

# The Fellrunner Magazine

October 2006



"Catch me if you can!" Blue Haywood making life difficult for John Wiczorek (68) and Julian Donnelly (72) on her way to a new ladies' record at Mearley Clough  
Photo - Woodhead

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# The Fellrunner Magazine

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Ah, well. I suppose all good things have to come to an end but I must admit to being more than a little discomfited to have to inform you that this will be the last "Fellrunner" that I will be editing.

After nineteen years serving on the FRA Committee, which has involved the production of fifteen FRA Calendars and eighteen issues of the magazine, I have decided with great regret to resign from the FRA Committee following last night's (Thursday 5th October) meeting.

I have enjoyed immensely being Editor of the "Fellrunner" and had hoped to continue for a number of years to come but although a large portion of the magazine is composed of material of general interest to the fellrunning community it is, nevertheless, the official information outlet for the FRA and I cannot bring myself any longer to be associated with the policies the FRA now appears to be following with regard to the future of the sport and UK Athletics' role in it.

I have no wish to denigrate in any way my erstwhile colleagues on the FRA Committee, quite the opposite – we are most fortunate to have had on the Committee over the years the numbers of people who have given up vast amounts of their time and energy to ensure that the necessary organisations have been in place and every one of them deserves the utmost respect of the fell-running community for so doing – but I cannot reconcile myself to the direction in which we appear to be travelling.

Selwyn Wright once memorably said that the rules of fell-running ought to be able to be written on the back of a postage stamp and I'm sure that most of us would agree with that philosophy. Fell-running is a gloriously simple, slightly anarchic activity with a committee composed of active (to a greater or lesser extent, depending on the state of their knees, ankles, etc. !!)

participants and has always placed great emphasis on individuality, commonsense and a fairly short and straightforward set of rules. Now, however, I find that if I wish to continue organising the Boar's Head Race I will have to agree to becoming a Level 2 Endurance Official of UK Athletics, my Official Starter is "required to have attended a Health & Safety Course and must have passed the starter's section of the Endurance Officials examination paper" – a bit much for my nine-year old grandson and his little sister!! – and my Official Timekeeper is required to do likewise. There are other idiocies in the pipeline, which may or may not come to pass, but I simply do not wish to be appointed as an official of UK Athletics or to have anything to do with them in order to put on my event. I distrust and despise UK Athletics and the way in which their interference in our sport has damaged it over the last few years – they have been arrogant, devious, duplicitious and incompetent; they have shown contempt for both the sport and its officers and their actions have been motivated solely by their own interests. I will not go into the tedious details of this here but am quite willing to enumerate them to anyone who wishes to contact me; suffice it to say that I feel most, most deeply that involvement of UK Athletics with fell-running is a concept to be avoided at all costs but it is clear from yesterday's meeting that this is not the way favoured by the FRA Committee, hence I think that our differences now run too deep for me to able to continue in my position with any degree of integrity.

..... so if there's anyone out there who would like to take over the reins of Editorship I'm sure Alan Brentnall would be only too pleased to hear from you.

Margaret Chippendale, our Fixtures Secretary, has also had enough and has consequently decided not to stand for re-election at the AGM, so, once again, volunteers to fill this vital position would be most welcome.

I would like to thank all the people who have helped me in many ways over the years, both with the Calendar and the magazine, either as contributors or with production issues, and also to thank all the FRA Committee members, past and present, for their companionship, commitment and conversation – it's been fun and I will miss it enormously.

**p.s. My race is now registered for 2007 with the Welsh Fellrunners Association who, as they are independent of UK Athletics, can register races from wherever without any external hassle - just a thought!!**

## 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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# Chairman's Chat

from Alan Barlow

Thank you for all the cards and letters regarding my health; they really did help and I have improved greatly but will always have to take things a bit easier in future. Which is a great excuse for the slower times that I can look forward to.

I have been trying to keep up to date with happenings and it has been good to see the great work that has been done on the coaching front. The first 'Fell & Hill' course is due to take place later this year. It's a good example of what can be achieved with co-operation between the FRA and UKA and I am sure it will prove to be of immense benefit in the future.

The new England Athletics and its regions are starting to develop although at different paces which is confusing when you are dealing with more than one. We have been discussing finance for this and future years for the England Mountain Running Team with varying success. Whilst Yorkshire Region have been fantastic and agreed to provide a third of this year's budget the other parties have tended to 'pass the buck'. This is particularly frustrating with the Northwest Region where so much of our competition takes place. Hopefully the continuing negotiations will improve and I will be able to report a better understanding between the various bodies in the future.

This is my final 'chat' and I hope you have all enjoyed the last six years as much as I have. The Association is in a strong position going forward; however it still depends upon its volunteers to function. It saddens me to see people quick to criticize yet slow to volunteer when help is sought. I do remain hopeful that sufficient volunteers will come forward to fill all the posts on the committee for next year and the future. I intend to continue to help where I can.

I hope to see many of you at this year's AGM and wish the new chairman every success. So its goodbye from me, but see UKA News.

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

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

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

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

**Deadline for the next edition is Friday 12th January 2007.**

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# UKA NEWS

from Alan Barlow

UK Athletics have changed their structure along with the changes taking place in England. This has meant that the PST was disbanded earlier this year and been replaced recently with a new competition group. This group will act as the link between running up and down hills or whatever you call them throughout Great Britain and UK Athletics. The main focus is on improving competition and standards, so get in touch with all your ideas.

It is my intention to run this group from the FRA committee, which is little different from what has effectively taken place in recent years and enables me to tap into the experienced help that is available there. The FRA has of course a UK-wide membership and whilst it is only the governing body for England has always represented the interests of the sport on a wider basis. I am receptive to new ideas so please contact me with any ideas for improving any aspect of the sport.

For some time I have been unhappy with the way our sport has split in Wales and Scotland, which no doubt many of you will share. Consequently UKA are trying to arrange a meeting between all the interested parties to see if we can find some common ground for harmony in the future. I can but hope.

There has been some concern expressed regarding a new rule about 'Qualified Officials' which effectively included 'Fell&Hill' in error. UKA are unable to change rules until 2008 but have written confirming that we can carry on as we have in the past. This is of course good news.

Finally you will have noted that the FRA committee have agreed that the 2007 calendar will be free to all race organisers and will appear in one run of events throughout the UK. So all members will have one source for most of the races taking place, which I believe is a step forward in uniting the sport.

Alan Barlow  
Chairman UKA Competition  
Management Group

## Changes to members' address details.

If you have any changes to your name/address/contact details, etc. please would you contact Martin Stone directly ([martin.stone@sportident.co.uk](mailto:martin.stone@sportident.co.uk) or phone 0870 7661792) as he holds all the Membership Database and is, therefore, the best person to give these details to. Sending the details to anyone else will not be as efficient and you might not get your magazines, calendar, etc. when you should.

# Calendar Update

At the end of September Race Registration Forms for 2007 were sent out to all this year's organisers. The deadline for returning the completed forms to me will be **TUESDAY 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](mailto:fixtures@fellrunner.org.uk)) for a form.

As for the last two years 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 for information only.

However, the FRA committee has decided that for the 2007 Calendar there will be no charge for Permits (English races) or inclusion of details without a Permit (Celtic races). As a result of this it is hoped that the 2007 Calendar will contain details of a much higher proportion of Celtic races than the 2005 and 2006 ones have.

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

Information about additions and amendments to the Calendar since it was published can also be found on the FRA website: [www.fellrunner.org.uk](http://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 12. ROACHES RACE.** Please note change of address and phone number of the organiser, Andrew Addis, to:- 10 Wooliscroft Avenue, Newcastle under Lyme, ST5 0NR. Tel: 01782612838. All other details unchanged

**SUN. NOV 19. EAVES WOOD TRAIL RACE.** CS. 12.00 noon. 5.25m/600' from Holgates Caravan Park, Cove Road, Silverdale, Lancs (GR 456760 OS Sheet 97). £3.50 pre-entry or £5 on day; pre-entry encouraged as numbers limited to 100, cheques payable to "Dallam Running Club". LK/PM. Over 16. Course now extended in the main woods. Also junior races; 12.05 a.m., U12 (over 10), 2m; U16, 3m; £2 pre-entry, £2.50 on day. Some refreshments included in entry fee. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, Lancashire, LA6 1DE. Tel: 01524 734035. Email: [shinny@overkellet.freeserve.co.uk](mailto:shinny@overkellet.freeserve.co.uk) Website: [dallamrunningclub.com](http://dallamrunningclub.com) and <http://eaveswoodtrail.blogspot.com>

**SUN. DEC 3. GRAVY PUD 5. BS.** 11.00a.m. 5m/1000' from the Bull's Head pub, Tintwistle (GR 024973 on Dark Peak Explorer). £4 pre-entry with entry form from website or entry on day. Teams free. PM. Over 16. Records: 34.20 S. Bailey 2005; f. 43.15 L. Lacon 2005. No safety pins. Great food available in pub afterwards plus Cake Competition!! Details: Andi Jones, 9 Calico Crescent, Carrbrook, Stalybridge, Cheshire, SK15 3FJ. Tel: 07793 102298. Email: [roadrunneraj@btinternet.com](mailto:roadrunneraj@btinternet.com) Website: [northernboyslovegravy.co.uk](http://northernboyslovegravy.co.uk)

**SUN. DEC 10. MORTIMER FOREST.** Please note change of date from Sun. Dec. 17th. All other details unchanged.

**SUN. DEC 10. SIMONSDALE CAIRNS FELL RACE.** BM. 11.00 a.m. 11m/1420' from the Newcastle Hotel, Rothbury, Northumberland (GR 057017). £3 on day only. Teams (3) free. ER/LK/NS/PM. Over 18. Records: 1.15.02 M. Donnelly 2001; f. 1.29.54 K. Robertson 2003. Details: Paul Appleby, Twiney Riggs, Silverton Lane, Rothbury, Morpeth, NE65 7RJ. Tel: 01669 620871. Email: [paulappleby@hotmail.co.uk](mailto:paulappleby@hotmail.co.uk)



## To All Race Organisers

# FREE RACE REGISTRATION FOR 2007

You will find this also mentioned in a few other places elsewhere in the magazine but the FRA Committee has decided that, as all race organisers now have to be members of the FRA, asking them to pay a registration fee on top of their membership fee isn't really fair, especially as by putting on races they are actually providing one of the most important services FRA Members get!!

Hence there will be no race registration fee for 2007 and those Celtic races (who have to register their races elsewhere, unfortunately, thanks to UKA) who wish to advertise their races in the FRA Calendar may also do so without charge - which, hopefully, will lead to the FRA Calendar providing a much more comprehensive set of race information than it has recently been able to do.

It is hoped that this situation will remain a permanent one but clearly, if there were to be any sudden and substantial drain on FRA funds then things might have to be reconsidered, but we don't envisage that this is very likely.

# 2007 CHAMPIONSHIPS SUMMARY

Weekend	Date	Race	Which champs	L/M/S	Notes
March 17/18	March 18	Edale	English	Long	
March 24/25					
March 31/ April 1	March 31	Donard- Commedagh	British	Medium	
	April 1	Wrekin	Junior		
April 7/8					Easter
April 14/15					
April 21/22	April 22	Paddy's Pole	English	Short	
April 28/29					
May 5/6	May 6	Llangynhafal	British	Short	
May 12/13	May 13	Crowden Horseshoe	Intercounties		
May 19/20	May 19	Fairfield	English	Medium	
	May 20	High Rigg	Junior		
May 26/27					Bank Holiday
June 2/3	June 2	Duddon Valley	English & British	Long	
June 9/10					
June 16/17	June 16	Pendle	Junior		
June 23/24	June 24	Carneddau	British	Medium	
June 30/July 1	July 1	Ilkley	Junior uphill		
July 7/8					
July 14/15	July 14	Angus Munros	British		
	July 15	Skipton/Keighley	Junior		
July 21/22					
July 28/29					
Aug 4/5					
Aug 11/12					
Aug 18/19	18 Aug	Weasdale	English	Medium	
	19 Aug	Sedbergh	Junior		
Aug 25/26					Bhol
Sep 1/2					
Sep 8/9					
Sep 15/16	Sep 16	Lantern Pike	Junior		World trophy
Sep 22/23					World masters
Sep 29/30	Sep 30	Sedbergh	Junior relay		
Oct 6/7	Oct 6	Great Whernside	English & British	Short	
Oct 13/14	Oct 13	Bowland area	British relay		
Oct 20/21					
Oct 27/28	Oct 27/28	Junior "do"			
Nov 3/4					
Nov 10/11	Nov 10	AGM & Dinner			



# Secretary's Corner

## from Alan Brentnall

Following one or two conversations recently, I thought it might be worth reminding folks that the clause in FRA's Safety Rule 9 which allows organisers of non-AL/AM races to waive equipment rules stipulates that this option only applies in the event of settled fine weather, confirmed by a local weather report.

But, as runners, we will carry this kit if we think that it is required anyway, won't we? Whether or not the organiser tells us - because we know that our safety depends upon each and every one of us using his or her common sense.

There has only been one meeting since the last issue of *The Fellrunner*, and here are some brief notes. Further information can be obtained by contacting me direct.

### COMMITTEE MEETING - CHEADLE HULME, Sunday 3rd September, 2006.

The meeting confirmed that the FRA policy of financially supporting championship races will continue in the same format as in previous years. Basically, we anticipate that the extra numbers of runners taking part in championship races will in itself generate sufficient funding to cater for extra facilities such as toilets etc. But the FRA will provide a safety net if an organiser has financial problems providing reasonable facilities.

We discussed the way we categorise veteran age groups in the English Championship, and this may change in the future. But there will be no change next year in the way that the Vet-5 categories are handled - i.e. no segregation.

The meeting discussed the current situation in Turkey. Advice from WMRA and the Foreign Office is being passed on to athletes. Turkey is treating the safety of our teams very seriously - in fact at ministerial level, and the Foreign Office advice is to go, but to take care. Taking all this advice into consideration, the FRA will still respect the decision of any athlete not wishing to travel under these circumstances, and that this will not jeopardise any future selection prospects.

Andrew Holbrey has resigned from his post as Junior Co-ordinator, and we thank him for his efforts. Madeleine Watson is taking over with assistance from many quarters - and I'm sure you'll all give her the support she needs.

Regarding the UKA rule changes, at the time of this meeting, the FRA had three email communications from Bryan Smith (a director of UK Athletics) which stated that we need not insist on our race officials being qualified - he even said that this has been checked with the UK Athletics insurers.

However, the meeting wanted more clarity on this important issue, and, after the meeting, this was sought. Like all of us on the committee, you will be very sorry to hear that, despite the three earlier communications, Bryan Smith has now stated that at a meeting in May 2006, UKA agreed with its insurers that *where events could only take place with the aid of co-opted volunteers, this was fine, providing the volunteers were assisting a qualified official*. This means that ALL our races would need at least one "qualified" official, and, as

there are no current qualifications in existence for fell running officials, this effectively wipes out all our races for the foreseeable future.

Because of this, the FRA Committee called an emergency meeting on Thursday 5 October, 2006, to discuss the situation, and to decide upon a strategy which would protect our sport. The notes from this meeting are below.

The Mountain Running PST has been replaced by the Competition Management Group, and this is under the direction of our outgoing Chairman, Alan Barlow.

We agreed to have a single calendar list from 2007 - i.e. we will now include non-FRA races in the same list. To facilitate this, we had a long discussion about removing the £10 calendar charge which all race organisers have to pay.

We are aware that most of our members would like a single comprehensive UK calendar, and we felt that the charge we make to organisers in other areas puts many off including their races. At the same time, we are also penalising our own race organisers by charging an extra £10 on top of their membership for providing the very races which define our sport. Against all this, we consider that £10 isn't much to ask, and it does provide a self financing calendar. At the end of this lengthy discussion, the final vote was in favour of removing the fee as a gesture towards fell running unity, if nothing else. Let's hope it works.

We also discussed the possibility of holding full race details on the FRA Website, and this is to be discussed further at the forthcoming AGM, when we will, hopefully, hear our members' views on the matter.

And while we were feeling generous, we agreed to pay for all our English Championship race organisers at the FRA Do - yes, that includes you, Mr Broxap!

Finally there was a plea for runners to do whatever they can to reduce the amount of litter left after a race. This has been quite bad at some championship races this year. If you see someone dropping litter, tell them - nine times out of ten it's probably an accident and they'll just pick it up. If they won't, pick it up yourself, and then tell me ... and I'll tell them.

Come on, it's up to all of us to do something about this. Remember, you took up fell running to run through beautiful hills, not through a rubbish dump!

### EMERGENCY COMMITTEE MEETING, Thursday 5th October, 2006.

This meeting was called to try to find a way forward from a situation which was forced upon all endurance disciplines, including fellrunning, by the Technical Subcommittee of UKA which last year made an arbitrary decision to insist that all race officials (organisers, marshals, timekeepers and starters) should be qualified as of 2006. This decision was made with very little investigation as to whether such qualifications existed, or could be implemented - indeed, the FRA were

presented with a draft ruling during late 2005, and the Chairman Alan Barlow responded that this would not be suitable or workable for fell running at the present time, but, unfortunately, his advice was ignored by UKA.

Various representations were made to UKA in the period leading up to this meeting, and, although UKA say that they cannot change the rule, they have agreed to qualify, without any further training or assessment, any officials who are nominated before the end of 2006 by the managing bodies of the endurance disciplines.

We also investigated the possibility of FRA-funded insurance, which we found could be obtained for around two pounds per member, and which would provide the same liability cover as does the current UKA-funded policy. Naturally, this would only be possible if we reverted to having races which are run under a set of rules which are fully controlled by the FRA, and not subject to arbitrary changes from remote subcommittees in outside bodies. It was agreed that using FRA rules and FRA-funded insurance would not prevent the FRA from managing the sport in conjunction with UKA as it does now, but UKA would need to decide whether this situation was acceptable.

Although some members had serious reservations about the possible consequences, the ultimate decision was to accept the UKA's offer of automatic qualification, and also to form a subcommittee which would look into all possibilities and ramifications of this problem with a view to a committee decision on the future of the sport in a year's time. This subcommittee will make its first report to the main committee at the meeting in March 2007.

### FORTHCOMING AGM

Elsewhere in the *Fellrunner*, you will find an agenda for the FRA AGM at Kendal in November (stop yawning!). Once again it happens to coincide with one of the Kendal Mountaineering Film Festival weekends, which can create problems as it means that those needing accommodation in Kendal will find it that bit more difficult (although Brett assures me that the Castle Green car park is really quite comfortable, especially after the music has stopped, and the van has stopped spinning). On the plus side of the equation, it does mean that you can spend a large part of the weekend seeing some great films and slide shows, as well as looking round the equipment exhibition at The Brewery on Highgate. There's a session on Whillans on Friday night, and Jonathan tells me the climbing competition out at Kendal's fantastic wall at the Business Park out at Mintsfeet is well worth a visit too.

While on the subject of the AGM, can I make a plea for more people to volunteer to be Members' Reps. The point of having Members' Reps is to try to ensure that we are actually representing the membership. If you think that the FRA is run by Grumpy Old Men, then this is your chance to alter the balance, and also to find out that some of the committee members are actually ... women. It would never have happened in Mike's days!



# ANNUAL GENERAL MEETING

to be held at THE CASTLE GREEN HOTEL, KENDAL,  
on SATURDAY 18th NOVEMBER 2006 at 4:00p.m.

## AGENDA

1. Apologies for absence.
2. Adoption of Minutes of 2005 AGM.
3. Chairman's Report.
4. Secretary's Report.
5. Treasurer's Report and Adoption of Accounts.
6. Motions.

a. **Proposed change to FRA RULES FOR COMPETITION RULE TEN**

Proposed by Alan Brentnall.

**RULE TEN currently reads:-**

Race organisers must stipulate age limits for their events but the following maximum distance limits for juniors must be observed.

Ages are as at 1st January in the year of competition.

The minimum age for competition is six years on the day of the race.

- Under 8 - 1/2 mile (0.8k)
- Under 10 - 1 mile (1.6k)
- Under 12 - 2 miles (3.2k)
- Under 14 - 3 miles (4.8k)
- Under 16 - 4 miles (6.4k)
- Under 18 - 6 miles (9.6k)

**This motion amends this to read (changes underlined):-**

Race organisers must stipulate age limits for their events, but the following maximum distance limits for juniors must be observed.

Ages are as at 1st January in the year of competition.

For FRA Fell Races, the minimum age for competition is six years, and the following distance limits must be applied.

- Under 8 - 1/2 mile (0.8k)
- Under 10 - 1 mile (1.6k)
- Under 12 - 2 miles (3.2k)
- Under 14 - 3 miles (4.8k)
- Under 16 - 4 miles (6.4k)
- Under 18 - 6 miles (9.6k)

For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14, and the following straight line distance limits must apply for each day of the event.

- Under 16 - 12 miles (19.2k)
- Under 18 - 15 miles (24.0k)

(Proposed by Alan Brentnall of Pennine Fell Runners. Approved by the Executive Committee.)

b. **Proposed change to FRA CONSTITUTIONAL RULE 5**

Paragraph 3 of RULE 5 of the FRA Constitution currently reads:-

Postal votes may be used at the discretion of the executive committee. Such postal votes shall only be recognised if an official voting form is received at least four clear days before the General Meeting by the Returning Officer of the Association who shall be appointed by the executive committee.

This motion proposes that this paragraph shall be deleted from RULE 5.

(Proposed by Dave Jones of Pennine Fell Runners. Approved by the Executive Committee.)

c. **Proposal to request the adoption of current English Championship veteran categories in the British Championship**

We request the FRA committee to approach the UK Athletics Mountain Running Policy and Support Team (or whatever body replaces the PST for the governance of fell, mountain and hill running at UK level) with the aim of introducing the following new age categories in the British Championships:

- i. A female veteran team.
- ii. A male veteran 50 team.
- iii. A male veteran 50 team for the FRA relays.
- iv. Male and female veteran categories in 5 year increments (as per the English championships).

(Proposed by Jackie Winn on behalf of Cumberland Fell Runners Committee, Approved by the Executive Committee.)

7. **Election of Officers & Committee.**

- a. **Thanks to retiring officers etc.**
- b. **Election of the officers of the Committee.**
- c. **Club Representatives: Four seats.**

Nominations must be in writing (email is acceptable) and must reach the Secretary by 3 November 2006 at the latest.

- d. **Membership Representatives: Four seats.** Nominations will be accepted from the Meeting.

8. **Other Appointments**

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

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

- b. **Appointment of the Auditor.**

**AS USUAL, A GENERAL DISCUSSION ON FELL RUNNING ISSUES WILL FOLLOW THE FORMAL BUSINESS.**

It is suggested that part of this section of the meeting be dedicated to discussing the future of the FRA Website, in particular the publication of fell race details.

# A BLAST FROM THE PAST ...

... an occasional jog down memory lane.

provided by Alan Brentnall

Looking through the FRA's library of ancient and modern Fell Runner magazines, I picked up the 1987 Spring issue, for we had seasons in those days, not months. This was the first magazine to use the new large size (A4) format - still in Black & White, but with stunning photos none-the-less, including a beautiful aerial view of the Lomonds of Fife race on the back cover. The editor at the time was John Reade and in those days the letters page was obviously the equivalent of our modern website forum, with some very heated entries, despite the non-instant (often half yearly!) response. There was even a letter from a member called Mike Rose (answered, very politely, by Danny Hughes), asking the Committee to consider the problems which would be caused by the impact of mountain running (because of the forthcoming 1988 World Cup event) on the sport - *plus ça change!*

But the article I would like to bring out from that magazine really is a blast from the past, in every sense of the word. Put your feet up, get comfortable and enjoy the inimitable Bill Bentall ...

## THE SONG OF THE BULLFROG, THE SCENT OF THE NIKE

By Bill Bentall

We are indebted to the Nike Shoe Corporation for not reading this article before we printed it.

*'So to that karsi where stout Trowbridge sags,  
His limpid nikes athwart the straw-strewn flats'*  
J.B.Edwards (1863 - ...)

Thus, with intuitive insight, did the Bard of Tideswell so poignantly encapsulate the spirit of 19th century England. That he should employ what seems to be an American metaphor requires some explanation.

Nowadays the deadly Nikewort has virtually disappeared from our hedgerows, thanks, say some, to chemical farming methods, to 10 years of Conservative government, says the BBC. But from the Dark right up to the Middle Ages and beyond, in isolated villages, maidens would wind the flowers into garlands, hanging these around their necks in the Springtime as a primitive, but highly effective method of birth control. Rampant indeed was the squire that was not repelled, if not rendered totally impotent, by the fragrance of the noxious weed. (The word 'noxious' derives from the past participle of the verb 'to nike'.)

The earliest references to the offensive and defensive powers of the Nikewort can be found in the works of Chaucer, a writer who overcame the curse of total dyslexia to produce numerous stories, many of them in paperback editions. Surely, though, Shakespeare was chronologically off-side when he wrote, in 'Merchant of Venice':

*'....., in such a Nike  
Troilus mounted the Troyan walls,  
And shied his sole towards the Christian tents,  
Where Cressid lay that night.'*

Characteristically, this poetic licence was to prove prophetic.

The 17th century saw the advent of the fireplace. Before that time, the 'social indiscretions' of men and beasts, consequent upon natural process of digestion, were wafted towards heaven via great holes in the ceiling. In setting up their New England homes in the 'modern' manner, i.e. with confined rooms and fireplaces, the Pilgrim Fathers introduced to America new social problems made more objectionable by the unaccustomed high-fibre diet that they were compelled to eat, having not yet brought their edible meat animals, their cows and sheep, from Scooby with them. When a Pilgrim, having invited some chums around for pie and prayers,

declared, 'We're going to lift the roof tonight, Brothers!' he meant exactly that. The arrival of the French brought the 'etiquette nouvelle' to this raw country. Now at a party, such as that described, the host, sensing that one of his honoured guests had recently vented his appreciation of the Indian Corn Stew, was required to glare at the nearest servant girl and bellow, 'Ods, Bodkins, Wench! Thou Nikest! Hence with thee to thy quarters and re-bok thyself e'er I set my hand to thy bare bahoodie' even though such an outburst might rob him permanently of the other French introduction, his 'droit de Seigneur'. [Before any Guardian readers get too excited about sexism, I can relate that, on a visit to New England in 1980, my wife remarked that some of the serving wenches 'niked a bit' even then.]



American Folk Hero, Johannes Nijksied, or Johnny Nikeseed as he became known, took off about this time with his little bag and travelled west, reaching Oregon. There he planted acre upon acre of Nikewort, believing, with some justification, that this would secure the solitude he sought. He had reckoned on neither the dormant season of the plant, nor the sheer guts and determination of the American Pioneer. New settlements sprang up around him in a single winter and the New Oregonians were soon to have set up the first 'Ole' factory, producing 'Genoioine Nikrotic Smoking Mixture' for which they found a ready sale amongst the Red Indians. Whole tribes perished.

These 'industrialists' adopted as their trademark 'a streamlined yellow cloud, sharpened at one end to penetrate the nostrils' as the designer put it. Many years later, when the Fruit of the Nike was first applied to shoe technology (by squeezing the juices into the orthotic insoles under pressure) this symbol was placed on the sidewall of every shoe produced, not only in Oregon but in their colony of South Korea.

A pioneer Lady Jogger, Ms Rhoda Schumacher, was wearing a well used pair of the Oregon products in 1962, when she was stopped in her tracksuit by no less than five citizens of dusky hue, demanding that she hand over the Sachs 5th Avenue alarm clock she always carried with her to time her circumnavigations of the New York Hilton building. Her Presidential Citation tells us: 'With commendable coolness, typifying the American character, Ms Schumacher stooped, took off her left Nike and stuffed it, without prior ceremony into the first face that confronted her. Then, pirouetting on her stockinged toe, she brought the right foot upwards and outwards, much in the manner of an ice dancer, and wafted it beneath the noses of the others.'

The New York Times of October 10th reported that 'one escaped, one was comatose but three were D.O.A. at the Manhattan Hospital





of Distressed Gentlefolk by the time officer Hooligan of the fourth precinct got them there.

New Yorkers went mad! Much shredded paper was cast down upon Ms Schumacher as she was driven through the city to receive the Freedom of the Big Apple. Politically, it was hot stuff. Hitherto silent, middle aged, middle class Americans took to the streets with posters bearing defiant legends. 'SNIFF EM OUT', 'RAISE A STINK' and, more significantly, 'NIKE EM'.



The Pentagon got the message. The Dow Jones Index soared as the public read how a million pairs of Nikes had been ordered 'for our gallant and hard pressed boys in Viet Nam'. They reasoned that not even the malodorous Viet Pong could withstand an all-out, all-American Nikean offensive. They reckoned without the prevailing wind that always blew, it seemed, towards Saigon. Worse, the leaves fell from the trees, revealing the sad spectacle of groups of US troops huddled together cross-legged and sometimes cross-eyed, passing a warm, wet running shoe around to each other, in their turn pressing it eagerly to their faces and exclaiming: 'Jeez! Is that ever COOL!' As the intrusive TV cameras were to show to the unhappy families back home, an epidemic of Shoe-Sniffing had struck the Marine Corps. A few months later the Americans withdrew, totally. But the Americans are nothing if not resilient. As recently as September this year, Mr Gorbachev and his entire Peace Making Committee reeled out of the Conference building in Reekjavik, his eyes watering dramatically for the camera and whining that the only thing Mr Reagan had brought to the table was - his old Nikes. He was, they declared, hell-bent on his plan to float a giant balloon 200 miles up over the Soviet Union, filled with undiluted Nike Essence. At the touch of a button, if his research was successful, a laser beam would pierce the balloon and bring down on the peace-loving armament workers of their country a disaster that would make Chernobyl, Aids and even the Karrimor Mountain Marathon look like 'Trotski-Bear's Piknik'. 'Honi soit qui mal y

pong!' yelled Mr Reagan from the steps, giving the V-sign. 'Airsoles R!' replied Mr Solyachin.

But we must not be complacent. Shoe Sniffing, despite Mrs Nancy Reagan's belated efforts, has already reached Keswick, we are told, and could overwhelm civilised Europe. (If you think someone in your family sniffs shoes, phone Esther Ranzid on 0494 685310.)

Courageously, Steve Tram recently came out into the open, declaring 'I was a teen-age Shoe Sniffer'. Now he devotes a great deal of his energy into countering the effects of this scourge on the youth of the North East. His yellow jersey with the words 'PUT YER FEET WHERE YER NOSE WAS, MARRAS' eloquently reaches those of tender years whose inclinations are Nikerophylic. Now, what do you suppose the FBI are planting in Nikeragua?

**Footnotes:**

R Airsoles is registered as a trademark of the Nike Shoe Corp, Oregon, USA.

Ods Bodkins are no longer in production, but a few pairs, regrettably only in very large sizes, are still in stock at Pete Bland Sports, Kendal.

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- On Golden Pong. (*Filmscript Fonda, J. and Tram, Steve;*
- Not the Nike, Josephine. *Cartland, B.;*
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- The Training of Sniffer Dogs. *Police Gazette, March 1981;*
- How to Revive a Sniffer Dog. *Police Gazette, July 1981;*

And then, if you still intend to wear shoes from Oregon, even after having read the foregoing, here are some hints to reduce the risks:



**GOVERNMENT HEALTH WARNING**  
**NOW WASH YOUR HANDS**

# Lloyd & Jackie: A Profile

by Graham Breeze

"They Both Have A Bit Of Character"  
(Dave Jones)

Mark Croasdale, England Team Manger, is a career Royal Marine. He has seen action in Iraq and the Falkland Islands and is unflappable. But when he rang me, (as International Chairman), from Heathrow immediately prior to the departure of the England 2005 World Mountain Running Trophy Team to New Zealand his voice sounded strained: "Graham, we have a slight problem". The slight problem was that Team Member Lloyd Taggart was still at home in Buxton without a passport.

What happened next?

Lloyd travelled to the Passport Office in Liverpool, out-argued the official, who was indifferent to a potential Gold Medal for England, obtained his new "impossible in the timescale, Sir" passport, rebooked a flight to Wellington, arrived several days after the rest of the team: and finished second England counter two places behind Billy Burns (Salford)!

Does he have Character? Certainly! And resilience, determination, resourcefulness, a sense of humour and superb running ability.

And Jackie? I first met Jackie Lee at a FRA Dinner when I presented her with the award for winning the Lakeland Classics Trophy. She has competed in it twice and won it twice. I don't think she had aspired to win the LCT as such but if you run very well in the Duddon Valley, Ennerdale and Wasdale races then the LCT award tends to come your way.

However the rumour that she won Wasdale in 2006 with a broken ankle on her way to smashing Mari Todd's (Ambleside) 1997 record by coming 11th out of 128 finishers is myth. She says she merely "crunched" it at the

last checkpoint coming off Lingmell, although the two male runners behind her who heard the "crack" allegedly felt immediately nauseous. "Crunch" or "crack", she ranks it as her best victory.

Jackie had arrived at the start line feeling tired after a recce. with Jill Mykura (Carnethy) for the Scottish Highland Peaks Race and didn't really want to run but "Lloyd was running, it was cool on the day and I don't like heat; and I just felt good"...and that is how records are broken. Lloyd also won his race which he modestly attributes to "following the pack for most of the race". One might conclude that sometimes weeks of preparation for a big race are of less importance than the ability to turn up at the start line and just run well. However Lloyd rates his 2006 Edale Skyline as his best victory: "the snow was deep in parts, blocking any sneaky Dark Peak shortcuts and the cloud came down but it's still the fastest time I've done for this race (2.39.32). It is not far behind Gavin's (Bland-Borrowdale) record (2.34.39) despite my including the gamble of "down and up" between the last two checkpoints rather than following the rim which most people think is faster". He is looking forward to 2007 when the race is expected to be an English Championship counter.

Your Choice Of Race or Mine?

In the year or so that Lloyd and Jackie have been together they have usually competed in the same events. So when you read a race report showing Lloyd as the overall winner you'll probably see Jackie listed as Lady Winner lower down the report; which is not to suggest, of course, that one day Jackie might not beat Lloyd!

And they do both race a lot. For this profile I met them one evening in Buxton at their home which looks directly onto hills but to my surprise I had bumped into them two days before at Ogden Water, near Halifax, for a low-key, short, evening race. They had been meandering back from the previous weekend's Creag Dhubh British Championship counter, had done a recce. of the Sedbergh Hills, (an English counter), and had then decided to take in a Yorkshire race on their way home. The following evening they both ran in the Cracken Edge race and there was a hint that if they had not given up an evening for me they might have been out racing again at Ricky's Race. And should it be thought that Lloyd is simply superhuman in fact he has had a knee operation which involved removing shavings off his patella.

Indeed, given that Lloyd's working arrangements provide him with long breaks from work and generous holidays and that Jackie is a mature student, they can turn up in their camper van to race anywhere, anytime.

Where Did They Spring From?

Lloyd (37) and Jackie (30) have won dozens of races over the last few years but virtually none before then. I could find no record of them competing as juniors or jogging along at the back of the field. They appeared to have suddenly appeared on the fell scene in full race-winning form. Where did they spring from?



Jackie looking far too cheerful on the climb up Robinson in the Anniversary Waltz. Photo - Pete Hartley





Lloyd in grimly determined mood at the Anniversary Waltz.  
Photo – Pete Hartley

Lloyd is from the Isle of Man (his father played football for the IoM and Lloyd is also something of a local hero) and had done a bit of rock climbing and some road running but he only really started running at all on the hills when he moved to Buxton about ten years ago i.e. the running followed living near the hills. He joined Buxton AC and then Dark Peak to take part in fell relays. "Also when my daughter, Aalish, was born four years ago I wasn't able to socialise (drink!) to the same extent and so I started taking my running more seriously". Although perhaps not *too* seriously because when we spoke he had no idea how many races he had already won in 2006 (it was then around 20 including Kinder Trog, Cader Idris, Edale Skyline, Long Mynd Valleys) and he had to go off to find and then rummage through a box file of cuttings to discover that he had won 30 of his 50 races in 2005. (To be precise his first race win was in 1998 "but it was just the local, unofficial and not in the FRA Calendar, Buxton AC Annual Fell Race").

Clearly Lloyd does not win every time but it must still be nice to turn up for, say, your first Three Peaks Race as in 2006 and come third behind Robb Jebb (Bingley) and John Heneghan (P&B).

Similarly Jackie's sporting background had been in mountain walking, or more probably mountain jogging, but Mike Blake (Eryri) was instrumental in motivating her to try harder at fell races after he commented at Moel Wnion that she had "great legs but couldn't run". She won her first race at Glaramara three years ago "but it was raining, which I like and there were only three women in it". Since then she has won at Ennerdale, Wasdale, Duddon Valley, Black Mountains, Kinder Downfall, Burbage Skyline, Moel Wnion, Tarren Hendre, Ashurst Beacon, Penmaenmawr, Roaches, Clwydian Hills, and more...

Neither claims to train very much, although Lloyd manages to fit in a bit of biking between races, and I don't mean on the motorbike he owns. He said he "would like to do more towpath training; but there aren't any canals around here" which I took to be a mountain runner's wry joke. Jackie admits to doing a little training now that Jill Mykura has finally nagged her into doing hill reps., although someone who spent 2 ½ months walking the length of the Pyrenees from the Atlantic to the Mediterranean is hardly a couch potato.

Jackie has a degree in Zoology from the University of Glasgow, "well I had romantic notions about Scotland", but has never used it in a vocational sense. Jobs she took with the YHA and National Trust were basically to fund her foreign travels: four months in India and Nepal, a couple of trips of four and six months in New Zealand and so on. Currently she is in the second "thesis" year of an MA in Countryside Management at Bangor University. Although her parents are English and she was born in England her parents' home is in Flintshire and "Wales is my Country". She has always run for Eryri Harriers and it is Wales she has represented in International races such as Knockdhu ("why doesn't England compete in that anymore?") and the 2004 WMRT in Sauze d'Oulx where she said "I was last". For the record she wasn't and she came in behind Jane Lloyd (Eryri) but ahead of Angela Brand-Barker (Keswick).

Lloyd is a Communications Engineer at Manchester Airport supporting the Air Traffic Controllers. He previously worked for the Royal Fleet Auxiliary, at Radar Stations and so on and has M.Eng and C.Eng qualifications although he doesn't really utilise them.

Lloyd ran for England in the WMRT held at Girdwood, Alaska in 2003 (and both the 2004 and 2005 WMRT) where he was 3rd counter in the Silver Medal winning team of Andi Jones (Salford), Simon Bailey (Mercia) and Simon Booth (Borrowdale). In fact he was lucky to make the team because at the trial race he decided to stop short of the finish line and go for a lie down in a cooling stream and so DNF, thereby proving the formula:

Character + DNF = Selection for England. QED.



The family man - Lloyd and Ailish in the pub after the Yr Aran race



## Love At First Sight?

Lloyd and Jackie first met at the WMRT in Sauze d'Oulx in September 2004, although Jackie doesn't actually remember this! Lloyd then saw Jackie at the Spelga Skyline British Championship counter in April 2005 and with Phil Winskill (Dark Peak) bundled her into their car immediately after the race when she was still in a state of shock at coming an excellent 2nd behind Jill Mykura. They then tried to smuggle her into their room at the Dark Peak B&B but were thwarted by their elderly (but shrewd?) landlady who saved Jackie with the offer of "a cup of tea for your sister?" Jackie ended up safely under the protection of the Ladies of Dark Peak in the Newcastle YHA and the reunion was put off for a few more months.

## Championships

In 2005 Lloyd and Jackie were both 4th in the British Championships and I suppose coming just outside the medals does encourage one to try a little harder next time. At the time I met them Lloyd was 2nd in both the English and British Championships and, as he said, "it would be nice to win a medal because one never knows whether the opportunity will arise again". Given that he is relatively new to fell races I asked him how he fared when he found himself leading races. His response was that "I just follow because that is quicker than stopping to get my map out, although it doesn't really seem right to follow someone else and then sprint past them towards the end. But then it has happened to me in local races".

