved, marshals and Geoff Clegg. Hope to see you all next year.

Dawn Sinclair

1. T. Higginbottom	Eryri	1.49.13
2. J. McQueen	Eryri	1.49.44
3. R. Owen O/40	Eryri	1.50.40
4. S. Gilliland O/40	BroDys	1.54.51
5. A. Lewis O/40	Eryri	2.04.56
6. P. O'Brien	Eryri	2.05.18
7. B. Williams	Eryri	2.05.39
8. P. Johnson	Unatt	2.06.28
9. T. Jones O/40	Eryri	2.06.45
10. S. Ellis O/40	Tatten	2.06.54

VETERANS O/50

1. (20) M. Blake	Eryri	2.23.06
2. (28) D. Jones	Eryri	2.39.50
3. (29) K. Hughes	Wrex	2.41.27

VETERANS O/60

1. (13) D. Williams	Eryri	2.11.47
2. (18) E. Davies	Eryri	2.19.48
3. (26) A. Oliver	Eryri	2.32.30

LADIES

1. (33) E. Salisbury O/40	Eryri	2.46.54
2. (34) S. Hawker	Unatt	2.48.24
3. (40) S. Bennell O/50	Eryri	3.07.48

42 finishers

**CIOCH MHOR HILL RACE
Ross-shire**

AM/8m/2250ft 11.06.05

Good visibility and fine sunny weather was welcomed by everyone for this year's race. Due to other needs in the area, and imminent events the following weekend (on the same day) the numbers were lower than 2 years ago. It was decided to review the date for next year.

Twelve runners, including one junior, set off at 12 noon to run the course.

No problems were encountered as Roy Wilby, who knows the area very well, led with the stile crossing on the descent, which is just as well because a certain HHR, supposed to marshal at this point, was delayed on the golf course. I'm sure his ears were burning for quite a while. Ross Bannerman's youth and strength just managed to keep Mike Cumming and Ray behind him to win.

Prizes were presented by Alice McKay whose husband Sandy made shields for the winners. All other prizes were donated by local businesses. A first class picnic was held on the grass at the sports centre, with lots of home baking. Here's hoping for lots more runners next year, probably with a different date.

A. Brett

1. R. Bannerman	HHR	78.08
2. M. Cumming O/40	HHR	78.31
3. R. Wilby O/50	HHR	80.04
4. N. Arnott	Lochab	81.04
5. O. Bass O/40	Unatt	86.22
6. G. McNab O/40	LAC	88.30
7. S. Wells O/40	Unatt	89.14
8. E. Reid	Invs	91.14
9. I. Fraser O/40	Irvine	95.31
10. R. McKechnie O/40	HHR	100.10

LADIES

1. (8) E. Reid	Invs	91.14
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ENNERDALE HORSESHOE FELL RACE Cumbria AL/23m/7500ft 11.06.05

The Ennerdale had another increase in the entry numbers this year with 130 people entering 106 starting and 95 finishing the race. The Lakeland Classic Trophy, amongst other factors, is encouraging people back to the traditional routes. Comments like "That was tougher than xxxx race" emanated from many mouths as runners crossed the finish line. The warm clear conditions on a route with little water had increased the challenge. Whether the race is tougher or easier than other races it is not important, the route is classic taking in 8 peaks, 21 miles and 7500 feet of ascent, it is a journey that tests your mountain skills as well as your fitness. Andy Schofield came in a deserved first after a close second to Gavin Bland the previous year.

The only disappointing aspect to the day was that the supposedly tough fell runners whimped out when it came to finishing all the tea and cake that had been supplied!

Thanks to all who attended and all the marshals for helping. It's great to see a revival in this type of race. Thanks also to all the people who e-mail their appreciation after the race - it makes a real impact on race organisers to get this feedback.

Colin Dulson

1. A. Schofield	Borr	3.48.03
2. P. Vale	Mercia	3.52.58
3. M. Robinson	DkPk	4.20.41
4. L. Warburton O/40	Bowl	4.20.43
5. M. Cunnigham	Borr	4.29.55
6. C. Valentine O/40	Kesw	4.35.20
7. G. Byers O/40	CFR	4.36.39
8. P. Crompton O/45	CFR	4.39.04
9. T. Edward	Clay	4.39.09
10. N. Bulloss O/40	Arran	4.39.12

VETERANS O/50

1. (14) C. Lumb	Kendal	4.40.57
2. (19) I. Cowie	Mercia	4.48.49
3. (38) R. Unwin	Kesw	5.10.15

VETERANS O/60

1. (81) A. Yates	DkPk	6.05.18
2. (83) J. Ely	CFR	6.14.08
3. (84) J. Naylor	CFR	6.17.00

LADIES

1. (15) J. Lee	Eryri	4.41.06
2. (26) N. Davies O/40	Borr	4.57.14
3. (41) J. Meeks O/40	Kesw	5.12.03
4. (48) S. Clough	Amble	5.23.03
5. (52) J. Rigby	Helm	5.25.57

95 finishers

ALWINTON FELL RACE Northumberland BL/14m/2500ft 11.06.05

The weather for the nineteenth running of this well established race was as near perfect as is possible. Cool, clear, sunny with a light breeze and dry under foot suggested fast times were possible. This proved to be the case when Hannah Wooton surprised the time keepers as she finished fifth overall in 1.46.54. This time equalled the previous course record set by Joyce Salvona in 1995. After the race Hannah said that she was sure that she could have run a bit faster had she known how close to the record she was. The second lady to finish was Veronique Oldham, with Alison Raw third lady and first lady veteran.

In the men's race Paul Kelly finished first overall and was the first male veteran over 40 in a time of 1.41.02. After fourteen miles and 2500' of ascent he was only nineteen seconds ahead of Andrew Minster. Third to finish and also a MV40 was Ken Maynard.

Local runners from Morpeth Harriers had been running well over the forest roads to Bloody Bush. But their lack of training on the hills showed as the Durham Fell runners gained an edge crossing the open fells to and on the descent from Cushat Law.

Morpeth Harriers Steve Beattie, Gavin Bayne and Bob Sewell finished 4th, 6th and 7th respectively to win the men's team prize. Durham Fell Runners Paul Kelly, Ken Maynard and Tim Makin were second team with 20 points. There were no ladies' teams.

The short race was won by NFR junior Nick Swinburn in 45.32.

The Junior race was won by Alister Pow of Morpeth.

Numbers in general were down and for the first time the races made a loss. Once again the short and junior races failed to attract sufficient entrants. There were only four entries in the short and three in the junior race. As was said last year, the viability of these races is questionable and must be reviewed once again. I would welcome any comments.

Thanks to all present and past members of Morpeth Harriers who helped on the day. Thanks also to the North of Tyne Search and Rescue Team who provided rescue cover and race marshals. Finally thanks to Gareth and Jane Latcham for the use of the Rose and Thistle for registration and for the prize giving.

Keith Cooper

1. P. Kelly O/40	DFR	1.41.02
2. A. Minster	HBR	1.41.21
3. K. Maynard O/40	DFR	1.44.15
4. S. Beattie O/40	Morpeth	1.46.22
5. H. Wooton	NSP	1.46.58
6. G. Bayne O/40	Morpeth	1.49.15
7. B. Sewell O/40	Morpeth	1.49.26
8. N. Cassidy O/50	Tyne	1.49.54
9. D. Steel	Morpeth	1.52.43
10. P. Vincent	Tyne	1.53.02

VETERANS O/50

1. (8) N. Cassidy	Tyne	1.49.54
2. (15) L. Turnbull	Norham	1.58.34
3. (20) J. Dallinson	NFR	2.02.04

LADIES

1. (5) H. Wooton	NSP	1.46.58
2. (11) V. Oldham	Norham	1.53.46
3. (19) A. Raw O/40	DFR	2.00.43
4. (28) R. Vincent	Tyne	2.06.58
5. (36) D. Moreland	NcleUni	2.25.01

47 finishers

TRAPRAIN LAW RACE East Lothian CM/6.5m/650ft 11.06.05

East Linton delivered its usual sunny weather for the Gala Day and the Traprain Law Race. The running conditions were mixed; the water level in the River Tyne was comfortably low, but the absence of grazing sheep had allowed the undergrowth on the Law to grow unchecked. Entries were up on the previous two years, this despite the competing attractions of the Glen Rosa race and the Edinburgh Marathon.

Brian Marshall from HELP avenged his defeat by Al Hart back in 2003 by storming home with a time that was closing in on the record of 37-26 set back in 1996. Although HBT took 2nd and 3rd places (Ian Wellock and Al Hart) the team prize went to local club HELP.

T. Collins

1. B. Marshall	HELP	38.23
2. I. Wellock	HBT	39.41
3. A. Hart	HBT	39.54
4. C. Menzies	HELP	41.57
5. M. Pilkington	Unatt	43.24
6. I. Sills	Dunbar	43.57
7. P. Ritchie	Carn	44.07
8. M. James O/40	Carn	44.38
9. M. Foster O/40	Unatt	45.08
10. R. McCraw O/40	Ochil	45.13

VETERANS O/50

1. (15) M. Hulme	Corstor	46.29
2. (19) H. Semple	W'lands	48.41
3. (28) B. Carr	HELP	52.11

VETERANS O/60

1. (27) G. Contier	Lochab	52.03
2. (38) R. Russell	Unatt	58.24
3. (40) T. Stapley	Porto	60.26

LADIES

1. (16) J. Mykura	Carn	46.53
2. (20) K. Jenkins	Carn	49.05
3. (32) P. Mitchell O/40	Corstor	54.29
4. (41) M. Maguire O/40	Carn	61.49

46 finishers

RAAS SKYLLEY PHERICK NY HINSHLEY Isle of Man AM/9.5m/280 ft 11.06.05

Glorious sunshine and not a breath of wind made conditions a little on the warm side over the tough 9.5 mile Patrick course. For the second year in succession Paul Sheard took the honours. However it wasn't until the final climb up South Barrule that he made any sort

of impact. He crossed the finish line just under 30 seconds ahead of Tony Okell, with Simon Skillicorn who ran consistently well throughout the race in third.

Rose Hooton was a clear winner in the women's contest, finishing over 18 minutes ahead of her nearest rival, and a superb 13th overall. Another superb performance came from Doc Young, who convincingly won the veteran over 50 class and in addition finished in 6th place overall.

Ian Callister

1. P. Sheard O/40	Manx	1.23.46
2. T. Okell O/40	Manx	1.24.15
3. S. Skillicorn	Manx	1.27.03

VETERANS O/50

1. D. Young	Manx	1.39.05
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VETERANS O/60

1. D. Corrin	Manx	1.53.39
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LADIES

1. R. Hooton	Manx	1.55.28
2. C. Barwell	Western	2.13.46
3. S. Foley	Unatt	2.18.28

KNOWL HILL FELL RACE Lancashire BM/6m/1300ft 12.06.05

1. P. Bangani	Scunth	42.24
2. A. Breaks	Hfx	43.55
3. R. Thomas	Eryri	44.05
4. R. Jackson	Horw	45.48
5. P. Targett O/40	Clay	46.27
6. P. Taylor O/40	Ross	46.31
7. N. Holding O/40	WPenn	46.34
8. G. Kay	Horw	46.40
9. P. Williams	Roch	46.44
10. G. Fleet O/40	Sadd	48.38

VETERANS O/50

1. (20) B. Gregory	Stock	52.17
2. (24) V. Peacock Lady	Clay	52.56
3. (28) N. Shaw	Roch	54.27

VETERANS O/60

1. (44) T. Peacock	Clay	58.37
2. (62) T. Targett	Clay	68.45
3. (65) M. McDonald	Bowland	69.14

68 finishers

RIBER RUN Derbyshire BS/5m/1000ft 15.06.05

Our record of beautiful sunny weather looked set to change this year as race day dawned with heavy rain. Happily, by late afternoon, the clouds parted and once again the lawns of Lea Green were bathed in sunshine for the start of the Riber Run.

Numbers were up this year, due in part to the efforts of Hettie Hunter who persuaded 20 local women to join her pink clad 'Trot & Chat' running club specifically with the intention of completing this race.

More serious competitors were also in evidence, including the eventual race winner, Gary McMahon, who is training for the World Masters and Tamara Armoush, who was first lady and first female U16.

It was a pleasure to see lots of new faces at the race including many younger people from the village. Ken and Rachel Emery both ran along with 4 of their 5 children. Lots of smiling faces in the pub post race suggested that it was a great evening out, especially for those in pink.

I went to clear the markers from the course straight after the race - the rain began to fall once again...

Jonathan Edwards

1. G. McMahon O/50	33.25
2. R. Keal	33.35
3. R. Bradbury	33.46
4. N. Kirk O/40	34.05
5. C. Henderson	34.40
6. M. Kieras	34.47
7. A. Moore O/40	36.25
8. A. Brooke	36.39
9. K. Emery O/40	36.49
10. J. Geeson U/16	37.10

VETERANS O/50

1. (1) G. McMahon	33.25
2. (11) N. Bowler	37.13
3. (26) J. Thornton	40.22

VETERANS O/70

1. (74) P. Dilks 66.49

LADIES

1. (29) T. Armoush U/16 41.10
 2. (36) C. Lee O/40 43.41
 3. (42) K. Emery U/16 45.12
 4. (43) L. Armoush U/16 45.48
 5. (50) S. Carnell 48.33

79 finishers

**COINERS FELL RACE
 West Yorkshire**

BM/7.5m/1100ft 15.06.05

1. S. Oldfield O/40 BfdA 52.28
 2. J. Logue Horw 53.04
 3. S. Godsman Tod 53.50
 4. A. Clarke O/40 CaldV 54.48
 5. P. Kidd Leeds 55.30
 6. T. Brunt Holm 55.43
 7. B. Whalley O/40 P&B 55.54
 8. R. Greenwood CaldV 56.01
 9. P. Burnett Unatt 56.13
 10. M. Goldie Tod 52.34

VETERANS O/50

1. (33) A. Warren FRA 68.15
 2. (45) M. Banks CaldV 74.40
 3. (50) A. Biddle WPenn 77.55

VETERANS O/60

1. (28) G. Breeze Skyrac 66.17
 2. (47) I. Noot CaldV 76.32

LADIES

1. (21) J. Smith CaldV 61.39
 2. (27) C. Kenny O/45 CaldV 66.03
 3. (32) N. Sharratt Stain 68.04
 4. (34) J. Smith O/45 Tod 68.20
 5. (36) S. Rayner Stain 68.54

51 finishers

**BOAR'S HEAD HILL RACE
 Cheshire**

BM/8m/1322ft 15.06.05

A pleasant, fine evening saw 151 runners on the start line and also saw Malcolm Fowler notch up a hat-trick of victories in the race, with Ed Gamble yet again a reluctant bridesmaid, although he did manage to cut the deficit by 1.26 from last year. Provided Malcolm slows down and Ed speeds up at the same rate, then Ed should beat him in 2008 - but who knows??!

Sarah Harris took the ladies' prize after a good race with Sally Gilliver and John Amies (V60) continued to defy the passage of time by finishing in an astonishing 29th place overall.

The night undoubtedly belonged to new club Cheshire Hill Racers, who took nine of the fifteen prize categories on offer, including both the team prizes - congratulations.

The evening was its usual convivial self and thanks are due to James Murphy, who arrived at the finish and in true Corinthian spirit asked to be disqualified as he'd missed one of the checkpoints - lovely sport, fell-running. We also managed to amass £125, which this year will go to the Tsunami Fund.

Thanks to all the competitors, marshals, helpers, et al. and I look forward to seeing you on 14 June next year.

Dave Jones

1. M. Fowler O/40 Chesh 45.54
 2. E. Gamble Chesh 47.20
 3. S. Haylock O/40 Stockp 48.11
 4. J. Chapman Unatt 48.33
 5. V. Booth O/40 Traff 48.34
 6. C. Heys Horw 48.49
 7. M. Steare Unatt 48.57
 8. T. McCaff O/50 Chesh 49.54
 9. B. Heaton O/40 Wilms 50.18
 10. J. Pendrill Chesh 50.36

LADIES

1. (50) S. Harris Macc 55.47
 2. (52) S. Gilliver O/40 Chesh 56.01
 3. (70) J. Clark Chesh 59.04
 4. (81) K. Ayres Chesh 60.12
 5. (89) J. Robertson Spect 61.24

151 finishers

LYME PARK CHAMPIONSHIP

June 2005

The Championship, comprising the Vanessa Chappell Race, the Kettlethulme Race and the Boar's Head Race, all "BM" races, which take various sections of Lyme Park into their routes, this year produced 40 runners who completed all three events. Malcolm Fowler won the Series by the simple expedient of winning every one of the races but there was quite a battle behind him for the next three places. This was, however, overshadowed by the tussle for the first three ladies' places, where Angela Leonard won on "best position" countback after scoring the same number of points as Christine Chapman, with Janet Robertson only five points behind!! Congratulations to all who participated and we hope to see battle joined again in 2006.

Dave Jones

1. M. Fowler O/40 Chesh 3pts
 2. E. Gamble Chesh 11pts
 3. C. Heys Horw 12pts
 4. S. Haylock O/40 Stockp 15pts
 5. V. Booth O/40 Traff 20pts

VETERANS O/50

1. (12) A. Brentnall Penn 97pts

VETERANS O/60

1. (17) P. Roberts Buckley 171pts

LADIES

1. (28) A. Leonard O/40 McrYMCA 313pts
 2. (29) C. Chapman Unatt 313pts
 3. (30) J. Robertson Spectrum 318pts

COITY RACE

Gwent

BS/5m/1000ft 15.06.05

1. M. Jennings Cardiff 37.03
 2. M. Saunders O/40 MDC 39.28
 3. D. Vorres O/40 Griffiths 39.34
 4. P. Adams O/40 Neath 40.03
 5. J. Matthews Fairwater 40.14
 6. T. Guy Griffiths 45.07
 7. G. Gormley Griffiths 45.21
 8. R. Williams MDC 46.11
 9. A. Stott O/40 MDC 47.17
 10. A. Bedwell O/40 MDC 47.25

VETERANS O/50

1. (12) W. Darby MDC 51.10
 2. (19) T. Phillips Islwyn 54.56
 3. (21) D. Gilbert MDC 58.27

VETERANS O/60

1. (20) C. Jones MDC 58.12

LADIES

1. (10) A. Bedwell O/40 MDC 47.25
 2. (14) M. Jones O/40 Islwyn 51.20
 3. (15) S. Wood O/40 MDC 51.23
 4. (17) E. Bayliss Griffiths 51.36
 5. (23) C. Tanner O/40 Griffiths 59.03

30 finishers

TWO TOWERS

Lancashire

BS/5.2m/1000ft 15.06.05

The weather was excellent for the race but the earlier rain had left the greasy cobbles on the first hill as slippery as ever. Some of those who lost a few seconds here might have picked them up again if they were among the unlucky ones to be chased by some frisky cows on the way back down through the fields!

There was a good turnout and a fast, competitive race with a tight group of four at the top of the sharp climb up Harcles Hill, the highest point on the course. In the end Nick Leigh pulled away from Danny Hope to win by 17 seconds, but the first five home were all inside Wajib Ali's 2003 course record. Nick was in a confident mood before the race. When he was warming up he asked my wife to describe the course. She advised him to follow the man in front, and you can guess his reply!

There were 103 finishers with Clayton-le Moors taking the team prize and Ruth Metcalf being the first lady home. Well done to all the other prize winners.

Some of those who are regulars at this race have now worked out that there is only one Tower, but tired runners may not recognise it as they visit it for the second time. Everyone seems to enjoy the event with its good variety of terrain and gradient and we hope for a large field again in 2006. Thanks to all the patient and supportive marshals and officials, without whom these races would never take place.

Maybe next year I'll find the time to power-wash the cobbles and round up the cows!

David Archer

1. N. Leigh P&B 33.34
 2. D. Hope P&B 33.51
 3. D. Kay Horw 34.00
 4. P. Thompson Clay 34.51
 5. R. Thomas Eryri 35.23
 6. I. Greenwood O/40 Clay 36.26
 7. P. Foster O/40 Leigh 36.52
 8. S. Thompson Clay 37.07
 9. G. Schofield O/45 Horw 37.12
 10. C. Seddon Horw 37.22

VETERANS O/50

1. (37) N. Hindle Unatt 42.50
 2. (50) N. Cochrane Newburgh 45.03
 3. (51) B. Kennedy Newburgh 45.14

VETERANS O/60

1. (40) D. Kearns Bolton 43.01
 2. (78) I. Bithell Knaves 49.52
 3. (90) M. Aspinall Unatt 52.35

LADIES

1. (44) R. Metcalfe Eryri 43.41
 2. (47) S. Budgett O/40 Horw 44.26
 3. (53) K. Smout Horw 45.26
 4. (54) R. Metcalfe Horw 45.47
 5. (57) D. Hardy P&B 46.24

103 finishers

**DARREN JONES CLOUGHA PIKE RACE
 Lancashire**

AS/5m/1250ft 15.06.05

A poor start to the day but it slowly improved to give hot sunshine and very muggy conditions. An increase in numbers thanks mainly to Bowland choosing it as a club championship race. This was the second running of the new course from new venue in the heart of Quermore Village. It's a tough little course with a sting in the tail within the enclosed land near the fell gate. The old route up and down Clougha Pike from and back to the gate.

The junior cross country races took in the rough fields over varying distances to the fell gate with all ages starting together. There was great running from Marcus Ryan, Edward and Robert with wins in consecutive years. Similarly, Hannah and Imogen for the girls. Well done to Quermore School for carrying off three team trophies.

For the first time, Mark Croasdale was beaten. Danny Hope worked hard to stay with Mark to the top of Clougha and back to the fell gate. Here he made his bid, opened up a short gap down the steep hill and managed to stay ahead to the finish. There was a gap of over four minutes before other runners started to stream in.



Mark Croasdale leading eventual winner Danny Hope at Clougha Pike. (Photo: Bill Smith)

appreciated cold shower from a hose and Mr & Mrs Jones once again made a donation towards prizes, as did Mrs Mullervy and Harry Robinson. Their support is much appreciated as was that of Pete Bland Sports. Sponsorship was also received from Lancaster Property Network. Again much appreciated.

Thanks to all the helpers on the day and to those who took part. Once again many runners commented on this course being a better race than the old one. An enjoyable tough, but not too fast a race. Come again and bring your running mates!

John F Gibbison

1. D. Hope	P&B	36.51
2. M. Croasdale O/40	LancsM	37.09
3. M. Johnson O/40	LancsM	41.32
4. M. Lee O/40	Ross	42.27
5. S. Sweeney	Bowland	42.32
6. D. Hurton	Eden	42.48
7. M. Chippendale	Bowland	43.10
8. C. Davis O/40	Bowland	43.50
9. C. Reade O/40	Bowland	44.24
10. A. Miller O/40	Kend	44.48

VETERANS O/50

1. (12) N. Hewitt	Bowland	45.25
2. (21) M. McKenna	Dalam	49.09
3. (24) J. Rodgers	Bowland	49.53

VETERANS O/60

1. (36) G. James	B'pool	53.31
2. (43) R. Barlow	AchR	55.56
3. (62) A. Strachan	FRA	67.30

VETERANS O/70

1. (66) A. Ball	Clay	103.52
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LADIES

1. (19) S. Hammond O/40	Tatten	48.44
2. (34) K. Nash O/40	Prest	53.07
3. (48) L. Lord O/50	Clay	57.11
4. (56) J. Hindle O/40	Clay	62.18
5. (59) R. Anderson	Unatt	64.56

66 finishers

JUNIORS

Boys U/16 – 4 miles

1. R. Abraham	LancsM	30.27
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Girls U/16 – 4 miles

1. I. Fisher	Quern	43.31
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Boys U/14 – 3 miles

1. E. Taylor	Ripley	17.38
2. J. Modley	LancsM	18.53
3. L. Croasdale	Ripley	19.02

Girls U/14 – 3 miles

1. H. Bateson	Lancs	19.43
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Boys U/12 – 2 miles

1. R. Croasdale	Moorside	12.25
2. A. Bateson	Moorside	13.33
3. T. Teed	Quern	16.02

Boys U/10 – 1 mile

1. S. Abraham	LancsM	7.34
2. H. Modley	LancsM	7.44
3. F. Kay-Lavelle	Quern	8.13

Girls U/10 – 1 mile

1. L. Saul	Moorside	8.42
2. J. Saul	Moorside	8.42

Boys U/8 – ? mile

1. M. Preedy	ChristK	4.44
2. M. Sweeney	Unatt	4.52
3. L. Johnson	Moorside	5.26

Girls U/8 – ? mile

1. C. Hurton	Eden	6.02
2. S. Halsall	Quern	6.06

BEN SHEANN HILL RACE

Perthshire

AS/2.5m/1400ft 15.06.05

The rain fell all day and stopped about 5.00 p.m. leaving the course wet and muddy. The atmosphere was humid and airless – ideal for midges. Nevertheless, there was a reasonable attendance which says much for the commitment and enthusiasm of hill runners.

The race took place without mishap but because of the conditions no records were broken, but for the first time the winner was a local from Callander. The midges, frustrated by the speed of the runners, concentrated on the stewards. A pleasant apres-race hour was spent in the bar socialising.

A Bennie

1. P. Prasad	Clyde	26.15
2. A. Smith O/40	Dee	26.23
3. D. Whitehead	Cosmic	26.40
4. D. Crowe O/40	Shettle	27.02
5. S. Simpson	Ochil	28.46
6. M. Higginbottom	Carn	29.38
7. E. Jack	Kirkint	30.04
8. C. Glencorse	Perth	30.19
9. K. Heron	ForthV	31.10
10. C. Upson O/40	W'lands	31.26

VETERANS O/50

1. (11) M. Hulme	Unatt	31.30
2. (20) M. Macleod	W'lands	34.22
3. (25) H. Semple	W'lands	34.57

LADIES

1. (26) N. Mooney	Ochil	34.58
2. (36) D. Macdonald O/40	HBF	40.00
3. (37) J. Polak O/40	Unatt	40.20
4. (39) S. Johnson O/40	Unatt	40.28
5. (40) K. Kirk	W'lands	42.10

45 finishers

GRINDLEFORD FELL RACE

Derbyshire

CS/4.5m/500ft 16.06.05

1. P. Winskill	DkPk	32.44
2. R. Little	DkPk	33.55
3. D. Taylor O/40	DkPk	34.00
4. L. Banton	Clowne	34.25
5. M. Nolan	DkPk	34.35
6. A. Dickenson O/40	DkPk	34.40
7. C. Egdell	Hallam	34.50
8. P. Hodges	DkPk	35.00
9. A. Linskill	Totley	36.06
10. J. Boyle	DkPk	36.40

VETERANS O/50

1. (20) R. Fawcett	DkPk	38.08
2. (30) A. Battye	W'dstock	38.30
3. (49) M. Moorhouse	Matlock	39.42

LADIES

1. (55) W. Barnes	Barns	40.08
2. (71) M. Hart	DkPk	41.13
3. (79) J. Jepson	FatBoys	42.04
4. (87) D. Smith	DkPk	42.25
5. (95) A. Brockington	DkPk	43.00

272 finishers

DONARD FOREST – HILL & DALE

SERIES

Mourne Mountains

AS/4m/1200ft 17.06.05

The traditional Friday night for the 11th and final race of the 2005 Hill & Dale series did nothing to dampen the enthusiasm of the runners with a record number of 122 turning up for the steep climbs of Donard Forest.

It was a very pleasant evening, the height of summer, midges galore, but maybe not just as bad as previous years and still some scores to settle. Series champion for the second year in a row, Alan McKibben wasn't around that is until he appeared like the shopkeeper in Mr Benn at almost half past the hour and proceeded to set off at breakneck speed into the forest. Club mate Deon McNeilly, Neil Carty and Simon Taylor were to the fore in the chasing group.

In the ladies' race, Kerry Harty, also champion for the second year in a row was up against Northern Ireland qualified Clare McKenna who is based in Middleton in Greater Manchester and runs for Horwich RMI. Also in the race and seeking to wrap up the Ladies Veteran 40 title was Anne Sandford whose closest opposition in this category comes from club mate Alwynne Shannon. Harty started at her usual fast pace and opened a gap on McKenna who in turn was pulling clear of Sandford.

The closest race of the night had a bearing on the junior title with Jonathan McCloy looking to win to make it a hat trick of titles, with Adam Mitten looking for a win to equal McCloy on points. Mitten was beaten well at Meelbeg Meelmore last week and was looking to make amends this time.

McKibben reached the top on the shoulder above the Ballagh and the Quarry well clear of McNeilly and Carty. No one was going to stop him tonight and he buzzed home in 31.9 only 12 seconds outside his course record from last year. Carty and McNeilly battled it out all the way before McNeilly finally stretched away to make second by 13 seconds.

After much talk of more course-marking being needed

in the narrow downhill trail section in the Wood, the scribe, in fourth place at the time, having just moved passed Ed Hanna, who waited to be shown the way down, promptly missed a right turn that eventually cost the both of them 1 minute and four places. They weren't the only ones to detour in the Wood, which made the final results of this race a little different than expected.

Meanwhile, McCloy was running as strongly and pulling away with each kilometre from Mitten. He came home to a resounding victory in 13th overall in 35 minutes and 32 seconds just over a minute clear to take a hat trick of titles.

Harty smashed her own record by over one minute in an excellent 24th place overall in the 122-strong field. McKenna was second Sandford winning the ladies veteran40 title and taking second in the overall Series.

Another important win of the night went to Dominic McGreevy, 18th in 36.47 to clinch the O/45 title from Jim Brown.

BOGBOY

1. A. McKibben	N'castle	31.10
2. D. McNeilly O/40	N'castle	32.01
3. N. Carty	NBelf	32.14
4. S. Taylor	BARF	33.10
5. G. Bailey	ACKC	33.28
6. D. Woods	ACKC	33.33
7. E. Hanna	ACKC	33.39
8. R. Rodgers O/40	N'castle	33.47
9. S. Cunningham	N'castle	33.50
10. E. McCrickard	N'castle	35.22

VETERANS O/50

1. (17) B. McKay	Albert	36.41
2. (46) D. McHenry	Willow	41.13
3. (60) M. Barton	ACKC	43.07

VETERANS O/60

1. (79) J. Adgey	ACKC	45.25
2. (91) D. Rankin	BARF	46.37

LADIES

1. (24) K. Harty	N'castle	38.36
2. (42) C. McKenna	Horw	40.38
3. (47) A. Shannon O/40	N'castle	41.15
4. (59) A. Sandford O/40	N'castle	42.20
5. (78) C. Galbraith O/40	N'castle	44.47

119 finishers

OVERALL RESULTS FOR THE HILL &

DALE SERIES

Mourne Mountains

2005

The 2005 Series was another very popular one with 118 completing at least six races, one less than last year, to win the valuable Climacool Zee. A total of 274 different runners – 17 more than last year and a record number of participants – ran at least one race and already many are looking forward to 2006. A new race record of 150 was set back in race two on a very wet night from the Tollymore Mountain Centre.

Winners

Perfect six scores were registered by:

Alan McKibben, overall winner (he won 8 out of the 8 races in which he participated, can anyone stop him in 2006?)

Kerry Harty (running next month in Austria for Ireland in the European Mountain Racing Trophy) who won six and also had a third place plus several Personal Bests on the track in between

Wendy Findlay in the lady vet 35 category

Anne Sandford, also off to Austria next month after a fine run in the trial three weeks ago in County Kerry, winner of the lady vet40 title

Barbara Brown winner of the lady vet 45 title

Jonathan McCloy to win the junior category for the third time in a row, challenged to the end by Adam Mitten who had to be content as bridesmaid again

Deon McNeilly who despite his 43 years is intent on winning this title again, second overall but won the vet40 title

Dominic McGreevy who narrowly pipped BARF's Jim Brown to win the vet45 title, McGreevy freely admits that he is like a duck out of water on the rough mountain, but the record books will show that he is also a winner

Billy McKay, three times in the top ten in a race this season and very comfortable winner in the vet50

category and category winner in the ten out of eleven races in which he competed

Des McHenry the guitar playing proprietor of the Original Gas Company and former Ironman Triathlete

Billy Magee, a category winner for the umpteenth time and still flying at sixty.

All category and overall winners scored the perfect six, but that does not reflect how competitive the races were.

Next year the organisers have pledged to mark the official completion of 100 races entry into a roll of honour. Recently turned 60, one of the founder members of mountain racing in Northern Ireland Denis Rankin has now completed 100 and many more will be identified before the start of next season.

The 'Runner's Runner' Award this year broke with tradition and was awarded to the two brothers, Francis and Connel Nugent from Castleblayney. The former is a quality motocross racer and uses the races to help his endurance whilst the latter won't run again until the first race of 2006 - both have enriched the post-race celebrations for many years now.

Despite the wet conditions there were no true mountain candidates for 'lost in the mountains' but plenty of candidates from 'lost in the forests'. Winner was Mark Hopkins, for his efforts in Tollymore early in the season. Mark has been taking some navigation lessons from his father Bill, a Lagan Valley Orienteering veteran, but probably to no avail.

BOGBOY

1. A. McKibben	N'castle	6 pts
2. D. McNeilly O/40	N'castle	12 pts
3. E. Hanna	ACKC	17 pts
4. S. Cunningham	N'castle	22 pts
5. N. Carty	NBelf	22 pts
6. G. Bailey	ACKC	24 pts
7. R. Rodgers O/40	N'castle	29 pts
8. D. Woods	ACKC	33 pts
9. P. Mawhirt	N'castle	53 pts
10. A. Niblock	ACKC	55 pts

VETERANS O/50

1. B. McKay	Albert	6 pts
2. P. McGuckin	ACKC	11 pts

VETERANS O/60

1. B. Magee	Larne	6 pts
2. J. Adgey	ACKC	8 pts

LADIES

1. K. Harty	N'castle	6 pts
2. A. Sandford O/40	N'castle	9 pts
3. A. Shannon O/40	N'castle	12 pts
4. C. Galbraith O/40	N'castle	15 pts
5. H. Cassidy	Physio	20 pts

JUNIORS

1. J. McCloy	MidUls	6 pts
2. A. Mitten	N'castle	8 pts
3. T. Turner	Unatt	16 pts

WEST HIGHLAND WAY RACE Scotland CL/95m/11624ft 18.06.05

What a race - four within 37 minutes of each other - in this race that is a blanket finish!

The early conditions were very humid, 89% and 19 deg C at 2.00 a.m.

This resulted in three finishers being taken to hospital and another runner having a fit at the Devil's Staircase. As I speak, one is still in hospital.

Twenty four hours into the race we had hailstorms, thunder n' lightning and flash floods. We had to stop runners continuing.

Thus, 48 made it the whole way and 23 were considered finished as we stopped the race between Kingshouse 72 miles and Kinlochleven 80 miles.

Dario Melaragni

LANGCLIFFE CARNIVAL FELL RACE North Yorkshire AS/4m/1000ft 18.06.05

The weather was fabulous this year with the heat affecting one or two runners. We were overheating in the marquees as opposed to being hypothermic last year.

The turnout for the junior races was small but to be expected when there are so many events on at this particular time of year. All runners were presented with

goody bags, medals and chocs. This is always a welcome relief after our steep start and finish. The kids then have the opportunity to participate in the family races and pick up more prizes and have their names put in the local papers.

The senior race went well with a field of 25 runners, mainly locals, but one guy was on his holidays from Andover - apparently he always packs his gear and has a go wherever he is. What a star! There was a narrow start on the road as vehicles were parked up to the place where the route turns to the steep ascent. Stephen does not like the steep climb and tried to back out to marshal but we foiled him as we had enough of those. One runner became victim of the heat and another had to retire as his shoe fell to bits! A group of runners with a lovely temperament, who enjoyed their afternoon run.

It is always nice to be thanked for staging such an event, which makes it more of a pleasure to run it again next year. No records broken, but then again there is always next year. Maybe we will see more of you then!

Sue and Keith Rodgers

1. I. Magee	Skipt	37.02
2. B. Lonsdale	Settle	39.29
3. C. Norris O/45	Settle	40.05
4. B. Houghton O/40	FRA	41.27
5. O. Fielden	Helm	42.09
6. C. Hirst O/45	Settle	42.13
7. C. Robinson	Helm	42.20
8. S. Bamber O/40	Prest	43.59
9. S. Moor O/40	Settle	44.12
10. D. Archer O/50	Bury	44.22

VETERANS O/50

1. (10) D. Archer	Bury	44.22
2. (13) B. Scholes	Settle	47.59
3. (23) A. Buckley	Unatt	71.30

VETERANS O/60

1. (20) I. Robinson	Settle	56.37
2. (21) J. Goulding	Andover	56.38

VETERANS O/70

1. (22) H. Catlow	CFF	66.26
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LADIES

1. (15) A. Kelly O/40	Clayt	48.23
2. (18) L. Whittaker O/40	Wharf	54.29
3. (19) J. Keys	Ross	56.22

23 finishers

JUNIORS

1. M. Morphet	Settle	12.38
2. K. Lund	Settle	12.59
3. T. Bailey	Unatt	13.05
4. B. Hartley	Unatt	13.06
5. J. Thompson	Unatt	18.02

HUNSHELF AMBLE South Yorkshire BM/7.5m/1400ft 18.06.05

Lloyd Taggart ran away from his fellow club mate, Mike Sprout, to win on a very hot day that led to several retirements. Taggart is reported to have said that he was settling himself to run all the races (FRA?) at least once. He may well not have time in other races to right a fallen sign and then retrace his steps!

Vet 40 is the competitive class with a third of the entries in this age group. Simon Rippon and Mark Law were close with 13th and 14th places overall giving Mike Levery 1st Vet 50 in front of Richard Bory. Vet 60 is always well represented in this race - it must be the scenery that attracts and Danny Batty of Penistone Footpath Runners led home a contingent of other Penistone Runners.

Carol Geddes, whose club caused a bit of consternation in the organising team as they turned up in force in a bus, was first lady home and first LV40.

At the same time as the main race, a challenging Fun Run was held and it was more than encouraging to realise that youngsters were keen to test themselves on a course that is far from easy. Andrew Washington, a local lad, Louie Moore and Indra Davies merit a mention for their performances. Hopefully, a good augury for the future.

Sponsored by the Hunshelf Parish Council, all entry money went in prizes.

David Horsfall

1. L. Taggart	DkPk	52.49
2. M. Sprout	DkPk	58.00
3. S. Rippon O/40	Barns	59.05
4. M. Law O/40	Barns	59.52



Iain Sprout looking very surprised as he emerges from the jungle on his way to second at Hunsheff
(Photo Iain Austin)

5. P. Evans	RAMC	60.48
6. I. Rowbotham O/40	H'gate	61.35
7. W. Alves O/40	Totley	61.44
8. D. Askew O/40	H'gate	61.55
9. R. Wheeler	Valley	62.01
10. D. Kilpin	P'stone	62.02

VETERANS O/50

1. (13) M. Levery	Sheff	64.15
2. (14) R. Bory	Valley	64.54
3. (19) R. Innes	P'stone	66.57

VETERANS O/60

1. D. Batty	P'stone	81.23
2. D. Cartwright	P'stone	91.54
3. P. Green	DenbyD	91.54

LADIES

1. C. Geddes O/40	Retf	72.48
2. S. Charlesworth O/40	P'stone	77.56
3. G. Tombs O/50	Ackworth	78.40
4. J. Cockerton O/40	P'stone	81.08
5. J. Nisbet O/50	Ed'burgh	82.10

JAMES BLAKELY/HARDEN MOSS FELL RACE RACE West Yorkshire 3.5m/600ft 18.06.05

1. A. Shaw	Holmf	21.59
2. R. Jackson	Horw	22.09
3. D. Shaw	Holm	24.26
4. S. Entwistle	Penn	24.44
5. I. Mitchell	Longw	25.25
6. J. Patterson	Holm	25.50
7. D. Nobles	Holm	27.04
8. M. Bauer	Unatt	27.07
9. A. Smith	Holm	27.24
10. A. Kerry	Holm	28.46

20 finishers

BUCKDEN PIKE FELL RACE North Yorkshire AS/4m/1500ft 18.06.05

What a scorcher!! Almost everyone was looking wiped out by the heat as they came across the finish line on the gala field. I put the flags out on Friday evening in thick mist and rain - so the course was pretty well marked - and the gloom still hung over the valley on Saturday morning during breakfast. However, it lifted by mid-morning and the sun burned off the rest before midday, the forecasted heatwave well underway by the 2.30 p.m. start time. Well done to Gary and Vanessa, both former England internationals, and Yorkshire Three Peaks Race winners and now recipients of our much sought after Buckden Pike sweatshirts!



Eyes down and bent double on the climb at Buckden (Photo Mark Aspin)

Thanks to everyone who made the race possible, Upper Wharfedale Fell Rescue who marshalled the course, The National Trust who own the land, Gary Schofield the local tenant farmer, the Gala Committee and all our helpers on the day, including Linda's Mum and my parents on the finish.

Particular thanks to Peter McCor nick who brought us some packs of beer as prizes the marshalled at the top and gathered the flags in, and Anne Jebb whose quick thinking averted a near disaster when she noticed I'd forgotten to open the car park gate!

Next year is the 25th Buckden Pike fell race and we intend to mark the occasion in some way so make sure you come join the celebrations!

Allan Greenwood & Linda Crabtree

1. G. Devine	P&B	34.53
2. R. Lightfoot	Ellenb	35.56
3. D. Taylor O/40	DkPk	35.57
4. C. Smale O/40	Tod	36.37
5. T. Mason	Unatt	36.52
6. T. Edward	Clay	38.12
7. S. Bottomley	P&B	38.15
8. G. Pearce	Ilk	38.18
9. M. Cox	Otley	38.33
10. M. Speight O/40	Unatt	39.01

VETERANS O/50		
1. (15) M. Walsh	Kend	40.11
2. (19) A. Robinson	Clay	41.16
3. (22) B. Walton	Horw	42.23

VETERANS O/60		
1. (69) A. Wilkeley	ThirskS	51.32
2. (89) B. Pyecroft	FRA	59.22
3. (95) N. Dyson	NYM	60.30

VETERANS O/70		
1. (82) A. Menary	Durham	55.50

LADIES		
1. (40) V. Peacock O/50	Clay	44.58
2. (47) S. Glover	Skip	46.36
3. (59) T. Hird	Wharfe	49.10
4. (65) A. Raw O/40	Durham	50.34
5. (74) K. Harrison	WyeV	52.29
6. (81) L. Hayles O/50	CaldV	54.43

102 finishers

BRADFORD MILLENIUM WAY RELAY West Yorkshire 48m/6500ft/5 legs 19.06.05

The fourth running of the Bradford Millennium Relay turned out to be the hottest day of the year so far with the temperature at start time at about 23 degrees climbing to 33 degrees at the middle of the day.

On the first leg Abbey men set the early pace and were 2 minutes clear by Denholme but suffered in the later stages and Pudsey Pacers came through to lead at the changeover from Valley Striders and then Horsforth Harriers. At the end of the second leg Pudsey Pacers

were still in the lead but Keighley Vets had set a record veterans time on the leg to pull up into second. On the third leg teams began to suffer with the extreme heat and Horsforth Harriers set a good lead time and took over the overall lead followed by Keighley Vets and Wakefield Harriers Vets. On the fourth leg Keighley Vets set the fastest time and moved into the lead with Horsforth men two minutes behind. On the final leg Horsforth Men set the fastest time and retook the lead. Keighley Vets were second.

In the ladies' and mixed categories both trophies were only decided on the last leg with Valley Striders finally retaining the mixed trophy after a spirited attempt by Chapel Allerton RR to depose them from their throne. Chapel Allerton led by some 17 minutes going into the 5th leg but Valley Striders, Mick Wrench and Hayler Palmer, clawed it back to win.

The Keighley & Craven ladies team, after a slow start set very fast times on legs 4 and 5 to catch and pass the Stainland Ladies team who on their first outing had led from leg 1. They were also overtaken on the last leg by the fast finishing Bingley Ladies' team.

Congratulations to all 30 teams who competed in a very good spirit in difficult conditions.

Mike Moss

1. Horsforth Harriers Men	6.38.41
2. Keighley Vets	6.50.22
3. Wakefield Harriers	6.57.13
4. Bingley Men	6.58.26
5. Valley Striders	7.12.15
6. Abbey Runners	7.17.24
7. Keighley Men	7.27.23
8. Pudsey Pacers	7.30.43
9. Stainland Lions Men	7.51.27
10. Avos	7.52.03

LADIES	
1. Keighley	8.06.39
2. Bingley	8.15.45
3. Stainland	8.34.43

MIXED	
1. Valley Striders	8.18.04
2. Chapel Allerton RR	8.28.50

30 teams finished

KINDER TROG Derbyshire BL/18m/3490ft 19.06.05

1. P. Winskill	DkPk	2.04.22
2. M. Fowler O/40	Chesh	2.08.36
3. D. Dunn	Penn	2.09.09
4. R. Little	DkPk	2.10.33
5. T. McGaff O/50	Chesh	2.11.10
6. I. Warhurst O/45	Penn	2.13.15
7. S. Storey O/45	Unatt	2.15.33
8. V. Booth O/40	Traff	2.15.38
9. N. Kirk	Unatt	2.15.45
10. G. Briggs O/45	Unatt	2.22.16

VETERANS O/50		
1. (5) T. McGaff	Chesh	2.11.10
2. (12) D. Tait	DkPk	2.23.55
3. (13) G. Hodges	Chesh	2.24.15

LADIES		
1. (22) K. Harvey O/45	Altrin	2.31.28
2. (38) J. Mellor	Penn	2.39.21
3. (52) K. Davidson	DkPk	2.43.13
4. (66) B. Coomber O/40	DenbyD	2.50.38
5. (68) E. Rose	Penn	2.51.09

132 finishers

BEACON BATCH FELL RACE Somerset

BS/5m/1000ft 21.06.05

1. V. Graffagnino	Unatt	30.31
2. P. Rigler	Tipton	32.21
3. K. Leeson	Dursley	32.37
4. M. Duxbury	Stroud	32.47
5. M. Gilbertson	GtWest	33.41
6. D. McNally	GtWest	34.34
7. M. Bird O/40	Nailsea	34.43
8. M. Wilkins O/40	T&C	35.03
9. S. Moth	Weston	35.35
10. T. Reynolds	GtWest	35.42

VETERANS O/50		
1. B. Graham	Bitton	35.52
2. C. Ashworth	Dursley	36.49
3. T. Lewis	Dursley	37.02

VETERANS O/60		
1. M. Adams	Brist	42.20
2. B. Evens	Nails	44.30

VETERANS O/70		
1. J. Battersby	Mynyd	56.36

LADIES		
1. T. Daniel	Weston	38.10
2. C. Kelly	Somer	43.02
3. G. Howell O/40	Chedd	44.14
4. J. Gillard O/40	Weston	45.21
5. R. White	Weston	46.01

71 finishers

FOEL FENLLI FELL RACE Clywd AS4m/1000ft 22.06.05

The second of the Clywdian Summer Trots races started with a slight problem - the pub was shut! The previous landlord had done a pub swap and the new owners had not yet materialised. Fortunately the large pub car park was still there and with the help of Andy's camper van the organisation went smoothly.

The course follows the Offa's Dyke Path to the hillfort of Foel Fenlli and back. It's fast, mostly runnable but with a couple of stiff climbs and I don't think anyone spotted the very large bull in the second field! Many of the front runners had run the Snowdon Uphill three days before so they obviously relished the downhill gallop from Fenlli's summit.

Once again our marshals did a great job - some coming from Caernarfon, Deganwy and Liverpool i.e. from even further afield than most of the runners. All this support makes the organiser's job much less stressful and apart from one retirement all came home in one piece. Ian Houston finished as if he was being chased by a bull whereas John Montgomery, in second place, was nowhere in sight and is much too small to resemble a bull. Ioworth Jones seemed slightly surprised to get the V50 prize but John Morris, returning after illness, was clearly determined that the V60 prize was his.

A gang of runners again turned up from Tattenhall and their consistent lady runner Sarah Hammond had a great race to finish 10th overall and first lady. First V50 lady was Hazel Dirksen, who arrives at these races in style being driven up in a flashy open top sports car. Once again great support from local clubs and this series is evidently filling a gap!

Many thanks to the marshals and helpers especially my co-plotter John Linley who designed the course and was superintendent marshal for the night!

Martin Cortwriend

1. I. Houston	Wrex	30.49
2. J. Montgomery O/40	Buckley	31.24
3. M. Gilbert	Wrex	32.51
4. P. Stinton	Buckley	33.25
5. A. Hughes	Unatt	33.41
6. S. Sharp	Buckley	33.50
7. S. Hammond O/40	Tatten O/40	34.11

8. C. Ashley O/40	Wrex	34.24
9. A. Tibbetts	Wrex	35.10
10. S. Hammond O/40	Tatten	35.52

VETERANS O/50

1. (20) J. Jones	Wreccs	38.23
2. (21) F. Roberts	Pensby	38.33
3. (28) N. Griffiths	Spect	40.12

VETERANS O/60

1. (24) J. Morris	Buckley	39.22
2. (31) P. Norman	Wrex	40.59
3. (35) P. Jones	Prestat	42.22

LADIES

1. (10) S. Hammond	Tatten	35.52
2. (25) D. Urquhart	Buckley	39.28
3. (32) E. Salisbury	Eryri	41.04

49 finishers

LANGSTRATH

Cumbria

AS/4.5m/1400ft 22.06.05

Good to see Mike Fanning back to his winning ways, and although no records were broken, Vic Wilkinson was only 2 seconds outside the time set by Louise Fairfax in 1993.

A beautiful sunny evening with a light breeze, not too many midges, stunning scenery and a pub at the end of the run – what more could you ask for.

Keswick took both the men's (Dave Birch, Martin Mikkelsen-Barron and James Walker) and the ladies' (Angela Brand-Barker, Jane Meeks and Stella Lewsley) team prizes.

As always, my thanks to the marshals and time-keepers, and the Langstrath Hotel for hosting the event.

Lyn Thompson

1. M. Fanning	Borr	39.58
2. S. Stainer	Amble	40.58
3. P. Whiting O/45	Kend	42.30
4. V. Wilkinson	Bing	42.39
5. D. Birch	Kesw	42.41
6. P. Cornforth O/40	Borr	43.37
7. I. Cousins	CFR	43.44
8. R. Harrison O/40	CFR	43.50
9. M. M-Barron	Kesw	43.53
10. J. Walker U/18	Kesw	44.54

VETERANS O/50

1. (13) H. Jarrett	CFR	46.16
2. (23) I. Block	CFR	48.43
3. (25) S. Brearley	Unatt	49.22

VETERANS O/60

1. (55) D. Harrison	Kesw	57.16
2. (66) A. Buckley	Kesw	60.16
3. (74) D. Morgan	CFR	69.18

VETERANS O/70

1. (73) I. Addison	Kesw	67.13
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LADIES

1. (4) V. Wilkinson	Bing	42.39
2. (20) A. Brand-Barker O/40	Kesw	48.19
3. (22) S. Wood	Amble	48.40
4. (28) K. Beaty O/40	CFR	49.42
5. (44) J. Meeks O/40	Kesw	54.08

77 finishers

BLACKAMoor CHASE

Derbyshire

BM/6m/1450ft 23.06.05

This is the third race in the Totley/Tigers series. It took place on a perfect summer's evening – perfect for marshalling anyway, maybe a bit hot for some of the runners. We certainly had to keep refilling the post race water containers.

It was won in 42.39 by Dave Taylor, who was almost a minute ahead of Lewis Banton. First lady back was Pippa Weir, whose running improves every time you look at her!

We have been experimenting with a computer results system, and this time it really paid dividends with the results out almost instantaneously.

Many thanks to the superb team of marshals and helpers, especially those on the computer, and to 11 year old Chris Norton and Liam Sproston who took on responsible jobs.

Everyone seemed to enjoy themselves and it all went smoothly.

Liz Thompson

1. D. Taylor O/40	DkPk	42.39
2. L. Banton	Clowne	43.31
3. S. Gregory O/40	HolmeP	44.35
4. M. Nolan	DkPk	44.48
5. C. Egde	Hallam	44.56
6. S. Bell O/40	DkPk	45.02
7. P. Hodges	DkPk	45.25
8. A. Linskill	Totley	45.41
9. M. Sprot	DkPk	46.25
10. J. Ascroft	DkPk	47.22

VETERANS O/50

1. (16) R. Fawcett	DkPk	49.07
2. (32) R. Bory	Valley	50.18
3. (37) M. Moorhouse	Matlock	51.02

VETERANS O/60

1. (123) M. West	DkPk	61.25
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LADIES

1. (63) P. Weir O/40	Totley	54.51
2. (66) J. Iepson	FatBoys	55.21
3. (83) C. Stuart	DkPk	56.26
4. (84) H. Brown	Totley	56.44
5. (90) F. Kaye	Hallam	57.34

192 finishers

AGGIE'S STAIRCASE

Lancashire

BS/425m/900ft 23.06.05

Ninety nine entries this year, with ninety seven completing the course in the heat. Congratulations to Paul Thompson on his first victory in this race after many attempts, including last year's second place. Congratulations also to Vanessa Peacock, adding to her many previous successes.

Thanks to our hosts at the White Lion for providing an excellent venue, and thanks again to our T-shirt sponsors, who were Sound Reduction Systems

Julian Donnelly

1. P. Thompson	Clay	28.48
2. L. Barton	B'burn	30.18
3. R. Owen O/40	Eryri	30.20
4. D. Parkinton O/40	Prest	30.42
5. S. Smith	Darwen	30.52
6. C. Seddon	Horw	31.04
7. D. Raby	Chorl	31.11
8. N. Molding O/40	Penn	31.19
9. D. Nuttall	Clay	31.30
10. K. Gaskell O/40	Horw	31.35

VETERANS O/50

1. (30) I. Cooksor	RedR	35.28
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VETERANS O/60

1. (41) G. Breeze	Skyrac	37.26
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LADIES

1. (25) V. Peacock O/50	Clay	34.17
2. (49) H. Cobbishley	Ross	38.24
3. (50) K. Nash O/40	Prest	38.32
4. (57) D. Campbell	Skem	39.42
5. (73) G. Dobie O/40	RedR	42.05

97 finishers

WALSH TWO LADS FELL RACE

Lancashire

BS/5.25m/900ft 23.06.05

A good turnout of runners and fine weather ensured that an excellent race was had.

Robert Hope broke his own record by 39 seconds. First lady home was Jane Rafell, setting a new ladies' record time.

A big thanks to all who helped with timekeeping, marshalling and also to Bolton Mountain Rescue.

Finally, a real big thanks to Walsh Sports who continually support this race.

Colin Jones

1. R. Hope	P&B	30.55
2. M. Aspinall	LancsM	31.13
3. N. Leigh	Altrinch	31.22
4. D. Hope	P&B	31.47
5. B. Hussain O/40	Stock	32.07
6. D. Kay	Horw	32.16
7. J. Kevan Junior	Horw	34.11
8. B. Cole	RoyMar	34.14
9. C. Heyes	Horw	34.23
10. D. Massey O/40	Horw	34.25

VETERANS O/50

1. (18) S. Williams	Salf	36.15
2. (24) T. Hesketh	Horw	36.44
3. (47) P. Collinge	Middle	39.40

VETERANS O/60

1. (53) D. Kearns	Bolt	40.07
2. (72) R. Hart	WiganP	41.46
3. (102) P. Heneghan	Horw	44.46

VETERANS O/70

1. (181) R. Lee	Middle	53.27
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LADIES

1. (37) J. Rafell O/35	WiganP	38.19
2. L. Gardner	LancsM	39.27
3. (59) C. Anthony	BelleV	40.38
4. Y. Wyke O/35	WiganP	41.04
5. S. Jackson	L'pool	41.13
6. J. Raskleigh O/40	Horw	41.23

213 finishers

MIDSUMMER MADNESS

THREE DAY EVENT

24.25.26/06/05

West Yorkshire

Wicken Hill Whizz

AS/3m/1000ft

A light rain cooled the runners at the start of the "Midsummer Madness" weekend of races in the Calder valley.

Chris Smale and Steve Oldfield led a good quality field of runners up Wicken Hill to the Sheepstones summit. Phil Mowbray from Hunters Bog Trotters was hot on their heels, but twisted an ankle and dropped several places on the descent.

Kevin Wright of Springfield Striders also picked up an injury, thereby giving the race organiser an excuse to mention the "invisible runner" in his race report.

Chris managed to hold off Steve on the way down to secure first place, with James Logue hurtling down the steep descent to take third place.

There were some fast junior runners competing, too. The Gould brothers from East Cheshire, Niall and Ryan, ran very strongly and both gained a place on the descent to finish in 9th and 18th position. Sam Tosh (26th place), Tom Arrandale (31st) and Kyle Biddle (46th) were not far behind.

Amongst the ladies, Jo Smith, in good form at the moment, came in first. Sandra Grimes was faster on the descent than Jo, but could not make up the time that Jo had gained on the climb. Like Jo, Jackie Scarf also lost places on the way down but managed to hold off the rapidly approaching Alex Cavew. It seems that the Calder Valley ladies have the advantage over the Leicester Owls on the ascent, but cannot match them for descending.

The third Calder Valley lady, Linda Hayles, also managed to stay ahead of the third Leicester Owl lady, Jenny Clark, to complete a ladies team victory for the home club.

Alex Whittm and Dave Collins were in strong support of Chris Smale, giving the men's team prize to Todmorden.

The race route to the summit was more direct this year than in previous years, although existing records were not bettered. It seemed a popular route with the runners so will be retained in future years.

Tom Tittiman

CS/4m/600ft

In the second race of the Midsummer Madness weekend, Chris Smale and Jo Smith both proved that they are just as strong on a good, fast course like this as on the steeper event the evening before.

The front of the race became a duel between Chris and James Logue, which Chris won by just 2 seconds to record his second victory in as many days.

The Clayton runners, Ian Greenwood, Neil Worswick and Sean Clare all improved their results from the previous day to overtake the Todmorden trio in points and gain the team prize.

Vanessa Peacock showed most of the younger girls a clean pair of heels in finishing 45 seconds behind Jo, with Tracey Apps of Springfield Striders running strongly to secure third place.

With Jackie Scarf in 4th place and Linda Crabtree 7th, the Calder Valley ladies were again victorious in the team competition.

There was some hot competition amongst the V50s



Ray Charlton looking inordinately pleased at being in front of Sandra Stanton at Tom Tittiman
(Photo Allan Greenwood)

with Brian Goodison (8th), David Archer (17th) and David Emmerson (19th) all joining Vanessa in setting the pace for many of the younger runners. Indeed with Graham Breeze (V60) in 28th place it was an afternoon of flying grey hairs.

Reservoir Bogs BM/8m/1000ft

This race, with the exact location of the checkpoints only revealed on the morning of the race and plenty of scope for route choice, always provides entertainment with knots of fell-runners heading in different directions. The marshals at checkpoint 3 were bemused by the group of runners who turned up asking if this was by any chance checkpoint 2 since they were a bit lost!

Having finished third in Friday's race and 2nd on the Saturday, James Logue was determined to use his navigational skills to go one better today. Even he couldn't find the perfect path, but still he led the way round, with Andy Wrench just behind. Shrugging off any tiredness on his third race in as many days, James kept the fresher Andy at bay and won in a time of just over an hour.

Chris Smale and Ian Greenwood, both also running their third race in three days, finished in 3rd and 4th place, with another fine navigator, Niall Bourke, close behind.

So Chris could not make it three wins in three days, but Jo Smith did in the ladies. The lapsed orienteer powered through the heather on direct bearings between the checkpoints to give the other ladies no chance to keep up with her. The second placed lady, Jackie Scarf, is also an orienteer but a more subtle one: by picking out the best paths she gained her best result of the weekend.

Tracey Apps of Springfield Striders, like the two Calder Valley girls ahead of her, gained a lot of places on the multiple-route-choice from checkpoint 2 to checkpoint 3 (Crow Hill) and finished in 3rd place, just ahead of Christine Preston who made her gains between Crow Hill and High Brown Knoll.

Linda Hayles was the third counter in the third-time victorious Caled Valley ladies team, but the men's team competition was a lot closer. Radcliffe (Dan Appleby, Michael Howard and Neil Kirby) finished level on points with Leicester Owls (Rob Pullen, Chris Manning and Robert Gregory). By local rules the team prize is decided by the 4th counter for each team, and so Les Chesterton's 31st place gave Leicester Owls the overall victory.

There were enough prizes, though, to give out to both teams.

Midsummer Madness race series

The end of another successful Midsummer Madness race weekend in the Calder Valley.

Chris Smale, with two victories and a third place, was the overall winner. His determined third place on the final day just enough to keep ahead of the charging James Logue in the final rankings. Ian Greenwood, in the top five placings each day, was a strong third place overall, with Phil Livermore (Abbey Runners) and the leading Leicester Owls pair of Rob Pullen and Chris Manning taking the next three places in the competition.

There was little doubt of the winner amongst the ladies: Jo Smith winning all three races in some style and improving as the weekend went on. Sandra Grimes was in second place going into the final race, but Jackie Scarf's fine result in Reservoir Bogs took her ahead of the Leicester Owl. Sandra's team-mate Alex Cavew ran consistently to claim fourth place in the series, while Gail Tombs kept narrowly ahead of Linda Hayles on all three days to finish as the first LV50 and fifth lady overall.

Amongst the male V50s, John Williams of Springfield Striders had a great race at Reservoir Bogs but could not quite catch up with Les Chesterton in the overall results.

With so many Springfield Striders and Leicester Owls travelling so far to grace our race series, we held a little team competition between the two clubs, with the results from every member of each club counting. The Owls won that trophy, though the Striders claimed that they would have won if number of pints consumed during the after-race celebrations were added into the equation. The landlord of the Hare & Hounds later confirmed his agreement that the Striders certainly seemed to work up considerable thirsts from their running.

Timothy Taylors and the local publican are keen to get more involved in supporting these races next year (possibly because the pub have never sold so much beer as they did on that weekend!), so the Hare & Hounds will continue to put on a beer festival over the weekend in conjunction with the races, although next year the hog-roast may be changed for a larger barbecue including veggie food.

Bill Johnson

EILDON TWO HILLS RACE Borders

AS/4.5m/1500ft 25.06.05

The runners set off on a very warm afternoon, with Euan Jardine setting the pace from Fergus Johnston. He gradually drew away to win very easily, with Sid Coxon coming through to taker 2nd place from Fergus.

The race was once again sponsored by Lochcarron of Scotland

George Meikle

1. E. Jardine	Gala	29.02
2. S. Coxon O/40	Tyne	33.12
3. F. Johnston	Gala	33.29
4. J. Tullie	E'burgh	33.41
5. N. Aitchison O/40	Gala	34.22
6. J. Taylor	Teviot	35.40
7. J. Cairns	Gala	36.03
8. M. Clarke O/40	Gala	36.09
9. J. Rathjen	HBT	36.15
10. D. Bearhop O/40	Carn	36.48

VETERANS O/50

1. (15) L. Turnbull	Norham	38.11
2. (28) R. Sloan	Carn	43.45
3. (33) S. Wintrop	Unatt	46.29

VETERANS O/60

1. (34) T. Stapley	Porto	46.36
2. (36) N. Gould	HBT	47.30

LADIES

1. (11) S. Blake	Penic	36.49
2. (22) P. Mitchell O/40	Corstor	41.42
3. (25) D. MacDonald		

O/40	HBT	42.42
4. (29) S. Rathjen	HBT	44.20
5. (32) J. Anderson	Carn	46.10

40 finishers

TANSLEY HILL RACE Derbyshire CS/4.2m/600ft 25.06.05

The weather was cooler than last year and the early morning rain had cleared by midday. Forty nine runners took part and last year's winner, Andrew Middleditch, again came in first place in what has to be a new record time (the start having been moved back 200m for safety reasons).

First lady was Brigid Ellis, and a fine run by Bryan Rogers made him not only 1st V70, but 1st V60 and 2nd V50.

It was good to see 16 local runners (Tansley residents) taking part, and fine performances were achieved by our three intermediates. It was also good to see so many runners returning from previous years, although the 'apres race' Ashbourne bitter may have had some part to play.

Finally, very many thanks to Ruth Cooper and her husband Ian who are invaluable, and to all those who helped out on the day.

Barry Mosley

1. A. Middleditch	DkPk	26.47
2. R. Keal	Notts	27.59
3. C. Rowe O/40	Mat	28.48
4. S. Brister O/50	Mat	30.31
5. A. Moore O/40	DkPk	30.32
6. M. Kuszinski O/40	Mat	30.33
7. P. Evans	Unatt	30.34
8. M. Doak	Unatt	30.34
9. S. Wathall O/40	Ret	30.36
10. S. Woodward	Ret	30.37

VETERANS O/50

1. (4) S. Brister	Mat	30.31
2. (28) J. Allen	Unatt	37.48
3. (29) R. Campbell	Staffs	38.11

VETERANS O/60

1. (25) G. Young	Sinfin	36.59
2. (30) A. Perkin	Salf	38.38
3. (34) M. Edwards	DkPk	40.02

VETERANS O/70

1. (24) B. Rogers	NVets	36.34
2. (37) B. Howitt	Mat	40.07

LADIES

1. (22) B. Ellis	LongEat	35.27
2. (26) S. Meteringham O/40	Unatt	37.34
3. (33) M. Moore O/40	Totley	39.19
4. (38) R. Cooper O/40	Unatt	40.08
5. (40) Y. Twelvetree O/50	Totley	40.24

49 finishers

CULTER FELL HORSESHOE RACE Peeblesshire AM/11m/4900ft BRITISH & SCOTTISH CHAMPIONSHIP 25.06.05

Pre-race favourite and record holder, Simon Booth, lived up to his billing by winning this "tough medium" British Championship race. Though racing in good visibility he was perhaps slowed by the heat, and finished five minutes shy of his record time in 1.48.53. Second was the improving John Heneghan and third was Jethro Lennox, who came in a minute later, chased hard by first veteran, Joe Blackett, and Jim Davies.

Heneghan and Lennox were setting the pace from the start and led at the second checkpoint, Glenlodd Hill, with Booth in a group some 15 seconds behind. Booth then made his break on the brutal 1,400 ft climb up to the third checkpoint at Chapelgill, with Lennox the nearest pursuer. By the penultimate checkpoint at Coomb Hill, Booth had extended his lead to some 2 minutes, with Heneghan and Lennox next through. Booth just got stronger, yet the toll began to tell on Lennox as on the final climb he had to let Heneghan go, whilst the two runners behind threatened to overhaul him, but he just managed to hold on to third spot.

It was an excellent run for Joe Blackett to take the vets honours. Stewart Whittle finished second vet, just holding off his fast finishing team-mate, Ronnie Gallagher. The sleepless nights were perhaps catching up with Whittle, who'd just become a father on the Monday before the race. Nevertheless, the result still left him as favourite for the British Veteran title.

Jill Mykura fought a battle all the way round with Sally Newman eventually having to concede to the English woman, who came home in 2.11.05 to Mykura's 2.12.10.



Gordon Pride and Jackie Lee head a group through the prairie at Culter Fell (Photo Marcos)

The day continued well for Carnethy, who not only finished second open team to the mighty Borrowdale, but also took the Veteran team award. Ilkley were the first ladies' team.

Malcolm Patterson

1. S. Booth	Borr	1.48.53
2. J. Heneghan	P&B	1.51.30
3. J. Lennox	Shettle	1.52.31
4. J. Blackett O/40	Unatt	1.52.34
5. J. Davies	Borr	1.53.01
6. C. Watson	Pitre	1.55.20
7. K. Gray	CaldV	1.55.26
8. P. Vale	Mercia	1.56.03
9. R. Lightfoot	Ellenbrgh	1.56.20
10. A. Schofield	Borr	1.56.30
11. S. Whitlie O/40	Carn	1.56.45
12. R. Gallagher O/40	Carn	1.56.56
13. M. Fowler O/40	Chesh	1.57.53
14. A. Davies O/40	Borr	1.58.04
15. M. Denham-Smith	Kesw	1.58.36
16. A. Smith O/40	Deeside	1.58.54
17. S. Pyke O/40	StaffsM	1.59.37
18. B. Marshall	HELP	1.59.50
19. J. Deegan	Amble	2.00.39
20. G. Devine	P&B	2.01.42

VETERANS O/50

1. (26) T. McGaff	Chesh	2.03.23
2. (31) S. Jackson	Horw	2.06.04
3. (41) R. James	CFR	2.10.36

VETERANS O/60

1. (49) D. Spedding	Kesw	2.13.13
2. (92) C. Love	Dundee	2.32.28
3. (120) J. Littlewood	Carn	2.44.41

LADIES

1. (43) S. Newman O/40	CaldV	2.11.05
2. (47) J. Mykura	Carn	2.12.10
3. (63) H. Sedgwick	Ilk	2.17.15
4. (67) E. Batt O/40	DkPk	2.18.04
5. (73) E. Barclay	Ilk	2.20.35
6. (74) R. Metcalfe	Eryri	2.21.22
7. (79) L. Roberts	Kesw	2.25.02
8. (82) K. Jenkins	Carn	2.25.58

157 finishers

ELDWICK GALA FELL RACE
West Yorkshire
CS/3m/300ft 25.06.05

A very impressive 107 quality runners turned out for the 2005 race. When the organisers saw Rob Jebb and Sharon Taylor arrive they thought there would be no contest. How wrong they were - a very fit Simon Bailey and Anne Buckley turned up and beat the Bingley pair by 14 seconds each!

This year the conditions were very good which led to a fast race- won in nearly 2 minutes less than last year. The good weather also meant that runners could enjoy a leisurely warm-down and partake in the Gala festivities as well. That elusive 20 year old record is still not beaten and stands at 16:05 - maybe next year?

Joe Bamforth & Dave Stephenson

1. S. Bailey	Mercia	16.45
2. R. Jebb	Bing	16.59
3. W. Smith	K&C	17.36
4. R. Pattinson O/40	P&B	17.36
5. J. Dawson	Skipt	18.45
6. D. Shaw	Bing	18.47
7. R. Barrett O/40	Skipt	18.53
8. R. Lawrence	Bing	18.54
9. S. Wilkinson O/40	K&C	18.56
10. G. Pearce	Ilk	19.02

VETERANS O/50

1. O. Downing	Bing	23.58
2. D. Armstrong	Unatt	24.28
3. M. Watson	Bing	24.44

LADIES

1. A. Buckley	Salf	19.48
2. S. Taylor	Bing	21.02
3. T. Hird	Wharf	21.32
4. H. Glover	K&C	21.50
5. C. Wolfenden	Ilk	23.05

106 finishers

TOTLEY MOOR FELL RACE
South Yorkshire
BS/5.5m/1100ft 25.06.05

The weather was more promising than last year's wash-out but the tracks across Totley Moor have been severely rutted by less than environmentally conscious motorcyclists. The effect is that the paths have become more difficult to run, not that we want the race to be easy but it is a bit of a detractor. Well, none of the racers complained and within the first half mile John Heneghan and Andrew Ward had broken away from the rest of the field. For both of these combatants this was an unfamiliar race and it is refreshing that new people are coming to the races. Andrew Ward has done the whole series so far this year and had some exceptional results (1 first and now 2 second places).

We were concerned about race numbers as the South Yorkshire 5 mile road race at Rother Valley was the same night and this devastated many of our lady runners and our usual race helpers. We needn't have worried as there were over 180 finishers, which is slightly up on the last few years. We were also overwhelmed with offers of help from many club members and thanks to all of them. It did mean however that the winning ladies were not as fast as usual. Notable absentees were Pippa Weir (choosing instead the Road (spit) Race) and some of the faster ladies from Dark Peak. This didn't however prevent Dark Peak from winning the ladies' team prize. In fact the Dark Peak men also managed to win first prize despite not getting any runners in the top 5. I think the message is clear to other local clubs, like Clowne. "You need another runner". By the time you read this, the Tormentor and the whole series will be complete! Tempus Fugit.

Mark Wilson

1. J. Heneghan	P&B	33.44
2. A. Ward	Clowne	34.24
3. S. Gregory O/40	HolmeP	36.46
4. L. Banton	Clowne	37.02
5. J. Morgan	BlkDeath	37.36
6. S. Bell O/40	DkPk	37.44
7. J. Field O/40	Unatt	39.16
8. J. Ascroft	DkPk	39.21
9. N. Wallis	DkPk	39.37
10. N. Kirk	Unatt	39.41

VETERANS O/50

1. (16) K. Holmes	DkPk	40.58
2. (23) R. Fawcett	DkPk	41.31
3. (34) R. Bory	Valley	42.24

VETERANS O/60

1. (119) M. West	DkPk	50.16
2. (122) C. White	Totley	50.38
3. (146) A. Gordon	Unatt	53.15

VETERANS O/70

1. (150) B. Rogers	NVets	53.59
2. (167) J. Norman	DkPk	57.01
3. (176) B. Howitt	Mat	59.01

LADIES

1. (78) C. Stuart	DkPk	46.35
2. (99) J. Dyer	Hallam	48.42
3. (103) J. Seal O/40	DkPk	48.58
4. (105) F. Kaye	Hallam	49.05
5. (110) A. Higgins	FatBoys	49.21

CHROME HILL FELL RACE
Derbyshire
BS4m/700ft 25.06.05

Having organised Chrome Hill since 1997 the organiser, now living in North Wales, had to hand over to locals Mandy and Mark Dennison (runners and beekeepers!) who did a great job in their first year by siting the Race HQ tent next to the Beer Tent! Thus, then a chance for the retiring organiser to finish on a high note by running the race and, knowing all the best lines, etc through years of marking out the course, to

surely win a category prize. But no!.....he was thwarted by clubmate Barry Blyth who coasted past on the first big uphill and eventually finished in a superb fourth position.

Phil Winskill and Dave Taylor were well clear of Tom Wild, last year's winner. Andy Staples won the First Local trophy and Real Ale correspondent Robin Wignall demonstrated the value of tipping good quality traditional beer by winning the V60 category. Men's prizes were rounded off with Barry Thackery, still running strongly into his seventies. Anne Whitelock ran strongly to add a new name to the ladies' trophy with Kath Forder bagging the V40 prize. The prizes incidentally all came in big carrier bags - were there any jars of honey in there?

Martin Cortvriend

1. P. Winskill	DkPk	30.44
2. D. Taylor O/40	DkPk	31.24
3. T. Wild	Macc	34.06
4. B. Blyth O/50	Macc	34.24
5. J. Trueman O/40	Penn	35.00
6. R. Marlon	Stock	35.19
7. M. Cortvriend O/50	Macc	36.14
8. S. Jackson O/40	Congle	36.31
9. S. Rollitt O/40	Ashbourne	36.44
10. G. Bramwell O/40	Buxt	36.50

VETERANS O/60

1. (24) R. Wignall	Altrin	43.04
2. (30) B. Robinson	Marple	46.10
3. (33) M. McDonald	Bowl	49.25

VETERANS O/70

1. (37) B. Thackery	DkPk	55.56
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LADIES

1. (25) A. Whitelock	Bidd	43.58
2. (27) K. Forder O/40	Buxt	44.32
3. (32) C. Holdcroft	Congle	49.11

37 finishers

GREAT BAKEWELL PUDDING RACE
Derbyshire
CM/6.25m/700ft 26.06.05

Despite a good spell of dry weather in the weeks before the run, and on the day itself, many runners on the Senior (10.5 km) run would have been surprised to find the conditions underfoot very wet and heavy going following heavy rain the previous day. As a result we weren't expecting any records to be set - and they weren't. The winning times were, however very respectable and there was another excellent turnout. Although slightly down on last year's record numbers, we had 189 in the Senior run (red course) and 77 in the Junior/Fun run (blue course).

On the red course the winner was Phil Winskill, nearly one minute ahead of Carl Egdel and Dan Yates. Winskill's club mate and last year's winner, Kev Lilley, came in fourth and was the first over 40 veteran man. Phil Winskill also won the "Top of the Hill" prize and the fastest team prize with his Dark Peak colleagues.

The first local man was James Bacon. He also shared the first local team prize with Graham Jones and Rodney Billinge.

In the ladies' race Cecelia Greasley was the first home. Cecelia was also the first vet lady. Kathy Towers came in second and Mary Mills third. Unfortunately and surprisingly we did not have a local lady in the Senior Run this year (defined as from the parishes of Bakewell, Ashford, Over Haddon and Hassop). I know lots of local women are active runners and many have done the Pudding Race in the past so I hope this is only a temporary absence.

On the blue course we had a very varied entry with several adults running alongside intermediate and junior children, including Imogen Bailey at only 5 years of age. She ran with her father (and beat him!) in an excellent time of 42.24. The overall winner was Josh Green, a junior, who beat off a very determined challenge on the finishing straight from Sam Green, with times of 19.54 and 19.56 respectively. The first girl, Rachel Robinson (also a junior), came in third, in a time of 20.37, followed by Jack Salt and Fiona Gilbert. The first senior home was Sarah Nicholson, formerly of Bakewell but now with Buxton AC.

A big thanks to Pinelog of Bakewell for sponsoring the event, allowing us to give prize money to various winners, and to the Bakewell Pudding Parlour for once again generously donating 300 Bakewell Tarts (Not the usual puddings on this occasion, but they were still delicious!).

John Scott

1. P. Winskill	DkPk	40.39
2. C. Edgell	Hallam	41.38
3. D. Yates	Matlock	41.44
4. K. Lilley O/40	DkPk	41.53
5. L. Banton	Clowne	42.34
6. A. Middlewich	Unatt	42.59
7. S. Pope	Unatt	43.12
8. P. Hodges	DkPk	43.26
9. D. Guess O/40	Charmw	43.56
10. S. Harding	OxfordUni	45.19

VETERANS O/50

1. (19) r. Fawcett	DkPk	46.42
2. (34) H. Yousefian	Stockp	48.08
3. (41) K. Payne	StubbGr	49.41

VETERANS O/60

1. (47) T. Vernon	StaffsM	50.07
2. (100) B. Alsop	BellHH	56.35
3. (101) R. Bleakman	DVO	56.50

LADIES

1. (33) C. greasley	Chesh	48.02
2. (81) K. Towers O/40	Unatt	53.53
3. (86) M. Mills O/40	HolmeP	54.36
4. (91) J. Griffiths O/40	Unatt	55.11
5. (103) J. Gascoigne	Unatt	56.52
6. (104) C. Lee	SheltStr	57.21

187 finishers

Blue course/Fun Run - 2.75m

1. J. Wain Jun		19.54
2. S. Green Int		19.56
3. R. Robinson Jun/F		20.37
4. J. Salt Int		21.18
5. F. Gilbert Int/F		21.23
6. J. Green Int		21.33
7. M. Brennan Jun/F		21.51
8. H. Cameron Jun/F		22.13
9. E. Bayley Int/F		22.14
10. O. Byne Jun		22.32

75 finishers

LAIRIG GHRU RACE

Aberdeenshire

CL/28m/2100ft 26.06.05

1. J. Kennedy O/40	Maryhill	3.39.30
2. B. Watson O/40	Hadd	3.44.41
3. A. Brierley	Fife	3.48.13
4. A. Smith O/40	Dee	3.49.54
5. J. Williamson	Cosmic	3.50.04
6. G. Godfree	Lothian	3.53.29
7. K. Jenkins	Cam	3.59.47
8. L. Colquhoun	Ed'burgh	4.05.35
9. D. Gay	Stirling	4.06.25
10. M. Tunstall O/40	Ed'burgh	4.09.18

VETERANS O/50

1. (21) D. Sullivan	Dee	4.23.27
2. (22) G. Main	Nairn	4.26.26
3. (24) T. Collins	Clyde	4.31.59

VETERANS O/60

1. (43) C. Love	Dundee	4.57.38
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LADIES

1. (6) G. Godfree	Lothian	3.53.29
2. (7) K. Jenkins	Cam	3.59.47
3. (8) L. Colquhoun	Ed'burgh	4.05.35
4. (16) L. Laurie	Ed'burgh	4.19.03
5. (46) K. Friend O/40	Carn	5.10.57

53 finishers

WINDY GYLE FELL RACE

Northumberland

BM/9m/1500ft 26.06.05

Thirty eight runners took part in the fifth running of the Windy Gyle fell race. It was a glorious morning in upper Coquetdale as the runners set off through the hay meadows at Barrow Burn for the climb over grassy tracks to the summit of one of the highest hills in the Cheviots. Unusually the sun continued to shine for the whole race for a second year, possibly due to David Steel's presence.

Tim Edwards won the event convincingly in a time of 1:02:35. Although almost two minutes slower than Joe Blackett's record time of 1:00:40 set in 2004, Tim's time was five seconds inside the previous record time. Second man home and first vet 40 was James Dickinson. He was followed by David Steel.

First lady, Veronique Oldham, put in a fine performance to finish seventh overall in a time of 1:10:58. This was only fourteen seconds outside Karen Robertson's record set last year.

John Humble, in his first victory since his return to running following a period of illness, was first Vet 50 and was followed by Jim Knox. Although close behind John, Jim said he was never in any danger of catching him.

Only two Vet sixties entered the race. Ken Rawlinson finished twenty fifth and Kath Dallinson finished thirty eighth, but this was only because she slowed down to admire the view on the final descent to the valley!

Everyone was very complimentary about the course which must be one of the most runnable hill routes in Northumberland.

The support from the North of Tyne Search and Rescue Team was once again most welcome. Their marshalling and communications from distant corners of the course to the start, which is in a dead area, is essential to the safe running of the event. Contributions from competitors raised thirty eight pounds for the team. Members of the team even saw a little action when they were called out to assist mountain biker who had an accident lower down the valley.

Thanks also to those who helped at the start and to Ian Tait of Barrowburn for the use of his sheep pens and to Robert Bertram of Rowhope for access to the course.

Keith Cooper

1. T. Edwards	Clay	1.02.35
2. J. Dickinson O/40	Tyne	1.05.25
3. D. Steele O/40	Morp	1.06.52
4. S. Birkinshaw	NFR	1.09.34
5. G. Owens O/40	NFR	1.10.28
6. T. McCall O/40	Norham	1.10.44
7. V. Oldham	Norham	1.10.58
8. B. Robson	Unatt	1.12.04
9. S. Page O/40	Tyne	1.13.00
10. C. Short O/40	Tyne	1.13.36

VETERANS O/50

1. (11) J. Humble	NFR	1.14.32
2. (12) J. Knox	Teviot	1.14.59
3. (16) G. Adamson	NSP	1.20.45

VETERANS O/60

1. (25) K. Rawlinson	NFR	1.29.27
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LADIES

1. (7) V. Oldham	Norham	1.10.58
2. (26) C. Todd O/40	Unatt	1.32.19
3. (28) L. Bray O/40	Morp	1.33.10
4. (29) L. Knox O/40	Teviot	1.35.10
5. (31) A. Mitchell O/40	Morp	1.37.06

38 finishers

ARNISON DASH

Cumbria

AS/2m/1000ft 26.06.05

What a glorious day! The sunshine was shining and Ullswater was at its best. The Country Fair had lots going on - including an RAF parachute display team and a mountain rescue display.

Thank you to everyone who took part in the fell race - 30 runners in all - with a good showing of juniors (14 to 18 years). Jim Davies led the field home in a time of 14.11 and Emma Stuart was first lady in 18.46.

Well done to those who were taking part in their fell race - hope it won't be your last! And "get well" to Steffan Johnson from CFR who had a bad fall on the way down. Finally, thank to Catstycam Outdoor Shop in Glenridding who sponsored the prizes.

Christine Kenyon

1. J. Davies	Borr	14.11
2. C. Doyle	Traff	14.21
3. R. Lightfoot	Ellen	14.29
4. A. Labram	Eden	15.24
5. B. Taylor	Ellen	16.20
6. P. Bolton	Ross	16.23
7. D. Ward	CFR	16.51
8. D. Atkinson O/40	CFR	17.10
9. T. Doyle	Helm	17.22
10. S. Lashley	Unatt	18.01

VETERANS O/50

1. (18) S. Howe	Unatt	20.22
2. (20) T. Metcalfe	Settle	21.45
3. (23) P. Metcalf	Unatt	22.22

VETERANS O/60

1. (25) R. Johnson	CFR	22.43
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LADIES

1. (14) E. Stuart	Kesw	18.46
2. (19) R. Sharples O/40	K&C	21.17
3. (27) N. Goffe O/50	BCR	23.02

30 finishers

HOPE WAKES FELL RACE

Derbyshire

BS/4m/650ft 29.06.05

From very early in the race Phil Winskill and Lloyd Taggart led the field of 176, running close together, followed by Matt Crane and Malcolm Fowler, until the first two drew away on the climb and thereafter.

It was not until after the descent and on the run-in from the railway bridge that Phil Winskill started to open up a gap on Lloyd Taggart to take first place. Matt Crane finished third to record a Dark Peak hat trick. Malcolm Fowler (winner in 2002, 2003 and 2004) was fourth and first vet with Ron Fawcett first O/50, and Alan Yates first O/60.

Lizzie Adams was first lady in her first fell race in a creditable 28th place. She is an accomplished orienteer and will be a welcome addition to our fell running world. First lady O/40 was Katherine Harvey, and Caryl Hartwright took the prize for first lady O/50.

Conditions were good, firm and dry underfoot with little or no wind, although low cloud, which had obscured Win Hill all day, lifted sufficiently not to be a problem.

Derick Jewell

1. P. Winskill	DkPk	25.12
2. L. Taggart	DkPk	25.27
3. M. Crane	DkPk	26.05
4. M. Fowler O/40	Chesh	26.26
5. D. Taylor O/40	DkPk	26.57
6. L. Banton	Clowne	27.03
7. J. Morgan	Unatt	27.56
8. T. Tett O/40	DkPk	28.31
9. T. Wild	Macc	28.49
10. M. Sanders	MDC	29.06

VETERANS O/50

1. (27) R. Fawcett	Unatt	30.39
2. (31) A. Howe	Penn	30.51
3. (32) T. Hulme	Chesh	30.56

VETERANS O/60

1. (97) A. Yates	DkPk	36.05
2. (106) G. Revell	Unatt	36.18
3. (124) B. Rogers	NVets	37.31

LADIES

1. (28) L. Adams	Romsey	30.45
2. (49) E. McGuire	St'port	32.12
3. (61) M. Hart	DkPk	32.55
4. (65) K. Harvey O/40	Penn	33.17
5. (80) K. Towers O/40	Unatt	34.32

176 finishers

POTTER FELL-DAVE BAYLISS MEMORIAL

RACE

Cumbria

CM/7.5m/750ft 29.06.05

Potter Fell was revived this year after a gap of 11 years to raise funds for the Queen Katherine School Music Centre and as a memorial to former Kendal AC stalwart, the late Dave Bayliss.

Underfoot conditions were firm, and overcast skies made for comfortable running for the time of year. Rob Jebb made short work of the course in 47.09, Simon Stainer following just under 2 minutes behind. First woman, Vic Wilkinson, came home in a brisk 51.00. Veterans were well represented in the following field, which included Hugh Symonds (who also donated a signed copy of Running High as a prize). Comments on the course varied from favourable to 'too much road! Without radical alteration the roadwork cannot be eliminated: a question mark must therefore hang over the future.

A 2-mile fun run was well supported by sponsored students sporting fancy dress, which added a carnival atmosphere, aided by former members of the school jazz band, who provided music despite intermittent light showers.

Altogether the event provided a good outing for mainly local runners, though it was gratifying to see those from further afield (including fixtures secretary Margaret Chippendale). Well done, and thanks to all who attended

John Chapman

1. R. Jebb	Bing	47.09
2. S. Stainer	Amble	49.03
3. J. Deegan	Amble	49.13
4. M. Brown O/40	Clay	50.12
5. V. Wilkinson	Bing	51.00

6. P. Dugdale O/40	Kend	52.01
7. J. Hooson O/40	Unatt	52.27
8. P. Singleton	Amble	53.02
9. J. Hyde	Unatt	53.15
10. P. Whiting O/40	Kend	54.40

VETERANS O/50

1. (12) M. Walsh	Kend	53.50
2. (24) R. Unwin	Kesw	57.40
3. (26) K. Dacre	Kend	58.24

VETERANS O/60

1. (54) M. Chippendale Lady	Penn	74.05
2. (60) L. Neeson	Unatt	83.51

VETERANS O/70

1. (61) H. Catlow	CFR	83.51
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LADIES

1. (5) V. Wilkinson	Bing	51.00
2. (48) J. Taylor O/40	L&M	69.53
3. (50) F. Cole O/40	Unatt	71.30
4. (54) M. Chippendale O/60	Penn	74.05
5. (58) S. Clark O/50	Unatt	80.32

63 finishers

HARROCK HILL SERIES 2005 RACE 2

Lancashire

BS/5m/900ft 29.06.05

1. R. Hope	P&B	31.23
2. S. Bolland	Bowl	31.45
3. D. Kay	Horw	32.21
4. P. Muller O/45	Horw	32.51
5. S. Barlow O/40	Horw	33.04
6. D. Massey O/40	Horw	33.46
7. C. Seddon	Horw	34.10
8. R. McMahon	L&M	34.14
9. P. Massey	Horw	34.15
10. A. Buttery	Ross	34.23

VETERANS O/50

1. (19) G. Pendlebury	Wesham	35.48
2. (23) S. Jackson	Horw	36.21
3. (28) T. Hesketh	Horw	36.32

VETERANS O/60

1. (94) J. McDonald	Chorl	50.05
2. (97) M. McDonald	Bowl	51.24
3. (111) B. Hughes	L'pool	59.04

LADIES

1. (39) K. Ingram	Horw	39.13
2. (43) S. Budgett O/40	Horw	39.27
3. (49) K. Smout	Horw	40.54
4. (58) N. Fellows	Eryri	42.21
5. (59) J. Wilson	S'thport	42.23

113 finishers

MANOD MAWR

Conwy

AS/5.5m/1800ft 30.06.05

Due to the change of date the number of starters were down to eight for the third Manod Mawr fell race, compared to 26 in 2003 and 28 in 2004. The route was the same as last year, straight up and down. This year's race was not only a BBM club championship race, but was also the 3rd race in the new Bro Machno & District Hills Championship series. The first race, being Rowen in January, won by 16 year old Carwyn Thomas and the 2nd race, Foel Boeth in April was won by Ben Amesbury. The series has attracted over 50 different runners up to now. For the 3rd year running the mist came down on the summit on the day of the race, the course was well marked and because of this no one seemed to have any problems. Craig Jones came 1st on the day. Although this was Craig's first win in fell racing he strangely did a report in W.F.C.A newsletter on his first win, but it was not on this race. I think it fair to say that had I kept the same date for this race I would have bet my car on Craig not winning, although it is an F reg 1986 Escort!! Craig's winning time was 54.57, I came in 2nd in 56.23 compared to 51.33 in 2004. Mike Blake was 3rd in what was his 3rd consecutive Manod Mawr race. Craig Jones now leads the series with 39 points, Mike Blake 2nd, 38 points, Arwyn Jones 3rd, 34, 4th Phil Jones, V60 Prestatyn 31 and 5th a local man Eryl Owain 28. No change in the ladies table, 1st Victoria Musgrove, Eryri 2 points, 2nd Ruth Metclafe 15 pts, 3rd N Phillips, 12 pts.

Next race in series 1st October Arenig Fawr and final race Moel Pen-y-bryn Dec 17. Although there was food available after the race, apart from BBM members, very boringly, again most of the others went. Although I love the mountains I have found a lot of runners to be

fairly boring people who just do the race and go home. It's good to know that the members of Betws Bro Machno are very different and know how to have some fun. A big thanks to Deiniol, Adam, Alwen, Sue, Nick and my mum Sandra for marshalling.

Arwyn Jones

1. C. Jones	Eryri	54.57
2. A. Jones	BBM	56.23
3. M. Blake O/50	Eryri	58.32
4. Y. Tridimas O/60	Bowl	61.35
5. P. Jones O/60	Prestat	64.45
6. B. Owain O/50	BBM	65.29
7. J. Carson O/70	Eryri	74.59

7 finishers

DOLLAR HILL RACE

Fife

AM/9m/3000ft 2.07.05

Back to the long course for Dollar Hill Race after running the short course last year. 9.4 miles with 3150ft Climb - From Dollar, over White Wisp, Tarmangie, Andrew Gannel and Kings Seat returning to Dollar via Bank Hill.

Like the last three years, we have had problems with nesting buzzards attacking runners near the start of the route. As for the last two years we have had to change the course to prevent buzzard attacks. Also this year, building work at Dollar Academy prevented us from using the cricket pavilion for the start and finish. This meant a further extension of the course, meaning that the first and last kilometre of the route were now on road.

Fortunately the weather was kind to us, and the race day was dry and sunny with high cloud, no one seemed to mind that registration was outside. The Make Poverty history demonstration in Edinburgh seemed to reduce the number of entries from the Edinburgh area.

The race started with Alasdair Anthony taking an early lead, with Brian Marshall on his shoulder all the way up White Wisp onto Tarmangie. By Andrew Gannel, the third hill, Brian had taken the lead by almost one minute. Brian eventually won the race in 1:21:26 increasing his lead over Alasdair to a minute and a half. Due to high cloud no navigational problems were experienced and all the field managed to successfully complete the course within 75 minutes of the winner. Timed photos of most of the runners were taken at the top of Tarmangie, and split times were taken at the top of Andrew Gannel, they're all available on the Ochil Runners' website - and make interesting reading to see how peoples' positions changed.

Thanks to everyone who took part, and the Marshals for helping out, hope you all enjoyed the race.

Alex King

1. B. Marshall	HELP	1.21.26
2. A. Alisdair	Ochil	1.23.07
3. I. Wellock	Ochil	1.27.42
4. A. Davis O/40	Carn	1.31.10
5. S. Simpson O/40	Ochil	1.31.48
6. S. Bennet O/40	Carneg	1.34.52
7. R. Cunningham	Carneg	1.36.10
8. J. Ewan	Kirkint	1.37.38
9. C. Hutt	Ed'burgh	1.37.53
10. S. Totton	DkPk	1.38.50

VETERANS O/50

1. (22) G. Robinson	Westies	1.44.52
2. (26) T. Bowie	Carneg	1.47.26
3. (29) C. Love	DundeeH	1.50.59

LADIES

1. (23) S. Legge	Carneg	1.45.13
2. (34) A. Winship	Garscube	1.58.33
3. (36) A. West O/50	Carneg	2.00.14
4. (46) K. Meikle O/40	Carn	2.34.35
5. (47) P. Headley	Carn	2.34.35

47 finishers

CORRIEYAIRACK CHALLENGE

Aviemore

Cycle/Run/43miles 02.07.05

Well I kept my promise! After last year's torrential rain I managed to arrange dry weather for this year's event although I understand it might have been a bit too dry on the hill! So okay, I will attempt to organize dry and only light, cooling following breezes for next year!

The often gale force winds into your face obviously

played a significant part in the event with everyone's times well down on previous years; however, it really is all about taking part and meeting all the challenges and not just how fast you do it in. Once again I was amazed and humbled by the sheer effort and commitment that every competitor in every category puts in to complete the event as best they can; like the guy whose chain broke irreparably with six miles to go so he just "leg paddled" hobby horse style back to Kincaig. The competitors' strained faces, lacerated and cut legs, emotional tears and smiles at the finish line are clear evidence of the incredible efforts put in to complete the challenge. Injury, illness, mechanical failure and bad luck also play a factor in any endurance event and for those of you who didn't make the finish line please be assured of my sympathy and understanding; as I said, I hope it's about taking part so your deserved medal is on its way to you and hopefully you'll be back next year to complete the course in style! A special mention and plaudits must go to Jocelyn Scott who broke the ladies' duathlon supervet record despite the windy conditions. My congratulations and admiration go out to all the competitors - well done!

The total pledged sponsorship amount of £67,500 is an absolutely staggering figure and everyone here at Badaguish is extremely grateful for this incredible show of support for the work undertaken here. Well done to the "Amonites Team" who exceeded the current mixed category team sponsorship record. Please pass on our sincere appreciation to everyone who sponsored or donated to this total. The funds are vital and fundamental in allowing us to continue providing activity holidays, respite breaks and key equipment for those people with special needs who come to Badaguish, plus a number of other projects such as work experience training for special needs school leavers. Thank you from all of us.

This year's event entry "stats" are once again record breaking with 492 starters (there were 44 folk who didn't turn up on the day) and 479 finishers. The unlucky 13 who didn't make the finish line are well and vowing to return next year (I hope!)

Paul Corrigan

Men's Duathlon

1. G. Beal
2. S. McLeod
3. H. McInnes
Team - The Bicycleworks.com

Ladies' Duathlon

1. J. Scott
2. F. Potton
3. C. Sinclair
Team - Fife Trotters

Mixed Duathlon

1. C. Phin
2. N. Strange
3. V. Strange
Team - Two Chicks & A Bloke

Men's Mountain Bike

1. N. Gillan
2. M. MacLean
3. A. Ross
Team - Iwggttiwbam

Mixed Mountain Bike

1. K. Boocock
2. P. Ferguson
3. T. Hockins
Team - Completely in the Buff

TOCKHOLES GALA FELL RACE

Lancashire

BS/5.75/1000ft 02.07.05

Weather conditions were fine, a little too warm for the 49 runners who took part, despite the lack of a gala this year. The race registration and prize giving were moved to the Rock Inn, which proved to be a great success, thanks to the welcome we received from the landlord and staff as well as the fine ale and chip barns.

The race was won by Brian Cole, with Dave Parkington following less than a minute behind.

One competitor did not complete the route, following a nasty fall early on in the race, but he returned to the start (like any good fell runner would) and after a check over by the mountain rescue volunteers in attendance, he made his way home. Hope to see you at our next event lan, and better luck in your next race.

Julian Donnelly

1. B. Cole	B'burn	38.51
2. D. Parkington O/40	Prest	39.38
3. G. Kay	Horw	41.14
4. M. Boardman	Newburgh	42.00
5. N. Barnes O/40	Darwen	42.45
6. M. Kay	Horw	43.40
7. A. Shorrocks	B'burn	43.56
8. D. Banks	Unatt	44.05
9. P. Carroll O/40	Wigan	44.16
10. G. Pearse O/40	B'burn	44.36

VETERANS O/50

1. (11) R. Maciejkowicz	Unatt	45.06
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VETERANS O/60

1. (30) S. Davies	Accr	53.32
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LADIES

1. (16) Y. Wyke	Wigan	46.32
2. (25) A. Feguson P/40	Burnden	51.48
3. (27) K. Forster O/40	Spect	52.22
4. (31) J. Shaw	Darwen	53.33
5. (44) S. Charman O/50	Helsby	61.08

48 finishers

THE CHEVY CHASE
Northumberland
BL/20m/4000ft 02.07.05

Wooler welcomed over 200 walkers and runners for the annual 20 mile race into the Cheviots and with entries not only from all over Britain but also from Australia, New Zealand and Portugal, we were delighted to have our first international event.

Conditions underfoot were good, however the weather was mixed and after starting off in bright sunshine competitors found themselves in cool fog at the top of Cheviot. Descending Hedgehope, the skies cleared, bringing back the sunshine and a temperature rise making it a hot and difficult finish.

All in all another great Chevy Chase with thanks to Wooler Running Club, Mountain Rescue and all those who helped on the day at checkpoints and in the Youth Hostel.

Mary Logan

1. D. Atkinson
2. G. Owens
3. M. Jeffrey

LADIES

1. L. Wilkinson

MALE VETERANS O/40

1. T. McCall

LADY VETERANS O/40

1. N. Davies

MALE VETERANS O/50

1. J. Humble

MALE VETERANS O/60

1. R. Bainbridge

LADY VETERANS O/60

1. K. Dallinson

WHARFEDALE TTT
North Yorkshire
2/3.07.05

This years Wharfedale TTT Grand Prix was held on Saturday and Sunday only. The traditional Friday evening race being sacrificed in the hope of attracting a few more competitors who might be put off by having to travel on the Friday.

We were disappointed to find that instead of increasing the number of competitors, we had fewer than in previous years. However, the fortunate few who attended had an excellent sociable and competitive weekend, the Kettlewell venue providing everything needed for a great family dales weekend.

Dave Taylor as a veteran O/40 dominated both events to win the overall Grand Prix and Mary Green was the only lady to complete both races to win the ladies' category.

Mick Watson of the host club won the O/50 category with consistent performances in both races.

David Weatherhead

OVERALL (2 Days)

1. D. Taylor O/40	DkPk	2pts
2. C. Moses	Bing	6pts
3. I. Rowbotham O/40	Hgte	8pts
4. D. Stephenson O/40	Bing	11pts
5. A. Netherwood O/40	Bing	11pts
6. J. Matthews O/40	Unatt	15pts
7. M. Green F O/45	Bing	24pts
8. M. Watson O/50	Bing	24pts

Team: Bingley Harriers: C Moses, D Stephenson, M Green 31pts

RACE 1 AM/12m/3000ft

1. D. Taylor O/40	DkPk	01:24:30
2. C. Moses	Bing	01:29:59
3. I. Rowbotham O/40	Hgte	01:32:02
4. E. Lesniak O/50	AchR	01:57:06

LADY VETERANS

1. (10) R. Sharples	Kghly	01:57:11
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LADY VETERANS O/45

1. (12) M. Green	Bing	02:01:12
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RACE 2 AS/1.5m/500ft

1. D. Taylor O/40	DkPk	13:38
2. G. Bastow O/40	Rich/Zet	14:14
3. A. Wood	Bing	14:27

MALE VETERANS O/50

1. (9) D. Weatherhead	Bing	17:14
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LADIES

1. (10) S. Smith	Bing	17:38
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LADY VETERANS O/45

1. (12) M. Green	Bingley	19:20
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RAS GUTO NYTH BRAN
Gwent
BM/6m/1300ft 02.07.05

1. A. Jones	MynDu	41.31
2. M. Collins	MDC	42.38
3. D. Vorres O/40	Griffiths	45.33
4. J. Mathews	Fairwater	46.48
5. J. Carter	LesCroup	47.46
6. D. James	Ponty	49.14
7. R. Chamberlain	SriChin	49.32
8. A. Orringe O/50	MynDu	49.41
9. G. Fisher O/40	Unatt	50.40
10. P. Crane O/40	Unatt	50.42

VETERANS O/50

1. (8) A. Orringe	MynDu	49.41
2. (12) M. Chandler	Ponty	50.55
3. (17) P. Morris	Heref	52.21

LADIES

1. (16) A. Jones O/40	MynDu	51.52
2. (22) E. Turner	MynDu	54.07
3. (24) R. Harris	Unatt	55.50
4. (25) I. Francis	Unatt	57.07

43 finishers

ELLAN VANNIN
Isle of Man
AL/14.5m/3700ft 03.07.05

Stunt riders, low flying helicopters and explosions are not normally associated with fell running, however this year's Ellan Vannin race had to be reduced in length by 2.5 miles for this very reason. The Isle of Man is quickly becoming a popular film making location and unfortunately part of the course was a scene in the movie Stormbreaker.

The changes made no impact on the final result, with race favourite Lloyd Taggart dominating from start to finish. Despite suffering with painful shins over the first half of the race, Cal Partington maintained her dominance on the fells this year, to take the women's prize.

C Barwell

1. L. Taggart	DkPk	1.39.49
2. T. Okell O/40	Manx	1.45.48
3. S. Skillicorn	Manx	1.47.57

VETERANS O/50

1. D. Young	Manx	2.00.19
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LADIES

1. C. Partington	Manx	2.24.42
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MOEL-Y-GAMELIN
Clwyd
AM/9.5m/2380ft 03.07.05

The race, based at the Ponderosa Cafe, with its excellent self service, toilets and ample car park attracted a field of 55 runners for its first running. The fine weather meant underfoot was dry, but the fact that four climbs came within the first 3.5 miles, followed by 4 miles of a flat, undulating loop on grass meant many of the runners were tired for the last 2 climbs over the last 2 miles.

The overall winner, Craig Jones, was the fourth runner to start the last climb, but had kept enough energy to pass and pull away to win by 1.4.

The runners welcomed the fact that the winners of each 5 year age group, from V40 were awarded prizes, and the prizes presented as they crossed the finish line, their age groups having been written on their face numbers.

P?????

1. C. Jones	Eryri	1.21.08
2. I. Lancaster O/45	Tatten	1.22.48
3. A. Clague	WCAL	1.22.50
4. S. Hammond O/45	Tatten	1.23.08
5. G. McAra O/50	Chesh	1.24.12
6. S. Jones	Wrex	1.25.40
7. C. Ashley O/45	Wrex	1.26.23
8. S. Bellis O/50	Wrex	1.27.22
9. T. Hulme O/55	Chesh	1.27.36
10. L. Foulkes	Eryri	1.27.52

VETERANS O/60

1. (35) D. Sinclair	Eryri	1.44.46
2. (38) J. Thomas	Buckley	1.47.06
3. (44) M. Edwards	Wrex	1.51.30

VETERANS O/70

1. (41) M. Ward	Oswest	1.48.22
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LADIES

1. (13) S. Hammond O/40	Tatten	1.29.26
2. (20) V. Musgrove O/45	Eryri	1.36.33
3. (29) Y. Amesbury	Clwydian	1.40.50
4. (39) A. MacDonald	Ellesm	1.47.08
5. (46) S. Owen O/55	Tatten	1.51.20

55 finishers

LANGDALE GALA FELL RACE
Cumbria
CS/2.5m/300ft 03.07.05

1. Pe. Brittleton	HelmH	12.08
2. P. Brittleton	HelmH	12.12
3. D. Duxbury	Unatt	12.56
4. A. Crowe U/17	Brought	13.02
5. P. Singleton	Amble	13.17
6. C. Speight O/40	Amble	13.27
7. J. Graham	Spect	13.43
8. R. Robinson	Kend	13.54
9. R. Cannon	Helm	14.02
10. A. Wood	Unatt	14.06

LADIES

1. (8) R. Robinson	Kend	13.54
2. (22) J. McKenzie O/40	Unatt	16.35
3. (26) S. Folks	Spect	17.38

38 finishers

BOYS UNDER 17

1. (4) Crowe	Brought	13.02
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BOYS U/14

1. (2) J. Nixon	Unatt	12.41
2. (5) J. Willis	Unatt	14.52

GIRLS U/14

1. (1) J. Bibby	Kesw	11.32
2. (3) H. Edwards	Unatt	12.47
3. (4) E. Thompson	Pendle	13.12

BOYS U/12

1. Jack Morant	Unatt	6.48
2. (3) Jon Morant	Unatt	7.51
3. (6) J. Wright	Bright	8.01

GIRLS U/12

1. (2) L. Vaillant	Kesw	7.45
2. (4) R. Thompson	Pendle	7.53
3. (9) K. Vaillant	Kesw	8.24

BOYS U/9

1. (5) P. Searle	Unatt	7.54
2. (7) O. Mathieson	Unatt	8-09
3. (13) J. Rowand	Unatt	8.38

GIRLS U/9

1. (12) K. Wright	Brought	8.38
2. (19) A. Johnson	Unatt	9.10
3. (25) F. Muir	Unatt	9.29

SETTLE HILLS RACE
North Yorkshire
AM/7m/1750ft 03.07.05

The Settle Hills race hosted the Yorkshire Championship for 2005, and the runners enjoyed near perfect conditions. There was a slight change to the course, with the latter stages now viewable by spectators at the finish after some negotiations with the various landowners, but it remains fast and furious with "no rest for the wicked".

Rick Lightfoot set a new U/20 men's record which was particularly impressive considering that the new course is about 150 metres longer and with an extra short climb near the finish.

The ever young Ian Holmes won the senior race from Vet 40 winner Mark Croasdale and Craig Roberts, and with it the Yorkshire senior title. Roberts was clearly enjoying the Yorkshire air at this time, having won at Pen Y Ghent three weeks previously. Jackie Winn was first vet 50 home, closely followed by Mike Walsh. In winning the ladies' competition Mary Wilkinson turned in a fine performance the week before travelling to Austria to represent England, taking the Yorkshire title and coming fifteenth overall, and the FV40 winner was Alison Eagle.

The Ilkley ladies, comprising Alison, Helen Sedgwick and "birthday girl" Emma Barclay, also won the team prize. The top men's team were Skipton, with Lee Athersmith, Ian Magee and Richard Barrett rounding off a good day for the club.