Perhaps he should have got his map out at Fiendsdale in 2005 when "I was running with Ian (Holmes-Bingley), Tim (Davies-Mercia) and Gavin (Bland) thinking surely they know the way and then I looked behind and Gavin wasn't there!" Gavin was on the right course and the leading group was not. Tim finished in 27th, Lloyd was 28th and Ian was 100th. Gavin finished in 3rd.

Isn't *schadenfreude* such an unworthy feeling?

Jackie has been mentioned as the one who in 2006 might finally break Menna Angharad's (Eryri) "unbeatable record" for the Peris Horseshoe but she demurs: "Angela (Mudge) might beat it if she were interested or maybe H el ene (Diamantides); but even though it is in my home territory I won't. Anyway I don't perform well when under pressure".

## Compare & Contrast

Competing in the same events provides mutual support. Jackie: "I am introducing Lloyd to the long slow races that I love and he is encouraging me to do shorter races-although I still hate cross-country". Something must be working because after the three Superlong races in the 2006 Lakeland Classics Trophy Lloyd had built up an unassailable total of 298 points out of 300 prior to his name joining those of Jonny Bland (Borrowdale), Rob Jebb (Bingley) and Andrew Schofield (Borrowdale) on the trophy. Jackie will follow her wins in 2004 and 2005 by being runner-up to H el ene Diamantides (Carnethy).

Competing together also allows Jackie to compare Male/Female prize differentials: "at Duddon Valley Lloyd won £40 for 2nd Man but I only won £10 for 2nd Lady", whilst at a recent local fell race Jackie noticed that Lloyd's prize was a bottle of whisky whereas hers was a bottle of wine. So she confused the organiser by thanking him with a cheeky "great, whisky, my favourite!"

What comes over is a cheerful, enthusiastic, albeit competitive, love of racing which sometimes brings

victories and awards. They seem to enjoy their running together too much to restrict their racing to achieving victory in just a few "prestigious" events but Lloyd has responsibilities as a father and whilst their vocations currently support a peripatetic race lifestyle I wondered how they saw the balance of frequent racing/securing Championship Medals/ representing their Countries, etc in future?

Their response was a simple: "we don't plan ahead!"

## It's Rubbish That You Can't Be A Fellrunner Without Eating Meat!

Jackie has been a vegetarian for 20 years, although she is not evangelical about her beliefs and loves porridge, admittedly flavoured with such things as fruit, up to three times a day. Lloyd's father breeds beef cattle and so it might be a surprise (or is it?) that he has become a vegetarian since their relationship developed, which causes some bemusement when they eat at the home of Lloyd's parents. I suspect Lloyd is learning to love porridge as well.

## Cross du Mont Blanc

Local newspapers do occasionally venture beyond issues pertaining to the village green and the inestimable *Wharfedale & Airedale Observer* recently found space to report that Lloyd had won this 22K race from Chamonix in a record time of 1.47. Jackie came 3rd Lady which resulted in them being awarded a handful of trophies which are on display in their sitting room -which doubles as a trophy room.

Jackie is involved with the SAAB Salomon Adventure Racing Team (a team is 3 men + 1 woman). Last March she turned out for them in the Raid World Cup Series (biking, canoeing, running, skating...) in the Margaret River region of Western Australia, "well nobody else wanted to go" and then in the Savoie, France last July. In fact Lloyd was approached for the latter but work got in the way which, bearing in mind the comfort to which SAAB Salomon treat their squad, was a pity for, as Lloyd said, "Jackie now has two great Orange mountain bikes". How did Jackie get involved? "Oh just right place, right time and knowing Tim Lloyd".

## Idols & Pinups

I wondered if Jackie had been inspired by any fell runners and she mentioned Colin Donnelly and there was something I did not quite catch about renting a house near him but, more seriously, she said "there really are so many but, to name one, Jill (Mykura) has greatly influenced my running" and she also mentioned Anna Bartlett (Shrewsbury AC) "who has become one of my main rivals". The same question to Lloyd resulted in Jackie listing Lloyd's "pin ups", which is not quite the same thing and which will not be revealed here.

## Ten Years' Time

Not everyone would wish to undergo an examination of their lives for this journal but at the end of the evening I was invited to talk with them again in ten years time; although perhaps not before. Their conversation was vivacious, ironic, amusing, revealing and affectionate towards each other; and I was almost forgiven for forgetting that Lloyd had finished 4th in the Snowdon International race a couple of weeks before: although, in my defence, who remembers 4th?



*Ray's contribution is another foreign summer reminiscence - but just a touch further away than the usual run of things!!*

# Grand Canyon and Back

from Ray Balnes

As part of our vacation in America, I had planned to walk to the bottom of the Grand Canyon, camp overnight and then walk out the following day with Claire, my wife. However, it became clear that a pre-booked camping permit was required to overnight in the Canyon and that was not going to be available in August.

Hence, during the six day drive from Denver to the South Rim of the Grand Canyon the idea of doing it as a day run emerged as an alternative. Plans to run down the South Kaibab Trail then along the Colorado River at the bottom of the Inner Canyon and back up the more popular Bright Angel Trail began to be formulated. In all it would be 4722 feet of descent, followed by 4410 feet of ascent back to the South Rim and 16.7 miles in distance.

We had arrived at the Canyon in a terrific storm and spent time sheltering in the Grand Canyon Village Visitor Centre where I gained more information about the potential route and the nature of the trails. Plans were completed after learning about the two suspension bridges that span the Colorado River in the Inner Canyon. That evening the rain and lightning stopped and we looked into the Canyon from Mather Point. Nothing can prepare one for such a spectacle - the magnitude of the vista is awesome. The mauves, yellows and reds hues of the different strata and the

greens of the trees and grasses are breathtaking. The sheer magnitude of the depth and width of the Canyon is amazing. My initial gaze at the South Kaibab ridge revealed that it looked worryingly steep and long.

There are two pieces of advice given to all visitors to the Grand Canyon: (1) don't attempt to walk to the river at the bottom of the Canyon and back out in a single day and (2) avoid hiking in the Canyon between the hours of 11 a.m. and 4 p.m. due to the extreme heat in the Inner Canyon. For this reason on Sunday 13th August 2006 I started at 5:16 a.m. (as sunrise was at 5.45 a.m.) from at the Yaki Point (7,262 feet) where the South Kaibab Trail starts descending. It was darkish, but light enough not to require my head torch. It was cool and so I ran in a running vest, shorts, a waterproof top and a pair of old Asics 2050s. Starting off without a reconnaissance into the unknown was part of the excitement. The run down the Canyon was to be quite

different from most fell runs (that tend to go up and then down). Here the challenge was to save something for the tougher run out.

The initial path of the South Kaibab Trail was steep, but at least a metre wide and well worn from the passage of walkers and mules. The path zig zags down to the Cedar Ridge (PHOTO 2) and then allows faster running passing East of the spectacular O'Neill Butte (6,071 feet) to a place called Skeleton Point. Next were very steep zig zags initially to the East that later turn back South over a vast grassy area. From Skeleton Point it was possible to gain the first view of the Colorado River and, later, my path crossed the Tonto East Trail (4.5 miles from the South Kaibab Trailhead). Turning West on the Tonto East Trail could provide a possible shorter run for those not wanting to drop all the way down the Colorado River. Next my path swung West then East over red earth before plunging again down zig zags into the dramatic

'Inner Gorge' that culminates in a short man made tunnel that exits on to the Kaibab Suspension Bridge (crossing the Colorado River at 2,540 feet). I had now descended 4,722 feet in 1 hour 47 minutes and my knees felt the strain of having to hop down and over the many anti-erosion logs that traverse the path on the steep sections. (PHOTO 5) The run then continues along the North side of the river and crosses a pontoon bridge over Bright Angel Creek and then over the spectacular Silver Suspension Bridge that allows one to see the river flowing below your feet as you cross. Once on the other side, I turned West on the River Trail. It would also be possible to take another trail south of the River but this would mean missing crossing the two suspension bridges that are a memorable part of the run. I took time to climb right down to the Colorado River, before pursuing the path West towards the start of the Bright Angel Trail.

The Bright Angel Trail turns North through a steep sided winding Canyon, through the Devil's Cork Screw and eventually to the Indian Garden (approximately 3,800 ft and 4.7 Miles from the Colorado River). Here, I stopped for water (which is available at a Tap Well just about where the Tonto East Trail crosses the path again). Now more walkers were about and the path was more crowded than the South Kaibab Trail (on which I encountered only one solitary walker). Only 4.6 miles





to go, but the 98 degrees F heat was starting to take its toll; after eating an apple I started to grind up the steepening path to the 3 mile Rest House (which is measured from the South Rim not the river). Again, water is available and I spent some time listening to a Park Ranger recounting the tragic story of Margaret Bradley who was a marathon runner who had died of dehydration in the Canyon (July 2004) trying to get help for her companion who was unable to continue. Apparently each carried inadequate food and water; Margaret had 1.5 litres of water, 2 energy bars and 1 apple and no map for what turned out to be a 27 mile hike on a day predicting a 105 F high for the Inner Canyon. I slowly continued up to the 1.5 mile Rest House and became more tired from a combination of the heat and altitude. Water was also available at this point and



Detail of the Bright Angel Trail Photo - Ray Buines

after another lengthy conversation with some more walkers I continued up the last 1.5 miles passing an increasing number of walkers and people on mules coming down (from which you must get out of the way by standing on the inside of the path). One walker said that he 'couldn't wait to reach my age so he could run up!' The last section was enjoyable as the panorama opened out from the airless gorge and the steepness of the path lessened. I finished the top section to emerge at the South Rim at the Bright Angel Trailhead (6,860 feet) at 10:25 a.m., 5 hours 9 minutes (running and talking time) after the start. It was just a tremendous experience, with unbelievable views and, technically, was not difficult, but you do need to carry a lot of water and do not underestimate heat and altitude effects and the value of a pre-sunrise start.

# Yewbarrow

## by Peter Travis

With defiant steepness you guard the long lake's head,  
yet you are least among the clustered giants  
who look disdainful from their lofty crags.

I have climbed your broken side  
and cursed the sliding scree that hides  
beneath the springing heather, which roots  
below the jagged boulder to tip the unwary foot.

I have run your steepness and had the taste  
of victory, when on your summit  
I have drunk deeply as the vanquisher,  
and beyond, those higher fells.  
My spirit mellow, for now I recognise  
that victory is only but half won.  
Red Pike, Steeple, Pillar; names that  
are as magical as the beauty they impart.

My mind, surrounded by such grandeur,  
is tinged with sadness, for you remind me  
of a child of insignificance; one who does not  
stand out in a crowd, yet is a person,  
but feels a loneliness that cannot be explained,  
and hides a solitariness that is but thinly endured.

But your name has the ingredient of magic  
that others bear; you are "the fell  
where ewes are left to graze" -  
you have sustained life which has from  
ancient time roamed this rocky wilderness  
and you are not overshadowed by the passage of time.



# Club Profile : Mercia Fellrunners

## from Paul Cadman

The Fellrunner of October 1992 featured an article entitled "Mercia Fellrunners – who? The story so far....." written by Richard Day (FRA Chairman 1997 to 2000 and now honorary life member and the current President of Mercia Fellrunners). In that article Richard described the club's first six years and why it was formed, namely to:-

1. promote fell running for Midland Athletes
2. allow Midland athletes to compete in the same team in fell races.

Richard also explained that the club was named after the Kingdom of Mercia which stretched from the Wash and Humberside to the North Wales coast, down Offa's Dyke to Bristol and bounded by Wessex in the south. Prior to the club's formation, Midlands based runners had to compete on the fells in their Athletic club colours.

As an example: on the start line of the Welsh 1000 metre race (early 80's), a race which he went on to win from Kenny Stuart, John Wild (wearing a RAF Cosford vest) warned fellow contenders not to get caught-up in a sprint finish with "that Wolverhampton & Bilston lad". In all probability, only the "lad" (then a naive 17 year old) would have got the joke, meant as a reference to W&B's prowess on the track and NOT on the fells. John's comment made the "lad" feel excluded from the fellrunning world and it wasn't until the early 90's that he joined Mercia in a quest for inclusion.

A lot has changed since the Club's early days and it's interesting to note that in 1986 the club was very conscious of its newness and lack of fell running credentials and was concerned with promoting the club, its races and effectively earning the respect of REAL fellrunners (was John Wild a real fellrunner? – letters to the Editor please). The early members eagerly set about the task of gaining acceptance by organising races (some now having classic status locally and some Nationally e.g. Long Mynd Valleys), completing Bob Grahams, Karrimors and lots of fell races. They shared transport from the Midlands to distant events and often squeezed two or even three races into one weekend!

The enthusiasm of such people as Richard Day, Dave Smith, Eddie Harwood, Tony Thompson, Paul Greitz and Nick Kingston was infectious and through the nineties new members joined steadily; yes steadily and at a pace somehow dictated by an unwritten and very subtle kind of vetting process. There was a risk that new members might be less committed to real fellrunning and efforts were made to ensure the right kind of people were attracted and the wrong kind deflected back to their athletic or harrier clubs.

And there was good reason for such caution. When Mercia won silver medals in the 1993 FRA relays they were booed – presumably by fellrunners who thought Mercia was a contrived team of road /cross country runners undeserving of such success. It is pleasing to note that half of the members of that team are still racing on the fell regularly at a respectable level now, Dave Neill in particular, and have gone on to prove that they weren't just pot hunting back then.

Mercia's very first newsletter, dated "1986 : No.1" was written by the then editor Eddie Harwood (designer and instigator of the Long Mynd Valleys race). In it Eddie talks about the poor timing of Mercia's inauguration; coming a little too late for inclusion in a new book "Stud Marks on the Summit – A History of Fell Running" by Bill Smith. Eddie goes on to say, "It's a pity the book was finished in 1983 as a lot of development has occurred since, particularly in the Midlands and perhaps if it were written next year Mercia Fellrunners might be mentioned". There is certainly no lack of Mercia mentions in the latest Book on Fell Running by Richard Askwith. In his "Tale of Fell-running and Obsession" entitled "Feet in the Clouds" the author makes regular mention and in chapter 4 writes of two anonymous Mercia characters – a foul-mouthed "grim looking man" who claims to

have done everything and a "skeletal young man" who prejudices all Southerners. Incidentally, no member has come forward yet to reveal themselves to be either character – I wonder why?

### LONG DISTANCE

In 1992 Mike Hartley's incredible achievements are listed:-

Setting records for the Pennine Way (2 days, 17 hours and 20 minutes), Cross England, Southern Uplands and West Highland Way. Not to mention his triple Round completion in June 1990 when he did the Ramsey Round in 21.14, took six minutes rest at Glen Nevis Youth Hostel before travelling to the Lakes in 4 hours 25 minutes then did the Bob Graham Round in 23 hours 53 minutes, travelled to Snowdonia in 3 hours 7 minutes and completed the Paddy Buckley Round in 33 hours 35 minutes. 86 hours and 20 minutes in total!

In addition to Mike Hartley's Pennine Way, Mercia has another winner of the BGR Club award. This time for the "Cuillin Round", which was established by Rob Woodall, who managed to visit all of the peaks on the Black Cuillin Main ridge, including a few extras, the Red Cuillin peaks, the remaining peaks of the Greater Cuillin Traverse and a finish over Sgurr Hain and Sgurr Stri in twenty-three and a half hours! Remarkable when you consider what an exclusive feat it is to complete the notoriously difficult Black Cuillin Reidge in a single day.

Gill Harris is Mercia's indefatigable Long Distance female. Gill did her Bob Graham in 1998 and went on to be only the fourth woman and first lady VET to complete the Paddy Buckley in under 24 hours when she completed the round in July 2002. Gill is also a regular Elite mountain marathoner with her current teammate and multi race organiser Keith Richards. She also, and rightly so, holds the women's record for the Long Mynd Hyke.

A new round was established in 2003 by a Mercia Member. In the tradition of such rounds carrying the name of the originator, the Terry Davies South Shropshire Round consists of an 85 mile circuit with 12,000 feet of ascent. Terry completed it in a time of 21 hours and 18 minutes.

Mercia now has 10 Bob Graham Round Club Members namely:

Richard Day, Tony Thompson, Gill Harris, Rick Robson, Rob Woodall, Paul Cadman, Pete Vale (when he was 17), Andy Davies, John Clements (who this year, celebrated his 25th anniversary of the BGR by completing a Joss Naylor Round on the exact day) and the tenth member being the phenomenal ex-member - Mike Hartley.

This wealth of experience, coupled with an excellent Mercia Machine (i.e. the support crew for members attempting rounds) will



Mercia members with Joss Naylor at Wasdale Photo - Paul Cadman



undoubtedly encourage others to add their names over the next few years. Auntie Pauline's catering is the best – full stop and QED!

The club has just two Paddy Buckley members (Gill Harris and Rob Woodall) but, as with the BGR there is no doubt that Mercia will increase its percentage of the membership very shortly.

Medals have also been won in the Lakeland Classics Series, individual and team; Ian Cowie winning the Super Vets category in 2004. Ian and his partner Glen Davies have competed in, and completed, more Elite Mountain Marathons than they'd care to remember and in doing so have both shrunk by two inches! Back in 1998, during the Howgill storms, Glen was mountain rescued off the hillside suffering with advanced hypothermia. But do you think that stopped him – of course not!

Andy Davies, who lives in Church Stretton, won Joe Faulkner's GL3D event in 2005. Joe is also now a Mercia member having relatives and friends in Church Stretton, which has pretty much become the home of Mercia Fellrunners having relocated from the original assumed home of Cannock Chase.

Last Autumnan enthusiastic gang of members, including Charlotte and Joanne Cadman, Mark and Rachel Bollom and daughter Caroline, Dave and Elaine Nicholls, Barry Nicholls and Graham Hughes set to work with their pickaxes on a footpath restoration project for the National Trust (owners of the Long Mynd). So we can safely say that we both wreck 'em and repair 'em.

#### ACTIVE MEMBERS, CHARACTERS AND COMEDIANS!

The Day family were the lifeblood of the club for many years, Richard being a founder member and accomplished runner along with his elder bother Mike. Their parents Marjorie and Norman Day produced all the newsletters using a spirit duplicator and were behind their sons in everything they did but Marjorie and Norman were also race organisers – the Trig Point Race became theirs and for many years they arranged everything, even down to the late Marjorie's secret recipe biscuits. Later came Jane and Sue (the brothers' wives) and there was no escaping Mercia for them! Somerset based Mike and Sue made an annual pilgrimage to Shropshire to organise the Shropshire weekend – this they did for around ten years.

Rick Robson and his adventurous family Jan, Sam and Bess can be found most years cycling over to Jura along with a number of other intrepid members like Polly Gibb & kids Amber & Finlay, Ian Cowie, Glen Davies and sons on the island hopscotch from Arran, to Kintyre to Islay and Jura.

Edward Davies, farmer and father of Tim and Andrew, is one of those special breeds who seems to be made of something tougher and more resilient than most humans. To watch him descend is like watching a mountain goat fleeing from danger – and at fifty years plus he is all but winning the midweek race series and, of course, finished fourth in the World Masters trophy at Keswick.



Mercia's Jura contingent outside the Distillery before the off – Photo – Paul Cadman

Lots of members ran blindly into the darkness of the Burway Hill (a steep road above the Carding Mill Valley) earlier this year to celebrate Keith Richards' fiftieth birthday. It was a two-mile, uphill only race intended to be a "one-off" but so much fun was had that I'm sure the demand for a repeat will be too much to resist. Oh, and a similarly bizarre celebration involving off-season fireworks on the hillside triggered the unexpected arrival of an air ambulance – much to everyone's complete embarrassment!

Club training sessions are quite common despite our disparate membership. Favourite locations include the Wrekin, where you'll find John Coombs, Andy Smith and "Mr.Hard Sunday Trainer" Matthew Clewes going up and over and round again. Fast vet Andy Wright and the other fast boys can often be found over on Cannock Chase, and the Club also indulges in Windy Winter Weekenders with ex-Mountain Rescuer Dr.Gavin Stewart.

#### CLUB ORGANISATION

It is fitting that this article appears in October 2006 as that is exactly 21 years since the club was conceived and it has officially been in existence for 20 years.

Every year the club holds its AGM, immediately after the Little Stretton to Stiperstones Time Trial, another Mercia event organised apparently effortlessly and seamlessly by Mr Starter - Charlie Leventon. Charlie is the only other honorary life member who can't compete himself now due to injury but has the sort of personality that Richard Askwith (in Feet in the Clouds) attributes to Fred Rogerson – the inspiration behind the Bob Graham Club. The Fellrunner of June 2005 ran a feature entitled "the Leventon Line" - this is he. Each November Charlie's Time Trial prize presentation is the prelude for Mercia's AGM, held at the popular Stiperstones Inn which is owned by club member John Sproson. And ever since 1992 the Members attending the AGM have voted for the same Chairman– namely Paul Cadman. This year will be different though as Paul has declared his wish to stand down making way for "someone else to inject new leadership energy into the club, leaving me free to use my experience to support and encourage from within".

The success of the club is in part down to the efforts of the Committee members who meet two or three times a year to organise what jobs need to be done. The Committee consists of the President (ex officio), Chairman, Secretary, Treasurer, Editor, Team Manager, Social Secretary and two Co-opted Members. Others, such as Eddie Austrum (the website designer – see [www.merciafellrunners.co.uk](http://www.merciafellrunners.co.uk)) and Phil Harris (race director extraordinaire, tail-end-Charlie and resident rock climber) attend as necessary.

An annual presentation Dinner takes place in March where the club awards prizes for its own championship and a special merit award known as the Outstanding Achievement Award. The latter is awarded only when the Committee consider a member to have achieved something extra ordinary. The kind of criteria used is "that no other club member could have performed the same feat and the same time".

Previous winners include:-

**Tim Davies** - 4th in World Trophy, Welsh International, three times Snowdon Winner

**Gill Harris** - for her Paddy Buckley Round

**Rob Woodall** - Greater Cuillin Round

**Simon Bailey** - British & English Champion 2004

**Dave Neill** - British & English Veteran 40 Champion

**Mike Hartley**- Pennine Way Record

Traditionally the club has been held together through the natural geographical bond of being Midlands based and through a regular Newsletter – produced over the years by Richard and Jane Day more than any other but members (Arthur Clare Hay, Tim Werrett, Dave Coley) have always stepped in to take on the task when the editor inevitably started to flag.

The Club Secretary is now Jessica Taylor who, along with husband and club stalwart Chris Taylor have a second home in Flookborough, Lancashire – a very convenient base for the Lakes and a few



members have prevailed upon them to put them up for the night on route from the Midlands to the far North.

There has been a recent influx of new members from the Welsh Borders and beyond, presumably coaxed across by our own Graham Spencer. These include Rowland Stafford, Ross Powell and former Eryri die-hard Trefor Jones, all of whom will be an asset to Mercia's Vets Team – very pleased to have them.

#### CHAMPIONSHIPS AND INTERNATIONALS

Until recent years team competition for Mercia was confined to the FRA relays. The club has a proud tradition dating back to 1993 when a team of Dave Neill, Phil Bowler, Steve Willimott, Dave Troman, Paul Cadman and Dave Miller surprised almost everyone to finish second. Still relatively unknown as a 'national' outfit this achievement was backed up by fourth the following year, a year in which the club also tried its hand at the Ian Hodgson Relays. This proved not quite such a successful venture with one pair getting hopelessly lost, the club resigning itself to the notion that local knowledge was a major advantage! A lean period followed in which senior teams were always still entered in the relays but never with any distinction. The trend had diverted to the Vets team, which ironically became a much harder team to make! With top 'senior' runner Dave Neill always persuaded to run for the Vets, the team was never far off the medals and in 1997 got its reward with third place. With 1999 being the first year a senior team was not entered in the relays, it was decided a team manager should be elected in order to restore some pride to a club with flagging fortunes.

Progress was slow at first and wasn't helped by foot and mouth disease in 2001. 2002 was to be the year of revival. Team manager Tim Werrett was keen for the club to not only do well in the relays but also in the English and British Championships. It was difficult to motivate people at first but all began to pay dividends with members not only running better but also getting to know one another better. It can be difficult to form friendships when there are no regular club meetings. "We like to think the club has gained socially as well as athletically!" 2002 saw us finish sixth in the English Championships and sixth in the relays at Langdale. The following year saw sixth again in the English and eighth in the British. 2003 was a particularly special year for the club as it was awarded the hosting of the FRA relays in Church Stretton.

Being on home soil as it were, the club once again felt it had a chance of medal success. With a team of internationals and largely runnable terrain Salford were the favourites. However it shouldn't have been forgotten that Mercia had 'half' a team of internationals and beat the 'favourites'. They just couldn't quite beat Pudsey & Bramley. An inspired anchor leg by Mike Bouldstridge (the fastest of the day) made it agonisingly close but silver it had to be, just like ten years previously. Onwards to 2004 and people seemed buoyed by the relay success, more motivated than ever to help the club continue to do well. Perhaps this 'feel good' factor radiated itself outside the club too. Top



Mike Bouldstridge and Simon Bailey in Relay action  
Photo – Paul Cadman

runner Simon Bailey decided he wanted to be part of a club with a good team and was just the tonic Mercia needed! With this being the year Simon dominated both championships there was another reason to be enthusiastic. Those in the previous year's relay team helped him secure the club's first ever medals in the championships. Bronzes in both behind Borrowdale and Pudsey. The relays that year were in Hayfield and hosted by Pennine. With Simon now on board and Tim Davies coming fifth in the World Trophy *Mercia* were now the favourites!

Off to the best possible start with Tim Davies on leg 1, Tim Werrett and Mike Bouldstridge held onto the lead going into the navigation stage. The 'navigation' has made or broken many a team over the years and Mercia, in the past, had always relied on top Mountain Marathoner Paul Cadman to do the job. In 2003 the baton was passed to local man Andy Yapp who (with Roger Lamb) did not disappoint. This year, with the team even stronger, it was down to Pete Vale and Rob Little. Despite navigating with distinction it was Dark Peak's superior knowledge of the Kinder plateau that broke Mercia hearts as we were second again, two years in a row. But a medal in all three championships was a far cry from where we were a few years ago and a totally different standing for the club than in its early inspirational days of the 1980's. Almost beyond the wildest dreams of the founder members and those that have worked hard to develop the club.

Just as Mercia was 'revived' so it seems were Dark Peak who have since gone from strength to strength. Mercia is consistently fourth, the

'worst' position to finish they say (!) behind Borrowdale, Pudsey and Dark Peak. Fourth in the 2005 relays, the highlight was Pete Vale and Andy Yapp running the day's fastest time on the navigation leg – and in Alva, Stirling, hardly the back yard! Simon defended his English title in 2005, Pete Vale and Tim Werrett have made the top ten of the championships. Thankfully the days of "will we have a team?" seem to have been replaced by "how good is the team?" Long may it continue.

Stop Press: Mercia had three in the top seven at the recent Peris Horseshoe British Championship. First home was Tom Owens, a 26 year old newcomer to the club. Tom had a fantastic race, coming through strongly at the close to beat many of the established hard men of the sport including his club mates Pete Vale (5th) and Simon Bailey (7th).

#### THE LOCAL SCENE

The Shropshire Weekend – Founder Member Eddie Harwood established this event in the early 80's and Mike Day organised it for many years. It continues as a Mercia anchor event and the Long Mynd Valley has twice been used as an English Championship. Mercia was pleased to re-introduce the Cannock Chase Trig Point Race again in 2006 thanks to Bob Dredge. The Trig Point Race will be held on Sunday 7th January 2007.

The success of the Shropshire Summer and Winter Series "has been the ruin of the Mercia Club Championship" admittedly so, but it has provided the people of the Midlands, though not exclusively, with a fell race series of their own. Keith Richards, wife Pauline (Mercia's Social Secretary) and their able assistants have a winning formula that has recently seen Keith having to re-format his results spreadsheets and points allocation to cater for larger entries than ever envisaged.

As with all articles such as this, there are many more lovely people who it hasn't been possible to mention – sorry! One last word though for the man who keeps many of us running well past our sell-by date. It has to be Club member and Chartered Physiotherapist Richard Fallows. he is one of the very best and Mercia members are very fortunate to receive such high-calibre treatment. (His practice is in Wellington, close to the Wrekin. Telephone : 01952 260983. Not an advertisement – honest!)

#### AND FINALLY ..

A fitting end to the club profile are the words of founder member, Nick Kingston (Chairman 1986 – 92) in his summing-up at the Club's Annual Dinner 2005 when he said:-

*"Let's appreciate how fortunate we are. We share this club, which means these friendships. We love a sport that is clean, healthy and still unspoilt and unpretentious. We hold our hills and mountains, in all their moods, dear and wish to conserve them for others. We thank whoever introduced us to the hills and to fell running. I wouldn't swap with Wayne Rooney and his sport for all the money in the Premiership. Give me a pint and a post race presentation in the Buck's Head any day."*

# 'Are You Getting Enough Protein?'

**T**here's no doubt that **wey proteins** are in fashion, so if you're looking for the ideal **Whey Protein** for fell running you've just found it - **ONLY WHEY**®.

Like most athletes you've probably neglected this vitally important nutrient in your diet. You probably think that you get enough protein from three meals a day to provide your body with all its muscle building requirements, if that's what you think, you are sadly wrong.

These days most competing athletes are aware of the importance of carbohydrates in supplying muscle energy but are not aware of the importance of protein in building muscle and preventing muscle breakdown.

So if you use energy supplements but still fade during races, or still find it difficult to recover after a race, then there's a good chance it's because you've neglected to feed your muscles with their most important building blocks - **Protein!**

And if you neglect your muscles they'll let you down and that's no good to any athlete.

Remember your muscles are your powerhouse, your body engine.

With the exception of water, protein is the most important nutritional component in our diet.

## How Much Do We Need?

If you are a male athlete weighing 70 kilos you need at least 100 grams of protein per day (90 grams to maintain the status quo and 10 grams to replace muscle breakdown). If you are female slightly less.

But you have to bear in mind that protein cannot be stored by the body and that it can only absorb roughly 25 grams at any one sitting (approx every 3 hours). Then it becomes obvious, if you are a serious competitor aiming to be at your best, even if you eat three meals a day and if each meal contains the full 25 grams, you will still be well short of the optimum.

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## Consider this scenario:

If you are like most athletes, you start the day with a breakfast consisting of cereals, toast, or porridge. That's fine for carbs but almost protein free. This means that the last time your body saw protein was at yesterday's evening meal and it will not see any more until midday (almost 18 hours without). Then if both your other meals contain the requisite 25 grams you've got just 50 grams in during the day. Maybe that's OK for watching telly or listening to radio one but it's sure as hell no good for winning races.

That's not all - there's protein quality. A protein needs to be 'complete' before it can be efficiently used to build muscle, this is not usually the case with most single source proteins. A complete protein means that all the essential amino acids must be present and in the right proportions.

But before we get too deep into the technicals help is at hand.

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# Lowe Alpine Mountain Marathon 2006

## Two Reports

*We have two reports of this year's LAMM; the first being the official overview from Felicity Martin and the second a revealing competitor's-eye-view from one of this year's winning Elite Team, Alec Keith.*

### LAMM 2006 – Assynt – 17 & 18 June from Felicity Martin

The Lowe Alpine Mountain Marathon is always held in Scotland, but the 13th event was held further north than it has ever been – at Assynt in Sutherland. The event centre was by Inchnadamph Field Studies Centre, a mere 30 miles short of Cape Wrath, the northwest point of mainland Britain.

The two-day race took competitors through Inchnadamph National Nature Reserve, an area notable for its limestone geology. Local features include rock pavements, swallow holes and caves.



An unusual control site – C Course, Day One Photo – Felicity Martin

Here the teams of two found sharp, slippery rocks underfoot and a very complex terrain of shattered mountains and innumerable lochans. Navigation was a key skill, as the low, drizzly cloud hugged the hills for almost the whole weekend.

The mid camp was by Glencoul bothy, a remote spot on the shores of Loch Glencoul. As this was a good three hours' rough walk from the nearest road, organiser Martin Stone chartered a boat, the MV Statesman, to take in the marshes and some half-ton of gear, including computers and generators.

Alec Keith and Kenny Riddle took home the LAMM trophy, having won the Elite course in 12:09:35. On Day Two, their 20-minute Day One lead was whittled down to 5 minutes, but they managed to hold off Paul Currant and Tim Lenton. The fastest team on Day Two were Jo Scott and Nigel Wright, who came in third overall.

*For full results, course maps and photo galleries, see [www.lamm.co.uk](http://www.lamm.co.uk)*

### LAMM in Assynt from Alec Keith

Lowe Alpine Mountain Marathon – the connoisseur's mountain marathon as it is billed, and rightly so. The scale (450 pairs over six classes in the traditional linear 2-day format), the midsummer timing, and a small but perfectly formed organisational framework all adding together to provide a friendly atmosphere. Those things, and, of course, the fact it takes place in the most beautiful country in the world... The venue alternates from "central" Scotland to "further north". 2006 was the latter. That the

LAMM exists at all is thanks to Martin Stone who stepped in along with long term event sponsors Lowe Alpine to rescue the old Rock and Run event from an imminent disaster in 1994.

I'd entered the Elite class with Inverness friend Kenny Riddle. It was our first such event as a pair, though there was some mileage on the clock already - my 13th LAMM and Kenny's 3rd. Lack of past events together wasn't something we were bothered about – we know each other well enough to be comfortable with each other's abilities. We are rather ancient now to be regarded as truly competitive these days, however, our ages combining to make 82. Kenny has a considerable pedigree as a cyclist who had taken up hill running comparatively late on and has brought a frightening degree of focus and preparation to it. I was completely taken aback to find us discussing food menus three weeks before the event, and Kenny seemed to have fully packed his sack about ten days beforehand.

As ever the location was a secret guarded until just before time to set off to wherever – this year, Inchnadamph in Assynt, Sutherland. Release of this information dovetailed nicely with a seriously gloomy weather forecast for the weekend for the north-west. And Inchnadamph was indeed a damp place on the Friday evening, a humid greyness clinging to everything, windless conditions encouraging the midges which treated Kenny as a magnet. We registered, and the evening passed in the usual pre-event blur of familiar faces, renewed acquaintances, industrial helpings of food from Wilf's and corresponding anxiety about the resulting projected bowel movements. It rained for a while in the night, and the usual pre-event insomnia was enhanced by low cloud, drizzle, and a sneaking suspicion that our navigation might be less than adequate for what lay ahead.

#### DAY 1

Saturday dawned, if that was the word, but exceeded expectation with a kind cloud base and general dryness. The LAMM never makes your life easy, though, as the organisers' desire to wind you up extends for as long as they can engineer it. Your "official" start time is usually an irrelevance by the time you've been teleported to the mystery start by whatever means Martin has at his disposal – variously over the years there have been ferries, buses, even a steam train or three. This year was a rather unsurprising bus, however teams did need to get on the right bus for their course as some went south from Inchnadamph and others went north, and sadly some teams were too challenged at this early hurdle...

E, A and B classes were all taken to Lyne near the Ledmore junction. Over the weekend our course was (according to the planner Andy Spenceley's preferred route) 64 km and 3440m of ascent – the distance was about right but my contour counting gave us at least another 1000m of climb! Sadly only 16 teams braved the E class, a surprising statistic for this sort of event given the rigours of the LAMM are a few degrees down on the KIMM. We started by heading east from Lyne by easy ground, through the interesting, narrow and misty Bealach Coinich, and down to the broad green upper reaches of the River Oykel. From here we made our way over the south end of Ben More Assynt and launched up a vague steep gully of loosely poised boulders into the clag in the hope of finding a col. Just when anxiety began to nag, we spotted it, and bagged a stream source control that was proving quite testing in the conditions. We could hear a couple of mislaid voices in the mist, and slyly sneaked away. The route

appeared to lie over the damp and misty Munros of Ben More Assynt and Conival, but having been on them before made me think this would be slow ground, so we shot off on an arciog, descending traverse line that baffled the course planner but did seem to work for us, keeping us out of the mist and losing height gently for a long as we could. We deserved to end up in a pile of bogs but were lucky and trotted across reasonable ground before a messy interlude round Loch Bealach a'Mhadaidh.

Some ups and downs later we dropped off the big hills through beautiful bright quartzite crags and recessed hill lochs and on down to Gorm Loch Mor. The terrain changed abruptly. Gloom enveloped us again. A dull bog flog awaited for us, on which Kenny says he began to swing, though not Tommy Sheridan style (allegedly). We had a typical long heathery leg of tussocks, peat hags and flatness on the way to a re-entrant, the stuff of course planners' dreams but it did little for us except force us into a few mind games to battle sore legs and tired minds. We rose back into the mist as the course took us further northeast, passing through a high col on the Corbett of Beinn Leoid. The ground grew rougher and more interesting again, and we made good going over to the second last control. The course spat us down an incredibly rough 500m descent through deep heather, crags unseen from above, gullies, bracken covered boulders and so on, and we began to appreciate the dramatic spot where the overnight camp was to be, down at the head of Loch Glencoul. The thin white line of the Eas a'Chual Aluinn rose behind, Quinag dominated the skyline the other way. We dug out the camera for a couple of shots before tumbling down the final brutal slope of wet slabs to the finish.

#### THE OVERNIGHT CAMP.

Stunning! Time to unwind, good ground for the tent, breeze to deter the midges, brilliant views, the Stack of Glencoul rising behind. The camp was several miles' walk from the nearest road, and access for the organisers had more easily been effected by boat. Time to catch up with friends and to hear their tales of the day. Somewhat to our surprise we found ourselves 20 minutes ahead in our class. We tried to put this out of our minds as the time gap merely represented one cock-up, and we had potential for several. Occasional light drizzle but enough breeze to keep the midges away. We chewed through piles of noodles, cake and custard, and provided Neil the piper with a dram for his efforts as Martin's organising prowess had surprisingly overlooked this traditional form of payment. The camp was alive that night with flapping nylon, mindless chatter, bodily function noises, then, all too soon, the cooking of premature breakfasts. Another typical LAMM night. 20 minutes kip gave a total for the weekend of...20 minutes.

#### DAY 2.

Less tip top at 5 a.m., low mist at below 1000 feet and drizzle making it a day for the navigators and leaving us feeling that we might squander all and more of yesterday's time cushion. The start was on the stony beach below the camp, the first sub-sea level mountain marathon start ever, but a stunt that passed us by in the wetness and misery of the moment. All we could do as we slithered over damp stones on the way to collect control descriptions was to wonder why our rucksacks felt as heavy as yesterday when we'd clearly eaten at least 3 kilos of noodles etc.

North at first into the mist, retracing yesterday's last section until we dropped roughly down to the cloudy blackness of Gleann Dubh, cloud right down to the burn at the foot of the glen. Our nuts-and-bolts style of navigation took us over some fairly featureless ground to pick up a re-entrant and a minor spur with a few deviations hesitations and a minor repetition. We knew Tim Lenton and Paul Currant in particular, 2nd overnight, would be on our case in these conditions. No panic, however, just grim determination not to bin too much time on any foolish mistakes. We crossed over to the north side of Beinn Leoid where we made defensive route choices, frightened to go for the quicker but more testing lines, scared of blowing it.

reconnected with the hills and some rough ground below the east side of Beinn Uidhe. The ground became suddenly complex as we hit a landscape of concealed lochans, quartzite knolls, miniature glens and traces of a path. I think we made some bad fine navigational choices here but am still confused as to where we were or what we did, so we stumbled round a couple of controls more by luck than skill, aware the pursuit would be closing the gap. Three miles left, couldn't go wrong now could it?