John Murfin

1. I. Holmes	Bing	48.40
2. M. Croasdale O/40	L&M	49.22
3. C. Roberts O/40	Kend	50.30
4. R. Lightfoot U/20	Ellen	50.49
5. K. Gray	CaldV	51.01
6. J. Mellor U/20	L'pool	51.33
7. L. Athersmith	Skipt	51.59
8. C. Doyle U/20	Traff	53.08
9. I. Magee	Skipt	53.21
10. C. Miller	H'gate	53.38

VETERANS O/50

1. (20) J. Winn	CFR	56.35
2. (27) M. Walsh	Kend	58.20
3. (34) J. Adair	Holmf	61.08

VETERANS O/60

1. (62) G. Breeze	Skyrac	66.44
2. (92) P. Robinson	Otley	76.52
3. (106) R. Nash	Prest	83.16

VETERANS O/70

1. (110) H. Catlow	CFR	93.02
2. (111) B. Thackray	DkPk	99.18

LADIES

1. (15) M. Wilkinson	Skipt	55.09
2. (36) E. Barclay	Ilk	61.46
3. (39) H. Sedgwick	Ilk	62.21
4. (41) L. Lacon	Holmf	62.51
5. (45) K. Robertson	Nth'umb	63.24

114 finishers

SKIDDAW FELL RACE
Cumbria
AM/9m/2700ft 03.07.05

A good turnout in equally good conditions made this an enjoyable day for everyone. However, the event was sadly marred by the need to disqualify a competitor for disposing of the kit (which we had checked at the start of the race) on the ascent collecting it from a friend on the run in. The individual concerned later graciously apologised, and I have the reassurance of knowing that he understood why his actions had been unacceptable. What was more worrying to me was that several competitors arrived without basic items, notably compasses, and had to be sent off to acquire them, or, in a couple of cases, had to be lent equipment. Both on this race, and at Helvellyn, I had to explain to people that wind and waterproof trousers are essential items of equipment.

Back to the positives. Horwich turned up mob-handed and went away with the first V40 prize (Graham Schofield, 8th overall) the first V50 prize (Brian Walton, 19th overall) and the first V60 prize (Paul Murray, 55th overall). They also took the men's team prize (Darren Kaye 4th, Steve Barlow 5th and Graham Schofield 8th).

In the ladies' race, Christine Howard repeated the impressive form which she had shown at Helvellyn, and Sue Beconsall had an equally impressive run as the first 'mature lady'.

Keswick ladies took the ladies' team prize: Angela Brand Barker (who once told me that she didn't like the Skiddaw!), Stella Lewsley (first lady over 50) and Joanne Moore.

Finally, we welcomed Ben Ebert from the USA to his first fell race.

Thanks to: our sponsors, Pete Bland Sports; Pat Richards and Carolyn Charlton-accomplished runners and cake makers - for the refreshments; Elaine Ritchie for organising the results; Steve Harwood and Alan Ritchie for organising the finish and the timekeeping; everyone who helped with marshalling, registration and results; and last, but not least, everyone who competed and came along to provide support.

Allan Buckley

1. N. Leigh	P&B	1.06.56
2. S. Shepley	Tipt	1.07.51
3. S. Bolland	Bowl	1.08.48
4. D. Kay	Horw	1.10.30
5. S. Barlow O/40	Horw	1.10.30
6. M. Whyatt O/40	Bowl	1.11.37
7. R. Thomas	Eryri	1.12.03
8. G. Schofield O/40	Horw	1.13.00
9. N. Lockwood	Kesw	1.14.00
10. R. Owen O/40	Eryri	1.14.08

VETERANS O/50

1. (19) B. Walton	Horw	1.18.32
2. (25) J. Holt	Clay	1.20.50
3. (34) N. Cassidy	Tyne	1.23.35

VETERANS O/60

1. (55) P. Murray	Horw	1.29.51
2. (69) I. Beverly	Clay	1.35.08
3. (105) P. Walsit	Lytham	1.54.21

VETERANS O/70

1. (100) I. Addison	Kesw	1.49.57
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LADIES

1. (1) S. Beconsall O/40	Bing	1.25.15
2. (53) A. Brand-Barker O/40	Kesw	1.29.37
3. (56) J. Casey O/40	Barrow	1.30.30
4. (59) P. Veazey French	Matlock	1.31.23
5. (76) J. Carter O/40	FRA	1.37.07

110 finishers

PEAKERS STROLL
Derbyshire

BL/25m/4000ft 03.07.05

A warm, sunny day, but not too hot. All went well with some pleasing comments on the organisation and the food offerings at the finish.

Once again the runners are to be congratulated on their ability and endurance, as this is by no means an easy course.

A. Brugnell

1. M. Crane	3.18.00
2. D. Tait	3.30.00
3. P. Devine-Wright	3.37.00
4. P. Rushworth	3.39.00
5. S. Temple	3.43.00
6. J. Hargreaves	3.51.00
7. B. Shelmerdine	3.53.00
8. A. Blair	3.55.00
9. P. Walters	3.56.00
10. E. McGuire	4.00.00

LADIES

1. (10) E. McGuire	4.00.00
2. (13) J. Phizacklea	4.16.00

18 finishers

20 BARRIERS RACE
Lancashire
CS/5m/500ft 05.07.05

As usual there was great support from Dallam club members, families and friends, on marshalling, timekeeping, results and helping out generally on the day.

There seemed to be a rush of late entries, which slowed registration down a bit. Perhaps the improving weather drew people out late after the heavy rain earlier in the afternoon.

This year's 99 runners is a record entry and everyone seemed to enjoy the wetter than usual conditions under foot.

I decided to use a new finish, reversing the start round the perimeter of the playing field, in view of the fact that the old finish area tends to get clogged up with vehicles nowadays. This makes the course slightly

longer and so the winning times are new records.

David Shinn

1. E. Simpson	Salf	32.23
2. C. Doyle	Traff	33.10
3. P. Muller O/40	Horw	33.39
4. R. McMahon	L&M	34.10
5. P. Dugdale O/40	Kend	34.14
6. C. Breakwell O/40	L&M	34.32
7. D. Parkinson	Kend	35.20
8. P. Pollitt	CFR	35.27
9. C. Speight O/40	Amble	35.54
10. F. Tominay O/40	L&M	36.22

VETERANS O/50

1. (17) M. McKenna	Dallam	37.50
2. (29) M. Cronshaw	Kend	40.43
3. (35) G. Tagney	Dallam	41.31

VETERANS O/60

1. (31) N. Bush	Ilk	41.07
2. (59) G. Jameson	Unatt	45.49
3. (71) B. Nicholson	Kend	47.40

LADIES

1. (39) P. Holland	Dallam	42.02
2. (51) D. Capstick O/40	L&M	44.41
3. (58) J. Taylor O/40	L&M	45.46
4. (61) G. Leedham	Dallam	46.05
5. (66) A. Bell	L&M	46.43

99 finishers

THE KRUNCE
Grampian
3.5m/500ft 05.07.05

With thanks to Janet Rennie for officiating, to Gary Gutteridge for clearing the course and to Forest Enterprise for access. Pleasantly mild and very dry underfoot - ideal conditions.

1. M. Beattie	22.27
2. B. Duncan	23.52
3. J. Williamson	23.56
4. D. Tivendale	24.01
5. J. Clark	24.59
6. B. Sheridan	25.10
7. B. Copeland O/40	25.27
8. D. Armitage O/50	25.32
9. G. Quinn	25.44
10. K. Bruce	25.54

VETERANS O/50

1. (8) D. Armitage	25.32
2. (17) A. Jermison	28.03
3. (22) M. Bryce	28.52

LADIES

1. (11) S. Wingrove	25.59
2. (16) H. Johnson	27.59
3. (26) L. Chellingsworth	30.10
4. (30) C. McLeod O/40	31.14
5. (34) G. Clunas O/40	35.19

35 finishers

SALTWELL HARRIERS FELL RACE
Tyne & Wear
BS/5.5m/1000ft 05.07.05

Vets don't always win Fell Races! It was a delight and a breath of fresh air to see seventeen year old Nik Swinburn take the glory in the 10th running of the Saltwell Harriers Fell Race. Nik battled with another none vet for most of the race after leaving Fred Smith, the inaugural winner of this race in 1985, in their wake as they descended from the mist shrouded Collier Law. This race is a fast and unforgiving circuit over very rough ground, providing little time for relaxation, so it was to the credit of both Nik and 2nd placed Peter Brittleton that they maintained their lead over the experienced Smith and the other chasing Vets of Maynard, Wood and Kelly. John Humble, a regular competitor for the last ten years, made it a brace of V50 victories in a week following his success at the Chevy Chase on the previous Saturday.

In the ladies' race, course record holder Karen Robertson produced another fantastic performance finishing 11th overall. Second and 3rd placed Louise Wilkinson and Alison Raw still managed to beat two thirds of the field to finish 16th and 23rd overall respectively.

Though this race is competitive and some would say extremely challenging due to the placement of the punches located in the stream, the main reason runners travel great distances to attend this event is allegedly for the presentation in the Moorcock Pub afterwards and, suffice to say, this year competitors were not



Marvellous place to put a checkpoint!! Happy bathers at Saltwell (Photo Keith Wood)

disappointed with all sixty finishers receiving a prize. These prizes were accompanied with mirth, laughter and banter instigated by the ever-youthful master of ceremonies. Hecklers (*and runners*) Derek Crosdale and Ray (alias Roy) Dawson were awarded an additional prize on this 10th Anniversary for completing every Saltwell Harriers Fell Race. Ray, in particular, was able to improve on his previous performance following hip replacement surgery, which he had performed following last years race.

Another great night of Fell Running fellowship. Thanks to everyone from Saltwell who assisted in ensuring the Saltwell Harriers Fell Race remains an event not to be missed.

Keith Wood

1. N. Swinburn	NFR	42.34
2. P. Brittleton	Helm	43.14
3. F. Smith O/45	Salt	44.07
4. K. Maynard O/45	Durham	45.14
5. K. Wood O/40	Salt	45.54
6. P. Kelly O/45	DFR	47.31
7. P. Vincent	Tyne	48.07
8. R. Maynard O/45	DFR	48.32
9. M. MacCan O/45	DFR	49.14
10. J. Thompson	Salt	49.48

VETERANS O/50

1. (15) J. Humble	NFR	52.04
2. (17) P. Graham O/55	Tyne	52.50
3. (18) M. Bennet	Elvert	53.07

LADIES

1. (11) K. Robertson	NFR	50.30
2. (16) L. Wilkinson	NFR	52.06
3. (23) A. Raw O/40	DFR	53.52
4. (28) J. Partridge	DFR	55.13
5. (40) D. Tunstall O/40	DFR	58.52

60 finishers

THE GREEN GREEN GRASS OF HOME
Clywd
AS/4.5m/1400ft 06.07.05

Having recently featured on the Fellrunner forums under the heading of Silly Titles for Races, I can reveal that The Green Green Grass of Home is a perfectly logical name for this race seeing as it starts outside my home and most of the course is over the steep grassy tracks of Moel Famau Country Park which are mown to a fine sward by the incessant nibbling of hundreds of sheep. Having trained over these hills for some time now I thought I could devise an interesting but challenging course with little opportunity for going astray. The first two runners came in – and then we waited, and waited, and worried until over four minutes later we saw the third runners on the brow of the hill coming down to the finish.

And so the story of the race untravelling - Ian Houston, who knows these hills well, held off a determined challenge from Neil Ashcroft to race home and claim a

flagon of scrumpy as first prize – maybe that'll slow him down. However a posse of following runners, led by Craig Jones fresh and perhaps a little over confident from his win at Moel Gamelin, attempted to close in on the leaders but a sheep trod leading to nowhere put paid to that leaving a very pleased Charles Ashley taking third spot – you see local knowledge can pay off handsomely!

Steve Jones, steady on the downhill following a recent case of "ankleitis", won the over 50 category whilst Emrys Davies demolished the strong over 60 field by coming home in 8th position. Ellie Salisbury returned to claim her winning prize from the previous race and went home with two and Tattenhall ladies were once again in the prizes. There's clearly plenty of support for midweek racing in North East Wales with local clubs being augmented by representatives from further afield.

Martin Cortvriend

1. I. Houston	Wrex	37.25
2. N. Ashcroft	Amble	38.22
3. C. Ashley O/40	Wrex	42.54
4. M. Robson	Pensby	43.16
5. P. Stinton	Buckley	43.41
6. S. Jones	Wrex	43.41
7. H. Lewis O/40	Buckley	43.44
8. E. Davies O/60	Eryri	43.53
9. N. Coppack	Unatt	44.03
10. N. Holmes	Tatten	44.34

VETERANS O/50

1. (12) S. Jones	Eryri	45.39
2. (17) I. Jones	Wrecs	47.02
3. (18) M. Williams	Eryri	47.18

VETERANS O/60

1. (8) E. Davies	Eryri	43.53
2. (28) P. Norman	Wrex	50.50
3. (31) P. Jones	Prestat	51.04

LADIES

1. (27) E. Salisbury O/40	Eryri	50.16
2. (34) C. Howard O/40	Tatten	54.35
3. (36) A. Smith	Tatten	56.13

38 finishers

FLAN FELL RACE
Cumbria
BS/1.75m/300ft 07.07.05

Shortly before the start of this year's Flan Fell Race, the winner Chris Doyle was asked if he would break the 10.30 barrier this year to set a new record. In typically modest fashion he doubted this would be the case, then promptly removed 24 seconds from the old record to finish in 10.09!

The race starts at the Gill in Ullverston and proceeds up Gill Banks before the steep ascent of Flan falls then the hair raising descent back to the Gill. Doyle turned at the top of the fell with Ian Bush, the second placed runner but his descending skills allowed him to finish

nearly a minute in front, with Bush recording 11.02.

First veterans were Sean Dixon and Norman Bush. First junior under 18 was Adam Crowe. Hoard Hill took the team prize with Chris Howie joining Chardwick and Dixon in the winning trio.

As the race is quite short at less than two miles, it is open to juniors of 12 and over pitted against adults. In the ladies' race, it was the youngest in the race, 12 year old Melanie Hyder, who emerged the victor in a time of 12.52, coming an incredible 17th overall. Vicky Wilkinson was second, Paige Birkett, also 12 years old was third and Nicky Goffe picked up the veteran prize.

In the children's race it was a clean sweep for Broughton Runners with Nathan Metcalfe first and Matthew Penellum second in the boys' race with Katie Wright taking the honours in the girls' race.

Damian Jones

1. C. Doyle	Traff	10.09
2. I. Bush	Unatt	11.02
3. J. Chadwick	Hoad	11.21
4. C. Howie	Hoad	11.33
5. S. Dixon O/40	Hoad	11.41
6. A. Crowe J/17	Brought	11.48
7. B. Houghton	Unatt	11.54
8. L. McRae J/15	Brought	11.58
9. T. Doyle J/12	Helm	12.02
10. C. Fellowes	Unatt	12.07

VETERANS O/50

1. (26) J. Clarke	Hoad	15.33
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VETERANS O/60

1. (18) N. Bush	Ilk	13.03
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LADIES

1. (17) M. Hyder J/12	Dallam	12.52
2. (21) V. Wilkinson	Bing	14.45
3. (24) P. Birkett J/12	Brought	15.12
4. (25) N. Goffe O/45	BlckCombe	15.21
5. (27) K. Moore	Hoad	15.53

30 finishers

JUNIORS

Boys

1. N. Metcalfe	Brought	10.49
2. M. Penellum	Brought	10.52

Girls

1. K. Wright	Brought	14.11
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MOELFRE: BALD MOUNTAIN CHALLENGE
Gwynedd
BM/9m/1900ft 09.07.05

A hot July day and runners had to wait for the Samba to finish before the race briefing could be heard over the noise of the busy Llanbedr Village Fair. A strong blast of the foghorn and the 4th Moelfre Fell Race was off to a good start.

Reports on runners' progress were soon coming in from race marshals and from the excellent RAYNET crew: Steve Gilliland had left the pack behind and was out to beat his own course record of 1:23:24.



Up to the summit at Moelfre

A ragged line of bright vests was just visible from the fair ground leaving the last stile and tackling the face of the 1900ft green mound that dominates Llanbedr, toward the cairn on the skyline.

The field was spread enough for attention at Race HQ to focus more on the safety of the stragglers than the progress of the old hands, but as the last runners left

After the mountain it became clear that the soaring temperatures of 34°C would prevent a new course record from Steve, still well in the lead as he came into view a field or so away.

At 9 miles, the Moelfre Fell Race is the shortest of the Rhinog Fell Race Series, but is a great spectacle & major event of the Llanbedr Village Fair and as such attracts local entries from the 4 parishes: Ceori & Ed. Williams continued their sibling rivalry with very creditable times of 2:07:07 & 2:16:08 respectively, positions reversed from last year, with Sally Rapson taking 3rd prize.

After the debrief, the runners gave a spontaneous vote of thanks to the race marshals who had worked so well together to make this the most successful 'Bald Mountain Challenge' to date - the race series would not be possible without the help & support of CMC Pensarn, RAYNET, and many individuals who volunteer to help every year.

1. S. Gilliland O/40	BroDys	1.30.09
2. N. Strigger O/40	Spark	1.45.30
3. D. Burton O/40	Dursley	1.48.15
4. M. Huddleston O/40	Unatt	1.56.58
5. P. Beeson O/40	Mald	1.57.42
6. G. Jones O/40	BroDys	2.00.03
7. D. Jones O/50	Eryri	2.02.49
8. J. Price O/50	LRC	2.03.03
9. T. Hodgson O/50	BroDys	2.04.00
10. P. Jones O/60	Prestat	2.06.24

VETERANS O/50		
1. (7) D. Jones	Eryri	2.02.49
2. (8) J. Price	LRC	2.03.03
3. (9) T. Hodgson	BroDys	2.04.00

VETERANS O/60		
1. (10) P. Jones	Prest	2.06.24
2. (20) J. Coombs	Unatt	2.19.05
3. (25) D. Winter	Spark	2.34.01

LADIES		
1. (17) R. Bennion	VicPk	2.14.39
2. (22) M. Oliver O/50	Eryri	2.27.08
3. (28) S. Rapson O/40	Unatt	2.56.44

29 finishers

THURLSTONE CHASE South Yorkshire AS/3m/900ft 09.07.05

Numbers happily were the best for several years. Shorter races are a healthier alternative in the heat. The weather was hot and humid at 30C, the sun shone and the sky was blue. Aply, Blue Haywood shone and finished first female and 12th overall, what a talent!

C. Miller finished first in a time of 23.46 whilst all following must have shed a few pounds of sweat.

Thanks to all marshals and helpers without whom any race would take place. Also, congratulations to all those who competed in the 'three in three' races over the weekend, Thurlstone, Brookhead and the Trunce. Penistone F.R. hopes to promote this series again next year.

Bob Innes

1. C. Miller	Hgate	23.46
2. J. Broom	Barns	24.04
3. P. Mirrlees O/40	Roth	24.45
4. T. Brunt	Holmf	25.15
5. M. Law O/40	Barns	25.22
6. E. Haywood	Linc	25.31
7. D. Gledhill O/40	Hallam	25.47
8. A. Shelbourne	Barns	25.52
9. D. Cooper O/40	P'stone	26.06
10. T. Fairbrother	Unatt	26.18

VETERANS O/50		
1. (24) J. Spencer	Hallam	28.27
2. (29) P. Buttery	Holmf	28.58
3. (31) T. Fox	Hallam	29.06

VETERANS O/60		
1. (33) G. Breeze	Skyrac	29.28
2. (46) J. Hewitt	Barns	31.12
3. (57) N. Berry	Holmf	32.35

LADIES		
1. (12) B. Haywood	Linc	26.45
2. (27) B. Coomber O/40	DenbyD	28.37
3. (40) K. Mackenzie	One2One	30.26
4. (60) N. Spinks	P'stone	32.50
5. (67) B. Nixon O/50	P'stone	34.36

91 finishers

STICKLEPATH-CAWSAND HILL RACE Devon AS/4m/1150ft 09.07.05

There was an excellent turnout for the event this year in hot conditions.

Well done to Kevin Hagley and Ros Marsh for some winning performances and also to Sarah Moody for an impressive local showing. The male and female records of 29.06 (K Hagley 2000) and 37.03 (A Johnson 2002) remain safe for another day though. Kevin's name is to be engraved on the cup for retention until the 2006 event.

Thanks to the Taw River Inn for sponsoring the prizes and to the helpers Steve Compton, Mike Savage, Roy Crocker and John Padfield.

The profits from last year's events went to buying a cup and each year I retrospectively engrave the names of past winners onto it, updating it year by year. The income of £73 will be donated to Stickelpath Cricket Club via Steve Granger. See you next year.

Phil Haygarth

1. K. Hagley O/40	SWRR	31.31
2. A. Valence	Unatt	32.50
3. J. Williams O/50	Springf	36.36
4. C. Hariades O/40	Unatt	37.17
5. B. Friend	Unatt	37.51
6. I. Williams	Springf	38.39
7. R. Marsh	Portsm	39.36
8. M. Steward O/50	Unatt	39.39
9. S. Moody O/40	Unatt	39.57
10. J. Falconer	SMOC	40.21

LADIES		
1. (7) R. Marsh	Portsm	39.36
2. (9) S. Moody O/49	Unatt	39.57
3. (16) M. Marsh	Portsm	45.05
4. (17) J. Maund O/40	Unatt	45.48
5. (19) K. Walton	Unatt	46.36

25 finishers

HAWKSHAW GALA FELL RACE Lancashire AS/2m/500ft 09.07.05

A record of 17 seniors started the Hawkshaw Gala fell race, but not all finished. This was due mainly to a last minute replacement steward not being 100% sure of the course. Luckily most of the field found the summit regardless and we must congratulate new course record holders Jeff Fielding and Helen Yeoman. Most runners enjoyed the day out so thanks to all the competitors and marshals, especially the thick skinned bullet who sent them the wrong way and took a few expletives for his efforts!

Hope to see you all next year (which may be an orienteering event!) Don't forget, prizes to all finishers who stop around for the presentation.

Christopher Caldwell

1. J. Fielding
2. P. Burnett
3. A. Yeomans
4. A. Life
5. D. Archer
6. E. Lorimer
7. P. Howarth
8. B. Chapman
9. M. Taylor
10. K. Bradshaw

LADIES		
1. H. Yeoman		
2. L. Archer		
3. R. Bailey		

JUNIORS		
1. J. Bradshaw		
2. J. Phillips		
3. L. Leeth		

CHARLESWORTH & CHISWORTH CHALLENGE FELL RACE Derbyshire BS/3m/500ft 09.07.05

A record number of 94 began the race in very hot conditions, perhaps good for the Carnival but a little trying for the competitors. First was Phil Winskill (Dark Peak) in 22.10, followed by Kevin Beattie (Stockport

Harriers) exactly one minute later, with 17 year old James Burrows (Sale Harriers) in third place in 23.57, a new Junior (U17) record. Andy Trigg's record of 19.49 is now 11 years old. Second and third juniors were Tom Priestley and Alex Bedwell, both U/A, in very good times of 24.27 and 25.53 (8th and 12th overall).

First lady home in successive years and 14th overall was Estelle McGuire (Stockport Harriers) in 26.29 (course record is 23.20 set by Stella Boam in 1997). Second and third ladies were Helen Winskill (Dark Peak) in 27.06 and Bev Robinson (Unattached) in 30.12 respectively. First MV40 (4th overall) was Geoff Briggs (Pennine) in 24.04. First LV40 was Leslie Sinclair (Unattached) in 40.32. MV50 (11th overall) was Andy Howie (Pennine) in 25.27 and LV50 was Beryl Buckley (Glossopdale) in 36.13. MV60 was Brian Robinson (Unattached) in 32.58. First local man was Alan Turner (Glossopdale) in 28.45 and first local lady was Rowena Smith (Warwick Univ) in 34.48.

A big thank you (again) to Cec Rhodes of North Star Equipment for donating a lot of desirable gear, to Dinting Explorer Scouts for help in marshalling, to Glossop Police for their management of the start, and to my augmented harem for timing, recording results and refreshments. The race also couldn't take place without people turning up. Perhaps Andy Trigg was right - it might just be better than going shopping on a Saturday afternoon!

This was my last time as organiser. Thanks to everyone who has supported me over the years.

Bill Deakin

BOLLINGTON NOSTALGIA RUN Cheshire BM/7m/1200ft 10.07.05

The organisers of this first Bollington Nostalgia hill race were in fear and trepidation, having never run such an event before, but the race proved to be a great success. The race is now to be an annual event in the Bollington calendar. Although the temperature reached 35 deg, 54 intrepid runners braved the heat to enter the race. Sir Nicholas Winterton MP started them off and remained to present the prizes to the winners at the end of the race.

The race was 7.11 miles, with 4 strenuous sections and a 1200-foot ascent, but even in the extreme conditions, Jon Chapman, a Bollington resident, completed the course with an amazing winning time of 47.35. Not far behind, the first lady to cross the finishing line was Cecilia Greasley, a veteran, with a time of 50.31.

Much positive feedback was received from the runners about the route and the quality of the marshalling. Next year, constructive comments will be taken on board and water stations will be provided at appropriate points.

Bollington Drop-in Centre would like to thank the runners for their support and all the marshals and volunteers for helping to make the event such a success.

Ann Mayer

1. J. Chapman	Unatt	47.35
2. S. Harding	Unatt	48.45
3. J. Brown O/40	Macc	49.22
4. T. Stock O/40	Macc	50.07
5. C. Grensley O/40	Chesh	50.31
6. T. Vernon O/50	Staff	51.51
7. R. Ashworth O/40	Unatt	52.07
8. M. Platt O/40	Macc	52.56
9. A. Gray O/40	Macc	53.02
10. D. Reynolds	Newbgh	53.13

VETERANS O/50		
1. (6) T. Vernon	Staff	51.51
2. (8) M. Platt	Macc	52.56

VETERANS O/60		
1. (16) C. Ardron	Macc	58.11
2. (41) J. Cook	Macc	74.48
3. (43) T. Faulkner	Wilms	76.12

LADIES		
1. (5) C. Greasley O/40	Chesh	50.31
2. (20) K. Roberts	Helsby	59.39
3. (27) C. Chapman	Unatt	64.20
4. (31) V. Griffiths O/40	Helsby	67.08
5. (36) S. Charman O/40	Helsby	68.35

53 finishers

PEAK FOREST FELL RACE
Derbyshire
CM/6m/650ft 10.07.05

It was not ideal fell racing conditions, with soaring temperatures and no breeze, but 63 intrepid athletes, whose ages ranged from the twenties to the seventies, set off on their 6 mile run. Sixty one of them finished the course, two dropping out for different reasons.

The race was won by Matt Crane in a splendid time of 41.18, the first time in some years when the race was won by someone under forty. But it was the margin that took everyone by surprise. The second runner, Martin Crosby was just over 3 minutes behind.

Christine Howard was the first woman home in third place overall, quite an achievement, all agreed.

Forty nine runners finished under the hour which again was a fine effort, given the unrelenting heat.

Our oldies finisher was Bryan Rogers, a mere 72 years old. His time was 1.01.33. He reckoned he could have done it under the hour and we believe him, but he stopped to enquire about the welfare of a lady who had had to drop out. Who said the age of chivalry was dead?

Harry Trent

1. M. Crane	DkPk	41.18
2. M. Crosby	Alltrin	44.22
3. C. Howard	Mat	44.35
4. I. Warhurst O/40	Penn	44.51
5. B. Hanley O/40	DkPk	45.24
6. R. Weston	Skyrac	45.38
7. D. Harrison O/40	DkPk	45.41
8. R. Fawcett O/40	DkPk	45.41
9. J. Trueman O/40	Penn	45.53
10. S. Tui	Unatt	45.57

VETERANS O/60

1. T. Bradley	Buxt	54.09
2. B. Alsop	Bell	54.34
3. M. McDonald	Bowl	63.23

VETERANS O/70

1. B. Roger	NorthV	61.33
2. G. Richardson	Clowne	78.16

LADIES

1. C. Howard	Matlock	44.35
2. E. McGuire O/40	Stockp	48.23
3. I. Mellor O/40	Penn	50.04
4. S. Bradley O/40	Buxt	55.16
5. W. Billing O/40	Tring	55.56

61 finishers

WHARMTON DASH
Lancashire
AS/2m/600ft 10.07.05

1. C. Bishop	Sadd	15.45
2. A. Shaw O/40	Holmf	15.46
3. J. Ingram	Sadd	16.30
4. C. Davies O/50	Sadd	17.19
5. M. Flatley	Middle	17.26
6. P. Wadsworth	Ross	17.31
7. N. Gauld	ECH	17.44
8. P. Burnett	Unatt	17.55
9. G. Cunliffe	Bumley	18.03
10. T. Shanley O/40	Sadd	18.09

VETERANS O/50

1. (4) C. Davies	Sadd	17.19
2. (14) A. Howie	Penn	18.49
3. (16) D. Archer	Bury	19.18

VETERANS O/60

1. (33) T. Greene	Sadd	24.09
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LADIES

1. (20) A. Anderson	Pendle	20.00
2. (25) L. Griffiths	Holmf	20.49
3. (27) K. Mather O/40	Sadd	21.04
4. (37) H. Yeomans O/40	Ross	26.49
5. (39) J. Willis O/50	Unatt	28.50

40 finishers

BELSTONE-CAWSAND HILL RACE
Devon
BS/4m/850ft 10.07.05

A tough event this year in hot conditions. Well done to Kevin Hagley and Sue Wadsworth. Kevin's name to be engraved on the cup for retention in the Tors Inn until the 2006 event.

Thanks to the village of Belstone for sponsoring the prizes and to the helpers, Val Dodsworth (who went to the summit) and Deborah Cunningham.

The net income of £49 will be donated to Belstone Village via Deborah Cunningham.

See you next year

Phil Haygarth

1. K. Hagley O/40	SWRR	30.19
2. A. Valence	Unatt	31.58
3. M. Friggins	Unatt	32.21
4. B. Friend	Unatt	36.50
5. J. Williams O/50	Springf	37.01
6. S. Wadsworth O/45	Plym	37.32
7. I. Williams	Springf	39.51
8. R. Lethbridge	Unatt	40.01
9. R. Marsh	Ports	40.13
10. A. Elliot O/40	Springf	41.02

VETERANS O/60

1. (17) M. Caulder	Teign	62.13
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LADIES

1. (6) S. Wadsworth O/45	Plym	37.32
2. (9) R. Marsh	Ports	40.13
3. (14) M. Marsh	Ports	51.17
4. (18) L. Daniel O/50	Teign	63.02

18 finishers

MORTON GALA RACE
West Yorkshire
2.5m/250ft 11.07.05

Eleven athletes turned up on a blisteringly hot day to contest the 2nd Morton Gala race. The race is a mixed terrain race around the attractive villages of East Morton and Micklethwaite near Bingley.

Jonnie Butler

1. R. Fairhurst O/40	Kghly	16.23
2. W. Smith	Kghly	16.24
3. J. Crossley	Unatt	16.41
4. H. Glover Lady	Unatt	17.28
5. P. Smithson O/40	Kghly	17.30
6. D. Hamer	Kghly	17.31
7. P. Morris O/50	Kghly	17.42
8. M. Banks O/50	CaldV	19.22
9. O. Downing O/60	Bing	20.21

11 finishers

STOODLEY PIKE FELL RACE
West Yorkshire
BS/3.5m/700ft 12.07.05

1. I. Holmes	Bing	17.45
2. A. Norman	Altrin	18.10
3. G. Ehrhardt	Tod	18.15
4. A. Wrench O/40	Tod	19.03
5. A. Whittem	Tod	19.48
6. S. Barlow O/40	Horw	19.50
7. S. Willis	Tod	20.10
8. A. Breaks	CaldV	20.12
9. P. Stevenson O/40	P&B	20.19
10. J. Logue	Horw	20.39

VETERANS O/50

1. (30) D. Archer	Bury	23.01
2. (35) B. Mitchell	Clay	23.30
3. (39) V. Peacock	Clay	23.53

VETERANS O/60

1. (48) D. Weatherhead	Bing	24.29
2. (53) G. Breeze	Skyrac	24.46
3. (63) P. Heneghan	Horw	26.03

VETERANS O/70

1. (125) J. Newby	Tod	41.46
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LADIES

1. (32) J. Smith	CaldV	23.11
2. (39) V. Peacock O/50	Clay	23.53
3. (40) C. McKenna	Horw	24.01
4. (66) H. Page U/21	Unatt	26.26
5. (67) J. Scarf O/40	CaldV	26.33

128 finishers

LORDS SEAT
Cumbria
AS/5m/1400ft 13.07.05

A very pleasant night for running as the cloud cover had effectively lowered the temperature from the high 20s we'd been getting the previous days. No sun tans for the marshals, however, and the midges were probably the winners in the end as the breeze that was gently blowing through Whinlatter Pass dropped to zero before anyone finished the race.

Brian and Wayne topped Lord's Seat very much together but Brian's experience as a previous winner here obviously meant he saved the fast running for later. Kate and Tracy also went through Lord's Seat together but Kate's fell running experience enabled her to cross the finish line 50 seconds ahead.

Thanks again to all the marshals and helpers (including the brave one who stands in the middle of the road at the start to stop you all kneeling yourselves on a post!).

Angela & Tony Brand-Barker

1. B. Taylor	Ellenbrgh	34.17
2. W. Jackson	Ellenbrgh	34.46
3. M. Amor	CFR	34.59
4. M. Fanning	Borrow	35.31
5. N. Lockwood	Kesw	36.22
6. R. Harrison O/40	CFR	38.04
7. P. Cornforth O/40	Borrow	38.06
8. D. Overton O/50	Kesw	38.42
9. J. Hyde	Unatt	38.48
10. A. Bradley O/40	CFR	38.58

VETERANS O/50

1. (8) D. Overton	Kesw	38.42
2. (24) P. Blanchard	Eden	41.15
3. (25) A. Lewsley	Kesw	41.17

VETERANS O/60

1. (43) M. Pearson	Kesw	44.32
2. (47) R. Whittaker	CFR	46.17
3. (54) D. Harrison	Kesw	47.49

LADIES

1. (28) K. Beaty O/40	CFR	41.28
2. (36) T. Walker	CFR	42.18
3. (42) K. Murdoch	Derwent	44.21
4. (52) S. Lewsley O/40	Kesw	47.11
5. (56) J. Moore	Kesw	48.20

74 finishers

BULL HILL FELL RACE
Lancashire
BS/5.5m/830ft 14.07.05

With the conditions ideal for running, 108 competitors set off on the Seventh Bull Hill Fell Race organised by Radcliffe AC.

The course from Hawkshaw ascends Bull Hill via Red Brook, and descends to the Rossendale Way, before returning via Pilgrims Cross.

Darren Kay held a slight lead at the summit of the main climb which he extended to finish over a minute clear of the second placed runner, 1ST vet o/40, Ian Greenwood.

The category prizes were well distributed among the local clubs with David Naughton Dennis O/45, David Archer, O/50, Ken Taylor O/55, Dennis Kearns, O/60 and Roy Lee, the O/70 prizewinner.

Sarah Charnock took the ladies' prize, well clear of Heather Corbishley.

Thanks are due to local landowners, the Wagon and Horses for the hospitality (and chip butties) and the members of the club who marshalled the course.

It was pleasing to read the positive comments about the event on the FRA website.

Peter McNulty

1. D. Kay	Horw	36.17
2. I. Greenwood O/40	Clay	37.28
3. P. Foster O/40	Leigh	37.39
4. M. Corbishley	Ross	38.06
5. A. McVey	Unatt	38.21
6. C. Heys	Horw	38.35
7. D. Haygarth	Unatt	39.24
8. D. Naughton O/45	Darwen	39.34
9. M. France O/40	Darwen	39.55
10. A. Staveley O/40	Burnden	40.16

VETERANS O/50

1. (17) K. Taylor	Ross	42.23
2. (22) D. Archer	Bury	43.18
3. (29) P. Weatherhead	Wirral	44.42

VETERANS O/60

1. (39) D. Kearns	Bolt	45.35
2. (51) G. Breeze	Skyrac	47.17
3. (92) M. Aspinall	Unatt	54.10

VETERANS O/70

1. (97) R. Lee	Middle	58.45
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LADIES

1. (42) S. Charnock	UtdUtil	45.59
2. (66) H. Corbishley	Ross	49.06
3. (67) L. Clarkson	Darwen	49.12
4. (70) A. Ferguson O/45	Burden	49.42
5. (75) A. Asoinall	Rad	50.29

108 finishers

KINNISIDE TWO TOPS
Cumbria
AS/3m/1000ft 16.07.05

This was the 31st running of the race, which is associated with the Cleator Moor sports event.

The route comprises a circuit of the show field, then a crossing of the River Ehen, followed by the steep ascent of Dent Fell. Both the South and North summits are visited before the fast descent back to the show field – 90% of the route being visible from the showground.

The race set off at a very brisk pace, and the leading group included 10 times race winner, Alan Bowness. The strong field battled their way up Dent Fell, but it was the 2004 U20 English Champion, Ricky Lightfoot, who was to receive the plaudits finishing 30 seconds outside the course record – Alan had to be content with second place and first V40.



Ricky Lightfoot comes home to win at Kinniside
(Photo Steve Steele)

The ladies were also in hot contest, with British Veteran's Champion, Kate Beaty, managing to overcome the challenge from Sarah Tunstall who had travelled from York – with just 10 seconds separating them at the finish.

The weather was warm and sunny – so most competitors enjoyed the cooling dip in the Ehen.

Many thanks to race helpers who were very efficient in sorting entries, timing, results and marshalling – without whom the event could not run.

Steve Steele

1. R. Lightfoot	Ellenbrgh	22.57
2. A. Bowness O/40	CFR	23.33
3. C. Doyle	Traff	23.56
4. M. Amor	CFR	24.04
5. B. Thompson O/40	CFR	24.23
6. B. Taylor	Ellenbrgh	24.33
7. W. Jackson	Ellenbrgh	26.43

8. T. Yates	Kesw	26.34
9. R. James O/50	CFR	26.51
10. P. Crompton O/45	CFR	26.57

VETERANS O/50

1. (9) R. James	CFR	26.51
2. (12) J. Winn	CFR	27.11
3. (20) H. Jarrett	CFR	28.06

VETERANS O/60

1. (42) R. Whittaker	CFR	32.02
2. (55) J. Ely	CFR	35.29
3. (64) D. Morgan	CFR	37.01

VETERANS O/70

1. (60) D. Rigg	Unatt	35.44
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LADIES

1. (30) K. Beaty O/45	CFR	29.48
2. (33) S. Tunstall	York	29.58
3. (49) D. McGee	CFR	33.54
4. (52) L. Buck O/40	CFR	34.34
5. (54) D. Patton O/45	CFR	35.29

68 finishers

INGLEBOROUGH FELL RACE
Lancashire
AM/7m/2000ft 16.07.05

1. L. Siemaszko	Borr	49.13
2. S. Shepley	Tipton	49.44
3. R. Pattinson O/40	Pudsey	50.11
4. L. Banton	Clowney	50.45
5. I. Magee	Skipt	51.05
6. M. Cox	Otley	51.15
7. I. Taylor	K&C	52.49
8. N. Ashcroft	Amble	53.01
9. S. Willkinson O/40	K&C	53.03
10. C. Miller	H'gate	53.10

VETERANS O/50

1. (30) J. Butler	K&C	56.10
2. (46) P. Butterworth	CLM	58.24
3. (55) P. Harris	Abbey	59.50

VETERANS O/60

1. (126) T. Minikin		69.43
2. (133) J. Mitchell	B'burn	70.24
3. (151) G. Jameson	Lancs	72.07

LADIES

1. V. Peacock O/45	Clay	59.28
2. H. Sedgwick	Ilk	60.41
3. T. Hird	Wharf	62.11
4. E. Tomes O/45	K&C	63.24
5. S. Glover	Skipt	65.00

212 finishers

OLDFIELD FELL RACE
West Yorkshire
CS/5.5m/550ft 17.07.05

The race venue was the Grouse Inn on Harehills Lane, Oldfield, near Keighley, West Yorkshire.

This year the senior race was run on the same course as last year over a distance of 5.5 miles, but the junior race was extended to provide individual distance for the following categories, under 12, under 14, and under 16.

Conditions on the day of the race were very good and there was an increased turn out for the senior race. The turn out for the junior race was very disappointing with only seven juniors in total taking part.

The winner of senior race was Ian Holmes in a new course record of 32.18. The first lady was Sally Malir in a new course record of 41.44. Sally was the first lady in this year's Three Peaks Race. The first veteran was Paul Stevenson

In the junior race the first boy under 12 was Owen Wheelan and the first girl under 12 was Fiona Jordan. The first boy under 14 was Henry Fulton and the first girl under 16 was Holly Ramsden.

Next years races will be the same courses and at the same venue.

John Collinson

1. I. Holmes	Bing	32.18
2. W. Smith	K&C	34.10
3. P. Stevenson O/40	P&B	34.57
4. S. Willis	Tod	35.19
5. B. Stevenson O/40	P&B	35.51
6. T. Taylor O/40	Ross	36.18
7. K. Taylor O/50	Ross	37.29
8. R. Grillo	Unatt	37.44
9. C. Oliphant	P&B	38.05
10. C. Moses	Bing	38.45

VETERANS O/50

1. (7) K. Taylor	Ross	37.29
2. (12) J. Anderson	Pendle	39.54
3. (15) J. Newsam	Clay	44.44

VETERANS O/60

1. (16) P. Covey	P&B	41.19
2. (21) D. Weatherhead	Bing	42.22
3. (27) P. Jepson	Ross	45.23

LADIES

1. (19) S. Malir O/40	Ilk	41.44
2. (28) S. Fulton	Bing	45.26
3. (29) M. Jagon	EPOC	45.28
4. (31) C. Preston	K&C	46.35
5. (32) H. Glover	K&C	48.06

37 finishers

JUNIORS

U/16 Girls		
1. H. Ramsden	Bing	27.18

U/14 Boys

1. H. Fulton	Bing	15.41
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U/12 Boys

1. O. Wheelan	Bing	12.06
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U/12 Girls

1. F. Jordan	Ilk	11.04
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HOLME MOSS FELL RACE
West Yorkshire
AL/16m/4000ft 17.07.05

1. J. Rank O/40	Holmf	2.29.24
2. A. Breaks	CaldV	2.34.48
3. A. Wrench O/40	Tod	2.36.04
4. A. Carruthers O/40	Crawley	2.45.41
5. M. Nolan	DkPk	2.50.02
6. D. Tait O/55	DkPk	2.51.16
7. C. Davies O/50	Saddle	2.51.57
8. T. Brunt	Holmf	2.59.31
9. A. Anastasi O/40	Glossop	3.00.46
10. M. Hulley	DkPk	3.00.55

VETERANS O/60

1. (46) B. Buckley	Glossop	3.37.25
2. (65) K. Bamforth	Holmf	4.19.54

LADIES

1. (33) N. Jaquiery	Ilk	3.17.29
2. (41) B. Hoyland O/50	Holmf	3.22.31
3. (42) J. Garner O/45	DkPk	3.25.46
4. (49) N. Spinks	P'stone	3.44.07
5. (60) C. Crowther	Unatt	4.09.05

72 finishers

GREAT HUCKLOW FELL RACE
Derbyshire
BM/6m/1000ft 17.07.05

Thanks to all of the 142 runners who turned out for the first running of this race – 139 finished. The very hot weather and hard ground made it tough going, but everyone enjoyed the route, except for Damon who collapsed with heat exhaustion – he was well on his way back to fitness with a week. Andy and Rob stormed round well ahead of the field, but everyone was home within two hours.

Much thanks to the most of the village who turned out to marshal, help and set up impromptu water stations. We also enjoyed the homemade flapjacks and bananas afterwards which they supplied at the excellent facilities loaned by the Foundry Adventure Centre. Thanks also to Tracklogs and the Old Barn, Castleton, who made it possible to present prizes in eight categories and to the first three men and ladies.

Pete Tapping

1. A. Norman	Altrinch	46.35
2. R. Baker	DkPk	46.38
3. M. Fowler O/40	Chesh	48.52
4. D. Taylor O/40	DkPk	49.13
5. S. Pope	RRC	49.44
6. J. Hargreaves	DkPk	49.58
7. T. Bush	Wells	51.35
8. P. Hodges	DkPk	51.55
9. C. Egddell	Hallam	52.45
10. T. Beautyman	Hallam	52.48

VETERANS O/50

1. (21) R. Fawcett	DkPk	55.7
2. (22) G. Hodges	Chesh	55.22
3. (25) P. Pittson	EreVal	55.44

VETERANS O/60

1. (41) T. Vernon	Staffs	59.48
2. (65) R. Ashby	Sale	64.47
3. (81) B. Allsop	BellHarp	66.47

VETERANS O/70

1. (137) G. Richardson	Clowne	97.14
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LADIES

1. (42) J. Jepson	FatBoys	60.21
2. (75) R. Elder	DkPk	65.47
3. (79) M. Mulvey	Wooton	66.40
4. (91) H. Toberman	Unatt	70.18
5. (94) L. North	Bedff	70.53

KENTMERE HORSESHOE

Cumbria

AM/11.9m/3300ft 17.07.05

1. R. Jebb	Bing	1.30.48
2. S. Stainer	Amble	1.33.14
3. I. Deegan	Amble	1.33.22
4. J. Davies	Borr	1.33.48
5. D. Kay	Horw	1.36.01
6. P. Dugdale O/40	Kend	1.38.41
7. R. Lightfoot	Ellenb	1.42.10
8. R. Owen O/40	Eryri	1.42.21
9. D. Walker	Clay	1.42.39
10. K. Richmond	Bellahouston	1.42.57

VETERANS O/50

1. (18) B. Grant	Hgte	1.46.10
2. (24) M. Walsh	Kend	1.49.32
3. (45) A. Sunter	Horw	1.54.45

VETERANS O/60

1. (112) T. Peacock	Clay	2.13.32
2. (115) G. Breeze	Skyrac	2.14.00
3. (133) R. Clark	NYM	2.17.59

LADIES

1. (58) H. Storey	Bellahouston	1.57.27
2. (72) H. Jones	Dallam	2.03.03
3. (96) C. Kenny	CaldV	2.07.43
4. (99) R. Vincent	Tyne	2.10.00
5. (114) W. Dodds O/50	Clay	2.13.53
6. (127) S. Hammond	Tatten	2.17.12

199 finishers

1. P. Winskill	DkPk	33.00
2. L. Banton	Clowne	33.51
3. S. Pyke O/40	Staffs	33.56
4. D. Taylor O/40	DkPk	34.16
5. S. Bond	Unatt	34.19
6. C. Fogil	Hallam	35.18
7. M. Crane	DkPk	35.46
8. S. Bell O/40	DkPk	35.55
9. G. Moffatt	HolmeP	36.18
10. M. Kiepas	Mat	36.48

VETERANS O/50

1. (42) M. Moorhouse	Mat	40.09
2. (45) D. Tait	DkPk	40.38
3. (57) N. Boler	DkPk	41.56

LADIES

1. (48) E. Bait O/40	DkPk	40.56
2. (58) H. Winskill	DkPk	41.59
3. (60) J. Wilson	Hallam	42.01
4. (72) P. Weir	Totley	43.88
5. (84) D. Smith	DkPk	44.09

216 finishers

WIDDOP FELL RACE

West Yorkshire

BM/7m/1200ft 20.07.05

Thank you to all who helped contribute towards another smooth running of this classic fell race over the Widdop moors. It was good to see some of the regulars to this race, but even more encouraging to find a number of new faces bringing the numbers up 20% to 103.

A brilliant run by Karl Gray, retaining his trophy and coming within 21 seconds of George Erheart's excellent record. Jo Smith matched this in the ladies race, only 30 seconds outside Vanessa's record.

See you next year!

Andy Clarke

1. K. Gray	CaldV	48.33
2. M. Wallis O/45	Clay	50.40
3. M. Horrocks O/40	Wharf	51.03
4. M. Corbishley	Ross	51.04



Guest starter Roy Hattersley with super-vets Derek Clutterbuck and Pete Duffy at Widdop (Photo Allan Greenwood)

VETERANS O/70

1. (97) P. Duffy	NVets	85.09
2. (101) D. Clutterbuck	Tod	87.09

LADIES

1. (17) J. Smith	CaldV	57.52
2. (53) J. Scarf O/40	CaldV	65.54
3. (57) C. Kenny O/45	CaldV	66.41
4. (64) C. Brierley O/40	Tod	67.14
5. (73) M. Blackhurst O/40	Tod	69.04

103 finishers

BLISCO DASH

Cumbria

AS/5m/2000ft 20.07.05

The youngsters are coming! Pike O'Blisco may not be everyone's idea of a perfect transition race from junior to senior ranks, but that's exactly what race winner Chris Doyle and Settle junior David Shepherd were doing. Adam Grave too. And young Ben Lonsdale in 2nd place isn't too long in the tooth either!

Settle turned out in force and they seemed to clean up most of the crap French lager - serve 'em right. Poor Jo Taylor from Lancaster would have grabbed a few cans for third place behind Sue Wood, but couldn't stay for the prize-giving. "And if you don't stay, we don't pay!" Never mind Jo, I'll get you one in the Manor! Local man Dave Ablitt finished last - now on past form you'd think it was worth staying for the prizes wouldn't you? Well Dave, yes it would have been!

Thanks to John Brockbank who went up the hill for me, and to President Norman Walker and Eric who helped Elaine and me at the finish. Just like old times!

Selwyn Wright

1. C. Doyle	Traff	42.16
2. B. Lonsdale	Settle	42.37
3. Paul Brittleton	Helm	42.45
4. Peter Brittleton	Helm	43.56
5. D. Shepherd	Settle	44.21
6. S. Hoyle	Ross	44.56
7. M. Horne	Settle	45.07
8. L. Douthwaite O/40	Bowl	45.46
9. D. Ward	CFR	46.07
10. R. Harrison O/40	CFR	46.21

VETERANS O/50

1. (26) K. Dacre	Kend	50.01
2. (44) A. Warren	Unatt	55.14
3. (51) B. Jackson	Clay	58.01

VETERANS O/60

1. (53) P. Dowker	Kend	60.06
2. (57) D. Harrison	Kesw	61.32



Well at least one of them looks happy!! Up and over at Kentmere (Photo Pete Hartley)

ROBIN HOOD "MONUMENTAL"

FELL RACE

Derbyshire

BS/5m/875ft 19.07.05

The race attracted a record number of entries and was led from the start by Phil Winskill. The weather was ideal for fell running, slightly overcast and cool for the time of year. Edale Mountain Rescue supplied safety support and there were no accidents or incidents.

Peter Fairley

5. M. Brown O/40	Clay	53.08
6. M. Lee O/40	Ross	53.17
7. C. Seddon	Horw	54.22
8. N. Worswick	Clay	55.12
9. A. Preedy	Ross	55.22
10. J. Emberton O/40	CaldV	55.26

VETERANS O/50

1. (33) N. Hindle	Unatt	62.27
2. (36) B. Horsley	CaldV	63.27
3. (37) B. Scholes	Settle	63.51

VETERANS O/60

1. (49) G. Breeze	Skyrac	65.22
2. (84) N. Berry	Holmf	73.34
3. (92) G. Arnold	Prest	78.06

LADIES

1. (20) S. Wood	Amble	49.18
2. (43) J. Rigby	Helm	55.11
3. (52) J. Taylor O/40	Lancs	59.47
4. (58) K. Hardiman	Settle	62.23

**CONISTON COUNTRY FAIR FELL RACE
Cumbria
AM/6m/2400ft 24.07.05**

Over one hundred runners enjoyed ideal conditions for Coniston Country Fair's Open fell race. A race last held in 1993 and previously won by the likes of Fred Reeves and Kenny Stuart, albeit over a different course.

It is a classic up and down fell race from the show field, in a glorious setting at Coniston Hall, on the shores of Coniston Lake, not far from Donald Campbell's fateful crash site.

A crowd of over 2,000 visitors to the fair got the adrenalin of the runners going, with the start taking place in the main arena and the runners exiting via a race funnel through the crowds of onlookers, then away onto the fell crossing the Walna Scar track and then on to the top of Coniston Old Man which was reached in 38 minutes by the leader.

The lead changed little on the return with the winner Alan Smith, who had travelled from Aviemore, winning in a time of 55.32, with local runner Dan Golding (from Coniston) second in 56.04.

First lady home in 25th place was Jessica Turnbull in a time of 67.54, with the second lady Rebecca Cash in 70.13.

Running clubs from all over the country were represented as can be seen from the results list, the only slightly surprising thing being the dearth of local teams.

The veterans' classes were very well represented and the team prize went to Settle.

Coniston Country Fair provided an excellent setting for the fell race and a very enjoyable family day out with plenty to do and see, including Herd wick sheep show, Cumberland and Westmoreland wrestling, craft marquee, children's sports, ferret racing, terrier racing, demonstration of local crafts, stick show, hound and terrier show, pet show, over 70 trade stands, side shows and refreshments.

Last but not least was the beer tent which was still going strong many hours after the fell race ended. The runners deserved it!

We are indebted to our sponsors Langdale Country Club, Pete Bland's Sports, Norman Garside and the 3 Shires Inn - Little Langdale, for their support and also the marshals/ helpers on the day including Coniston Mountain Rescue who fortunately were not called on for the fell race but who marshalled the top of the Old Man.

Next years date Sunday 23rd July 2006. See you there.

David Robinson

1. A. Smith O/40	Dee	55.32
2. D. Golding	Amble	56.04
3. Q. Harding O/40	Bowl	59.54
4. D. Nuttall	Clay	60.12
5. J. Murfin	Settle	60.15
6. S. Hoyle	Ross	60.21
7. P. Wooddisse	ThVall	61.37
8. M. Horn	Settle	61.41
9. C. Upson O/40	W'lands	62.16
10. M. Lee O/40	Ross	62.46

VETERANS O/50

1. (13) R. James	CFR	63.26
2. (17) P. Booth	Clay	66.47
3. (26) I. Robinson	Clay	67.57

VETERANS O/60

1. (100) J. Devlin	Unatt	106.04
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LADIES

1. (25) J. Turnbull	Chelt	67.54
2. (30) R. Cash	Borr	70.13
3. (41) C. Kenny O/40	CaldV	72.11

101 finishers

**RAAS VAROOL
Isle of Man**

AS/3.5m/1750ft 26.07.05

North Barrule is the second highest peak on the Isle of Man and makes for a classic short fell race. It starts from the Ramsey Hairpin on the infamous TT course, winds its way up through the picturesque Elfin Glen, before crossing the TT course once again, with North Barrule looming ahead.

2004 Winter Hill League champion Simon Skillicorn again showed his ability on the short course and despite some tough opposition, secured a convincing victory. Richard Jamieson made enough ground on the climb to keep Paul Sheard at bay on the descent. Paul's race time however secured him a new course record in the veteran over 40 class.

C. Barwell

1. S. Skillicorn	Manx	34.14
2. R. Jamieson	NthAC	35.02
3. P. Sheard O/40	Manx	35.43

VETERANS O/50

1. D. Young	Manx	40.22
2. R. Webb	Manx	41.57

LADIES

1. C. Partington	Manx	45.54
2. R. Hooton	Manx	47.52
3. C. Barwell	WestAC	49.23

HARROCK HILL RACE SERIES RACE 3

**Lancashire
BS/5m/900ft 27.07.05**

1. D. Kay	Horw	31.51
2. S. Bolland	Bowl	32.22
3. P. Massey	Horw	32.26
4. P. Muller O/45	Horw	32.37
5. J. Hunt	Wirral	32.41
6. C. Heys	Horw	33.37
7. D. Massey O/40	Horw	33.39
8. A. Buttery	Ross	33.41
9. C. Seddon	Horw	33.42
10. M. Aspinall O/45	Clay	33.51

VETERANS O/50

1. (20) T. Hesketh	Horw	35.55
2. (38) S. Morran	FRA	38.47
3. (50) N. Hindle	Unatt	39.41

VETERANS O/60

1. (97) M. Leary	Wigan	46.14
2. (108) B. Grice	St'port	48.52
3. (113) M. McDonald	Bowl	50.16

LADIES

1. (31) A. Washington	Leigh	37.26
2. (44) Y. Wyke	Wigan	39.15
3. (53) A. Kelly O/40	Clay	40.11
4. (57) S. Budgett O/40	Horw	40.43
5. (62) K. Forster O/40	Spect	42.08

134 finishers

HEART OF THE LAKES RYDAL ROUND

**Cumbria
AM/9m/3000ft 28.07.05**

1. J. Davies	Borr	1.26.21
2. G. Devine	P&B	1.26.47
3. Pe. Brittleton	Helm	1.26.52
4. N. Ashcroft	Amble	1.31.30
5. Pa. Brittleton	Helm	1.39.49
6. A. Wrench O/40	Tod	1.31.57
7. M. Brown O/40	Clay	1.32.03
8. D. Shepherd	Settle	1.33.53
9. D. Duxbury	Amble	1.34.23
10. J. Murfin	Settle	1.35.10

VETERANS O/50

1. (23) B. Walton	Horw	1.42.09
2. (24) P. Booth	Clay	1.45.37
3. (28) L. Sands	Unatt	1.50.21

VETERANS O/60

1. (42) D. Kearns	Bolt	1.57.38
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LADIES

1. (46) A. Weston	Ilk	2.00.31
2. (69) S. Owen	Amble	2.18.58

72 finishers

BEN RINNES FIVE TORS HILL RACE

**Speyside
AL/14m/4900ft 30.07.05**

Having had good, if not glorious weather the last 11 years we were due a bad one, and this was it. A day when running over the hills was far preferable to that of marshalling on them. Low cloud, little visibility and sheet drizzle being blown by an unseasonably chilly N.E wind. Despite this, championship status meant an overwhelming record number of 97 entrants flooded through the gates of the Dufftown Highland Games, which far exceeded my pre-race expectations. A sign of the sporting times was that almost two thirds of the field were in the veteran categories.

Once out of the field, young Fife talent Graham Bee shot off into the murk in front of the two wise heads of twice previous winner Stewart Whittle and championship leader Brian Marshall. Two hills later at the water station he had a lead of almost a minute. However on the main climb of Ben Rinnes the ascending skills of Stewart wound the youngster in and they turned at the halfway tor together with Brian playing the waiting game. By this stage the chasers were four minutes back and getting ever more distant. Over the final two hills Stewart began to break away from Graham who was then passed by Brian with the gap to the leader getting ever less. However the gritty Whittle held on for his third victory, his celebration being unfortunately dampened when realising he'd missed the five year old course record by a mere 3 seconds.

The women's race was a one horse affair, with twice previous winner Kate Jenkins romping away from the rest of the field for a third win.



Alan Smith comes home to win at Coniston Country Fair (Photo Dave Robinson)

Given the difficult condition I was very impressed with the fact that all the starters finished, none got lost or injured as far as I know, and I think this reflects on the general hill competence of all those who took part, as well as the invaluable assistance of the race marshals. Thanks to all for turning out.

Graeme Bartlett

1. S. Whittle O/40	Carn	1.57.03
2. B. Marshall	HELP	1.57.48
3. G. Bee	Fife	1.59.51
4. A. Davis O/40	Carn	2.05.23
5. N. Scott	W'lands	2.06.09
6. A. Keith O/40	HBT	2.06.53
7. H. Blake	H'lands	2.11.47
8. D. Riach	W'lands	2.13.20
9. A. Smith O/40	Dee	2.13.47
10. F. Wild	Ab'deen	2.14.04

VETERANS O/50

1. (28) J. Blair-Fish	Carn	2.27.43
2. (35) G. Hodges	Chesh	2.32.20
3. (38) D. Sullivan	Dee	2.35.42

VETERANS O/60

1. (53) C. Love	Dundee	2.45.42
2. (78) C. Pritchard	Carn	3.04.02
3. (83) I. McManus	Irvine	3.08.31

LADIES

1. (31) K. Jenkins	Carn	2.30.22
2. (41) S. Legge	Carneg	2.37.17
3. (44) C. Mangham O/40	Cosmic	2.38.37
4. (54) L. Burt O/40	Fife	2.45.44
5. (55) M. Keegan O/40	Carn	2.46.00

97 finishers

**BEETHAM SPORTS FELL RACE
Cumbria**

BS/5.75m/927ft 30.07.05

Thankfully the cloudy weather did not put anybody off - we had a record race turnout of 98 runners and the rain stayed away until we started to pack up.

The record set last year by Chris Livesey (36.41) was broken this year by Paul Dugdale who finished in 36.35 - Paul previously won sports in 2000 (36.44). The ladies' record was smashed by Tracey Brindley who finished in 39.12 (previously held by E Dugdale 43.19 in 2000).

Chris Merckel

1. P. Dugdale O/40	Kend	36.35
2. M. Aspinall O/40	Clay	37.17
3. M. Johnston	Carn	38.27
4. T. Brindley	Unatt	39.12
5. P. Pollitt	CFR	39.21
6. N. Worswick	Clay	39.27
7. P. Butterworth O/50	Clay	39.41
8. D. Peach O/40	Horw	40.14
9. D. Crayston	Dallam	40.45
10. S. Swarbrick	Bowl	40.58

VETERANS O/50

1. (7) P. Butterworth	Clay	39.41
2. (21) M. McKenna	Dallam	42.50
3. (23) V. Peacock	Clay	43.12

VETERANS O/60

1. (41) R. Barlow	Achill	48.34
2. (52) T. Peacock	Clay	50.18
3. (62) C. Graham	Helm	52.09

LADIES

1. (23) V. Peacock O/50	Clay	43.12
2. (26) S. Becconsall O/40	Bing	43.46
3. (34) A. Kelly O/40	Clay	45.24
4. (37) E. Dugdale O/40	Kend	46.04
5. (54) W. Dodds O/50	Clay	50.35

97 finishers

JUNIOR WORLD TROPHY TRIAL RACE

Cumbria
31.07.05

JUNIOR MEN

1. C. Doyle	Traff	45.01
2. J. McGonigle	Warring	45.08
3. J. Mellor	U'pool	45.17
4. A. Brownlee	Bing	45.26
5. J. Hare	Hfx	46.54
6. N. Swinburne	NFR	47.18
7. S. Mitchell	ValeR	47.29
8. T. Addison	Helm	47.38
9. H. Coates	Skipt	48.10
10. W. Jackson	Ellenb	49.41

JUNIOR WOMEN

1. R. Thompson	Horw	30.18
2. D. Allen	Leigh	30.41
3. E. Stuart	Kesw	31.28
4. E. Clayton	Scunth	31.59
5. S. Tunstall	Nestle	33.21
6. A. Anderson	Pendle	33.55
7. K. Cole	Horw	35.11
8. R. Edwards	Hfx	35.44
9. A. Lilley	Unatt	36.06

**THE ROUND HILL FELL RACE
West Yorkshire**

CM/9m/1100ft 31.07.05

Richard Pattinson and Maureen Laney came home first to win limited edition landscapes by local art teacher and runner Shane Green. Richard finished ahead of Matt Cox from the host club Otley and defending champion Richard Barrett from Skipton. Maureen beat Ilkley's Sarah Jarvis and Charlotte Rayner. Good weather conditions and path improvements by Yorkshire Water to commemorate an historic route across the Pennines from Liverpool, to lift the siege of York during the English civil war, led to fast times, with Richard breaking the course record and Maureen finishing 10 seconds outside Helen Johnson's course record.

A record 81 finished the race, all we need now is someone to take on the Timble Inn which has been closed for a couple of years.

A. Robertshaw

1. R. Pattinson O/40	P&B	55.35
2. M. Cox	Otley	56.27
3. R. Barrett O/40	Skipt	58.54
4. A. Grant O/40	Abbey	59.21
5. P. Dewhurst O/40	Horw	60.35
6. D. Asquith O/40	Skyrac	60.38
7. M. Walsh O/50	Kend	60.44
8. S. Webb O/40	VStr	61.03
9. E. Davies	Otley	61.21
10. J. Brooksbank O/40	Abbey	62.19

VETERANS O/50

1. (7) M. Walsh	Kend	60.44
2. (11) M. Foschi	CFR	62.37
3. (19) B. Hylton	Leeds	64.33

VETERANS O/60

1. (54) M. Coles	Skyrac	74.05
2. (56) G. Webster	VStr	74.33
3. (70) P. Stevenson	VStr	89.13

LADIES

1. (31) M. Laney O/50	Clay	67.17
2. (36) S. Jarvis	Ilk	68.33
3. (46) C. Rayner	Stain	71.31
4. (52) C. Wolfenden	Ilk	73.16
5. (64) H. Walsh O/40	Otley	78.48

81 finishers

JAMES HERRIOTT TRAIL RUN

North Yorkshire

CM/8.5m/1000ft 31.07.05

This year the route was as last year but the weather was much kinder and under a warm sun the 133 entrants lined up at the start.

The starter this year was Mr David Hartley MD of the Hawes Creamery who was also sponsor of the prizes. At the crack of the gun off they went on the gruelling but very scenic course around Castle Bolton. The moorland track was damp but quite firm and gave the runners good footing throughout the race.

The winner, Lewis Banton, knocked 58 seconds off last year's time to take the record. Second place was taken by Stuart McClay who won the race in 2003. A Paralympic runner, Mark Brown, took third place

Erika Johnson took the ladies' first place with Caroline Pollard and Julia Atkinson taking second and third places for the ladies.

All the runners had a good event and indicated their intention to return next year.

The prizes presented by David Hartley were vouchers for the three overall winners in each of the men's and women's classes and for the first and second places for men in the veterans O/40, O/50 and O/60, and first and second places in the women's veteran O/35, O/45 and O/55.

As a surprise, Mr Hartley also presented each of the above with a cheese from the Hawes Creamery and

these were very well accepted. He stated that he was delighted to see the runners in the Dale thanked the Rotary Club of Wensleydale for inviting him to the event and hoped that the competitors had enjoyed their day at Castle Bolton.

Albert Calvert, the Rotary President, also thanked the competitors for supporting the event and raising funds for Rotary Charities.

The Swaledale Road runners were well represented at the event and indicated that they would like to be involved in assisting the Rotary Club in the future.

Alan Davis

1. L. Banton	Clowne	54.24
2. S. McClay O/40	Vets	54.41
3. M. Brown O/40	ClayHarr	54.51
4. G. Dunn	Th&S	56.15
5. S. Murdoch O/40	Eden	56.45
6. R. Johnson	Swale	58.01
7. G. Wilkinson O/40	CLM	59.43
8. P. Butterworth O/50	Clay	61.04
9. K. Edwards O/40	Hartle	61.20
10. A. Steele	Ripon	61.31

VETERANS O/50

1. (8) P. Butterworth	Clay	61.04
2. (12) A. Ward	Unatt	61.51
3. (17) S. Smith	Ripon	63.11

VETERANS O/60

1. (31) D. Scott	Clay	68.45
2. (61) A. Wikeley	Th&S	75.13
3. (72) D. Gordon	Quakers	78.21

LADIES

1. (22) E. Johnson	Swale	65.01
2. (40) C. Pollard O/45	NYork	70.28
3. (41) J. Atkinson	NewtAy	70.58
4. (54) C. Worth O/45	NYMAC	73.01
5. (63) L. Sowter O/45	Swale	75.57

133 finishers

CROW HILL RACE

West Yorkshire

BS/5m/1000ft 02.08.05

Another excellent turnout for the final Crow Hill race. Well done to Andy Wrench on a brilliant record breaking performance, slicing five seconds from Steve Oldfield's mark set in 2000. Todmorden packed well to win the team race with Chris Smale in second and Alex Whitem in fourth. Vanessa Peacock was pushed right to the finish line by local woman Sue Becconsall, Vanessa winning by just 2 seconds and leading the Clayton ladies (supported by Katy Thomson and Susan Allen) to the team prize.

My announcement on the start line about cutting down on the amount of races we currently organise (as I have been doing at our events all this year) brought a mixed reaction afterwards. Many thanked us for our efforts over the past 14 years, (and longer if you count the years I promoted the Pudsey 10Km and Half Marathon races in the 1980s!) and a few others were heard to moan that there will be a void in the local calendar. It was noted however that no one has offered to take the reigns and keep any of the races going!

Most importantly, as a result of this race, Linda's "Robin Hood" Nottingham Marathon appeal was swelled by a further £150. Linda will run the 26 mile race in September to try and raise £1000 for a special chair for our severely disabled friend Holly Sykes.

Allan Greenwood and Linda Crabtree

1. A. Wrench O/40	Tod	30.06
2. C. Smale O/40	Tod	30.44
3. S. Oldfield O/45	BfdA	31.03
4. A. Whitem	Tod	31.09
5. G. Oldfield O/40	Unatt	31.26
6. S. Godsman	Tod	32.39
7. R. Glover O/40	P&B	32.47
8. N. Worswick	CLM	32.50
9. C. Moses	Bing	33.31
10. D. Middlemass	Holmf	33.36

VETERANS O/50

1. (12) P. Pyrah	StBed	33.50
2. (16) A. Robinson	CLM	34.02
3. (24) J. Adair	Holmf	35.23

VETERANS O/60

1. (27) B. Mitchell	CLM	36.04
2. (46) G. Breeze	Skyrac	38.47
3. (64) D. Illingsworth	BfdA	41.37

VETERANS O/70

1. (74) L. Sullivan	CLM	42.59
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2. (103) D. Clutterbuck	Tod	50.05
3. (104) P. Duffy	NVet	50.07

LADIES

1. (32) V. Peacock O/50	CLM	36.22
2. (33) S. Becconsall O/45	Bing	36.34
3. (35) L. Lacon	Holmf	36.44
4. (55) C. Waterhouse O/40	Hfx	40.32
5. (69) J. Gardner O/45	DkPk	42.07

112 finishers

NORTH BERWICK LAW RACE

Berwick

BS/3m/600ft 03.08.05

1. B. Smith O/40	StdLife	20.45
2. E. McIntosh	Unatt	21.08
3. M. James O/40	Carn	21.21
4. N. Beckett	Unatt	21.46
5. J. Rathjen	HBT	22.03
6. S. Fallon O/40	Carn	22.44
7. G. Salmond	Porto	22.47
8. T. Harley O/40	HELP	22.53
9. J. Forte O/40	HELP	23.05
10. W. Mykura O/40	Carn	23.08

LADIES

1. (13) V. Oldham O/40	Norham	23.19
2. (35) J. Batterham	HBT	24.27
3. (38) H. Murray O/40	Lothian	24.46
4. (57) L. Sugden	Moray	25.54
5. (70) K. Meikle	Carn	27.3

175 finishers

DERBYSHIRE CHEVIN FELL RACE

Derbyshire

BS/4.5m/800ft 04.08.05

1. R. Keal	Unatt	29.00
2. G. Moffatt	HolmeP	29.23
3. R. Love Jun	AmberV	29.28
4. B. Connor Jun	AmberV	29.43
5. A. Norman	Altr	30.01
6. C. Rowe O/40	Matlock	30.19
7. J. Birch O/40	LongE	30.30
8. G. Coleman O/40	LongE	31.11
9. L. Jones Jun	Matlock	31.24
10. P. Hands O/40	LeicsC	31.29

VETERANS O/50

1. (18) M. Moorhouse	Matlock	33.00
2. (23) M. Harvey	BellHH	33.51
3. (25) M. McDermott	LongE	34.00

VETERANS O/60

1. (43) B. Allsop	BellHH	37.38
2. (65) P. Bowmer	Unatt	40.23
3. (72) F. Makin	HolmeP	42.19

LADIES

1. (51) H. Mort	Chest'ld	38.55
2. (52) P. Oliver O/50	Wirksw	38.57
3. (54) S. Bird	NZealand	39.07

94 finishers

Short race - 2.2m/450ft

1. T. Barker Jun	Matlock	15.00
2. F. Gilbert Jun Girl	Matlock	15.22
3. M. Colgan	Unatt	22.08
4. A. Lee Jun	Unatt	23.21
5. S. Rowe Girl	Ripley	24.08

12 finishers

CREAG DUBH HILL RACE

Inverness-shire

AS/4.5m/1223ft 06.08.05

1. A. Wright	Cambus	29.24
2. S. Whittle O/40	Carn	30.38
3. B. Marshall	HELP	30.53
4. S. Patton	DkPk	32.25
5. D. Cummins	Shettle	32.29
6. S. Simpson	Ochil	34.02
7. M. Shaw	Lochab	34.23
8. P. Maclean	Lochab	34.33
9. G. Campbell	Unatt	35.03
10. D. Riach	W'lands	35.24

VETERANS O/50

1. (24) P. Harlowe	Kend	39.15
2. (27) S. Myerscough	Wolves	39.44
3. (39) A. Macdonald	Forres	44.07

VETERANS O/60

1. (26) G. B. Jones	Ochil	39.32
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2. (46) J. Jardine	Lochab	46.15
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LADIES

1. (22) D. Scott	Lochab	38.45
2. (25) K. Jones	DkPk	39.25
3. (35) J. Spenceley	Newton	42.36
4. (40) J. Higginbottom	Carn	44.18
5. (47) J. Cleghorn	Highland	46.27

67 finishers

BORROWDALE FELL RACE

Cumbria

AL/17m/6500ft 06.08.05

1. S. Booth	Borr	2.46.18
2. I. Holmes	Bing	2.51.20
3. L. Taggart	DkPk	2.51.50
4. P. Davies	Borr	2.54.40
5. J. Davies	Borr	2.54.40
6. B. Bardsley	Borr	2.58.06
7. J. Bland	Borr	2.58.50
8. P. Vale	Mercia	3.02.11
9. P. Thompson	Clay	3.02.35
10. R. Lightfoot	Ellen	3.03.34

VETERANS O/40

1. (12) A. Trigg	Unatt	3.08.43
2. (17) J. Blackett	Unatt	3.14.06
3. (21) D. Taylor	DkPk	3.19.46

VETERANS O/50

1. (23) J. Winn	CFR	3.23.08
2. (31) W. Bell	CFR	3.28.45
3. (77) D. Tait	DkPk	3.49.52

VETERANS O/60

1. (80) A. Bland	Borr	3.50.27
2. (129) J. Nuttall	Clay	4.07.52
3. (196) A. Yates	DkPk	4.29.10

LADIES

1. (59) N. Davies O/40	Borr	3.40.25
2. (75) S. Wood	Amble	3.49.46
3. (103) N. Jaquierey	Ilk	3.57.05

4. (107) R. Cash	Borr	3.59.23
5. (108) J. Meeks O/40	Kesw	3.59.57

287 finishers

HELLIFIELD GALA FELL RACE

North Yorkshire

BS/3.5m/850ft 06.08.05

In ideal conditions a record entry of 54 runners took part in this year's senior race. The grass on Newton Moor was also at record length so the course record never looked under threat. The winner by 31 seconds was Mark Croasdale, in second improving on last year's 3rd place was Willy Smith and last year's winner Steve Oldfield was third. Local Sarah Dugdale took the honours in the ladies' race ahead of Sarah Tunstall and Flora Skidmore. The increased patronage of the seniors however was not reflected in the juniors. A disappointing entry for U17s and U12s this year.

Many thanks to everyone who helped in any way, and to the landowners and race sponsors.

Stephen Moor

1. M. Croasdale O/40	L&M	25.50
2. W. Smith	K&C	26.21
3. S. Oldfield O/40	BfdA	26.48
4. B. Lonsdale	Settle	27.29
5. M. McColdrick	Settle	27.50
6. N. Worswick	Clay	28.00
7. A. Haynes O/40	Eryri	28.09
8. A. Preedy	Ross	28.15
9. S. Parker	Wharfe	28.32
10. T. Taylor O/40	Ross	28.52

LADIES

1. (30) S. Dugdale	Skipt	32.58
2. (35) S. Tunstall	YorkA	34.01
3. (38) F. Skidmore O/40	Dews	34.19
4. (46) S. Morphet	Settle	38.28
5. (49) L. Whittaker O/40	Wharfe	39.29

54 finishers



Gavin Bland comes over Styhead to applause in the Borrowdale. (Photo Allan Greenwood)

MOEL HEBOG
Gwynedd
AS/5.5m/2560ft 06.08.05

This was my first year of organizing this race. Weather conditions were dry and sunny. The race was shortened slightly at the start to remove a section of road through the increasingly congested village. Most competitors seemed to approve of the change.

Martin Humphreys was nearly a minute clear at the summit, but went astray on the descent and was passed by Stephen Gilliland who went on to win.

In the Ladies race Andrea Goode was more than 2 minutes clear at the summit, but was passed by Ellie Salisbury and Yvonne Amesbury on the rough descent.

I would like to thank Y Warws for the donation of gift vouchers as prizes and Glaslyn Ices who gave a free ice cream to all competitors and marshals.

Thanks also to the Royal Goat Hotel, Aberglaslyn Mountain Rescue, Peter Rowley and everyone who provided assistance on the day.

Ross Powell

1. S. Gilliland O/40	BroDys	49.01
2. M. Humphreys	Stroud	49.37
3. M. Williams	AVOHK	50.06
4. M. Gilbert	Wrex	50.52
5. N. Peplow	Unatt	53.27
6. K. Hagley O/40	SWRR	53.58
7. P. Jenkins	Unatt	54.21
8. G. Oldrid O/50	Aberyst	54.24
9. S. Sharp	Buckley	59.11
10. M. Jones O/50	Eryri	59.46

VETERANS O/60

1. (19) A. Oliver	Eryri	61.50
2. (35) P. Jones	Prestat	70.53
3. (39) I. Roberts	Eryri	78.14

VETERANS O/70

1. (41) J. Carson	Eryri	79.04
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LADIES

1. (32) E. Salisbury O/40	Eryri	69.25
2. (33) Y. Amesbury	Clwyd	70.42
3. (38) A. Goode	BroDys	72.48
4. (40) M. Oliver	Eryri	78.46
5. (42) R. Bennion	VicPark	81.45

42 finishers

LLANTHONY SHOW
Gwent

AS/3.5m/1100ft 07.08.05

A damp morning evolved into a dry but overcast day. Instead of a shortened junior race, six local juniors were walked halfway up the mountain for a handicap start. This gave them the satisfaction of gaining the ridge, and gave the senior runners on scratch something to chase.

Patrick Wooddisse won by 27 minutes and missed Jeorge Thomas' record by just 30 seconds. Young Simon Rogge over from Belgium, accompanied by his fell-running father, did well for 6th place.

Thanks to Eric Meredith, Anne Masters, Vanessa and Mathew Lawson for route clearing and marking and marshalling.

Dick Finch

1. P. Wooddisse	TVH	30.09
2. R. Wright	Unatt	32.35
3. R. Mapp O/40	Ludlow	32.37
4. J. Wrench	Brecon	32.58
5. N. Lewis	Mynydd	33.29
6. S. Rogge	StaxG	37.04
7. J. Darby O/50	MDC	37.14
8. K. Barnes O/40	Hereford	38.27
9. S. Woods O/40	Mynydd	43.51
10. R. Rogge O/40	StaxG	47.15

LADIES

1. (9) S. Woods O/40	Mynydd	43.51
2. (11) J. Mapp O/40	Ludlow	51.11

11 finishers

JUNIORS

1. M. Meredith
3. S. Stacey
4. L. Stacey
5. L. Morgan Girl
6. D. Bevan

LATRIGG FELL RACE
Cumbria

AS/3m/950ft 07.08.05

The 33rd running of The Latrigg Race was held in sunny and warm conditions, which have blessed the race in recent years. First to Latrigg summit was the eventual winner, Andi Jones, who also won the race last year. His time of 17.46 was 15 seconds faster than the second place runner, Andy Norman. Third back was Ian Holmes. The first veteran was Craig Roberts who was 5th overall in a fine time of 18.49.

Vic Wilkinson continued her recent excellent form and broke the ladies' record which has stood for 21 years previously held by Pauline Stuart. Vic's time of 20.00 broke the record by an incredible 1.19 and gave her 8th place in the race overall. The second lady was Maureen Laney, who was also the first veteran O/50 followed closely by Emma Stuart. The first lady veteran O/40 was Lyn Thompson.

Cumberland Fell Runners won the men's team prize with Keswick AC winning the ladies'.

Next year's Latrigg Race will no longer be taking place on the Sunday after Borrowdale but instead will be mid week at a date to be decided.

Pete Richards

1. A. Jones	Salf	17.46
2. A. Norman	Altrin	18.01
3. I. Holmes	Bing	18.06
4. T. Austin	DkPk	18.11
5. C. Roberts O/40	Kend	18.49
6. C. Doyle	Traff	18.58
7. R. Lightfoot	Ellen	19.10
8. V. Wilkinson	Bing	20.00
9. D. Frampton O/40	Borr	20.22
10. P. Thompson	Clay	21.00

VETERANS O/50

1. (12) M. Walsh	Kend	21.18
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VETERANS O/60

1. (36) A. Bland	Borr	24.39
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VETERANS O/70

1. (73) I. Addison	Kesw	29.32
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LADIES

1. (8) V. Wilkinson	Bing	20.00
2. (32) M. Laney O/50	Clay	24.05
3. (35) E. Stuart	Kesw	24.27

WASDALE FELL RACE
Cumbria

AL/21m/9000ft 09.08.05

A huge turnout of 238 competitors for a double championship 33rd Wasdale. Very hot, humid conditions saw only 141 finish inside cut-off times and those runners will receive certificates.

Rob Jebb and Ben Bardsley led at the first checkpoint, Simon Booth joined them by Seatallan. Simon and Rob pulled ahead by Pillar but by Cable Jethro Lennox and Nick Sharp had caught Simon and the three ran together until Scafell. Nick's lead over Simon at the summit was overtaken on the descent and he was 1.5 minutes behind at finish. Nick increased lead over Jethro to 2 minutes. Phil Davies won 4th place by increasing a lead of a few seconds over Jethro at Scafell to 2 minutes at the finish. The winning Borrowdale team's anchor-man Andrew Davies was the first V40. After 12 minutes Julian Rank (also runner up V40 last year) claimed 2nd, with Joe Blackett 3rd 2 minutes after. The first V50 was Steve Jackson, runner up Jackie Winn, 3rd counter Tom McCaff. The V60 class was won by Kieran Carr, 2nd was Dave Spedding.

Ladies' winner was Sally Newman (1st LV40) with a superb run at 35th overall, 2nd lady was Jill Mykura, 3rd was Sharon Taylor. The 4th counter was Jackie Lee and 5th was Elizabeth Batt (also 2nd LV40). Remarkably in the conditions prevailing the first 4 ladies home all were quicker than last year's winner. The 2nd LV40 was Jane Meeks, 3rd Alison Weston. The 1st (and only) LV50 was Wendy Dodds.

The first men's team (5 to count in a championship event) was Borrowdale (26 points).

The first ladies' team (3 to count) was Ilkley (267 points).

Thanks to all of the checkpoint marshals, timekeepers and registration team. Joss once again helped at the Greendale road crossing



Feeling the heat!! A very revealing shot of the first three runners suffering a lot at Wasdale (Photo Philip Addyman)

drinks station. We're grateful to the St. John's crew for the first aid cover and to the National Trust for help with car parking etc.

All the best and no injuries!

Richard J Eastman

1. S. Booth	Borr	3.49.05
2. N. Sharp	Amble	3.50.39
3. J. Lennox	Shettle	3.53.35
4. P. Davies	Borr	4.06.01
5. R. Jebb	Bing	4.09.29
6. B. Bardsley	Borr	4.14.21
7. J. Davies	Borr	4.16.47
8. A. Davies O/40	Borr	4.16.49
9. K. Gray	CaldV	4.20.33
10. B. Hope	P&B	4.21.29

VETERANS O/50

1. (25) S. Jackson	Horw	4.45.58
2. (30) J. Winn	CFR	4.49.17
3. (36) T. McGaff	Chesh	4.53.38

VETERANS O/60

1. (62) K. Carr	Clay	5.15.55
2. (67) D. Spedding	Kesw	5.17.53

LADIES

1. (22) N. Davies O/45	Borr	5.08.35
2. (23) J. Lee	Eryri	5.09.25
3. (33) W. Dodds O/50	Clay	5.41.11

GIANT'S WITHENS AND WINDMILLS

West Yorkshire

BS/5m/1000ft 09.08.05

Unless anyone comes forward to take it on, this was the final Giants, Withens and Windmills fell race. After 14 years of organising fell races, we would like to have a break.

What a shame someone found it necessary to move a course marker at a critical point and ruin what is a cracking little route. When I heard that "half the field" had gone the wrong way after 2 hours of making a meticulous job of marking the course I felt deflated and fed up. Some runners turned right and correctly went the very hilly and scenic route through the woods while others went straight on, on the dead flat though longer, path along the reservoir embankment. Now, I thought, what shall I do about finishing positions? I could hardly have disqualified all the runners who went the wrong way so what else could I do except simply let the results stand, placing runners as they crossed the line.

I only hope that everyone enjoyed their run and the post race social at the Causeway Foot.

Karl Gray led from the start and had already established a healthy lead by the time things went pear-shaped. Richard and Chris lost loads of places after they went wrong but once back on course, gallantly chased through the field to re-establish their second and third places. Jo Smith was leading by a long way at the time of her detour and finished up fourth but simply shrugged it off at the finish telling me she'd had a splendid training run. Carole Waterhouse of Halifax Harriers was therefore amazed to be given first prize!

Most importantly, we raised another £150-00 towards a special orthopaedic chair for our severely disabled friend Holly Sykes of Halifax. Linda will run the Nottingham Marathon in September and I have just completed the Bob Graham Round (42 lakeland peaks, 72 miles with 30,000 ft climb) for the same cause. If anyone would like to make an additional donation, we would be most grateful. - Cheques to "The Ogden Fell Race Trust".

Cheers,

Allan Greenwood and Linda Crabtree

1. K. Gray	CaldV	29.06
2. R. Pattinson O/40	P&B	29.11
3. C. Smale O/40	Tod	29.16
4. J. Williams	CaldV	29.29
5. C. Greenwood	CaldV	29.41
6. D. Nettlefield	Unatt	29.45
7. A. Cutts O/40	Valley	30.13
8. P. Stevenson O/40	P&B	30.41
9. S. Frazer O/40	Bin	30.51
10. S. Godsman	Tod	30.57

VETERANS O/50

1. (15) R. Sutcliffe	CaldV	31.34
2. (21) P. Pyrah	StBedes	31.58
3. (24) H. Atkinson	Bing	32.02

VETERANS O/60

1. (22) G. Breeze	Skyrac	32.00
2. (69) B. Mitton	AchRat	35.21
3. (108) D. Horsfall	P'stone	58.18

LADIES

1. (25) C. Waterhouse O/40	Hfx	32.04
2. (28) B. Weight O/45	Bing	32.14
3. (54) S. Wetherill	Stain	34.26
4. (57) J. Smith	CaldV	34.36
5. (59) E. Clayton	Scunth	34.53

108 finishers

STEEL FELL RACE

Cumbria

AS/3m/1115ft 10.08.05

1. P. Davies	Borr	21.17
2. J. Davies	Borr	21.32
3. R. Lightfoot	Ellen	21.47
4. A. Ward O/40	DkPk	31.13
5. G. Bland	Borr	23.44
6. C. Hope	Borr	23.51
7. W. Jackson	Ellen	23.52
8. D. Armstrong O/40	N'thumber	24.32
9. P. Cornforth O/40	Borr	24.39
10. A. Dickinson O/40	DkPk	24.43

VETERANS O/50

1. (40) P. Tapping	DkPk	33.48
2. (41) M. Bridge	Kesw	34.11
3. (42) T. Lowden	CFR	34.38

VETERANS O/60

1. (20) A. Bland	Borr	26.56
2. (38) D. Harrison	Kesw	32.43

LADIES

1. (26) S. Wood	Amble	27.49
2. (41) M. Bridge O/50	Kesw	34.11

45 finishers

CRACKEN EDGE FELL RACE

Derbyshire

BM/7m/1450ft 10.08.05

After a period of warm, dry weather, overnight showers and morning hill fog announced a change in the weather on the day of the Cracken Edge fell race and, as the course flags were put out early in the morning, poor visibility threatened to make the event unseasonably difficult. By the start time, however, the tops were clear, the going underfoot was pleasant and the temperature was down enough to promise the possibility of new records - a promise which was to be fulfilled twice.

A record 210 runners turned out for the race, almost fifty more than the previous best, and so good was the quality of the running that not one, but two records fell before the night was out. Last year's runner up, and the current record holder, Lloyd Taggart, broke his own record by three seconds to win in 41.10, despite the lack of pressure from second man home, Chris Leigh (first local runner), who was over three minutes adrift. The third runner was Mark Richards, who was also the first male veteran. The winner in the men's Veteran 50 category was Ray Eagle.

In the ladies' Race, Wendy Barnes lead throughout to win in a creditable 53.46, beating course

record holder, Estelle McGuire, by just under one minute. Third lady was Hazel Jones.

Jane Mellor took the lady O/40 category, creating a new course record of 54.49, and Margaret Chippendale won the Lady O/50 category.

Dark Peak Fell Runners (Lloyd Taggart, Mick Stenton and Nick Wallis) took the team prize, and the prize for the the first Mountain Rescue Team was won by Glossop MRT (Des Gibbon, Julian Minshull and Harold Twist).

This race is the sixth race in the seven race Hayfield Championships, and is run on behalf of the Kinder Mountain Rescue Team who would like to thank all the runners taking part for their support.

Alan Brentnall

1. L. Taggart	DkPk	41.10
2. C. Leigh	Traff	44.40
3. M. Richards O/40	Goyt	46.31
4. J. Chapman	Unatt	47.12
5. G. Btgggs O/40	Penn	47.20
6. T. Brunt	Holmf	47.54
7. M. Stenton O/40	DkPk	48.08
8. M. Burchell	Penn	48.17
9. D. Safranauskis	Traff	48.26
10. A. Carruthers	Crawley	48.53

VETERANS O/50

1. R. Eagle	Chesh	50.37
2. R. Fawcett	DkPk	51.22
3. A. Brentnall	Penn	52.12

LADIES

1. W. Barnes	Barns	53.46
2. E. McGuire	Stockp	54.05
3. H. Jones	Dallam	54.38
4. J. Mellor O/40	Penn	54.39
5. K. Harvey O/40	Penn	57.34

STICKLEPATH HORSESHOE

Devon

BM/9.6m/1700ft 13.08.05

An international assembly of runners registered on Saturday 13 Aug for the annual Sticklepath Horseshoe race, a 9.6 mile circuit of the beautiful Taw Valley on North Dartmoor. The event was started in unpleasant conditions with driving rain and low cloud, but this did not stop Devon local Kevin Hagley stamping his authority early on the field. By the time he was 3 miles into the race at Belstone Tor, Hagley was already over a minute up on the main challengers Nick Keast and Malcolm Bayer. This margin increased as Hagley forged a lone attack around the head of the valley, crossing Steeperton Tor as the cloud lifted to allow runners and marshals the luxury of beautiful views of the headwaters, which remained until the event ended. Hagley crossed the summit of Cosdon approximately 65 minutes after starting the event and a few minutes later arrived down at the Sticklepath flower show field, to grand applause and joy from the spectators, regaining his victory after being beaten last year. It took Hagley 77 minutes to complete the Horseshoe, a stunning performance, but still far from the record time of 69 minutes that he and fellow competitor set in 1997.

This year the field attracted 24 starters, of which 20 completed, with a number of retirees due to minor injuries. As an interesting aside, although the course nominally climbs less than 2000ft (based on an Ordnance survey map) one competitor Stewart Bondi clocked ca.2500ft of total personal ascent using an altimeter during the event - a measurement which will include the finer details of the course and indicates the ups and downs of the rocks and the hummocks and hollows that help make this such a challenging event.

Organizer Phil Haygarth was pleased with the size of the field, one of the largest turnouts in the ten years of the event and optimal for the size of the host village. Thanks to the Taw River Inn for sponsoring the prizes and to the marshals Jon Padfield, Wendy Manfield, Mike Savage, Roy

Croker and Steve Granger, who braved the elements to attend check points and deal with difficult conditions and helping to execute the event safely.

The profits from last year's events went to buying a cup.

The net income for this year will be passed back to the village of Sticklepath (£73.50)

See you next year.

Phil Haygarth

1. K. Hagley O/40	SWRR	1.17.29
2. N. Keast	Sidmouth	1.21.32
3. M. Bayer O/40	Sidmouth	1.21.42
4. I. Andrews	SWRR	1.22.09
5. J. Jackson	Dartm	1.24.50
6. B. Copeland O/40	Stone	1.27.46
7. R. Weston	Skyrac	1.30.42
8. M. Friggins	Unatt	1.35.53
9. S. Oliver	Unatt	1.37.44
10. C. Thomas O/50	Dartm	1.43.47

VETERANS O/50

1. (10) C. Thomas	Dartm	1.43.47
2. (15) S. Bondi	Dartm	1.52.33

LADIES

1. (11) R. Tyler	Unatt	1.44.12
2. (12) S. Moody O/40	Unatt	1.44.29
3. (16) R. Carter O/40	Dartm	1.58.34
4. (17) P. Peakman	Buxt	2.07.24
5. (18) K. Walton	Unatt	2.10.52

20 finishers

ARNCLIFFE GALA FELL RACE

North Yorkshire

AS/1.8m/443ft 13.08.05

As always a good family event. Also 4 miles road race run 1.5 hours prior to senior fell race, giving opportunity to double up. Also children's races on village green.

Michael McKenzie

1. S. Bailey	10.37
2. T. Mason	11.03
3. I. Magee	11.30
4. I. Bush	11.49
5. R. Patterson O/40	12.00
6. D. Goodwyn	12.08
7. G. Bastow O/40	12.23
8. M. Speight O/40	12.28
9. A. Preedy	12.34
10. N. Worswick	12.37

LADIES

1. (31) L. Whittaker	18.05
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U/12 JUNIORS

1. S. Stockale	8.40
2. K. Lund	9.06

UNDER 14 JUNIORS

1. M. Cardus	10.07
2. J. Bradshaw	10.32

UNDER 17's

1. L. Maude	13.33
2. C. Andrews	13.36

34 finishers

LEG END

Gwent

AM/9m/2890ft 13.08.05

Considering we had such a bad start to the day weather-wise there was a surprisingly good turn out for the run. But the weather improved dramatically from the start of the race and held off to the finish. Everyone enjoyed the new course which was purely on one side of the mountain this year, and are looking forward to coming back next year. Food was available, free to all competitors on their entry and was appreciated by all at the prize giving.

Dewi Sinclair

1. D. Jones	Eryri	1.14.47
2. J. McQueen	Eryri	1.18.54
3. G. Williams	Menai	1.19.17
4. T. Jones O/40	Eryri	1.22.08
5. D. Williams	Eryri	1.22.16
6. D. Owen O/40	Eryri	1.22.50
7. G. McAra O/50	Chesh	1.23.25
8. M. Jones O/50	Eryri	1.33.14
9. F. Roberts O/50	Pensby	1.33.53
10. J. Bennell O/50	Eryri	1.34.02

VETERANS O/60

1. (18) D. Sinclair	WFRA	1.42.59
2. (35) V. Gretton	Henf	2.00.21

VETERANS O/70

1. (28) J. Carson	Eryri	1.56.28
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LADIES

1. (20) C. Mills	CaldV	1.43.17
2. (22) S. Walker	Prestat	1.45.26
3. (25) J. Wells	NWRR	1.48.00
4. (27) A. Roberts	Unatt	1.52.14
5. (30) J. Jones	Abergele	1.59.00

38 finishers

BROUGHTON MILLS FELL RACE

Cumbria

AS/3.5m/1300ft 13.08.05

"A step back in time" said one runner. "The race has a bit of everything!" remarked CFR's Harry Jarrett.

This is an out and back race to the conical-shaped Stickle Pike and it was designed for good running.

Ricky Lightfoot made easy work of it despite the hot and humid conditions. The Fun Day revellers were busy guessing the winner's time for charity whilst overseeing the tug o' war and terrier racing.

Farmer and Fun Day compere for the day, Bill Johnson, lined up the juniors for their races, giving the smaller ones a head start! hm, not sure how this figures in the rules?! Well, it is Broughton Mills and things are very relaxed - what rules?

Anyway, we'll be back next year with the shiny trophies, food vouchers and B & B gifts, courtesy of the Square Cafe, Broughton.

Nearly half the field was over 50 years old - wise old men?

J. Rousseau

1. R. Lightfoot	Ellenb	29.27
2. M. Amor	CFR	31.38
3. b. Taylor	Ellenb	31.59
4. M. Walsh O/50	Kend	32.01
5. J. Winn O/50	CFR	32.15
6. N. Cockbain	CFR	32.52
7. C. Taylor O/50	Mercia	33.43
8. H. Jarrett O/50	CFR	34.00
9. H. Keith	Unatt	34.01
10. W. Bell O/50	CFR	34.12

VETERANS O/40

1. (13) B. Houghton	FRA	34.50
2. (18) J. Casey Lady	Barrow	38.38
3. R. Smethurst	BlCombe	42.10

VETERANS O/60

1. D. Spedding	Kesw	35.02
2. P. Knott	B'pool	55.26

LADIES

1. J. Casey O/40	Barrow	38.38
2. J. Greening	Durham	42.34

36 finishers

INTERMEDIATES

1. J. Wright	Broughton	7.59
2. I. Bishop Miller	Unatt	9.07
3. E. Shaw	Durham	11.57

JUNIORS

1. K. Wright	Broughton	4.30
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WORSTHORNE MOOR FELL RACE

Lancashire

BM/7m/900ft 14.08.05

This year's race had to revert, at the last minute to the original 'Mag 7' route, due to the landowner United Utilites advising that last year's new race route over Black Hambleton now passed through a very sensitive wildlife area. Consequently we had to change.

The race was held as usual in near perfect weather conditions, with a field of 114 runners. This was the last race in the Pendle & Burnley Grand Prix, and also the Everest-Challenge race series.

Andrew Hartley, the original organiser of the race, came home first, obviously local knowledge must have helped! He was closely followed in second by Para Olympian Mark Brown with Mark Aspinall in third. A clean sweep by the Clayton Vets team!



Struggling men and a cool lady at Worsthorne (Photo Pete Hartley)

The ladies' race was convincingly won again by Amy Green for the second year running, with Candice Leah second and the 2004 World Master Vet Gold medal winner Maureen Laney in third. As you can see from the results, the start line resembled a Clayton social run!

Another good performance from Ken Taylor to win the Vet 50 category and Ted Orrell winning the Vet 60 category with time to spare, with the ever youthful Derek Clutterbuck winning the Vet 70 category yet again, with Barry Thackery chasing him hard.

Thanks go to all that entered, supporting the race. We managed to raise £350 for the Everest-challenge and £250 for the Pendleside Hospice, Burnley. Many thanks go to all the marshals, time keepers, landowners, and Bay Horse pub.

Peter Thompson

1. A. Hartley O/40	Clay	40.40
2. M. Brown O/40	Clay	41.00
3. M. Aspinall O/45	Clay	41.14
4. I. Greenwood O/40	Clay	41.57
5. A. Buttery	Ross	42.05
6. A. Stubbs	Clay	42.19
7. G. Wilkinson O/40	Clay	42.43
8. N. Worswick	Clay	42.45
9. N. Holding O/45	WPenn	43.42
10. R. Glover O/40	P&B	43.48

VETERANS O/50

1. (17) K. Taylor	Ross	45.37
2. (25) P. Booth	Clay	47.07
3. (28) J. Singleton	Clay	47.25

VETERANS O/60

1. (58) T. Orrell	Clay	54.04
2. (80) R. Wilkinson	Clay	58.22
3. (87) G. Arnold	Prest	59.33

VETERANS O/70

1. (105) D. Clutterbuck	Tod	64.01
2. (111) B. Thackery	DkPk	69.09

LADIES

1. (14) A. Green	K&C	44.44
2. (23) C. Leah	Clay	46.35
3. (31) M. Laney O/50	Clay	48.01
4. (42) T. Mitchell	Clay	50.26
5. (50) A. Duckworth		
O/40	Clay	51.50

114 finishers

**THE FOREST BURN
Northumberland
BS/3.5m/500ft 14.08.05**

Despite a week of miserable weather and a 'dreish' dawn of drizzle and a sea fret from a cold NE wind, by race time typical pleasant 'Forest Burn' weather had arrived. The entry of 26 runners is quite good for a race of this type.

This was the 10th birthday of the race and saw the return of Ken Maynard who at one time held the record for the course.

From the start Ken set off with what appeared to be not only a determination to win but to also regain the course record, and after the first climb had achieved a lead of about 15 seconds on his pursuers.

At the end of the final climb before the descent to the burn and the 'rough bit' he had almost doubled this lead and went on to win the race comfortably. However the record was not achieved, which was not surprising given the condition of the course after the recent wet weather.

The next places were hotly contested by a group of 4 runners with John Woods gaining the ascendancy but only seconds separated second, third and fourth places which at one stage looked likely to be decided by a 'bunch sprint'.

One runner wasted his entry fee by pulling a muscle inside the first mile, and two runners DNF because they employed 'local knowledge' (apparently flawed) and ran a considerably longer

course than the remainder of the field. They did report late to a marshal to the considerable disappointment of members of Northumberland Fell Rescue who were gearing up and keen to show their skills after manning a display stand at the show all afternoon.

Bill Tomlinson

1. K. Maynard O/40	Durham	22.33
2. J. Woods U/20	Morpeth	23.20
3. R. Maynard O/40	Durham	23.30
4. P. Vincent	Tyne	23.35
5. B. Robson	Unatt	24.16
6. G. Scott O/40	Unatt	24.25
7. J. McWilliams U/20	Wooler	24.51
8. J. Storey	Sherb	25.16
9. T.Makin O/40	Durham	25.18
10. P. Graham O/50	Tyne	25.34

VETERANS O/50

1. P. Graham	Tyne	25.34
2. A. Clark	LowFell	29.14
3. W. Hutchinson	Concord	32.04

VETERANS O/60

1. J. Prudham	J&H	30.12
2. J. Garbarino	NFR	32.00

LADIES

1. K. Greenwood O/40	Unatt	28.53
2. A. Mitchell O/40	Morpeth	34.28

23 finishers

**SOURTON TOR RACE
Devon
AS/2m/650ft 14.08.05**

Kevin Hagley won the Sourton Tor race on the classic 'up and down' 2 mile dash in 11.38, just ahead of second man Nigel Worsley. First female was 17 year old Eleanor Tallowin, who completed the race in just over 15 minutes, after a fast descent from the top back to the village hall, that took just less than five minutes.

Organizer Phil Haygarth was grateful to helpers Roger Alford who manned the summit trig point, and to Helen Alford for recording times. Prizes were donated by the Haygarths.

The income of £5.00 will be donated to the village hall.

Clearly, the low turnout was disappointing (especially given the great showing at Sticklepath the day before, in worse weather) and the organizer is considering ways to overcome this for 2006. The event will continue one way or another.

Phil Haygarth

1. K. Hagley O/40	SWRR	11.38
2. N. Worsley O/40	TVH	13.43
3. E. Tallowin	Unatt	15.08
4. P. Haygarth	Unatt	16.08

4 finishers

**ECCLES PIKE
Derbyshire
BS/3.5m/650ft 17.08.05**

It was perfect weather for the 199 runners that registered for this year's race. Andi Jones led the race from the start and was never headed as he beat Lloyd Taggart in second place by 20 seconds.

First lady home was Estelle Maguire who is beginning to capture her past form. Jane Mellor was second.

Once again thanks are given to the Navigation Inn for playing host and to members of Goyt Valley Striders for the organisation and work on the night.

Mark Whelan

1. A. Jones	Salf	19.59
2. L. Taggart	DkPk	20.19
3. S. Frazier O/40	Bing	23.21
4. M. Richards O/40	Goyt	23.31
5. D. Dunn	Penn	23.40

6. S. Bradstock O/40	Edale	23.46
7. G. Briggs O/40	Penn	23.51
8. M. Webster	Unatt	23.58
9. N. Shepherd O/40	Bowl	24.09
10. J. Nuttall	Chesh	24.17

VETERANS O/50

1. (21) B. Blythe	Maccle	25.19
2. (28) R. Fawcett	DkPk	25.48
3. (33) R. Eagle	Chesh	26.04

VETERANS O/60

1. (77) C. Ardron	Maccle	30.40
2. (90) R. Wignall	Altrin	32.17
3. (102) B. Robinson	Unatt	33.43

VETERANS O/70

1. (117) B. Thackery	DkPk	39.05
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LADIES

1. (46) E. Maguire	Stockp	27.34
2. (58) J. Mellor O/40	Penn	28.48
3. (73) J. Caddick	Unatt	29.59
4. (78) E. Rose O/40	Penn	30.46
5. (80) M. Edgerton O/40	Penn	30.54

119 finishers

**11th PHOENIX & VANGO
Tyne & Wear
20.21.08.05**

Class A - 41k/2300 metres

1. D. Archer	Clok	5.59.23
2. S. Birkinshaw	KNOBOC	6.04.26
3. N. Barrable	FVO	6.29.16
4. M. Sprout	SYO	6.55.35
5. T. Nash	Cosmic	7.24.12

Class B - 33.5k/1950 metres

1. D. Steel	NFL	5.03.41
2. J. Tullie	RR	5.20.24
3. J. Cross	FVO	5.25.10
4. P. Whitehouse	Clok	5.25.40
5. S. Webb	Aire	5.27.19

Class C - 25k/1500 metres

1. J. Ross	NFR	4.22.16
2. D. Charles	LOC	4.26.08
3. D. Henderson	RR	4.50.43
4. P. Batts	Clok	4.51.31
5. D. Chapman	Aire	4.56.17

Class C - 25k/1500 metres - Pairs

1. Heeley & Nixon	NATO	5.28.09
2. MacLagan & Forster	SN	6.00.35
3. Rider & Mellor	BAOC	6.26.39

Class D - 18k/1100 metres

1. A. Tullie	RR	3.28.17
2. C. Bradford	NATO	3.42.11
3. K. Strain	EUOC	3.58.06
4. L. Eades	Int	4.02.48
5. D. Heath	SYO	4.06.10

Class D - 18k /1100 metres - Pairs

1. Green & Abbott	Aire	3.55.24
2. Sprout & Sprout	NATO	4.27.10
3. Kerr & Kerr	Ind	4.48.32

**BURNSALL CLASSIC
North Yorkshire
AS/1.5m/900ft 20.08.05**

Glorious weather and a very large crowd saw a great race dominated by Ian Holmes, who led at the top in 9.19, to finish very strongly in 13.46. This was Ian's 4th win of the Burnsall Classic and in front of his parents, as father Jack started the races throughout the day. Ted Mason, urged on by the local support, came a good second in front of Rob Jebb and dashed back from a clashing championship race to achieve 3rd place in his second run of the day. Paul Mitchell was the new 1st V40 and Bingley Harriers returned to winning the team prize. Bob Burn, the first V50 and Norman Berry 1st V60.

Sharon Taylor won the ladies' fell with team mate Rebecca Weight a close 2nd.

John Wilde's record of 12.48, set in 1983, still stands even though the sports committee offer of £1000 to the athlete who breaks it has attracted a

lot of interest, mainly in the Red Lion afterwards.
Maybe next year?

James Maxfield

1. I. Homes	Bing	13.46
2. T. Mason	Wharfe	14.12
3. R. Jebb	Bing	14.30
4. M. Cox	Otley	15.54
5. C. Moses	Bing	16.23
6. P. Mitchell O/40	Bing	16.37
7. J. Hemsley	P&B	16.52
8. D. Armstrong O/40	NFell	16.55
9. A. Wood	Bing	17.06
10. J. Senior	Bing	17.08

VETERANS O/50

1. (17) R. Burn	Th&S	7.49
2. (23) P. Clarke	Bing	18.50
3. (28) L. Sands	FRA	19.19

VETERANS O/60

1. (58) N. Berry	Holmf	21.45
2. (59) A. Wikely	Th&S	21.51
3. (60) A. Stockdale	Skipt	22.01

LADIES

1. S. Taylor	Bing	20.46
2. R. Weight O/40	Bing	20.50
3. S. Blackburn	Unatt	22.37
4. J. Clayton O/40	Scarboro	25.36
5. J. Robinson	WKirk	27.15

95 finishers

**RUSLAND 5
Cumbria
BS/5m/750ft 20.08.05**

A glorious sunny day at the Rusland Show with the ground very dry provided easier going than last year although it made one or two fields quite uneven under foot. The hot weather took its toll on some runners but the times were faster than last year although no records were broken. The numbers were up on previous years despite the inevitable clashes with other races, the U17 race still the hardest to fill.

The vets dominated the runners again with 70% over 40 and took three of the 1st five places. Paul Dugdale took an early lead over David Peach and Neil Cockbain and these positions lasted until the finish. Paul Dugdale and David Peach were also the 1st and 2nd O/40s. Evelyn Dugdale made it a family day as the 1st lady and first LV40 whilst Sarah Pike down from Aberdeen was 2nd lady.

The other shorter senior fell race (1.75 miles and 430ft of ascent) was won by Paul Dugdale doing the double and spurred on to keep going in the knowledge that Kenny Stuart was hard on his heels. Emma Stuart won the ladies. Two of the junior fell races started whilst a sheepdog was gamefully trying to shepherd a gaggle of ducks through some obstacles but the runners commendably managed to keep their focus on the race.