We climbed into the cloud to pass over the northwest ridge of Beinn Uidhe, dropped to a path, and trotted off to the penultimate control, a re-entrant on the upper slopes of Cnoc an Droighinn. Out of the mist, I switched off a little too soon, messed it up, took us too low, and we spent ten anxious minutes until Kenny managed to undo the damage of my carelessness. Loch Assynt was a helpful feature for re-orientation but also a distraction as we just wanted to stop, sit, and enjoy the view. Finally we could hurtle down towards Inchnadamph and the end. Our efforts for the day had not been spectacular, three teams were quicker than us on day two, but over the weekend we still had five minutes of our cushion left, and that was enough. Kenny exhibited pleasing symptoms of pain and declared himself incapable of walking, which felt like a major success. After years of KIMMs and LAMMs of broken shoes, blisters,



Alec and Kenny receive the Trophy from Dave Suddes (Lowe Alpine) and Martin Stone. Photo - Felicity Martin

The breeze rose to lift the clouds as we came round the eastern slopes of Beinn Leoid, and back across the bog flog of the first day. We tired, we slowed, we were aware that the sun was shining through showers, rainbows shimmering on the heather before us. Deer thundered by within 50 metres, quartzite hillsides gleamed in the mist as we neared them again...another typical LAMM day. But it was lost on us, we were weary zombies plodding ceaselessly towards the end, trying to remember to eat and drink but not really doing that important job properly. Somewhere beyond the flog we

heatstroke, navigational disasters, mind-altering toilet trenches, forgotten dibbers, being trashed by top English teams, crap sleeps and so on, winning felt good but it means nothing and also changes nothing. Apart from wondering how to stick the LAMM trophy back into one piece in time for its return next June...

Another great weekend, great spirit all round, and more fine memories of effort, fun and reward. Well done the LAMM team on your persistently top organisation and imagination.



# The Return of Oliver Mallis

from Peter Hayes

## Episode Three: "Two's Company"

The story so far: *Oliver Mallis has rejoined his old club and suffered an unfortunate incident with a calendar.*

**Time:** October, Wednesday, 9 p.m.  
**Place:** The Pub

Mallis was feeling left out. Everyone else in the club seemed to have a karrimor partner except him. Reg Trooper had paired up with Herdwick Studs, who had 'coincidentally' spent the entire summer recceing the venue. And as for Bates! Mallis gnashed his teeth in impotent rage as he remembered that Don Bates was to partner Tricia. There was Bates now, leaning nonchalantly against the bar making everyone laugh in a cheerful hearty way. Probably it was another of his vile jokes about sausage shaped balloons. If only Mallis could find a way of letting Tricia know that Bates was a vulgar villain, whilst he, Oliver Mallis, loved her purely with all his soul! But he couldn't, because ever since the calendar incident, Tricia had refused to talk to him.

Mallis stared down gloomily into his beer and did not even notice that a jolly, pudding-shaped man had detached himself from the group at the bar and waddled over to where he was sitting.

'Calendar?'

Mallis looked up resentfully.

'My name is Oliver, not Calendar', he explained coldly. 'Calendar Mallis is simply the nickname recently given to me by Don Bates. But it is not the name that I choose to go by.'

'Whatever', said the stranger. 'Everyone calls me 'Cakey'.'

Mallis perked up and eagerly held out his hand. So this was the famous Ryan 'Cakey' Soap!

Cakey was one of fell running's minor legends: the fattest man to run up Snowdon and the first man to roll down Yewbarrow. But what could he possibly want with Mallis?

'Listen, Oliver', said Cakey, 'Jim's fallen off Froggatt Edge; I need a new karrimor partner and fast and you've been highly recommended. What do you think? Do you fancy it?'

Mallis's heart jumped. 'Fancy it! You bet!' He was delighted, but also confused. Why had Cakey chosen him as a team mate - surely anyone would leap at the chance to partner Ryan Soap?

And why did Bates appear to be sniggering?

**Time:** 6 p.m. BST  
**Place:** Overnight Camp

Wandering back from the stream Mallis felt desperately tired. Day One had been tough; he hadn't realised that he would have to carry Cakey's rucksack as well as his own. He was a bit worried about their supplies too, they were down to dry food and emergency rations because Cakey had eaten everything else at lunch. In fact, Mallis was starting to suspect that the reason Ryan 'Cakey' Soap had chosen him as a karrimor partner was that all of the others knew better.

'Here's the water Cakey! Let's get that pan boiling.' Mallis opened the entrance to the tent and then stopped in shock; the foodbag had been ransacked and a scattered debris of ripped open cup-o-soups packages littered the ground. The culprit was obvious, bits of dried food still covered Cakey Soap's beard as he lay in his sleeping bag gulping down the last raw pot noodle.

'It's your own fault for taking so long', said Cakey. 'And I'm still a little bit hungry', he added pathetically. Then he closed his eyes and pretended to go to sleep.



Mallis's shock turned to outrage and he was just beginning to shout 'Cakey you lazy fat thieving gannet!' when from somewhere behind him he heard the distinctive cultured tones of Don Bates.

'You two seem to be getting on famously then? I thought you would.'

Mallis swung round in confusion. There was Bates, smirking, and there was Tricia, flushed from her day's exertions and covered in mud, and yet, somehow, looking more beautiful than ever.

Tricia smiled at Mallis. 'Hello Calendar', she said

Mallis's heart leapt. It was the first time Tricia had spoken to him since the incident.

'Mind if Tricia and I pitch up next door?' said Bates.

'Yes of course', said Mallis politely, 'Delighted'.

'Super', drawled Bates. 'If you hear any rhythmic thrusting noises in the night, ignore them; it's just the sound I make when I snore. Trish Darling' he added. 'Where're the tent poles?'

'You've got them Bates', replied Tricia.

But he hadn't.

And neither had she.

Mallis watched, a secret hope growing in his heart, as Bates

and Trisha told each other 'You must have put them in there somewhere', and then turned everything inside out, and then rudely started calling one another an idiot 'You idiot' 'No you're the idiot'.

'Tell you what', interjected Mallis helpfully, 'Me and Cakey have got quite a big tent. Tricia, why don't you squeeze in with us? And Don, you're a popular fellow, I'm sure someone on the campsite will find room for you'.

'Thank you, Oliver', said Tricia. With final toss of her hair at Don Bates she slipped into the tent and lay down demurely beside the swollen inert form of Cakey Soap. Bates, for once, was nonplussed, and walked away rather less insouciantly than usual.

Mallis, triumphant, was thinking quickly. This was his chance to show Tricia the nobility of his love, no base jokes about sausage shaped balloons from him! Gentlemanly conduct, that would be his watchword. OK. Tricia would probably want a bit of time alone in the tent—apart from Cakey—doing some sort of womanly thing.

'Tricia', he called out softly, 'I'm just off to the toilet for a bit while you, you know, sort yourself out'.

'Right-o Mallis'.

Time: 7 p.m. BST  
Place: Overnight Camp.

Mallis wasn't really sure that he approved of luxurious lavender scented portaloos. The queue had seemed to stretch for miles and he missed the easy camaraderie of the open trenches. And now it was dark. He strode back towards the tent. But where was the tent? There were thousands of them.

Time 8 p.m. BST  
Place: Overnight Camp

Mallis was growing increasingly desperate as he crisscrossed the vast campsite. Where had the tent gone? At one point he had stumbled across Herdwick Studs, but Studsey hadn't been any help; he was still searching for the last control.

Embarrassed, Mallis realised he would have to try calling out.

'Cakey!'

"Cakey! It's me, Mallis! Where are you?"

"Cakey!"

Silence.

Mallis felt such a fool, bleating like a lost lamb.

'Cakey! I've found a spare chocolate bar in my bumbag!'

'I'm over here.'

At last! Mallis crept into the tent and thrust his last remaining food into Cakey's outstretched paw. Tricia was already fast asleep, snoring heavily. Mallis squeezed in carefully so as not to waken her. Better not use the torch. He flattened himself nobly against the side fabric. But of course, with three people packed into a two man tent, and one of them overweight, it was impossible not to touch her. Mallis could feel the delicious warmth of Tricia's body through the sleeping bag. He could even sense the outlines of her form, surprisingly hard and bony. 'A real fell-running-woman's body', reflected Mallis happily.

Somewhere nearby he thought he could hear Bates's distinctive snore, but the noise was drowned out by Tricia's loud throaty rumblings next to his ear.

'If I marry Tricia, I will be able to listen to her snoring in this horrible way every night', realised Mallis in an ecstasy of love. Sleep! How could he think of sleeping? He would stay

awake all night guarding Tricia and listening to her snoring.

Time 6 a.m. GMT  
Place: Overnight Camp

Mallis woke up with a start. He was squashed into the side of the tent with his nose against the sodden fabric feeling cold, wet and very hungry. It took him a moment to remember the amazing, stupendous, wonderful truth. He was lying in a tent, *next to Tricia!* Outside the rosy fingers of dawn were spreading across the sky and inside it was light enough to make things out. With a delicious glow, Mallis realised that he had only to turn himself around to see her lovely delicate features.

Slowly, gently, inch by inch, so as not to waken her, Mallis twisted himself about, his eyes tightly shut. Then, in a rapture of anticipation he opened them and stared into Tricia's sleeping face.

Only the face was not that of Tricia.

It was Reg Trooper.

Trooper opened his eyes and yawned.

'Morning Calendar. Didn't see you last night. Sleep well?'

'Where's Tricia?' asked Mallis thickly.

'She's next door in the tent with Bates', said Trooper.

'What?'

'Studsey went running on ahead and got himself lost', Trooper explained. 'I've no idea where *he* is. So when I met Batesy in the camp, I said the two lovebirds could sleep in *my* tent and I'd squash in with you and Ryan. Morning Cakey!'

'Morning Reg. Morning Calendar. MORNING BATESY AND TRISHA!' Cakey Soap called out loudly.

'Good morning young Ryan'. The seasoned urbane voice of Don Bates floated melodiously through the early morning air. 'I say, can I swap you a mars bar for a couple of those sausage shaped balloon things? I seem to have run out of them.'

A giggle came from the next tent. Reg Trooper and Ryan 'Cakey' Soap laughed, heartily, until the sound of their laughter reverberated between the beautiful but cruel fells that surrounded them.

# Aaah! Who says there is no romance in the fell-running world.

Congratulations and best wishes to both of them.



11.08.06

**SIMON ROGER ARTHUR BAILEY**, Sheep Farmer, Cloudside, only son of Roger and Vanessa Bailey of Rushton Spencer, Cheshire, married **KIRSTIN LOUISE BAILEY**, ICT Teacher, Kings in Macclesfield, (formerly from Addingham, West Yorkshire), only daughter of Ellen Bailey of Keighley, West Yorkshire, at Macclesfield Registry office, and afterwards at the Swettenham Arms, Cheshire. The couple honeymooned in Wales.  
Photography: Alec Becconsall,

## Believe it or not .....

Age does not necessarily bring maturity. At a recent race there was a flurry of snapping and snarling among the accompanying spectating sheepdogs and Alan Brentnall remarked that a few weeks ago something similar had happened and one of the dogs had bitten Nicola Davies on the bum. At this point one of the group, a very senior and respected figure in the FRA who shall be nameless but runs for S.r.c, looked all wistful and muttered - "I've often thought I'd quite like to do that myself." - which made the rest of us regard him in something of a different light!!



# 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.

## Manx News from Christine Barwell

From a Manx league perspective the deadline for articles to the October edition of the *Fellrunner* is always a week too early as the final race takes place in the middle of September. Having said this, in terms of league winners, an article could have been posted in May as both Simon Skillicorn and Rose Hooton won their respective titles following the inaugural Glen Mona Horseshoe on the 21st.

It was only a matter of time before Simon won his first Manx League title. Coming from a mountain biking background, Simon first competed in a fell race on New Year's Day 2002 at St Johns; he finished a respectable 6th. Regular top five finishes followed, however it wasn't until September 2004 that he secured his first win at Creg-ny-Baa. Not only did he take a convincing victory by almost five minutes but he also beat the top three runners vying for the league title at that time. Simon continued his winning ways to take the 2004 Winter Hill League title. In 2005 he finished second in the fell league and regained his Winter Hill League title.

Simon took the honours in the New Year's Day race in 2006 proving his talent over the short stuff, but could he secure another victory over a medium or long course? He was second at Greeba behind the 2005

titleholder Tony Okell. His first long course title was at Bradda, followed by another win over a short race at Snaefell and from thereon there was no looking back. He was top local at Easter's Manx Mountain Marathon, with a superb sub five-hour time. He won at Carraghan, then Glen Mona. From hereon the title was secured, however just to make certain he won the following race at Patrick. Unfortunately he sustained a calf injury whilst training for Ellan Vannin, a race he subsequently missed. A good second at North Barrule was his comeback and he was back to winning ways in the penultimate race of the season, over the James Coulson Classic Laxey course.

In contrast to Simon, Rose is no stranger to the title of Manx Fell League Champion, with her name appearing on the trophy for the sixth time in 2006. Incredibly, it will see her qualify for the league for the 11th consecutive time. However, Rose will be disappointed this year, as only one other woman has the capacity to qualify for the league in the final race. Momentum was high in 2005 as five women finished the league, the highest in the history of Manx fell running. With potentially only two women qualifying in 2006, this only serves to prove that the fells are a tough sport and it's an ongoing challenge attracting more women to fell running.

Second and third places overall in this year's league were also decided prior to the

final encounter. The winner in 2005 Tony Okell, had to settle for second this season. He started the season well with a second on New Year's Day, a win at Greeba and a second at Bradda and Snaefell. All eyes were on the Marathon and the battle that would ensue between Tony and Simon. Unfortunately, less than a couple of miles into the race Tony suffered an ankle injury. To his credit he battled on to finish ninth overall and second local. His season thereon was hit and miss, with two fourth places, a couple of missed races, but a superb win over the long Ellan Vannin course.

Tom Cringle was third in 2006. In similar vein to Simon, Tom comes from a biking background; first emerging onto the fell running scene in 2004 with regular top ten finishes. Regularly appearing in the top five during 2005, he finished the year off with a third in the final race. Tom has run consistently well through 2006, producing two seconds at Carraghan and Ellan Vannin. Undoubtedly, Tom has the talent to be a league winner in the future.

Dave Young won the veteran over 50-category title in 2006. He had a season long battle with Rob Webb, only securing the victory in the penultimate race of the season. Both Dave and Rob finished in the top ten in the overall league standings.

## NIMRA News from Ian Taylor

### Northern Ireland Championship

In June we reported that after two races Brian Ervine was in the lead with maximum points. Now, with only one race left out of nine, he has been overtaken by Des Woods. However, lurking in the shadows is Neil Carty, unbeatable over the shorter events but only needing to finish in the first three at the long Spelga race to claim the Championship.

Amongst the ladies a change of format to any five out of nine races has ensured much more competition this year with Shileen O'Kane in the lead but the final result depending on the last race, with Shileen, Alwynne Shannon and Fiona Maxwell all in contention. Fiona, a new find this year, has been unbeaten in local events but was behind Shileen and Alwynne at the World Trophy.

Of equal importance to many members, our change of championship format back to five out of nine races has allowed more athletes to complete the Championship, with 35 completions already and potentially eight more from the last race – a big increase over the total of 26 last year.



Simon Skillicorn at the Laxey James Coulson Classic Photo – Sarah Cringle

## Internationals

In July we had five members on the all-Ireland team at the European Championship, gaining good experience in this high class event. Not that the race route was particularly high class, being on a forested hillside some distance from the real mountains. The venue for accommodation also left a bit to be desired, being deserted at the weekend, with all the action in the mountain resorts higher up the valleys.

More recently we had a virtually complete squad in Turkey for the World Trophy, with, for the first time, a finishing team even in the junior ladies. The event seems to get more competitive each year, with at least 36 countries taking part. The traditional European countries are finding it increasingly difficult to maintain good team placings. It was great to see Robbie Bryson back from injury, running for the Irish team and still competitive despite being almost the oldest runner in the field.

## Other Events

A record number - 21 of our members - competed at Ben Nevis, with Eamon McCrickard of Newcastle AC leading the pack home in 29th place. Meanwhile two founder members of NIMRA, Jim Hayes and Jim Patterson, were busy ticking off almost the last of the Irish 600 metres hills on Jim Hayes' list. Another founder member, Denis Rankin, was at the Ben and is, as I write, putting the finishing touches to the Mourne Mountain Marathon. The more senior amongst us are visiting Switzerland for the World Masters with many going for the trek with fellow hill runners from Scotland as much as for the Masters competition. The Mid-Ulster club, as main organisers, look forward to junior teams visiting us in October for the British & Irish Junior Championships. With no fell races from then until Christmas, we will have to resort to some serious winter training, with a fitness test occasionally on a cross-country or road race.

## Welsh Fell Runners Association News From Ross Powell

### WFR A Open Championship and Series

WFR A Open / Welsh Championships  
With four of the six Championship races completed, current positions are as follows.

Ian Hughes of Shrewsbury heads the Table. Joe Blackett of Dark Peak leads the over 40 category and first over 50 is Ross Powell of WFR A. Don Williams of Eryri leads the over 60 category.

Andrea Roberts of Eryri is first lady. Gill Evans of Shepshed is leading the over 40 category and first over 50 is Maggie Oliver of Eryri.

There are several competitors in contention in most categories.

### WFR A North Wales Series

At the time of writing, six of the nine race series have been completed. Huw Lewis of Buckley is leading the Table (also 1st over 40). John Linley of Clwydian is leading the over 50 category and Don Williams of Eryri is first in the highly competitive over 60 category.

Andrea Roberts of Eryri is leading the ladies. Gill Evans of Shepshed is first over 40, and Maggie Oliver of Eryri leads the over 50 category.

There are several competitors in contention in most categories.

### WFR A South Wales Series

This Series is now complete. The Series has been won by Joe Blackett of Dark Peak (also 1st over 40) who travelled all the way from the North East of England to participate! First over 50 was Richard Hooley of MDC and the over 60 category was won by Gary Gunner of Croft Ambrey.

The ladies category was won by Helen Bennett of MDC. Alice Bedwell of MDC was first over 40.

For the latest Tables visit the WFR A website [www.wfra.org.uk](http://www.wfra.org.uk). The presentations for the WFR A Open Championship and Series will take place after the Clwydian Hills race on Sunday 5th November. This will be followed by the WFR A AGM.

### Navigation Courses

If there is sufficient demand, a further Navigation Course will be arranged in North Wales this Autumn. This will be on Sunday 19th November. Contact Geoff

Clegg for more details. If you are interested in attending a course in South Wales contact John Sweeting on 01550 721086 or e mail [johnsweeting@wfra.org.uk](mailto:johnsweeting@wfra.org.uk).

### Membership

The Welsh Fell Runners Association is an independent Organisation providing the following services for fell runners in Wales

- An annual Race Calendar
- Regular Newsletters (minimum 3 per year)
- Website
- Open Championships
- Civil Liability Insurance for members (including Race Organisers).

Membership costs £10 per year. Join after 1st October and your membership is valid until the end of the following year!

Membership forms are available on the WFR A website - [www.wfra.org.uk](http://www.wfra.org.uk). Alternatively, contact the Membership Secretary - Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL. Tel 01492 582631. E mail [geoffclegg@wfra.org.uk](mailto:geoffclegg@wfra.org.uk).

### 2007 WFR A Wales and Borders Race Calendar

We hope to have this available by the end of 2006. This is free to paid up members. Non members can obtain a copy for £2 (plus 50p postage) from Geoff Clegg. Cheques payable to Welsh Fell Runners Association.

**▶▶▶ RACE ORGANISERS ◀◀◀**

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# “Living the Dream with due acknowledgement”

from Ian Holloway

Today we are encouraged to “Live the Dream”, a phrase which is becoming more frequently heard and relates to the older term of realising an ambition. For some people the two phrases might be considered identical but for me to live the dream implies that the ambition may have a degree of adventure, mystique or romance about it.

Well, on Saturday, July 1st, I lived a dream by taking part in the 50th running of the classic fell race “Chevy Chase”. Fifty summers ago I watched my first fell race and I was very impressed. I also “climbed” my first mountain- Skiddaw and saw rock climbers in action in Borrowdale. The seeds for adventure, if not fell running were sown and later that year, during October, I heard stories from the first running of the “Chevy Chase”. While I realised how a well worn track could be traversed, to hear how the competitors had left the Youth Hostel in the hamlet of Alnham and navigated over trackless terrain to the summit of Cheviot seemed to be a feat beyond the reach of mere mortals, yet the fell runners, well they were gods so they could do it!

I tried to find out more about the event. Some of the competitors had indeed been fell runners who did the adventure wearing light weight equipment – running vests and “pumps” – a canvass topped shoe similar, I suppose, to “trainers”; while others were equipped with heavier clothes and wore “commando-soled” boots.

They had encountered bogs into which they had fallen up to their waists, peat hags of gargantuan proportions as well as ice and snow on that October day. While some of the stories would be exaggerated for my ready consumption, the bogs on Cheviot have engulfed aircraft!

As each year passed the adventures and myths surrounding “Chevy Chase” grew. At one stage the organisers, perhaps concerned for the safety of the “go light brigade” set a rule that rucksacks had to

weigh 10 pounds, presumably to encourage the carrying of foul weather clothing. By this time I was using an ex-army rucksack which was so heavy I could have ditched most of it and drilled holes in the remainder and still come within the rule.

Navigation haunted me. I needed to learn this skill. The breakthrough came when I was invited to join the School Climbing Club. Apparently my climbing exploits with the army rucksack had not gone unnoticed.

I was sure the guys in the Club would have done “Chevy Chase”. So who was in this organisation ? Well, there were a number of players from the “first fifteen”. They walked and climbed all day and partied all night and none had done “Chevy Chase”.

Then there were a few athletes who enjoyed cross country running. These people ran up gradients which reduced others to a crawl so they seemed good candidates for “Chevy Chase”; but sadly no. If they bothered to take a compass, and few did, they used it as a lucky charm. Thank goodness John Disley introduced Orienteering to these people!

I recognised some of our Combined Cadet Force stalwarts. They could “walk for England” and they could navigate but they had not worked out the logistics for “Chevy Chase”.

Finally there were a group of people who normally chose to avoid organised sport. They tended to be understated types, modest to a fault, and, yes, they knew about “Chevy Chase”. At that time you needed to be a member of the Y.H.A. to enter, and, yes, they could navigate over featureless moor land and they would share this skill with me. Their enthusiasm for Youth Hostelling was infectious and I now realise the value of this organisation in the days when the “Outdoors Industry” was very different to the scene we have today.

However it was not until I had met Lawrence Hyslop, who had stewardship of the event for many years, that I secured an entry for my first attempt at the “Chevy Chase”.

The race is “second to none”! It is unique and it is truly a challenge, particularly if the weather is foul. The event date has changed from the original and so has the route. In recent years you leave the charming town of Wooler and take in the summits of Cheviot and Hedgehope before returning to Wooler having achieved some 4,000 ft of accumulated climb and some twenty-one miles.

I enjoyed my first attempt and I have enjoyed subsequent races and you don’t have to be a member of the Y.H.A. to enter. So I had realised my ambition, but such was the mystique of this event for me that the dream was to take part in the 50th running of the event. This I have done. I have lived the dream and the whole point of this article is to thank everyone who makes it possible for our races to go ahead. I am thinking of the organisers, the land owners, the marshals and the unsung heroes who are roped in to help on the day. “Chevy Chase” has been run for 50 years so the list of people and sponsors who have “made it happen” must be enormous, and this is just one event!

I shall list the organisations I spotted on my special day:- Wooler Running Club and friends; Northumberland National Park’s Search and Rescue Team; Raynet; The Red Cross; Montane, Start Fitness; Gear for Girls; The Good Life Shop; the people who provided Jaffa Cakes on Hedgehope, water at Langlee Crag, cake at Carey Burn and strawberries at Brands Corner; and the young gentleman with the glucose sweets.

So to all volunteers on Fell Races, thank you; your efforts and commitment are appreciated and through your dedication to the sport of fell running it is possible for people like myself to “live the dream”.

# EUROPEAN TROPHY REPORTS

## European Mountain Running Trophy Selection Race Report

from Chris Knox and Steve Fletcher

With many thanks to the Atkinson family, Braithwaite Lodge was the venue for the GB and NI selection trial races for men and women to represent Britain in the Czech Republic for the 2006 European Trophy event.

Conditions leading up to the run were perfect, however light drizzle and a blustery breeze dampened things down on the day but also lessened the risk of overheating for the competitors. With only the first two from each race guaranteed selection, competition was going to be stiff.

The ladies set off at a brisk pace through the farm and up towards Barrow, Lyn Wilson had established a lead over a chasing pack that had Natalie White, Vic and Mary Wilkinson to the fore. Lyn was pulled back on the descent to Barrow Dore only to break away on the climb to Stile End. The chasing group pulled Lyn back on the next descent, only to see her pull away again on the steep climb back to Barrow, Mary then chased hard to catch and pass Lyn, leaving others in her wake, pushing on to a well deserved win. Keswick ladies were not far off the leading pace, Pippa Jackson, Angela Brand-Barker and Lou Roberts ran well to take an unchallenged team prize of £250.

A lot was promised for the men's race – pre-race banter on the FRA forum reckoned the record was soft, Andi Jones was going to break it, others thought not. Anyway the men set off at an equally brisk pace that hardly seemed to falter on the first climb, Andi Jones, Jon Brown and Andy Norman leading the way to the first summit. Jon appeared to suffer and lose ground towards the end of the first circuit, as Tim Davies worked his way into second place. Last placed Aaron Lockwood got a shock as he was lapped by Andi just before completing his first circuit. Gaps really started to appear through the field, radio reports indicating Andi was establishing a massive lead, Jon was getting stronger as were many of the middle



Mary Wilkinson on the way to winning the Trial  
Photo - Adrian Woods

order runners. The marshals, mostly Keswick AC, did well keeping a check on everyone over the three circuits. Andi was on course to break the record if he could maintain his speed over the long run in. This he duly did eventually taking over a minute off the record and gaining a £150 bonus for his efforts. Tim Davies was a clear second, Andy Norman third, Jon Brown holding off fast finishing Rob Hope for fourth. Pudsey and Bramley took first team (£250) from Rossendale (£150), Keswick taking third and a well deserved £100 with what must be a unique team of three brothers, Nimrod, Hawthorn and Aaron Lockwood.

Danny Hughes, chairman of the World Mountain Running Association presented the prizes whilst runners and marshals continued to enjoy the cakes teas and coffees superbly laid on. The St. John's Ambulance team quietly dealt with a couple of minor casualties, mostly blisters from the blistering pace!

### European MR Championships – Trial results

#### Women

1.	Mary Wilkinson	Skipton	47.52
2.	Lyn Wilson	Carnethy?	48.21
3.	Natalie White	Bingley	48.44
4.	Christine Howard	Matlock	49.04
5.	Vicky Wilkinson	Bingley	50.32
6.	Jo Waites	Calder Valley	51.13
7.	Philippa Jackson	Keswick	52.26

#### Men

1.	Andi Jones	Salford	57.24
2.	Tim Davies	Mercia	59.00
3.	Andy Norman	Altrincham	60.06
4.	John Brown	Salford	60.22
5.	Rob Hope	P&B	61.18
6.	John Henegan	P&B	62.28
7.	Nick Leigh	P&B	63.16



The leading men on the climb – Andi Jones, Jon Brown and Tim Davies  
Photo - Adrian Woods



# European Mountain Running Championships 2006

A personal account from Andi Jones,  
with Results courtesy of Pete Hartley

July 2006 saw a strong men's and women's team travel to the 5th European Mountain Running Championships in Male Svatonovice, Czech Republic. Hopes were high of further medals being won; building on the successes Great Britain and Northern Ireland teams have had in recent years.

Both the men's and women's team were as strong as ever and provisional information known about the course looked to favour the GB athletes. The course in Male Svatonovice was that used for the World Mountain Running Trophy in 1997 where one of the women athletes running this year, Victoria Wilkinson, won the junior title.

As with anything organised by UKAthletics, teams were required to fly from London, so the trip for us Northerners began early in the day with a flight south ready to meet up with the rest of the team. It's great when things go to plan and planes take off and land on time which on this occasion they did! The team met up in Heathrow airport and all set about the next stage of the journey. It's great fun going to the European Mountain Running Championships, apart from the journey, especially when it involves a three hour coach trip once in the Czech Republic. After a long day of travelling we finally arrived at our accommodation in the Czech Republic. Now I had heard I wouldn't need much money and, boy, was that true!! I thought Slovakia was cheap last year when I was there but this place was unreal. Where else can you get beer that tastes rather good at 20p a pint?!\*

Anyway, we had bigger things to worry about, like the forthcoming race, than the price of beer. Even Andy Norman wasn't too interested in the beer before the race! Rooms were sorted out and I was down to share with Tim Davis. This gave Tim and me time to catch up, time to discuss who we thought would run what, come where and just how possible was it for team GB to beat the Italians for once. After the long day of travelling we were soon sleeping, maybe a little closer than either of us would have liked, but hey, you just get on with it. Then, the loud bang at the door came, which somehow we managed to sleep through till the tiny girl the other side banged even louder. You couldn't make the next bit up and thankfully they were after Tim and not me. In this day and age of drug taking and ensuring the competition is held fair they had decided to do random drug testing the day before the race. So at 7 a.m. Tim and Natalie White were taken off to have a random drug test. No problems Tim thought, just have a quick pee and then back to bed, until he got in the lift and he found out it was a sample of blood they required. I am sure they heard him screaming back in Wales! When he returned back to our room the boy didn't shut up. You would have thought he had given a pint of blood and not a small sample. I always thought the Welsh were hard, but it's starting to look like they are as soft as the rest of us.

This incident got us prepared for what was ahead. We were here to run at the European Mountain Running Championships and our attention was now fully focused on this.

The course being used was a twenty-five minute coach drive from the hotel and this caused us a few problems throughout the weekend. As we arrived at the course and started to inspect it, it soon became apparent that the course would suit the British athletes. A tough climb, followed by an even tougher climb led to a very fast, runnable downhill section with one final sting in the tail before a final drop back in to the village. Three laps of this, no problem, or so we thought. John Brown and I discussed how the course suited us, where we could run hard, where we could maybe have an advantage over our European friends and just how we intended to attack this course. These discussions continued between me, Tim, Andy and John. The coach trip back to the hotel and it was time for a run. A brief thirty minutes' run around the local woods and back for lunch. You are always concerned about food when away. Will it be good, will it be edible and will it be cooked. I don't do eating raw foods! The food was rather good.

Lots of choice and all suitable for the athletes to eat the day before a race.

I am not very good company the day before a big race. You only have to ask those people close to me. So, after lunch I headed upstairs for a massage from Graham, the very professional and highly skilled physio that travelled with us to the event. This helped ensure I was fully relaxed for the race and any last niggles I might have had were dealt with. I am sure many have heard how I bust my knee at the Inter-counties the week before and I nearly didn't go to this event due to it.



Andi appreciating the dancing girls!! Photo - Pete Hartley

Then it was off to the coach queue and back to the course for the opening ceremony. But, as with anything in this world, you turn up for a bus on time and the bus doesn't turn up. We waited and waited and then decided to have an ice cream and book a taxi. Taxi turns up and we get to the opening ceremony just as it finished. We missed it all, the walk through the village, the speeches and more importantly the dancing girls. Adrian informs me that the dancing girls were very good. So back to the hotel, some cracking food for dinner and then bed. Tim and I were asleep early as Czech TV is nearly as dull as Big Brother and I didn't understand a word of it.

## RACE DAY

The race was due to start at 12 noon for the men and a little earlier for the ladies. Didn't see much of the ladies on the morning of the race. Heard Mary had been up at various intervals in the night to eat allsorts of random foods, but hey, it must work as she ran really well. Breakfast is always an odd time. Each team is down for breakfast, no one eating much and all talking about the forthcoming race. Had to make sure we were at the buses on time today as we couldn't afford for the thing not to turn up, as missing the race might be seen as a bad thing compared to missing the opening ceremony. The temperature on race day was hot. Humidity was high as well which made for an interesting race for some. As we arrived at the venue the ladies' race was just about to



get under way so gave us a great opportunity to see how the ladies attacked the course.

The British ladies set off well but were always aware of the heat and how it might affect them. Mary ran a strong race and did well to finish 11th. I know she was after better than this, but still she should be much pleased with her performance. Victoria Wilkinson, 31st and Christine Howard, 27th backed Mary up strongly and helped the team finish sixth from the seventeen competing. Unfortunately the high temperatures affected Natalie White and she was forced to retire. This was a shock to us as we then realised that what happened to Natalie could happen to us if we go off to hard on the first climb.

As time rolled on the thunder storm rolled in. Great we thought, not only did we have a course which suited us, but we had weather which was going to reduce the temperature and make the fast downhill runnable sections even better for us in our studded shoes. But the showers didn't last long, just long enough for me to change from the Puma Trail Fox to the Inov-8 285's. Whether this was the right thing to do I will never know, but the rain didn't last long and it by no means altered the temperature. The men's race started and I got stuck in. I knew I was running well which was apparent from the selection race and the Inter-counties, but I wasn't aware of how my knee would be during the race. You wouldn't expect an easy climb in a European Mountain Championship race and it was by no means easy. After a good start the final climb on the lap was too much for me and I was walking. Passed by everyone, or so it felt, things seemed to be turning for the worse. When Tim passes me he always gives an encouraging word. Tim didn't hang around and ran really well and built up a good lead over me. Having Tim in front of me encouraged me to keeping plugging away and chasing the runners down in front of me. I was just hoping a lot of the field had gone off too hard and were going



Mary Wilkinson and Christine Howard blast off at the start  
Photo - Pete Hartley



Natalie White climbing hard Photo - Adrian Woods

to suffer in the heat. As the laps went on that final climb did not get any easier. But runners were coming back to us. Going in to the final lap I hadn't a clue what position Tim was in or I was in. I hadn't heard how John or Andy were getting on but was just trying hard to help the team get a team medal. On the final climb I caught Tim and passed and, like I say, when Tim passes you or you pass Tim he always encourages you on. Not sure how he does it, as I am usually blowing out of my arse by that stage in a race!

The race was won by Marco Gaiardo, Italy, who came through the field well on the final lap. I finished 7th, Tim Davies 8th, John Brown 20th and Andy Norman ran a solid race to finish in 34th position. Andy also suffered with the heat but battled well to back up the team. The men's team managed to win bronze medals to add to the Silver medals won in the last two European Mountain Running Championships.

On the whole a very good trip to the Czech Republic made even better by being supported by the team management Adrian and Sharon Woods and team physio Graham. Thanks for all your help. Now back to training for future Mountain Running Championships in 2007.

## EAA European Mountain Running Championships Upice - Male Svatonovice, Czech Republic 9th July 2006

### Men (92 starters from 26 countries)

1.	Marco Gaiardo	Italy	57:42
2.	Selahattin Selcuk	Turkey	57:50
3.	Julien Rancon	France	57:59
4.	Enrique Meneses	Spain	58:42
5.	Gabriele Abate	Italy	58:48
7.	Andy Jones	GB	59:03
8.	Tim Davies	GB	59:30
20.	John Brown	GB	61:05
34.	Andy Norman	GB	62:57

### Teams

1.	Italy	19 pts
2.	France	26 pts
3.	GB	35 pts

### Women (67 starters from 22 countries)

1.	Anna Pichtrova	Czech Rep	41:28
2.	Mateja Kosovelj	Slovenia	42:12
3.	Vittoria Salvini	Italy	43:32
4.	Sylvie Claus	France	43:53
5.	Marta Fernandez De Castro	Spain	44:07
11.	Mary Wilkinson	GB	45:02
27.	Christine Howard	GB	47:39
31.	Victoria Wilkinson	GB	48:23
DNF	Natalie White	GB	

### Teams

1.	Italy	18 pts
2.	Czech Rep	20 pts
3.	France	29 pts
6.	GB	69 pts



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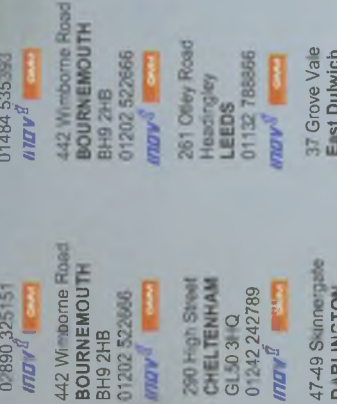
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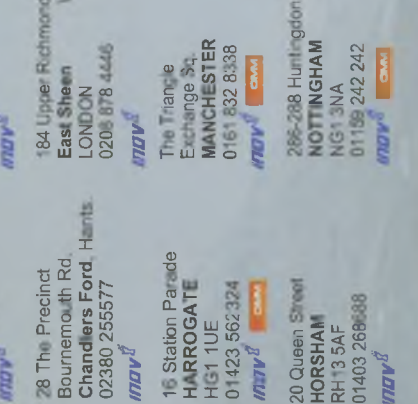
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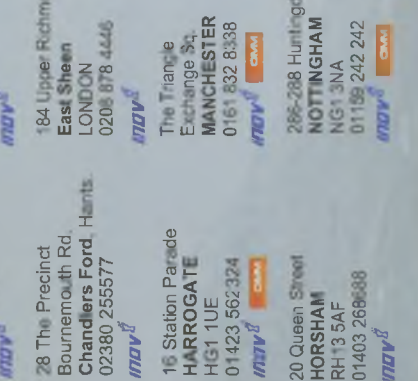
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from Louise Birt



Down..... and up again!! *Photos – Anna Forrest*

**W**e're used to mud! 'How bad can it be? 'You've been in Spain too long!' were our rejoinders when Paul suggested we delay setting off because the heavy rain would make the trails muddy. It was southern Spain in March and the weather wasn't supposed to be like this! I had joined three others on a week long trail running holiday organised by Paul Bateson, Axarsport, and ever since booking I had imagined myself running through spectacular scenery in warm and sunny weather, not sheltering inside waiting for the rain to stop. We were staying in the old Moorish town of Alhama de Granada and the previous day we had been on a leisurely morning run on rolling tracks through the local woods so that Paul could assess our running abilities to adapt the week's programme if necessary. The run was followed by an even more leisurely Sunday lunch so we could get to know each other. Monday was going to be our first full day trail running and we were keen to set off. At first the going was easy as we climbed on dirt tracks through fields - then we hit the mud. Except that this wasn't mud, it was clay, and having trudged uphill for half an hour with enough clay stuck to our trainers to make a small dinner service we could understand Paul's reluctance. Telling ourselves that it was good strength training and better than going to the gym we trudged on, until finally we arrived at the ridge. The track along the ridge was easier and we were among almond and olive groves. The almond trees were in flower and the blossom was like pink and white drifts of snow on the trees. We dropped down on swooping tracks to a village cafe and had a lunch of substantial 'tostadas'. We opted to climb up the ridge on the way back and see more picturesque groves. A stop, to paddle in the local thermal springs, ended the day trip. This set the pattern for the rest of the week; approximately four hours of undulating off-road running a day plus a lunch break and plenty of stops to regroup, admire the scenery and watch the wildlife. Each day the trails and scenery were different: the following day we headed to the mountains and ran through the 'Pass of Hell' with views of the Mediterranean from the summit; the day after we followed the GR7 on forest trails with Paul dropping us off at one end and then driving round to meet us for lunch and set us on the trail for the afternoon run. My favourite run was in the foothills of Sierra Nevada where we took a wrong turning and ended up climbing nearly to the snow line - it was a great run down!

Alhama de Granada (approximately 30 miles from Granada itself) is a town built on the edge of a spectacular gorge with several restaurants and bars and a particularly good cafe specialising in hot chocolate that was so rich and thick it was like drinking liquid chocolate. We stayed in a small hotel in the Arab quarter and the hotel was refurbished in traditional Moorish style; it was very comfortable and the food was plentiful and good. On the edge of town there is a spa resort built around thermal springs. The thermally heated swimming pool is too hot for swimming, but great for floating around and relaxing after a long run.

The cost of the holiday was £525 which included accommodation, all breakfasts and evening meals and transport to and from the airport and trails. Flights are not included but low cost flights to either Granada or Malaga from the UK are reasonably easy to find. Paul and team Axarsport handled all the housekeeping, as well as arranging tickets to visit the Alhambra and drying wet kit. All we had had to do was worry about what running kit to wear. As I found out, the weather in March can be unpredictable - one minute we were basking in warm sunshine, the next minute glad to be sheltering from torrential rain - and so it was useful to have a variety of gear - waterproofs, leggings and thermal top, shorts and tee-shirts and a couple of pairs of trail shoes. The tour also operates in June and September when the weather is likely to be more settled, but hotter. Through luck, or more likely Paul's experience, we only had one thorough soaking and the weather steadily improved throughout the week so by the end our waterproofs were replaced with suntan lotion. The group I joined on the holiday were of a similar running ability and so no one felt as though they were being left behind or having to wait too long for others to catch up. We all had some experience of long-distance trail running and this was important to be able to make the most of the week. This was a very enjoyable holiday and a great pre-season workout. I hope to be back on these trails next year.