David Higgs

1. P. Dugdale O/40	Kend	33.47
2. D. Peach O/40	Horw	34.26
3. N. Cockbain	CFR	34.48
4. P. Singleton	Amble	35.16
5. B. Houghton O/40	FRA	36.34
6. O. Fielden	Helm	36.59
7. N. Pike	Unatt	37.05
8. M. Smith O/40	DkPk	37.08
9. H. Darwin	Unatt	38.02
10. S. Fairbrother O/40	OldhamR	38.29

VETERANS O/50

1. (13) I. Robinson	Clay	38.57
2. (19) G. Scott	Penn	40.27
3. (23) D. Parminter	BCR	43.08

LADIES

1. (17) E. Dugdale O/40	Kend	40.00
2. (25) S. Pike	Unatt	44.33
3. (26) J. Taylor O/40	L&M	46.20
4. (29) D. Pelly O/40	DkPk	48.14
5. (33) M. Bowker O/50	Sth'port	51.41

35 finishers

Short Race - 1.75m/430ft

1. P. Dugdale	Kend	13.24
2. K. Stuart O/40	Kesw	14.03
3. N. French	Seaton	14.32
4. A. Crowe	Broughton	14.34
5. A. Hyslop O/40	Unatt	15.20
6. H. Darwin	Unatt	15.27
7. D. Peach O/40	Horw	15.29
8. E. Stuart Lady	Kesw	16.52
9. S. Fairbrother O/40	Royton	17.00
10. J. Spencer	Rotherham	17.11

17 finishers

DARWEN GALA FELL RACE

**Lancashire
BS/3.75m/900ft 20.08.05**

Once again the Dashers summer series comes to an end with the successful running of our home event, the Darwen Gala Fell Race. It has been a great effort by the whole team of marshals, registration officials and timekeepers.

Due to the clash with the championship race at Whittle Pike, we had a predictably small field of 38 competitors, but the day was perfect and I hope that all the runners had a good time and will return with their club-mates next year. I hope that all the juniors also enjoyed their run and that we can turn this into a bigger event next year too.

Julian Donnelly

1. T. Taylor O/40	Ross	25.27
2. K. Gaskell O/40	Horw	26.03
3. G. Johnston O/40	NFylde	27.28
4. B. Brock	Clay	28.06
5. S. Williams O/40	NFylde	28.17
6. J. Singleton O/50	Clay	28.24
7. M. O'Rourke	Clay	28.39
8. P. Cruse O/40	Wesham	28.46
9. N. Curtis	Unatt	29.22
10. S. Fox O/40	Darwen	29.29

VETERANS O/50

1. (6) J. Singleton	Clay	28.24
2. (18) G. Dowsett	Stopsley	31.36
3. (19) G. Large	Unatt	31.52

VETERANS O/60

1. (21) P. Heneghan	Horw	32.34
2. (26) P. Walsh	Lytham	33.17
3. (35) D. Spicer	NVets	40.04

VETERANS O/70

1. (36) M. Walsh	NFylde	42.15
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LADIES

1. (13) Y. Wyke	Wigan	29.46
2. (30) L. Handcock	Unatt	37.47
3. (31) J. Cruse O/40	NFylde	37.52
4. (33) J. Laverock	Salf	38.33
5. (34) L. Marsh O/40	Unatt	38.37

JUNIORS - U/10s

1. B. Eckersley Boy	B'burn	3.01
3. L. Donnelly Boy	Darwen	3.05
5. O. Skipper Girl	Unatt	3.23

JUNIORS - U/14s

1. D. Braithwaite Boy	Darwen	6.52
2. J. Eckersley Boy	B'burn	7.30
3. R. Taylor Girl	B'burn	7.42

FALSTONE FALCON

**Northumberland
CS/5m/500ft 20.08.05**

Eleven runners went out and eleven returned in spite of reports of marshals being missed. Recent felling in the forest sections made some parts of the course unrecognisable from previous years. However, these clearances rewarded runners with spectacular views of Kielder Water from the higher elevations.

M. J Sanderson

1. J. Dickinson O/40	Tyne	40.41
2. N. Cassidy O/50	Tyne	42.24
3. G. Scott O/40	Unatt	42.25
4. L. Wilkinson Lady	NFR	45.57
5. R. Haggie O/40	Unatt	51.09
6. W. Hutchinson O/50	Concord	51.10

7. S. Dickinson Lady	Tyne	59.09
8. G. Atkinson O/60	Walls	63.34

VETERANS O/70

1. (10) D. Wright	Tyne	72.20
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11 finishers

**TAP O'NORTH HILL RACE
Aberdeenshire
BM/5.5m/1220ft 20.08.05**

Yet again another fine day for the Tap O'North hill race. It always seems to make an effort for the race!

Thirty nine runners signed on the dotted line - one of the highest turnouts for the race which was great to see. A reasonable turnout for the ladies too with 9 out of the 39 runners.

Off they went with Stephen Gill making the early pace. By the top of the hill he had pulled a lead of 45 seconds off second placed Jason Williamson. First lady to the top was Alice Miller, just ahead of eventual winner Ruth Mackenzie, who pulled away by about 1 minute 20 seconds on the downhill section. Stephen Gill also made a further break on the downhill section, eventually finishing in 20 seconds clear of Jason Williamson.

We had 2 DNF's, one being Dane Armitage of hill running fame who wasn't feeling too well, and the second runner failed to finish by 100 metres as he collapsed on the road. A spot of oxygen later and he was fine.

A good day was had and a fine turnout too.

S. Beeson

1. S. Gill	Keith	36.31
2. J. Williamson	Cosmic	37.50
3. T. Christie	Peter	37.52
4. B. Sheridan	Cosmic	39.46
5. O. Bass O/40	Dee	39.52
6. G. Angus O/40	Keith	40.24
7. I. Cruikshank O/40	Peter	41.12
8. N. Jaffrey	Keith	41.25
9. J. Reeve O/40	Cosmic	42.24
10. C. Lasmore O/40	Cosmic	42.47

VETERANS O/50

1. (23) B. Hutcheon	TriBuch	49.25
2. (24) J. Diffy	Peter	50.17
3. (32) D. Boyne		53.25

LADIES

1. (13) R. Mackenzie O/40	Dee	43.58
2. (17) A. Millor O/40	Keith	45.20
3. (18) A. Hamilton O/40	Cosmics	46.55
4. (27) E. Munro	Keith	51.56
5. (29) E. Stewart O/40	Cosmic	52.07

37 finishers

LOMONDS OF FIFE HILL RACE

**Fife
AM/9m/2200ft 21.08.05**

The night before the race the farmer was heading towards the field on his combine to 'cut us a car park'. Come the morning he was still trying to get it going. Luckily for us by race time the combine was whizzing round the field. For those of us without tropical acclimatisation the temp fell just before the race started and made things a bit more bearable.

The race starts with a canter through the fields and past the Bannet stane before the steep climb to West Lomond. The field soon stretched out with David Rodgers in the lead. Due to our lack of marshals we had been forced to stick with the 'yellow brick road' along to Creag Mead.

Coming off the west, Lars Ottemuller in second place, had the bad luck to sprain his ankle and had to withdraw. Kate Jenkins pulled ahead to lead the ladies' race. Drinks were very welcome at the road crossing and it's always good on an out and back race to get a look at the leaders coming back. The steady uphill slog back to the west

always catches a few out, particularly if it's hot. Did anyone spot the blood stains from where I tripped on the horrible highway a few weeks ago - I'm still having fun picking the scabs off! Back up the west with Stewart and David in close contention and the highlight of the race beckons - the infamous Cation's gully. It's probably the steepest descent on any Scottish hill race and many resort to the desperate measure of the bum-slide. Imagine an aircraft escape chute but twice as steep, three hundred feet high and dotted with thistles! Somehow we make it to the bottom - rapidly! And then a gut bursting sprint across the deceptive undulations in the fields take you to the finish. This year there were no slowcoaches so we were able to clear the field in good time to enjoy tea, goody bags and a guid blether back at the hall.

M. Patterson

1. D. Rodgers	Lochaber	1.08.13
2. S. Whittle O/40	Carn	1.08.34
3. A. Davis O/40	Carn	1.11.46
4. M. Gorman	Westies	1.11.57
5. B. Minto	HBT	1.14.20
6. D. Crowe O/40	Shettle	1.15.30
7. B. Smith O/40	StandLife	1.17.20
8. D. White	Kilmarn	1.17.39
9. A. Smith O/40	Dee	1.17.57
10. D. Anderson O/40	Fife	1.18.18

VETERANS O/50

1. (16) T. Scott	Fife	1.22.19
2. (25) S. Knowles	Fife	1.28.34
3. (28) T. Bowie	Carneg	1.29.15

VETERANS O/60

1. (32) C. Love	Dundee	1.30.30
2. (37) C. Pritchard	Carn	1.35.19
3. (43) G. Armstrong	HELP	1.37.53

LADIES

1. (19) K. Jenkins	Carn	1.23.46
2. (23) S. Legge	Carneg	1.27.45
3. (38) F. Thompson	Carneg	1.35.28
4. (40) E. Scott O/40	Westies	1.36.01
5. (42) C. McIndoe	Unatt	1.36.42

52 finishers

HARROCK HILL SERIES RACE 4

Lancashire

BS/5m/900ft 24.08.05

A very exciting race with Sean Bolland just outsprinting Darren Kay at the end to win by less than a metre. However, Darren had ample compensation as overall winner of the race series.

Organisationally, everything seemed to go very smoothly this year, despite the odd cock-up due to our inability to enter names correctly. Even the cows had behaved themselves staying behind our defensive screen of marshals for the last three races (we learned from their escape at the start of Race 1).

Andy Quickfall

1. S. Bolland	Bowl	31.25
2. D. Kay	Horw	31.26
3. P. Muller O/45	Horw	32.49
4. C. Heys	Horw	33.15
5. J. Hunt	Wirral	33.26
6. D. Riding	Skelmer	34.13
7. K. Gaskell O/40	Horw	34.33
8. A. Alty O/45	Chorl	34.42
9. D. Buckley O/45	Wesham	35.44
10. M. Collins O/40	L'pool	35.49

VETERANS O/50

1. (12) S. Jackson	Horw	36.18
2. (19) S. Morran	FRA	37.14
3. (26) J. Singleton	CLM	38.45

VETERANS O/60

1. (71) B. Grice	St'h'port	46.52
2. (84) T. Bolland	St'h'port	50.34
3. (91) M. McDonald	Bowl	52.17

LADIES

1. (34) S. Budgett O/40	Horw	39.42
2. (49) S. Parkinson U/17	Chorl	42.11
3. (51) R. Metcalfe	Horw	42.18
4. (63) L. Johnston	Chorl	43.56
5. (64) C. Quirk O/45	Skelmer	44.11

96 finishers

ROUND LATRIGG

Cumbria

BS/5.5m/800ft 24.08.05

A record entry on a clear, sunny and cool evening in spite of the torrential downpour in the morning. No records were broken although both record holders, Alan and Jackie, won their races. The team prizes were taken by Ellenborough (men's) and Keswick (ladies).

My thanks to Dave and Vida Spinning, Duncan Overton, Leon Crossfield, Pat and Pete Richards, Chris and Wendy Knox, Tony Brand-Barker and Karen Lockwood for all their help at registration, marshalling etc.

Lyn Thompson

1. A. Bowness O/40	CFR	30.43
2. R. Lightfoot	E'borough	31.27
3. B. Taylor	E'borough	31.46
4. A. Schofield	Borr	32.28
5. D. Morris	CFR	33.07
6. A. Labram	Eden	33.30
7. W. Jackson	E'borough	41.46
8. D. Birch	Kesw	34.12
9. M. Cunningham	Borr	34.31
10. J. Winn O/50	CFR	34.32

VETERANS O/50

1. (10) J. Winn	CFR	34.32
2. (31) S. Sharp	CFR	38.08
3. (33) P. Blanshard	Eden	38.20

VETERANS O/60

1. (35) A. Bland	Borr	38.23
2. (56) M. Pearson	Kesw	39.57
3. (74) R. Whittaker	CFR	42.15

VETERANS O/70

1. (109) I. Addison	Kesw	47.01
2. (126) R. Strachan	Kesw	55.58

LADIES

1. (20) J. Hargreaves O/40	CFR	36.22
2. (47) T. Walker	CFR	39.02
3. (49) J. Casey O/40	Barrow	39.08
4. (50) H. Jones	Dallam	39.10
5. (53) K. Heaviside	Eden	39.26

132 finishers

PILSLEY FELL RACE

BS/5.5m/750ft 25.08.05

Derbyshire

Despite, or perhaps because of, the constant rain the runners enjoyed the race. The marshals didn't say! Thank you to all runners who thanked the marshals stoicism - they appreciated your comments.

A record turn out, 155, for this fast circular route around Chatsworth Estate. Tim Austin once again won, although this year was the first time he ran the correct route! (But of course, there's no-one to follow in the front.) Not many women this year, and certainly very few in the vet classes. Still, it was an opportunity to give some spot prizes to the sodden marshals.

Thank you all for coming. Helen's Trust, a Baslow-based charity which supports care for the terminally ill in their own homes for as long as possible were delighted with the £300 raised by the race. Bakewell branch Red Cross received £60 for their provision of first aid for the race, and are pleased to be the recipient of profits of the 2006 race. We'll be more prepared on the toilet front next time, although I suspect that all contributions in the compost bin bucket will still be gratefully received.

We'll sort out waterproof numbers for then too, just in case!

Zoe Wareham

1. T. Austin	DkPk	38.33
2. N. Northrop	DkPk	38.39
3. S. Marsden	Hallam	38.55
4. B. Johnston	DkPk	39.23
5. J. James O/40	Wells	39.44
6. M. Stenton O/40	DkPk	40.42
7. J. Ashcroft	DkPk	40.43
8. P. Young O/40	Hallam	41.41
9. R. Atkin O/40	Matlock	41.39
10. C. Browell	DkPk	41.44

VETERANS O/50

1. (21) R. Fawcett	Unatt	43.09
2. (32) M. Moorhouse	Matlock	44.37
3. (38) M. Cochrane	DkPk	44.53

VETERANS O/60

1. (58) T. Vernon	Staffs	48.17
2. (88) C. Radcliffe	DkPk	51.18
3. (99) B. Allthop	BellH	53.32

LADIES

1. (37) L. Lilley	Mans	44.49
2. (56) P. Weir O/40	Totley	48.15
3. (66) C. Geddes O/40	Retford	49.42
4. (68) L. Morgan-Jones	NDerby	49.59
5. (74) N. Millward	Totley	50.12

155 finishers

CHIPPING SHOW FELL RACE

Lancashire

AM/8m/2000ft 27.08.05

Preston Harriers presented the 5th Annual Chipping Show Fell Race held in conjunction with the Chipping and District Agricultural and Horticultural Society.

With the cloud base lifting, racing conditions were ideal, apart from the damp fields to the base of the fell section.

Slotted into the non-stop activities of the main arena, the 62 competitors streamed out of the showground and, encouraged by the cheering spectators, followed by R. Packer giving all and sundry a 50 yards start

T. Cornthwaite (Blackburn), 1.10.37, displaying speed and stamina, sped up onto the fell section and was never challenged to the finish, improving his previous time by over 3 minutes.

C. Reade M O/40 (Bowland) 1.11.07 in 2nd place; closely chased in by T. Taylor M O/40 (Rossendale) 1.11.12 3rd; K. Gaskell M O/40 (Horwich) 1.11.48 4th; M. Chippendale (Bowland) 1.12.04.5th.

First female in 38th place, C. Geddes (Retford A.C.) LV O/40 1.27.39. Second, 50th overall W. Dodds (Clayton) LV O/50 1.30.19; Third lady P. Walsh (Preston Harriers) LV O/40 1.32.24.

Clayton again won the team race with 24 pts, Reade 2nd, Chippendale 5th, Duncan 17th.

Prize donations, first male and female. Chipping Show Committee, other prizes supported by the Sweat Shop, Next Generation, Chorley.

General opinion again was that the show and fell race was successful, with the increasing activities and public support.

Maurice Dean

1. T. Cornthwaite	B'burn	1.10.37
2. C. Reade O/40	Bowl	1.11.07
3. T. Taylor O/40	Ross	1.11.12
4. K. Gaskell O/40	Horw	1.11.48
5. M. Chippendale	Bowl	1.12.04

VETERANS O/50

1. B. Waltpn	Horw	1.14.58
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VETERANS O/60

1. R. Packer	RedRose	2.12.28
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ARNISON CRAG HORSESHOE FELL RACE
Cumbria
AS/3m/1000ft 27.08.05

Fortunately the rain held off for Patterdale Dog Day, but heavy rain the day before the fell race made for an interesting (and slippery) descent. Even Gavin Bland was seen to take a tumble descending the last field! The race course goes through Glemara Park which, for the last two years, has been stocked with cattle rather than sheep and this has had a marked influence on the terrain – a bit rougher under foot in places and much more bracken than in previous years.

Thank you to all 36 runners who took part in this race. Hope you enjoyed the race and the atmosphere of Patterdale Dog Day. Nick Sharp led the way home in a time of 23.42, closely followed by Gavin Bland. Dave Neill was first male veteran in 3rd place overall. 1st lady (and first lady vet) was Lyn Thompson in a time of 32.38 and 25th overall.

A big thank you also to Peter Bradfield and his team of helpers who organise the race on the day. None of them would claim to be fellrunners (although one may be persuaded to have a go at the fell race next year), but they all feel that the fell race is an important part of the traditional sports at Patterdale Dog Day and work hard to make sure that all goes well on the day.

Finally, thank you – again! – to Catstycam Outdoor Shop in Glenridding who sponsored the prizes.

Christine Kenyon

1. N. Sharp	Amble	23.42
2. G. Bland	Borr	23.53
3. D. Neill O/40	Staffs	23.57
4. J. Hey O/40	Working	25.51
5. A. Labram	Eden	25.59
6. P. Singleton	Amble	26.27
7. A. Clarke O/40	CalderV	26.34
8. F. Smith O/40	Saltwell	27.05
9. I. Atkinson	Helm	27.34
10. C. Robinson	Helm	28.16

VETERANS O/50

1. (17) I. Robinson	Clay	29.41
2. (18) D. Richardson	Helm	29.51
3. (29) L. Thurston	BishStort	36.49

VETERANS O/60

1. (14) A. Bland	Borr	29.28
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VETERANS O/70

1. (32) I. Addison	Kesw	40.28
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LADIES

1. (25) L. Thompson O/40	Kesw	32.38
2. (28) M. Edgerton O/40	Penn	34.26
3. (34) Y. Healing O/40	Unatt	44.17

35 finishers

BELLINGHAM SHOW FELL RACE
Northumberland
BS/4m/600ft 27.08.05

It was a cloudy overcast day, rather cool but good for running. The field started in the show ring. There were some good runners but a young senior, Nick Swinburn, took the field from the beginning to the end.

Karen Robertson was first lady in an impressive time and, as usual, Louise Wilkinson was chasing her tail!

Bill Campbell

1. N. Swinburn	NFR	28.12
2. T. Wylie O/40	Tyne	28.35
3. A. Kitchen	Lothian	28.53
4. A. Green	Tyne	29.47
5. D. Armstrong O/40	NFR	30.00
6. A. Haynes O/40	Eryri	31.28
7. N. Cassidy O/50	Tyne	32.32
8. D. McPartlin O/40	NFR	33.34
9. K. Robertson Lady	NFR	33.47
10. B. Robson	Unatt	33.54

VETERANS O/50

1. (7) N. Cassidy	Tyne	32.32
2. (17) L. Stevenson	Kesw	37.39
3. (19) A. Clark	LowFell	40.29

VETERANS O/70

1. (29) D. Wright	Tyne	50.19
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LADIES

1. (9) K. Robertson	NFR	33.47
2. (13) L. Wilkinson	NFR	35.15
3. (18) K. Davis	NFR	37.46

30 finishers

JUNIORS

1. T. Hayes	Eryri	9.11
2. W. Hayes	Eryri	10.14
3. A. Jones	Tyne	10.20

7 finishers

RAS BECA
Pembrokeshire
BS/5m/1050ft 27.08.05

A warm, sunny but not too hot day welcomed the 84 competitors to the 2005 Beca Race.

The Ras Muchym Du for the Under 16s was not quite as well supported as in previous years but still managed to get almost 60 entries.

The Beca record, set in 1995 by Aled Rees, still remains intact. This year's winner, Andrew Abbott, finished in a comfortable 36.20. The ladies' class was won once again by Shan Roberts in 44.56 with Lynn Green second.

An enjoyable day was had by all and the organiser would like to thank everyone who took part. See you next year.

John Evans

1. A. Abbott	SarnH	35.40
2. C. Thomas	SarnH	36.20
3. H. Lloyd	SarnH	38.43
4. L. Hewitson O/40	Ingli	38.48
5. C. Phillips	Trots	39.43
6. G. Oldrid O/50	Aberyst	40.14
7. T. Wye	Unatt	40.24
8. A. Harries O/40	BoisB	40.36
9. I. Thomas	SarnH	40.52
10. C. Williams	MDC	42.24

VETERANS O/50

1. (6) G. Oldrid	Aberyst	40.14
2. (18) P. Davies	SarnH	44.03
3. (19) M. Cortvriend	Macc	44.23

LADIES

1. (21) S. Roberts O/35	Ingli	44.56
2. (31) L. Green O/35	Ingli	47.05
3. (34) J. Buck O/35	Ingli	47.56
4. (50) J. Williams	Cardi	50.53
5. (51) M. Evans	Cardi	51.55

81 finishers

NORLAND MOOR FELL RACE
W. Yorks
CM/7m/800ft 28.08.05

Conditions were almost perfect at the fourth outing of the Norland Moor fell race. The route is both scenic and fast, followed by bridle tracks and moorland paths around Greetland, Norland and Copley, and was specifically devised to be a fell race suitable enough underfoot to attract trail runners and even the more adventurous road runner!

The initial lap of the grounds at Old Rishworthians RUFC ensured that the runners were safely spaced out before the stiff climb up through North Dean Woods. The hardest climb is to be found right at the start of this race, but the fast nature of the terrain means there's no let up in effort for the rest of it. Hopefully though, most of the runners took a brief moment to appreciate the views over the Ryburn and Calder valleys once on Norland Moor!

Adam Beaks set off determined to break the course record of 43.00 set in 2002 by Meltham's Andy Whitworth, and a breakaway pack quickly formed at the head of the field.

Steven Neil had other ideas though, and took first place in a new course record of 41.44. Adam was close behind in 42.47 – still within the old course record – closely followed by Brian Hanley.

The ladies' race also saw the previous record broken and Sue Beconsall took the honours with a time of 50.41. Samantha Guy was second and Linda Crabtree took third.

Hopefully see you all again in 2006.

Heath Reilly

1. S. Neill	P&B	41.44
2. A. Breaks	CaldV	42.47
3. B. Hanley	VStr	44.08
4. A. Whitworth	Meltham	44.19
5. S. Gregory O/40	HolmeP	44.37
6. G. Devine	P&B	45.14
7. C. Gell	Sale	46.43
8. J. Hare	Hfx	47.17
9. P. Butterworth O/50	Clay	47.23
10. G. Bird O/40	AireV	47.38

VETERANS O/50

1. (9) P. Butterworth	Clay	47.23
2. (14) D. James	Bing	49.53
3. (19) A. Norgate	Longw	50.56

VETERANS O/60

1. (41) P. Robinson	Otley	57.49
2. (56) G. Webster	VStr	60.27
3. (60) B. Wilkes	VStr	61.39

VETERANS O/70

1. (78) R. Lee	Middle	69.57
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LADIES

1. (18) S. Beconsall O/45	Bing	50.41
2. (36) S. Guy	VStr	56.31
3. (44) L. Crabtree O/45	CaldV	58.08
4. (54) R. Miller	Melth	60.04
5. (58) S. Godsman	Tod	61.02

84 finishers

RAS Y CNICHT RACE 2005
Gwynedd
AS/4.5m/1850ft 28.08.05

It was a warm day, but the thick clouds were very low. We decided to mark the course (partially) and informed everyone to carry a top, map and compass.

Our normal entry now is about 35-40, we had 66 runners! Probably because it was part of the WFRAs.

We had one runner who got lost and was out for about one hour after the race finished. He made his own way back, using his map and compass!! Cheryl Maldwyn and I were very glad to see him trot in!

My thanks to all marshals on the day and especially to the winner who went out again to look for out last runner.

Dei Jones

1. P. Davies	Borr	37.02
2. D. Jones	Eryri	38.14
3. T. Higginbottom	Eryri	38.26
4. S. Gilliland O/40	BroDys	38.51
5. D. Roberts O/40	Unatt	39.23
6. C. Davey	Bath	41.18
7. R. Roberts	Eryri	41.33
8. K. Hagley O/40	SWRR	41.39
9. J. Montgomery O/40	Buckley	41.47
10. T. Harling	Border	42.09

VETERANS O/50

1. (17) C. Hartfall	WFRAs	44.54
2. (20) G. Oldrid	Aberyst	45.27
3. (24) M. Blake	Eryri	46.35

VETERANS O/60

1. (18) D. Williams	Eryri	44.58
2. (32) P. Roberts	Buckley	47.51
3. (35) J. Morris	Buckley	49.01

VETERANS O/70		
1. (58) J. Carson	Eryri	61.45

LADIES		
1. (23) S. Roberts O/40	Unatt	46.02
2. (30) J. Heming	Eryri	47.42
3. (43) Y. Amesbury	Clwyd	52.42
4. (46) J. Ewels	Buckley	53.18
5. (51) S. Henderson	Unatt	58.42

66 finishers

WHITTLE PIKE (English Championship) Lancashire

AS/4.5m/1400ft 30.08.05

1. R. Hope	P&B	38.09
2. J. Heneghan	P&B	38.19
3. R. Jebb	Bing	38.21
4. D. Hope	P&B	39.05
5. N. Sharp	Amble	39.16
6. M. Croasdale O/40	L&M	39.26
7. K. Gray	CaldV	39.38
8. R. Lightfoot U/18	Ellenbrgh	39.48
9. S. Bolland	Bowl	39.52
10. D. Neill O/45	Staffs	39.56
11. D. Taylor O/40	DkPk	39.59
12. R. Pattinson O/40	P&B	40.03
13. C. Ehrhardt	Tod	40.19
14. D. Kay	Horw	40.28
15. P. Thompson	Clay	40.33
16. S. Bailey	Mercia	40.38
17. R. Little	DkPk	40.48
18. N. Leigh	P&B	40.57
19. T. Werrett	Mercia	40.57
20. C. Doyle U/18	Traff	41.04

VETERANS O/50		
1. (40) T. McGaff	Chesh	43.39
2. (56) J. Winn	CFR	44.59
3. (61) B. Walton	Horw	45.19
4. (63) D. Schofield	Ross	45.24
5. (75) A. Robinson	Clay	45.51

VETERANS O/60		
1. (100) D. Spedding	Kesw	47.21
2. (103) B. Mitchell	Clay	47.28
3. (109) K. Carr	Clay	47.44
4. (115) P. Covey	P&B	48.06
5. (117) J. Amies	Congle	48.09

VETERANS O/70		
1. (172) A. Menarry	Durham	58.08
2. (174) L. Sullivan	Clay	58.25
3. (183) D. Rigg	CFR	62.38
4. (193) D. Clutterbuck	Tod	68.24
5. (194) P. Duffy	NVets	68.43

LADIES		
1. N. White	Holmf	45.48
2. E. Batt O/40	DkPk	48.10
3. S. Newman O/40	CaldV	48.16
4. H. Sedgwick	Ilk	49.07
5. J. Smith	CaldV	49.22
6. E. Barclay	Ilk	49.52
7. S. Taylor	Bing	50.06
8. L. Lacon	Holmf	50.46
9. A. Johnson O/40	CaldV	51.26
10. A. Eagle O/40	Ilk	51.58

VETERANS O/50		
1. (12) M. Laney	Clay	52.17
2. (35) R. Gooch	Ilk	61.02
3. (26) L. Lord	Clay	61.38

VETERANS O/60		
1. (43) M. Parfitt	Tod	68.54

GREAT LONGSTONE CHASE 2005

Derbyshire

BS/4.8/950ft 02.09.04

Another beautiful evening and particular congratulations go to two times cup winner on the evening - Cecelia Greasley who took 1st lady and 1st lady over 40.

Dark Peak fell Runners also did very well with 6 of their runners being placed amongst this year's winners.

Vicky Hewitt-Smith

1. L. Taggart	DkPk	27.17
2. R. Little	DkPk	28.48
3. A. Middleditch	DkPk	28.51
4. S. Pyke O/40	Staffs	28.57
5. M. Nolan	DkPk	29.56
6. J. Cox O/45	Hallam	30.07
7. G. Moffatt	HolmeP	30.33
8. A. Dickenson O/40	DkPk	30.44
9. M. Stenton O/40	DkPk	30.47
10. M. Webster	Unatt	31.00

VETERANS O/50		
1. (12) M. Foschi	CFR	32.00
2. (19) K. Holmes	DkPk	33.08
3. (23) M. Moorhouse	Mat	33.51

VETERANS O/60		
1. (61) C. Radcliffe	DkPk	39.09
2. (69) J. Titterton	Mat	39.54
3. (99) M. Edwards	DkPk	45.22

VETERANS O/70		
1. (68) R. Rogers	NVets	39.43
2. (95) F. Makin	HolmeP	44.36

LADIES		
1. (28) C. Greasley O/40	Chesh	34.19
2. (33) J. Mclver	DkPk	35.45
3. (39) J. Jepson	FatBoys	36.31
4. (49) L. Bland O/40	DkPk	37.59
5. (54) A. Higgins	FatBoys	38.22

114 finishers

LADS LEAP SENIOR RACE Derbyshire

AS/6m/1700ft 03.09.05

1. L. Taggart	DkPk	41.36
2. R. Pattinson O/40	P&B	44.59
3. C. Doyle U/20	Traff	46.07
4. R. Little	DkPk	47.27
5. P. Nichol O/40	Unatt	48.47
7. M. Crosby	Alltrin	49.15
8. G. Briggs O/45	Penn	49.26
9. T. Wild U/20	Amble	49.37
10. T. Taylor O/45	Ross	49.50

VETERANS O/50		
1. (17) K. Taylor	Ross	52.22
2. (18) S. Dawes	Telf	52.42
3. (30) A. Watson	Holmf	57.58

VETERANS O/60		
1. (44) K. Burgess	Altrin	63.24
2. (54) R. Wignall	Altrin	66.23
3. (63) D. Jones	Penn	70.40

VETERANS O/70		
1. (68) B. Thackery	DkPk	81.08

LADIES		
1. (13) N. White	Holmf	50.46
2. (33) R. Crowe U/20	Lytham	59.40
3. (36) C. Geddes O/40	Retford	60.27
4. (42) K. Harvey O/45	Penn	61.41
5. (49) K. Cole U/20	Horw	65.23

MALES U/20		
1. (3) C. Doyle	Traff	46.07
2. (9) T. Wild	Amble	49.37
3. (50) J. Burnnock	Unatt	65.25

LADIES U/20		
1. (33) R. Crowe	Lytham	59.40
2. (49) K. Cole	Horw	65.23
3. (62) L. Griffiths	Holmf	69.59

70 finishers

BRADLEY FAMILY DAY FELL RUN

W. Yorks

BS/3.5m/750ft 04.09.05

Bradley was, as usual, blessed with glorious sunshine for its annual Family Day although the weather was rather too hot for the likes of the fell runners.

In what was probably the best field entered in the last five years, defending champion Richard Barratt expected a tough race. As it was Chris Doyle made a break on the steepest part of the course to gain the lead before coming home in 25.08, to take the Frank Hopkinson Memorial trophy. Chris from Ulveston is off to New

Zealand on international duty in two weeks time. Steve Oldfield came home in second place but more remarkable was the run of Skipton's Stuart Hunn, who came third in his comeback race following a lengthy injury. Barratt had to be satisfied with fourth place on this occasion. Mike Walsh was the first Vet home finishing sixth overall. Once again John Wootton was the first Bradley resident home although an increasing numbers of local runners might put pressure on him next year. Mind you John had also competed in the mountain bike race! A late entry was that of Jonny Marchant, now of Manchester, a former winner of the Bob Marchant Trophy for the first Bradley resident home. Jonny presented John Wootton with the trophy.

Emma Barclay was the first female home (31.09) almost a minute ahead of her nearest rival Sally Malir.

Dave Cattanach came in last. It wasn't the years catching up on Dave but the Triathlon which he had completed in the morning!

The under 17s only attracted five runners but the local rivals put on quite a show.

Jonnie Pawson beat his club colleague James Mountain with Bradley's Luke Maude and Skipton's James Kelly in hot pursuit. Becky Throup was fifth overall but would have benefitted from more female competition

Tom Sessford continued his winning ways in the Under 14s but he was pushed hard by Mathew Cardus and Tom Doyle. Melanie Hyder was fourth overall.

Jacob Uren sprinted ahead of James Hall to take the under 12s' title.

Emily Throup pipped Melanie Morphet in the girls section. Edward McParland (7th) was the first Bradley runner home.

Bradley's Philip Done won the under 9s from Marcus Preedy and Harry McGowan. Joanna Kelly was half a minute ahead of Katy Simmons in the girls' section. The loudest cheer was for three year old Logan Hargreaves who is probably a bit too young for the 2012 Olympics!

Once again the spectators were entertained by the Yorkshire wit of Roger Ingham who mixes a superb knowledge of the local fell running scene with numerous anecdotes. Thanks.

Roger Ingham

1. C. Doyle	Traff	25.39
2. S. Oldfield	BfdAire	26.08
3. S. Hunn	Skip	26.35
4. R. Barratt	Skip	27.25
5. A. Preedy	Ross	27.45
6. M. Walsh	Kend	27.56
7. J. Wootton	Wharfe	28.26
8. D. Walmsley	Skip	28.32
9. A. Morris	CaldV	28.59
10. J. Butler	K&C	29.18

LADIES		
1. (18) E. Barclay	Ilk	31.09
2. (23) S. Malir	Ilk	32.08
3. (39) J. Ewell	Buckley	35.58

53 finishers

UNDER 17's		
1. J. Pawson	Skip	23.36
2. J. Mountain	Skip	25.02
3. L. Maude	BfdA	25.12

UNDER 14'S		
1. T. Sessford	K&C	11.52
2. M. Cardus	Settle	12.06
3. T. Doyle	Helm	12.09

UNDER 12'S		
1. J. Uren	K&C	7.29
2. J. Hall	Bing	7.31
3. E. Throup	Wharfe	7.39

UNDER 9's		
1. P. Done	K&C	3.55
2. M. Preedy	Burnley	4.09
3. H. McGowan	Skip	4.13

53 finishers

BEN NEVIS RACE
Inverness-shire
AM/10m/4400ft 05.09.05

Bingley's Rob Jebb took a firm grip on the race from the start. Using his climbing fitness, he built a commanding lead of four minutes by the time he reached the summit and although Simon Booth made some inroads into that margin on the way down, Jebb finished over two minutes ahead of Booth, enjoying the luxury of a comfortable lap of the park with no challenger in sight. Thus, the four "usual suspects" filled the first four places: Jebb, Booth, Holmes and Rodgers. This was Jebb's second win, ten seconds faster than 2003 - a model of consistency.

In the women's race, Sharon Taylor, last year's winner, tracked former winner Kate Beaty to the summit plateau where she gained a narrow lead which she extended on the descent to over a minute in front of Karen Davison.

Conditions, although dry, were uncomfortably warm on the lower half of the mountain with a significant headwind for part of the descent. Whilst the old guard dominated, John Heneghan and Ricky Lightfoot put in performances as first-time runners which suggest they may provide a significant challenge in the future. Manuel Gorman's 10th place came as a welcome surprise after a season hampered by an injured knee.

He, too, may have more to come.

In the veterans' classes Stewart Whitley O/40 win was a fine performance as was Steve Jackson's in the O/50 category. Kate Beaty, as well as being third woman overall, took the Women's O/40 title.

Every year the five hundred entry limit is reached earlier. Get your entry in soon!

1. R. Jebb	Bing	1.29.22
2. S. Booth	Borr	1.31.59
3. I. Holmes	Bing	1.34.22
4. D. Rodgers	Lochab	1.36.58
5. J. Heneghan	P&B	1.37.36
6. P. Thomson	Clay	1.38.12
7. P. Vale	Mercia	1.38.57
8. R. Lightfoot	Ellenb	1.39.44
9. D. Jones	Eryri	1.40.05
10. M. Gorman	W'lands	1.40.08

VETERANS O/40

1. S. Whitley	Carn	1.42.09
2. A. Wrench	Tod	1.43.16
3. J. Rank	Holm	1.44.28

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VETERANS O/50

1. S. Jackson	Horw	1.47.51
2. J. Winn	CFR	1.50.30
3. A. Robinson	Clay	1.53.20

LADIES

1. S. Taylor	Bing	1.58.15
2. K. Davison	DkPk	2.00.35
3. K. Beaty O/40	CFR	2.02.22
4. D. Scott	Lochab	2.10.01
5. N. Mooney	Ochil	2.10.59

362 finishers

DOCKRAY & BLENCATHRA COMBINED RESULTS

1. S. Bennett O/40	Eden	2.21.06
2. P. Hague O/40	Kesw	2.21.36
3. D. Ferguson O/40	Kesw	2.22.35

VETERANS O/50

1. (9) P. Blanchard	Eden	2.26.28
2. (18) T. Nichol	Unatt	2.42.18
3. (21) C. Knox	Kesw	2.50.13

LADIES

1. (10) K. Beaty O/40	CFR	2.27.28
2. (19) M. Mackenzie O/45	CFR	2.45.05

25 finishers



The mighty Bingley team, including winners Rob Jebb and Sharon Taylor, before the Ben (Photo Bruce Duncan)

I was very pleased to receive the reviews below from Steve (who, by the way, has no connection at all with Inov8) firstly because I am well aware that a lot of runners now wear Inov8 shoes and we haven't yet had an impartial review of them and, secondly, because I think that feedback on products from actual real, live fellrunners is very useful indeed. If anyone else has definite views on any piece of gear please feel free to send those views in so that other people can have the benefit of your experience

Two new shoes from Inov8

by Steve Lumb

The last two years have seen a number of new trail and fellrunning shoes launched onto the market. Several of these have come from a relative newcomer to the join the ranks of Walsh, Salomon, Adidas - Inov-8.

Inov-8 have produced a range of shoes from trail to extreme fell shoes and are appearing in ever increasing numbers at races. This article is about two of these shoes, the Flyroc and the Mudclaw.

I bought my first pair of Flyrocs on the morning of the 3 Peaks Race in 2004 as the ground was too hard and dry for my old PBs and ran the race in them straight from the box and have hardly had them off my feet since. They have a very light, breathable upper which is surprisingly resilient to snags from heather, rocks etc and doesn't absorb water making them dry very quickly. Another bonus to this is that the shoes remain relatively odour-free much to the relief of my family! The midsole holds the foot firmly but gives better shock proofing than usual fell shoes and yet with little loss of feel for the terrain. The sole has a good grip and excellent wear though on steep wet slopes and contouring studded shoes do have an advantage. These shoes are ideal for training runs on paths + trails and races where the ground is hard and largely on tracks like the 3 Peaks. These shoes have proved incredibly versatile and since buying them I have also used them for mountain biking, scrambling, as deck shoes for sailing, access shoes for climbing



Flyroc 310 after 18 months)

and they are still in good condition after 18 months.

Studded shoes become necessary when on the open fell and one of the first shoes produced by Inov-8 was the Mudroc which has proved an excellent shoe and very popular. However the latest addition, the Mudclaw, has been produced as an aggressive all out fell shoe and doesn't disappoint. The first thing you will notice is the off centre lacing which is reported to hold the foot in a more natural position and with less movement when contouring. It looks rather odd at first but held my feet securely during this year's Lowe Alpine and was a delight to contour in. The upper is again very lightweight and very tough and durable and doesn't retain water making it ideal for those wet boggy KIMMs. The sole of the Mudclaw is made from a special sticky rubber which gives excellent grip even on wet rock. The triangular shaped

studs dig into soft ground and give surety of foot on those wet grassy slopes and as each sole is individually designed you don't get those annoying "half studs" on the edges.

The claw shaped studs at the front which give the shoe its name are made from harder rubber and come into effect on the sort of steep climbs where you use your arms and hands as much as your legs. Similarly hardened rubber studs at the back of the heel give you great traction on the steep slippery descents allowing you to hurl yourself downhill with extra confidence. This shoe also holds the foot firmly and doesn't lose its shape after a few runs. It does however take a little more breaking in than the Flyroc but the end product is worth it and to me is the best pure fellrunning shoe on the market.



Mudclaw (after 8 months)

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World Mountain Running Trophy 2005 - Wellington, New Zealand

England Senior Team Results

WOMEN

1	Kate McIlroy	39.40	NZ
4	Mary Wilkinson	42.39	
15	Natalie White	44.48	
29	Christine Howard	46.17	
31	Victoria Wilkinson	46.43	

1 Italy 2 Scotland 3 Czech Rep 4 England
5 NZ 62 finishers.

MEN

1	Jonathan Wyatt	53.23	NZ
16	Billy Burns	58.03	
18	Lloyd Taggart	58.08	

33	John Brown	59.30	
39	Andy Norman	1.00.07	
43	Rob Hope	1.00.18	
87	Danny Hope	1.06.08	

1 Italy 2 NZ 3 France 4 England
105 finishers

JUNIOR WOMEN

1	Jioulia Mochalova	21.50	Russia
7	Rachael Thompson	23.46	
12	Dionne Allen	23.57	
22	Emma Stuart	24.59	

1 Slovakia 2 Russia 3 Turkey 4 England
30 finishers

JUNIOR MEN

1	Vedat Gunen	36.48	Turkey
24	Jonathan Mellor	42.15	
27	Alistair Brownlee	42.28	
29	Jason McGonigle	42.36	
38	Chris Doyle	44.18	

1 Turkey 2 Italy 3 Czech Rep 9 England
48 finishers

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GROSSGLOCKNER 2005

Grossglockner Mountain Race - 9 July 2005

**European Mountain Running Championships - 10 July 2005
from Heiligenblut, Austria**

by Pete Hartley

The quiet picturesque alpine village of Heiligenblut at the foot of Austria's highest mountain, the Grossglockner (3,798m), comes alive for a weekend each July to host the Grossglockner Mountain Race - rated amongst the best in Europe.

In 2005 the weekend also incorporated the European Mountain Running Championships, over the same testing course, in which the teams from Great Britain excelled.

The European Mountain Running Trophy was organised annually by the WMRA (World Mountain Running Association) from 1995 and in 2002 it was recognised as an official European Championship by the EAA for the first time. Since then the number of competing nations has gradually increased with the 2005 event attracting teams from 28 countries.

The races took place on the lower slopes of the Grossglockner starting in or near Heiligenblut and finishing on the Kaiser Franz Josefs Hohe (2370m) with its panoramic view out over the Pasterze Glacier (the largest in the Eastern Alps) and the snow covered peaks beyond. Shuttle buses took spectators from the start to the finish where they were able to welcome the runners - a unique characteristic of this amazing event.

The men's race covered 13km with a total climb of 1520m and the women's race was 10km with 1335m of climbing. The final section of the course was an incredibly steep path, at times cut out of the rock, taking runners from the snout of the glacier to the finish - 300m of climbing in 1km!!

The Great Britain Women's team produced the shock of the Championships by taking the Gold medal from pre-race favourites Italy (European Champions for the last 3 years) in dramatic fashion to produce their best ever performance. Both teams scored 34 points but GB's third counter Lyn Wilson (cheered on by supporters) finished one place and four seconds ahead of Italy's third scorer Flavia Gaviglio and clinched the Gold on count back. This was an amazing achievement considering Angela Mudge (World Champion in 2000) had to withdraw from the team due to injury and Tracey Brindley (3rd & 5th in the 2003 & 2004 World Trophy races) started the race but was forced out with a leg injury.

Mary Wilkinson, winner of the trial race up Snowdon and the International Snowdon Race on July 24th, finished 7th in her first international race, one place ahead of 1997

World Junior Champion Victoria Wilkinson with Lyn Wilson's 19th place ensuring a memorable victory.

Austria's Andrea Mayr dominated the race from the start and had a convincing victory ahead of last year's winner and pre-race favourite Anna Pichtrova of the Czech Republic.

In cold and wet conditions Florian Heinzle, Silver Medalist last year in Poland, completed the host nation's individual by taking the Gold in the men's race ahead of Germany's Helmut Schiessl and defending champion Marco de Gasperi from Italy. The Italians again took the team Gold, in fact the last time they were beaten was in 1996! The strong GB team repeated their 2004 success to take the Silver Medals with Martin Cox 8th, Steve Vernon 9th, Andi Jones 14th and Tim Davies 17th (Tim went on to win the Snowdon International Race on July 24th from a strong field). There was a sense of enthusiasm and commitment in the GB camp that bodes well for the future.

To round off a great weekend for the Brits, Salford's John Brown came second to New Zealand's World Mountain Running Champion Jonathan Wyatt in the annual Grossglockner Mountain Race the previous day.

The Austrian organising team had all their efforts rewarded by the double success of their top runners. It was a brilliant race weekend in a perfect location with facilities and organisation which will be rarely bettered.

RESULTS:

Men:

1. Florian Heinzle	Austria	1:11:36
2. Helmut Schiessl	Germany	1:12:16
3. Marco de Gasperi	Italy	1:12:35
4. Raymond Fontaine	France	1:13:08
5. Robert Krupicka	Czech Rep	1:13:10
6. Martin Bajcicak	Slovakia	1:13:38
7. Marco Gaiardo	Italy	1:13:41
8. Martin Cox	GB	1:14:06
9. Steve Vernon	GB	1:14:07
10. Gabriele Abate	Italy	1:14:22

Teams:

1. Italy	20	(3, 7, 10)
2. Great Britain	31	(8, 9, 14)
3. France	36	(4, 13, 19)

Women:

1. Andrea Mayr	Austria	1:07:42
2. Anna Pichtrova	Czech Rep	1:09:38
3. Angeline Joly-Flueckieger	Switzerland	1:10:44
4. Svetlana Demidenko	Russia	1:11:03
5. Vittoria Salvini	Italy	1:11:34
6. Nathalie Etzensberger	Switzerland	1:13:25
7. Mary Wilkinson	GB	1:13:35



Victoria Wilkinson not looking dressed for the conditions at the Europeans (Photo Pete Hartley)

8. Victoria Wilkinson	GB	1:13:44
9. Antonella Confortolai	Italy	1:13:48
10. Isabelle Guillot	France	1:13:57

Teams:

1. Great Britain	34	(7, 8, 19)
2. Italy	34	(5, 9, 20)
3. Czech Republic	41	(2, 18, 21)

Web links:

www.grossglockner2005.at
Grossglockner 2005

www.wmra.info
World Mountain Running Association

www.wmrt2005.org
World Trophy New Zealand 2005

www.mountainrunningkeswick.org
World Masters Keswick 2005

www.fellrunner.org.uk
The Fell Runners Association

As a postscript to this piece Alan Barlow has reminded me of the additional lure of the excellent Open Race, which took place the day before the main events and after which there was a magnificent Spot Prize which will appeal to every red-blooded British fellrunner - the winner was placed on one side of a large set of scales, weights were added to the other side until they balanced and the fortunate runner then received HIS OWN WEIGHT IN BEER!!!! I can think of worse reasons for travelling to Austria.



FRA Presentation Dinner & Dance

Saturday 19th November 2005 - 7.00 for 7.30pm
Castle Green Hotel, Kendal

Live Band - The Fabulous Picasso Brothers

Plus Disco

Tickets £23 from Pete Bland, 12 Danes Road, Staveley, Kendal, Cumbria.
Tel: 01539 821688. Cheques payable to FRA

Book early - tickets limited

Caption Competition

Well, the photo of Sally Malir really brought out the chauvinists in our ranks!!

There were a lot of submissions, among which (disturbingly) there were no fewer than TWELVE from Sally's husband (or, as he put it - "long-suffering husband of") the most heart-rending of which was - *"When I look at this ring I'm reminded of all the sacrifices my poor husband makes in the name of fell-running; the hours of child-minding and the neglect of those three poor little girls left at home without the love and support of a mother."*

However, the Official Appraisal Committee decided that it lacked a certain pithiness and the prize of the Running Bear Fellshirt (and nepotism honestly does not come into this; no-one knew who'd submitted what) goes to George Scott of Pennine Fellrunners with his evil little -

*"Oooh, I really must do my nails
before I get to the finish!"*

Just look at the photo again and you'll see what he means.



Bleeding Hill Runners

from Ian Nimmo

In June there was a discussion thread on the FRA Forum about the effect of donating blood on one's ability to run up and down hills. The consensus, based on anecdotal evidence, seemed to be that donating blood wouldn't help and is therefore best avoided.

About a year ago Simon Bennet, then a rugby-playing medical student at the University of Edinburgh, was wondering the same sort of thing and therefore set about finding out.

Testing exercise performance after donating blood

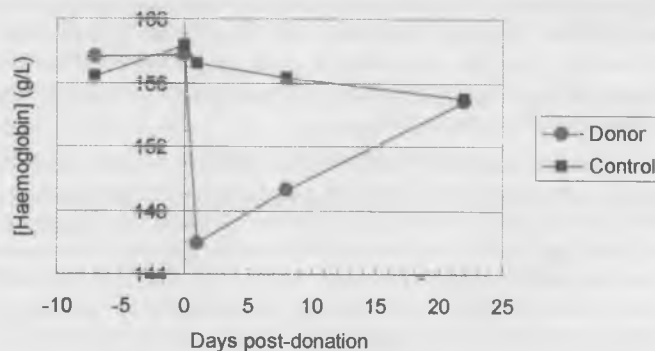
The experiment was conceptually simple. Recruit a bunch of fit young males and stick the standard donor's needle into all of them. Take a pint of blood from some but not the others, and don't tell them whether they're real donors or just controls. Test their fitness before the donation and at intervals thereafter, measuring their haemoglobin on each occasion.

Simon used a bleep test to assess fitness. It's particularly suitable for players of multiple-sprint sports such as rugby because it mimics their physical demands. It's also easy to apply to a whole team at the same time (given a suitable gym), and has a competitive element to it, which means the subjects really try. They run continuously back-and-forth between two points 20m apart, in time to pre-recorded 'beeps' from a tape player. The time between 'beeps' decreases after each minute, forcing the subjects to run faster and faster. Eventually they can't keep it up, and the number of lengths they complete is a measure of their fitness.

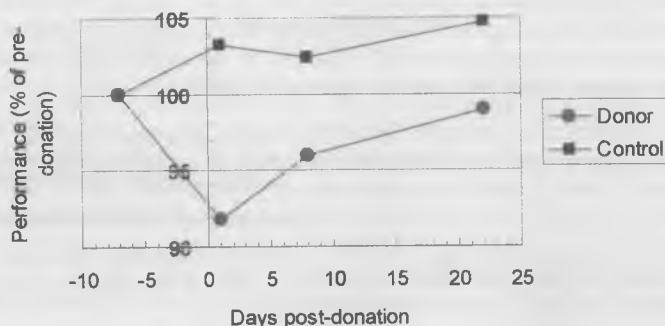


What happened

A total of 11 donors and 6 controls completed the trials. Their haemoglobin concentrations changed as expected, and were virtually identical after 3 weeks. (Fortunately the subjects weren't able to guess correctly whether they were donors or controls: most of them thought they had lost their pint of blood, including the ones who hadn't.)



The subjects' capacity for exercise (at least as measured by the bleep test) more-or-less paralleled their haemoglobin concentrations. The controls appeared to get a bit better during the course of the experiments, which is what you might expect as a 'training effect' is often seen in these sorts of tests. The donors' performance initially dropped by 5-10% and then recovered, getting pretty much back to its baseline by 3 weeks.



Conclusions

It looks as though you should expect your running performance to drop a bit for a week or more after giving blood. By three weeks, though, you should be back to where you started.

As usual there are several caveats. The bleep test does not involve hill running. The subjects were all males in their early twenties; females and vets may not react in the same way. The experimental points are averages and disguise the real differences between people. Perhaps the best answer is to donate when it doesn't really matter and then monitor your own performance.

Great Literary Disasters; The Oliver Mallis Story

by Mike Hayes

Look at any genius and you will find only a small fraction of their creative work is known to posterity. Behind every well-known poem, symphony or painting there are mountains of unpublished jottings, sketches and half-baked ideas which purposefully stay that way. What is right for geniuses applies even more to idiots. If they have got any sense, idiots should chuck 90%+ of their work into the dustbin.

As a self-confessed idiot, I try to stick to this rule. But the other day I came across some stuff that should have been thrown away in 1989 but had been accidentally preserved. I found the first, second and third drafts of a novel about fell-running that had been started in collaboration with Bill Bentall. Both of us had been active in writing short articles on fell-running. Encouraged by mutual and third-party flattery, we thought it was time to expand our horizons. With our fluency and wit, why not write a full blown novel? Together, we should be able to knock up a thrill-a-minute best-seller of heroism, intrigue and romance. Though we lived 100 miles apart, we set-to with gusto, keeping in touch by regular letters (being the age before instant electronic communication). Here are some extracts from our correspondence.

"Dear Mike,

I think we have now reached agreement on the main characters....Hero will be Oliver Mallis, townie, ignorant of country life, office-worker, overweight, unable to run for the bus, who gradually transforms himself into a passable fell-runner. Heroine, Tricia Openshaw, brought up by protective parents ambitious for her to be an Olympic track athlete. Breaks away from them and finds that fell-running gives her inner satisfaction and an expanded social life. Hero and heroine join up after many misunderstandings, setbacks, false gurus and fraught liaisons in the social whirl that is fell-running. They first meet in a scene like this....."

"Her final fartlek session took her along a narrow twisting path when 'Bang', she bumped into a plumpish young man in a tracksuit 2 sizes too small for him. "I really am most terribly sorry" he croaked "but...." He didn't seem able to say any more but stepped aside with an old-fashioned bow. She observed his face, beaded with perspiration, and glancing downwards, noticed that he was wearing old tennis shoes, loosely laced....."