*(As an addendum to this piece it should be mentioned that [www.trailrunspain.com](http://www.trailrunspain.com) has been launched and should be carrying all sorts of useful information about activities in 2007)*





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# 'Return of the Carthorse'

an update to June article pages 69-71 - "Lakeland Classics - Ladies Top 20 All Time Ranking"

from Brian Martin

With higher entries at the Super Long races this year more runners than usual completed all three SL races. Quantity does not always translate into quality, but the Ladies' performances in these races meant that the article in the June Fellrunner needed revising before you even had a chance to read it.

Familiar names to the Lakeland Classic races - Jackie Lee and Wendy Dodds - were joined this year by Helene Diamantides and Christine Howard, both of whom have given birth to two children in recent years. Apparently, it is believed in athletic circles that women returning to competition after having children often find they are running stronger than previously.

Certainly, Helene Diamantides ( 'Return of the Carthorse' - not my description, but one that Helene amusingly recalls ) proved this true by gaining PB's at all three SL races this year. Helene was in front of Jackie to claim victory at Duddon Valley, then came 2nd both at the Ennerdale Championship race behind Christine Howard, and again at Wasdale where Jackie set a new record of 4.19.08.

Helene's time at Wasdale was 3 minutes quicker than when she set a previous Wasdale record 16 years before in 1990 - surely a unique occurrence in itself. Overall Helene's times at the three SL races improves her ranking from 5th to 2nd place behind top ranked Sarah Rowell in this Ladies Top 20.



Helene at the Anniversary Waltz  
Photo - Pete Hartley

Jackie who appears to set off just to enjoy these long SL races seems to be responding to a more competitive race programme this year. In good conditions at Wasdale, Jackie had a fantastic run to beat Mari Todd's 1997 record by three minutes. This result together with performances at SL races in previous years propels Jackie into the Top 10 of this Lakeland Classics All time ranking.

In very hot and dry conditions at Ennerdale the Ladies seemed to survive better than the Men as indicated by Christine Howard winning in the 3rd best ever and Helene's 7th best ever times. Although to-date Christine has seldom run these Lakeland Classic races, this win at Ennerdale together with previous times at Borrowdale & Langdale merits her inclusion in this Top 20 ranking.

At the Borrowdale race in humid conditions not conducive to fast times, Helene and Christine were again in competition - this time Helene finishing ahead of Christine to win Borrowdale for the fourth time in her career.

Also, Stop Press this bit. Helene won the Three Shires race - her third win and fourth PB in the five Classic races so far this year.

The intention is to produce a full update of the Ladies' article and Top 20 rankings that will be posted on the Fellrunner section of the FRA website.

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# THE WHY MOMENT

FROM SIMON SARGINSON

*"If fortune favours the brave, I am as poor, poor as they come".*

Within the first ten minutes or so of every fell race he finds himself asking the same old question; Why? Why the hell am I doing this? What is it all for?

He is surrounded by a miscellany of runners who can be sorted into two types; there is the majority, those working at their physical maximum and appear more likely to collapse within the first mile let alone make it all the way to the finishing line. Then there is the minority who float across the ground without effort. They travel at inconceivable speed, the epitome of grace under pressure.

He, like most people is an 'also ran' with no realistic chance of winning anything other than a spot prize. Leaving that nagging question 'Why?' never far from the running consciousness.

Returning to sport after many years absence he feels removed and objective enough to judge others around him. Why are they putting themselves through something quite so apparently awful? All that pain with no real chance of winning. Only a few gifted individuals can realistically aspire to victory, so what is it that drives people like lemmings to such a level of self-abuse?

Obviously it is not all about winning; a concept he is only beginning to embrace after finding that despite weeks of training and endless optimism he is unlikely to ever override the genetic lottery ticket he has been dealt.

Still he is no closer to any kind of answer. The 'Why Moment' has its hold on him. Certain things we knows; he can finish the course, he will hurt, he will see others who understand a greater level of hurt than he ever can and he may experience some



difficulty walking tomorrow. So armed with this wisdom he chooses to ignore all good natural instincts and keep on running.

Deciding not to run would mean comfort, soft chair, food that tastes nice, telly or a book, warmth, a toilet, no sitting in traffic on the M6, all those things that a couple of million years of human evolution have given us.

As always he resists the 'Why Moment' and continues to run in races. There can be no good reason to run in races, running through landscapes without any sort of competition is reward enough in itself. Still he has no answers.

Most recently he decided to take part in a race in the Dales, a pleasant four-miler straight up and down again. Classic stuff.

The 'Why Moment' came in the car about five minutes after leaving home. Every instinct was against him urging him to turn around and go home to something more worthy with a cherished and loving wife.

He drove onwards moving through the 'Why Moment'.

The race went ahead and he ran. Running with the rest of them he puffed, panted and hurt. Wrapped in club colours of tangerine and green that had once represented a sense of family and now evolved into a multi-national conglomerate. He ran.

Up unreasonably steep hillsides to become embraced by environment. Down again in sharp focus passing ancient echoes of mine workings.

He did not win; neither did he come last, just somewhere in the middle.

He finished with a sense of happiness, he did not know why.

That is another 'Why' and another thing altogether.



# The Granada — Pico Veleta/Sierra Nevada race

from Paul Bateson

Way back in 1985 Jose M. Marfil Castro, of the Ciudad de Granada running club won the first ever race from Granada to the top of Spain's second highest mainland peak, Pico Veleta, over the original 47.6 km direct route in a time of 5 hours 3 min. In 1993 an extra 2.4km was added to take the race distance to the magic 50 km, (shortest distance that qualifies as an Ultra distance race).

The 50 km race, billed as 'the highest race in Europe' is also considered to be the hardest in the world! Even so the winning time can now be under 4 hours for the men and 5 hours for the women!!!

Last year the winner was Oscar Alarcon, an Argentinian but also a member of the promoting Club de Atletismo Inmobiliaria Maracena. His time of 3 hours 55 minutes 39 seconds is also the record. The female winner, Rosa Godoy, also an Argentinian member of the promoting club finished in 5 hours 8 minutes 47seconds, an hour faster than the second placed woman.

Although it would appear that being of Argentine birth has an advantage it didn't deter Team Axarsport member, John Bateson, from running in the event and below is his story of the race.



Paul Bateson in the Andalusian sunshine on the run Photo - Paul Bateson

## Racing Up a Big Hill

Okay, it's not a trail race, but it's not everyday that you get to run fifty kilometres uphill on tarmac. The Subida de Veleta (one of the world's many races that attract the subtitle - 'toughest race in the world') starts in Granada city centre, which lies at around 600 metres above the sea, and continues, mostly uphill, to the peak of the region's second highest mountain, Pico Veleta, at an altitude of 3394m, or 11,471 feet.

The start is fairly early - about 7.00 in the morning - and it's just coming light. A couple of loops in the city centre are needed to add on a little distance so the race reaches the 50km (ultramarathon) target, then everyone sets out towards the mountains. For about 10k the road remains fairly flat and most people are fairly unsure about how to pace themselves (if you're sure you're fit enough you can afford to go out at half marathon pace, or so I'm told, but there's a real danger of overdoing it early on). In any case, it's a grand way to welcome the dawn of another warm and sunny Andalusian day. On leaving the little riverside town of Pinos Genil, the road begins to climb, and that's

about it for the flat road; the next four thousand metres are uphill!

For most people the rest of the journey is a battle against the desire to stop running and sit down at the side of the road. Unless you're in the lead group, it's a plod - plenty of time to enjoy the fantastic views (worth the trip

on their own), pass the time of day with fellow runners, and chat to the crew of the old ambulance that scoots up and down the field checking on everyone and delivering choking exhaust fumes in the process.

Clearly the game is to keep running for as long as you can. It's not like a fell race since the surface is very reliable and the hill never gets that steep. In other words, running is always going to be faster than walking. Yet many people seem to ditch the running early on, which means the entire field is pretty strung out - the first finishers break the tape at around four hours, the stragglers take twice as long.

For my part, I managed to keep running until within about 10k of the end. By that stage you're above 3000 metres and you've been staring at the bulk of Pico Veleta, the peak that marks the finish line, for at least an hour. Sometimes a miserable wind blows up at this stage, but in 2005 we were lucky (it remained hot and still!).

It took nearly five and a half hours for me to reach the final few metres, where the tarmac finally gives out and we got in a little trail running - I broke into a little run of delight! It was enough to hold off the guy coming up (very slowly) behind me and bag 32nd place. I prefer to think of myself as the top placed English runner (and I'm trying to forget that I was the only English runner in the field...)

John Bateson, Team Axarsport.

Despite the suffering and severity of the race John hasn't learned his lesson and has again entered this year's race on August 6th. . . . and, as I had nothing else planned for that day I am also entered!!! If you are going to run a 50km race for the first time it may as well be the hardest in the World and as the route travels through beautiful scenery I will also be taking photographs for next month's magazine.

## Footnote:

Joking apart, for an event like this preparation and training is very important. The high August temperatures added to the altitude (3394m) both present difficulties and the need to keep drinking and eating while running on hot tarmac add to the challenge.

The event is well organised with feeding stations along the route which travels from Granada via Cenes, Pinos Genil and the Sierra Nevada Information Centre, (km25), where the route takes the old road passing above Pradollano.

The final 14km from the Parador area, where there is a group of bars, is closed to unofficial vehicles but for those interested in any future visits it is possible to catch a shuttle service bus which takes you a few more kilometres towards the summit, (or you can take the walking route).

(NOTE: Anyone interested in running, particularly off-road, should look at our new web site [www.trailrunspain.com](http://www.trailrunspain.com) . Shortly we will list the programme for 2007, (which also includes our popular cycling tours featured on [www.axarsport.com](http://www.axarsport.com)), so why not plan to join one of our unique Trail Running Tours in 2007?)



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You can read elsewhere in the magazine Allan Greenwood's account of his solo run round the Calderdale Relay course and no doubt many of you have enjoyed the scenery, the competition and the convoluted logistics of this excellent day out BUT, be warned, the future of the Relay, like many other events, lies very much with you. Linda, like several previously dedicated organisers, is getting a bit fed up with some of the things that go on, so it might be salutary to have a careful read of her comments and see if you can do your bit, by example, intervention or whatever, to help ensure that Linda and other organisers don't feel that their events are becoming more of a chore than a pleasure.

# The Calderdale Way Relay

## Its future - in your hands from Linda Crabtree

One of the most popular events, if not the most popular on the fell running calendar is the annual Calderdale Way Relay. Held in December, the relay was inaugurated in 1981 by a team of ten intrepid Halifax Harriers members who ran in pairs over the 50 miles circuit in five stages from Clay House West Vale, the official CW starting point, to celebrate the opening of the first Long Distance Path in England. Back then, it was a simple Halifax club social run. It wasn't until three years later that it was opened up to other teams, the first event being won in 5hrs, 50min and 21sec by Rossendale Harriers and AC.

However, the relay - now split over six stages and run in pairs - is so popular today that the police have asked the organisers, Halifax Harriers to impose an entry limit of 100 teams. This is for safety and to ease traffic congestion at leg changeover points.

With 1200 runners to monitor, the Calderdale Way Relay is the biggest single-day off-road race in Britain. Organisation of the event begins almost as soon as the dust from the previous one has settled, by way of consultations with land owners and farmers. We have over eighty marshals and officials in position on the day, those of us who run in the Halifax Harriers teams must do our own marshalling stint before or after running our legs. Most, but not all our officials and helpers are runners. Some are friends who like to get involved. Others are

former club runners who have retired or have gone into coaching etc. Whoever they are, they still they brave the day, whatever the weather throws up, to help us out.

The relay these days seems to be becoming more of a headache to organise. Some might say that the event has become a victim of its own success. In recent years the organising committee have heard tales about officials receiving all kinds of totally unnecessary hassle from competitors before and during the event and here lies the reason behind the penning of this article for the wider fell running public. Here are a few recent examples.

### If this trend continues, we will hang up our clipboards.

Firstly, as mentioned previously, West Yorkshire Police have asked us to impose a limit on entries. 100 teams is the maximum we can safely handle. Entry forms are sent out by our entries secretary to club captains or named officials from our mailing list in early September and are processed on a "first come, first served" basis. When that limit is reached, entries received thereafter are placed on a reserve list, and a standard rejection letter is mailed out to them. We seldom have teams who contact us to register their withdrawal. Prior to the 2004 relay, an irate runner rang our entries secretary objecting about his team having been issued with a standard rejection notice. It was explained that they were on the reserve list at team number

112. He proceeded to argue that his club had an elite team with several international runners in the side! It was again explained that unfortunately, his club had sent their entry form back too late. At this point, after asking why we couldn't "remove a slower team" he became abusive. This was deemed to be most upsetting to our secretary, a volunteer club member who gives her limited time willingly, not to mention struggling to bring up her autistic son alone.

Further to this, the runner then proceeded to slag off Halifax Harriers, the event, and in particular our secretary and her family publicly on the FRA website Forum. This is

entirely unacceptable. We still have not had an apology from either the runner or his club.

On the first stage, at last year's event, some impatient runners, who couldn't be bothered to queue at the small field gate just before the road bridge onto Norland Moor, took on themselves to leave open the large farm gate alongside. What happened next?? Well, luckily one of our friends from a neighbouring running club was able to round up the cows from the road before a serious traffic accident occurred, not to mention what the farmer might have done.

On the same day, last year, our club President was officiating



Harrogate "A" team demonstrate fine step-descending style on the Relay  
Photo - Allan Greenwood



at the beginning of stage three, (Centre Vale Park, Todmorden) when he noticed a runner getting ready to start his leg without wearing his club vest. He politely and correctly pointed out that he was in breach of the rules whereupon the runner told our official to "eff off".

Later, the same day, our relay entries Secretary saw some runners - just a few hundred yards in front of her while she herself competed on leg five - who hopped over a farm gate and blatantly took a short cut across the fields. Despite being called back they carried on over another gate and even tried to deny their actions when challenged at the end of the leg!

On the lane at the leg 4 - 5 changeover at Wainstalls, two of our non running club members were trying to keep the hand-over point clear so that they could check numbers, They kept repeatedly asking runners not to go wandering into the lane, so

obscuring their view. At one point they were subjected to verbal abuse. If I knew their names or clubs I would print them here. How on Earth are we supposed to coax these volunteers back to perform these thankless tasks at another event? There must be little hope, especially if the forecast is for poor weather.

Our entries secretary received a 'phone call from a runner, at 9-45 p.m. on Sunday evening, a few hours after the relay had finished. The caller said that he wished to "defend himself" after being accused by another team of an alleged short cutting incident.

Remember, if you will, that our secretary was relaxing at home after having been on the go all day since 5-30 a.m. including taking charge of registration and running a leg herself and helping with the results and prizegiving. Sometimes, enough really is enough!

Finally, and a most upsetting episode for the organisers was

the incident first seen in 2004 and repeated at last year's event. We have prided ourselves on the superb organisation we provide at this event, with free showers and food for those that come back to the headquarters at Copley. We also pride ourselves in the high quality prizes we offer., totalling £1,400. As well as the perpetual trophies, we buy WH Smith Gift Tokens and have some excellent quality long sleeve t-shirts made with the event logo and the date printed on the front.

Imagine our dismay when a member of one of the prize-winning teams was again seen to parade around the rugby club after the prize presentation shouting, "T shirt for sale, five pounds".

So what is the upshot of all this? Well, we love the Calderdale relay as much as the hundreds of competitors who turn out each year to take part in it. However the organisers are becoming increasingly frustrated at the

minority who are making an enjoyable event more of a chore.

The 2006 Calderdale Way relay will go ahead as planned. However it will see some changes.

Firstly, the abuse to our officials. This will NOT be tolerated and any offending club will be immediately disqualified, that is **THE WHOLE TEAM**. Secondly, we must ask all runners again, to stop cheating by short cutting. We cannot marshal or monitor the whole 50 mile route. We rely on your honesty to recce your sections and on the day, stick to the Calderdale Way as set down in the route guide book.

The message is clear. Do not take the event, our officials, the organisers or the prizes for granted.

Stop cheating / shortcutting and carry or wear the required kit. Finally, stick to the route - **or run in your last Calderdale Way relay.**



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# Phil Creasey

(Philip John Creasey 6th July 1946 - 26th May 2006)

Phil died in the early hours of 26th May from cancer of the pancreas which had spread to the liver. The cancer was only diagnosed in March. He was at home and nursed by his wife Kim.

The funeral service, conducted by a humanist, was held at Macclesfield Crematorium on a lovely sunny day and was well attended by family, friends and colleagues from CHAmois, MDOC and work.

Phil was brought up in Pott Shrigley along with his brother Malcolm (Mal) and I first knew Phil when we attended The Kings School in Macclesfield. For a short time we were in the same form. Phil left after 'O' Levels and worked for the Forestry Commission for a couple of years during which time he planted trees in Macclesfield Forest. He then joined the infant Brookside Garden Centre in Poynton and was there for 41 years, for the last 10+ years Phil managed and ran The Fruit Farm.

In the mid 1960s Phil and Mal joined the CHAmois Mountaineering Club and it was not until the early 1970s that Phil and I met up again at an Orienteering event at Alderley Edge. He took up Orienteering and I joined the CHAmois. We decided to do some running and often we would run round the lanes of Bollington on dark evenings. He was a member of The FRA.

Encouraged by fellow CHAmois Phil and I entered the Karrimor International Mountain Marathon in 1976 in Galloway and surprisingly we not only survived the two days but came 2nd in the 'B' class. This started Phil on 30 consecutive KIMMs with various partners. He was looking forward to a special anniversary of KIMM competitors later this year. Phil competed in many mountain events and long distance challenges and local fell races including The Lake District Mountain Trial, 1000m Peaks Race in Snowdonia and also helped on Bob Graham challenges. He had joined Macclesfield Harriers when it reformed and was a committee member for a short time.

Phil travelled widely, not only with his wife to South Africa but also to India, Chile and Patagonia and Spitbergen and the Arctic and when not going on the CHAmois ski trip he went cross country skiing.

In all the time I have known Phil I never heard him swear or get annoyed or upset and he always had time to discuss matters and give his opinion after a stroke of his beard.

As it says in *Everyman* we can take from the world nothing that we have received; only what we have given. Phil's ashes will be planted under an oak in Caulk Wood near Bollington. Our sympathy to Kim, Phil's family and the many friends.

Steve Osborne



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# The art of non-competitive fellrunning

## from John Duff

The Wythburn Valley stretched out in front of us. It is a long haul, boggy in places, and several pairs of runners were strung out in the distance. It was tempting to push hard to catch them up, but that could be fatal too early in such a long race. And anyway, my running partner Jane Grundy and I were discussing how we weren't really competitive in fell races. "But don't worry, we'll overtake them all before the end!" declared Jane.

The Old County Tops Fell Race is a 37 mile Lakeland classic that goes over the highest points of the old counties of Westmorland (Helvellyn), Cumberland (Scafell Pike), and Lancashire (The Old Man of Coniston). The race is run in pairs and, whilst there are prizes in various categories, most pairs are content simply to finish the race in the allotted twelve hours.

The OCTs is organised by The Achille Ratti Climbing Club which was founded by Bishop T B Pearson in 1940. The club is named after Monsignor Achille Ratti, a parish priest in Northern Italy, who was an accomplished climber and later became Pope Pius XI. The OCTs is a race of which Achille Ratti would be proud: a grand day out in the hills; excellent food and drink en-route; a

T-shirt at the finish; and all for the princely sum of £14 per pair.

The race had started at 8 a.m. at The New Dungeon Ghyll Hotel in Great Langdale under leaden skies. The runners streamed off along the old road and we jogged along at the back of the field. The forecast was poor and on the climb up Helvellyn we met the cloud and wind at Grisedale Tarn. After ticking off OCT No 1, we picked out a good line through the woods to Wythburn Church (sneaking past a couple of pairs who opted for a higher line) to arrive at the first refreshment point.

The cloud lifted for the pathless traverse around High Raise, but then came back

with a vengeance at Angle Tarn. We climbed up to Esk Hause in a downpour which made the trek across the Scafell ridge to OCT No 2 particularly cold and miserable. The rain finally relented as we dropped directly into Upper Eskdale and our (non-competitive) spirits were buoyed as we accounted for a few more pairs who had opted for the more circuitous route of Little Narrowcove.

More excellent refreshments at Cockley Beck Bridge helped for the final killer climb up the side of Grey Friar. It's a real grind, but finally we topped out at the col and were rewarded with our first decent view of the day over the Coniston Ridge. It's an out and back run to OCT No 3. Seeing the other pairs on their return leg gives you a lift and spurs you on to try and catch them.

If you have still got the strength, it's possible to run much of the route down Wet Side Edge to Three Shires Stone and on past Blea Tarn. We did our best and even managed on the final descent to Great Langdale to overtake another pair (in a strictly non-competitive manner, of course). To our delight, we were the third team counter for Northumberland Fell Runners, and so won the team prize - a fine slate trophy. Perhaps there's something in this competition malarkey after all!!



The victorious Northumberland Fellrunners Team at the finish  
Photo - Valerie Atkinson

THE LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

## Journey to the South Pole

*A Fellrunner's Personal Account of his historic trek*

**a slide-show not to be missed**

at about 8.30 pm following the AGM of the LDMTA at The King's Head Hotel, Thirlspot, nr Keswick  
on Friday, 24th November

EVERYONE WELCOME : NO CHARGE

# Dr Martyn's Problem Page

As I observe from afar the disharmony created by the pending transition of power within the Labour Party, I cannot help but recall the smooth transition of Editorial power that this very magazine achieved not too long ago. Perhaps the politicians can learn a little something from our sport, or perhaps it just means that Dave Jones should be the next Prime Minister. I certainly think such an eventuality would see a turn for the better in the tax position on beer and spirits!



## It's a Boy!

Dear Dr Martyn,

Thank you for your help over these last few difficult years and months. It has not been the easiest of times integrating into a Northern life, but my husband Rocky and I are delighted to announce the arrival of a bouncing (not literally you understand - just in case there are any social workers reading) baby boy.

Rocky II weighed in at 9lbs and 6 ounces. All is going well and even grandad Jed has been vaguely human. However, I do not think I am out of the woods yet as the following cutting from the births and deaths section of Whippet & Ferret Weekly clearly shows.

*Southern Lass*

Smithwicks Lady - 28/8/06 three pups out of The Stephenson Rocket. 2 for sale, offers invited.

Steel - 28/8/06 a boy, Rocky II out of Rocky and Southern Lass. 9lb 6oz—good VO2 Max. Prob. Future British Fell Running Champ.

Whippet & Ferret Weekly

Dear Southern

A Grandfather's love knows no bounds. It's 20p a letter in the Whippet & Ferret Weekly you know!!

## Bloody SUVs, 4x4s!!!!

Dr Martyn,

Can you do anything about the proliferation of these infernal SUV, 4x4 vehicles? Their fuel hungry engines are destroying the planet. And the environmental damage! - Never mind the Nissan Pathfinder - after one of these things has been up the path you can't bloody miss it!! They are a menace to other road users and all for what - The School Run? How can we stop this madness?

*Ibee Green*

Dear Ibee,

I fully understand your concerns and I have to admit that I am always somewhat amused by the names given to these vehicles. It's always Animal, Warrior, Pathfinder etc - a little bit unsubtle in its appeal to Alpha Male and Competitive

School Mum. As an Alpha myself, well maybe a beta, male, I think that the name is important and if we are to reduce the appeal of these machines we should legislate for less enticing or more accurate names. For example;

- The Mitsubishi "Daisy"
- The Isuzu "Buttercup"
- The Nissan "Petal" or
- The Ford "I am now too obese to drive in a car with conventional suspension"

And for those with a legitimate need for a workhorse 4x4 vehicle we could have;

- The Land Rover "it's ok, I live in the Countryside" or
- The Range Rover "it's ok, I own a big part of the Countryside"

## Percentage Times

Dear Dr Martyn,

I read with great interest Brian Martin's article in the last Fell Runner. I have for many years judged my own runs in much the same way, as a percentage of the course record. A good run not necessarily being a better placing in a lower quality field. Perhaps in race results instead of listing times, should we not just show it as a percentage of the winner's time or course record?

*Zafira Mann*

Dear Zafira

I can understand your sentiments and I did a similar look at my own athletic endeavours. On a percentage basis I am well above average so long as I am benchmarked against a peer group of 60 year old ladies. Sadly, other than my running, I bear no other similarities to this peer group. Although you may find some that say there are other similarities.

## Sad News

Dear Dr Martyn,

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed last week. Larry LaPrise, the man who wrote "The Hokey Cokey" died peacefully at the

age of 93. Knowing that Fell Runners' dancing abilities are limited to the "Hokey Cokey" I think it is entirely appropriate that we remember this event via your magazine.

*Bob*

Dear Bob,

Thank you pointing this out, well worthy of note. However, I understand the funeral was quite a traumatic event for his family. The undertaker was getting him into the coffin. They put his left leg in - and then the trouble really started.

## Corking Good Fun

Dear Dr Martyn,

Whilst working at an asylum for the unhinged, set high in a remote part of the Glossop Alps I heard tell of strange folk lore that extolled the medical benefits of Corks. It was said that Corks had powerful anti-cramp properties, for example placing a couple of Corks in your sleeping bag overnight would protect you from the onset of cramp as a result of the day's exertions. I always assumed it was just the delirious ramblings of the poor souls that resided within the asylum, but having heard this matter repeated again back in the UK I began to wonder. As age sets in anything that helps reduce cramp would be good for me - can you shed any light on the matter?

*Naal*

Dear Naal,

Having experimented extensively in this area, namely things to put in your sleeping bag in order to prevent the onset of cramp, I feel well qualified to dispel the myth. And sadly that's what it is - a myth. The confusion has arisen largely due to what was on the other side off the Cork prior to getting into the sleeping bag. After one or two bottles (one or two Corks) most people were unable to remember anything of the night at all, thereby wrongly crediting their night without any cramp on the Corks that always seemed to end up in a sleeping bag. My research in this area has been considerable, including extensive field trials. I have tried numerous minerals, metals, balms and organic remedies. The most successful material to date however was 23 year old blonde masseuse from Sweden. Name and address can be supplied if required.



# JUST CHAMPION – ILKLA MOOR

## 2006 YORKSHIRE REPORT

by Wes.Riding

What a wonderful job organisers Shirley and Paul Wood along with Ilkley Harriers did with the junior and senior Yorkshire championships which this year were both run on the moor made famous in song. February saw the 29th senior champs at the 5m/1260ft, Ilkley Moor race which visits the famous sights of Cow and Calf Rocks, Rocky Valley and Badger Stone as the course weaves up and down the moor. Here Ian Holmes, now 40 won for a record sixth time, beating Bob Whitfield's five titles, to become the most decorated athlete with a medal tally of fourteen, including team, one ahead of Yorkshire arch rival Gary Devine, who had recently married P&B team mate, Debbie Hardy.

Karl Gray a bronze medallist in 2004 and silver last year, won the bronze again, but had such names as Tim Austin and John Heneghan well beaten on the day, as a record 327 turned out including 60 ladies.

Alistair Brownlee, performed well until the latter stages when his efforts of finishing 4th in the Junior National X-Country championships in London the previous day caught up with him, and he faded to 6th.

A winner at Auld Lang Syne, Soreen Stanbury Splash and champion in 2003, Natalie White was only five seconds outside the course record set by Lucy Wright from Leeds City a decade ago. Nats would certainly have beaten the record if she'd have known how close it was. Sharon Taylor and Jo Waites battled it out all the way, but it was Sharon's fell experience which brought her the silver medal on the last descent, but PE teacher Jo did set up Calder Valley for their first ever team gold medals with Jo Smith 4th and Cerys Davies 20th. (Jo Smith is now Jo Buckley, having married Gateshead Harrier Alan).

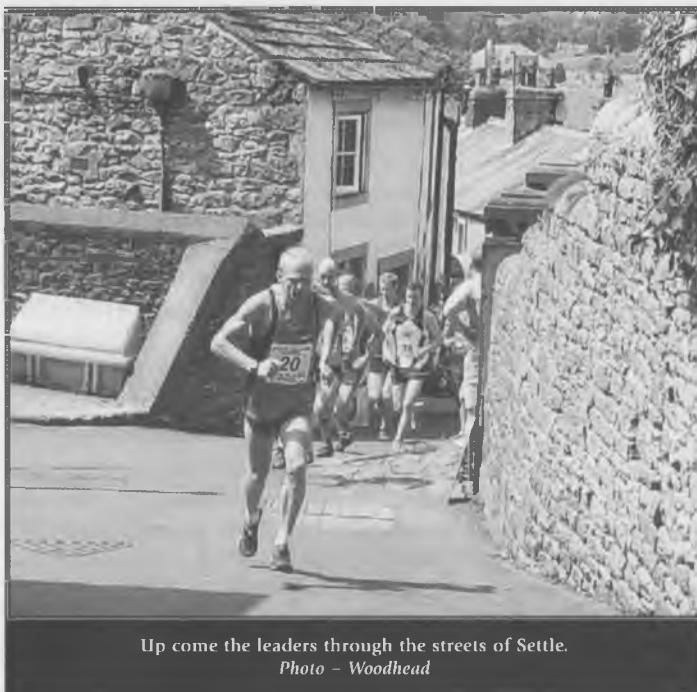
The men's team title was also decided on the run-in with Richard Pattinson just having the strength to overtake Robin Lawrence for P&B to win the gold medals for the 7th time. We are indebted to Crosstrax, the adventure running specialists for their sponsorship of the senior champs, do visit [www.crosstrax.co.uk](http://www.crosstrax.co.uk) for the best deals in town!

Like all Ilkley Harriers' events everything went like clockwork, a tribute to the hours of work behind the scenes. The new junior championship Ilkla Moor Baht'at races, a month later also had a day by day count down diary, with course photos, maps, and even a wall of chocolate (the prizes) on their website. On the day the juniors were met with challenging courses, goody bags for all U18 and U10 juniors which were quickly scoffed, while all championship runners received a red tote bag complete with race motif plus goodies inside, and the prizes were lots and lots of Easter Eggs. No wonder a record breaking 285 competed, with 142 of these being Yorkshire folk, this race also incorporating the first English championship event. The host club finished equal highest in the medal stakes, with Bingley, six each, although Ilkley only provided one gold medallist, U16 Jenny Dybeck, Bingley had four, U14 Oliver Webster, U18 Eleanor Kitchen and the Brownlee brothers, it being Jonathans first ever, while older sibling Alistair notched up his sixth fell gold to match his six X-Country golds, who would bet against him making it seven, or even long term, maybe beating Holmes' record fell medal tally?

Once again Burton Safe Company, with Mr. and Mrs. Yorkshire, aka Norman and Hilary Berry, showed their undying loyalty by not only sponsoring the medals, but added extra cash which provided yummy chocolate Easter Eggs for all medallists, plus a free grand prize draw for a Yorkshire boy and girl to win giant Cadburys Eggs, the lucky winners were Thomas Sessford a U14 from Keighley & Craven and Halifax Harrier Holly Page a U16.

### Gilt-edged girls

Last year we wrote about 'The Golden Girls', well they have been equally as golden in 2006, when the girls retained the Inter County gold team title on home soil at Settle Hills in the July heatwave, using only Pendle and John Carr 5k series winner Sue Becconsall, who had previously run in the treasured white/blue vest. Jo Waites, Lisa Lacon and Julie Wilson showed the county's strength in depth with Jo taking the Inter County individual gold medal, for only the second time in the 10 year history of the UK event, (Mary Wilkinson won at Wrekin last year).



Up come the leaders through the streets of Settle.  
Photo - Woodhead

### What a great day!!!

By Jo Waites – Inter County individual and team gold medallist

*'Eventually we arrived in Settle after being stuck in Keighley traffic, surprise, surprise, but what a gorgeous day, with the sun shining and bright blue skies. Two friendly faces awaited; Dave and Eileen Woodhead, to hand out Yorkshire vests, and of course the beer (all the team get a case each), only for after the event mind.*

*Dave looked the part in his Yorkshire attire (waistcoat), and with his booming Yorkshire voice to cheer us all on, it was great to be part of this friendly occasion, even as the day was getting hotter and hotter; thank God we didn't have to carry any kit.*

*As a bit of a newcomer to the sport of fell running and especially competing, it was fantastic to see counties represented from all over the UK, and meeting people who I have since become friends with along the way. There was a buzz in the air and runners ready to go..... but, a hold up? The race was delayed for ten minutes, runners shared every shaded area, drank more water and kept each other chatting; all the Yorkshire runners having more photos to add to the collection.*

*Off we set.... straight up the first hill and up the first climb, sweat pouring from everyone's brows and heavy breathing, but seven miles to go.... more hills, more heat. Tough springs to mind when looking back,*

and the heat was sapping the energy from us all, but enjoyable and fun are also words to describe the day. As always I appreciated the encouragement from the male runners, especially on the descents when I was trying to keep up with them!!

After most of the gruelling ups and downs came the long track which descends to the finish, and a final sprint across the field to come first place in my first Yorkshire vest.

Then WATER!! Lots of it. Most were dehydrated, and many runners sprawled out on the grass, maybe a typical sight after many fell races in summer. Unfortunately club mate Karl Gray collapsed near to the finish due to the heat, luckily he has recovered well, and will be seen in his county colours.

A very proud day, and one to remember.'

This run, amongst wins at Half Trog (record), Ravenstone Brow, Flower Scar and other championship outings brought Jo to the attention of Mark Croasdale, the England team manager, who selected her as travelling reserve for the international Snowdon race, where she finished 8th in the international, 3rd open lady and 'loved it'.

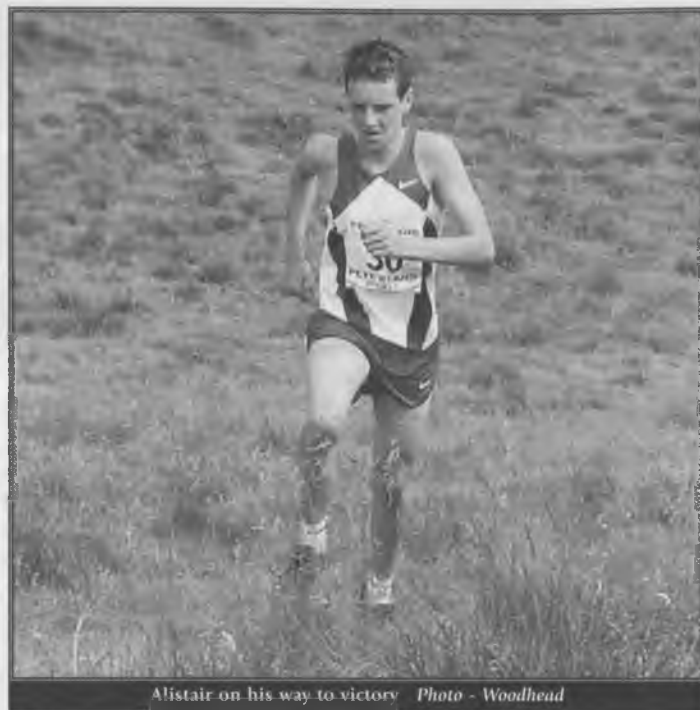
Lisa Lacon now 29, a third dan black belt in Wado-ryu gained places over the latter part of the Settle race, and more importantly beat Sally Newman of Greater Manchester and Rebecca Robinson of Cumbria to give Yorkshire a quick 1, 2 against the rest, and with Sue Becconsall, 5th it wrapped up the gold medals, with silver to Cumbria. Lisa a former two times winner of the U18 and U20 English championships now joins Victoria Wilkinson 1998, and Helen Johnson 1999 and 2000 in the silver medal hall of fame.

After a disastrous ten months out of action with a leg broken in two places, and cancer that gave everyone a shock, Julie Wilson is now back. The 36 year old Nursery Nurse, and Bronze V35 medallist at the European Masters Mountain Running Championships in Germany finished with her feet in a horrendous state - blisters, not due to the heat. The reason was due to a chiropodist taking all her hard skin off ready for a wedding, where the Hallamshire athlete wanted to wear an eye catching outfit with some strappy black & white shoes - although husband Micah a former U18 English champion and still TheTrunce race record holder from 1988, still wants to find out the cost of them! Julie was very disappointed with her first ever Yorkshire outing, but no one can take the vest away from her she had earned it, and still managed to beat other county runners. It's a pity all the hard skin her feet had gained since running from the age of eight could so easily be discarded with disastrous consequences, a lesson to be learnt.

For the men sadly Calder Valley's Karl Gray, having his best season ever, having won Wadsworth Trog (new record) and Jack Bloor races, 'crashed and burned' in the oppressive heat while in 7th place, severe heat stroke caught him with only a quarter of a mile to go. Luckily Chris Needham, and others were on hand to put him in the recovery position and administer aid, before he was admitted to hospital over night - what a Yorkshire baptism!!!!

Always busy Alistair Brownlee, the national GB Triathlon and Duathlon champion plus national Schools X-C title holder ran a smart race, letting winner Andi Jones and John Brown burn the early fast pace, but over High Hill and beyond he ran strongly to overtake Brown to collect his first ever senior medal, a individual Inter County silver, not bad for an eighteen year old, whilst running in his first ever Yorkshire senior vest.

Silver medals were the men's reward on the day behind Greater Manchester, but with Duddon Valley winner John Heneghan, 5th and Lee Athersmith, 10th, along with Chris Birchall our 2-18 marathon man Yorkshire reserve, 12th, the lads did proud. One does wonder why the powers that be chose to have Dollar Hill, a British championship event on the same day, which denied runners the chance to get a county vest. Yorkshire folk love to run for Yorkshire, as must all the other county athletes - please can you take this into account in future years. What about incorporating the Inter County championships in to the World Trophy or European trials race, depending on which is the up and down event for that year? This would take out one race and



Alistair on his way to victory Photo - Woodhead

enhance another, and may throw up a startling prospect from an unknown county.

It was only last year that 'Scary' Mary Wilkinson, of Skipton AC stormed into the big time in running to gain both debut GB and England vests, 2006 carried on in the same vein for the 25 year old, with massive new records at Puma Trailfox Hawkshead, Garburn Pass and Derwent Water events, and the Cader Idris fell race, in search of more speed she competed in the Yorkshire Track and Field champs winning the 3000m title.

Winning the GB European trials race in Keswick, booked her place to the event in the Czech Republic with tyke girls Natalie White and Victoria Wilkinson. 'It was an absolute scorcher, a real brute of a course! I finished 11th, first Brit, and within sight of third, but couldn't do anymore in the conditions, so am happy, but disappointed too,' was her reaction afterwards, Victoria finished 31st and Natalie when well placed was overcome with the intense heat and had to retire.

At the international Mount Snowdon race, Mary repeated last year's win, but took a full length fall on the descent. 'It was just above the first bridge, so hadn't really got that far down! I had no idea what I did, all I remember was doing a full length dive on my stomach... a bit like Klinsmann celebrating scoring! I do recall thinking don't put your hands down and keep your head up.. not sure that was the best idea; but hey, sliding for about two metres won't be my habit for coming down. Mind you not sure that it's a good sign that both my knees are twice as knobbly as normal. But it's the grazes on my stomach & hips that are most painful, and I keep forgetting about them all, then I move and it's bloody awful, sleeping just doesn't happen I simply stick to the bed sheets!!

Oh well, I guess it could have been a lot worse, but I must have been bonkers to carry on mind you, but hey, that's all part of the mountain runners mentality I guess,' said a shaken but not stirred 'Scary' Mary.

After recharging her batteries in Switzerland Natalie White returned to finish 2nd at Snowdon, and even shocked Mary by turning close at the summit; England won the team with Derbyshire's Christine Howard 3rd. Natalie's partner, Tim Austin, finished 11th, Lee Athersmith 24th and top banana again was three times winner, Ian Holmes, who finished third and first V40, all running in England colours.

Just after Snowdon Nats proved why ladies are equal to men folk, when she took part in the 5m/700ft Stoney Middleton fell race in the Hope valley, Derbyshire, which celebrates the village well dressing, and finished equal first with Phil Winskill, 'I did the race as a fast session, since I had to take the trophy back as my partner Tim had won it last year, but now I have got it back again.'



## Feeling just Champion

After winning the English U18 title in 2000, and winning 7 gold medals in the junior and senior Yorkshire fells championships, it hasn't taken Nats, now 23, long to make her mark in the senior championship, last year she was runner up just two points behind Sally Newman. This year Nats is 'feeling just champion' about being crowned the English and British champion for 2006, and with Bingley Harriers now she should collect two more golds for the team. It's been a long championship season, starting with winning Carding Mill Canter in early March, 2nd at Anniversary Waltz, 1st Lordstone Wainstones and finally winning in a tremendous new record time at Sedbergh Hills, to take the English title. In the British races, on April Fools' day it was a win at Slieve Bernagh, 2nd at Anniversary Waltz, 2nd at Creag Dhubh and 1st at Sedbergh Hills, which means she's a champion, although Christine Howard could tie if she wins at Peris Horseshoe.

Ian Holmes' ambition of becoming the first ever veteran to win the national individual title will have to wait! But Ian, 41 in December is also 'feeling just champion' about becoming the English and British V40 champion, and winning a medal in the English senior individual championship. Some things haven't worked to plan, but winning The Burnsall Classic the day before Sedbergh Hills for the 5th time means so much, and now Ian is chasing Pete Watson's seven victories in the '60's, but he has a long way to go to eclipse Pete's epic record of running 50 classic Burnsall fell races. Ian also won Coniston one of his favourite races yet again, and won the Bens of Jura for the 4th time. Although the five times winner finished second to now three times winner Rob Jebb at the Ben Nevis race, he was disappointed to find out that the V40 winner's trophy has Tacwyn 'Taffy' Davies with the best time of 1-29-54 set in 1981, when Taffy was aged 43, when he also won the veterans' fell championship.

Last year's World Sky Running champion, Rob Jebb, finally took the English championship title after finishing 2nd a staggering five times, with an impressive 4th at Cardington Mill Canter, 1st at Anniversary Waltz, 1st at Lordstone Wainstones, 2nd at Ennerdale and 1st at Sedbergh Hills in the race series. The BT engineer, who started with Bingley Harriers at the age of nine is still favourite for the British title he won in 2003, with Peris still to run. His fine attitude of 'do everything and your bahn to get summat', is paying off well, with now four Grasmere wins, two wins at the Three Peaks and three Ben Nevis titles. He even managed to fit in three World Sky Running series events, placing 2nd each time, and has had lots of wins here, there and everywhere.

More shiny championship medals are heading to the Yorkshire couple's Staveley home, because 27 year old Sharon Taylor, Rob's partner has won her first ever English medal, a bronze, and with the Bingley ladies she will collect two team golds in the English and British; showing her commitment to the team has paid off.

This year Sharon has achieved a feat Rob hasn't yet, this is a successful hat-trick of wins at the Ben Nevis race.

As this year's six race junior English championship series draws to a close with only the Thievely Pike race for the U20's left, Ingleton's Samantha Morphet, last year's FU18 bronze medallist, running in the colours of CFR has the gold medal sewn up with four wins. Meanwhile Gargrave Show and Hellifield winner, Harry Coates still has a chance of winning, but not so for Skipton team mate Luke Maude, who is now the U16 English champion. U18 Jonathan Hare wins another silver to go with his U16 from last year, whilst Thomas Sessford, 4th last year, gains a silver in the U14. These three will gain automatic England selection for the junior Home Countries International in N. Ireland in early October. While bronze medals will go to GU16 Claire Lilley and U16 James Mountain both of Skipton AC, and in the U12 Rosie Hellawell of Keighley and Craven gains another bronze, and Tom Hutton of Hallamshire improves from 5th last year to a medal position this year.

## 14 Years to become a champion – an apology

First and foremost if we get it wrong we always do our best in Yorkshire to put things right, so now after 'only' 14 years, Tony Byrne of Bristol AC has finally been awarded his gold Yorkshire Championship medal for winning the event in 1992 at the Ingleborough fell race.

We apologise whole heartedly for this gaffe, no excuses, let's just say lost in translation!

The reason this major error came to light is we have been researching who has won all the individual medals in both juniors and seniors since the championships were introduced, and thereby making a roll of honour, which can be seen on the FRA website; including Tony as champion in 1992. Please, please, please if you have a look on the website and you see any mistakes let us know, but we're pretty sure it's all in order now.

This has not only pleased Tony, but now finally his dad, Bob, of Irish descent, can go to the pub, and after a few Guinness can truly proclaim his son was the Yorkshire Champion in 1992. Before the amendment he used to do this, but everyone thought it was the beer talking, so now prop the bar up Bob and boast all you want about your son, he has the medal to prove it.

41 now, Tony lives in Shoreham by sea in West Sussex, and is married to Ceridwen with his 3 children Bethany, 9, Anna, 6, and Daniel 1. Family has taken precedence over running, but he still holds records for the Will Ramsbotham Badger Stone Relay and Danefield races, all set in 1992. After receiving his gold medal Tony responded with, *'Thank you for the letter confirming the result of the 1992 Yorkshire Fell Championship, and thank you for the gold medal. I really appreciate your efforts to put things right, even after all this time. As you say- better late than never. It means a great deal to be on the roll of honour, and it is without doubt my greatest achievement as a runner. At my peak I suppose I was of a similar ilk to Greg Hull (although not as successful) in that when I was in shape I could run pretty well on any surface (track, road, cross country and even the fells). However my fast(ish) times, a couple of course records, and several minor wins in no way match up to being able to say that I was once the Yorkshire Fell Champion.'*

The perpetual trophy band has now been replaced, no mean feat when you consider all 29 years, names and clubs had to be re-engraved, but worth it, in Yorkshire 'it's gotta be reet'.

## Yorkshire round up

Great Hameldon Hill winner Carole Waterhouse married fellow postie and Halifax Harrier Michael Fryer, while Three Peaks winner Helen Sedgwick married David Ilsley, and Alison Eagle got hitched to Morgan Williams.

Sally Malir – won Blackpool marathon Spen 20 & was 6th in Benidorm

The Oxenhope Straw Race has been dominated for the last three years by Shane Green and Steve Bottomley, while this year Tamara Hird and Angela 'Pange' Srivastava won the ladies; Shane and Pange have now gone to America for a year.

John Heneghan, is due to start elocution lessons to take his 'southern softie' accent away, so he can 'Speke proper Yorksher', and while on holiday in the Dolomites won the Tasch race collecting a 6 kilo big cheese for his efforts, but a better result was 6th in the Dolomites Sky Running race.

Lee Athersmith won at Rydal Round and was first newcomer at the Ben Nevis with 5th.

Lisa Lacon won at Ingleboro, Blisco Pike, Coniston Fair, Hellifield (new rec), Farleton Knott, Burnsall Classic, Malham Show and Hebden Sports

No need to worry about Karl Gray, he's back to racing with 5th at Crow Hill, 6th Whittle Pike, 2nd Dennis Stitt, 31st Sedbergh (English Champs) and a winner at Tour of Norland Race.

Sadly, only 36, Tracy Ann Kaye nee Gorman married only 12 months ago, and a former Halifax Harrier who was due to represent the English triathlon team in Switzerland, died while out cycle training near York.

Alistair Brownlee has just been crowned World Junior Triathlon Champion in Lausanne, Switzerland, what a year, bronze in the European Championships in France and silver in the World Duathlon Championships in Canada. Not to be outdone, his brother Jonathan won gold in the European Youth Relay Championships, won the London U20 Triathlon and was second in Salford - where do they get their talent? From dad, Keith, of course, (or so he says).



Bring the  
outside  
*in...*

Fine Art Prints *by* Rod Holt BA



top: *Water Over The Edge* left: from *Narrative Of A Fell Race* (not yet available) middle: *Overexposed* right: *Close On The Heels*

Rod Holt's art is inspired and invigorated by the wildness and uncompromising nature of the dark peak landscape. The impressions and experiences which come from walking and running over the moors and tors, crags and groughs are brought together in each of

these limited edition prints. Whilst there is a photographic quality to his work, the fine detail arises from Rod's perfection of an unusual technique combining ball point pen with watercolour pencil.



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# RESULTS

FROM MAY TO  
SEPTEMBER

BY DAVE WEATHERHEAD AND BARBARA CARNEY



"Fellrunners!! Nasty, sweaty, dirty, hairy little men in baggy shorts and ripped vests gasping and panting their way uphill" .... just like Emma Cox of Macclesfield at the Bunny Run.

Photo - Allan Greenwood



**MEARLEY CLOUGH FELL RACE**  
Lancashire  
AS/3.5m/1200ft 10.05.06

A beautiful evening brought out 143 runners for the 8th Mearley Clough race. No records in the men this year, but a clear win for last year's runner up Darren Kay, as he added to his recent string of success.

Last year's winner, Blue Haywood, on the other hand, came north from Lincolnshire with only one thing in mind, to take the ladies' record. Blue missed the record last year by 10 seconds, this year ran one minute faster to finish 22nd overall. Blue was 10th at the top which took the men by surprise and only lost out on the descent (but just wait until she gets muscles lads, then you'll really be in trouble).



Over the top and down at Mearley Clough. Photo - Gemma Aspin

Anyone who breaks the record gets a night for two at the Calf's Head Hotel, but Blue settled for the equivalent in W H Smiths vouchers.

First under 18 was Elliot Haywood (ring any bells?) who reduced last year's time by 46 seconds, with an incredible run to finish 7th.

Clayton-le Moors turned out 43 runners and thanks to Accrington RR who helped to swell numbers by using the race as a club championship.

Thanks to all the marshals on the course and the Calf's Head Hotel for their excellent support.

Hope to see you all next year.

Geoff Newsam

1. D. Kay	Horw	30.52
2. I. Greenwood O/40	Clay	31.34
3. T. Edward O/40	Clay	32.47
4. B. Hoggan	Accr	32.56
5. A. Payne	Clay	33.00
6. K. Gaskell O/40	Horw	33.03
7. E. Haywood U18	LincWell	33.11
8. L. Kellett	Kly	33.16
9. N. Shepherd O/40	Bow	33.34
10. C. Balderson O/40	Clay	33.49

**VETERANS O/50**

1. (29) P. Booth	Clay	36.21
2. (34) J. Singleton	Clay	37.00
3. (45) A. Heaton	Bow	37.53

**VETERANS O/60**

1. (33) B. Mitchell	Clay	36.27
2. (100) S. Davis	Accr	43.47
3. (104) C. James	B'pool	44.26

**LADIES**

1. (22) B. Haywood U18	LincWell	35.55
2. (32) C. Leah	Clay	36.52
3. (65) D. Gowans O/40	Accr	39.09
4. (86) D. Cartwright	Rad	41.30
5. (87) C. Kenney O/40	CaldV	41.46
(112) J. Atkins O/60	Chor	45.35

**142 finishers**

**MYTHOLMROYD FELL RACE**  
West Yorkshire  
BM/7m/1350ft 14.05.06

Another race, another record time for the supremely in-form Karl Gray. Karl came to our sport only a few short years ago, leaving a very promising career in local league football. The 35 year-old physiotherapist took a leading position

Thanks to SMK Sports for assistance with the team prizes, Peter McCormick of Screenshot Screen Printing who provided bottled water at the finish, the landowners who allow the race and Halifax Harriers and friends who marked the course on Saturday evening and everyone who helped out on the day with registration, marshalling and finish recording and refreshments duties.

After the numbers had started to dwindle somewhat, changing this fixture from a Wednesday evening to a Sunday was clearly a popular move. Thanks everyone for turning up and we hope to see you all again next year.

Linda Crabtree

1. K. Gray	CaldV	44.03
2. D. Kay	Horw	44.09
3. J. Logue	Horw	44.55
4. S. Oldfield O/50	BfdAire	45.57
5. L. Kellett	Kghly	47.40
6. P. Stevenson O/40	P&B	47.45
7. S. Gregory O/40	HolmeP	47.51
8. A. Robertshaw	Otley	47.55
9. I. Greenwood O/40	Clay	48.52
10. D. Norman	Altrinch	48.54

**VETERANS O/50**

1. (4) S. Oldfield	BfdAire	45.57
2. (13) B. Goodison	Abbey	49.44
3. (18) K. Taylor	Ross	50.34

**VETERANS O/60**

1. (51) J. Norman	Altrinch	57.29
2. (63) K. Burgie	Altrinch	59.47
3. (77) R. Blakeley	Tod	61.52

**VETERANS O/70**

1. (140) R. Lee	Middle	77.59
2. (142) D. Clutterbuck	Tod	81.09

**LADIES**

1. (40) S. Becconsall O/45	Bing	54.30
2. (43) E. Barclay	Ilk	54.47
3. (53) N. Sharratt	Stain	57.50
4. (84) S. Massey	Rad	63.33
5. (87) B. Lee	HolmeP	64.15
(89) J. Scarf O/40	CaldV	64.22
(122) L. Hayles O/50	CaldV	68.07
(126) K. Thompson O/50	Clay	69.24

**150 finishers**

**SARN HELEN**  
Dyfed

B2/16.5m/3000ft 14.05.06

May 14th saw the 27th running of the Sarn Helen Hill Races. This year our main sponsor, Jones Bros Butchers, Lampeter, supplied T-shirts to all finishers, also £100 for a male or female to beat the course record. Ty Nant supplied the water.

As usual the race started from Lampeter Rugby Club, with 63 runners in the main 16 mile race, in ideal running weather.

At the 3 mile water station it was Steve Rees Port in the lead, followed by Matthew Collins. In the female class Ann Thomas had already got a lead of about a minute on Shan Roberts, and it looked as if Ann might break the course record.

As they approached the bottom of the Graig at 8 miles the positions had been reversed, and Matthew had over a minute lead on Steve. For those that have never seen the Graig it is a rough steep track up the side of the mountain, but as usual there was a good crowd of spectators cheering the runners at the top. At 12 miles in Llanfair all the leading position remained the same.

First back at the rugby field was Matthew Collins followed by Steve Rees, 3rd overall and 1st vet 40 Joe Blackett. First male vet 50 was local, Peter Davies.



First lady runner back was Ann Thomas, followed by Shan Roberts, both in the vet 35 category.

The Sarn Helen Club won the team with 55 points followed by Port Talbot, 62 points. The cup for the best performance by a Sarn Helen runner was won by 18 year old Carwyn Thomas who finished in 6th position. Seven runners broke the two hour and received their sub-2 badge.

#### Lyn Rees

1. M. Collins	Card	1.45.17
2. S. Rees	PortTalb	1.48.59
3. J. Blackett O/40	DkPk	1.50.06
4. M. Davies	UWA	1.53.43
5. M. Evans	Trots	1.55.59
6. C. Thomas	SarnH	1.56.12
7. K. Griffiths O/40	Trots	1.59.08
8. L. Hewitson O/40	Ingli	2.00.11
9. T. Morgan O/40	MynDu	2.01.37
10. T. Robson	Penn	2.02.52

#### VETERANS O/50

1. (27) P. Davies	SarnH	2.14.56
2. (30) A. Perkins	PortTalb	2.22.19
3. (32) T. Holling	PortTalb	2.23.20

#### LADIES

1. (12) A. Thomas	Trots	2.04.22
2. (23) S. Roberts	Ingli	2.12.00
3. (25) L. Green O/45	Ingli	2.13.50
4. (31) L. Barkers	Aberyst	2.23.01
5. (37) J. Buck	Card	2.30.35
(43) H. Walker O/45	Pembs	2.37.31

#### 59 finishers

#### OLD COUNTIES TOPS

##### Cumbria

AL/37m/10000ft 20.05.06

1. M. Beale/S. Watts	Unatt	7.28
2. D. Finn/M. Palmer	Mynd	7.36
3. M. Beresford/M. Reedy	Kend/Amble	8.03

#### VETERANS O/80 comb

1. D. Makin/J. Broome	LARCC	8.09
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#### VETERANS O/90 comb

1. L. Warburton/A. Miller	Bowl/Kend	8.17
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#### VETERANS O/100 comb

1. P. White/E. Draper	Unatt	9.31
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#### MIXED

1. M. Harris/J. Reedy	Tod/Amble	9.07
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#### 36 pairs finished

#### HIGH RIGG JUNIOR FELL RACES

##### Cumbria

JUNIOR 21.05.06

This year's race at Bram Cragg Farm was the third year that a round of the English Junior Championship was held here. A record 192 runners registered to run. It was the first year an under 8's race was held, with a good turn out of 24 starters, all being given a bar of chocolate as they crossed the line.

The good weather deteriorated to rain for the older juniors, but racing remained a spectacle as runners ascended High Rigg and spectators could still view all the races from the race field.

Food and drink for all competitors in the barn at the finish was well worth the entry fee.

Voucher prizes by Pete Bland Sports and numbers and spot prizes by ETA Shoes were very much appreciated, as was all help given on the day

#### Duncan and Gillian Stuart

#### UNDER 8 BOYS

1. C. McAleavy	CFR	3.09
2. F. Robertson	NFR	3.10

3. H. Vaillant	Kesw	3.17
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#### UNDER 8 GIRLS

1. (8) C. Hurton	Eden	3.36
2. (12) C. Stansfield	Unatt	3.50
3. (13) I. Smith	CFR	3.56

#### UNDER 10 BOYS

1. J. Hall	Bing	9.00
2. J. Willis	NYM	9.01
3. P. Done	K&C	9.47

#### UNDER 10 GIRLS

1. (7) T. Wilson	Ellen	10.38
2. (8) K. Wright	Broughton	10.44
3. (12) G. Spencer	Retf	10.53

#### UNDER 12 BOYS

1. R. Addison	Helm	10.49
2. R. Croasdale	Unatt	11.07
3. J. Knox	Helm	11.15

#### UNDER 12 GIRLS

1. (8) H. Bethwaite	Ellen	12.13
2. (15) R. Hellowell	K&C	13.02
3. (21) E. Wilkinson	Spenb	13.52

#### UNDER 14 BOYS

1. L. Jones	Mat	13.26
2. M. Aleixo	CFR	13.27
3. T. Sessford	K&C	14.10

#### UNDER 14 GIRLS

1. (7) M. Hyder	Dallam	14.22
2. (16) L. Riches	Leigh	15.38
3. (28) F. Jordan	Ilk	17.32

#### UNDER 16

1. J. Kelly	Ross	15.06
2. P. Bolton	Ross	15.24
3. A. Till	Dallam	15.29

#### UNDER 16 FEMALE

1. (10) H. Bateson	LancsM	16.47
2. (14) L. Kay	Stockp	17.15
3. (18) R. Stuart	Kesw	17.38

#### UNDER 18

1. N. Swinburn	N'thbl	23.32
2. S. Mitchell	ValeRoy	24.30
3. J. Hare	H'fax	24.35

#### UNDER 18 FEMALE

1. (13) D. Allen	Leigh	30.52
2. (14) A. Anderson	Pendle	30.58
3. (15) J. Reed	Chest	31.20

#### UNDER 20

1. C. Doyle	Traff	25.02
2. H. Coates	Skipt	25.46
3. J. Kevan	Horw	25.59

#### UNDER 20 FEMALE

1. (6) S. Morfet	CFR	43.44
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#### HELVELLYN FELL RACE

##### Cumbria

AM/11m/4500ft 21.05.06

At the start of the race I dedicated it to my late father, Jack Buckley, who had died a week earlier. The applause which followed, together with messages which I have received since the race, were a testimony to the spirit of fell running and of those who take part in our great sport.

The Helvellyn would have suited the man who cycled to the Lakes from his work in a cotton mill, took part in cyclists versus runners events, and once hauled a tandem over the Black Sail Pass.

The weather conditions were kinder than had been forecast, and were certainly an improvement on the conditions which saw me beat a hasty retreat from flagging the route from Calf How Pike to the gully entrance. However, the wet conditions made the descent more than usually treacherous. Despite this, although there were a few bruised bottoms, we had no casualties.

Race numbers were significantly down, in view of the many other events taking place over the same weekend. However, there was an impressive field for the junior races, and a generally good atmosphere, which is a feature of these races.

No single club was represented in large numbers. Ricky Lightfoot beat off the challenge of Scoffer, with James Archbold putting in an impressive performance in fourth place, and taking the first man over forty prize, Borrowdale were well represented in the first six but had no third runner to make up a team.

The ladies' race was won by a newcomer to this event, Natasha Fellowes, who runs for Eryri but lives in Wigan. Two other Lancashire lasses battled for the first lady over 40 prize, Karen Nash, beating Kath Harvey by 30 seconds.

My thanks are due: to Steve Kemp, Steven Harwood and Alan and Elaine Ritchie for taking over race organisation so that I could leave early; Duncan and Gillian Stuart for their usual hospitality; our sponsor, Pete Bland Sports; and everyone who took part and helped, particularly the marshals, who had to put up with extremely cold conditions in their exposed locations.

#### Allan Buckley

1. R. Lightfoot	Ellenb	1.42.35
2. A. Schofield	Borr	1.45.03
3. C. Birchall	Leeds	1.47.29
4. J. Archbold O/40	Borr	1.48.45
5. N. Lockwood	Kesw	1.49.35
6. F. Blunt	NFR	1.54.11
7. K. Hodgson	HolmeV	1.55.42
8. J. Bell O/40	DenbyD	1.58.36
9. S. Macina	P&B	1.59.35
10. P. Taylor	Tatten	1.59.52

#### VETERANS O/50

1. (27) A. Fox	Gloss	2.13.10
2. (54) M. Sargent	OWLS	2.36.07
3. (65) P. Whewell	NYM	3.11.50

#### LADIES

1. (40) N. Fellowes	Eryri	2.25.42
2. (41) P. Webster	Dumfries	2.26.11
3. (44) K. Nash O/40	Prest	2.27.08
4. (45) K. Harvey O/40	Penn	2.27.39
5. (46) C. Preston O/40	Unatt	2.27.58

#### 66 finishers

#### TWO RIGGS

##### Cumbria

BM/6.5m/1350ft 23.05.06

The Riggs made up for a depleted field at Helvellyn, with a record turnout of 130 starters. This was all the more impressive, given the atrocious weather conditions, and the fact that some competitors had run the Fairfield on Saturday or the Helvellyn on Sunday. Lindsay Buck of CFR ran all three.

Chris Doyle won the race, but local clubs dominated the remainder of the field: CFR took the men's team prize - with Keswick and Borrowdale in second and third place - and had the first lady home in Lucy Griffiths (61st overall), and the first man over 40 in Jerry Dawson (7th overall)

However, CFR didn't have it all their own way. Keswick Ladies took the team prize, led by the first lady over 50, Debbie Thompson (83rd overall), reprising her win at Fairfield. Keswick also provided the first man over 50, Dave Owens, the first man over 60, David Harrison and the first man over 70, John Rutter.

Thanks to: Gillian Stuart for her excellent refreshments, and to her and Duncan for their usual hospitality; Elaine Ritchie and Janet Buckley for a fast and efficient registration and results service; our sponsors, Pete Bland Sports; and everyone who took part and helped, particularly the race marshals.

#### Allan Buckley

1. C. Doyle	Traff	45.23
2. C. Steele	CFR	45.32
3. N. Lockwood	Kesw	45.46
4. P. Britilton	Helm	45.54
5. D. Birch	Kesw	46.05
6. C. Hope	Borr	46.20
7. J. Dawson O/40	CFR	47.02
8. R. Harrison O/40	CFR	47.16
9. R. Vecquoram	Eden	47.21
10. R. Sudaby	FRA	47.30

#### VETERANS O/50

1. (34) D. Owens	Kesw	55.00
2. (36) N. Cassidy	Tyne	55.10
3. (45) I. Block	CFR	56.25

#### VETERANS O/60

1. (76) D. Harrison	Kesw	63.14
2. (81) R. Whitaker	CFR	63.46
3. (111) T. Walker	Amble	72.36

#### VETERANS O/70

1. (128) J. Rutter	Kesw	87.31
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#### LADIES

1. L. Griffiths	CFR	59.12
2. R. Cash	Borr	60.54
3. A. Forrest	Amble	62.09
4. J. Moore	Kesw	64.40
5. L. Scott	Unatt	64.58

#### TOTLEY MOOR Derbyshire

BS/5.5m/1106ft 23.05.06

Another big effort from the Totley AC Club members ensured that the race was again well organised and marshalled, with a surprisingly big turnout on a somewhat soggy day. The course was a little bit tougher than usual due to the heavy rain over the previous week – the cricket ground used for the start and finish beginning to resemble a paddy field!

Dark Peak runners were, as usual, out in strength with 7 of the first 10 places going to them. Rob Little came home first, almost a minute clear of Phil Winskill. Nick Swift took 3rd and a strong run by Steve Bell gave him 4th overall and first V40. First V50 was Derek Appleton – just 2 seconds clear of Keith Holmes.

First lady was Rachael Chatwin, a strong run putting her over 2 minutes clear of 2nd placed Allison Higgins – a Fat Boy! Fourth lady and first V40 was Gillian Heys and first V50 was Pat Goodall.

With all runners safely home in just over an hour and results quickly compiled by our slick computerised results team the prize giving was held in The Cricket Inn to avoid yet another downpour!

Richard Snowden

1. R. Little	DkPk	36.39
2. P. Winskill	DkPk	37.29
3. N. Swift	Sheff	37.37
4. S. Bell O/40	DkPk	38.08
5. L. Banton	Clowne	38.11
6. M. Sprot	DkPk	38.32
7. M. Nolan	DkPk	39.26
8. M. Stenton O/40	DkPk	39.55
9. R. Bradbury	Mat	40.24
10. S. Only	DkPk	40.33

#### VETERANS O/50

1. (17) D. Appleton	FatBoys	41.22
2. (18) K. Holmes	DkPk	41.24
3. (33) M. Moorhouse	Mat	43.00

#### VETERANS O/60

1. (96) M. West	DkPk	49.51
2. (121) R. Brown	P'stone	52.26
3. (129) J. Titterton	Mat	53.36

#### VETERANS O/70

1. (175) G. Richardson	Clowne	71.31
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#### LADIES

1. (77) R. Chatwin	Penn	47.22
2. (94) A. Higgins	FatBoys	49.33
3. (102) F. Kay	Hallam	50.20
4. (105) G. Heys O/40	Totley	54.33
5. (107) N. Hall	Unatt	50.48
(109) E. Rose O/40	Penn	51.07

#### 175 finishers

#### STANHILL FELL RACE

Lancashire

BS/5m/800ft 23.05.06

In the Stanhill's tenth anniversary race there was another good turnout in windy, wet and very boggy conditions. It was Mike Whyatt who won the race by 30 seconds from last year's winner O'Paul Guinian. Mike's time was a new vet 40 record.

Carole Waterhouse won the ladies' race by beating another former Stanhill winner, Jo Prowse, who was first lady vet 50. Ken Taylor set a new vet 55 record.

Bowland Fell runners won the men's team with Whyatt, Quentin Harding and race organiser Lee Passco taking the honours from John Wiczorek and Lee Aspin. Stephen Ball was winning vet 40, with Pete Dugdale vet 45 and Mike Eppleston vet 50. Accrington Road Runners won the Hyndburn team champs with Wiczorek, Ball and Mark Hammond counting.

In the juniors Marcus Preedy and Rebecca Flanagan won the under 9s and Ashley Kay and Emma Flanagan the junior race winners. Organiser's two sons Leon and Thomas Passco were 4th and 7th respectively in the under 9s to give Clayton Harriers under 9 team prize.

Thanks to all competitors, marshals, farmers and Britannia Public House for making this race a good one. See you all next year.

Lee Passco

1. M. Whyatt O/40	Bowl	33.07
2. P. Guinan	B'burn	33.37
3. Q. Harding O/40	Bowl	33.47
4. M. Nuttall	B'burn	34.12
5. L. Passco	Bowl	34.25
6. C. Reade O/40	Bowl	34.34
7. P. Burnett	Tod	35.07
8. A. Thorpe	H'fax	35.35
9. D. Headifer	Darwen	35.40
10. C. Davis O/40	Bowl	35.47

#### VETERANS O/50

1. (19) K. Taylor	Ross	38.10
2. (30) A. Heaton	Bowl	40.45
3. (35) I. Cookson	Bowl	41.21

#### VETERANS O/60

1. (66) T. Peacock	Clay	46.25
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#### LADIES

1. (47) C. Waterhouse O/40	H'fax	43.12
2. (50) J. Prowse O/50	Kghly	43.56
3. (54) K. Nash O/45	Prest	44.19
4. (65) B. Savage O/40	Acc	45.42
5. (68) J. Shaw	Darwen	46.30
(70) K. Thompson O/50	Clay	47.17

#### 84 finishers

#### SHINING TOR Derbyshire

BM/7.5m/1500ft 24.05.06

This year's race proved more testing than ever to organise, with some fairly stringent United Utility requirements and a never-ending list of people to consult. The very helpful last minute intervention of Dave Jones regarding a United Utilities insurance predicament saved the day and it's reassuring to know that the FRA are quickly on hand to assist with difficult organisational issues.

And what an evening it turned out to be. A welcome lull in the miserable weather brought ideal temperatures and a completely clear evening. The legacy of a week long downpour; exceptionally poor conditions underfoot, resulted in an impromptu series of long jumps competitions being held across the Tors, where some just plain struggled to stay upright in the muddy bogs that are now a feature of this section. Will the new paving slabs provide a welcome solution in the future? They might make for faster times but I reckon they have the potential to spoil some of the fun.

182 turned up to run. They tried a new course, or an old course, depending upon how good your memory is, taking in Foxlow Edge and a reversal of the usual path to Pym Chair. With some extra ascent and a bit more distance the strain seemed to show on the faces of the finishers on the final climb up to the damn.

Andy Norman and Lloyd Taggart were the only real contenders for the title. After a fast start Lloyd couldn't stay with Andy on the steady climb to Pym Chair. He tried to reel him in on the Tors and was aided by Andy's badly timed jump across a bog that saw him waist deep and a little panicked. However, the mud fight seemed to give Andy renewed vigour and the



Bowland very much to the fore at Stanhill Photo - Mark Aspin





Wet conditions for Jackie Lee at Shining Tor Photo - Scott Reid

gap between them grew to over a minute by the finish. After following him across the line, Lloyd had a quick swim in the reservoir leaving a few onlookers worried that he may have taken the defeat badly, but he eventually returned and even typed up the results the next day, resisting all temptation to shave a few seconds off his time.

In the ladies' race, Jackie Lee, another newcomer to this race, took the title. Still managing a smile for the camera on the run in, she achieved a creditable 35th overall position. She was followed in by Liz Batt and Estelle McGuire, in second and third position.

This year's route change was for safety reasons due to the stacks of paving slabs, which had been neatly dropped by helicopter all the way down the centre of the descent path from Shining Tor. Many thanks to the numerous helpers and marshals who kept the runners on track through the many twists and turns that the revised course provided. Thanks also for the feedback and support for the race shown on the FRA forum.

#### Alistair Fitzgerald

1. 1. A. Norman	Altrinch	47.56
2. L. Taggart	DkPk	49.02
3. D. Taylor O/40	DkPk	51.38
4. C. Leigh	Traff	52.19
5. D. Norman	Altrinch	52.30
6. C. Heys	Horw	53.06
7. A. Lambert	Macc	54.01
8. J. Chapman	Unatt	56.06
9. M. Kieras	Gloss	56.15
10. D. Alkott	Unatt	56.43

<b>VETERANS O/50</b>		
1. (19) B. Blythe	Macc	58.58

<b>VETERANS O/60</b>		
1. (37) J. Norman	Altrinch	61.29

<b>LADIES</b>		
1. (35) J. Lee	Eryri	61.00
(46) L. Batt O/40	DkPk	62.35
(57) E. McGuire O.35	Stockp	64.14
(132) A. Jonea O/50	ADAC	74.52
(161) M. Chippendale O/60	Penn	84.16

#### 182 finishers

### HUTTON ROOF CRAGS RACE Lancashire BM/7m/1300ft 27.05.06

For the second year in succession this race was hit by the weather. It didn't seem to bother the competitors however; they ran, enjoyed the Country Fair and afterwards feasted on cakes, despite the downpour at the end.

The juniors raced around their courses at a rapid pace with Melanie Hyder showing great promise as she cruised to a very confident first overall in the U14s, nearly a minute ahead of the first boy, Jos Addison. Jos had a good race with his team-mate Jonathon Knox who finished 3rd. It was good to see 20 competitors in the U12 Boys race with Rory Addison finishing first from James Knox. There were only six competitors in the U12s girl race in which Robin Goodfellow finished first ahead of Faith Biddle.

The Senior race was again well supported with 210 starters. The strong winds and slippery conditions slowed some competitors but not



Billy Proctor takes to the skies off Farleton Knott at Hutton Roof Photo - John Dickinson

Darren Kay. He told me he was returning to better his position of 2nd last year with a 1st and that he duly did, cruising to a comfortable victory half a minute in front of his team mate, James Logue. Competition was fierce for the next few places and Craig Roberts had another great run to finish 3rd and first V40.17 just ahead of Stewart Gregory 4th and 2nd V40. The team event was a narrow victory for Kendal whose runners: Craig Roberts, Paul Dugdale and Matthew Berresford beat Helm Hill by just one point.

The ladies' race was won by Rebecca Robinson with Sally Newman second. The first ladies' team was Radcliffe (Donna Allen-Cartwright, Anna Lupton and Sarah Massey). We could do with more ladies next year. The sudden downpour at the end was a direct hit on our time-keepers who fought courageously to complete the last few entries on soggy bits of paper. Special thanks to all race marshals who endured these harsh conditions to ensure everything went smoothly. Once again all enjoyed plenty of cakes to scoff at the end!

Last year Nick Hambrey took pictures as runners crossed the rocky outcrops on Farleton Knott. This year they could buy their photo in the village hall. We've had even more photographers this year; do have a look at our website: <http://www.huttonroof.org.uk/>

#### John Dickinson

1. D. Kay	Horw	49.27
2. J. Logue	Horw	50.05
3. C. Roberts O/40	Kend	50.17
4. S. Gregory O/40	HolmeP	50.25
5. T. Addison	Helm	50.55
6. C. Doyle	Traff	51.12
7. M. Chippendale	Bowl	52.01
8. M. Aspinall O/40	Clay	52.13
9. K. Hodgson	HVAC	52.21
10. C. Reade O/40	Bowl	52.23

#### VETERANS O/50

1. (17) B. Goodison	Abbey	53.12
2. (19) M. Walsh	Kend	54.14
3. (27) P. Butterworth	Clay	56.03

#### VETERANS O/60

1. (143) P. Dowker	Kend	70.47
2. (147) G. James	B'pool	71.27
3. (162) J. Ely	CFR	73.01

#### VETERANS O/70

1. (195) H. Catlow	CFR	86.00
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#### LADIES

1. (29) R. Robinson	Kend	56.19
2. (36) S. Newman O/45	CaldV	57.18
3. (56) E. Dugdale O/40	Kend	59.55
4. (58) J. Wilson	DkPk	60.03
5. (85) K. Nash O/40	Prest	64.10
(168) J. Atkins O/60	Chorl	74.44

#### 202 finishers

#### JUNIORS

<b>U/16 Boys</b>		
1. M Owen	HelmH	24.05

#### 1 finisher

#### U/14s Mixed

1. M. Hyder Girl	Dallam	19.21
2. J. Addison Boy	HelmH	20.11
3. Jonathan Knox Boy	HelmH	20.22

#### 10 finishers

#### U/12 Boys

1. R. Addison	HelmH	10.53
2. James Knox	HelmH	11.30
3. C. Nash	Prest	12.45

#### 20 finishers

#### U/12 Girls

1. R. Goodfellow	Dallam	14.30
2. F. Biddle	Hynd	15.26
3. J. Eyre	Unatt	15.40

#### 6 finishers

**CADER IDRIS RACE**

Gwynedd  
AM/10m/3000ft 27.05.06

The 2006 Cader-Race, sponsored by Cader Idris Outdoor Gear, saw a massive record entry of 233 competitors in the main event with a large number of runners travelling from around the UK to take part in what is becoming one of the premier fell running events in Wales.

The day was opened by Lord Dafydd Elis-Thomas, race President, and the junior races, sponsored by the Lemon Grass Restaurant. Over 70 children took part in the four races which act as a superb curtain raiser to the main event. In the Fun Run winners' trophies went to Cai Roberts (9) in 03.02, and Sanant Evans (9) in 03.14. The under 12 race victory went to Tom Hutton (11) in 08.09 and Elin James (11) in 09.41. In the under 14 competition the winner was Owain James (12) 16.07 with Lois Williams (12) taking the girls title in 24.09. The under 16 race went to Cai Morgan (14) in 18.47, with Annie Owen (15) of Dolgellau taking the girls race in 22.37, 1.41 faster than her time in the same race in 2005.

The Barmouth Samba Band were once again on hand to lend some depth to the feeling of the afternoon and their drumming once again proved inspirational to many of the runners. The main race got underway at 2 00 pm, with a warning from the race co-ordinator that the section behind the Gwernan Lake was underwater, but this didn't appear to hamper Lloyd Taggart who led from start to finish crossing the line just outside the course record in 1.22.36. Second place was claimed by Michael James with Pete Vale coming home in third, in times which could have won the race in previous years.

The ladies' race was won by British International Mary Wilkinson, who smashed the 14 year old ladies' course record, despite the atrocious conditions underfoot, taking over 9 minutes off the record coming home in 8th position overall in 1.33.58. Jackie Lee, race winner in 2004, came home second with Anna Bartlett third.

At last the Race Committee were able to hand over the £100 bonus for beating the course record and dispel the conspiracy theory that any time someone good turned up to compete they shortened the course! (but they were out late on the Friday night filling the Gwernan lake with hose pipes.....you had to see it to believe it!)

The Cader Race Committee would like to thank all of the marshals, local businesses and town folk for the tremendous help and effort given in the lead-up to the race and on the day, you're all a credit to your community.

*Graeme Stringer*

1. L. Taggart	DkPk	1.22.36
2. M. James	Shrews	1.26.19
3. P. Vale	Mercia	1.27.36
4. G. Owen	Eryri	1.31.03
5. S. Gilliland O/40	BroDys	1.32.13
6. P. Jones Diaz	Aberyst	1.32.21

**VETERANS O/50**

1. (15) G. Owen	Eryri	1.41.51
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**VETERANS O/60**

1. (42) D. Williams	Eryri	1.49.57
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**VETERANS O/70**

1. (209) J. Carson	Borr	2.48.04
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**LADIES**

1. M. Wilkinson	Skip	1.33.58
2. J. Lee	Eryri	1.44.02
3. A. Bartlett	Shrews	1.46.22
4. S. Budgett O/40	Horw	1.54.59
5. K. Bailey	Meirion	2.01.56

233 finishers

**ISLE OF JURA FELL RACE**

Jura  
AL/16/7500ft 27.05.06

It was with some trepidation that we took over the mantle of race organisers from Ann and Andy Curtis. They were a hard act to follow after organizing the race so well for the past 13 years. I've always viewed the race as something special, a long weekend of adventure in one of the friendliest and most beautifully rugged places in Britain. Our aim as the new race organisers is to try and maintain the unique ambience recreated by Donald Booth and continued by Ann and Andy, with the amazing support from the locals.

May arrived quickly this year. Before we knew it, we were back on Jura. Race day dawned, brightly encouraging. The forecast predicted breezy showers and down by the distillery it was the warmest day of the week. "The sun's trying to shine," I encouraged myself. "Full course," I announced. Decision made. Now we just had to get everyone round safely. The local marshals were out on the peaks and confirming radio contact with base, Strathclyde Police Mountain Rescue were in strategic positions, we'd checked everyone's kit, we'd counted the runners three times, I'd warned them about the nasty bits of the course, and the SSSI ... my head was buzzing. Who said that men can't multi task?

"Five...four...three...two...one," Mickey Heads, the Distillery Manager, fired the shotgun and 167 runners raced down the road, up the track and onto the hill. This was it. We had half an hour before the first runners hit checkpoint one, just enough time to see a new record turnout in the junior races.