"Dear Bill,

I've been reading and re-reading the latest chapter you sent me. Great stuff, but something, a little something, is just beginning to worry me. It is a strange thing to say, but I think we are in danger of knowing too much! As you've tactfully pointed out, my own contributions are only remotely connected to our original plan of plot and character. And if I can be equally tactful, I do feel that you have a slight tendency to go into a bit too much detail. With that in mind, would you object to this redrafting (see below) of your 5-page explanation of tying a shoelace?"

"Tricia was standing, hand on hip, drinking orange juice out of a paper cup. She was covered in mud and steaming in every sense of the word. Don approached cautiously.

"Tricia! What happened to you? You were well clear at Ill Bell and looked strong. I couldn't believe it when Ann got here before you."

"My damn shoelace came undone" she replied, almost crying with rage. "Then I went into some boggy stuff and it came right off. It took ages to

get it back on and laced up again."

"That's tough," said Don. "Look! It's too late to worry now. Coming second in a field of this quality is still terrific. But after you've changed, why don't you come over and see me for a few minutes. I'll show you how to prevent that happening ever again."

"Oh yes, Don. Your famous Booth Knot. Well, I don't know....."

Don had seen another runner tearing in for what looked like a personal best and left Tricia to trot over and clap him in. "The offer stands, any time," he called back to her.

Later, Don removed himself from the crowd to relax by the side of a babbling rill, idly clettering the mud from his Walshes. Tricia, chattering to her friends, caught sight of him and blushed slightly. She hated herself for so frankly admitting to him her incompetence. She hated him more for what he knew about her. She could not bear to leave the matter unresolved. Quietly, she slipped away from her friends. Catching her breath, she approached Don and opened the conversation. "I've been stupid you know," she said. "I really trained for this one then threw it away, just because of a stupid lace. Go on. Show me the magic kno !"

"You're not the first and you won't be the last," said Don with a twinkle in his eye. She proffered her shoe and his dextrous fingers adjusted the laces. "Now allow me," he said softly as, tenderly holding her ankle, he snuggled the shoe onto her foot. Yielding, she gave Don her undivided attention....."

"Dear Mike,

I am glad you are still talking to me after our disagreements about the shoelace scene. Clearly, you'd put a lot of effort into your version, but it was all getting a bit too suggestive. Now we are on speaking terms again, what do you think of my revised 7 pages of diagrams and instructions on how to tie the Booth Knot....."

Backwards and forwards went our letters, not just on little things like shoelaces but on diet, coaching, navigation, classic races, the club scene, key personalities. In the end, we had masses of interesting material. How to agree on its use was a more difficult matter. Maybe I was putting a damper on creativity by being too critical, so I wrote...

"Dear Bill,

I'm changing my working habits. Rather than writing in the cold light of morning, I'm now writing in the evening after getting back from the pub. That's what I'm doing at the moment. It's magic. For the first time, I see how everything we've written, just everything fits together so perfectly.

Now I can see a grand scenario for the whole book.....from the moment that Mallis, slumped in his armchair, fag and pint in hand, has a Christ-like vision of Joss Naylor to the spectacular climactic scenes years later when Mallis and Tricia enter the greatest ultra-endurance race of all time.....True love will not come to them easily, and the outcome will only be determined on the very last page! In between, there will be riveting detail on heart-rate monitoring, stress-fractures, calorie-controlled diets, flora and fauna of the fells and the points-scoring system for the Fellrunner of the Year Championship."

This was a turning point in our co-operation. We let it all hang out. Never had I known such a rich, sensuous, inspiring story. I thought

of sending it straight off to some publishers but, for extra confirmation, I circulated this script to a few running-friends. One copy was sent to my son Peter in America. His reply is reprinted below.

"Dear Dad,

How about this as a start for the final chapter of your fellrunning novel?

"Fat old Mr. Harris sat wheezing on the stile, drinking in the glorious red dawn that crescendoed around him from the echoing mountain slopes. Transfixed by the rustling of the green ferns as they sparkled in the dew, by the warm scent of the heather, and by the scurrying pitter-patter of the field-mice, he failed to notice the approaching stream of fell-runners.

"Gee-out-er t'road tha fat old booger"-Shove! - Mr. Harris was overwhelmed by a stream of fell-runners leaping the stile like greyhounds. Mallis nodded with a grim satisfaction as he landed on Mr. Harris with his hedgehog-soled PBs. That would teach the tub-of-lard to get out of the way of fell-runners.

It was going to be an epic race.....self-supporting from Grasmere to the Paps of Jura and back again, taking in every peak over 2500 feet on the way. Aye, it was a race for men alright. Real men with hard stomachs. But not only men were running; raising his eyes to the mist-shrouded horizon, Mallis could just see a pair of shapely legs in pink socks surmounting the razor-sharp pinnacles of Thunacar Knott. Tricia was in the race too!

And there, running next to Mallis was wiry old Joss Naylor, leaping like a goat. In front of him, a lark rose from its nesting-site, but could barely utter a 'cheep' as Joss lunged, caught it between his teeth and stuffed it deftly into his bumbag. Mallis couldn't but help admire his companion's agility and resourcefulness. Here was he, Mallis with a bumbag full of mintcake whilst Joss.....

Suddenly, Mallis's train of thought was broken. There in the path in front of him was a pink sock! Mallis picked the sock up. Yes. It had a

hole in the big toe. "Hey Joss!" shouted Mallis, "Look here! What can have happened to Tricia?"

"Reckon t'sheep will have got her," said Joss with a taciturn snigger.

Oh God. The fells were beautiful but cruel!

Mallis looked around him desperately. What of those sheep grazing nearby? Were they hiding some sinister secret? Mallis boldly approached them, but they trotted away, staring down at him from higher ground. "You cowards!" shouted Mallis as he stumbled after their retreating forms. Oh desperation!

But no! All was not lost. There was Tricia herself. Aroused by his shouting, she emerged from a thicket of stunted Juniper bushes. "Oh hello Oliver," she said. "Tricia!!!" said Mallis....."What's that I can smell?" Tricia laughed lightly as she brushed past Mallis with the grace of a gazelle. "Pipesmoke?" she replied, and tossed her hair at him with teasing indifference.

From the other side of the thicket, a swarthy insouciant figure came up to him with a request....."Be a good chap and pull my finger for me Mallis".....and the beautiful yet cruel fells looked on.....

Hey! I think this is a pretty good start to your chapter. I hope you and Bill like it.

Yours,

Peter,"

I didn't show this letter to Bill. Although he had been brought up in the School of Hard Knocks, I thought that it was best to protect him from this sort of thing. He must have sensed my loss of enthusiasm and our collaboration on the great fellrunning novel just fizzled out. I would prefer to forget all about it were it not for the occasional mischievous reminders from my family.

Whenever I come back from a race covered in mud, or injured, or feeling sorry for myself, I am greeted by, "And were the fells cruel but beautiful for you too, darling?"

Souther Fell

by Peter Travis

Peripheral fell that lies within the shadow
of a greater hill, a summit chair, Blencathra.
Encompassed by the Glendermackin,
and softly nudging hamlet of the blessed saint,
how comes this name, shoemaker's fell?

Who dares to walk the fell Midsummer Eve
may by chance ten thousand apparitions see,
soldier-wraiths, gaunt-faced and grey,
as with soundless steps they march the fell
and bend not one blade of coarsest grass.
Their eyes, twin hollows of dark oblivion,
from whence they came or where they go
is veiled to all, like some grim apocalypse.
Did Beltane fires that burned on every
ridge and crest disturb the sleep
of those long dead to beckon
from the coldness of the covering earth?
Such are the mysteries that test
the minds of those who search the ages.

Blencathra



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Inov8 Mudclaw 270

This is a very lightweight, comfortable and secure shoe with outstanding grip. Excellent fit for contouring from the advanced lacing system. The upper is very breathable and quick drying. Grip is superb owing to unique dual compound rubber - harder rubber on heel and toe areas. Sizes: 3.5 - 12 £65



Inov8 Flyroc 310

A lightweight trail shoe with a breathable upper. Good grip in the mud. Unisex sizes: 4.5 - 12 inc. half sizes. £65



Inov8 Mudroc 280

This is a stripped down version of the original Inov-8 Mudroc. Sticky rubber on the outsole helps with grip on rocky surfaces. A real race shoe. Unisex sizes: 4 - 12.5 inc. half sizes. £65



Inov8 Mudroc 290

New fell running shoe. Lightweight, breathable uppers which dry very quickly. Lace webbing system for secure fit. META FLEX midsole for accurate contouring. Anti clog outsole. Sizes: 3.5 - 12 inc. half sizes. £60



Inov8 Terroc 330

A low profile trail shoe ideal for track and trails. A real rival to the popular Leona Divide. Unisex 4-12.5, 13, 14. £65



Mountain Bear Gladiator

The strapping on the upper gives a comfortable snug fit. Larger square studs are more durable than smaller ones and grip very well on wet grass. 10mm mid-sole makes it very stable for contouring. Sizes: 7 - 12 £55



Mountain Bear Classic

Very comfortable fell shoe available in two width fittings for the perfect fit. Studded outsole. Standard: 4 - 14 inc. 1/2 sizes Ultra - Fit: 5 - 12 full sizes only £50



Walsh PB Trainer / PB Extreme

The classic fell running shoe. Glove like fit and superlative grip on virtually all surfaces. PB Extreme (Black) has durable, stretch resistant overlays. Sizes 1-13, also available in 1/2 sizes from 3-13. £55 PB Extreme £60



Brooks Cascadia

£70

Dual Pivot™ posts, shaped to adapt to trail irregularities and minimize their destabilizing effect. Rock forces are kept in check under the forefoot with Brooks' unique Ballistic Rock Shield™. A well ventilated, quick draining, quick drying upper, providing wet weather peace of mind to the adventurous, off-road runner. Men 6-12

New



ODLO Effect Warm Quality

Very high warmth to weight ratio. Excellent moisture transfer. Various colours. Men's / Women's Long Sleeve Zip Neck £32 Long Sleeve Crew Neck £24 S, M, L, XL



ODLO Trendline Cubic

Sensational new fabric with great feel and technical properties. Various colours. Men's / Women's short sleeve: £21 Long Sleeve sleeve: £24 S, M, L, XL



kimmilite Cosmique £65.00

Either expedition base layer or mid layer warm wear. Top pockets are stretch mesh. Vertical zip pocket entry for easy access under rain wear. Provides essential storage for glasses / compass / gloves. Stretch fleece with directional moisture management. Drop back bottom hem. Fabric: Calamal stretch fleece Colour: Black Sizes: S, M, L, XL



See our website for more Kimmilite products

Kimmilite AR22ssl £50

Incredibly light sack aimed at the runner wanting minimal weight with strength and capacity. 46gm Pertex 'Blue' parachute fabric. Folds into its own top pocket Full weight 420g

kimmilite Kamleika

A waterproof high performance soft elastic outer skin made from Gelanots fabric. Inspired by the Aleut kayakers. An elastomeric film bonded to a knitted fabric and tape seamed. Gives a performance waterproof / breathable garment which has unparalleled softness.



kimmilite Kamleika Smock

Roll away hood with volume adjustment, peak and adjustable face drawcord. Reflective detail onsleeves. Elastic cuffs with thumb loops. Elastic hem. Can be stowed inside Internal zipped chest pocket and carried with integral waist belt. Weight: 300g Colour: Black Sizes: S, M, L, XL Complete with stuff bag £85.00



kimmilite Kamleika Jacket

One of the lightest and softest rain jackets available today. Roll away hood with volume adjustment, peak and adjustable face drawcord. Adjustable cuffs. Adjustable hem draw cord. 2 upper chest pockets. 2 lower front hand pockets. Weight: 400g. Colour: Black Sizes: S, M, L, XL Complete with stuff bag £99.00



kimmilite Kamleika Pants

Use as an outer layer or an only layer, and you can forget you are wearing them. Probably the only waterproof pants light and stretchy enough for cycling. Side zip to just below knee for easy on-off. Weight: 250g. Colour: Black Sizes: S, M, L, XL Complete with stuff bag £65.00

Sometimes I get the idea that there's only one county in England that participates in fell-running!! I do wish some other equally partisan person, say from Cumbria, Lancashire or even Essex, would set fingers to keyboard to give a touch more balance to things. That being said, well done all the people referred to below. Ed.

YORKSHIRE'S GOLDEN GIRLS

from Dave Woodhead

Mary Wilkinson, Victoria Wilkinson, Natalie White, Sharon Taylor, Emma Barclay, Amy McGivern, Alex Wheatman, Helen Sedgwick, Alison Eagle, Sarah Rowell, have been some of Yorkshire's Golden Girls in 2005. Although whether the challenge of a fell running calendar, like the famous WI Calendar Girls is imminent you will have to wait and see.

It all began in April at the 28th Wrekin fell race, which incorporated the 9th UK Inter County Fell Running Championships, here 24 year old Mary Wilkinson, who has taken the sport by storm, by winning the classic 50th Rivington Pike race, the Yorkshire road half marathon championships and was 7th in the Northern X-Country, won individual gold in the second fastest ever time behind Carol Greenwood's 1986 record. But the inter counties is about team work, and with Natalie White taking the individual bronze medal, Sharon Taylor 5th and Emma Barclay 6th, it was no contest team wise, as Yorkshire romped home champions for the first ever time.

Of course the Yorkshire lads weren't going to be left out of it, and with defending champion Ian Holmes winning individual silver, behind Shropshire's own Will Levett, Yorkshire X-Country Champion John Heneghan, U18 Alistair Brownlee and U20 Stuart Hunn soon showed their behinds to the rest to win team gold – for a grand Shropshire day out.

Studying sports science and exercise in Aberystwyth, Mary Wilkinson's running career was rekindled at Loughborough University, and in foot and mouth year 2001 she won the Withins Skyline race and then returned to Haworth to take the Yorkshire fell title at the December Stoop race. But her first competitive outing was at the ripe old age of 9, when she bribed her mum, Jean, in to letting her run at the Langcliffe gala fell race. She thoroughly enjoyed it, especially beating all her peers to win the U12 girls race. Through the local shows and races, Mary progressed to being 2nd in the 1990 BOFRA championship and in 1991 won the girls' title. As a U14 and U17, she didn't compete the full allocation of races for the title, although she did most

of the classics, with the infamous Kilnsey Crag being her favourite.

Moving into other sports such as Hockey, Netball, Soccer, X-Country, indoor and outdoor sports hall athletics she represented the county, and as a soccer player was on the Bradford City books, saying she was a Roy Keane type player. In her words "it's been a dream year, wicked, just so cool", since she qualified for the European Mountain Running Championships with Victoria Wilkinson (no relation) where they finished 7th and 8th respectively running in the Great Britain colours at the 11KM Uphill Only race in Heiligenblut, Austria. There along with Scotland's Lynn Wilson who just beat Italy's 3rd counter they secured team gold medals for Great Britain for the first time ever in this prestigious event, and all this on Mary's GB debut.

Now both Wilkinson's have qualified to run in the World Mountain Running Trophy in New Zealand; these two as a prelude ran in the 8k Stellina Challenge, World Series Grand Prix race in a wet Susa, Northern Italy, where Mary finished 3rd and Victoria 6th. With Natalie White qualifying, Yorkshire could easily provide the England team with a clutch of medals, although Christine Howard from Derbyshire may have something to say about that.

Affectionately known as 'Scary Mary' (mainly because she is so scary running downhill, but also because she can be seen arriving at races in her pride and joy, a 2 seater, spitfire red MG – F, which

is her little toy) Victoria is also scaring many men folk with her wins at Pen-Y-Ghent, Fairfield, Garburn Pass, Langstrath, 2 Riggs, Hutton Roof, Potter Fell to name but a few mostly achieving new records as well. Impressively she smashed the 21 year old women's record for the Latrigg race with a time of exactly 20 minutes, the old record was 21-19 by Pauline Stuart. In fact a week after the Europeans she finished 3rd in the Multi Nations Tour de Alpages in Switzerland, and is getting back to form reminiscent of her World Junior Trophy victory.

The venue for the 2006 Inter Counties is Settle Hills, which was the senior and junior Yorkshire championships this year, and only a week before winning the International Snowdon Mountain Race in her first ever England vest, Mary won the Yorkshire's again in a new record time, which meant Skipton AC achieved a remarkable tally of titles and medals. In the arduous 7 mile race RAF man, Lee Athersmith, won individual bronze, behind now 5 times winner Ian Holmes and Karl Gray, Skipton, with Ian McGee 9th and Richard Barrett 11th they won their first ever team triumph at senior level. Jonny Pawson not only won the Yorkshire U16 title, but also won the English title, where last year he came equal 4th, while Sam Hutchinson completed a hat-trick of Yorkshire titles, having also won gold on the track and X-Country.

Alistair Brownlee won his 5th Yorkshire fell title, to mirror what he has achieved on the X-Country, he won the U14's in 2001, 2002, the U16's in 2003, 2004, and who would bet against another title in 2006? Alistair also went to Susa Italy to compete for England along with Yorkshire lads Jonathan Hare and Alec Duffield, where they won England team gold. Always a busy sportsman, globe trotter Alistair also will be making his debut at the World Triathlon Championships in Japan, just weeks prior to again qualifying for the World Mountain Running Trophy in New Zealand.



The Golden Girls and Girls. © Sports Illustrated

Tom Hutton – Yorkshire U12 Champion

I am 10 years old and was born in Sheffield, South Yorkshire, but I was born the day after my dad ran the Snowdon race, so was almost Welsh.

I started running races when I was about 6 years old, and carried on at school doing the South Yorkshire cross country races, and I wanted to get better at running, so I joined the Hallamshire Harriers.

This is the first year I have run in the Junior Fell running championship. I have done all 4 races and run pretty well seeing as I am only 10, and I could have run in the U10s. My best place so far is 4th at Wrekin.

It was very hot at the Settle Hills race and the course was very hard. I had played 6 games in a football tournament on Saturday, so my legs were tired. It was very hilly and I was a bit surprised when we were going downhill and then we had to go back up again. On the uphill I did take some places so there was an up side, but at the finish I had a battle with another boy. He was quite far ahead, I would have caught him if the finish had been a bit further away. I didn't realise how well I had done, until I had to go up and collect my prize. I was really happy when I won it. I really liked the stained glass trophy and it was the best one there. I was honoured that John Taylors' family was there and gave me my trophy. There were quite a lot of people from Hallamshire Harriers and we all did really well!

But back to those golden girls, Amy McGivern who won her age group wearing her first England kit at the Susa International, took the Yorkshire U14 gold to add to her U12 last year. Alex Wheatman who also achieved her England debut at Susa won her 3rd Yorkshire title, taking over the perpetual ownership of the 3 Peaks Sarah Rowell trophy from sister Tori, who won the U18 gold for the Scarborough club. Ilkley's Fiona Jordan won their club's first ever junior Yorkshire fells title, and has the distinction of having Angela Mudges' European Uphill trophy proudly on display in her home.

Thank you to Norman Berry, Burton Safe Company Director, for sponsoring and presenting the junior medals and also to Ed Battye of Crosstrax, sponsor of the senior medals but too bashful to present them.

Ilkley's birthday girl, Emma Barclay, 38, had "Happy Birthday" sung to her at the prize giving as she collected the silver medal, and with Helen Sedgwick in bronze, and Alison Eagle in 8th it was a formality that Ilkley Harriers won team gold for only the 2nd time ever.

This club is celebrating its 20th year and the ladies have won their first ever national title, The British Fell Championship, so far, and they are in the ascendancy in regard the destination of the English Championship ladies' team gold medals, with Emma, Helen,

Alison, Alison Weston and Nicky Jaqurey being the team scorers, its been a real team effort with everybody playing their part not just these named athletes; surprisingly 3 Peaks winner, Sally Malir, didn't count.

Heather Dawe and Nicky sliced an incredible 47 minutes off the ladies' pairs record for the tough 37 mile/10,000ft Old County Tops race, finishing an amazing 4th overall.

Yorkshire round up: Once again Helen Sedgwick won the British Professional Hill Running champs at the Alva Games, near Stirling, Scotland, and also set a new record for the Kilnsey Crag race of 10-58. P&B athletes Shane Green & Steve Bottomley won the unique Oxenhope Straw race again in 17-02, whilst team mate John Heneghan in his debut represented the Republic of Ireland in the European championships to finish 37th, and first Irish man. Yorkshire's finest fell runner ever, Ian Holmes (who actually celebrates his 40th birthday in early December this year) once again proved his dominance at the classic Burnsall Sports fell races, where his dad Jack started the races. Ted Mason came 2nd and Rob Jebb 3rd, while his partner, Sharon Taylor, won the ladies' race, both having run the championship Whittle Pike race only 2 hours earlier. Rob and Sharon besides winning several domestic races have been Sky Running overseas, and at present Rob, 30, is winning the series of events, whilst Sharon is 4th overall. He won the Zegama Marathon and the 55k La Plagen race both in Spain. Back home, they both ran the Ben Nevis race, Sharon winning for the 2nd year, whilst Rob regained his 2003 title.

As this goes to press Natalie White is still in with a chance regarding the English championships after winning the Whittle Pike fell race.

Always looking for a new challenge, our very own 24ct golden girl, Sarah Rowell won the 43rd Fellsman Hike which is all that is good about Yorkshire, as it visits some of the best dales and fells that the Pennines have to offer.

Finally, some other county is following Yorkshire's lead regarding junior medals, although it has taken them ten years to catch up – good on our great rival, Lancashire, the Red Rose County. Come on all the rest of you – let's see some backbone from you all!!

2005 YORKSHIRE JUNIOR FELL RUNNING CHAMPIONSHIPS

UNDER 12 GIRLS

GOLD	FIONA JORDAN	ILKLEY
SILVER	ROSIE HELLAWELL	KLY & C
BRONZE	MELANIE MORPHET	CFR

UNDER 12 BOYS

GOLD	TOM HUTTON	HALLAMSHIRE
SILVER	JACOB UREN	KLY & C
BRONZE	LUKE NAREY	BINGLEY

UNDER 14 GIRLS

GOLD	AMY MCGIVERN	HOLMFIRTH
SILVER	BETH PETTIT	HOLMFIRTH
BRONZE	KELLY HEWITSON	HALLAMSHIRE

UNDER 14 BOYS

GOLD	SAM HUTCHINSON	SKIPTON AC
SILVER	TOM SESSFORD	KLY & C
BRONZE	OLIVER WEBSTER	BINGLEY

UNDER 16 GIRLS

GOLD	ALEX WHEATMAN	SCARBOROUGH
SILVER	CLAIRE LILLEY	SKIPTON
BRONZE	RUTH MCGIVERN	HOLMFIRTH

UNDER 16 BOYS

GOLD	JONATHAN PAWSON	SKIPTON
SILVER	JONATHAN HARE	HALIFAX
BRONZE	JAMES KELLY	SKIPTON AC

UNDER 18 GIRLS

GOLD	TORI WHEATMAN	SCARBOROUGH
SILVER	SAMANTHA MORPHET	CFR
BRONZE	RUTH STUBBS	HALLAMSHIRE

UNDER 18 BOYS

GOLD	ALISTAIR BROWNLEE	BINGLEY
SILVER	HARRY COATES	SKIPTON AC
BRONZE	MATTHEW HURST	SKIPTON

U20 - INTERMEDIATE WOMEN

GOLD	LUCY GRIFFITHS	HOLMFIRTH
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U20 - INTERMEDIATE MEN

GOLD	KEVIN COOKE	HALLAMSHIRE
SILVER	SAM WATSON	WHARFEDALE

28TH SENIOR YORKSHIRE FELL RUNNING CHAMPIONSHIPS 2005

SENIOR MEN

GOLD	IAN HOLMES	BINGLEY
SILVER	KARL GRAY	CALDER VALLEY
BRONZE	LEE ATHERSMITH	SKIPTON

MENS TEAM

GOLD ONLY SKIPTON AC - LEE ATHERSMITH, IAN MCGEE & RICHARD BARRETT.

SENIOR WOMEN

GOLD	MARY WILKINSON	SKIPTON
SILVER	EMMA BARCLAY	ILKLEY
BRONZE	HELEN SEDGWICK	ILKLEY

WOMENS TEAM

GOLD ONLY ILKLEY HARRIERS - EMMA BARCLAY, HELEN SEDGWICK & ALISON EAGLE.

8TH INTER COUNTY FELL RUNNING CHAMPIONSHIPS - WREKIN 2005

MEN

GOLD	WILL LEVETT	SHROPSHIRE
SILVER	IAN HOLMES	YORKSHIRE
BRONZE	JOHN BROWN	GREATER MANCHESTER

YORKSHIRE - GOLD MEDALLIST TEAM

2ND. IAN HOLMES, BINGLEY, 5TH. JOHN HENEGHAN, P&B, 17TH. ALISTAIR BROWNLEE, BINGLEY & 42ND. STUART HUNN, SKIPTON.

INTER COUNTIES MENS TEAM

GOLD	YORKSHIRE	24
SILVER	GT. MANCHESTER	33
BRONZE	DERBYSHIRE	35

WOMEN

GOLD	MARY WILKINSON	YORKSHIRE
SILVER	SAM GRAY	EAST WALES
BRONZE	NATALIE WHITE	YORKSHIRE

YORKSHIRE SCORERS

1ST. MARY WILKINSON, SKIPTON, 3RD. NATALIE WHITE, HOLMFIRTH, 5TH. SHARON TAYLOR, BINGLEY 6TH. EMMA BARCLAY, ILKLEY.

INTER COUNTIES WOMENS TEAM

GOLD	YORKSHIRE	9
SILVER	LANCASHIRE	26
BRONZE	GT. MANCHESTER	39

"Kick Start Your Day And Improve Your Performance!"

Do you know how important protein is to your athletic performance and how detrimental a lack of it can be?

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Do you know how much protein you need and how to take it for optimum benefit?

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With the exception of water, protein is the single most valuable nutrient in the human diet. You need to take in substantial quantities per day but your body cannot store it and it can only take in a limited amount at a single sitting.

For example if you weigh 70 kilos, train regularly and compete, your body will need more than 100 grams of protein daily. But it can only absorb about 25 grams at a time approximately every three hours.

This means you will need at least four and preferably five meals per day containing 25 grams of protein each time.

Why is it so important?

Protein is muscle food. It's the thing that repairs and rebuilds your muscles and without strong muscles you can't pedal your bike.

So if you just take a bit of trouble to get your daily intake right you'll improve your performance no end and eliminate a lot of exercise related muscle problems.

And where better to make a start than with the main meal of the day - BREAKFAST!

If you're typical of the hundreds of athletes I've spoken to over the years your breakfast is probably a rushed affair and it's probably carbohydrate biased - cereals, porridge or toast. This is fine from the energy point of view but will only deliver roughly 8 grams of protein.

This is well below the 25 grams you should be taking in.

It is particularly important to slot in the first 25 grams of the day as soon as possible after an all night fast. Now I know that our modern lifestyles do not lend themselves to elaborate breakfast preparation so this is why we've come up with a modern solution - **Kick Start**®.

Good News

The good news is that you have no need to change your breakfast routine, after all you need the carbohydrates for energy and to help drive the proteins into your muscles.

We've developed a delicious 'meal topping' protein formula, made from dairy caseinates and whey, which when mixed with milk will deliver a desperately needed extra 16 grams of protein to your hungry muscles.

So by all means carry on having your cereals, porridge and toast but top up the protein using **Kick Start**® as well.

Kick Start® comes in three delicious flavours - Strawberry, Banana and Peach. It's dead easy to mix, just add the milk to the recommended amount of powder in a screw top jar and shake or use a blender if you're not too pushed for time. You could even mix it up the night before and keep it in the fridge ready for the morning.

The pack size is 1 kilo (30 servings) with a handy measuring scoop included. Each pack costs just £12.95 plus £4.50 post and packing. 2 or more packs post free.



"Hi Robin,

You may recall that we discussed my diet and you identified that there was a distinct lack of protein from my evening meal through to mid day the following day, some 18 hours! From that time I started to supplement my diet with Whey Protein powder. This solved the leg pain problem which had been a real worry and improved my recovery capacity beyond belief.

I was taking Whey by putting it on my cereal in the the morning and, with the grapes and banana I was also adding, the bowl was getting bigger and bigger. However since you introduced me to **Kick Start dairy protein drink mix**, which I take mixed with milk and drink, my breakfast is easier to deal with and my body is responding in a very positive way. No doubt whatsoever, and it only confirms to me your advice, that protein was the most important element in a person's diet, was the best of so many gems you have given me."

Geoff Cooke

National, Commonwealth, and World (Masters) Cycling Champion



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Fell Runner's Knee Pain!!

from Denise Park (MSc MCSP SRP Grad Dip Phys MSOM)

Following on from my last article, I would like to go back to a couple of items.

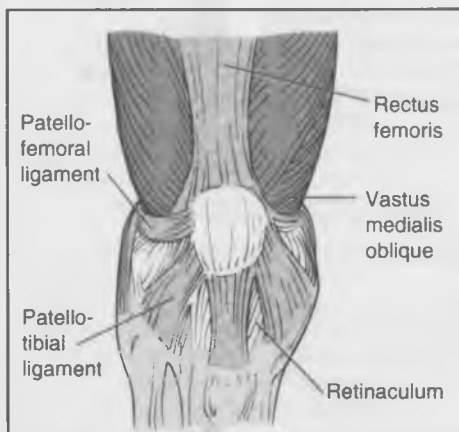
- 1/ As one runner so rightly pointed out to me, you can go to a Chartered Physiotherapist who might still misdiagnose your injury. All I can say is ask other runners who they recommend, and if you aren't getting anywhere seek a second opinion. One thing I would say is be wary of advertisements, it doesn't mean a magazine or club newsletter endorses that individual – just that they can afford to advertise. Word of mouth is one of the best recommendations.
- 2/ In my Physiotherapy Journal last month there was a report on Chartered Physiotherapists working with 'the top football clubs in England and Scotland'. A survey was carried out by the Health Professions Council in 2004 which found that only 43% of physiotherapists employed by these clubs were registered. The article encourages members of the public to check the registered details of their health practitioners online at www.hpc-uk.org.

FELL RUNNER'S KNEES!

This injury is often omitted from sports injury books, but is probably one of the most frequent injuries I see in fell and cross-country runners. Noakes and Grainger (1990) suggested that it is the most common injury associated with distance running.

Currently, there is no convincing proof as to the cause of 'anterior knee pain' (pain at the front of the knee joint) BUT 25% of the athletic population complain of it, with only 30% of them receiving effective treatment - which means many of you may have this problem and it may not have been treated successfully.

Unlike contact sports, anterior knee pain in runners can prove to be a complicated



issue which may be linked to the alignment of the leg, the type of shoe being worn or as I suspect the most common cause - an injury to the muscle and ligament fibres surrounding the kneecap. The majority of individuals who complain of exercise-related anterior knee pain DO NOT have any obvious patello-femoral (kneecap to knee joint) abnormality. Occasionally there may be something specifically wrong which needs to be ruled out before deciding on a treatment plan so an x-ray or scan may be necessary – but this is not commonplace – only if something structural is suspected.

The term 'Runners Knee' was first introduced by Dr George Sheehan in the 1970's when it was first thought to be a condition called chondromalacia patella – this is now recognized as a much abused term for anterior knee pain which includes softening and fissuring of the cartilage on the back of the kneecap. Other terms used are =

- patello-femoral stress syndrome,
- lateral patellar compression syndrome,
- peri-patellar syndrome
- retinaculitis.

Unfortunately the condition often ends up being treated on the operating table, whereas if diagnosed correctly it can be treated conservatively – ie without surgery.

Symptoms

- pain localized around the kneecap – often the lower end
- full, painfree movement of the knee joint
- pain which first occurs during running but which usually doesn't result from external trauma (though it is possible to fall and land on the kneecap and cause impingement of the fibres which attach to the back of the kneecap)
- pain which is aggravated by longer runs, especially during and after downhill running
- pain aggravated by walking up and down steps or squatting/ kneeling
- pain which is aggravated by sitting with the knee in a bent position for long periods (it used to be referred to as 'cinema goers knee' as it was particularly painful to stand and walk after watching a film at the cinema!)
- when severe, it may become painful to depress the pedals when driving.

Possible Cause of the Pain

As fell and cross country runners are often running over uneven undulating surfaces, the ligament and muscle fibres around the knee are often working in strange positions - the knee can be in a bent position with the quadriceps working hard to push off from a contoured surface or working hard running up or downhill, with the ligaments being stretched into numerous extreme positions! Biopsies have shown that injuries occur in the small muscle and ligament fibres surrounding the kneecap which are likely to be a cause of anterior knee pain.

The vastus medialis obliquus is part of one of the quadriceps muscles. It lies just above the inside of the knee joint and acts as a dynamic restraint to forces that would normally displace the kneecap outwards. If the knee is painful, weakness can develop in this muscle, resulting in a change in position of the kneecap, so an altered gait pattern which may eventually cause cartilage damage to the back of the kneecap. This should be avoided at all costs as it is not easy to resolve!

Treatment

- 1/ **Physiotherapy** Careful examination of the soft tissues around the kneecap often reveals an origin of pain in the quadriceps fibres or retinaculum. I treat this with deep, frictional massage to the site of the injury, often with fairly quick results. Of 20 runners that I selected from my list with this injury, all were symptom-free within 1-6 treatments. Previous intervention – surgery, cortisone injections, etc., sometimes delayed the response, but the duration of the problem didn't appear to affect the success of the treatment. One runner had experienced symptoms for 14 years (originally misdiagnosed as arthritis) but he still responded in two treatments.
- 2/ If there is an **alignment** problem this should be addressed – orthoses may be necessary to help correct the position of the kneecap on the front of the knee joint – but this isn't an immediate answer. If there is an injury, altering the alignment won't necessarily solve the injury – just prevent a recurrence.
- 3/ If there is **weakness** in the vastus medialis, this needs strengthening to help provide the restraint to the kneecap. I encourage my runners to do eccentric quadriceps exercises :
 - stand on one leg but balance by resting hands on a chair back

- unlock the standing knee and bend to about 30-40°, or until you can't see your toes. Make sure your leg stays straight over your foot – don't let your knee go inwards as you bend.
- Repeat this on each leg and slowly increase the number of repetitions. Start with 10 each leg but build up to 50/day.
- The secret is to do this slowly and in a controlled manner – it is not a speed session!

4/ Check your **footwear** adequately supports your foot – shoes should be replaced after 480-800kms of running. Put your shoes on a flat surface and see if they look twisted or if the soles still have any life in them. It is cheaper to replace shoes than to get an injury which needs treatment.

Anecdotes

With their permission – these are four of the runners I have treated who were experiencing anterior knee pain who have responded to appropriate physiotherapy intervention.

Alan Barlow, Chairman FRA Committee. Alan was convinced he'd got arthritis in his knees! I treated Alan briefly on the departure lounge floor at Klagenfurt Airport on the return from the '05 European Championships in Austria. Alan



didn't board the plane and I was worried where he had disappeared to – he was having a run along the runway as he couldn't believe the difference in his knees!

Lloyd Taggart, England Mountain Running Team. I treated Lloyd at the World Championships in Italy '04. Lloyd had already had surgery on his knee but still had the same knee pain. I treated the fibres around the knee and his symptoms eventually disappeared although it took a little longer to settle as he had already had

surgery. Shame he didn't have the conservative treatment first – we will never know if the surgery was really necessary!

Steve Barlow, Horwich RMI. Steve was due to have knee surgery following the Masters Championships in '04. Steve was sat at a table with Colin Shuttleworth describing his symptoms, and Colin suggested he speak to me as I had treated him successfully for the same symptoms. Steve found me, introduced himself and then offered to remove his trousers in an Italian Restaurant so I could assess his injury. I declined his offer, but Steve came to come to see me on his return to England and cancelled the scheduled surgery once symptom-free.

Mark Brown, Silver and Bronze Medal Winner at Paralympics. Mark sometimes experiences problems with this injury if he increases his track training. This is due to running round a track in a clockwise direction which has an effect on the outer right leg – plus the imbalance of running with only one arm. The symptoms always resolve relatively quickly and he has never needed to consider more serious intervention.

I hope this has given some food for thought. This is a condition which some physiotherapists may misdiagnose if they haven't got experience treating distance runners, but it is a condition, which once diagnosed appropriately, can be treated quickly and effectively.



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Kevin and Bob's BIG Adventure

from Bob Sewell

January 2005

Kevin: *Bob, you're 50 in August how do you fancy going to Chamonix for a race?*

Bob: *What sort of race?*

Kevin: *It's called the North Face Ultra Trail Tour De Mont Blanc.*

Bob: *How long is it?*

Kevin: *158k (98 miles) with roughly the same height gain as climbing Mount Everest from sea level about 8600 m (28,500 ft)*

Bob: *Where do you sleep and how many days does it take?*

Kevin: *Are you getting soft in your old age! It's run as a continuous race starting on Friday at 7p.m. and you're allowed 45 hrs to finish.*

Bob: *But that means you're running from 7p.m. on Friday until 4p.m. on Sunday. Are you allowed to stop?*

Kevin: *There are 3 main stops with food, massage, footcare and beds for a quick kip if you need it and 16 smaller refreshment stops with light food and drinks.*

Bob: *What do you have to carry?*

Kevin: *Basic stuff. 1 litre of water, 2 head torches with spare batteries, hat, gloves, waterproof jacket and trousers, food and first aid kit.*

Bob: *Sounds perfect, let's book the flights.*

August 2005

So here we were at 6.30 p.m. on Friday 26th August nervously waiting for the start in Chamonix town square surrounded by lots of really fit people. No fancy dress or fun runners here, just 2000 runners from all over the world looking thin and haggard wearing lots of fancy kit. Stirring music over the P.A. then it's time to start. The fit lads and lasses at the front set off at my 10k pace followed by the runners with

more modest ambitions slowly jogging over the start line.

The average person hikes the Tour De Mont Blanc Trail in 7 to 10 days spending the nights in different mountain huts and villages along the way so it felt like madness to attempt to do the whole route without stopping. I had previously run the Bob Graham Round of 72 miles in under 24 hrs, the Hadrian Wall Path of 84 miles in 19 hrs and the St Cuthbert's Way of 62.5 miles three times in about 16 hrs the last time being three weeks before the Tour De Mont Blanc so I had some experience of long distance events but 98 miles with 28,500 ft of ascent seemed a bit scary.

Kevin and I had long discussions about not running together but we set off at the same pace and after 1hr on approaching Les Houches were still together and much to my relief and pleasure we stayed that way all the way through the first night. How would I have got up the long climbs without talking?! The welcome we received in each of the villages along the way was astounding. Imagine the crowds and noise at the end of the Great North Run and that will give you some idea of the enthusiasm of our reception.

At the first refreshment stop in Les Houches the whole village seemed to be in the middle of a large party with food and drinks laid out on trestle tables at the side of the road. The French certainly know how to eat with a vast array of bread, cheese, ham, cake, fruit, soup, tea, coffee, coke, energy drinks and water being available and it was the same at all the other stops along the way.

After Les Houches the serious work began with the ascent of the Col De Voza but we were encouraged by the sight of the sun setting on the Aiguille du

Midi giving a fabulous alpenglow effect on the warm rocks. Another chance to eat at the top of the col then on to Les Contamines where the contrast between the noise and enthusiasm of the people after the dark silent hills was overwhelming. We took about 5 minutes to stock up on food then off again up the longest climb of the Tour, the Croix De Bonhomme.

This climb from Les Contamines at 1150m to the top of the col at 2479m. gave us one of the highlights of the weekend. At this point we were in the middle of the field of runners so halfway up the climb we could see 1000 headtorches zigzagging up the hill and 1000 headtorches following behind all of this under a clear starry night with a quarter moon. What a way to spend a Friday night!

Down the other side to Les Chapieux, which at 44km (27m). was the first major stop with hot food, beds, etc. giving us the chance to sit down for 10 minutes and catch our breath. It was now 4 a.m.; we had been running for 9 hrs but had run further than a marathon in the dark and over rough stony tracks without feeling any ill effects at all. I felt that we had the pace just right and I had such a tremendously strong feeling of well being which stayed with me throughout almost all the tour and gave me the confidence that I could run all day if necessary.

Another 1000m climb after Chapieux up the Col de la Seigne at 2516m. As we reached the highest point at 7 a.m. after 12 hours of running we were greeted by daylight. It was a wonderful feeling to take the head torch off and to be able to see the views. We continued running together for another hour then decided that

we should split up. This was a major decision for me and I was reluctant to go on alone. We had worked together at the pace so well for over 12 hrs but Kevin finally persuaded me to go for it shouting last minute instructions not to go too fast! Really scary now, no one to keep me company or to help set the pace. Would I get it wrong and blow up? Only time would tell.

I set off a little faster and began to overtake other runners. This set the tone for the next 24 hrs as from this point to the end, either on the route or at rest stations I passed almost 1000 runners. Next stop Courmayeur at 72 km (45m) and 15 hrs of running. I had arrived in Italy.

What a fantastic reception at Courmayeur and another highlight of the day. Margaret and Linda had been up since the crack of dawn and driven through the Mont Blanc tunnel to meet us at Courmayeur. What a lovely sight. The support they had given both Kevin and myself over the last few nervous days had been superb but this topped everything. What a joy to see them both and draw on their excitement and enthusiasm and 15 minutes later I was ready to go feeling fully refreshed mentally as well as physically.

Another big climb out of Courmayeur followed by a fairly flat section before the Grand Col Ferret which at 2537m marked the highest point of the tour as well as the border with Switzerland. I had been looking forward to seeing Switzerland and despite the steady drizzle, which had begun earlier that afternoon I was not disappointed. In my slightly tired state after 22 hrs it appeared to be the most beautiful place I had ever seen. Imagine the greenest of green meadows with cuckoo clock

chalets surrounded by cows with large bells around their necks. The scale of the peace and tranquillity was overwhelming and I vowed to return (by car) next year.

Margaret sent me a text message saying that Kevin had stopped at Courmayeur having decided that 45 miles was enough for today. Considering that since we made the decision to enter the race he had probably not had more than two weeks uninterrupted training this was a fantastic effort and I will be forever grateful for suggesting that we try the race and then all of the help and support before and during the event. Well done Kevin!

Next stop Champex d'en Bas. This at 119km (74m) and 26hrs was the last major stopping point of the day. I had sent a bag with spare clothes, food and shoes to both Courmayeur and Champex. The organisation was superb and the bag was brought to me as I entered the army base, which was used as the reception post. There was an even bigger array of food at this point prepared by Leon (artist of the fruit tarts) and Gaston. I made the mistake of removing my shoes and socks at this point and immediately wished I hadn't bothered. The bottoms of both feet were blistered from toe to heel and were

completely white! I had sent my road shoes on to this point in anticipation of this so quickly replaced socks and shoes and thought of Lance Armstrong "Pain is temporary etc."

So out once more into the dark and by now heavy rain. Thank you George for the Paclite jacket, it really worked. Two more big climbs to come. The field had thinned out considerably so I quickly joined up with two French lads for the long rough climb up the Col De Bovine. This was the most difficult climb of the tour made worse by heavy rain and mist which caused the light from the head torch to reflect back into my eyes. The route had been superbly marked throughout and we really needed the markers now. The reflective strips were paced at 100m intervals so we were never in doubt as to the correct route. The top eventually came and it was down to Trient for the most surreal refreshment post of the tour. We had just struggled over rocks, rivers and mud in the mist and darkness to arrive at a marquee adjoining a bar full of Swiss men who appeared to have been drinking for the same time as I had been running! (30 hours) I had the oddest drunken discussion about the merits of Alan Shearer and Lauren Robert at 1.30 a.m. until I finally dragged myself

onward having politely refused their kind offer to finish their bottle of wine.

The last and steepest big climb now beckoned. I set off really well but was now completely alone. Where had everyone gone? I got to the top with no trouble but then began to suffer a little. It was now about 3.00 a.m. and I remember Kevin telling me that when he worked nightshift this was the worst time and I was now into my second night! In my bemused state at Trient I had filled my liquid pouch with water instead of energy drink and I suddenly found I could not even run downhill anymore. My tried and tested cure of salted nuts and jelly babies had no effect and I felt really tired. I crawled into the refreshment stop at Vallorcine and much to the amusement of the locals (I was now back in France) drank two cups of tea with three sugars and ate a whole block of Kendal mintcake. I must have looked a bit rough because the guy in charge sat beside me and asked if I was OK. Not wanting to be pulled out of the race I set off quite soon and with my second dawn started to feel really good again. I ran into Argentiere 149k (92m) at 6.20 a.m. and with only 9k to go felt confident of finishing. 9k that's just once around Mitford Steads!

I phoned my support team to warn them that I was almost at the finish and set off for Chamonix. The last section is almost flat with a slightly unexpected sting in the tale but I was feeling really fit and running uphill at times where the track was not too stony. I passed a few more runners and shook hands in congratulation then I was on the final road into Chamonix. I ran down through the streets at what felt like 6mins per mile pace and there were Margaret, Linda and Kevin to meet me at the finish. What a welcome sight.

8.02 a.m. on the church clock giving me a finishing time of 37hs 2m in 298th position. 2000 runners started the race with 774 finishing in the 45 hrs allowed.

A fantastic event with a superb atmosphere, brilliant organisation and a really good challenge. I will always keep with me the feeling of companionship and joint effort, which seemed to flow through the event and even two weeks later I can still here the cries of "Bravo Monsieur! Courage!" which greeted all of the runners whenever we ran through a town or village.

So perhaps there is life after 50. Maybe it is not all golf, bungalows and cardigans. Perhaps 50 really is the new 21!

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Junior Pages

*The exuberance of youth!!
Hannah Bethwaite and Indra Davies lead
the charge up Barrow in the U10 race
(Dave Brett)*



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HIGH RIGG JUNIOR RACES - CUMBRIA - 22ND MAY 2005

THIRD JUNIOR CHAMPIONSHIP RACE

THAT'S ALL I EVER WANTED TO DO'

"My name is Indra Davies, and I am competing in the under 10 non-championship races and live in the flat county of Nottinghamshire, but originally come from Shropshire. I compete for Retford AC.

I opened the car door and smelled the air; I was in my favourite place, the Lake District, and looking forward to competing in the High Rigg race. Before racing I checked the course so I knew where I was going. I was walking to the line with my friend Bo Bo and was feeling confident, but slightly nervous. We were waiting for the last person to come, then the race began, it started on horrid tarmac, but we were soon on the open fells.

The climb was great, however the tread on my Walshes has gone a little blunt so it was harder to climb. My legs were feeling confident for the downhill, it's my favourite part. I launched myself down the hill and went down like a flash.

I could see the tarmac in front of me, my legs collapsed and I was quickly overtaken by another girl (Katie Wright), THAT'S IT, I thought, so I began to sprint, I just got her on the line. When I passed the line I had a photo taken with the first and second placed girls.

At the finish I missed out on the chocolate so I was given 30p instead. For competing we were treated to a drink, cake and crisps, which was just what I needed. I found the course very enjoyable, the best bit was the descent where I knew I could let myself go.

I got into fell running because since I started walking I was always up mountains; I even climbed, and walked in the Langdales when I was two. Then when my dad started fell running with Mercia Fell Runners, that was all I ever wanted to do".

3rd U10 girl - Indra Davies of Retford AC

What a fantastic insight juniors give on a race, when you finish the steep grassy descent here, it's actually a run back through flat fields to the finish, although maybe this does feel like tarmac; in fact there is only 200 yards of track, in this one of the most stunning venues the juniors are asked to race at. Is this the reason why 187 juniors, a new record turn out, descended on Duncan and Gillian Stuart's Bram Crag Farm in St. John's in the Vale, there again it could be the YUMMY home made cakes, scones, biscuits and refreshing pots of tea, or is it the new exciting championship format?

This also resulted in only two old records remaining intact, Amy McGivern's, GU12 & Karrie Hawitt's GU18, as times tumbled

in every age group, despite the greasy conditions, although the forecasted heavy rain thankfully never materialised.

The event threw up an amazing talent in Ellenborough's GU14, Laura Park, who very nearly beat all the 46 runners, and was only overtaken on the descent by Oliver Webster of Bingley, Laura took 90 seconds off the record, with Blue Haywood and Rosie Stuart also inside Rosie's year old mark.

Winner of the Inov-8 'winner's prize draw' for a pair of their fell shoes, was newcomer Nick Swinburn of Northumberland Fell Runners who won the under 18 race, which was combined with the under 20's, where only U20 Chris Doyle finished ahead. Running on virtually home turf, since the races are run from Uncle Dunc's farm, and home is only a few miles down the valley, under 18, and current U16 champion, Emma Stuart, not only won, but beat 3 under 20's including British champion Rachael Thompson.

U12, Jessica Wootton and U10 Hannah Bradley each won a pair of size 5 trail shoes, donated by Up & Running, only runners with size 5 feet or under were invited to participate in this draw - so it was a bit like Cinderella.

UNDER 10 - NON CHAMPIONSHIP BOYS

1	J. KNOX	HELM HILL	8-49 R
2	E. GATE	CFR	8-54
3	C. NASH	PRESTON	8-59
4	J. HALL	BINGLEY	9-14
5	H. SESSFORD	KLY &	C9-49
6	B. INGLESON	KLY &	C9-59

GIRLS

10	H. BETHWAITE	ELLENBOROUGH	10-13 R
12	B. HAYWOOD	LINCOLN WELL	10-30
16	I. DAVIES	RETFORD	11-22
17	K. WRIGHT	BROUGHTON	11-22
18	S. SEARSON	UA	11-36
23	F. BIDDLE	PENDLE	11-52

UNDER 12 BOYS

1	T. DOYLE	HELM HILL	10-53 R
2	R. ADDISON	HELM HILL	11-19
3	J. KNOX	HELM HILL	11-28
4	R. CROASDALE	UA	11-33
5	T. MESSENGER-JONES	BROUGHTON	11-40
6	M. NASH	PRESTON	11-43
7	O. KENNEDY	PENDLE	11-45
8	T. HAYNES	ERYRI	12-00
9	C. ADAMSON	LEIGH	12-01
10	J. JOHNSON	ROSSENDALE	12-05

GIRLS

13	M. HYDER	DALLAM	12-17
14	F. HAINES	AIRIENTEERS	12-40
17	R. HELLAWELL	KLY & C	12-58
20	F. JORDAN	ILKLEY	13-06
23	E. KERR	ILKLEY	13-28
26	M. MORPHET	CFR	13-47
28	J. WOOTTON	WHARFEDALE	13-57
29	E. WELSH	MORPETH	14-01
31	C. KENYON	EDEN	14-06
32	L. VAILLANT	KESWICK	14-09

UNDER 14

BOYS

1	O. WEBSTER	BINGLEY	14-00
2	T. SESSFORD	KLY & C	14-34
3	J. MOODY	MATLOCK	14-37
4	M. FRETWELL	SETTLE	14-45
5	J. KELLY	ROSSENDALE	15-00
6	L. JONES	MATLOCK	15-02
7	J. ADDISON	HELM HILL	15-03
8	M. LOUGHLIN	SKIPTON	15-14
9	R. NICHOL	ALTRINCHAM	15-21
10	R. GOULD	E. CHESHIRE	15-35

GIRLS

2	L. PARK	ELLENBOROUGH	14-18 R
9	B. HAYWOOD	LINCOLN WELL	15-07
13	R. STUART	KESWICK	15-42
17	H. BATESON	LANC & MORE	16-21
19	R. ROBINSON	SCUNTHORPE	16-40
27	R. SEARSON	BLACKBURN	17-19
30	B. VANHINSBERGH	HELM HILL	17-26
33	J. BIBBY	KESWICK	17-36
36	K. IRELAND	ROSSENDALE	17-49
38	A. BRIDGEMAN	SCARBOROUGH	18-01

UNDER 16

BOYS

1	S. WEBSTER	BINGLEY	13-52 R
2	J. PAWSON	SKIPTON	14-57
3	J. HARE	HALIFAX	15-02
4	T. ADDISON	HELM HILL	15-18
5	M. JONES	HOLMFIRTH	15-24
6	R. JACKSON	PRESTON	15-27
7	L. WILLIAMSON	MORPETH	15-35
8	J. MOUNTAIN	SKIPTON	15-57
9	E. HAYWOOD	LINCOLN WELL	16-03
10	J. KELLY	SKIPTON	16-10

GIRLS

24	DIONNE ALLEN	LEIGH	17-44 R
27	A. ANDERSON	PENDLE	18-49
28	A. WHEATMAN	SCARBOROUGH	19-04
29	H. PAGE	HALIFAX	19-27
31	DANNI ALLEN	LEIGH	19-37
32	H. NAYLOR	SKIPTON	20-20
34	S. VARLEY	HOLMFIRTH	21-43
35	H. RAMSDEN	BINGLEY	22-20

UNDER 18

1	N. SWINBURN	N. F. R.	25-00 R
2	A. PEERS	WIRRAL	25-46
3	H. COATES	SKIPTON	25-58
4	S. MITCHELL	VALE ROYAL	26-09
5	M. HURST	SKIPTON	26-46
6	J. MCGONIGLE	WARRINGTON	27-27
7	W. JACKSON	ELLENBOROUGH	27-31
8	D. HAYWOOD	LINCOLN WELL	28-01
9	J. WALKER	KESWICK	28-55
10	R. SMITH	HOLMFIRTH	31-28

GIRLS

1	E. STUART	KESWICK	31-17
2	E. CLAYTON	SCUNTHORPE	33-53
3	D. MCGEE	CFR	35-50
4	S. MORPHET	CFR	37-37
5	L. CAMPBELL	HELM HILL	39-26

UNDER 20

BOYS

1	C. DOYLE	TRAFFORD	24-06 R
2	R. LIGHTFOOT	ELLENBOROUGH	25-13
3	J. MELLOR	LIVERPOOL	25-23
4	T. WILD	AMBLESIDE	27-24
5	S. HUNN	SKIPTON	29-20

GIRLS

1	R. THOMPSON	HORWICH	31-41 R
2	L. GRIFFITHS	HOLMFIRTH	32-40
3	J. EMSLEY	ARRAN	33-16
4	H. WILLIAMS	UA	35-02
5	K. COLE	HORWICH	35-25
6	R. CROWE	LYTHAM	37-53

SUSA TRIALS RACES - Ilkley, West Yorkshire

5TH JUNE 2005 - 2.2 mile/660ft

You can organise everything, which is exactly what Shirley & Paul Wood along with Ilkley Harriers did for this event, but their skills don't extend so far as controlling the British weather. However the heavy rain certainly didn't dampen the spirits of the 23 girls and 35 boys who toed the two separate start lines on Ilkley Moor, for selection to run for England in Italy. An Italian theme ran throughout the day, with all course marshals dispatched to their points with Italian flags to wave, prizes had an Italian feel, White Wells cafe provided a pasta special meal and flew the Italian and English flags on their roof. Here was also the opportunity to experience the Susa Cold Dip, similar to what Paula Radcliffe puts her tired limbs through after racing, due to the weather only three Bravehearts took the plunge, literally, Rossendale Daredevil, Philip Bolton, Ilkley's own Elliot Dawson and Halifax' Jonathan Hare all showed their mettle in true Alf Tupper style. The organisers in their programme of events even gave some Italian phrases to chant, "Faster" = Piu Veloce (pronounced Pew Volechay), "Go on" = Vai Avanti (pronounced Vay Avantey) & "Uphill" = Sali Sali, which for the 12 athletes selected hopefully came in useful on their overseas experience.