By now the weather had deteriorated with clouds hugging the hills and a blustery wind buffeting the summits. While Ian Holmes opened up a five-minute lead over the first two tops, many disoriented runners lost time as they followed circuitous routes to checkpoint two. This was where the majority of the 21 retirals or time-outs occurred. Ian continued to extend his lead on Alec Keith and Adam Ward over the Paps with the field well strung out behind. Although the weather prevented any assault on Mark Rigby's record time of 3:06:59, Ian did set a new record by winning the race for a fourth time; a great achievement. Alec Keith and Adam Ward followed him home some twenty-one minutes down. Only six runners achieved the coveted under-four-hour glasses; testimony to the interesting conditions.

What a race, there's no other event quite like it. And...what a magnificent team effort in making it happen; Mickey and Margaret Heads and their Jura Distillery staff, Willie MacDonald and his team of local marshals, Willie Hill and his mountain rescue team, Jill who conjures up the tea and cakes and bacon butties, the Jura Hotel, the junior race, the local doctor, and a merry band of volunteers from Tod Harriers and a host of other clubs and, of course, the runners. All contributed to the success of the 2006 race. Thank you!

As I said at the end of the presentation, "it's viewed by many as the toughest, and the friendliest race in the calendar but, it's not just a race, it's an adventure; a unique experience." So, here's to many more adventures and reunions on Jura. We're already looking forward to seeing you all there again next year.

*Phil Hodgson and Mandy Goth*

1. I. Holmes O/40	Bing	3.31.44
2. A. Keith O/40	HBT	3.52.03
3. A. Ward O/40	Carn	3.52.59
4. M. Robinson	DkPk	3.54.16
5. A. Trigg O/40	Penn	3.57.21
6. L. Arnott	W'lands	3.59.41
7. J. Jackson	Dartmoor	4.04.47

8. D. Duxbury	Amble	4.05.04
9. J. Boyle	DkPk	4.07.45
10. C. Upson O/40	W'lands	4.10.21

**VETERANS O/50**

1. (11) J. Holt	Clay	4.12.24
2. (18) D. Scott	Ochil	4.21.15
3. (22) I. Cowie	Mercia	4.23.14

**VETERANS O/60**

1. (41) K. Carr	Clay	4.42.26
2. (68) J. Nuttall	Clay	4.58.30
3. (96) G. Bryan-Jones	Ochil	5.22.11

**LADIES**

1. (49) D. Scott	Lochab	4.45.41
2. (59) H. Jones	Dallam	4.49.58
3. (61) K. Bryan-Jones	DkPk	4.52.25
4. (73) H. Dawe	Ilk	5.03.36
5. (77) A. Forrest	Amble	5.06.07
(82) N. Jaquiere O/40	Ilk	5.08.07
(86) J. Smith O/40	Tod	5.10.10
(121) A. Brentnall O/50	Penn	5.42.32

146 finishers

**MYNYDD MYFYR HILL RUN**

Shropshire  
BS/4m/500ft 29.05.06

A record entry with the in form Ian Houston taking the honours and Kath Roberts running out ladies winner.

The home club took team honours for the first time on this very pleasant course - Abergele were a surprise second relegating a depleted Helsby squad to third.

*Doug Morris*

1. I. Houston	Wrex	21.18
2. T. Owens	Hales	21.27
3. A. Swatowski	Rugeley	21.56
4. A. Birch	OO	22.35
5. J. Bowie	Unatt	22.43
6. G. Norgrove	Wrex	22.46
7. E. Davies O/50	Mercia	22.54
8. J. Montgomery O/40	Buckley	23.06
9. S. McCormack O/40	Abergele	24.14
10. M. Cortvriend O/50	Maccle	24.20

**VETERANS O/60**

1. (55) A. Todd	Helsby	29.55
2. (61) N. Pratten	Wirrall	30.20
3. (65) B. Jackson	BroDys	30.48

**VETERANS O/70**

1. (83) J. Beswick	Helsby	34.29
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**LADIES**

1. (32) K. Roberts	Helsby	26.43
2. (48) B. Eyke O/40	OO	27.46
3. (59) B. Ward O/50	OO	30.16
4. (67) S. Montgomery	Buckley	31.01
5. (71) B. Roberts	Helsby	31.59
(75) S. Charman O/55	Helsby	32.33
(87) B. Stanislawski O/40	Camb	36.08

96 finishers

**BAMFORD SHEEPDOG TRIALS**

FELL RACE  
Derbyshire  
BS/4.5m/1000ft 29.05.06

1. S. Marsde	DkPk	32.31
2. S. Maycock	Hallam	32.34
3. A. Grenfell	Ross	34.39
4. M. Webster	Unatt	34.55
5. L. Banton	Unatt	35.31
6. N. Winfield	Penn	35.58
7. T. Heron	DkPk	36.09
8. M. Stenton O/40	DkPk	36.19
9. G. McNally	Unatt	36.25
10. A. Llewellyn	SLUIDO	36.26



<b>VETERANS O/50</b>		
1. (11) K. Holmes	DkPk	36.27
2. (13) D. Appleton	FatBoys	36.33
3. (19) R. Fawcett	Unatt	37.15

<b>LADIES</b>		
1. (30) R. Proctor	Unatt	38.46
2. (54) K. Harvey O/40	Penn	42.17
3. (60) C. Greenwood O/40	Holmf	42.48
4. (62) D. Allen-Cartwright	Unatt	42.53
5. (68) K. Ballatine	Kghly	43.32
(78) A. Jones O/50	ADAC	45.21

*124 finishers*

**SURREY HILLS RACE**  
Dorking  
29.05.06

This year was my second as organiser. Last year I wrote in my report that in future years I would make it even clearer to the road- and X-country-running fraternity that either local knowledge or good map-reading skills were required for these races. I think the message must have got through, as this year the last runner got in just after 14.30 (4 hours after the start of the race), compared with 2005, when the last runner didn't get in till 16.00.

Numbers were about 10% down on last year, which can probably be attributed to the weather: heavy showers were forecast, and duly appeared, complete with huge hailstones. One such shower forced us to put back the prize-giving, which was then held in blazing sunshine!

Thanks go to all the SLOW helpers, as ever, and especially to my long-suffering husband, who valiantly learnt how to use the Sportident timing software for this event. Thanks also to the landowners.

*Virginia Catmur*  
*(South London Orienteers and Wayfarers)*

**RACE A 18m/2200ft**

1. J. Green	CHIG	2.13.31
2. R. Thetford O/40	TVOC	2.23.02
3. M. Nolan	DkPk	2.23.25
4. S. Powell	Sthdowns	2.29.47
5. A. Doyle O/50	GO	2.31.32
6. B. Smith	GO	2.33.00
7. M. Smith O/50	GO	2.48.37
8. P. Nicholls O/50	GO	2.52.55
9. N. Green O/40	MV	2.54.40
10. S. Taplin O/40	NHerts	2.54.41

*22 finishers*

**RACE B 10m/960ft**

1. J. Edwards	Warrior	1.06.10
2. D. Rollins O/40	BAOC	1.08.26
3. D. High	Sthdown	1.10.50
4. R. Brown O/40	HuntBog	1.11.08
5. P. Nixon	SLOW	1.13.29
6. G. Walford O/40	TVOC	1.15.47
7. S. Evans	SLOW	1.18.01
8. N. Bush O/50	MV	1.18.23
9. D. Moore	SAX	1.22.45
10. T. Brockington O/40	SpringStri	1.23.30

**LADIES**

1. (21) H. Hoyle O/40	Barnet	1.31.45
2. (28) J. Nolan	DkPk	1.37.15
3. (30) M. Johnson	SLOW	1.40.33
4. (36) J. Hill O/50	SpringStri	1.47.16
5. (39) J. Hermolle	IND	1.55.34

*42 finishers*

**RACE C 6m/575ft**

1. D. Fisher O/50	MV	50.48
2. G. Newton O/60	MV	54.17
3. J. McMillan	SLOW	56.16
4. D. Abrams	GO	56.19
5. C. Morgan	DFOK	59.30

*11 finishers*

**SHUTLINGSLOE FELL RACE**  
Cheshire  
AS/2m/900ft 29.05.06

Despite the forecast of heavy showers and a deluge during registration a strong field was rewarded with fine weather for this challenging short race over varied terrain. Conditions underfoot were damp, particularly in the steep bluebell wood, which added to the excitement but affected times.

Reigning national champion, Simon Bailey, led from the start building a lead of over 2 minutes by the finish over his Mercia team-mate Tim Werrett. Simon's time was 46 seconds outside his own record set in 2004, but was exceptionally quick given the conditions. Janet Hatton was the first lady home. Runners from Cheshire Hill Racers won both of the Vet categories with Bill Fairmaner first V40 and Tony Hulme first V50.

The team trophy was won for the second year running by Cheshire Hill Racers with Bill Fairmaner (3rd), Colin Fray (7th) and Mike Cooper (11th) their top three finishers. Lincoln Wellington finished second and Macclesfield Harriers third. Despite Mercia finishing first and second they missed the opportunity to win the team race by not having a third qualifying runner - perhaps next year?



*Simon Bailey knowing there's no more climbing at Shutlingsloe Photo - Kirstin Bailey*

We would welcome more teams and runners of any standard next year for this classic race, which also forms a centrepiece for the traditional Wildboardclough Rose Queen Fete. The grounds of Crag Hall where the fete is held provide an excellent viewpoint across most of the course and the fete provides a pleasant diversion for runners and supporters alike.

A big thank you to all who braved the conditions to run this year and we hope to see you all back again next year!

*Jon Mayne*

1. S. Bailey	Mercia	15.57
2. T. Werrett	Mercia	18.06
3. B. Fairmaner O/40	Chesh	19.07
4. J. Chapman	Unatt	19.13
5. E. Haywood	LincWell	19.20
6. J. Whalley	Unatt	19.40

7. C. Fray O/40	Chesh	19.43
8. D. Haywood	LincWell	19.44
9. M. Ollerenshaw	Glossop	20.28
10. J. Trueman O/40	Penn	21.04

**VETERANS O/50**

1. (16) T. Hulme	Chesh	21.40
2. (37) D. Walker	Glossop	26.39
3. (44) P. Mountfort	Unatt	29.50

**LADIES**

1. (25) J. Hatton O/40	Maccle	24.45
2. (28) R. Cole O/40	Buxt	25.21
3. (34) V. Thornton O/40	Unatt	25.50
4. (35) C. Chapman	Unatt	25.56
5. (51) M. Bower	Unatt	37.42

*56 finishers*

**AUSTWICK AMBLE**  
Lancashire  
BM/8m/1200ft 29.05.06

1. J. Logue	Horw	49.23
2. R. Pattinson	P&B	49.39
3. C. Miller	H'gate	50.51
4. J. Deegan	Amble	51.32
5. P. Stevenson O/40	P&B	51.53
6. R. Barret O/40	Skipt	52.19
7. P. Singleton	Amble	52.30
8. M. Nuttall	B'burn	52.30
9. N. Armitage	PudseyP	52.30
10. S. Green O/40	P&B	52.30

**VETERANS O/50**

1. (14) B. Goodinson	Abbey	53.44
2. (28) P. Harlowe	Helm	56.58
3. (37) P. Bramham	K&C	59.58

**VETERANS O/60**

1. (82) R. Gray	Nthb'nd	71.03
2. (100) I. Robinson	Unatt	73.50
3. (111) T. Faulkner	Wilms	80.07

**LADIES**

1. (29) C. Leah	Clay	57.05
2. (57) T. Hird	Wharf	64.27
3. (59) H. Williams	Unatt	65.19
4. (60) J. Taylor	Helm	65.30
5. (61) K. Nash O/45	Prest	65.41
(68) W. Dodds O/50	Clay	68.00
(102) S. Owen O/45	Amble	74.55

*119 finishers*

**JUNIORS**

**Under 14s**

1. K. Russell	Ross	19.00
2. J. Bradshaw	Unatt	19.18
3. M. Nash	Unatt	20.04

**Under 12s**

1. S. Jameson	Unatt	11.04
2. E. Bolger	CattHall	11.20
3. R. Murray	Unatt	13.02

**ROMBALDS MOOR FELL RACE**  
West Yorkshire  
BS/3m/700ft 30.05.06

Winner in 2004, Robin Lawrence, returned to the winner's rostrum. However, not before a terrific scrap with Skipton teenager, Harry Coates, who had held a commanding lead at the Rombalds Moor summit.

The local prospect, though, conceded much of his hitherto sizeable advantage when paving the way past upcoming runners amid the early part of the descent. Then, after a stirring confrontation down much of the rest of the neighbouring Shortbank housing estate, where the Bingley man produced the more potent sprint through the cheering throngs.

Meanwhile, by special request and approval by her parents, England Junior International, Melanie Hyder of Dallam, was allowed to contest the incorporated senior women's race



The very happy U12 Junior winners at Rombalds Moor Photo - Woodhead

and she duly obliged by not only blitzing both the record and the female opposition by considerable margins, but also accounting for all except seven of the eighty men who took part.

All similarly well contested younger age group races over progressively shorter courses, saw Luke Maude and Claire Lilley of Skipton in the Under 16s; Tom Sessford, Keighey & Craven, and Holly Craig of Bingley, in the Under 14s; Owen Whelan of Bingley and Ellie Taylor of Ilkley in the Under 12s; all emerged triumphant in their respective events.

Sprints, cycle-dash, pop music and a familiar enthusiastic crowd all added much to the overall occasion and, since the millennium when the event was first organised, this convivial community gathering known locally as "Skipton's Shortbank Olympics" has now yielded more than £10,000 to Candlelighters fighting children's cancer and leukaemia at St James's Hospital, Leeds. Sincere thanks, therefore, to all concerned.

*Roger Ingham*

1. R. Lawrence	Bing	19.05
2. H. Coates U/20	Skip	19.14
3. S. Thompson	Clay	19.49
4. M. Lockyer	Unatt	20.10
5. S. Hunn U/20	Skip	20.13
6. N. Bourke	P&B	20.31
7. P. Mitchell O/40	Bing	20.33
8. M. Hyder Lady	Dallam	20.39
9. R. Bradbury	Bing	20.45
10. D. Walmsley U/20	Skip	20.47

**VETERANS O/40**

1. P. Mitchell	Bing	20.33
2. A. Pickles	Settle	21.45
3. B. Whalley	P&B	22.08

**VETERANS O/50**

1. D. Collins	Tod	23.33
2. J. Pickles	Clay	24.28
3. B. Scholes	Settle	26.07

**VETERANS O/60**

1. R. Payne	Ilk	33.42
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**LADIES**

1. M. Hyder U/14	Dallam	20.39
2. E. Barclay	Ilk	24.33
3. A. Fulton U/18	Bing	25.05
4. H. Williams	Unatt	25.16
5. K. Ballantine	Kghly	27.17
6. K. Nash O/45	Prest	26.33

82 finishers

**WINCLE TROUT RACE**  
Cheshire

BS/5.5m/900ft 03.06.06

Over 360 runners descended on Wincle Fete on 3 June for its unique, annual fell race – almost twice as many as last year. We ran out of medals for the juniors (they were posted on later), and ran out of race numbers for the seniors - but there were still enough trout for all senior finishers – the prize which makes this race unique.

The conditions were perfect for the fete but a little hot for the runners – so this year wading through the Dane was something to really look forward to. Runners from all over the country took part in the race, with several clubs including us in their club championships.

Malcolm Fowler, a previous winner, picked up the honours in the men's race, and Sarah Harris took the ladies' title. Malcolm was presented with an extra large rainbow Trout, as well as the Trout Shaped Trophy. Macclesfield Harriers won the Team Prize.

Vicky Skelton was running for the 12th time in succession and came in 4th lady. Nick Todd from Bristol, having won the junior race in 2005, came in a very commendable 30th in this year's senior run.

Thanks to everyone for turning up and running. We'll almost certainly have to advertise a race limit next year.

*Alan Weeks*

1. M. Fowler O/40	Chesh	38.12
2. A. Lamont	Macc	39.02
3. S. Parrott O/40	Chesh	39.39
4. I. Hughes	Shrews	39.50
5. J. Sanders O/40	Telf	40.00
6. C. Davies O/50	Sadd	41.14
7. G. Briggs	StaffsM	41.24
8. J. Pendrill	Chesh	41.32
9. T. Hart	Unatt	41.45
10. N. Bassett O/40	StaffsM	41.47

**VETERANS O/50**

1. (6) C. Davies	Saddl	41.14
2. (13) B. Blyth	Macc	42.18
3. (16) S. Entwistle	Penn	42.47

**VETERANS O/60**

1. (28) J. Amies	Congle	45.10
2. (49) P. Roberts	Unatt	47.06
3. (73) C. Slavin	L'pool	49.49

**VETERANS O/70**

1. (167) L. Sullivan	Clay	57.51
2. (265) B. Thackery	DkPk	71.12

**LADIES**

1. (51) S. Harris	Macc	47.13
2. (64) J. Hatton O/40	Macc	48.21
3. (68) R. Dunninton O/50	EChesh	48.55
4. (78) V. Skelton	NthDev	50.07
5. (84) K. Readman	Unatt	50.50
(94) K. Mather O/40		51.18
(119) A. Jones O/50	Altrinch	54.12

287 finishers

**JUNIOR RACE**

1. S. Ramsay	Buxt	14.32
2. J. Lewis	StaffsM	15.09
3. C. Rushworth	Buxt	15.17
4. C. Moore	Unatt	16.10
5. (8) R. Parker	Nestle	17.18

**GIRLS**

1. (5). S. Bailey	StaffsM	16.23
2. (6). L. Heron	Macc	16.46
3. (7). Z. Bayley	Buxt	16.48
4. (9) J. Parker	Nestle	17.35
5. (10). J. Mott	Unatt	17.36

49 finishers

**KELBROOK FELL RACE**  
Lancashire  
BS/3.4m/700ft 03.06.06

The race conditions were near perfect, with the ground conditions good and the weather warm and sunny, with no sign of rain. There was a good field of 104 runners, consisting of 89 men and 15 ladies.

Simon Thompson took the lead at the top of ascent and retained it easily for the remaining 1.5 miles of the race.

The race was again well supported by Clayton Harrier runners. The marshals did an outstanding job and this meant for a safe, well organised event.

*I. Ramsay*

**MEN'S RACE**

1. S. Thompson	Clay	21.49
2. L. Pasco	Bowl	22.08
3. L. Kellett	Kghly	22.25
4. B. Hogan	Accrin	22.35
5. D. Walker	Clay	23.03
6. A. Black O/40	Wharf	23.20
7. A. Monroe	Horw	23.21
8. M. McGoldrick	Settle	23.41
9. G. Shaw	Clay	23.43
10. J. Holt O/55	Clay	24.11

**VETERANS O/50**

1. (10) J. Holt	Clay	24.11
2. (23) J. Singleton	Clay	25.36
3. (27) D. Collins	Tod	26.14

**VETERANS O/60**

1. (62) D. Monroe	Wharf	32.00
2. (67) D. Grimes	Clay	33.21
3. (71) D. Bulcock	FRCC	33.35

89 finishers

**LADIES RACE**

1. K. Simpson	Clay	28.03
2. D. Robson	Clay	28.46
3. A. Wainscot	Clay	29.28
4. J. Murphy	Clay	29.36
5. B. Savage O/40	Accring	29.53
(54) H. Shaw O/45	Unatt	31.04

104 finishers

**PEN Y GHENT FELL RACE**  
North Yorkshire  
AS/5.5m/1650ft 03.06.06

1. C. Roberts O/40	Kend	48.01
2. T. Austin	DkPk	48.23
3. M. Wyatt O/40	BFR	48.38
4. C. Birchall O/40	Leeds	48.41



5. A. Breaks	CaldV	48.46
6. R. Pattinson O/40	P&B	48.56
7. S. Oldfield O/50	BfdAire	49.07
8. D. Golding	Amble	50.32
9. L. Banton	Clowne	51.51
10. S. Hadsman	Tod	51.53

#### VETERANS O/50

1. (7) S. Oldfield	BfdAire	49.07
2. (16) M. Walsh	Kend	54.11
3. (19) G. Schofield	Horw	55.03

#### VETERANS O/60

1. P. Heneghan	Horw	70.59
2. P. Dowker	Kend	71.01
3. R. Johnson	CFR	89.43

#### VETERANS O/70

1. A. Mennary	DFR	82.19
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"So that's how it's done!" Natalie White floats above the ground at Pen y Gwern. Photo - Woodhead

#### LADIES

1. (17) N. White	Bing	54.16
2. (24) J. Waites	CaldV	56.17
3. (36) L. Lacon	Holmf	58.45
4. (45) E. Barclay	Ilk	60.13
5. (46) S. Beconsall O/45	Bing	60.52

#### GLAS TULAICHEAN UPHILL RACE

Glenshee

AS/4.5m/2200ft 03.06.06

A good turn-out considering the congestion of the fixture list. The Lochsie Burn was much lower than last year and the track above the ruined lodge has been improved, but times were on the slow side because of the strong cold headwind.

Joe Symonds was a clear winner from a strong men's field, showing why he was Scotland's leading runner in the World Trophy in New Zealand last Year. Prasad Prasad, a racing cyclist, tried the event in 2003 as his first ever hill race. He improved by two places and 29 seconds this time. Another improving youngster was Simon Winton, the landowner, who was 2 minutes 45 seconds faster than last year. The race would not be possible without Simon's enthusiastic support and encouragement. We are grateful also to the Dundee Hawks crew, Irene Gibson, Steve Cromar, and co. for first aid cover, home baked cakes etc. Also thanks to the Lothian mob

of Mark, Robin, Val and Edell for timekeeping, baggage handling and looking after the old man.

Ben Preece came over on Friday to help me mark the course. He carried most of the gear and used his Satellite GP system to establish the locations for the Km markers. Remarkably in each case over the whole 4? miles, the cumulative error of Ben's measurement was always less than 100m, compared with my previous 'guestimometer' method! I would be interested to hear from runners as to whether they think that these markers add interest/incentive.

Lastly, and controversially I have noticed that we are supposed to have gone metric. When our currency converted years ago, old fogies like me thought that it would never catch on. But it seems to have worked very well, except that the price of beer keeps rising. Did you notice that our maps all went metric yonks ago? The grid is in kilometres and the height in meters. So when folk like me plan events, we use these measurements to calculate height gain and distance. Is it not daft that we then have to convert back to imperial? Should we not join the 21st century?

I hope to see you next year.

#### Martin

1. J. Symonds	Dundee	36.52
2. P. Prasad	Clydes	37.48
3. A. Symonds	Kend	38.06
4. G. Stewart	Ed'burgh	38.15
5. B. Quinn O/40	Kilbar	38.21
6. J. Marek	Ed'burgh	38.51
7. E. Jardine	Gala	39.29
8. D. Cummins	Shettle	40.27
9. D. Wier O/40	Fife	40.41
10. A. McCall	Greenock	41.24

#### VETERANS O/50

1. (12) K. Varney	Cosmic	42.31
2. (18) K. Whyte	Lochaber	46.15
3. (25) S. Dempsey	Lothian	49.25

#### VETERANS O/60

1. (37) C. Love	Dundee	54.11
2. (47) S. Cromar	Dundee	61.08

#### LADIES

1. (34) J. Whitehead O/40	Ed'burgh	53.29
2. (39) K. Miller	W'lands	54.21
3. (42) J. Salvona O/40	Lothian	56.49
4. (45) A. Stone O/50	Cosmic	58.08
5. (46) E. Stewart O/40	Cosmic	59.57

#### 50 finishers

#### WELSH 1000 METRE PEAKS

Gwynedd

AL/22m/8000ft 03.06.06

The 36th Welsh 1000 metre Peaks race this year was blessed with fine weather - which may have been too fine for some runners! Over 350 entries were received for the two races, with a 280+ turnout on the day. The weather did everything to please the organiser's wishes; blue sky, gentle breezes and clear visibility. The drinks stations were left empty and the runners suffered!

Tim Higginbottom was amongst the lead runners from the start at Llewellyn with Joe Blackett second and Chris Near third making up the leading group. The descent to Ogwen gave Tim a 2 minute lead which he had stretched to 4 minutes by Pen y Pass. In the heat of the Pyg Track on Snowden, Blackett turned on the pressure, eventually closing the gap to one minute and the dash for Snowdon, in about 8 minutes, saw Higginbottom winning by 8 seconds, a remarkable result! Jenny Ewels was first lady in 5.42.36.

In the short race, a mere 12 miles, Adam Haynes led the field home in a time of 1.50.06. Stel Farrar was first lady, 2.20.31

#### Harvey Lloyd

1. T. Higginbottom	Eryri	4.03.56
2. J. Blackett O/40	DkPk	4.04.04
3. C. Near	Eryri	4.05.02
4. T. Jones O/40	Eryri	4.32.35
5. N. Hockley	WFRA	4.35.26
6. S. Ellis O/40	Tatten	4.35.29
7. A. Smalls	Colch	4.38.33
8. P.Wilkin O/40	Th&S	4.47.03
9. C. Jones	NWales	4.50.34
10. D. Booth	MDC	4.54.35

#### VETERANS O/50

1. (13) B. Stadden	Bitton	4.57.55
2. (18) G. Oldrid	Aberyst	5.18.06
3. (21) T. Hodgson	BroDys	5.27.41

#### VETERANS O/60

1. (33) A. Oliver	Eryri	5.43.40
2. (39) J. Mursell	Totton	5.58.19

#### LADIES

1. (32) J. Ewels	Clwydian	5.42.36
2. (37) M. Gillie	Clwydian	5.49.20
3. (47) J. Wells	NWRR	6.18.46
4. (56) M. Oliver O/50	Eryri	6.26.52

#### 60 finishers

#### SHORT RACE

1. A. Haynes O/40	Meirionnydd	1.50.06
2. G. R. Williams O/40	Menai	1.51.22
2. S. Cannons O/40	Unatt	2.02.47

#### VETERANS O/50

1. (12) M. Blake	Eryri	2.22.43
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#### VETERANS O/60

1. (20) D. Hall	Gorphwysfa	2.43.51
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#### LADIES

1. (10) S. Farrar O/40	Eryri	2.20.31
2. (13) L. Porter	WestEnd	2.25.10
3. (14) E. Salisbury	Eryri	2.26.33

#### 30 finishers

#### GARBURN TRAIL RACE

Cumbria

BM/20.7km/575m 04.06/06

A carnival atmosphere and riot of noise and colour greeted the 514 finishers of this year's Garburn Trail. The samba drumming band, Kookaburra All-Stars, a PA commentary, Lakeland Radio roadshow, music, bouncy castles and slides, outdoor caterers, marquees and flags from each of the nine countries represented were all crammed into the finish arena of Elleray School grounds in Windermere.

Winner of the Garburn Trail Race in a new course record was in-form Andy Norman, closely followed by Andi Jones. Jethro Lennox in 3rd, Mark Croasdale, Nick Leigh and Ricky Lightfoot completed the high quality top six before Mary Wilkinson sprinted into the finish in an unbelievable 7th place. Mary's time smashed Vic Wilkinson's record of last year by six minutes - a world class performance.

Both the winners took home £150 in cash, along with Puma sportsgear and won a free trip to this year's Thyon-Dixence mountain trail race in Switzerland. Over £2000 worth of prizes were on offer from sponsors Puma and Lakeland Limited.

This unique European style event, with a marked and marshalled point to point course, attracts competitors from all over the UK as well as from overseas. Fell runners get a chance to take on road and cross country runners over a straight race without the need for navigation skills or local knowledge. The all-inclusive "sport for all" ethos of the event with a "Challenge" for less



Andy Norman coming home to win at Garburn  
Photo - Woodhead

competitive runners and Nordic walkers, setting off an hour and a half before the main Trail Race, encourages all abilities to take part. The event has grown from just 80 entrants in September 2004, to 650 entrants this year, filling two months before the race.

Next year's event is on Sunday 3rd June 2007 and will be a full International race.

*Graham Patten*

1. A. Norman	Altrin	75.37
2. A. Jones	Salf	76.32
3. J. Lennox	Shettle	80.44
4. M. Croasdale O/40	LancsM	81.01
5. N. Leigh	Altrin	81.11
6. R. Lightfoot	Ellenb	84.21
7. R. Lawrence	Bing	86.40
8. P. Dugdale O/40	Kend	88.04
9. C. Steele	Cumber	88.04
10. K. Hodgson	HullUni	88.16



Mary Wilkinson not looking "Scary" at all at Garburn  
Photo - Pete Hartley

**VETERANS O/50**

1. E. Davies	Mald	91.26
2. P. Butterworth	Clay	95.04
3. G. Farmer	OakPark	97.44

**VETERANS O/60**

1. D. Waywell	Wesham	104.02
2. G. Breeze	Skyrac	111.09
3. T. Wrathall	Unatt	124.16

**LADIES**

1. M. Wilkinson	Skip	84.49
2. J. Buckley	CaldV	96.24
3. S. Campbell	Allenb	97.38
4. C. Leah	Clay	99.29
5. K. Robertson	N'bland	101.50

514 finishers

**GARBURN ENGLISH JUNIOR CHAMPIONSHIPS**  
Cumbria  
04/06/06

The country's top junior fell runners were treated to an international standard race at this year's Garburn event. The testing course, with a fast spectator lap, then a steep climb up and down Orrest Head from Ellera School, Windermere, also tested how they would cope under the pressures of a big stage environment.

The Under 14's, Under 16's and Under 18's all ran exactly the same course, making for some interesting time comparisons.



Lucy Harris of Penmine scrambles into view at the Garburn Junior Race - Photo - Woodhead

The course was almost entirely on private land, with special permission from the National Trust and tenant farmers to erect a temporary stile on a wall crossing. The first three in each age category won some great prizes from sponsors Puma and Lakeland Limited, and all the finishers won an engraved medal.

**BOYS U/18**

1. N. Swinburn	N'bland	11.55
2. S. Mitchell	ValeR	12.42
3. J. Hare	Hfx	12.46

8 finishers

**GIRLS U/18**

1. D. Allen	Leigh	15.14
2. J. Reed	Chestfld	15.22
3. A. Anderson	Pendle	15.36

6 finishers

**BOYS U/16**

1. S. Barber	Stockp	13.22
2. L. Maude	Skip	13.31
3. J. Kelly	Ross	13.36

13 finishers

**GIRLS U/16**

1. R. Stuart	Kesw	14.50
2. H. Bateson	LancsM	15.09
3. L. Kay	Stockp	15.15

10 finishers

**BOYS U/14**

1. L. Jones	Matlock	13.41
2. R. Gould	EChesh	13.51
3. J. Modley	LancsM	14.08

25 finishers

**GIRLS U/14**

1. M. Hyder	Dallam	13.59
2. L. Riches	Leigh	15.42
3. Ap. Stevenson	Horw	15.48

6 finishers

**BOYS U/12**

1. R. Addison	HelmH	10.28
2. J. Knox	HelmH	10.50
3. D. Foy	Ellenb	10.54

18 finishers

**GIRLS U/12**

1. H. Bethwaite	Ellenb	11.25
2. E. Taylor	Ilk	11.49
3. R. Hellawell	Kghly	11.50

10 finishers

**BOYS U/10**

1. S. Jonson	Ellenb	4.02
2. T. Taylor	Stramongate	4.10
3. T. McGuinness	EChesh	4.19

29 finishers

**GIRLS U/10**

1. T. Wilson	Ellenb	4.38
2. A. Garnett	St Michaels	4.44
3. L. Appleyard	HelmH	4.45

19 finishers

**BOYS U/8**

1. C. McAleavey	CFR	2.08
2. F. Robertson	N'bland	2.09
3. C. Johnson	Canhead	2.10

18 finishers

**GIRLS U/8**

1. L. McGuinness	EChesh	2.11
2. P. Byron	Hexham	2.12
3. C. Hurton	Eden	2.26

30 finishers

**MALLERSTANG AND NINE STANDARDS YOMP**  
Cumbria

BL/23m/3700ft 04.06.06

Total Entries this year was 557; Full Course 240; Half Course 202; Short Course 115.

A splendid turnout and the weather was mostly dry with some fairly strong wind on parts of the course. There were no new records set which was probably due to the very warm conditions which no doubt sapped the strength on the steep climbs which feature on all three courses.

The team from the Rotary Club of Keswick consisting of Rotarians Mike and Gavin Ryder and Patrick Stokes won the High Seat Cup for



the second successive year narrowly beating the Rotary Club of Penrith.

Bellahouston Road Runners from North of the Border took two team trophies and one of their members Emma Birmie was the fastest female Yomper on the Full Course.

Her Majesty's Forces were particularly well represented with contingents of Regular and Volunteer Regiments in the Full and Half Courses. The Lancastrian & Cumbria Volunteers took the trophy for the fastest TA team and No 5 Regiment RA won the trophy for the fastest Regular Services team in the Full Course.

Members of the Air Cadet Force gave valuable assistance with communications and many local volunteers and the partners of Rotary Club members gave tremendous support in the School Base and on checkpoints around the course. The local Mountain Rescue Team was on stand-by in case of any emergencies and a number of helpers came out on their quad bikes marked out the routes and carried supplies to the high checkpoints whilst others turned out with their trailers to provide shelter for Marshals and for Yompers at the various Roadside checkpoints.

All finishers also received a special Certificate to commemorate their special day on the Fells and the Rotary Club will organise a presentation evening within the next two weeks to present cheques to the main charities and to present trophies and medals to all winners.

Cumbria Classic Coaches once again kindly provided a vintage coach complete to convey the Short Course entrants from Kirkby Stephen up to their starting point at Tailbridge on the Nateby to Swaledale road a spectacular trip for the many juniors heading for the start point.

The basic costs for the printing of posters and forms, publicity, equipment and postages etc for this years event were generously covered by sponsorship from W A Developments of Appleby.

The quickest Yompers on the 6 1/2 mile Short Yomp also deserve a mention. They were:-

U/16 Male Harry Pulham 00:57 mins

Female C Ladhams 01:42 mins

Adult Male Andrew Pulham 00:57 mins Female S Moffat 01:14 mins

The Rotary Club offer their most sincere thanks to all who supported us on the day and in the preparations for the event. We will be back again looking for entries for 3 June 2007.

Bill Watkin

#### SHINING CLIFF FELL RACES Derbyshire BS/5m/900ft 4.06.06

It was a double comeback at the final race in the Shining Cliff Woods Fell Race Series held in the wonderful Derbyshire woodland on Sunday 4 June in excellent conditions.

Both Steve Penney of Chesterfield and Stewart Gregory from the West Bridgford based Holme Pierrepont club were returning to the fells after long, injury-enforced absences.

Penney, winner of so many fell races in the previous two seasons, led at the end of the first lap by a clear 20 seconds but the controlled running of Gregory hauled back the leader on the long, undulating opening section of the final lap and shot ahead up the steep ascent into the depths of the forest to extend his advantage to 79 seconds at the end.

David Denton



Another exponent of non-ground contact - Tanya Taylor at Shining Cliffs Photo - Adam Bridgen

1. S. Gregory O/40	HolmeP	29.53
2. S. Penney	Chesterf	31.12
3. M. Webster	Unatt	31.32
4. G. Moffatt	HolmeP	31.47
5. T. Murden O/40	Shelt	31.51
6. C. Rowe O/40	Mat	32.59
7. R. Wilkinson O/40	LongEat	34.19
8. S. Edwards O/40	Belper	34.37
9. M. Moorhouse O/50	Mat	34.43
10. D. McCabe O/50	Don&Stain	35.06

<b>VETERANS O/60</b>		
1. (34) B. Jarvis	HolmeP	42.29
2. (52) B. Allsop	BellHarp	47.14
3. (53) A. Bourne	Staffs	48.22

<b>LADIES</b>		
1. (24) T. Taylor	MiltKey	39.37
2. (32) A. Heading	Milltown	41.55
3. (35) C. Lee O/40	Shelt	42.30
4. (39) E. Bridgen	Erewash	43.47
5. (43) M. Mills O/40	HolmeP	44.51

#### 60 finishers

<b>Short race</b>		
1. H. Cameron Jun Lady	Mat	21.21
2. S. Lander Jun Lady	Erewash	23.22
3. M. Mee Jun Lady	Unatt	26.07

#### SADDLEWORTH FELL RACE Lancashire AS/3m/950ft 04.06.06

1. C. Leigh	Traff	22.29
2. A. Norie	Saddle	22.57
3. A. Kirk O/45	Penn	23.25
4. M. Kieras	Glossop	23.37
5. C. Moriarty O/40	Penn	24.12
6. A. Grenfell	Ross	24.28
7. P. Burnett	Tod	24.34
8. A. Kelly	Ross	24.37
9. S. Clawson	Ross	24.57
10. K. Russell	Ross	25.03

<b>VETERANS O/50</b>		
1. (19) P. McNulty	Rad	27.29
2. (26) M. Moran	Roch	28.02
3. (27) A. Bocking	Chesh	28.04

<b>VETERANS O/60</b>		
1. (51) T. Greene	Saddle	33.08
2. (57) P. Ehrhardt	Tod	38.30

<b>VETERANS O/70</b>		
1. (55) R. Lee	Middle	36.31

<b>LADIES</b>		
1. (25) D. Allen-Cartwright	Rad	28.00
2. (30) H. Corbishley	Ross	28.12
3. (32) A. Lupton	Rad	28.42
4. (39) G. Dewhurst	Rad	29.43
5. (40) S. Kiveal O/45	Saddle	30.10
(50) K. Sinkinson O/40	Holmf	33.00
(53) S. McNulty O/55	Rad	34.55
(58) R. Hare O/50	Middle	43.44

#### 59 finishers

#### DUDDON VALLEY FELL RACE Cumbria AL/20m/6000 03.06.06

We were blessed with a beautiful sunny day, and 136 runners competed in the gruelling 20 mile, 6000 ft of climb, Long Duddon fell race which, starting and finishing by the Newfield Inn at Seathwaite, takes in the summits of Harter Fell, Hardknot, Little Stand, Three Shires Stone, Swirl How, Dow Crag, White Pike and Caw.

The winner was John Heneghan, with Lloyd Taggart second and Mike Fanning third. First lady was Helene Diamantides, and Borrowdale won the team prize.

The winning time of 2 hours 59minutes 5 seconds was some 13 minutes quicker than last year when conditions were more challenging.

Rob James won the 13 mile Duddon short with club mate Lindsay Buck, first lady. The evening concluded as usual with a music night at the Newfield Inn.

James Goffe

<b>LONG RACE</b>		
1. J. Heneghan	P&B	2.59.05
2. L. Taggart	DkPk	2.59.50
3. M. Fanning	Borr	3.03.40
4. A. Schofield	Borr	3.04.12
5. G. Thorpe O/40	Amble	3.17.33
6. J. Rank O/40	Holmf	3.18.34

<b>VETERANS O/50</b>		
1. (32) I. Cowie	Mercia	3.44.01
2. (42) I. Block	CFR	3.52.05

<b>VETERANS O/60</b>		
1. (72) D. Lucas	Roch	4.21.49

<b>LADIES</b>		
1. (22) H. Diamantides O/40	Carn	3.36.12
2. (38) J. Lee	Eryri	3.47.02
3. (51) R. Cash	Borr	4.00.52
(66) W. Dodds O/50	Clay	4.17.45

<b>SHORT RACE</b>		
1. R. James	CFR	1.41.14
2. S. storey	DkPk	1.41.59

<b>LADIES</b>		
1. (14) L. Buck	CFR	2.19.31

#### WHARFEDALE OFF-ROAD MARATHON AND HALF MARATHON CL/26m/2600ft 03.06.06

I am really pleased with how the event is progressing. The marathon is now in its fourth year and the half in its second year. There were 70 entries in the marathon and 100 in the half.

The races are set in some of the best scenery in the UK and I'm sure the races will continue to grow.

Mick Hawkins

1. J. Aylward O/40	P&B	3.07.30
1. G. Bailey	Kghly	3.07.30
2. P. Hart	Dumfries	3.14.40
3. S. Watkins	Baild	3.17.40
4. I. Sharpe	Unatt	3.19.55
5. S. Webb O/40	VStr	3.20.12
6. S. Williamson O/40	Watford	3.22.47
7. M. Terry O/45	Clay	3.24.22
8. M. Brady O/40	Clay	3.28.20
9. P. Hindle O/40	Kghly	3.34.36
10. G. Cuncliffe O/45	Clay	3.39.30

#### VETERANS O/50

1. (13) B. Carey	LincWel	4.04.25
2. (20) E. Roche	Corby	4.21.38
3. (22) D. Nicholas	ChapAllert	4.24.42

#### VETERANS O/60

1. (36) B. Wilkes	Unatt	4.50.42
2. (53) A. Ratcliffe	Kghly	5.44.54

#### LADIES

1. (11) A. Bogie	Unatt	3.39.34
2. (19) K. Ruffell O/40	Totley	4.16.58
3. (20) E. Roche O/50	Corby	4.21.38
4. (31) K. Boobyer	P&B	4.38.06
5. (41) D. Rosen	Ilk	5.21.36
(43) R. Bedford O/45	DenbyD	5.27.24
(44) C. Rose O/50	Skipt	5.33.38

#### 54 finishers

#### HALF MARATHON

1. R. Barrett O/40	Skipt	1.34.40
2. M. Mousdale O/40	Unatt	1.41.45
3. M. Stenton O/45	DkPk	1.44.20
4. A. Moore O/45	DkPk	1.45.56
5. N. Pate	Skipt	1.46.07
6. S. White O/50	Clay	1.47.04
7. J. Pickup O/50	Clay	1.48.01
8. M. Hulley	DkPk	1.52.57
9. D. Barrett	Skipt	1.53.32
10. C. O'Doherty	Unatt	1.55.24

#### VETERANS O/60

1. (15) P. Robinson	Otley	1.58.56
2. (80) P. Scanlon	Spenn	2.30.10
3. (81) D. Stead	P&B	2.30.41

#### LADIES

1. (11) K. Chown O/40	Skipt	1.55.26
2. (25) C. Pollard O/45	NYM	2.04.20
3. (33) M. Green O/45	Bing	2.08.01
4. (34) J. Yates O/40	DenbyD	2.08.08
5. (42) C. Pearson	Skipt	2.13.44
(43) S. Noriss O/50	Horw	2.13.52
(91) J. Horan O/60	Rother	2.38.46
(98) R. Leach O/50	Ilk	3.05.28

#### 100 finishers

#### CARRAUNTOOHILL MOUNTAIN RACE

Co. Kerry, Eire

13.7km/1126m 04.06.06

Four Bowland members decided to have a long weekend 'over the water' to take in this event, in the stunning mountain landscape of Co. Kerry. They were joined by Horwich's Brendan Bolland and exiled Bowlander, Steve Sweeney, who drove down from Donegal. They enjoyed Mediterranean type weather and overwhelming hospitality from Sean and Brendan's parents, for the full duration of their visit.

Sean and Brendan took sibling rivalry to a new dimension as they shared the lead over the 3000ft summits of Caher West and Caher (main), closely pushed by local V45 and course record holder John Lenihan, to the final climb of Carrauntoohill. Here Brendan started to open up a slight lead and was first round the turn, before retracing the outward route, closely pursued by younger brother Sean, then John, followed by eventual winner Eoghan McKenna, making his move on the long swooping descent from Caher West. The utility company's track down from the reservoirs in the glen is now

concreted for the final steep 500 metres to the finish by the gate on to the public road. This took its toll! Both Eoghan and Brendan required medical treatment for badly blistered feet.



Sean Bolland and John Lenihan head off the summit at Carrauntoohill Photo - Ian Taylor

In Kerry, John Lenihan, a sheep farmer and ex road runner who lives within 20 miles of Carrauntoohill, is accorded the type of respect normally reserved for Joss in the Lakes. At the finish, a car pulled up and one of the lady occupants asked what was going on. Steve Sweeney replied, "We've just finished a mountain race." The other lady in the car retorted, "Oh, of course! That's John Lenihan over there." With which they continued their journey.

This year John was carrying an injury resulting from last year's race and recorded his personal worst time in the 17 years that he's been entering - look at the results and many would be happy to trade places with him!

#### Ian Roberts

1. E. McKenna		80.42
2. B. Bolland		80.53
3. S. Bolland	Bowl	83.34
4. J. Lenihan O/45	Riocht	85.00
5. D. Doyle		88.44

#### LADIES

1. (13) B. McCluskey	Crusad	100.06
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#### 62 finishers

#### COLEDALE HORSESHOE FELL RACE

Cumbria

AM/9m/3000ft 06.06.06

The weather was absolutely perfect, and even the Braithwaite midges waited until the last half-hour to make an appearance.

We were gratified by the excellent turnout of 103 runners, considering that this year's race was preceded by the Duddon on the previous Saturday, and followed by the Blencathra on the Wednesday and the Ennerdale, a championship, on the next Saturday.

Only 3 retired, all at an early stage and in good shape. Everybody was back safely within a reasonable time, and there were some terrific performances, both at the head of the field and amongst the age groups. Congratulations to everyone.

Thanks as always to the many, many helpers we had who made the organiser's job relatively stress free - marshals on the fell, on the road and in the field, to Ken Hargreaves, who came back to present the prizes many years after the company he worked for sponsored the event, and to Scotgate Caravan Park again for their support in allowing us to use their excellent facilities.

Barry Johnson

1. S. Booth	Borr	1.14.19
2. C. Doyle	Traff	1.18.20
3. N. Fish	Amble	1.18.50
4. N. Lockwood	Kesw	1.19.01
5. C. Stead	N'bland	1.19.44
6. C. Steele	CFR	1.21.11
7. P. Corforth O/40	Borr	1.22.39
8. A. Robertshaw	Otley	1.23.10
9. C. Hope	Borr	1.24.04
10. J. Bulman	High'low	1.24.12

#### VETERANS O/50

1. (13) J. Holt	Clay	1.29.00
2. (28) D. Richardson	HelmH	1.34.29
3. (41) L. Thompson	Kesw	1.40.57

#### VETERANS O/60

1. (63) P. Dowker	Kend	1.50.52
2. (75) A. Buckley	Kesw	1.56.10
3. (91) R. Burchett	Kesw	2.12.57

#### VETERANS O/70

1. (98) I. Addison	Kesw	2.30.43
2. (99) J. Rutter	Kesw	2.39.54

#### LADIES

1. (41) L. Thompson O/50	Kesw	1.40.57
2. (48) C. Sudaby	Unatt	1.44.18
3. (55) L. Griffiths	CFR	1.47.51
4. (66) K. Forster O/40	Spect	1.51.46
5. (68) J. Moore	Kesw	1.52.33
(81) Y. Richardson O/40	Unatt	1.58.55
(97) J. Laycock O/50	Kesw	2.21.34

#### 100 finishers

#### THE KRUNCE 3.5m/500ft 6.06.06

With thanks to Janet Rennie and for officiating, to Bob Sheridan for clearing the course and to Forest Enterprise for access.

Balmy summer evening and about as dry as it gets underfoot.

1. M. Beattie	22.45
2. K. Greig	23.38
3. M. Fitchie	24.04
4. K. Robertson	24.07
5. C. Pryce O/40	24.12
6. J. Williamson	24.14
7. B. Sheridan	24.29
8. D. McDonald O/40	24.43
9. J. Bellarby	24.49
10. R. Lang	25.38

#### VETERANS O/50

1. (17) A. Jermieson	27.32
2. (18) G. Gutteridge	28.12
3. (21) J. Colegrave	28.35

#### LADIES

1. (11) S. Wingrove	25.56
2. (25) N. White	29.25
3. (26) F. Thompson	29.31
4. (28) J. Eaton	29.36
5. (35) E. Stewart	32.06

#### 41 finishers

#### PADDY'S POLE FELL RACE

Lancashire

AS/4.5m/1100ft 06.06.06

This was the 18th running of this cracking race and my first as organiser. Thankfully, everything seemed to run smoothly on an excellent evening for fell running. It was great to see numbers increasing with 153 starters including 22 ladies.

Many thanks to the land owners, helpers, marshals and our ladies for sorting the pie and peas in the village hall. Thanks also to Sweatshop for the vouchers, Ashworth's for the pies and Pete Marquis for the portaloos. Hopefully we can get toilets every year, sponsorship willing. We also had our president and International runner Helen Clitheroe, who



came straight from her busy training schedule to present the prizes. Congratulations to Simon on winning as he is a regular competitor.

See you all next year and bring a friend.

Michael McLoughlin.

1. S. Thompson	Clay	31.56
2. B. Hoggam	Acc	33.10
3. M. Chippendale	Bowl	33.15
4. M. Tickle	Horw	34.08
5. M. Boardman O/40	Newb	34.10
6. S. Swarbrick	Bowl	34.11
7. D. Headifen	Darwen	34.25
8. A. Alty O/40	Chorley	34.30
9. T. Burnett	Tod	34.35
10. A. Life O/40	Clay	34.51

**VETERANS O/50**

1. (22) J. Hope	P&B	36.54
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**VETERANS O/60**

1. (36) J. Nuttall	Clay	38.44
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**VETERANS O/70**

1. (140) H. Catlow	CFR	54.18
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**LADIES**

1. (45) A. Gowans O/40	Acc	39.29
2. (59) P. Walsh O/40	Prest	40.42
3. (80) K. Nash O/40	Prest	42.22
(147) M G Dixon O/60		

**151 finishers**

**BLENCATHRA FELL RACE**

Cumbria

AM/8m/2700ft 07.06.06

In contrast to last year's pea-soup mist, this year's Blencathra was held on a beautiful, clear summer's evening. There was an excellent turnout of 94 runners, considering that Coledale Horseshoe was held the previous night. The balmy weather was most welcome, considering that this is an entirely outdoor affair with no facilities – and apart from the carnivorous midges, marshalling must have been an enjoyable experience this year.

This was my first event as race organiser (on behalf of Eden Runners) and thanks to an excellent race control team, I was able to participate in the race – leading out (perhaps a little too keenly!) up the initial steep climb from the valley bottom, through the fast growing bracken, until the long drag up to Bowscale summit, where the faster runners took the lead.

Underfoot conditions were unusually dry and firm, but there were still tricky waist-deep peat bogs awaiting those attempting to short cut to Blencathra summit.

Credit must go to all the runners who adhered to the marked descent off Souther summit to the finish.

All 94 starters finished safely, including the Cumbria police runners, who were using Blencathra as part of their championship. The overall victor was Steve Oldfield, and the first lady was Phillippa Jackson, who came within a mere 27 seconds of the course record of 1994.

Big thanks to all the marshals and helpers who did Eden Runners proud, and to the good people of Mungrisedale. Especially big thanks to Joe Faulkner for showing me the ropes and helping out on the big night.

Hope to see you all again next year!

Anthony Labram

1. S. Oldfield O/50	BfdAire	69.25
2. R. Maddams	Horw	69.52
3. D. Birch	Kesw	70.36
4. N. Lockwood	Kesw	71.03

5. M. Cunningham	Borr	72.48
6. R. Suddaby O/40	FRA	72.49
7. M. Howard	Borr	73.56
8. A. Beaty O/40	CumbPolice	74.45
9. D. Ward	Borr	74.57
10. K. Hagley O/40	SWRR	75.01

**VETERANS O/50**

1. (1) S. Oldfield	BfdAire	69.25
2. (14) R. Crossland	BfdAire	78.08
3. (31) T. Tombs	Unatt	86.00

**VETERANS O/60**

1. (63) T. Hawkins	Unatt	95.58
2. (76) A. Buckley	Kesw	102.05

**LADIES**

1. (11) P. Jackson	Kesw	75.01
2. (29) R. Vincent	Tyne	85.01
3. (34) K. Beaty	CFR	86.54
4. (72) J. Moore	Kesw	99.46
5. (75) K. Colam	Kesw	100.27

**94 finishers**

**CALVER PEAK FELL RACE**

Cumbria

BS/5m/900ft 07.06.06

The Calver Peak fell race finally benefited from the beautiful summer evening that had been missing from previous events. A record number of runners turned out for a good run over a dry and fast course that saw a number of records broken including Mike Egner's excellent performance in the MV50 category. It was good to see many familiar faces at the race including Tim Austin who won overall.

Many thanks again this year to all those who helped make the event such a success. Particular thanks go to the registration team, the marshals and all those who helped with setting up, organising drinks etc. Special thanks must also go to Outside (Mountain Shops) for once again providing excellent prizes, the Derwentwater Arms for providing such a good venue for the event and the St Johns Ambulance.

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

1. T. Austin	DkPk	30.54
2. R. Little	DkPk	31.20
3. A. Thate	Hallam	31.31
4. P. Winskill	DkPk	32.47
5. L. Banton	Clowne	33.01
6. A. Buckley	DkPk	34.00
7. M. Sprot	DkPk	34.06
8. M., Egner O/50	DenbyD	34.35
9. S. Patton	DkPk	34.52
10. R. Smith	DkPk	35.17

**VETERANS O/40**

1. (17) R. Hutton	Unatt	36.53
2. (21) J. Bell	DenbyD	37.17
3. (22) R. Murray	Unatt	37.19

**VETERANS O/50**

1. (8) M. Egner	DenbyD	34.35
2. (11) A. Marchington	Mat	36.07
3. (12) D. Appellton	FatBoys	36.17

**LADIES**

1. (14) R. Proctor	Norw	36.40
2. (23) L. Lacon	Holmf	37.24
3. (29) L. Adams	Hallam	38.10
4. (52) D. Smith	DkPk	40.50
5. (68) S. Ward O/40	DkPk	43.08
(85) J. Searle O/40	DkPk	45.10

**133 finishers**

**RAINOW FIVE**

Cheshire

BS/5m/750ft 07.06.06

170 runners enjoyed the benefits of glorious weather as they raced over Kerridge. The race was won by Andrew Lamont after a tough battle with Jon Chapman and Jed Cudahy. Although the times were a little slower than last year there were some outstanding individual performances. Of note was Ben Gregory's 6th place, over 2 minutes quicker than his previous year's time. Not bad for a V50!

Many thanks as always to the runners and those who helped with teas and registration.

Colin Fray

1. A. Lamont	Macc	33.39
2. J. Chapman	Unatt	34.14
3. G. Cudahy	Stockp	34.23
4. B. Heaton O/40	Wilms	35.39
5. A. Pead O/40	Unatt	35.45
6. B. Gregory O/50	CHR	36.12
7. R. Murray O/50	Macc	36.25
8. T. Taylor O/50	Macc	36.28
9. M. Thomson O/40	Buxt	36.32
10. B. Blyth O/50	Macc	36.46

**VETERANS O/60**

1. (39) K. Burgess	Altrinch	40.25
2. (74) C. Ardron	Macc	44.38
3. (105) R. Ashey	Sale	46.52

**LADIES**

1. (55) R. Moore	Unatt	41.47
2. (71) R. Cole O/40	Buxt	44.11
3. (81) J. Newton O/40	Stockp	44.56
4. (88) C. Chapman	Unatt	45.29
5. (90) A. Whewell	Stockp	45.52
(97) A. Jones O/50	Altrinch	46.27
(130) R. Mann O/50	Stockp	50.21

**170 finishers**

**RAAS SKYLLEY PHERICK NY HINSHLEY**

(PATRICK FELL RACE)

Isle of Man

AM/9.5m/2600ft 10.06.06

It was a wonder the Patrick Fell Race actually took place in 2006. The path on the final section of the course was closed due to severe erosion, plus the race clashed with the England v Paraguay game – prospects weren't good.

Fell running stalwart, Ian Callister, reconnoitred an alternative flagged route, however he may not have been a popular man after the finish line, as it lengthened the course by 1 1/2 miles over difficult terrain; he was unable to do anything about the England game however!!

Despite these obstacles Simon Skillicorn produced a cracking time, well ahead of his immediate rivals Steve Partington, who is noted more for his race walking exploits and veteran over 55 athlete Doc Young. Top lady Rose Hooton ran extremely well to finish in the top ten.

Christine Barwell

1. S. Skillicorn	Manx	1.44.02
2. S. Partington	Manx	2.00.58
3. D. Young O/55	Manx	2.01.32

**LADIES**

1. R. Hooton	Manx	2.26.30
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**TANSLEY HILL RACE**

Derbyshire

CS/4.2m/600ft 10.06.06

Despite competition from England's opening game in the World Cup, we still managed to start with 40 runners. We were pleased to welcome a group of runners from Portsmouth who were spending a few days in the Peak District. It was a successful visit for one of their

members, Rosalind Marsh, who came in as first lady. Susan Metheringham returned to again be first lady vet. After coming second in previous years, Robert Keal was a clear winner this time out. Mick Stenton was second and also first vet and Simon Brister was once again first V50. Prizes were given to category winners and medals to all finishers.

My thanks to everyone who helped, in particular my co-organiser Ruth Cooper and her husband, Ian, who made the race possible.

Barry Mosley

1. R. Keal	Redhill	27.19
2. M. Stenton O/40	DkPk	29.29
3. C. Chambers	Eastleigh	30.59
4. J. Birch O/40	Wirks	31.04
5. R. Gibson O/40	DkPk	31.45
6. N. Short O/40	NDRC	33.03
7. S. Brister O/50	Mat	33.08
8. M. Hulley	DkPk	33.14
9. P. Wilmot	Unatt	35.07
10. K. Spencer O/40	Unatt	35.15

**VETERANS O/50**

1. (7) S. Brister	Mat	33.08
2. (12) S. Holt	Mat	37.06
3. (19) J. Allen	Unatt	40.30

**VETERANS O/70**

1. (16) B. Rogers	NVets	39.12
2. (28) B. Howitt	Mat	42.59

**LADIES**

1. (15) R. Marsh	Ports	38.58
2. (17) S. Metheringham O/40	Unatt	39.36
3. (29) A. Colmar O/40	Unatt	43.10
4. (31) S. Allen O/40	Unatt	44.05
5. (33) M. Marsh O/40	Ports	44.34

**38 finishers**

**RAAS SKYLLEY PHERICK NY HINSHLEY  
Isle of Man  
AM/9.5m/2600ft 10.06.06**

It was a wonder the Patrick Fell Race actually took place in 2006. The path on the final section of the course was closed due to severe erosion, plus the race clashed with the England v Paraguay game – prospects weren't good. Fell running stalwart Ian Callister reconnoitred an alternative flagged route, however he may not have been a popular man after the finish line, as it lengthened the course by 1½ miles over difficult terrain; he was unable to do anything about the England game however!!

Despite these obstacles Simon Skillicorn produced a cracking time, well ahead of his immediate rivals Steve Partington, who is noted more for his race walking exploits and veteran over 55 athlete Doc Young. Top lady Rose Hooton ran extremely well to finish in the top ten.

Christine Barwell

1. S. Skillicorn	Manx	1.44.02
2. S. Partington	Manx	2.00.58
3. D. Young O/55	Manx	2.01.32

**LADIES**

1. R. Hooton	Manx	2.26.30
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**THE CARNIVAL  
West Yorkshire  
BS/5.8m/1150ft 10.06.06**

Let's be honest, a new fell-race lined up to start an hour after kick-off in England's first match in the World Cup was probably always going to be tough call. Add on to that a baking hot June afternoon with temperatures in the high 20s, when even Erringden Moor's notorious bogs were drying out fast (not to mention a diary clash with Ennerdale), and it wouldn't have been surprising if this had turned out to be the race without runners. But in the end a small but

enthusiastic field of 26 gathered in Hebden Bridge's carnival field, to be set off by the local Mayor for the 5.8 mile round trip to Stoodley Pike. The course involved 1150 feet of climbing, including a tough 30 ft scramble up a grassy bank on to Erringden Moor, which took some runners by surprise, but seems to have been many people's highlight of the race.

Given the conditions, even experienced runners were finding the going tough on the tops, but the race quickly resolved into a battle for first place between Lee Athersmith and James Logue, with Lee eventually coming home with a little over half a minute to spare. Andrew Grenfell finished third, with Jack Holt running well to take fourth place and first V50. Paul Burnett, Andy McFie and Dave Collins came in respectively 6th, 7th and 8th to lift the men's team prize for host club Todmorden.

Among the lady runners, Rachel Skinner ran strongly to lift the ladies' prize, with her teammates Lynne Griffiths and Moyra Parfitt giving Tod the ladies' team prize as well. Moyra (last year's V60 English champion) continued her excellent current form.

A special mention for Andy McFie, running his first fell race, whose 7th place gave him both the prize for first-timer and the prize for first local runner.

Andrew Bibby

1. L. Athersmith	Skipt	45.17
2. J. Logue	Horw	45.54
3. A. Grenfell	Ross	48.56
4. J. Holt O/50	Clay	50.47
5. J. Williams	CaldV	52.52

**VETERANS O/40**

1. (9) I. Hill	Bing	56.27
2. (10) A. Mason	Springf	56.33

**VETERANS O/50**

1. (4) J. Holt	Clay	50.47
2. (8) D.???	Tod	53.55

**VETERANS O/60**

1. (12) R. Blakeley	Tod	60.22
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**LADIES**

1. (15) R. Skinner	Tod	63.23
2. (17) L. Griffiths O/40	Tod	67.41
3. (19) M. Parfitt O/60	Tod	69.30
4. (20) J. Porter O/40	Tod	69.37
5. (23) S. Roberts O/40	Tod	72.15

**26 finishers**

**ENNERDALE – ENGLISH CHAMPIONSHIP  
Cumbria  
AL/23m/7500ft 10.06.06**

A Few words!

Hot, windy, dusty, busy 37th event.

People knackered, legs all wobble

Thanking me as they went.

The Ennerdale race was well attended despite the heat and the football. 380 entered the English championship race but only 262 started. It was very hot with a high wind on the tops hitting the runners' head on as they ran out to Green Gable.

Rob Jebb and Simon Booth took the lead off each other at various points and got to iron crag (2nd to last checkpoint) only three seconds apart. Simon found the extra yard in his legs to come in nearly a minute ahead of Rob at the finish. Lloyd Taggart kept the pressure on Rob and Simon all the way round and came in 3rd 2 minutes behind Rob.

One of the most notable runs of the day was Dave Spedding who, as a vet 60, came in 18th overall.

The heat of the day took its toll with 38 runners retiring along the way and many of them looking ghost-like as they came over the finish line. Cold sponges and bacon butties off the BBQ soon revived them.



Joss Naylor comes home as first V70 at Ennerdale  
Photo - Allan Greenwood

Borrowdale won the senior men's team prize. CFR won both the V40 and V50 team prizes.

Colin Dulson

1. S. Booth	Borr	3.37.52
2. R. Jebb	Bing	3.38.57
3. L. Taggart	DkPk	3.41.19
4. I. Holmes O/40	Bing	3.53.50
5. P. Vale	Mercia	3.55.46
6. J. Davies	Borr	4.01.09
7. J. Hunt O/40	DkPk	4.03.10
8. D. Neill O/50	Staffs	4.05.31
9. J. Heneghan	P&B	4.07.02
10. A. Davies O/40	Borr	4.08.13
11. M. Fanning	Borr	4.10.34
12. R. Hope	P&B	4.12.02
13. J. Deegan	Amble	4.14.23
14. D. Golding	Amble	4.14.55
15. A. Breaks	CaldV	4.20.46
16. S. Bottomley	P&B	4.21.11
17. M. Whyatt O/40	Bowl	4.23.04
18. D. Spedding O/60	Kesw	4.23.28
19. C. Howard	Mat	4.23.34
20. K. Harding O/45	Tring	4.23.35

**VETERANS O/50**

1. (8) D. Neill	Staffs	4.05.31
2. (26) W. Bell	CFR	4.30.35
3. (34) J. Winn	CFR	4.36.54
4. (43) S. Jackson	Horw	4.43.19
5. (48) T. McGaff	Chesh	4.44.32

**VETERANS O/60**

1. (18) D. Spedding	Kesw	4.23.28
2. (142) D. Lucas	Roch	5.46.16
3. (188) G. Breeze	Skyrac	6.20.51
4. (200) R. Whitaker	CFR	6.34.08
5. (211) R. Clarke	NYM	6.42.58

**VETERANS O/70**

1. (206) J. Naylor	CFR	6.37.15
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**LADIES**

1. (19) C. Howard	Mat	4.23.34
2. (30) H. Diamantides O/40	Carn	4.32.20
3. (41) J. Lee	Eryri	4.42.43
4. (44) S. Newman O/45	CaldV	4.43.31



5. (73) A. Bartlett	Shrews	4.59.28
6. (90) E. Batt O/40	DKPk	5.12.50
7. (92) H. Jackson	Bing	5.13.47
8. (94) J. Reedy	K&C	5.14.29
9. (97) J. McIver	DkPk	5.17.17
10. (104) R. Cash	Borr	5.23.20
(119) C. Prest O/40	Kghly	5.31.58
(128) N. Jaquierey O/40	Ilk	5.37.05
(130) W. Dodds O/55	Clay	5.37.58
(178) D. Thompson O/50	Kesw	6.11.23
(215) D. Patton O/50	CFR	6.50.03

#### 224 finishers

#### CARNEDDAU Gwynedd AM/10.5m/4150ft 10.06.06

41 runners turned up on a very hot day with clear blue skies. I decided to change the start of the course to avoid the long run out on the road to the water treadmill. There was a slight hitch in the beginning, with runners taking the wrong stile. I watched it all happening from the right stile, tearing my hair out and using some choice language, but after half a mile they all came together again on the new course.

I received differing opinions from runners about the new start, but in general most runners enjoyed it.

I'd like to thank all the marshals, radio personnel Geoff Clegg, and everybody that helped. We received a good buffet at the pub and watched England win, and enjoyed a pint or two.

Thank you all for coming.

1. S. Ellis O/40	Tatten	2.20.55
2. M. Gilbert	Wrex	2.22.21
3. G. Owen O/50	Eryri	2.25.04
4. J. McQueen	Eryri	2.24.25
5. P. O'Brian	Eryri	2.26.14
6. T. Jones O/40	Unatt	2.32.58
7. R. Jones	Eryri	2.33.50
8. J. Underwood	CaldV	2.38.26
9. J. Williams O/40	Eryri	2.39.28
10. C. Jones	Unatt	2.44.28

#### VETERANS O/50

1. (3) G. Owen	Eryri	2.25.04
2. (11) G. Oldrid	Aberyst	2.44.37
3. (16) M. Blke	Eryri	3.07.12

#### VETERANS O/60

1. (18) A. Oliver	Eryri	3.09.20
2. (37) I. Roberts	Eryri	4.03.48

#### LADIES

1. (19) A. Roberts	Eryri	3.09.25
2. (20) P. Near	Eryri	3.10.50
3. (30) M. Oliver O/60	Eryri	3.35.33
4. (31) J. Edwards O/40	BroDys	3.40.10
5. (33) E. Salisbury O/40	Eryri	3.42.46

#### 37 finishers

#### WAUGH'S WELL FELL RACE Lancashire AS/4m/1000ft 13.06.06

The 13th Waugh's Well on the 13th of the month - would it be unlucky? Well, for the first time in the history of this race it looked like the weather would let us down. After such a hot, dry period, the clouds gathered and at 4.30 p.m., it started to rain! Should I have moved the race from its usual slot of first Tuesday of June (to avoid a clash with Paddy's Pole)? I was beginning to think I shouldn't have until the clouds cleared for a fine evening; in fact it created perfect conditions - cooler and fresher with a light wind.

Darren Kay obviously enjoyed this, retaining his title - 25 seconds faster than last year but still 24 seconds shy of Andy Wrench's record set in

1998. Following close behind was team mate James Logue. Alex Whittam knocked over two minutes of last year's time. Young Phil Bolton, a Junior, had an excellent run finishing 5th overall and leading Rossendale to the Team Prize with 32 points. Roy Lee of Middleton reduced the V70 record by 7 seconds to 51.33.

Vanessa Peacock (FV50), a regular competitor here, had to settle for second place, just over half a minute behind team mate Cath Wilson. My apologies to Clayton ladies; I awarded the team prize to Radcliffe but on checking the results and recalculating the team positions, Clayton actually won by 2 points! Sorry, I will ensure you receive a 'little something' and Radcliffe, hope you enjoyed the chocolates!

As ever, I must thank all those who support and help at this event with special mention for: Jeff, John and Dave for flagging and marshalling the course and Pete for 'sweeping', Chris and Barbara on registration and results, Leftie, Karen and Helen on the finish, my children (Dan and Becky) with their friends on car parking, drinks and the hosepipe, the ladies of Bleakholt Animal Sanctuary for refreshments and last but not least, Rossendale Search and Rescue Team. The team regularly turn out to support this race and this year they assisted two competitors who, unfortunately, suffered a twisted knee and ankle respectively.

One final note, a bum bag containing full body cover, whistle and compass was left at the start/finish area; please contact me to claim - tel no 01706 824097.

#### Cath Hignett

1. D. Kay	Horw	29.19
2. J. Logue	Horw	29.57
3. A. Whittam	Tod	31.33
4. A. Life O/40	Clay	33.34
5. P. Bolton	Ross	33.36
6. P. Burnett	Tod	33.38
7. A. McWade	B'burn	33.45
8. A. Grenfell	Ross	33.46
9. B. Taylor	Ross	33.47
10. S. Hoyle O/40	Ross	33.52

#### VETERANS O/50

1. (19) K. Taylor	Ross	35.54
2. (30) D. Naylor	Clay	38.35
3. (33) J. Sharples	Clay	38.58

#### VETERANS O/60

1. (68) T. Peacock	Clay	43.15
2. (85) D. Simpson	Prest	45.46
3. (90) A. Sumner	Rad	46.32

#### VETERANS O/70

1. (110) R. Lee	Middle	51.33
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#### LADIES

1. (26) C. Wilson	Clay	38.20
2. (32) V. Peacock O/50	Clay	38.57
3. (35) A. Lupton	Rad	39.05
4. (39) H. Corbishley	Ross	39.35
5. (48) H. Williams	Unatt	40.15
(55) K. Nash O/45	Prest	40.57
(96) C. Life O/40	Clay	47.25
(114) J. Leak O/50	Roch	55.27
(119) G. Dickenson O/60	Ross	58.48

#### 122 finishers

#### HOLCOMBE TWO TOWERS FELL RACE Lancashire BS/5.2m/1000ft 14.06.06

The runners enjoyed perfect conditions on a still, mild evening, with the recent dry weather leaving everyone mud-free. The slippery cobbles were only a minor irritation and this year there were no overexcited cattle trying to join in. After his absence last year it was good to see Wajib Ali in good form, establishing a good lead on the long climb to Peel Tower. His winning time was nearly a minute faster than 2 years ago when he

set a course record, but without serious competition he couldn't match the time set last year.

Local runner, Darren Hoolahan, managed to hold on to second place all the way to the second climb to the Tower, but was overtaken by the fast-descending Mark Boardman. Rossendale took the team prize, with good runs from Andy BATTERY, Sean Molloy, Steve Clawson and Phil Bolton.

Eleven ladies took part with Deb Culshaw finishing first with a record time. Second placed Vanessa Peacock's time was also inside the previous course record.

Thanks to all who took part, to the start/finish team and marshals, and to the staff of the Hare and Hounds.

#### David Archer

1. W. Ali	Felldance	34.44
2. M. Boardman O/40	Newburgh	35.52
3. D. Hoolahan	Bury	35.58
4. A. BATTERY	Ross	36.43
5. R. Ashworth O/40	Sthport	37.04
6. K. Gaskell O/40	Horw	37.17
7. P. Burnett	Tod	37.18
8. D. Haygarth	Unatt	37.23
9. S. Kenyon	Horw	37.33
10. S. Molloy	Ross	37.41

#### VETERANS O/50

1. (25) N. Hindle	Unatt	41.46
2. (30) V. Peacock O/50	Clay	42.12
3. (32) J. Birchough	Bolt	43.14

#### VETERANS O/60

1. (33) G. Breeze	Skyrac	43.19
2. (37) G. Fielding	Ross	44.25
3. (60) G. Navan	Ross	51.15

#### VETERANS O/70

1. (64) J. Johnson	Newburgh	55.16
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#### LADIES

1. (21) D. Culshaw	Wigan	40.45
2. (30) V. Peacock O/50	Clay	42.12
3. (38) D. Campbell	Skelmer	44.38
4. (39) H. Corbishley	Ross	44.46
5. (42) N. Fellowes	Eryri	45.26
(61) L. Bostock O/50	Clay	51.56
(66) L. Edmondson O/40	Wrekin	58.09

#### 68 finishers

#### BOAR'S HEAD HILL RACE Cheshire BM/8m/1322ft 14.06.06

The race was blessed with the one cool(ish) day in a sequence of blisteringly hot and humid weather and 151 runners (exactly the same number as last year!!) set off in most pleasant conditions - ripe, in fact, for record-breaking, especially as Jackie Lee and Lloyd Taggart were in the field to add a touch of competition for the usual collection of local hot shots. Lloyd produced an outstanding run and was both well in front and well on course for a new record at the last checkpoint when he unaccountably went wrong on the final, unmarked section and allowed evergreen Malcolm Fowler to seize the opportunity and gallop home for his fifth Boar's Head victory with his record still intact. Jackie Lee, despite this being her first visit to the event, made no such mistake and tore round to take 1 minute 27 seconds off Cecilia Greasley's record time and lower it to 52 minutes 44 seconds - congratulations!

Times were generally a shade faster than usual, perhaps reflecting the favourable conditions, and all went extremely well until it transpired that we had a runner missing. Despite Lyme Park not exactly having the same objective dangers as, say, Wasdale or the Peris Horseshoe, we still had the consequent anxiety and the



George Scott heads into the vertical gorse and bracken at the Boar's Head Photo - Ian Warhurst

prizegiving was delayed while we attempted to locate him - it turned out that he had got lost, dropped out and gone home without letting anyone know. As virtually everyone in the sport appreciates, this is the ultimate sin and the only one for which race organisers MUST report offenders to the FRA Secretary (Rule 8 in the FRA Rules for Competition), which, with regret, I have done.

I hope everyone enjoyed themselves and, although I haven't completed the sums at the time of writing, it looks as though we will be able to contribute well over £100 to charity - thank you and I look forward to seeing you all next year.

#### Dave Jones

1. M. Fowler O/40	Chesh	45.32
2. O. Houston	Wrex	46.07
3. L. Taggart	DkPk	46.21
4. A. Lamont	Macc	46.26
5. G. Cudahy	Stockp	46.38
6. M. Williams O/40	Penn	48.32
7. D. Safrananskas	Traff	49.31
8. A. Lister	Traff	50.04
9. A. Pead O/40	Unatt	50.07
10. P. Rockcliffe	Traff	50.20

#### VETERANS O/50

1. (14) L. Best	Stockp	50.43
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#### VETERANS O/60

1. (33) J. Amies	Congle	53.50
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#### LADIES

1. (26) J. Lee	Eryri	52.44
2. (60) E. McGuire	Stockp	57.14
3. (82) D. Urquhart	Buckley	60.07
4. (97) L. Harris	Penn	64.07
5. (99) S. Thomas	Stockp	64.38
(122) J. Lucas	Wilms	69.56
(128) R. Mann	Stockp	71.02

#### 150 finishers

#### COITY FELL RACE Gwent BS/5m/1000ft 14.06.06

Well, it was such a lovely afternoon as I strolled round the course putting out the markers in about 2 hours! But as the evening wore on things started to deteriorate. I think you all managed to avoid the worst of it, as did our first marshal, Terry who came down on his paraglider, but poor old Bob had to walk back

from the furthest point on the course and was soaked through, having only taken minimal waterproofs; perhaps we need a kit check for marshals!!!

Anyway, a good turnout by current standards of 31 starters and finishers, including some welcome new faces. However, there were only 9 seniors and 5 of those were women, everyone else was vet or above, so more new blood is still needed. We had 12 women entrants, which is as high a percentage as any race I can recall. It was nice to see you all.

No records broken, but there were some close finishes with Dimitri Vorres holding off Tony Robson to win by only 10 seconds. The Super Vets was again won by only 11 seconds by Phil Miles from Steve Herrington. In the ladies' race, Alice Bedwell, a vet was 35 seconds clear of Naomi Law.

Hope you all enjoyed the night, the real ale and the doorstep sandwiches, and hope to see you back next year.

#### Gareth Buffet

1. D. Vorres O/40	Griffiths	39.25
2. T. Robson	Penn	39.35
3. M. Saunders O/40	MDC	40.23
4. T. Guy	Griffiths	40.48
5. P. Adams O/40	Neath	40.54
6. A. Thompson O/40	Griffiths	42.04
7. P. Miles O/50	Club69	43.18
8. S. Herrington O/50	Heref	43.29
9. R. Williams	MDC	44.17
10. P. Williams O/40	ForDean	44.29

#### VETERANS O/60

1. (25) C. Jones	MDC	57.55
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#### LADIES

1. (15) A. Bedwell O/40	MDC	47.30
2. (16) N. Law	Brecon	48.05
3. (17) M. Jones O/40	Islwyn	48.20
4. (18) S. Tagg	Club69	48.48
5. (20) S. Woods O/40	MynDu	50.18

#### 30 finishers

#### BEN SHEANN HILL RACE Perthshire

AS/2.5m/1400ft 14.06.06

The Ben Sheann Hill race was run on a new route. Damage to trees during the winter from gales, and heavy snows in March, resulted in the Forestry Commission clearing a new path through the trees on to the open hill. This was completed only recently and the race committee was required to use the new path.

The race, however, went well, without mishap. The evening was warm, with a slight breeze, and to the relief of both runners and officials, the menace of the midge was almost non-existent. At the prizegiving at the Inn in Strathyre, most of the runners were happy with the new route.

#### A. Bennie

1. P. Prasad	Clydes	28.52
2. J. Stevenson O/40	Ochil	31.08
3. D. Whitehead	Cosmic	31.14
4. N. Scott	W'lands	31.17
5. S. Fallon O/40	Carn	31.25
6. L. Arnott	W'lands	31.39
7. A. Smith O/40	Dees	31.55
8. M. Higginbottom	Carn	32.23
9. S. Simpson	Ochil	32.32
10. B. Minto	HBT	32.35

#### VETERANS O/50

1. (18) M. Hulme	Corstor	34.41
2. (22) M. MacLeod	W'lands	36.19
3. (25) C. Love	Dundee	39.15

#### LADIES

1. (27) J. Whitehead O/40	Edin	39.25
2. (32) C. Miller	W'lands	40.54
3. (37) A. Buchanan O/40	Central	43.37
4. (39) P. Mitchell	Corstor	43.56
5. (40) K. Kirk	W'lands	46.26

#### 46 finishers

#### WALSH TWO LADS FELL RACE Lancashire BS/5.25m/900ft 15.06.06

Although the race clashed with the first England game in the World cup, we had an excellent turnout of runners, the race goes from strength to strength. Darren Kay was pretty well unchallenged and ran to an easy victory.

A big thanks to everyone involved in making the race what it is, marshals, Bolton Mountain Rescue, the Bridge Inn, and finally the runners.

#### Colin Jones

1. D. Kay	Horw	31.53
2. J. Kevan	Horw	32.26
3. P. Raby	Horw	32.53
4. R. Maddams	Horw	33.02
5. M. Russell	Bolton	33.19
6. J. Williams	Salf	34.29
7. S. Nicholls	L'pool	34.39
8. D. Massey O/45	Horw	34.39
9. A. Alty O/45	Chorley	34.59
10. S. Diaz	Horw	35.13

#### VETERANS O/50

1. (21) S. Jackson	Horw	36.24
2. (34) T. Hesketh	Horw	38.45
3. (38) R. Derbyshire	Salf	39.24

#### VETERANS O/60

1. (66) D. Kay	Horw	41.51
2. (88) P. Heneghan	Horw	43.59
3. (93) B. Little	Chesh	44.25

#### LADIES

1. (31) L. Jolley	Wigan	38.31
2. (46) Y. Wyke	Wigan	40.07
3. (56) K. Smout	Horw	40.40
4. (62) G. Unsworth	Bl'pool	41.29
5. (74) D. Campbell	Skelmer	42.38
(79) K. Forster O/40	Spect	43.00
(80) A. Crabtree O/40	Chorl	43.02
(118) M. White O/50	Horw	46.53
(145) S. Charman O/50	Helsby	50.41

#### 180 finishers

#### BUCKDEN PIKE FELL RACE N. Yorkshire AS/4m/1500ft 17.06.06

We were very fortunate to have generous sponsorship from Forbes Solicitors for this year's Buckden Pike fell race, courtesy of Clayton le Moors runner, Peter Dugdale.