Special guest was international runner, Andi Jones, who not only started the girls'

race, but then wanted to test himself over the course, before the boys competed, could he have beaten Alec Duffield's time - we think not! Andi generously donated a pair of fell shoes in to a prize draw for all the runners who competed that day, with the lucky participant being Alex Wheatman, who couldn't contain her delight at England selection and the shoes. The first 6 girls, whilst the first 5 boys, plus Alistair Brownlee were selected to run for England, with the reserve spots given to the next boys and girls from the trials race.

A few lessons hopefully were learnt by the athletes as the races got underway, in that you should always run your own race, and not get carried away with other runners and of course the occasion of gaining an England vest. The flip side to this is that some runners excelled on the day, and used the right tactics, one being our youngest England international to date, who gives her account below;

"As I walked the course I felt anxious and nervous, as the rain was making the ground slippery. I was worried that I might have a nasty fall in the race. The course drove up very steeply, and I knew which parts I was going to struggle on the most, and which parts I would zoom down like a rocket. This was on of the steepest, longest, competitive races I had ever done and I was hoping to do well in it. I never thought I would make it to Italy. As a matter

of fact I thought I was going to come last, as I was racing in the under 17's race, against girls from all over, and I was still only 11 years old. I am very pleased with the end result, and am really looking forward to racing in Italy with my team mates. I have always wanted to represent my country for running, but I never thought I would. Now it's like a dream come true, and I am so looking forward to wearing England kit, I just hope it fits".

6th place Melanie Hyder, Dallam AC

BOYS		YEAR	
1	A. DUFFIELD	LOFTUS	15-38 88
2	N. SWINBURN	NFR	15-58 88
3	A. PEERS	WIRRAL	16-02 88
4	J. HARE	HALIFAX	16-09 89
5	B. LINDSAY	PENDLE	16-11 88
6	S. MITCHELL	VALE ROYAL	16-41 88
7	J. PAWSON	SKIPTON	16-51 89
8	S. WEBSTER	BINGLEY	16-54 89
9	M. HURST	SKIPTON	16-55 88
10	J. MCGONIGLE	WARRINGTON	17-05 88
13	J. MOODY	MATLOCK	17-38 91
17	P. BOLTON	ROSSENDALE	17-57 90
20	O. WEBSTER	BINGLEY	18-10 92
33	A. BATESON	LANC & MORE	22-19 93

GIRLS		YEAR	
1	L. PARK	ELLENBOROUGH	17-51 91
2	B. HAYWOOD	LINCOLN WELL	18-10 91
3	A. WHEATMAN	SCARBOROUGH	18-51 90
4	A. MCGIVERN	HOLMFIRTH	18-58 92
5	R. STUART	KESWICK	19-07 91
6	M. HYDER	DALLAM	19-28 93
7	C. LILLEY	SKIPTON	19-38 90
8	E. STUART	KESWICK	19-43 88
9	DIONNE ALLEN	LHIGH	19-46 89
10	H. BATESON	LANC & MORE	20-06 91



Laura Park in the lead at the Susa Trials (Photo Dave Brett)

AQUA EDALE FELL RACE - 12TH JUNE 2005 3RD ROUND UNDER 20 CHAMPIONSHIP

I have recently made two trips south of the border to compete against the "dreaded English" in their junior championship events. Although I have accidentally let slip that I was born in England I am unable to qualify for championship points as I have competed in a Scottish Championship event earlier in the year. There is a hill running league in Scotland, but the numbers taking part can't compare with those that the English equivalent attracts.

The main focus of my season is to gain selection for the World Mountain Running Trophy and in order to prove myself to the selectors I needed to travel in search of competition due to the lack of U20 female fell runners in Scotland.

I came to the Edale race with my Dad and we were pleased to recognise a few Scottish faces in amongst the masses. I was looking forward to this race as the course looked to be better suited to me than the previous championship event at the High Riggs.

I made a steady start up the initial climb keeping an eye out for other juniors with '20's on their backs. I was able to pass quite a few people on the level part of the course. Rachel had a great run to finish 6th overall, and I was pleased to only be a couple of places behind Lucy, we were 20th and 22nd respectively (I had been watching her yellow

Holmfirth vest getting gradually closer to me over the second half of the race - in the end it was too gradual and she finished 20 seconds ahead of me.) I really enjoyed the final grassy part of the descent although I was a wee bit worried about slipping in front of the crowd of Scottish guys or Dave with his camera!

After my race I watched the men's race in which my Dad was competing. It was a good day for the Scots with 4 men in the first 8 finishers, dad finished in 48-32.

We both really enjoyed the race and would gladly make the trip down again for next year's event.

By the time that this is published I will either have been selected for the Scottish WMRT team or not but either way it has been a great experience to compete in such well supported and high quality English Championship events.

**3rd U20 woman. Jennifer Emsley ,
Arran Runners**

This race proved beyond any doubt that the FRA decision to include the U20 - Intermediates in to the senior English 'AS' Championship race was a success, and that they CAN mix it, plus they genuinely seem to have enjoyed the challenge of the Edale course. Being also a British championship, this enticed U20 Ian Donnan to travel

down and take on England's best, and only Simon Bailey managed to do that, as Ian finished second overall from the 366 men who finished. Ian, studying Sports Science and Business Management at Colorado University is very versatile being the Inter County 5K track champion, and has won the British junior fell title twice, but finishing 6th in Italy and 4th in the Alaska World Junior Trophy shows his calibre, and future potential.

One of the best performances of the day was by a shocked Rachael Thompson, who couldn't believe she finished 6th overall, beating renowned seniors like Karen Davison and Lou Roberts from the massive ladies field of 102.

UNDER 20

BOYS

2	I. DONNAN	LOTHIAN	32-55
25	R. LIGHTFOOT	ELLENBOROUGH	34-55
28	J. MELLOR	LIVERPOOL	35-11
29	C. DOYLE	TRAFFORD	35-27
81	T. WILD	AMBLESIDE	38-30
92	R. FLANNERY	SALE	39-11
133	K. COOKE	HALLAMSHIRE	41-12
140	D. HOWLETT	SALE	41-20

GIRLS

6	R. THOMPSON	HORWICH	42-06
20	L. GRIFFITHS	HOLMFIRTH	45-06
22	J. EMSLEY	ARRAN	45-26
47	K. COLE	HORWICH	48-49
53	R. CROWE	LYTHAM	49-31
65	H. WILLIAMS	UA	50-51

SETTLE HILLS - 3RD JULY 2005 4TH ROUND JUNIOR CHAMPIONSHIPS

Six fifteen a.m., "Get up," calls the voice from the bedroom door, a mumbled reply and a roll over and then, "GET UP!!" and it's now 6.30 a.m. "Oh no!" panic and a rushed breakfast stuffed down and away we go by 6.45 a.m., the reason for this being that I live in Northwest Wales. It might seem a long way to come for a fell race but the English champs are so well attended, offering great competition, and a good day out, so it makes the effort well worth it. It was a long and boring three hour journey up to Settle (with usual loo stops for Dad!) passing Pendle (the first race of the year) on our way up. I arrived about an hour before my race, went to get registered and changed into my running kit. I dropped my old fell shoes in the DustyShoeBin and went for a walk/jog around the course, (on the way round a Woodentop spotted I had new shoes and said I had no excuse). I watched the U10 race, thinking, "There's no way I would even be able to beat them".

I got back to the start area and did my warm up. I thought, "Wiwow, there's a very big field in this race" Then the horn went and I shot off trying to get myself up with the first few. The start was very jostled and it was hard to get in-between everybody. Running up the road to begin was really quick, (not my strength),

we rapidly dropped into the field and soon began the climb. The hill I had planned to run reduced us all to a frantic walk, lying around fifth a group of us seemed to have got a bit of a gap. The initial brutal climb eased off and I began jogging, gaining a position or two. The descent was frantic and steep, myself and others ended up on our backsides at least twice, but it was probably quicker anyway! A short little climb and then the descent of the first climb, keep going I was saying to myself and hang onto third. Stretching away on the little descent and short ascent to the road I just hoped that I would be able to keep that position. It was very hard but I managed to hold on crossing the line in third, my best place yet in the championship races, a great feeling. Perhaps the Woodentop was right about the new shoes!

Although I can't count in the championship because I'm Welsh I still feel the early start was well worth it. I then went to watch my dad at the start of the senior race. I finally got home at 10.00 p.m and went straight to bed feeling completely exhausted but satisfied. Next up Sedbergh!

3rd U12 Tom Haynes, Eryri Harriers

'I first raced in a cross country at school which I really enjoyed so, I joined Matlock A.C. Randall Tassell the junior coach is keen on

cross country and fell running, and took me to my first ever fell race at West Nab last year where I ran in my football boots! Now I really look forward to the fell races even though it is normally a long drive, everyone is so friendly. I have been doing a lot of track racing and cross country, but when I tell people about fell races that really impresses them. I have done some extra hill training as I wanted to do well at Settle after struggling at High Riggs. I knew Oliver Webster would be wanting another win, and Sam Hutchinson was there and he beat me in the Northern Cross Country Champs. The weather was spot on dry and breezy - better than Ilkley Susa trials!

The hooter sounded and off we went across the rugby pitch. I made my usual fast start (long legs come in handy sometimes!) We got onto the long climb and Sam was pushing me all the way, but I managed to keep a gap. Got my breath back at the top ready for the steep downhill, I could see that some others were catching Sam. My legs felt ok this time coming down, and I could see that my club mate Lee Jones was coming very fast. We got back onto the road and I picked my speed up to make sure Lee didn't catch me. Running on to the pitch the finish banner was a welcome sight. The crowd cheered everyone in, and I was really chuffed for Lee, he gets better every race.



U12 Uphill Champion Laura Riches at Settle

It was nice for our coach for us to get first and second places.

I am looking forward to the last two races especially Crowden, its not far from where I live for a change.'

First U14 Josh Moody, Matlock A.C

Congratulations must go to Settle Harriers, especially John Murfin and Anthony Shepherd the senior and junior race organisers, because this race had to be run a week later than their traditional date due to the junior Susa international fixture in Italy; thus giving 12 juniors the chance to represent England. The event enjoyed its customary Dales sunshine, with all the junior races having the honour of being started by Antoni, June and Peter Taylor, the late John Taylor's parents and brother, this made the event's more special for everyone. Team Taylor are always invited to the Yorkshire Championship's, which were incorporated here, because the Under 12 Perpetual Trophy is a small stained glass window, which originally should have been used at John's Run in 2002. But it was felt using the trophy for the U12 Yorkshire Championship's was a more poignant tribute, as the winner Tom Hutton testifies in the Yorkshire article, in this magazine.

Numbers just keep growing, 109 last year, this year 164, admittedly this does include the 28 under 10's, where the day almost

got off to a surprise result in Ellenborough's Hannah Bethwaite leading the race almost all the way, only for Harry Sessford to pass her in the last 150m. Their times will now stand as the course records, records were also broken in the U14 race by Joshua Moody, Blue Haywood and Dionne Allen in the U16's, which now crowns them 2005 English Champions.

A modification to the course of the U18's race made it considerably more demanding, as the route now follows the seniors' line up the appropriately named High Hill, instead of the walkers' path around it, hence Alistair Brownlee and Emma Stuart's times are now records. Alistair lived up to the tag of favourite, although at the finish he wasn't amused with his 29-42 time, nearly 3 minutes outside Mark Buckingham's 2003 record, now you know why Alistair!

The U20 race, ran with the 115 seniors tackling the 7 mile course around Attamire, Victoria Cave and it's limestone contours before returning via the under 18's route to North Ribblesdale Rugby Club. The senior race was won by Mr. Intrepid himself, Ian Holmes, who also clinched his 5th Yorkshire title here, which was incorporated within the race, while Mary Wilkinson broke the ladies record, to win her second Yorkshire title. For more on the Yorkshire Championships Junior and Senior see "Yorkshire's Golden Girls" elsewhere in the magazine.

Ricky Lightfoot had a stormer to finish 4th behind 3 senior internationals, and was the lucky winner of the Inov-8 winners prize draw, for a pair of their fell shoes. Close behind in 6th overall was Jonny Mellor, with Chris Doyle 8th. Lytham St. Annes athlete Rachel Crowe sprung a surprise on the under 20 ladies, finishing first a minute ahead of 2004 U18 British Champion, Rachael Thompson.

A new introduction here was that Crosstrax have agreed to donate a pair of fell shoes in to a prize draw for everyone, including the U10 runners at every championship race from now on, the lucky winner was Stephen Marr of Wirral AC.

UNDER 10 NON CHAMPIONSHIP BOYS

1	H. SESSFORD	KLY & C	8-32
2	S. CLARK	ELLENBOROUGH	8-54
3	B. INGLESON	KLY & C	9-15
4	R. PAYNE	DARK PEAK	9-24
5	O. ALLSOP	SETTLE	9-39
6	A. TAYLOR	UA	10-13

GIRLS

2	H. BETHWAITE	ELLENBOROUGH	8-45
7	S. SEARSON	BLACKBURN	10-10
10	F. BIDDLE	PENDLE	10-15
11	I. DAVIES	RETFORD	10-18
17	N. NAREY	BINGLEY	11-37
19	O. COFFEY	BINGLEY	11-40

UNDER 12 BOYS

1	T. DOYLE	HELM HILL	12-32
2	R. CROASDALE	U/A	12-35
3	T. HAYNES	ERYRI	13-00
4	T. MESSENGER-JONES	BROUGHTON	13-15
5	R. ADDISON	HELM HILL	13-28
6	C. ADAMSON	LEIGH	13-30
7	T. HUTTON	HALLAMSHIRE	13-32
8	G. MURDY	ELLENBOROUGH	13-43
9	L. GREGORY	ROSSENDALE	14-05
10	J. UREN	BINGLEY	14-07

GIRLS

5	M. HYDER	DALLAM	13-17
10	L. RICHES	LEIGH	13-44

11	E. JORDAN	ILKLEY	13-56
14	R. HELLAWELL	KLY & C	14-12
16	M. MORPHET	CFR	14-37
18	E. THROUP	WHARFEDAILE	14-48
19	E. KERR	ILKLEY	14-53
21	J. WOOTTON	WHARFEDAILE	15-22
23	M. SEARSON	BLACKBURN	15-35
28	P. BIRKETT	BROUGHTON	16-16

UNDER 14 BOYS

1	J. MOODY	MATLOCK	15-42
2	L. JONES	MATLOCK	15-47
3	S. HUTCHINSON	SKIPTON	16-09
4	N. GOULD	E. CHESHIRE	16-20
5	T. SESSFORD	KLY & C	16-25
6	O. WEBSTER	BINGLEY	16-34
7	J. ADDISON	HELM HILL	16-40
8	I. McCANN		16-46
9	R. GOULD	E. CHESHIRE	16-57
10	J. KELLY	ROSSENDALE	17-09

GIRLS

9	B. HAYWOOD	LINCOLN WELL	16-50
12	A. McGIVERN	HOLMFIRTH	17-15
14	R. STUART	KESWICK	17-30
22	H. BATEMAN	LANC & MORE	18-25
24	R. SEARSON	BLACKBURN	18-33
26	B. PETITT	HOLMFIRTH	18-41
30	K. HEWITSON	HALLAMSHIRE	19-18
31	R. HANNAH	WIRRAL	19-27
32	B. VANHINSBERGH	HELM HILL	19-32
34	J. DYBECK	ILKLEY	20-13

UNDER 16 BOYS

1	J. PAWSON	SKIPTON	22-18
2	J. HARE	HALIFAX	22-28
3	T. ADDISON	HELM HILL	23-01
4	P. BOLTON	ROSSENDALE	23-28
5	J. KELLY	SKIPTON	23-43
6	E. HAYWOOD	LINCOLN WELL	23-50
7	R. JACKSON	PRESTON	24-07
8	T. YATES	KESWICK	24-34
9	G. CUNLIFFE	BURNLEY	24-54
10	J. KRAFT	SCARBOROUGH	25-07

GIRLS

11	DIONNE ALLEN	LEIGH	25-08
15	A. WHEATMAN	SCARBOROUGH	26-26
16	C. LILLEY	SKIPTON	26-40
18	R. McGIVERN	HOLMFIRTH	27-17
20	A. FULTON	BINGLEY	27-46
23	A. LILLEY	SKIPTON	28-56
24	DANIELLE ALLEN	LEIGH	29-16
27	H. PAGE	HALIFAX	29-40
28	A. KEVAN	PRESTON	31-48
29	G. LAWLER	WIRRAL	33-55

UNDER 18 BOYS

1	A. BROWNLEE	BINGLEY	29-42 R
2	N. SWINBURN	NFR	30-17
3	H. COATES	SKIPTON	30-29
4	A. PEERS	WIRRAL	30-57
5	J. KEVAN	HORWICH	31-20
6	M. HURST	SKIPTON	32-52
7	W. JACKSON	CFR	32-54
8	S. MITCHELL	VALE ROYAL	33-35
9	D. SHEPHERD	SETTLE	34-34
10	J. WALKER	KESWICK	34-57

GIRLS

11	E. STUART	KESWICK	39-50 R
12	E. CLAYTON	SCUNTHORPE	41-13
13	R. HAWORTH	LEIGH	44-23
14	T. WHEATMAN	SCARBOROUGH	45-03
15	S. MORPHET	CFR	48-18
16	R. STUBBS	HALLAMSHIRE	56-17

UNDER 20 BOYS

1	R. LIGHTFOOT	ELLENBOROUGH	50-49
2	J. MELLOR	LIVERPOOL	51-33
3	C. DOYLE	TRAFFORD	53-08
4	T. WILD	AMBLESIDE	56-18
5	K. COOKE	HALLAMSHIRE	57-19
6	S. WATSON	WHARFEDAILE	64-13
7	S. MARR	WIRRAL	86-47

GIRLS

1	R. CROWE	LYTHAM	67-32
2	R. THOMPSON	HORWICH	68-30
3	L. GRIFFITHS	HOLMFIRTH	71-32
4	K. COLE	HORWICH	73-46

FELL CAMP TRAINING WEEKEND – CROWDEN

On the application form which runners are asked to complete is a box where you have to say in 30 words or less why the weekend would be beneficial to you, here are a few;

Emma Clayton, 17, Scunthorpe & District, 'Fell running is something I'm very passionate about, a training weekend would be beneficial to me because it would give me more time to socialize with other young people of my own age and ability.'

Harry Coates, 17, Skipton AC, 'In my first season competing in the FRA's I've had great fun. I feel that I have improved a great deal. The training weekend would offer advice from experienced runners, and those of my own age group, on how to improve further, ie nutrition, technique and injury prevention.'

Jack Barber, 13, Glossopdale Harriers, 'I would be able to improve my downhill running, also be able to get higher up the field in my races, so getting more championship points, as well as making lots of friends who enjoy running like me.'

Danielle Allen, 15, Leigh Harriers, 'I have enjoyed the experience of the last 2 training weekends, and would love to go again as I have found the training beneficial and useful. I also love making new friends, and most important of all it was FUN!! So I would really enjoy the chance of experiencing the great weekend again, and learn more.'

But Bo Haywood's application certainly cheekily takes the biscuit, no proper form, the 8 year old decided to hand draw hers, with tents under stars, and hills, and the text being, 'I am happy that I am able to come on camp, I am really excited, and I reckon it will make me more happy. I think it will make me better at running up the fells, also it will be better with you.'

1. Because you are funny
2. Because it is my birthday
3. Because it is the first time I have been on a sleepover

The Crowden junior training weekend in the Longdendale valley, Derbyshire, which is part of the Dark Peak – so called because of its dark coloured gritstone, was certainly different from Penistone Hill, near Haworth, the very wet May venue. The terrain was much steeper, more rugged and spectacular, plus the weather was very warm and sunny, while the Youth Hostel provided excellent homemade grub with the only problem being what to choose. The cosy Youth Hostel was full with the banter, excitement and anticipation of what the weekend would hold for the 32 juniors who had signed on the dotted line to become part of 'Hancock's Heroes' and test themselves with the variety of challenges which were to come. First was skills and drills with coach Mike Hancock, who also writes for you juniors in this magazine under 'Coaches Croakings', hence we nickname him 'The Frog', only a little resemblance mind, here he passes on training tips, ideas and sound advice. These drills improve speed in those feet, alertness and quick thinking, which are all attributes of fell running, and with former World Champion Karrie Hawitt, and Iason McGonigle, who had just qualified for the Worlds in New Zealand demonstrating this art, there was no excuse for getting it wrong. Although going by the number of markers crushed, and noise of feet, much more practice is needed. After a buffet lunch the Scissett Karate Club, Huddersfield put on a display, with black belts Lisa Lacon, twice a U18 and U20 fells champion plus an international, and her Sensie, John Adair showing you can be good at other sports as well. Along with Andrew Booth, Scott and Josh, two junior club members, they showed how they warmed up and exercised, and of course the 'campers' had to join in.



Alternative therapy!! Blue Haywood and Rosie Hellawell at Crowden
(Photo Dave Brett)

Then it was punch and kick techniques with pads, before the 'campers' could sit it out and watch some sparring, with the finale being tile and paving slab breaking. WOW! OR WAS IT OW? As later we found out that Lisa had damaged her knuckle whilst breaking tiles in her first ever attempt, before the display had even started!

Late afternoon saw more training uphill and down, before GB and England international guest celebrity Natalie White found her way from helping in the kitchen, to an informative talk leading to questions and answers from the interested throng. Natalie also produced her training schedules for when she was a junior, and now, with a run down on everything she would eat, drink and do prior to an important race. Interestingly Jelly Babies became a topical subject, and their benefits in running performance, but did you know their colour can be just as important. It seems Natalie only eats black and yellow ones, because they give her an edge when running, whilst new British Champion, Borrowdale's Simon Booth, prefers only pink and red, and throws away the other colours. This major breakthrough in nutrition was discovered on the travel back from the 2003 World Trophy in Alaska, USA, where both had competed for England. What's your favourite colour?

After tea, a birthday party in the lounge was held for Blue, 14 and Bo Haywood, 9, with cards, presents and party games, then the all important birthday surprise, 4 yummy chocolate Colin the Caterpillar cakes complete with candles. Fun then proceeded outside with egg throwing in the car park between teams of two, where Brooke Vanhinsbergh and Alice Fulton tied with Karrie Hawitt and Bo Haywood, before 'EGGMANIA' ensued, and the

yolk was everywhere. The night finished with picture quizzes, where Brooke, Sally Shepherd, Rosie Hellawell, Alice and Claire Lilley scored 43 out of 46 points out of the general quiz, whilst the sports quiz was won by Ryan Gould, Oliver Webster, Harry Peters and 'ringer' Mike Hancock with 23 out of 26.

Sunday dawned, sunny again with Andy Shaw, Loz Hellawell, Sally Shepherd and DW leading groups up towards Lad's Leap, in fact the juniors' enthusiasm was so much that around 25 ran the full Lad's Leap course under strict guidance. This meant after refueling the afternoon Mountain Rescue talk, slide show and display was a good chance to rest tired limbs.

The customary 800m relay was dispensed with, and replaced with egg and spoon racing, hoop racing, bean bag racing etc on the Crowden Campsite, all for small chocolate prizes, with proud parents watching their sons and daughters making a spectacle of themselves.

This left only one thing to do, the presentation of 'I survived the weekend' certificates, and then the campers choice of Lucky Bag, who would have thought Sponge Bob, Batman, Madagascar, Bart Simpson, Groovy Chick, Robots and Incredibles would cause such a stir and excitement.

'Thank you ever so much for letting me come on the F.R.A. Training Camp, it was absolutely brilliant. I enjoyed it so much, from the relays

to the egg throwing. I thought the training up the mountain was so good, I could have gone up 100 times before getting bored as it was so much fun, and the long run was so enjoyable. The egg throwing was funny, when Amy threw it to me and it was cracked, I threw it back to her and it splattered all over her hands, ha, ha! The Karate was so good, I've got some self defence now, if someone ever tried to choke me, if I ever got in a fight with someone, I could even use the Karate chop.

The party was fabulous, there were so many good songs and games, the presents were brill, I'm wearing my socks right now.

The food was really nice, I don't think you could have got a better variety of food, something for everyone. Thankyou again, I loved every single bit of it and will definitely come again!'

Thanx

New Under 14 2005 Champion Blue Haywood, Lincoln Wellington

'The fell training weekend was brill, I really enjoyed all the running, and the hills did me a lot of good. We played a good game of throwing and catching eggs, and I even picked up shells and threw them.

All the food was dilisushus, it was a big super surprise having a party, because I have never had a birthday party before, and everybody was really kind. I hope I can come again!'

Under 10 Bo Haywood, Lincoln Wellington

ENGLISH UPHILL CHAMPIONSHIPS – 24TH JULY

POLKA – DOT SUCCESS

Ilkley Harriers supported by Up & Running welcomed 80 athletes to Ilkley Moor Bah'tat for the inaugural FRA Uphill only English championships, and the chance to wear 'Tour de France' style winners polka dot T. Shirts. The course was 2.2k on road, track and stone steps with 220m of climb, runnable, or so the information sheet said, with the incentive of a free 'choccy' prize draw for all participants.

A late introduction was a non title U10 uphill dash to White Wells cafe, here Harry Sessford and Bo Haywood each tasted success from the 13 runners.

Special prizes were on offer if Alistair Brownlee's 11-38 and Blue Haywood's 13-55 records were broken, and sure enough Ellenborough's Laura Park didn't disappoint taking Blue's time down to 13-12, while James Kevan managed a record 11-29.

Celebrity for the day was GB Paralympiad multi medallist, Mark Brown, who brought along his silver medal from Sydney so everyone could get up close and personal to an Olympic medal. He presented the Gold, Silver and Bronze medals, before photos were taken with the winners suitably wearing their King of the Mountain, polka dot T. Shirts, then more prizes and certificates to everyone. These championships proved well

worthwhile, and attracted new juniors from Macclesfield, Notts. AC and Nene Valley, and it's hoped in the future they can move around the country, since this is what coaches, athletes and parents have expressed.

The polka dot success was achieved because Junior Catbells organiser, Wynn Cliff and Co. spent many hours work on them, at very short notice, many thanks to you all, they were well received by all the newly crowned English Uphill Champions, who can be spotted wearing them.

'This has been my first season of running on the hills. I had, had a successful X-Country and track season, and was up for the challenge.

I only started running on the fells when I joined Leigh Harriers this year, although I have no problem running up the hill, I seem to struggle on the descent, slipping and sliding my way to the bottom. So the Uphill Championships seemed like a wonderful opportunity to show that I could finish on top. I was very nervous before I ran, but I knew I had a good chance of being crowned 'King of the Mountains' winning the polka dot T.Shirt, and becoming the first winner of the English U12 girls Uphill Championships. I had to work really hard, but for once it was a relief not to have to race back to the bottom. Crossing the finish line in first place was just a great feeling, and my

greatest achievement to date, then having Paralympic Silver Medallist Mark Brown present the polka dot King of the Mountain shirt and medal, was just great, my first National gold medal.

I can now be seen at fell races up and down the country wearing my spotted T.Shirt with pride.'

**Under 12 Uphill English Champion
Laura Riches, Leigh Harriers**

'Lining up I was nervous, but excited as the U12s ran with the U14s, and because of that I had to run with two numbers, one saying U12 on my back. We got set off by Mark Brown, who has run for Great Britain. The start was on a road, I tried to get a good start as we turned into the car park I was about in the top 15. When I hit the climb, I spotted an U12 ahead of me, my aim was to catch him, so I picked up the pace. At the top of the hill I caught him, it levelled out for a while, but suddenly you were on to the steep stone steps. I tagged on to an U14 up the steps, and at the top passed him, after the 2K marker it was all relatively flat, and I couldn't see any U12 in front of me. I reached the duckboards and put on a little sprint, Dave took a picture of the first 3 U12s, Callum, Tom and me. At the prize giving I got a gold medal, and a polka dot T.Shirt.'

**Under 12 Uphill English Champion
Rory Addison, Helm Hill**

1110 NON CHAMPIONSHIP

BOYS			
1	H. SESSFORD	KLY & C	2-42
2	J. HALL	BINGLEY	2-43
3	A. SWINTON	ILKLEY	2-47
4	B. SWINTON	ILKLEY	2-53
5	P. WILSON	NENE VALLEY	3-03
6	S. HAGGAR	ILKLEY	3-08

GIRLS			
1	B. HAYWOOD	LINCOLN WELL	3-07
2	R. FLANAGAN	ROSSENDALE	3-29
3	C. SELMAN	WHARFEDAILE	3-39
4	O. COFFEY	WHARFEDAILE	3-52

U12			
BOYS			
1	R. ADDISON	HELM HILL	13-40
2	C. ADAMSON	LEIGH	14-01
3	I. DOYLE	HELM HILL	14-17
4	T. COLLINS	KNOTTS AC	14-19
5	J. UREN	KLY & C	15-34
6	A. BATESON	LANC & MORE	15-37
7	S. NICHOL	ALTRINCHAM	16-37
8	M. COFFEY	BINGLEY	18-28
9	J. CRANE	ILKLEY	19-07

GIRLS			
1	I. RICHES	LEIGH	15-36
2	M. MORPHET	CFR	16-10
3	F. JORDAN	ILKLEY	16-24

4	E. KERR	ILKLEY	16-32
5	R. HELLAWELL	KLY & C	16-47
6	A. FRETWELL	SETTLE	18-38
7	L. WILSON	NENE VALLEY	20-43
8	M. KNIGHT	MACCLESFIELD	22-45

U14			
BOYS			
1	S. HUTCHINSON	SKIPTON	12-38
2	O. WEBSTER	BINGLEY	12-40
3	M. GETWELL	SETTLE	13-16
4	R. GOULD	E. CHESHIRE	13-19
5	R. NICHOL	ALTRINCHAM	13-21
6	N. GOULD	E. CHESHIRE	13-23
7	T. SESSFORD	KLY & C	13-28
8	J. ADDISON	HELM HILL	13-30
9	J. LOBO	MACCLESFIELD	13-57
10	J. BRADSHAW	WHARFEDAILE	14-41

GIRLS			
1	L. PARK	ELLENBOROUGH	13-12R
2	B. HAYWOOD	LINCOLN WELL	13-34
3	H. BATESON	LANCS & MORE	14-27
4	B. ROWLANDS	SPENBOROUGH	14-51
5	J. DYBECK	ILKLEY	15-37
6	E. FLANAGAN	ROSSENDALE	16-09
7	L. WILSON	NENE VALLEY	17-36

U16			
BOYS			
1	S. WEBSTER	BINGLEY	11-51

2	T. ADDISON	HELM HILL	12-11
3	J. PAWSON	SKIPTON	12-23
4	F. CLARKSON	UA	13-03
5	J. KELLY	SKIPTON	13-11
6	E. HAYWOOD	LINCOLN WELL	13-13
7	J. MOUNTAIN	SKIPTON	13-36
8	T. PRIESTLEY	UA	13-38
9	T. ARRUNDALE	CALDER	14-00
10	B. MORPHET	CFR	14-20

GIRLS			
1	C. LILLEY	SKIPTON	14-44
2	A. ANDERSON	PENDLE	15-09
3	A. LILLEY	SKIPTON	15-51
4	H. RAMSDEN	BINGLEY	20-00

U18			
BOYS			
1	J. KEVAN	HORWICH	11-29R
2	N. SWINBURN	N.FR.	11-47
3	H. COATES	SKIPTON	11-49
4	A. NIXON	STOCKPORT	11-52
5	S. MITCHELL	VALE ROYAL	11-52
6	B. LINDSAY	PENDLE	12-06
7	D. SHAW	UA	13-06
8	B. STEVENS	ILKLEY	13-21

GIRLS			
1	E. CLAYTON	SCUNTHORPE	14-29
2	S. MORPHET	CFR	17-39

SEDBERGH JUNIOR RACES – 14TH AUGUST 5TH ROUND ENGLISH CHAMPIONSHIPS

After the seniors had set off on their 14 mile/6000ft circuit of the Howgills, it was time for the juniors to strut their stuff, kicking off with the under 10s race to the fell gate and back, with 18 ready, willing and able tiddlers setting off at break neck speed. Only 6 seconds separated the first 4, with James Hall winning in a new record time, but Hannah Bethwaite was only 6 seconds behind in 4th overall, to set a new girls' record.

Two English champions emerged in the U12 race, both setting new records, Tom Doyle, 4th last year missing out on a medal by 1 point, obviously decided this year the title was going to reside at his Ulverston home. Already having won an England vest to run in Susa, Melanie Hyder's season has peaked with her taking the girls crown, in her first season on the fells. Second here was Laura Riches, who also bettered Amy McGivern's old record to finish 10th overall from the 30 runners. Being English Uphill champion, Laura wore her polka dotted T.Shirt at the prize giving, and was stunned and delighted to be the runner drawn out as the Crosstrax prize winner.

One record, record, was in the under 14s where Laura Park, who gets better each race, actually won the race outright in 14-23, a girls' record; 9 seconds behind was Oliver Webster who set a new boys'

record of 14-34, from the 35 runners. Unless mistaken this is the first time a girls' record has superseded a boys' record, what a piece of history Laura achieved. Her day didn't end there, since she was lucky enough to be the Inov-8 champions prize draw winner, for a pair of their shoes.

However in the under 16s Anna Anderson, the girls' winner, was nowhere near Oliver's brother, Sam, who took 42 seconds off David Shepherd's record for the race up and down Winder, it's a pity Sam could only do 2 races, because on both occasions he has finished 1st.

A small, but classy under 18 field, took in part of the under 14s course, before climbing Winder again from a different direction, to descend via the under 16 route. At the trig summit 5 athletes could be covered with a blanket, race winner Nick Swinburn came out victorious in a new record, but it could have been anybody's as they all took a tumble at some point or other.

'Having been brought up on a farm, I always prefer to be out in the countryside, I believe this is one reason why I enjoy fell running so much, although I didn't start fell running until about two years ago.

My first sport until quite recently was football, and running came second. The only competitive running I did was school events, and I almost forgot about weekend races

because football seemed more important. But then because of being active all the time I had some success, and took more of an interest. At the age of 11 I joined Blaydon Harriers, with a push from my mam, and now run for Morpeth Harriers.

I currently train one to three times a week, but all the other sports I do, cycling, football, water sports, climbing and lifting bales on the farm make up for the lack of training. The reason I always run in an orange T.Shirt, is just so that my family know which runner I am.

My first ever fell race was the Alwinton Show two years ago, this was a good first race, as it was short and fast (and it had prize money). I finished first junior, second man, and after the race I realised how much more I enjoyed it than any other type of running I did.

It was a big change from the monotony of track running, and it was much more challenging and exciting than so-called X-countries, which are normally just around football pitches. After a few more fell races, I also noticed that the people involved were much more friendly, and even the best runners were not "big headed". I found there was a much more relaxed atmosphere than other forms of running, and yet it was still extremely competitive.

The difficulty and danger of fell running is another reason why I enjoy it. When you are running in the wild you never know how

bad the weather will be, and when running fast down a hill, one fall could easily end in broken bones.

So far this year I have done 22 fell races, and every one has been very different, unlike track events. I still do some track races, as they are good for charting progress, but my concentration is on fell running. My main aim is to win the English Junior Championships, this will be very hard to achieve, as I have to beat the championship leader at Lad's Leap.

My long term ambitions are to do better than I did last year in the English Schools X-Country Championships, (and unrealistically) win a senior fell championship, win in the Olympics, (and even more unrealistically) Newcastle United to win the premiersip.'

First U18 Nick Swinburn, Northumberland F.R.

U10		
BOYS		
1 J. HALL	BINGLEY	5-03 R
2 S. JOHNSTON	ELLENBOROUGH	5-04
3 E. GATE	CFR	5-06
4 S. CLARKE	ELLENBOROUGH	5-18
5 R. PAYNE	DARK PEAK	5-35
6 B. INGLESON	KLY & C	5-37
GIRLS		
4 H. BETHWAITE	ELLENBOROUGH	5-09 R
11 S. HOUGHTON	ELLENBOROUGH	6-06
12 I. DAVIES	RETFORD	6-22

16 O. COFFEY	WHARFEDALE	6-56
17 D. KAY	ROSSENDALE	8-15
18 G. SPENCER	ROTHERHAM	8-18

U12		
BOYS		
1 T. DOYLE	HELM HILL	12-38 R
2 R. CROASDALE	UA	12-54
3 T. HAYNES	ERYRI	13-00
4 J. JOHNSTON	ROSSENDALE	13-30
5 G. MURDY	ELLENBOROUGH	13-34
6 M. ATKINSON	KESWICK	13-35
7 T. HUTTON	HALLAMSHIRE	13-43
8 P. RICHARDSON	GUIBSBOROUGH	14-05
9 L. THURLOW	CFR	15-38
10 T. MESSENGER-JONES	BROUGHTON	15-41

GIRLS		
7 M. HYDER	DALLAM	13-38 R
10 L. RICHES	LEIGH	14-05
11 M. MORPHET	CFR	15-09
14 E. KERR	ILKLEY	15-45
18 R. HELLAWELL	KLY&C	16-12
19 A. FRETWELL	SETTLE	16-14
20 M. SEARSON	BLACKBURN	16-22
22 E. THROUP	WHARFEDALE	16-35
23 F. JORDAN	ILKLEY	16-36
24 P. BIRKETT	BROUGHTON	17-02

U14		
BOYS		
1 O. WEBSTER	BINGLEY	14-34 R
2 L. JONES	MATLOCK	14-37
3 S. HUTCHINSON	SKIPTON	14-44
4 M. FRETWELL	SETTLE	14-46
5 N. GOULD	E. CHESHIRE	14-51
6 R. SHUTTLEWORTH	BLACKBURN	15-09
7 R. GOULD	E. CHESHIRE	15-24
8 J. MOODY	MATLOCK	15-25
9 R. NICHOL	ALTRINCHAM	15-26
10 J. KELLY	ROSSENDALE	15-39

GIRLS		
1 L. PARK	ELLENBOROUGH	14-23 R

11 R. STUART	KESWICK	15-39
15 A. MCGIVERN	HOLMFIRTH	16-28
19 R. SEARSON	BLACKBURN	17-40
21 B. VANHINSBERGH	HELM HILL	18-17
25 N. JACKSON	PRESTON	19-00
27 K. IRELAND	ROSSENDALE	19-23
28 J. DYBECK	ILKLEY	19-28
30 F. GREGORY	ROSSENDALE	20-08
31 L. MILLER	CFR	20-15

U16		
BOYS		
1 S. WEBSTER	BINGLEY	17-45 R
2 J. HARE	HALIFAX	18-33
3 R. JACKSON	PRESTON	19-42
4 G. CUNLIFFE	BURNLEY	20-02
5 L. McCRAE	BROUGHTON	20-07
6 S. LEDGER	CHESTERFIELD	20-08
7 E. DAWSON	ILKLEY	20-27
8 S. MADINE	ELLENBOROUGH	20-30
9 B. MORPHET	CFR	20-37
10 A. KELLY	ROSSENDALE	20-38

GIRLS		
16 A. ANDERSON	PENDLE	22-53
17 C. LILLEY	SKIPTON	23-12
18 A. LILLEY	SKIPTON	24-54
19 A. WHEATMAN	SCARBOROUGH	27-02
20 H. RAMSDEN	BINGLEY	32-56

U18		
BOYS		
1 N. SWINBURN	NFR	23-59 R
2 A. PEERS	WIRRAL	24-05
3 H. COATES	SKIPTON	24-20
4 J. MCGONIGLE	WARRINGTON	24-37
5 S. MITCHELL	VALE ROYAL	25-15
6 A. NIXON	STOCKPORT	25-21
7 W. JACKSON	ELLENBOROUGH	25-46

GIRLS		
8 E. STUART	KESWICK	29-35 R
9 E. CLAYTON	SCUNTHORPE	30-28

WHITTLE PIKE – 20TH AUGUST 5TH ROUND U20 CHAMPIONSHIP

Before the senior races, U12, U14 and U16 junior races were run, these incorporated the first ever Lancashire championships, which it is hoped in the future will be run in conjunction with whatever junior Lancashire race is chosen in the FRA Junior English Championships.

Lancashire Junior Fell Championship Medallists

BU12 – gold, Ryan Croasdale, silver, Joseph Johnston, bronze, Luke Gregory.

GU12 – gold, Melanie Hyder, silver, Ellie Tripper, bronze, Rebecca Hignett.

BU14 – gold, Richard Shuttleworth, silver, Jordan Beard, bronze, Luke Croasdale.

GU14 – gold, Nichola Jackson, silver, Francesca Gregory, bronze, Michaela Brolly.

BU16 – gold, Philip Bolton, silver, Grant Cunliffe, bronze, Aaron Kelly.

GU16 – gold, Laura Johnston, silver, Sarah Yeomans, bronze, Debra Zajac.

A total of 10 U20s tested themselves on the best the Rossendale fells have to offer, at this the second short English Senior Championship race, over 4.5 mile/1400ft which included 3 tough climbs, and an uphill finish into Cowpe Village playing fields. Unfortunately New Zealand bound Under 20 English Champion, Rachael Thompson tweaked an ankle and took the sensible option and retired, especially since for the last two years she's missed the World Trophy due to injury. Scotland's Jennifer Emsley finished only 7 seconds ahead of a vastly improving Rachel Crowe, who runs for the renowned fell running club of Lytham St. Annes, Rachel scored

maximum points, being that Jennifer is ineligible.

Ricky Lightfoot, retained the Under 20 English Championship, and is certainly putting the Ellenborough club to the fore, he is putting many seniors in their place too, none more so than when he ran the senior long English and British Championship race, Wasdale, and finished in the early teens in the intense heat.

BOYS		
8 R. LIGHTFOOT	ELLENBOROUGH	39-48
20 C. DOYLE	TRAFFORD	41-04
32 J. MELLOR	LIVERPOOL	42-16
81 R. FLANNERY	SALE	46-12
169 L. WHITELEY	SALE	57-13

GIRLS		
15 J. EMSLEY	ARRAN	53-06
16 R. CROWE	LYTHAM	53-13
27 K. COLE	HORWICH	58-12
29 L. GRIFFITHS	HOLMFIRTH	59-12

***** STOP PRESS *****

LAD'S LEAP JUNIOR RACES – 3RD SEPTEMBER FINAL ROUND ENGLISH CHAMPIONSHIPS

There was only one championship crown to be decided, and Nick Swinburn achieved one of his ambitions in taking the under 18 title in a cliff-hanging race up to Lad's Leap and the Millstone, before descending straight back down. It was a pity that some athletes made a few detours, hence some very slow times, apologies, but full credit to the runners concerned who didn't once complain.

Otherwise these races were a scintillating finale bringing to a close the 2005 English Junior Championships, and a last opportunity for any of the athletes to stake a claim for English selection for the Home Countries International in Ireland. But more importantly to most of the runners it was probably the T-Shirt for competing in 4 championship races which was the attraction, plus meeting new and old rivals for a final time.

There were some reservations beforehand about the courses being too long, in fact Andi Jones, Andy Shaw and Andy Trigg were kind enough to be used as Guinea-pigs to give us an idea of race times. These seniors had better start training harder, because all their ascent and descent marker times were annihilated, to see the juniors descend was awesome, as they "ate the ground up". Thanks to Mick Norris the Crowden Youth Hostel manager for making everyone so welcome, and especially Des Gibbons the race organiser as he staged his first ever junior championship with great gusto.

The final champions Inov-8 shoe draw was won by 2005 Under 12 English Champion Tom Doyle, who was unlucky at Wrekin, Settle, High Rigg and Sedbergh prize draws, but in true champion style threw his arms aloft on hearing the news. Anna Anderson, in her first season on the fells has found it's been a learning curve, but she has acquitted herself admirably, at the Spooky Do she will receive the English Under 16 silver medal, but just as she thought things couldn't get any better, her name came out for the Crosstrax prize draw, the shoes will come in very

handy for her England debut for the Irish Home Countries International.

Former junior champion Natalie White won the senior ladies race, in a new record time taking over 5 minutes off the record time, with U20 Rachel Crowe finishing second overall, and also second in the championship. Good to see a new Under 20 competing in Helen Mort of Chesterfield, which means 8 FU20s have competed this year, compared with only two last year.

Lloyd Taggart also broke his own record by two minutes, 2004 Under 18 Champion Chris Doyle finished third overall, and first U20, to also finish second in the championship, where 15 have competed. Interestingly 66 seniors ran, and 112 juniors, what's that saying, 'the lunatics have taken over the Asylum'?

U10 BOYS

1 J. HALL	BINGLEY	5-27R
2 B. INGLESON	KLY & C	5-39
3 O. WATSON	CARNEGIE	5-48
4 R. PAYNE	DARK PEAK	5-57
5 H. SESSFORD	KLY & C	6-00
6 A. KERR	ILKLEY	6-02

GIRLS

4 B. HAYWOOD	LINCOLN WELL	5-51R
8 I. DAVIES	RETFORD	6-19
13 F. BIDDLE	HYNDBURN	7-01
15 O. COFFEY	WHARFEDAILE	7-37
16 D. KAY	ROSSENDALE	7-53
17 G. SPENCER	ROTHERHAM	9-10

U12 BOYS

1 T. DOYLE	HELM HILL	8-12R
2 R. ADDISON	HELM HILL	8-17
3 M. NASH	PRESTON	8-25
4 R. GROASDALE	UA	8-37
5 J. JOHNSTON	ROSSENDALE	8-40
6 C. ADAMSON	LEIGH	8-52
7 T. HAYNES	ERVRI	9-10
8 T. HUTTON	HALLAMSHIRE	9-21
9 A. BATESON	LANCS&MORE	9-34
10 J. SAVAGE	UA	9-42

GIRLS

6 L. RICHES	LEIGH	8-43R
8 M. HYDER	DALLAM	9-07
12 F. JORDAN	ILKLEY	9-38
14 M. MORPHET	CFR	9-49
15 E. THROUP	WHARFEDAILE	9-56
16 A. FRETWELL	SETTLE	10-00
17 E. KERR	ILKLEY	10-12
21 L. SAVAGE	UA	11-05

U14 BOYS

1 N. GOULD	E. CHESHIRE	10-25R
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2 J. MOODY	MATLOCK	10-37
3 R. GOULD	E. CHESHIRE	10-48
4 M. FRETWELL	SETTLE	10-51
5 L. JONES	MATLOCK	10-54
6 I. McCANN	LEIGH	11-03
7 T. SESSFORD	KLY & C	11-21
8 R. NICHOL	ALTRINCHAM	11-22
9 J. ADDISON	HELM HILL	11-24
10 J. KELLY	ROSSENDALE	11-29

GIRLS

7 R. STUART	KESWICK	11-20R
12 A. McGIVERN	HOLMFIRTH	11-55
19 H. BATESON	LANC&MORE	12-44
20 B. VANHINSBERGH	HELM HILL	12-48
23 N. JACKSON	PRESTON	13-18
25 J. DYBECK	ILKLEY	13-50
27 K. IRELAND	ROSSENDALE	14-00
29 E. BISHOP	PENISTONE	14-17

U16 BOYS

1 J. HARE	HALIFAX	20-34R
2 T. ADDISON	HELM HILL	21-18
3 P. BOLTON	ROSSENDALE	21-23
4 S. LEDGER	CHESTERFIELD	21-29
5 E. HAYWOOD	LINCOLN WELL	21-37
6 J. KELLY	SKIPTON	21-50
7 G. CUNLIFFE	BURNLEY	22-05
8 S. WEBSTER	BINGLEY	22-27
9 T. PRIESTLEY	GLOSSOPDALE	23-22
10 S. ROBSON	OSWESTRY	23-39

GIRLS

11 DIONNE ALLEN	LEIGH	23-57R
14 A. ANDERSON	PENDLE	24-43
16 C. LILLEY	SKIPTON	25-25
17 A. WHEATMAN	SCARBOROUGH	25-38
18 A. LILLEY	SKIPTON	27-24
19 S. VARLEY	HOLMFIRTH	27-37
20 H. PAGE	HALIFAX	28-22
23 DANNI ALLEN	LEIGH	30-44
24 A. KEVAN	PRESTON	31-57
25 H. RAMSDEN	BINGLEY	32-03

U18 BOYS

1 N. SWINBURN	NFR	25-01R
2 A. PEERS	WIRRAL	25-07
3 H. COATES	SKIPTON	25-11
4 S. MITCHELL	VALE ROYAL	25-27
5 J. KEVAN	HORWICH	25-33
6 A. NIXON	STOCKPORT	25-50
7 J. BURCON	MACCLESFIELD	54-10
8 D. HAYWOOD	LINCOLN WELL	54-15
9 M. HALLINAN	HALIFAX	54-34

GIRLS

10 S. MORPHET	CFR	59-37
11 E. CLAYTON	SCUNTHORPE	60-15
11 E. STUART	KESWICK	60-15

U20 BOYS

1 C. DOYLE	TRAFFORD	46-07
2 T. WILD	AMBLESIDE	49-37
3 J. BURNOCK	UA	65-25

GIRLS

1 R. CROWE	LYTHAM	59-40
2 K. COLE	HORWICH	65-23
3 L. GRIFFITHS	HOLMFIRTH	69-59
4 H. MORT	CHESTERFIELD	71-12

WOODENTOPS' CHINWAG

Congratulations to new English Champions; Melanie Hyder and Tom Doyle in the U12, Blue Haywood and Joshua Moody in the U14, Dionne Allen and Jonny Pawson in the U16, Emma Stuart and Nick Swinburn in the U18 and finally Rachael Thompson and Ricky Lightfoot in the U20.

Hope you all have your prize presentation 'SPOOKY DO' tickets; if not then please give us a ring on 01535 669100 to reserve your place, remember it's by ticket only, a snip at £6, for a fantastic, entertaining and award winning event. The grand prize draw will take place with all juniors having a chance to win super prizes, there's fancy dress prizes, decided at the monster mash, photo displays which can be raided at 4.40 p.m., the Spooky Do booklet will be a bumper edition.

What a super duper year, Great Britain and London won the bid to host the Olympics in 2012 – and England won the Ashes. Wasn't it fantastic? Hope you jumped up with joy on hearing the news, and cheered loudly, we certainly did – well done to the whole team involved in the bid. Do you know anyone aiming to compete there? Could Box Hill host a demonstration event of fell running? this hill isn't Lakeland or Dales standard, but would test any true fell runner. Any offers from any organiser in the south to put this together, we're sure the FRA and everybody in the sport would support this. We certainly know a few hundred juniors who would be interested!

Records all round; a record amount of runners at every single championship race, and there's been competition of the highest quality in every age group, which can be seen by the amount of new course records set, we even have several juniors who have won senior races outright; Lee 'Jumping Bean' Jones – Bonsall, Claire Lilley – Gargrave, Anna Anderson – Wharmlton Dash, Blue Haywood – Mearley Clough, Jonathon Brownlee – West Witton, Emma Stuart – Rusland, Mel Hyder – Flan Fell, Chris Doyle – Bradley Show, Flan Fell, Belmont Winter Hill, Nick Swinburn – Roseberry Topping, Glendale and Bellingham Show, of course there's probably more, these are just a few.

So far a grand total of 365 runners have raced at at least one championship venue, which is an amazing 132 runners more than last year, a dozen Under 10s have T. Shirts to collect, plus 4 of those will receive '6 out of 6' shoe bags, while in the main championships 98 dedicated boys and girls have won the exclusive T.Shirt, while another 22 have a shoe bag aswell.

GRRRREAT Under 10 series; a grand total of 66 runners have competed in this non-championship series, showing that fell running can be enjoyed at any age, if you looked at the expressions on the faces of these athletes, it's serious stuff to them!

The U10 T.Shirt design competition, was a little shy on entries, but the dozen who entered were very good, and a lot of hard work had gone into them, many thanks. The winner will be revealed at the Spooky Do prize presentation.

A BIG THANK YOU must go to Wayne Eadie and his shoe company, Inov8, for their continued support and assistance with the English Championship – the winner's prize draw has been a huge success, now wait until you see the yellow vest; more of that later. Another company, **Crosstrax,** have introduced a prize draw – this time every single runner at a championship race is included, with the lucky winner also receiving a pair of fell shoes. The importance of the innovation of the Junior Information Sheets cannot be understated and now that the covers have pictures they could become collectors' items!! All this is possible thanks to the FRA and **Up & Running,** who generously donate the paper.

The Italian Job; 12 juniors represented England at the Marco Germanetto Memorial races in Susa Italy. The boys won team gold

with Alec Duffield also winning individual silver, while the girls came away with team silver medals, and Laura Park won individual bronze. Read and enjoy England Team Manager Steve Fletcher's article in these junior pages, Alex Wheatman's, 'DIARY FROM SUSIA' along with other accounts from the trip, which was in Alex' words, 'I had an amazing time, it'll be an experience that I will never forget, it was just so good. Everyone who went seemed to enjoy every moment, and we got on really well'. Alex even took a large England flag signed with good luck messages from all her friends and relatives, which is just how it should be. Well done everyone.

Uphill Championships; thanks to Ilkley Harriers, and all who supported this, it was a success, but still needs a little more work. The 'King of the Mountains' T.Shirt was brill, thanks to Wynn Cliff, Anniversary Waltz organiser, for making this happen at very short notice, why not give these junior races a go.

New for 2006, Under 8s Non Championship Series; has been agreed by the FRA, will be just like the Under 10s, with a T. Shirt if you finish 4 or more races, plus you can also win a 2006 FRA '6 out of 6' bum bag for anyone who does all 6 series races. Competitors must be over 6 on the day, and someone has commented that the grass had better not be too long or we could lose some. The reason this has been introduced is that you the parents and juniors have asked, so never feel you can't approach us, with any ideas or requests. Of course the bum bag and T. Shirt is on offer in the main junior championship's as well

2006 Championship yellow vest; a new innovation for 2006 is that after the first Junior Championship race, each category leader boy and girl, will have the opportunity to wear a Tour de France style championship yellow leader's vest. On the back and front, will be 'Championship race leader', with no number required to run in, what an honour it will be to wear it, and also may be scary. This should make the races even more exciting for the athletes and the spectators alike, and still maintain that element of fun. If you are lucky or talented enough to wear the yellow vest 3 times, then you actually get presented with one to keep. Although you won't be able to wear it again if you aren't the championship race leader, but what a souvenir to impress family and friends with!

Dusty Bin; this has been a great success, and we intend to keep it going in 2006, as long as the membership are kind enough to send shoes to us, all sizes welcome, we do have juniors who are size 13. We have even had sports shop vouchers sent to us, a fantastic idea which are certainly being used to benefit the juniors.

Winter is just around the corner; now the championship has finished, why not use your fitness gained to get muddy on those X-Country courses? There is bound to be a X-Country league in your area, your school probably does X-Country and you never know you could be really good at it. Of course there are numerous senior fell races that still have junior events, so have a look in the FRA handbook, even we have Withins Skyline, The Stoop and Soreen Stanbury which all have U8, U10, U12, U14, U16 and U18 races.

Good luck and cheerio for now; to Karrie Hawitt who is on a scholarship to study physio at Butler University, Indianapolis, USA. Let's hope she can recapture the form that took her to gold in the Junior World Mountain Running Trophy in Alaska, victories at the English National and Northern X-Country Championships, and a debut at the World X-Country Champs. Still only 19, she is bound to have more mountains to climb, but with her determination, resilience and buoyant attitude the future for Karrie is bound to be successful.

Remember the Woodentops motto, "if it's no fun, it's no good".

JUNIOR INTERNATIONAL UPDATE - OCTOBER 2005 TFM

from Steve Fletcher

The 2005 international season got off to a medal winning start at the Marco Germanetto Games in June. The baking hot conditions in Italy provided a tough contrast to the wet and windy English summer the athletes left on the Friday, and the journey from Manchester to Turin proved to be an unexpected test of the runners' endurance and good spirits. Fortunately, Team England rose to the challenge and returned home with a team gold in the Junior Men's race and a team silver in the Junior Women's race.

There were also fine individual performances from everyone in the team. Alec Duffield ran a well judged race to win a silver medal in the Junior Men's race. In this race England's strength in depth came to the fore with all six athletes finishing in the top 14 and the 'B' team effectively taking fourth place. In the Junior Women's race Laura Park and Blue Haywood tracked the Slovenians who finished second and third at last year's world trophy for most of the race. However, the strength of the older girls told in the finishing stages and the Slovenians just managed to pull away to take first and second place with Laura and Blue taking third and fourth respectively. Rosie Stuart and Amy McGivern came away with gold medals in their races and Melanie Hyder chased Amy home to win the silver.

The journey back also provided us with something of a challenge but when you've won loads of medals and proved yourselves against the best in Europe delayed flights and airline companies claiming you don't exist are minor challenges. Although I suspect the two silver cups full of chocolates helped ease the boredom of yet another delayed flight. You'll find lots more details of the trip in the reports from Blue, Alex and Laura elsewhere in the magazine. However, I'll leave you with one image that will stay with me for a long time: it's ten o'clock on Sunday evening and we're waiting at a quiet Heathrow airport for yet another delayed shuttle to Manchester when Blue and Amy discover, much to the bemusement of their fellow passengers, a spiral ramp in the middle of the airport lounge is ideal for hill intervals ...

I'm already looking forward to next year.

FULL MGM RESULTS

Alistair Brownlee - 4th Boys' team race
Alec Duffield - 2nd Boys' team race
Jonathan Hare - 14th Boys' team race
Blue Haywood - 4th Girls' team race
Melanie Hyder - 2nd 1992-1993 Girls' race
Ben Lindsay - 12th Boys' team race
Amy McGivern - 1st 1992-1993 Girls' race
Laura Park - 3rd Girls' team race



Uphill Only Winners with Mark Brown (Photo Paul Wood)

Adam Peers - 7th Boys' team race
Rosie Stuart - 1st 1990-1991 Girls' race
Nick Swinburne - 5th Boys' team race
Alex Wheatman - 11th Girls' team race

WORLD TROPHY

The trials race was held over Barrow Fell and Stile End near Keswick on Sunday July 31. In near perfect conditions over the fast yet challenging courses both the Junior Men's and Junior Women's races provided the spectators with hard fought contests. In the Junior Men's race only 25s separated the first four home! It was good to see all the leading contenders turnout to stake their claim for a place on the plane to New Zealand and we selected first four in the Junior Men's race and first three in the Junior Women's race.

Junior Men - Alistair Brownlee (Bingley), Chris Doyle (Trafford), Jonny Mellor (Liverpool Harriers) and Jason McGonigle (Warrington).

Junior Women - Dionne Allen (Leigh Harriers), Emma Stuart (Keswick) and Rachael Thompson (Horwich RMI).

JUNIOR HOME INTERNATIONALS AND OPEN BRITISH & IRISH CHAMPS

The inclusion of travelling reserves and U14s makes this year's England Party for the JHI and OB&I Championships probably the largest ever, and with quite a

few parents also making the trip it looks like we'll be taking a full 49-seater coach across to Ireland.

U18 Men

Alistair Brownlee - Bingley
Alec Duffield - Loftus
Adam Peers - Wirral
Nick Swinburne - NFR

Travelling Reserve - Harry Coates - Skipton

U18 Women

Emma Clayton - Scunthorpe
Rosie Edwards - Halifax
Rebecca Howarth - Leigh Harriers
Emma Stuart - Keswick
Travelling Reserve - Samantha Morphet - CFR

U16 Boys

To Addison - Helm Hill
Jonathan Hare - Halifax
Jonathan Pawson - Skipton
Sam Webster - Bingley
Travelling Reserve - Phil Bolton Rossendale

U16 Girls

Dionne Allen - Leigh Harriers
Anna Anderson - Pendle
Blue Haywood - Lincoln Wellington
Laura Park - Ellenborough
Travelling Reserve - Claire Lilley - Skipton

U14 Boys

Niall Gould - East Cheshire
Josh Moody - Matlock

U14 Girls

Amy McGivern - Holmfirth
Rosie Stuart - Keswick

TRAINING CAMPS AND TRAINING SESSIONS

The training camp for current and prospective junior internationals was held at Coniston Coppermines youth hostel in August. The theme of the camp was 'Making the Transition from Successful Junior to Successful Senior'. Eighteen very hard-working young runners spent two days training, orienteering and mountain biking in the fells around the hostel. I'd like to thank the juniors for being such enthusiastic good company and Jon Bardgett of Team SalomonSaab, Phil Clayton, Wendy Dodds, Mike Hancock, Rob Jebb, Jack Maitland, Denise Park, Sarah Rowell, Andrew Schofield (better known as Scoffer) and Randall Tassell for providing excellent workshops and support.

We're planning to follow-up the camp with a series of Sunday training sessions and workshops throughout the winter. These Sunday events will be hosted by different coaches and will be held at various locations in the north of England. The first session will be held in Keswick in late October or early November. It will be based at Keswick School and will feature a hill interval session on Latrigg followed by a leisurely social lunch then a flexibility workshop. Sessions are also being planned in Lancashire and west Yorkshire. If you'd like to be involved let me know.

The next training camp is being planned for spring 2006.

By the time you read this I expect the England Team will have returned home from both the World Trophy and the Junior Home Internationals with yet more impressive performances and with a lot more medals, and I expect I'll have enjoyed myself just as much as I did on the trip to Italy and feel just as proud to be associated with a great group of young runners.



Drill exercises with Mike Hancock at the Elite Training weekend at Coniston (Photo Denise Park)



Coaches' Croakings



from Mike Hancock

Time for a few more croaks from the ageing frog. October is a good time for a young athlete to plan for 12 months ahead. I always reckon that normally how good a summer you have next year depends very much on how solid your training, conditioning and racing is during the winter months. So it is time to set some targets for the winter ahead and for next summer (and for older athletes even beyond that). Otherwise you could just muddle through from one short term objective to another. Some runners start cross-country races in late September/early October and run in all sorts of league races up to Christmas. Those same athletes are often left wondering why they haven't run well in the national level races in February and March. Basically it is because they are frazzled by then.

O.K. so what does Smartass the frog suggest? Firstly decide what 'big' races you really want to do well in, perhaps two or three. Then gear your winter season to those races. At the same time set your targets in terms of times and/or races for next summer. Mark all your target races on to a calendar or chart and see how they space out. Remember you don't have to run any particular races if you don't want to. How often do you run in this race or that race just because parents or coach or club want you to? Do you really discuss your longer term plans with your coach or parents? In many instances there is a good case for abolishing the last-named except for transportation or financial reasons. Many of the most successful athletes, younger or older, are extremely focused on their main target events. This can sometimes mean taking really tough decisions. I know a youngster who chose to forgo the English Schools Cross Country in order to focus on the World Junior Cross a week later. On all

known form that athlete would have won the 'Schools', having beaten the winner that year by well over a minute in 2 earlier major championship races. That's tough! There is a major county, qualifying, regional or national race almost every week from mid January to mid March. Are you really expecting to do well in all of them? - especially if you ran all the league races before Christmas.

Now a few words about winter training. There are a number of elements to consider. See how many of these suggestions you are using and ask yourself and/or your coach why not if there are some methods you are not adopting. It is surprising to find that many youngsters only do the running forms of training. At least take the time to find out why you are not doing some or all of the following at some stage this winter.

RUNNING

- 1) Long steady runs appropriate to your age.
- 2) Short or long hill reps
- 3) Track or grass reps with distances/volume and recovery appropriate for your age.
- 4) Tempo runs or time trials.
- 5) An element of speed work e.g. acceleration runs close to a big race.

GYM AND CONDITIONING

It is worth giving up a running session for this (or some of it)

- 1) Stretching
- 2) Drills for speed, co-ordination and power.
- 3) Balance work.
- 4) Core stability.

- 5) 'Bounding and jumping' work.
- 6) Circuit training.
- 7) Shuttle runs and relays
- 8) Strength work using bodyweight for younger athletes, and multigym or free weights for 16-19 year olds (vital that these are all done correctly and observed/supervised by someone knowledgeable).

Finally, there is MENTAL STRENGTH and TOUGHNESS. Without this no one really succeeds as an athlete, certainly not as a fell runner. Make a point of doing some of your winter work when the weather is wet, grotty and cold. The session may be a bit 'rubbish' but one day you will likely have to race in it. Make sure you are accompanied if out on the hills or countryside in bad weather. You need 'full body kit' to run in such conditions. Get used to having it with you by doing long runs in better weather wearing a bum bag containing this kit. There will eventually be races on the fells which you will not be allowed to compete in without this gear. This may all be a shock to the mind or system, but no one gets tough doing Sports Hall or Indoor Athletics. I've never forgotten a Northern Cross-Country Champs high in the Pennines in the '80's where hundreds of runners finished frozen and crying in horizontal snow and sleet. The winner of the Senior Ladies was O.K. She wore hat, gloves, thermal top and tracksters - and a big smile.

Well that's it - my little bee in a bonnet about a few things. Don't be afraid to aim high (just say "who the hell are this lot?" when at a big race) and, above all, be selective in what you do. Get in touch if you ever need a word or opinion or help.

Half-way between an advert and an article this one but however you categorise it it's definitely of interest to fell-runners and I gather that Paul provides real value for money, so for those of you who get brassed off with wet English winters

Team Axarsport Trail Running Tours in Andalucia

from Paul Bateson

A clear blue sky, not a cloud in sight and sunlight flickering through the gaps in the pine trees, silence apart from the crunch of trail running shoes and some heavy breathing. The pace is steady as you wind your way through the forest, the path changes to single track then rock with the occasional route marker, a short stretch of open ground enables you to see your goal, or at least the steep approach climb high above you. More forest followed by a fantastic natural balcony which takes you below soaring cliffs, you reach the plateau which marks the start of the 'real climb'. Not quite a scramble, more like the early stretch of the 'Kentmere Round' but on rock, just steep enough to test your fitness. Suddenly you reach the summit dome, a vast featureless area of sun split rock, only a kilometre to go, you see the false summit and as you reach it the real summit appears, a tower marks the spot, 2068m above the Mediterranean. You have conquered La Maroma, the highest peak in the Sierra Almijara/Tejeda range, the natural barrier which gives the Axarquia region of Andalucia its own micro-climate, hot summers, warm winters and protection from any cold winds blowing from the Sierra Nevada.

The Maroma climb and descent concludes the 18km stage one of the Team Axarsport Trail Running Tour, a nice warm up for the days to follow with plenty of time left to enjoy a visit to one of the many bars and restaurants in Alhama de Granada. The tour base is next to a small lake and bird sanctuary just outside the town at the start of a huge gorge.

Alhama de Granada perches precariously on its edge and you take one of 3 climbs up from the bottom of the gorge to enter the Moorish and oldest part of the town. "Conquered in 1482 by the advancing Catholic armies when the Moors were defeated after 700 years of 'civilized' existence. Its loss was much lamented by the people of Granada as it was the kingdom's rearguard and defended the passage to the port of Malaga." Places of interest include the building which housed the headquarters of the Spanish Inquisition, the Arab dungeons, castle and old city walls and the huge church, (Iglesia de la Encarnacion) which dominates the skyline. Best of all, after a hard day running trails, is the hot springs. The springs gave Alhama its name, al-Hamman is Moorish for hot spring and these waters won't disappoint, a constant 48 degrees C or 39 degrees in the outdoor pool, also massage and hot mud treatments are available.

Stage 2 Today we start the Tour proper. The vehicle is loaded up with overnight kit

enabling you to run with the bare minimum, hydration pack, energy bars, lightweight wind or waterproof jacket maybe a vest change, depending on time of year. For any of you training for the Marathon des Sables or maybe adventure races you can carry extra kit or a few bricks!

The route follows a section of the GR7 long distance path, (also known as the E4 the full route goes from Tarifa in southern Spain to Athens), with a few modifications to avoid boring bits. Lunch can be taken in the small village of Arena del Rey after an undulating route following the edge of the Sierra Almijarra and we then continue around the beautiful Lake Bermejales to finish the day's 26km stage in the small village of Jayena.



On the trail near Alhama de Granada
(Photo Paul Bateson)

Stage 3 takes a forest trail and the GR7 all the way to Albuñelas, a beautiful route of 28km. From here we are transported to Lanjaron and our hotel, (unless you want to run a few more kilometers). Lanjaron (660m) is a very interesting place to visit, famous for its spring water and Roman baths. There is also a castle and plenty of nice bars and restaurants to visit.

Stage 4. We are now heading into the Alpujarras region on the edge of Sierra Nevada. The trail again follows the GR7 via Cañar, Sopontujar and Pampaneira, uphill all the way but with plenty of opportunities to call into these small villages. The run ends after 25km in Bubion, at 1300m and a typical Alpujarra village of very narrow streets and flat roof houses with tall chimneys. Plenty of time to relax or even trot up the road to Capileira (1432m) the last village on the

road. From here there is a track over the Sierra Nevada via Pico Veleta (3394m) and the ski resort of Pradollano. (a run for another time).

Stage 5 is the final stage, still on the GR7 via Capilerilla, Portugos and Busquistar (1156m) we lose a little of the previous day's height gain before the final 14km climb to Trevezel (1500m) the highest village in southern Europe. Trevezel is famous for its Serrano ham and the salt preserved, pork legs are hung everywhere, a vegetarian's nightmare but the thinly sliced ham is very popular and the taste is excellent. Total run distance for the day is 25km.

The following morning you are free to relax or run one of the local trails before we drive back to Alhama de Granada and a relaxing session in the hot springs.

Granada airport is our closest and now takes flights from Liverpool, Stansted and Gatwick, Malaga is further away but handles many more flights.

Because it is now possible to fly into Granada as well as Malaga it can work out as cheap for many as a weekend trip from London to Scotland but with good weather almost guaranteed. There are quite a few off road/mountain races promoted between the Malaga mountains and Sierra Nevada such as the 28km Cross Montaña Iarapolis each November, the Ronda 101 in May, Mulhacen in September and the Pico Velta 50km uphill road race in August. There are also plenty of half marathons during the year and we are happy to help anyone with entry assistance.

Sports facilities throughout Andalucia are excellent and most of the bigger towns and cities have good running tracks. There is also a sports laboratory in Granada where any running, (or cycling) problems can be checked out and reported on and a high tech altitude training centre in Sierra Nevada for those preparing for some special event.

Team Axarsport also host training camps for runners, cyclists, triathletes and adventure racers. We also run a series of road cycling tours around Sierra Nevada during the year.

If you or a club group is interested in joining one of the trail running tours, bike tours, training weeks or entering a race out here please contact: Paul Bateson, email: info@axarsport.com, or website at www.axarsport.com, or telephone 0034 958 36 37 66. Alternatively you can book a Trail Running Tour through ken@nirvanaeurope.com

THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

It is 14 years since Don Talbot made the first successful challenge and in October we have the 10th Presentation Dinner. This has been a record year, boosting the total to 56 and, as it is still only early September, there may yet be additions. The splendid weather currently prevailing should tempt more to commit themselves this season.

Apart from having no lady challengers, there have been good runs in every age group. The new M55-59 group continues to prosper, as does the vogue for repeat runs, with previously successful contestants reaching a new age group. This year, Alan Yates, John Crummett and Dave Sleath all reached M60. They enjoyed their runs and the psychological luxury of the extra 6 hours; none of them needed that. As yet, there has only been one who has demonstrated what must be truly eternal youth by repeating his run as M70 - Brian Leathley, of Clayton-le Moors. Who will be next?

The logs submitted range from exhilaration and sheer pleasure at the majesty of the route to tales of grit and determination in the face of adversity. The latter usually involved bad weather early in the season and heat later on, though there have been those who sadly underestimated the challenging terrain which comes after Rossett Pike. Nothing repays as much as good reconnaissance by both pacers and contenders in this context.

There has been the usual high level of support with pacing from those who have previously completed The Challenge and also from friends and family, many of whom have spent a long day driving to check points with supplies, or accompanying a contender on a leg, carrying gear and boosting morale en route.

It is too early to inform about Charity sponsorship for this year, but it is all coming along nicely and will be reported later on.

The Successes of 2005.

Colin Lago	M60	Dark Peak + Rucksack Club
Phil Cheek	M55	Macclesfield
David Moseley	M55	Dark Peak
Tony Wimbush	M55	Dark Peak
Chris Farrell	M60	Achilli Ratti
Chris Lumb	M50	Kendal
Jeff Harrison	M65	Dark Peak + FRCC
Peter Simpson	M55	Liverpool Harriers
Rainer Burchett	M65	Keswick + Shaftesbury Barnett

Raising money for charities really does pay dividends - Joss handing over the keys to a Variety Club Sunshine Minibus



Information : SAE to Monica Shone, Swn y Gwynt, Penmynydd, Llanfairpwll. LL61 5BX e-mail : mandc@gwyntog.freeseve.co.uk

Winter holidays...



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Join the growing band of clubs who have had runners stay at our chalet in the French Alps....

Ambleside, Bingley, Dallam, Dark Peak, Fellandale, Helm Hill, Keighley
Kendal, Rotherham, Skyrac

Summer holidays...



40 @ 40

from John Fleetwood



So what do you do to celebrate your fortieth birthday? I just couldn't make my mind up, so I did all sorts of things.

I wrote a story for my son. I 'ran' round the Fairfield Horseshoe in the wind of 50 mph gusting to 70 and then I had a party culminating in a complete rendition of Bohemian Rhapsody after 'Donald where's your trousers'. But this wasn't enough. On the next day, 41 of us strode over Striding Edge – as Gandhi, an Indian lady in a sari, a kilted Highlander, a Victorian mountain guide, Scooby Doo, a tiger cub, a medieval gentleman – strange what you see on Helvellyn.

Yet that wasn't quite enough – I needed something substantial to mark the occasion. How about 40 tops at 40? The thought had occurred to me that I could resurrect a route which I had planned the previous year as an alternative to the BG, but after the partying of the last two days I really didn't feel up to it. I went to bed without much of a plan.

At 7.30 the next morning it looked a nice day; too nice to stay in bed. I hurriedly packed my sack, took a torch and informed my wife that 'I might be a long time'. I started at Troutbeck as that was closest and I fancied doing the High Street hills. Thus, my rather impromptu day began. And what a day it was – blazing sunshine and a cool wind to keep the temperature down – all in all, a perfect day for running. The view from Angle Tarn was impeccable, even at 11a.m. It wouldn't have been out of place in the Alps, such was the clarity of the air, the deep blue of the tarn and the strength of the sun's rays. I refuelled at Side Farm with a barn door slice of flapjack and stocked up further with a pasty and smoothie in Glenridding. I could get used to this sort of fell running! Glenridding Dodd gave a great view over Ullswater and the western fells opened out on summitting Stybarrow Dodd. On High Rigg I suffered the indignity of being accused of being a 'fair weather fellrunner' for walking up the hills, but after explaining that I had already run 22 miles I was applauded!

Keswick was in the full swing of a fair bank holiday afternoon: replete with jugglers, sauntering crowds and returning walkers. I joined in the holiday atmosphere, treated myself to a tea, cake and panini and watched the world go by and, feeling good, I committed myself, phoned home to say, 'Don't wait up' and jogged out to Braithwaite. Grisedale Pike was breezy but the rest of the range were their usual pleasant grassy selves with a fantastic run off Whiteless Pike. Unfortunately, each step down means one up the other side and the climb up Red Pike doesn't get any better with repetition. It is one of the worst grinding ascents on an unrelenting stone stairway and after that the ground is rough all the way to Black Beck. However, on Brandreth I was suddenly immersed in a deep red light. The hillside lit up and with it Gable Crag. The Engineers Slab face flamed red and to the west, the hills above Crummock were likewise on fire. For fifteen minutes I was a sole voyeur on a flaming hillside and, as the flames died down, the embers glowed in the west. Gable could only be an anticlimax after this but I wasn't prepared for the painfully slow descent of the set stones in the exceedingly dim light. Going up was easier but I struggled to see anything on the descent of Esk Pike. In the end I concluded that the batteries were a bit flat which proved to be correct. Even so, in the dark, Bowfell and the Crinkles were exceedingly trying. It started to rain and I had to ascend each little bump, not being sure of the exact route or which was the summit.

The bad step was quite Alpine in the dark and the jog out to Cold Pike a constant reminder not to drift in to the electric fence by mistake. The descent of Pike O'Blisco isn't easy at the best of times. In the dark, I dared not deviate from the rocky steps of the path but it was very slow and by now my feet were complaining. Side Pike is a characterful little hill and this livened the wee hours but by Lingmoor I could barely run downhill. My feet were crying out in pain and I could only manage a slow shuffle. At this slow pace I became cold, cold to the bone in the early morning air of the valley and only when I emerged in to the first sunshine on Loughrigg did I thaw out. Loughrigg – that most benign of hills. Today it was

unremitting pain. Every footstep was pain – a sharp jabbing pain that demanded, "Stop!" But I didn't have any choice and carried on shuffling. By Ambleside I even began to sort of enjoy it again, perhaps because the end was in prospect, perhaps because of the sun, perhaps ... perhaps, I don't know. In any event Wansfell was a fitting end: an isolated hill looking out over the Lakeland hills on a fine sunny day. The day's first walkers were out. Little did they know of my journey, but I couldn't be bothered to tell them and what did it matter anyway. Twenty-three hours and forty-five minutes after starting I wandered through the delightful churchyard at Troutbeck and peeled off my shoes. Oozing, pussy blisters and a toenail about to fall off: the delights of 24 hour runs. But I was now forty and had 'celebrated' in style with a new long distance round. I was glad I had got out of bed on Monday morning!

So for those who are getting bored of the BG route, why not try something different? My 66.3 mile, 24,000 feet route only shares three miles with the BG and is a logical round with no major out and backs. It is a true horseshoe over some of Lakeland's big and little hills.

Summit	Section Miles	Cumulative Miles	Section Ascent	Cumulative Ascent	Ascent in feet	Section Time	Actual Time
Troutbeck	0.00	0.00	0	0	0	0.30	8:46
Sallows	2.16	2.16	307	400	1872	0.36	9:22
Yoke	1.90	4.06	265	665	2182	0.25	9:49
St Bell	0.68	4.74	100	765	2513	0.10	9:58
Froswick	0.56	5.30	80	845	2642	0.16	10:37
Thornthwaite Beacon	1.03	6.33	155	1000	2781	0.16	10:24
High Street	1.00	7.33	75	1075	2877	0.23	10:38
Rampsgill Head	1.24	8.57	75	1150	2973	0.14	10:53
Rest Dodd	1.04	9.61	115	1265	3113	0.16	11:09
Angle Tarn Pikes	1.56	11.17	100	1365	3213	0.22	11:32
Glenridding	2.91	14.19	0	1365	3213	0.28	12:00
REST	0.00	14.19	0	1365	3213	0.10	12:10
Glenridding Dodd	1.08	15.27	300	1665	3513	0.23	12:33
Sheffield Pike	1.11	16.38	275	1940	3865	0.24	12:58
Greenside	1.19	17.57	215	2155	4071	0.23	13:22
Stybarrow Dodd	0.67	18.24	80	2235	4333	0.10	13:32
Legburthwaite	1.97	20.21	0	2235	4333	0.23	13:56
High Rigg	2.33	22.54	210	2445	4822	0.38	14:34
Keswick	3.39	25.93	65	2510	5235	0.39	15:14
REST	0.00	25.93	0	2510	5235	0.17	15:32
Grisedale Pike	5.20	31.13	730	3240	10630	1.29	17:01
Hobcarton Crag	0.44	31.57	30	3270	10729	0.07	17:08
Hopegill Head	0.59	32.16	100	3370	11057	0.11	17:20
Crag Hill	1.31	33.47	250	3620	11877	0.31	17:51
Wandope	0.56	34.03	30	3650	11976	0.07	17:58
Whiteless Pike	0.77	34.80	40	3690	12107	0.10	18:09
Buttermere	1.81	36.61	0	3690	12107	0.24	18:33
REST	0.00	36.61	0	3690	12107	0.11	18:45
Red Pike	1.86	38.47	655	4345	14256	0.54	19:40
High Stile	0.91	39.38	90	4435	14551	0.17	19:57
High Crag	1.01	40.39	55	4490	14732	0.20	20:18
Seat	0.60	40.99	35	4525	14847	0.11	20:29
Haystacks	0.70	41.69	155	4680	15355	0.19	20:49
REST	0.00	41.69	0	4680	15355	0.06	20:56
Brandreth	1.92	43.61	230	4910	16110	0.40	21:36
Green Gable	0.62	44.23	150	5060	16602	0.18	21:55
Great Gable	0.42	44.65	150	5210	17094	0.15	22:10
Sty Head	0.91	45.56	0	5210	17094	0.23	22:34
REST	0.00	45.56	0	5210	17094	0.10	22:44
Allen Crag	1.54	47.10	335	5545	18193	0.40	23:24
Esk Pike	0.89	47.99	160	5705	18718	0.24	23:49
Bowfell	1.06	49.05	125	5830	19128	0.33	0:22
Shelter Crag	1.00	50.05	110	5940	19489		
Long Top	0.45	50.50	85	6025	19768		
Pt 834m	0.26	50.76	35	6060	19883		
Cold Pike	1.15	51.91	50	6110	20047		
Pike O'Blisco	0.98	52.89	180	6290	20637		
Side Pike	1.85	54.74	135	6425	21080		
Lingmoor	0.98	55.72	170	6595	21638		
Loughrigg	4.55	60.27	300	6895	22622		6.23
Ambleside	2.50	62.77	0	6895	22622		7.00
Wansfell	1.70	64.47	440	7335	24066		7.53
Troutbeck	1.90	66.37	0	7335	24066		8.31

60 @ 60

**A 60 peak Bob Graham round successfully completed
on Sat/Sun 6th/7th August 2005
from Yiannis Tridimas**

Ever since I did a 50 @ 50 peak BG 10 years ago I had been expected by my friends to have a go at a 60 peak round at the age of 60. I had then promised to do so.

I know of a couple of others who have tried to do 60 @ 60 and failed. Age works against us all. It is hard enough doing a standard round at a young age. Trying to do the round at the age of 60, having added another 18 peaks is serious.

Only a few men have managed 55 peaks at the age of 55. Only Wendy Dodds has done a 50 plus at 50 among women and, judging by her fitness, she will no doubt do a 55 @ 55 as well; and after that, who knows, a 60 @ 60 is possible.

So, when I became 60, I made plans for the big challenge. I set the end of May as a possible date. Earlier on in the year I had started planning to do Leventon's Line, a linear run of 57 miles over wild Welsh hills from Llangollen to Barmouth. Following a few recceing sessions, Ray Baines and I together ran Leventon's Line on the 2nd May, unaccompanied, with Wayne Percival providing road support. It took us eighteen hours and seventeen minutes. This was to be our pre-BG training. Ray completed his BG round the weekend before my attempt.

And so I had my 60 @ 60 attempt on the 27th of May supported by a great team both on the fells and at the road stops. The start was at Stair Bridge. The clockwise route went via Moot Hall. It was not to be a successful attempt. Early on in the first section a leg muscle began to give me problems. I persevered but the discomfort was increasing. At Threlkeld the support team were warned of the problem. I carried on to the 2nd section but things were getting worse. The good leg was now in danger of being overworked. At Dunmail, having done around half the mileage, I retired - much to the disappointment of my supporters who were expecting to get a good run out of it.

As we returned to our base, Newlands village hall, the weather turned foul. Some of our team who went for a run told us later that if my injury had not stopped me the worsening weather would have done - it was gale force winds and heavy rain.

A second date was arranged for another attempt, July the 9th. The team reassembled and it all started again, alas, in what was one of the hottest spells in the year. In order to fight dehydration I drank

loads of High 5, which I do not normally drink. Into the second section I started feeling nausea and was finding it hard to take food or drink. I was getting weaker and slower and by Wasdale Head I was seriously overheating in the blazing sun. Yewbarrow has never seemed harder. My helpers were carrying gallons of water to douse me. At Black Sail pass, drained of energy and hopelessly behind schedule I gave up after 20 hours of hell. It was the weekend that saw nearly half the field in the Wasdale championship race being timed out due to the heat. On the way back from Wasdale we stopped at Greendale and had a brief chat with Joss Naylor. I said then that I had enough of 60 @ 60. Joss agreed and suggested I did something more enjoyable. My support team had other ideas. The momentum was unstoppable and a third attempt in 'good' weather was planned. Good weather for me means cool and overcast.

Wynn had suggested that if I had succeeded the first time it would have been too easy a challenge and not worth doing.

The third attempt was planned for the weekend August the 6th/7th. Time was now getting very short. If the weather that weekend was not good, only the next one was available. After that the attempt would have to wait until I was 61. I am normally impatient and once I start something I want it finished.

By the end of July I was beginning to think that I was burning myself out. Two failed attempts, the Saunders mountain

marathon, a couple of weekends supporting other BGs and all that since doing Leventon's Line in May.

August the 6th brought with it almost ideal weather. We reassemble at Newlands and staged a repeat performance hopeful that it would be more successful this time.

A 2 a.m. start meant that the beginning and the end would be done in the dark. I had hoped to get some sleep before the start but that proved impossible.

After the usual photo sessions on Stair Bridge, Steve, Alan and I hit the road to Keswick. Apprehension was the dominant feeling on my part. After two attempts I expected something else to go wrong and I was anxious not to let my team down again. I also had some serious doubts about my state of fitness - only Kath knew about my apprehension.

The first section was uneventful but slower than when we did it in daylight in the second attempt. Running in the dark over rough ground is never as fast as in the day. Having nearly lost Alan down a hole on the way to Little Calva and with no navigational problems we got to Threlkeld behind schedule but in good shape.

After a brief stop to have some food and drink I was on my way to the Helvellyn section with Lawrie, Rob and Phil who had done his BG two weekends earlier and, despite having a heavily bandaged hand, managed to handle food and drink for me. On approaching Calfhow Pike, Rob suggested that he would like to visit it, as



Yiannis above Grisedale Tarn en route for Fairfield (Photo Rob Woodall)

he had never been there before. That set my brain thinking: I had plan A, I had plan B but no plan C. If there was no time to do Scar Craggs and Causey Pike (plan B) I would need one more extra to make 60. After some hesitation and a brief discussion we all climbed Calflow Pike.

Mike was waiting for us on Helvellyn and showed us an interesting descent from Seat Sandal that missed out most of the bracken.

Kevin and Ali took over at Dunmail. I was secretly relieved when Ali declared at the start that they had no cameras with them, unlike Rob and Lawrie who took large numbers of photographs in the previous section.

As I could not face another slog up the grassy slope to High Raise – I find grassy ascents intimidating, we took the path to Sergeant Man first, a good choice.

I lost some more time in the second section and throughout the first half of the third section and assured my helpers that I would pull some of it back on the rocky hills around the Scafells.

On leaving Ill Grag I was overjoyed to see Ronnie coming up to join us. Ronnie's dexterity on the rocks inspired me and we made swift progress over the remainder of the section. John and Neville, having spectated at the Borrowdale race, set themselves up with a rope at Broad Stand, just in case it was wet. In the event the rock was dry and none of us made use of the rope – sorry John!

There was enough sunshine at Wasdale Head to make me feel uncomfortable.

Almost reluctantly I followed Steve, Alan and Wayne up Yewbarrow. I was now feeling the weight of my 60 years pulling me down that hardest of all climbs in the challenge. Having had a great rush of adrenalin through the Scafells I was now drained, completely flat. Alan force-fed me jelly babies, Steve and Wayne encouraged me. Eventually I perked up a bit, enough to put on a reasonable show up Great Gable but darkness made us lose time in the rocky descent from it and in the rest of the section.

At Honister plan C came into action and the whole thing seemed touch and go. After a brief stop I was in the hands of Wendy accompanied by Ian, Andy and Rob. Lack of pace on my part and darkness conspired to lose us more time. We got to Newlands Hause down my special 'reedy gully', as Ian described it, in a procession of torchlights in pitch darkness.

There was no time for hanging about not even for a drink. I was literally swept off my feet by a mass of keen helpers and led up the steep slope to Knott Rigg. I found the experience overwhelming and very moving. Wendy, Steve and others made it clear that I would have to push hard. This is what I did. I found strength in the presence of so many friends, all of them with one thing in mind, to get me to Stair before the time. Andy, Keith and Ian had earlier reccied around Ard Craggs to make sure we could get to the road in the dark, something that proved tricky in deep bracken and rough ground.

On the road at Rigg Beck Wendy told me we had 17 minutes. "What is the distance?" I asked. "Just over a kilometre,"

said Ali. That sounded good but did not stop me asking the time a few times more.

And finally, cheers and clapping at Stair from the rest of the team who had an anxious wait. We got there with 8 minutes to spare. It was all over.

We retired into the hall for the usual winding down and rest.

It probably was the hardest challenge I have done. The only thing that tempers my feeling of success is that I did not do the 60 peaks of my original choice – 60 from Richard Lamb's 61 peak round (see BG booklet, "42 peaks").

Do I have any excuses? Of course I do! First I am not Richard Lamb. Second I overdid it in the time leading up to the event. Thirdly the hours of daylight had reduced significantly by August 6th and precious time was lost in the dark.

I am now looking forward to helping whoever wants to do a better 60 @ 60.

Many thanks to all those who helped me in my three 60 @ 60 attempts:

Steve Cliff, Leigh Warburton, John Hunt, Alan Duncan, Rob Woodall, Mike Sadula, Richard Lamb, Ronnie Jackson, Chris Reade, Andy Verden, Neville Griffiths, Wayne Percival, Kevin Davison, Andy Walsmley, Ian Roberts, Phil Janaway, Ray Baines, Wendy Dodds, Lawrie Jones, Ali Welsh, John Linley, Keith Denver, Eileen Bond, Gordon Johnson, Graham Bond.

Special thanks to my Kath and more special thanks to the heart of the support team, Wynn Cliff.



The price of a signed, stamped and framed fine art print is £110, inclusive of postage & packing by courier service (UK Mainland only; international delivery at extra cost).

NEWLEAF DESIGNS

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South Wales Traverse 2005

from Alan Stone

It was early in the morning, a typical South Walian day. The fog was down, temperatures were barely above freezing, visibility was 100 yards and seven grinning idiots were looking forward to a day of pain, misery and hardship. The day was not to disappoint.

Humour had gone around that Pete was to make his 4th attempt at the South Wales Traverse. Before his wife had a chance to yell "Divorce" he was joined by fellow Harlequin, Ed Whiting and five from MDC (John, Alan, Rhys, Jules and Dan). The Traverse is one of those great ideas thought up by someone after imbibing too much fermented hops. Kent must have run dry that particular year. It involves a run over the 2000 foot peaks of South Wales. It totals 73 miles and 10,500 foot of ascent. Before the early morning start, two arrived by car, three opted to spend the night under canvas and two to sit on the veranda of a motorhome sipping Gin and Tonics complaining about the view being spoilt by the tent city.

Despite the protestations that this was not a race, Dan, Rhys and Jules kicked their heels and disappeared into the swirling mists. Older heads, being carried by even older legs bumbled along behind. But the older heads had listened to the words of the great sage, philosopher and consumer of the odd chicken curry or two - Martin Lucas. Martin had said go over Foel Fraith not around it. Those who did had the great satisfaction of seeing the young 'uns passing them again before heading up Carreg Las.

Fans appeared and passed in the blink of an eye (the eye in question having had a bad accident with superglue). Thanks to Jo and Algi who did the sterling work of handing out the food and drink and making the obligatory comments of, "You're looking good" to those who didn't. Thanks to Ruth for moving the motorhome to Storey arms to pamper the afflicted and hand out cups of tea to complete strangers. The sun was shining, all was well with the world, the runners stripped off and headed up Pen Y Fan. Mother Nature was watching and carefully chose the moment to release the thunder, lightning, hail and strong winds. As the day trippers, following the motorway to the top, piled on the thermals, fleeces and waterproofs, the runners surged past them. The problem is trying to look "real 'ard" while shivering uncontrollably. Pete and Ed wisely headed for sunnier climes to put on more layers. By Abercynafon Alan was seen to shamelessly steal the shirt off another man's back (thanks Phil). Ed decided to retire on the grounds that he had not yet passed on his genetic material to the next generation. Pete, after dropping down to the Neuadd reservoir to re-clothe himself, rejoined the battle with the elements. Thanks to Sam and Melissa for patching the running wounded and supplying hot drinks.

On going up to Merthyr Common Alan and John were heard to sing the praises of Del Man (Del Boy lost the claim to his former title after electing to drive a Volvo). His directions proved spot on. However, the advantage was soon lost as they got hopelessly lost amongst the shake holes and quarries on the way out. Next stop was the Black Lion Inn, Llangynidr. While the support party (thanks Chris and Zsuzsa) were watching the footie and getting legless inside, the runners were last seen trying to break into their car to retrieve night lights and clothing.

After that Pen Cerrig Calch loomed. It has only one redeeming feature, that being it is the last major climb on the route. The rain and wind set in again and despite the extra layers, "suffering" took on a new meaning. We swam our way to the top. Waun Fach lived up to its reputation as the boggiest summit in Wales. The trig point at the top is desperately trying to join its cousin in Australia. As darkness fell the rain fell heavier. The descent down to the Gwynne valley through the forest kept the local wildlife amused as Alan and John were seen to trip over every bit of bramble, branch and bracken. I hope we enriched their understanding of the

beautiful and descriptive power of the English language. Thanks to Sam who went beyond the call of duty to give fresh supplies and look after the seriously hypothermic Dan (I run lighter than anyone) Booth.

Nearing the top of Rhos Dirony, John and Alan thought that the cold was making them hallucinate when they saw a revolving lighthouse on the top of Lord Hereford's Knob (don't snigger - this is a serious article). It was then joined by a second and we realised it was Rhys and Jules telling us to catch them if we could. We couldn't - we were too busy shivering. The ridge back to Llanthoney never seemed to end in the dark and rain. Alan and John ended up water skiing down to the priory.

Dan, after sleeping for five hours and defrosting his gilets, carried on alone to finish. Pete, after his detour down to the Neuadd reservoir re-climbed Cribyn to continue the route and with the support of Ed and Martin finished in a remarkable time (considering the extra miles and climbing he did) and was still in a fit state to run the entire length of the ridge back to Llanthoney.

Score for the day; 7 starters, 6 finishers, 4 within 24 hours.

Finishers Times;

Rhys	21 hours 6 mins
Jules	21 hours 6 mins
John	21 hours 51 mins
Alan	21 hours 51 mins
Dan	25 hours 10 mins
Pete	25 hours 58 mins

Fallrunning Fred by Anne Colstrane

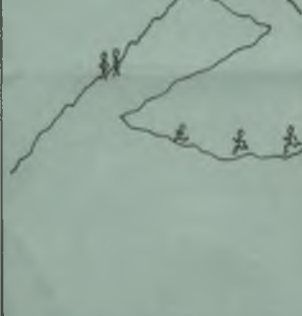
THESE CHAMPIONSHIP RACES ARE GREAT...



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WHILE WATCHING THE WOMEN RUN...



YES, AND THE VIEWS UP HERE ARE STUNNING!



Another antidote to the onslaught of winter - personally I hate hot weather and tend to hide in dark corners if the temperature gets towards Continental levels but there are those who revel in sunshine, sea and sand and if that can be combined with running then this article is for them

The Trans Aq' - a new race — a beautiful race

Six days of running down the west coast of France

from Dave Jelley

It was not until I was at the start line on the beach, that the guy with the Marathon de Sables (MDS) headband said -

"The sand is much worse here than Morocco". And then we were off - only 62 of us heading south from the Pointe de Grave north of Bordeaux to Vieux Boucau 222 Km south. The race organisers Gerard and his wife Caroline had tears in their eyes as we started. The race had been a nightmare to organise. French bureaucracy had meant that getting all the permissions for the route had been extremely difficult and instead of the 300 runners hoped for, only the 62 of us had enrolled (including 3 Spaniards, one Moroccan, one Algerian, 3 Germans and myself, the lone Brit). But it was Sunday morning and we were off, road books in hand, 6 Kgs of food, bedding and safety gear on our backs and gaiters on our feet. We looked like a strange mixture of adventure racers and refugees as we ran past the fishermen down the long beach south.

15 Kms later we headed across the dunes, thankful for our gaiters as we waded through ankle deep sand, to our first water station. Throughout the race these were a lifeline at 15 Kms apart, we always knew we could rest for a minute, re-fill our bottles or camelbacks and eat a little, before plunging back into the forest or onto the beach. The length of the stages varied, very much in the MDS tradition of one long stage and one marathon length stage. This year we started with a 48 Kms run, ending up in Le Pin Sec, the campsite where we had passed Saturday night. Monday was a shorter beautiful stage taking us along the shore of an inland lake to Carcans, where we camped in the pine forest. We were allowed very small camp fires which meant we did not have to carry a cooker and also meant the 9 of us in each tent shared fire-making and wood-collecting chores. Tuesday started at 7.00am - the long stage of 62 Kms. The road book began by telling us to "reserve ourselves" as the stage would be long and hard. It was! - some of the trails in the forest were such soft sand, that running was almost impossible. But, the final 6 Kms along the beach to the finish at Cap Ferret, were magnificent. We then had a wonderful 24 hours to recover, swim, sun bathe and eat. Yes, eat! One of Gerard's treats to us was that instead of carrying all our food for 6 days, we were allowed to hand over exactly 2 Kgs of food at the start, which was given back to us at the end of the long stage. So tea on Tuesday night in our tent included wine, cashews and chocolate!

Wednesday at 7.30 pm we boarded two small boats and were taken across the mouth of the gulf of Arcachon. We disembarked in all our assorted desert attire and walked by those outside cafes in France where beautifully dressed French people sip glasses of chilled wine and nibble at small delicacies. And then worse still, two young girls sitting eating take away pizza - all 62 pairs of eyes stared jealously on - a torture worse than the dunes of the MDS!! But pizzas were soon forgotten as we ascended the steps nervously to the top of the highest sand dune in Europe - the Dune de Pila. It was 10 pm, the sun was setting and a new moon rising. The dune was awe inspiring, a long ridge of sand stretching off into the distance. The road book stated we had to run 2.5 Kms along the dune before we could descend to the sea for our 30 Kms night stage. It is the image that will stay with me forever - running with our headlights on across this vast sand dune. Then gradually runners branching off to find their way down to the sea. By the time I reached the sea it was nearly dark and I was on my own. Luckily when we ran off the beach into the forest after 8 Kms I caught sight of some reflective material on the back of another runner and from then on, I ran the race of my life, determined not to lose sight of this runner as we made our way through the forest following our road book and the night lights set up on the course. It was an epic 31 Kms which felt more like 60, but we came in joint 5th and we did not suffer the fate of Manfred who missed one of the turns and arrived in after 7 hours of running!

Thursday was a nightmare, 3 hours of sleep and then we were up again and on a bus south avoiding a large coastal military zone. Delivered at Mimizan beach, we started in the very hot sun at mid-day and it got hotter all afternoon. Another 31 Km and by the end, I had seriously run out of fuel. Thankfully, the finish was on the beach, so I lay in the sun and slept for two hours before crawling into the campsite. But, what is amazing about these events is that although you think you will never ever run again, let alone run again the next day - remarkably, the next day comes and with the right food and drink, you have recovered enough to go on. The next day was Friday, the final stage, 21 Kms along the beach with a river crossing and the finish on the beach at the small town of Vieux Boucau. It was so wonderful to run through the final finish line and see a tables set with baguettes, cheese, fruit and cold beers. In the evening, the medal ceremony and folk dancing a huge paella and lots of red wine - a perfect end. In total it had taken me 25 hours of running - the winner had done it in 22 hours and the last person in 40 hours. I had come 7th, but much more importantly, I had run through the most beautiful area of western France for 6 days and never thought of work once!

The race was superbly organised. It only cost me £500 including my return train fare from Waterloo. Next year may be its last year if Gerard does not get enough runners - so sign up now on the website trans-aqu.com and maybe an English team could win it next year (the Spaniards won this year).



Sea, sun and sand - and strange footwear - on the Trans Aq. (Photo: Dave Jelley)

Martin Stone's Long Distance News Summary Sept 2005

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the next month or so, a panel of long distance 'enthusiasts' will look at 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/Fax: 0870 7661792, EMAIL: martin.stone@sportident.co.uk

BOB GRAHAM ROUND UPDATE

Brian Covell reports that so far there are 43 new members in 2005, only one of whom is a lady. If you have completed the BG this year but not registered it with Brian, please contact him at 26 Westwood Avenue, KENDAL, Cumbria LA9 5BB. Tel: 01539 737049.

WELSH CLASSICAL ROUND UPDATE

Paddy Buckley is custodian of the records for this round of Snowdonia that he created in the 1980's and he is only aware of one successful completion of the Welsh Round this year, by Phil Clarke of Kendal on 22nd /23rd June in 22hrs 27min. Phil started at Aberglaslyn at 18.00 and ran the route solo with Ian Rooke providing road support.

This makes a total of 48 completions to date. Please contact Paddy Buckley at paddy.buckley@lineone.net if you have been omitted from this year's round up.

CHARLIE RAMSAY ROUND UPDATE

Jon Broxap has been keeping a list of successful rounds. Since the route was first established by Charlie Ramsay in 1978 only 37 stalwarts have managed to complete the round within 24 hours while many more have failed in bad weather. Jon has been made aware of the following sub-24 hour completions this year. If you have been missed off this year's round up please contact Jon Broxap - jon@dbroxap.freeserve.co.uk so that he can add you to the list.

Kevin Saville of Dark Peak: On 16 /17 July, Kevin completed a clockwise round starting at 12.25 on the Saturday and completed in 23:44. Kevin was supported by Tom Westgate, Bob Berzins, Gavin Williams and a few other Dark Peak members. The weather was very poor with heavy rain showers from Fersit onwards.

Jamie Thin, Mick James, Graeme Ackland, Nick Wallis & Ollie Stephenson

This was possibly the most successful attempt to date on Ramsays Round. 5 chaps from "rival" clubs set out on the morning of 25th June and all 5 completed the Ramsay Round within 24 hours, in fine conditions - sunshine and clear skies. They travelled clockwise via Ben Nevis with support on the top of the Ben, at Loch Treig Dam and on

Loch Eilde Mor. They were paced from the Treig Dam to the end. It was Jamie Thin's 4th attempt over 15 years - so he was glad to finally get round ! - but for all the others, it was their first attempt. Mick, Olly and Nick had reccied the route before - but Graeme Ackland was only roped in the previous weekend at a local race in Edinburgh - and Graeme had never been up Ben Nevis before .. or any of the hills on the round ! They all ran together for the majority of the round until Graeme Ackland's shoe fell to bits on the Mamores. Graeme then managed to borrow one of Roger Boswell's Walshes on the top of Sgor an Iubhair and finish just inside the 24 hr mark in a final sprint ! There was a bit of debate about running the road at the start or at the end - Jamie, Mick and Graeme voted for the Polldubh start and the others started at the traditional starting point, Glen Nevis YH.

Jamie Thin	(Hunters Bog Trotters)	23:31
Mick James	(Carnethy Hill running club)	23:31
Graeme Ackland	(Lothian Running Club)	23:58
Olly Stephenson	(Carnethy Hill running club)	23:40
Nick Wallis	(Dark Peak)	23:40

60 LAKELAND PEAKS AT 60 – YIANNIS TRIDIMAS

You can read an article by Yiannis elsewhere in the magazine where he describes the 3 epic attempts that culminated in the first successful round of 60 peaks at 60 on the weekend of August 6th/7th. After two unsuccessful attempts in May and early July and a very active few months in between, Yiannis re-located his start/finish to Stair Bridge and this time with the assistance of a great team of friends and supporters, completed the round in 23hrs 52mins.

GRAND SLAM – MARK HARTELL & REX STICKLAND

For a few years now a small group of UK ultrarunners have been making an annual pilgrimage to the USA to take part in one of the many 100 mile trail races over there.

This year Mark Hartell (41) and Rex Stickland (61) decided to indulge a little more by attempting the "Grand Slam" of Ultrarunning - this comprises the 4 original/most prestigious 100 mile races to be completed in a single 11 week period between June and September. Only one Briton, Martyn Greaves, has previously completed this feat although some 20-30 attempts are made each year.

The Western States was the first race and proved a rude awakening to both Rex and Mark. For Mark it was a complete "bonk" at mile 80 plus trashed quads that resulted in a 20 mile walk to the finish; for Rex it was terrible blisters. Nevertheless, both finished in reasonable times and returned to the UK to regroup.

Three weeks later in mid July, the pair were experiencing one of the hottest/most humid days in the history of the Vermont race on the US east coast but both ran well with Rex finishing first V60 and Mark recording 3rd place overall.

A scant 10 days later the duo were off to California for a fast traverse of the John Muir Trail - joined by Karen McDonald and Martin Stone, this 220 mile trek was identified as ideal

acclimatisation for the "race across the sky", Leadville 100 with its average elevation over 10,500ft. 11 days later, with the JMT complete, the team transferred to Colorado where both had decent races - Rex once again scoring first V60 and Mark making 5th place overall.

Early September and it was off across the Atlantic once more for the Wasatch Front 100 miler in Utah. By now the duo were feeling pretty well prepared and the training runs boded well. However, on race day, both discovered the cumulative effect of multiple transatlantic crossings, four 100 mile races in less than 3 months and everything else. The experience was described by Mark as "brutal" as he felt he simply didn't have the mental reserves left to cope with another race, another set of mountains, another night out alone, etc, etc. As it was, both finished in creditable times with Rex scoring yet another V60 first and Mark just squeezing under the coveted 24 hour barrier to record 13th place overall.

In 2005, out of 20 who started, 9 successfully completed the Grand Slam. Mark scored the fastest time for the current year and the 6th fastest on record with a combined time of 81 hrs 17 minutes. Rex comfortably set the fastest ever time for a V60 with a combined time of 106hrs 29 mins. Both are now enjoying a well earned rest !!

SOUTH WALES TRAVERSE – MASS ATTEMPT!

Alan Stone has written an article elsewhere in this magazine describing a successful attempt by himself and five of his friends last May. Their times range from 21hrs 6mins to 25hrs 58mins.

TWO MORE SOLO- UNSUPPORTED RUNS - JOHN FLEET

John seems to thrive on a diet of at least two new ultra-distance mountain runs each year !

40 LAKELAND PEAKS AT 40 – John has also written an article elsewhere in this magazine about his 40th birthday celebration and a new route round the Lakes that only shares three miles with the Bob Graham. At 66 miles and 24,000 feet it is similar in scale to the BG and John feels that it is a true horseshoe with no major out and backs over some of Lakeland's big and little hills.

ETIVE ROUND

In late June, John christened a round of Etive. He set out from Glen Etive at 06:00hrs and completed it 30hrs 21mins later, having covered 56.5 miles and climbed/descended

30,400ft. His route was two loops from his tent in Glen Etive. He climbed Beinn Trilleachan, Ben Sgulaire, Beinn Fhionnlaidh, Sgorr na Udlaidh, Beinn Maol Chalum, Stob Dubh, Stob na Broige, Stob Dearg and then a 2000ft descent returned him to his tent in Glen Etive at about 20:00hrs. The early showers of the day had been followed by fine weather and by the time he reached his tent John had completed 31 miles in 14 hours with 18,500ft ascent. After all this effort it would have been so easy to call it a day. Instead, he cooked a meal and rested for 45 minutes before setting out with a torch and kit for the night section on a beautiful evening. However, it proved to be a dark and slow night and much of the earlier urgency of the round was lost as John climbed Beinn Mhic Chasgaig, Creise, Stob Ghabhar and Bheinn Tarsuinn where daylight greeted him. He took frequent naps and moved slowly across Stob Coire an Albanaich, Ben nan Aighenan and finally Ben Starav before finally returning to Glen Etive. John felt that having now seen the route, this would certainly make a good 24 hour challenge. He concluded that he could reduce his own time considerably with the benefit of hindsight. It had certainly been a full on challenge and another very memorable day out.

LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

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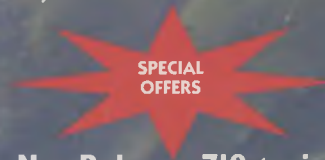
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