After the heatwave of 12 months previously, we were treated to another very warm day for the race. One hundred and six runners is a well above average for the event, the field no doubt swelled by one or more factors. Among these were the weather, our 25th anniversary pre race publicity - not least via the FRA Forum on the Fell Runners' Association website - and the avoidance of any clash with England's fixtures in the World Cup football tournament.

Rob Iebb scored his second win in the Buckden Pike race. I watch in awe as the leading runners managed to jog steadily all the way up the hill without breaking stride. Rob allowed Mark Horrocks to lead the way on the initial heartbreaking climb from Buckden Beck, then as they neared the craggy outcrop from where the path zigzags steeply, Rob upped the pace, powered into the lead and strode away from the field. He went on to win by more than a minute to take the generous amount of beer on offer.

Chris Smale and fellow veteran, Dave Taylor,



had a tremendous battle, Dave overhauling Chris on the descent to place second with a ten second gap with Mark Horrocks placing fourth.

Sally Newman had a late change of heart and decided to visit Buckden after a girls' night out with Linda on Friday. The World Vets' champion, currently leading the English Championships, made the trip worthwhile by taking the first prize of a weekend break for two at the Buck Inn. However, Candice Leah ran brilliantly as she finished hot on Sally's heels, just 27 seconds behind and Lisa Lacon third.

The biggest cheer of the day was for Robert Cutts on completing his 25th consecutive Buckden Pike fell race. Well done on a fine achievement, which we rewarded with a £25 voucher for SMK Sports of Cleckheaton.

Special thanks to Peter Dugdale who secured sponsorship for the race from Forbes Solicitors, and Peter McCormick (Screentone Screen Printers) who supplied the bottled spring water and printed the unique bags we handed out as memento's. Thanks to all our marshals and helpers on the day.

A donation was made from the race proceeds to the Upper Wharfedale fell rescue team who manned the summit and marshalled the course.

See you all next year.

Allan Greenwood and Linda Crabtree.

1. R. Jebb	Bing	33.25
2. D. Taylor O/40	DkPk	34.36
3. C. Smales O/40	Tod	34.46
4. M. Horrocks O/40	Wharf	35.12
5. T. Mason	Wharf	36.08
6. R. Lawrence	Bing	36.27
7. C. Loftus	Kghly	39.12
8. O. Beilby	Wharf	39.15
9. S. Hoyle O/40	Ross	39.28
10. S. Bennett O/40	Carneg	39.30

#### VETERANS O/50

1. (12) M. Walsh	Kend	39.49
2. (20) J. Adair	Holmf	41.28
3. (26) P. Booth	Clay	42.16

#### VETERANS O/60

1. (49) G. Breeze	Skyrac	46.22
2. (66) T. Peacock	Clay	48.50
3. (72) R. Clarke	NYM	51.45

#### LADIES

1. (17) S. Newman O/45	CaldV	40.47
2. (18) C. Leah	Clay	41.14
3. (25) L. Lacon	Holmf	42.08
4. (41) V. Peacock O/50	Clay	44.47
5. (46) A. Eagle O/40	ilk	46.08
(91) L. Hayles O/50	CaldV	54.57

#### 106 finishers

### DARREN JONES CLOUGHA PIKE RACE

Lancashire  
AS/5m/1250ft 17.06.06

This was the 16th running of the event in memory of Darren. It was pleasing to see a slight increase in the numbers with the event well supported by Bowland Runners and Lancaster and Morecambe AC. The route was well flagged to the fell gate following the U16 route. Then it was the more obvious route to Clougha summit along the ridge on a well worn path. From the summit, manned by Reg Baker, a short descent to a piece of broken wall and then a very indistinct line across the normally very boggy fell back to the fell gate for a repeat of the flagged route. Hardly any flags out on the fell with some local knowledge an advantage, but clear conditions to see the runners ahead. A couple of runners did make slight mistakes. Very hot, hard underfoot with a breeze on top! Perhaps not ideal but fast times were likely. Mark Croasdale duly delivered a new record

time ahead of Sean Bolland leading in a line of Bowland Runners.

Newcomers to the new course (of 2004) again gave rave reviews with the variety of terrain being the main attraction. Many of the runners, hot and sweaty from their efforts, made use of the cold shower – a hose held by Mr Jones! That had really provided a hit with the juniors. There were plenty of voucher prizes, annual cups and shields and 3 special prizes for those down the field. Bowland duly took 1st and 2nd team placings.

It was a great day of racing from Quernmore Sports field in the centre of the village with plenty of other attractions for runners and their families. Mr and Mrs Jones were present helping with drinks and the hose. They made a donation towards prizes, as did Mrs Mullervy (who also helped with drinks). John Mullervy donated towards the race and towards the special prizes for 3 runners down the field. Support also once again from Harry Robinson and Pete Bland Sports. The support of all of them is much appreciated as is that, once again, of Lancaster Property Network and their significant donation to the whole event. Thanks also to all the helpers on the day – you know you are the unsung heroes!

John M Gibbison

1. M. Croasdale O/40	L&M	36.30
2. S. Bolland	Bowl	37.41
3. M. Johnson O/40	Bowl	39.18
4. M. Chippendale	Bowl	40.08
5. R. Melon	Bowl	40.22
6. D. Hurton	Eden	41.14
7. S. Swarbrick	Bowl	41.23
8. A. Preedy	Ross	41.47
9. C. Reade O/40	Bowl	42.05
10. M. France	Darwen	42.16

#### VETERANS O/50

1. (17) N. Hewitt	Bowl	45.49
2. (42) P. Bates	L&M	52.45
3. (43) D. Parminter	BlckCom	53.00

#### VETERANS O/60

1. (41) R. Barlow	AchRat	52.42
2. (58) D. Brown	Wesh	58.03
3. (60) R. Wilkinson	Clay	58.57

#### VETERANS O/70

1. (61) H. Catlow	CFR	59.14
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#### LADIES

1. (34) K. Nash O/40	Prest	50.02
2. (47) R. Brown O/40	Unatt	54.15
3. (56) J. Shaw	Darwen	57.20
4. (59) K. Thompson O/50	Clay	58.14
5. (62) S. Hurst O/40	L&M	59.16

#### 71 finishers

### HUNSHELF AMBLE

South Yorkshire  
BM/7.5m/1300ft 17.06.06

The weather was kind to us. The new venue of the local sports club was a great success. 67 runners entered and 65 completed the course. There were many familiar faces, as this is now a popular annual event. See you next year on Saturday June 16th.

David Horsfall

1. G. Turner	Hallam	52.59
2. M. Stenton O/40	DkPk	55.30
3. M. Law O/40	Barns	56.24
4. S. Storey O/50	DkPk	57.08
5. W. Alves O/40	Totley	57.57
6. S. Bird	Sutton/A	58.05
7. A. Sherbourne O/40	Barns	58.42
8. D. Hague	Unatt	58.53
9. R. Hutton O/40	Hallam	59.50
10. J. Turner O/40	Sheff	60.36

#### VETERANS O/50

1. (4) S. Storey	DkPk	57.08
2. (13) N. Boler	Unatt	62.16
3. (14) R. Bory	Valley	62.51

#### VETERANS O/60

1. (58) M. Noakes	Sutton	92.26
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#### LADIES

1. (43) S. Charlesworth O/40	P'stone	77.00
2. (44) J. Cockerton O/40	P'stone	77.32
3. (46) B. Haigh O/50	P'stone	78.02
4. (47) G. Tombs O/50	Ackworth	80.03
5. (48) S. Higham O/50	P'stone	82.11

#### 65 finishers

### LANGCLIFFE CARNIVAL FELL RACE

North Yorkshire  
AS/4m/1000ft 17.06.06

Lots of other events happening on the 17th gave us a very narrow field of juniors. But as usual they zipped up the steep climb all turning fast times. Shannon Johnson, who won the under 12 race in under 12 minutes, looks a very talented fell runner, and a name to watch out for.

The senior race was well supported by locals and Adrian Pickles had a well deserved run.

With all the effort that goes into running a race, it would be good to see more runners. It is a good race, well flagged, which is enjoyed by all plus you get to take in some good limestone scenery. Plus you can enjoy home made refreshments and the rest of the carnival, whatever the weather.

Sue Rodgers

1. A. Pickles O/45	Settle	38.22
2. M. McGoldrick	Settle	38.55
3. G. Taylor O/40	Darwen	42.37
4. C. Robinson	Woodk	43.26
5. T. Bird O/45	WhiteM	43.31
6. A. Holden O/40	WhiteM	43.38
7. J. Hope O/50	P&B	44.02
8. H. Darwin O/40	Unatt	44.45
9. T. Metcalfe O/50	Settle	46.20
10. P. Markey O/45	Unatt	46.21

#### VETERANS O/60

1. (15) I. Robinson	Settle	54.11
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#### LADIES

1. (11) J. Robinson	Settle	46.23
2. (12) F. Skidmore	Dews	46.49
3. (17) L. Whittaker	Wharf	56.41

#### 19 finishers

### BLAENGWYNFI THREE PEAKS

Glamorgan  
AM/6.5m/2350ft 18.06.06

Ah, the scream of scrambler bikes, the smell of frying lard from a thousand terraced house kitchens and the merry tinkle of broken glass – it must be Sunday lunchtime in the Jewel of the valleys! But above the village this area has some of the best open grassland running, and some of the steepest climbs in South Wales, so it was disappointing that a small field turned up for the first race in the WFRA Open Championship. However, the small turnout meant that high points were scored by some who would normally not, giving them a head start in the championship that the non-travellers will have to work hard to make up.

Overcast skies but good visibility and excellent conditions underfoot meant that a keen race was in prospect, and Crispin Flower and Joe Blackett did not disappoint at the sharp end, appearing together over the skyline above the village. The spectators and the locals who had torn themselves away from the footie in the Great

Western to see what all the noise was about were then treated to a comedy finish, with both runners falling, Crispin losing ground by trying to descend a 30 foot vertical stone wall, then Joe taking in the myriad delights of the village before appearing out of a side turning wearing one shoe, and surprising Crispin as well as the rest of us. The last 100 yards was a neck and neck sprint, with the younger man just sneaking it on the line after 70 minutes running.

Everyone else appeared in good order, though tales were told of navigational misdemeanours around the Blaengarw Rottweiler Academy and midges the size of bats on the infamous Bunny climb. Our hosts at the GW were, as ever, generous with the sandwiches, and with prizes going well down the list I think everyone left fat, happy and with all the wheels still attached to their cars.

Sincere thanks to all the marshals, and especially to Kay, making her return to marshalling duties after serious illness.

Seriously though, this is a super area for running and with the Afan Argoed mountain bike centre just down the road there's no excuse to miss exploring some fine but lesser-known hills in South Wales' own 'Little Switzerland'.

#### Old Greybeard

1. C. Flower	MynDu	69.16
2. J. Blackett O/40	DkPk	69.17
3. I. Hughes	Shrews	70.27
4. P. Wooddisse	MDC	76.06
5. J. Syms	MDC	77.23
6. D. Burton O/40	THEN	80.59
7. M. Learoyd O/40	MDC	85.09
8. A. Blackmore	MDC	86.21
9. J. Darby O/50	MDC	87.27
10. R. Hooley O/50	MDC	87.55

#### LADIES

1. (14) H. Bennett	MDC	98.55
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#### 15 finishers

#### KIELDER BORDERER Northumberland BL/17m/3000ft 18.06.06

On a day when visibility was variable and the showers got closer together a strong field of 24 runners entered this years Kielder Borderer, and what an event it turned out to be with both male and female records being broken. At the half way point David Kirkland, Adam Breaks and Nick Swinburn were all close together with the race being anyone's at that point. Then the mist came down on the section from Knox Knowe to Kielder Stone. David took the opportunity to use his local knowledge and move away from the others, eventually coming in 2 minutes and 38 seconds ahead of the record set by Adam Breaks last year.

Close behind the leading three male competitors was the first female with an excellent performance by Rachel Vincent breaking the female record by a margin of 12 minutes and 1 second. The previous record holder Louise Wilkinson came in second female only 1 and a half minutes outside her record time.

Another notable performance came from John Humble who took the V50 category finishing in 6th place overall.

This was the last race of a three race series. The Male winner was Nick Swinburn, having come first in the Greys Pike and Peel Fell races, and second in the Borderer. First female was Karen Robertson with first places in the Greys Pike and Peel fell Races and a joint third in the Borderer.

Our thanks must go out to all those who have competed in the series and especially to Montane outdoor clothing for their excellent

prizes as sponsorship to the events and the series.

#### Jonathan Farries

1. D. Kirkland	Alnwick	2.45.22
2. N. Swinburn	NFR	3.06.20
3. A. Breaks	CaldV	3.09.53
4. R. Vincent	Tyne	3.14.59
5. D. Steel O/40	NFR	3.15.22
6. J. Humble O/50	NFR	3.28.22
7. L. Wilkinson	NFR	3.29.06
8. T. Makin O/40	DFR	3.36.23
9. S. Wathall O/40	Retf	3.36.59
10. T. Mullen O/40	Unatt	3.36.59

#### VETERANS O/50

1. (6) J. Humble	NFR	3.28.22
2. (10) J. Dallinson	NFR	3.36.59

#### LADIES

1. (7) L. Wilkinson	NFR	3.29.06
2. (19) S. Scott	NFR	4.39.25
3. (20) K. Robertson	NFR	4.39.25

#### 21 finishers

#### KINDER TROG Derbyshire BL/16m/3490ft 18.06.06

A fantastic turnout on what was a perfect day to go fell running! There were 168 starters this year breaking records for our entry numbers. Thanks to all who took part, the scouts will be very grateful.

Far too many had good runs and times but well done to Lloyd Taggart winning in a record time and to Jacky Lee, first lady.

A big thanks to all marshals, helpers and contributors. Brilliant.

#### Fran Wyatt

1. L. Taggart	DkPk	1.46.45
2. P. Vale	Mercia	1.49.14
3. M. Whyatt O/40	Bowl	1.51.09
4. R. Little	DkPk	1.54.55
5. C. Leigh	Traff	1.56.35
6. L. Banton	Clowne	1.58.22
7. J. McQueen	Eryri	1.58.27
8. G. Briggs O/45	Penn	1.59.05
9. N. Winfield	Penn	1.59.40
10. L. Footit O/40	Unatt	2.01.26

#### VETERANS O/50

1. (13) S. Entwistle	Penn	2.02.18
2. (14) T. McGaff	Chesh	2.02.22
3. (24) D. Tait	DkPk	2.08.46

#### LADIES

1. (33) J. Lee	Eryri	2.11.14
2. (50) E. McGuire	Stockp	2.20.15
3. (58) J. Mellor O/40	Penn	2.25.18
4. (61) K. Harvey O/45	Penn	2.25.50
5. (81) K. Forster O/40	Spect	2.28.46
(139) M. Chippendale O/50	Penn	2.58.00
(147) B. Buckley O/50	Glossop	3.01.19

#### COINERS FELL RACE West Yorkshire BM/7.5m/1100ft 20.06.06

Darren Kay's run in fairly dry conditions produced a record time for the route, which was modified last year for the re-establishment of the Coiners Race. Sue Becconsall also gave an impressive performance to win the women's race.

This year the promised Coiners coasters were available for all finishers. Apologies to the few runners who did not find out about the change of date and turned up on the following night - they suffered the double whammy of missing the race AND missing the England match, which was the reason for bringing the race forward a day.

Strong representation from Todmorden was rewarded with the men's team prize, whilst Calder Valley took the women's honours. The junior races were incorporated again and we intend to incorporate these as a regular part of the event.

#### Rod Sutcliffe

1. D. Kay	Horw	49.07
2. J. Logue	Horw	49.12
3. A. Wrench O/40	Tod	50.17
4. S. Oldfield O/50	BfdAire	50.29
5. K. Gray	CaldV	50.46
6. A. Whittem	Tod	50.53
7. S. Godsman	Tod	51.30
8. J. Wright	Tod	51.32
9. G. Bailey	Kghly	53.48
10. A. Clarke O/40	CaldV	54.05

#### VETERANS O/50

1. (4) S. Oldfield	BfdAire	50.29
2. (17) R. Crossland	BfdAire	57.19
3. (23) D. Beels	CaldV	58.58

#### VETERANS O/60

1. (38) G. Breeze	Skyrac	65.56
2. (56) M. Parfitt	Tod	76.07

#### LADIES

1. (35) S. Becconsall O/45	Bing	63.26
2. (41) C. Kenny O/45	CaldV	68.06
3. (45) J. Scarf O/40	CaldV	68.28
4. (46) J. Smith O/45	Tod	69.07
5. (49) R. Skinner	Tod	69.49

(50) G. Tombs O/50	Ackworth	72.54
(56) M. Parfitt O/60	Tod	76.07

#### 58 finishers

#### BEACON BATCH FELL RACE Somerset BS/5m/1000ft 20.06.06

I was not expecting a good turnout this year, England were playing Sweden in the World Cup, (kick-off the same time as the race started). So to find numbers were down by only eight on last year pleased me very much and says a lot for the reputation of this race.

It was not flaming June as temperatures had dropped to 16 degrees, good for fell running but not so good for marshalling in the freshening breeze. The course had some wet patches but the mainly firm ground made for some improved times by many runners. Last year's second placed man took the honours this year with a slightly faster time. One twisted ankle and a few grazes were the only casualties. Most runners were back in the pub for the second half of the match, which just goes to prove, you can have your cake and eat it!

#### Roger Hart

1. P. Rigler	Tipton	31.59
2. P. Darwood	Unatt	32.39
3. A. Harrison O/40	GWR	33.26
4. C. Newbury	GWR	33.15
5. M. Saunders O/40	MDC	34.13
6. M. Gilbertson	GWR	34.26
7. W. Fortesave O/40	Bitton	34.38
8. P. Howard	Unatt	34.47
9. M. Robinson	Unatt	34.51
10. M. Wilkins	TACH	35.39

#### VETERANS O/50

1. R. Trubridge	Unatt	38.53
2. M. Longhurst	GWR	39.29
3. J. White	Weston	43.34

#### VETERANS O/60

1. M. Adams	Unatt	42.27
2. M. Horwood	Cleved	45.54
3. A. Webb	Chedd	47.10



## LADIES

1. A. Singer	Unatt	37.42
2. K. Thorpe	Weston	40.30
3. N. Trubridge	Nailsea	42.39
4. C. Nicholls O/40	Chedd	44.30
5. G. Howell O/40	Chedd	45.06
6. E. Green O/60	Weston	45.25
7. G. Constable O/60	Chedd	47.26

63 finishers

## THE DRUID Denbighshire

AS/5m/1200ft 21.06.06

Its origins may well be lost in antiquity but the ancient summer solstice procession up to the historic hill fort of Foel Fenlli was re-enacted on 21 June by an intrepid band of adherents. Taking The Druid Inn in Llanferres as a very appropriate starting point, the cavalcade of suitably attired participants made their way onwards and upwards in ever decreasing circles to finally surround Foel Fenlli in a clockwise manner before rushing headlong back down the mountain howling appeasements to the heavens.

They came from far and wide, sects from the wild mountains of Eryri were joined by those from the kingdom of Mercia. From closer by devotees of the anarchistic Tri sect of Wrecsam exercised their right to pay homage and the growing Band of Clwyd made their presence felt at this one of their many shrines. The Arch-Bard Hulme led his band of supplicants clad in the garb of Mountain Bears from across the Cheshire plain to return almost empty handed save for the gallant efforts of High Priestess Ayres who claimed her rightful victory as the first lady of the mountain.

The ultimate victory was contested hotly and, fighting with sorcery and strange weapons called Walsh and Innov8, the secret magic was rekindled. A mystic from the Ochils, scene of a large ceremonial encampment late last year, battled with the hill to find his path diverted by a strange spell on his return losing his advantage to finish a mere fourth. However his country's honour was satisfied as it was a Scotsman masquerading in the garb of a Welsh tribe who returned first to the clamouring throng of disciples at the finish line to claim the magic potion awaiting him at the prize altar.

Martin Cortvriend

1. I. Houston	Wrex	34.44
2. T. Higginbottom	Eryri	35.06
3. A. Smith	Amble	35.20
4. S. Simpson	Ochill	36.27
5. N. Ashcroft	Amble	37.40
6. J. Nuttall	Chesh	37.42
7. G. Norgrove	Wrex	37.58
8. J. Montgomery O/40	Clywd	38.30
10. V. Booth O/40	Chesh	38.40

## VETERANS O/50

1. (12) S. Bellis	Buck	39.06
2. (19) T. Hulme	Chesh	41.52
3. (23) J. Linley	Clwyd	43.22

## VETERANS O/60

1. (28) J. Morris	Buck	44.16
2. (43) N. Griffiths	Spect	46.42
3. (49) A. Todd	Helsby	47.48

## LADIES

1. (22) K. Ayres O/40	Chesh	43.21
2. (45) D. Urquhart	Buck	46.58
3. (48) M. Gillie	Clwyd	47.41
4. (50) E. Salisbury O/40	Eryri	47.54
5. (52) A. Rosbottom	Wirral	48.32

78 finishers

## LANGSTRATH RACE

Cumbria

AS/4.5m/1400ft 21.06.06

Mid-summer's Day and what a terrible night for a race – cascading rain and buffeting winds. An amazing 71 persons turned up to run on what is a fairly tricky course when it's wet and, not surprisingly, no records were broken.

Congratulations to Nick Sharp, who won the men's race, and Sally Pearson, a visitor from New Zealand, who, unfortunately, will not be back next year to defend her title.

Both Sarah and Mike Hodgson, the owners of the race venue, ran. Sarah took the second ladies' spot, and rushed back to serve food and drink.

Borrowdale and Keswick won the men and ladies' team prizes respectively.

My thanks must go to the army of helpers who turned out in the most atrocious conditions to marshal, time keep etc.

Lyn Thompson

1. N. Sharp	Amble	38.59
2. J. Davies O/40	Borr	39.52
3. C. Doyle	Traff	40.14
4. D. Golding	Amble	40.19
5. M. Fanning	Borr	40.26
6. S. Skillicorn	Manx	42.39
7. P. Cornforth O/40	Borr	42.45
8. R. Vecqueray	Eden	42.53
9. J. Archbold O/40	Borr	43.04
10. T. Pearson	Unatt	43.17

## VETERANS O/50

1. (22) D. Owens	Kesw	48.36
2. (37) L. Thompson	Kesw	52.42
3. (45) L. Stephenson	Kesw	55.40

## VETERANS O/60

1. (67) D. Morgan	CFR	71.42
2. (68) S. Watson	CFR	72.45
3. (71) H. Blenkinsop	Kesw	94.34

## VETERANS O/70

1. (69) I. Addison	Kesw	76.58
2. (70) J. Rutter	Kesw	78.51

## LADIES

1. (27) S. Pearson	Unatt	49.27
2. (33) S. Hodgson O/40	Kesw	50.39
3. (37) L. Thompson O/50	Kesw	52.42
4. (39) K. Beaty O/40	CFR	53.32
5. (42) R. Cash	Borr	54.28
(59) C. Colam O/50	Kesw	61.07

71 finishers

## AGGIE'S STAIRCASE

Lancashire

AS/4.1m/1150ft 22.06.06

Excellent event once again – thanks to the marshals, officials and runners, and thanks for the kind remarks offered by many competitors in the pub after the race. Organising is a rare pleasure.

Julian Donnelly

1. D. Kay	Horw	28.26
2. P. Thompson	Clay	28.42
3. S. Thompson	Clay	28.46
4. P. Guinan	Bl'burn	29.21
5. B. Cole	Bl'burn	29.42
6. M. Nuttall	Bl'burn	30.11
7. M. Corbishley	Ross	30.22
8. D. Headifen	Darwen	30.37
9. D. Parkinson O/40	Prest	30.50
10. D. Raby	Chorl	30.59

## VETERANS O/50

1. (11) G. Schofield	Horw	31.16
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## VETERANS O/60

1. (82) D. Scott	Clay	40.39
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## VETERANS O/70

1. (101) H. Johnson	Newb	45.05
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## LADIES

1. (36) C. Anthony	Horw	34.24
2. (47) V. Peacock O/50	Clay	35.22
3. (57) H. Cornishley	Ross	37.10

## MIDSUMMER MADNESS

OVERALL RACE SERIES

23 – 25 June 2006

Fine weather, good company and plentiful beer, with three fell races thrown in as an extra made for another great Midsummer Madness fellrunning weekend. Once more we were generously sponsored by Longcroft Engineering (or Alec Becconsall as he is more commonly known!) All the runners who completed the series went away with commemorative caps, plus sweatshirts for the category winners.

This year's invincible victor was James Logue, the fourth different winner of the series over the last four years. With three second places, Adam Breaks must have been sick of the sight of James' heels.

For the previous two years, Chris Smale had been the sole Todmorden runners to complete the series (2nd in 2004 and 1st in 2005). This year Shaun Godsman joined him, and promptly took 3rd place overall, one place ahead of Chris. Shaun had got faster as the weekend went on: 5th on Friday, 4th on Saturday and then 3rd on Sunday. No doubt he would have been happy if the series had continued for another couple of days!

Chris was the first vet, with Howard Jardine the first V50. The supervets proved their experience on the navigationally-based Reservoir Bogs race, with Howard, Les Chesterton, John Williams, John Mason and Kevin Wright all finishing well up the field on Saturday's event.

The ladies' competition was a close-fought contest. Sandy Grimes took an early lead after the Wicken Hill Whizz; then Tracey Woodyard took first place at Reservoir Bogs to challenge for the series. At the deciding race, Tom Tittiman, Tracey overtook Sandy on the descent, finishing just 2 seconds ahead. However that was not quite enough, and Sandy – 4th in 2003, 2nd in 2004, 3rd in 2005 – finished the 2006 series as first lady.

Cerys Davies finished ahead of both those ladies in the final race, but could not match them at Reservoir Bogs and finished in a close 3rd place. Impressively, Julie Carter got quicker each day, finally outpacing all those ahead of her in the series at Tom Tittiman. Like Shaun Godsman, she would no doubt have excelled if the series had gone on for another couple of days!

Carole Priestley had been beaten to the LV50 prize for the last 3 years, but 2006 was to be her year: first LV50.

Sweatshirts also went to the runner who had improved the most from last year's series to this year: Tim Hayles, and to the runner who has improved the most over the four years that I have been doing the results: Keith Markley has competed each year, improving from 29th out of 45 who completed the series in 2003, to 19th out of 48 this year.

Hope to see you all next year.

Bill Johnson

1. J. Logue	Horw
2. A. Breaks	CaldV
3. S. Godsman	Tod
4. C. Smale O/40	Tod
5. J. Williams	L'ster
6. A. Thorpe	H'fax
7. R. Kingsnorth	Orion

8. D. Ballantine O/40 K&C  
 9. D. Brock O/40 Springf  
 10. P. Smithson O/40 K&C

**LADIES**

1. (24) S. Grimes O/40 L'ster  
 2. (26) T. Woodyard O/40 Springf  
 3. (27) C. Davies CaldV  
 4. (28) J. Carter O/40 CFR  
 5. (37) C. Hanson H'fax

**VETERANS O/50**

1. (11) H. Jardine Springf  
 2. (20) L. Chesterton L'ster  
 3. (24) J. Williams Springf

48 overall finishers

**WICKEN HILL WHIZZ  
 (MIDSUMMER MADNESS SERIES)  
 West Yorkshire  
 AS/3m/1000ft 23.06.06**

There were some very fast times set in the opening race of this year's Midsummer Madness weekend in the Calder Valley. The first three runners back were all inside Ian Holmes' record time of 21:36 set in 2003, and the ladies' record time was shattered.

Last year's winner, Chris Smale, improved his time from 2005 by 30 seconds but still could not keep up with the front two. Heading over the rough ground towards the top of the ascent, James Logue managed to pull away from Adam Breaks. They both hurtled down the descent. At the bottom, a few hundred yards from the finish and thinking he had a good lead, James almost eased off but heard Adam's thundering footsteps right behind him just at the last moment and made a final sprint for the line, winning the race by 3 seconds and setting a new record time in the process.

Clare Kenny, racing again after a layoff, managed to keep ahead of Sandy Grimes to claim the second lady's position. 48th and 50th at the summit they finished in 51st and 53rd place at the line. Sandy proved her consistency, finishing just 3 seconds ahead of her time from last year.

20 seconds behind, Cerys Davies finished in 4th place to help Calder Valley ladies to an emphatic team victory.

Just one minute separated the second to sixth ladies, with Jackie Scarf and Tracey Woodyard swiftly following.

Unusually for the current trend in grey-power, there were only 2 veterans in the first 12 places. Disappointingly, though, there were fewer juniors than in previous years. Having said that, both Aaron Kelly of Rossendale and Ashley Wright of Todmorden ran superbly, to take 14th and 27th place and the prizes as first U18 and first U16 respectively.

As was to be the case in all three races in this Midsummer Madness series, there were more runners this year than in any of the previous years that I have results from, which must be a good sign for this great weekend of fell running.

- |                   |        |       |
|-------------------|--------|-------|
| 1. J. Logue       | Horw   | 20.47 |
| 2. A. Breaks      | CaldV  | 20.50 |
| 3. C. Smale O/40  | Tod    | 21.21 |
| 4. A. Whitem      | Tod    | 21.42 |
| 5. S. Godsman     | Tod    | 22.44 |
| 6. J. Williams    | L'ster | 22.59 |
| 7. A. Morris      | CaldV  | 23.00 |
| 8. A. Clarke O/40 | CaldV  | 23.07 |
| 9. A. Thorpe      | H'fax  | 23.09 |
| 10. P. Burnett    | Tod    | 23.37 |

**VETERANS O/50**

- |                     |         |       |
|---------------------|---------|-------|
| 1. (17) S. Daws     | Telf    | 24.26 |
| 2. (31) H. Jardin   | Springf | 26.30 |
| 3. (34) R. Woodhead | BfdAire | 27.13 |

**VETERANS O/60**

- |                    |     |       |
|--------------------|-----|-------|
| 1. (88) R. Johnson | CFR | 35.58 |
|--------------------|-----|-------|

**LADIES**

- |                        |        |       |
|------------------------|--------|-------|
| 1. (20) J. Waites      | CaldV  | 25.16 |
| 2. (51) C. Kenny O/40  | CaldV  | 29.02 |
| 3. (53) S. Grimes O/40 | L'ster | 29.18 |
| 4. (57) C. Davies      | CaldV  | 29.40 |
| 5. (62) J. Scarf O/40  | CaldV  | 29.56 |

**RESERVOIR BOGS  
 (MIDSUMMER MADNESS SERIES)  
 West Yorkshire  
 BM/7m/1100ft 24.06.06**

The challenge of working out your best route between the checkpoints adds spice to this race, with checkpoint marshals reporting runners converging on them from all directions.

James Logue, leading the series after the first race, was looking forward to this one. He's told me not to refer to him as a "crack orienteer" as I did in last year's report, so we'll call him an "ex-international orienteer" instead. Adam Breaks stuck close to James for the first two checkpoints, then James stopped to let Adam go racing past and crept off in a different direction. Adam turned round to see that James had disappeared! Adam turned up the pace but by the time he got to the next checkpoint (number 3) James had been and gone. The marshals there said that the leading runners appeared from the west, whereas the majority of the following runners surprisingly appeared from the east of the checkpoint. Dave Collins admits to leading a large contingent of runners on a long diversion across the moor to this checkpoint and he says he was concerned about being lynched if he led them on another diversion across the moor to checkpoint 4, so he played it safe and stuck to the paths.

Meanwhile, Adam raced hard to catch James up over the final sections of the race, but he

couldn't quite make up the time, finishing 30 seconds behind.

A number of runners saw the flags set up for the junior races and automatically followed them, heading on the junior race route despite being told that their route was not flagged! Fortunately the junior race route did lead close to the next checkpoint so they could drop off the junior course at that point. As far as I know none of the seniors were included in the prizes for the junior races!!!



Ray Charlton of Springfield finds that the Reservoir Bogs can slow you down a bit!!  
 Photo - Andrew Mason

A good battle had developed amongst the ladies. Cerys Davies was in the lead at the first two checkpoints, with Julie Carter, Sandy Grimes and Tracey Woodyard swapping places behind her. Julie and Sandy chose excellent routes to checkpoint 3, gaining 16 and 12 places respectively to be 1st and 2nd ladies at that stage. Cerys chose a poor route, dropping to 4th lady behind Tracey. Then it was Tracey's turn to select the best line to checkpoint 4, gaining 9 places and reaching there as first lady, a position she was to retain to the end of the race. Julie's route to that checkpoint was not so quick, dropping her behind the leading pair of Tracey and Sandy.

Those positions remained the same to the finish line, with Tracey Woodyard winning by 30 seconds from Sandy Grimes. A little further back, Julie Carter held off Cerys Davies by 7 seconds and Zoe Woodward, who had steadily moved up the field all the way round, by 11 seconds.

For the second day, Todmorden won the team prize, this time with the support of Andy Wrench in 3rd place, Shaun Godsman in 4th and Chris Smale in 7th. Those positions meant the Shaun moved ahead of team-mate Chris in the series, by one point.

With Allison Cook completing their team, the Springfield Striders took the ladies' team prize for the first time in this event.

- |                   |       |       |
|-------------------|-------|-------|
| 1. J. Logue       | Horw  | 46.03 |
| 2. A. Breaks      | CaldV | 46.34 |
| 3. A. Wrench O/40 | Tod   | 48.43 |
| 4. S. Godsman     | Tod   | 52.03 |
| 5. A. Thorpe      | H'fax | 52.13 |



James Logue of Horwiche leads a hard-working trio at Wicken Hill Photo - Andrew Mason

With Chris in third place, Alex Whitem in fourth and Shaun Godsman in fifth, Todmorden Harriers took the team prize with ease.

The remarkable Jo Waites set yet another race record in just her second year of fell running, finishing in 20th place overall and breaking the previous mark set by Swedish orienteer Pernille Karsson in 2002 by more than 2 minutes.



6. J. Williams	L'ster	52.43
7. C. Smale O/40	Tod	53.22
8. S. Donahue O/40	Spenb	54.08
9. G. Macinnes O/40	Carn	55.21
10. R. Kingsnorth	Orion	55.31

#### VETERANS O/50

1. (12) D. Collins	Tod	63.28
2. (17) H. Jardine	Springf	66.33
3. (27) L. Chesterton	L'ster	70.00

#### VETERANS O/60

1. (76) B. Pycroft	FRA	93.30
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#### LADIES

1. (34) T. Woodyard O/40	Springf	71.00
2. (37) S. Grimes O/40	L'ster	71.31
3. (48) J. Carter O/40	CFR	74.40
4. (50) C. Davies	CaldV	74.47
5. (53) Z. Woodward O/40	Springf	74.51

#### 87 finishers

### TIMOTHY TAYLORS TOM TITTIMAN (MIDSUMMER MADNESS SERIES) West Yorkshire BS/4m/700ft 25.06.06

Timothy Taylors had been keen to sponsor this race, and they provided trophies for the first man, lady and veteran, as well as T-shirts and beer for all the normal prize winners.

The front pairing in the race remained unchanged from the previous two races, with James Logue completing a superb third race victory in as many days and Adam Breaks holding off the other runners to claim his third second-place of the series, despite competing in a 10k on the morning of the race. Four races in 3 days: surely that is grounds for insanity?

Shaun Godsmen, getting steadily faster over the weekend, finished in 3rd place. His club, Todmorden, completed a hat-trick of team victories, with Alex Whitem returning to claim 4th place and Chris Smale completing the return of Friday night's line-up, in 6th place.

Jason Williams, competing in his first Midsummer Madness series, had shown his strength and pace in reaching the summit checkpoint in 4th place, but on the fast, descending second half of the race he lost positions to three runners, one of them being

Andy Thorpe. Andy clearly enjoyed the descent, moving up from 9th place at the summit to a fine 5th place at the finish. He had also shown stamina in steadily gaining places during yesterday's race, to improve his standing in what is his first Midsummer Madness series.

Jo Buckley (formerly Smith) is a strong, fast climber and she turned at the summit in 10th place. She lost places on the descent, but could afford to, with 4 1/2 minutes lead on the second lady, Jackie Scarf. Like James, Jo sets the inaugural record for this new race route (the start and finish have been amended to be close to the pub!)

All of the next six ladies gained places on the run-in, none more so than Julie Carter who moved up an incredible 13 places to move away from Karen Ballantine and Tracey Woodyard who were just behind her at the summit, and to overtake Sandy Grimes and Cerys Davies, finally finishing in 3rd place. Jo, Jackie and Cerys claimed the ladies' team prize for Calder Valley.

Good descending was also exhibited by Aaron Kelly, who overtook Ashley Wright on the run-in to claim the prize as the first junior. Ashley was just 12 seconds behind Aaron - a fine run by the first under16. Indeed all the under16s had good runs: Keiron Russell (18th), Sam Tosh (21st), Steven Bayton (22nd) and Jack Dugdale (38th).

1. J. Logue	Horw	27.12
2. A. Breaks	CaldV	28.27
3. S. Godsmen	Tod	29.05
4. A. Whitem	Tod	29.25
5. A. Thorpe	H'fax	29.30
6. C. Smale O/40	Tod	29.36
7. J. Williams	L'ster	30.11
8. S. Clawson	Ross	30.32
9. P. Burnett	Tod	31.19
10. J. Holt O/50	Clay	31.20

#### VETERANS O/50

1. (10) J. Holt	Clay	31.20
2. (17) S. Daws	Telf	32.21
3. (26) H. Jardine	Springf	34.00

#### VETERANS O/60

1. (78) T. Targett	Clay	46.22
2. (80) D. Dickson	Ross	47.40

#### LADIES

1. (14) J. Buckley	CaldV	31.58
2. (40) J. Scarf O/40	CaldV	36.26
3. (46) J. Carter O/40	CFR	36.58
4. (47) C. Davies	CaldV	37.06
5. (52) T. Woodyard O/40	Springf	37.21

#### 92 finishers

### CHROME HILL Derbyshire BS/4m/700ft 24.06.06

Well this time the weather was better, but thanks to all the rain recently, the boggy bits were very boggy! There were a good number of starters lined up outside the Primary School, but the group were quickly spread out owing to having to negotiate a tractor in the farmyard - this is certainly a rural race!

The nice steady start through the fields is a gentle warm up before the hills start in earnest. Through the bog and over the rickety bridge - which I am sure will not be there for many more years - saw the runners onto the first hill; quite a gentle, but steady climb up on good tracks and fields. Having climbed up, the runners headed steeply downhill before turning onto the main hill of the race - Chrome Hill. As an old coral reef it can present quite a challenge, with narrow paths and very rocky outcrops. Finally, the runners were over the top, another steep descent, and finished gently along the meadows. Despite the good weather, the race was slower

than previous years. Maybe the chance to see the view was too tempting! In many years, it is obscured by mist!

Special mention must go to one runner, Helen Winskill, who despite being pregnant, seemed to have greatly enjoyed the run, and was even smiling at the finish - unlike many others whose grimaces said it all!

This year saw the first junior competitor, who found it more challenging than she thought, but Hannah was on home ground, running across her parents' own farm, so we were not worried about losing her.

There were also some small junior races for youngsters. This was the first year that these were held, lessons were learned, and hopefully in the future, with more support, they will go on and become a feature in the junior race calendar!

Finally, the local Leek brewery had a beer stand at the finish, which must have gone down well, because as I went for a well earned pint, having got all the runners out and back in again, with times recorded, they had run out and the barrels were empty! It must have been that the runners needed the sugar! Thanks to all who ran and supported the race; I look forward to seeing you all next year. As for the rest of you readers, try it, how often do you get to run along a coral reef!!

#### Mandy Dennison

1. P. Winskill	DkPk	31.22
2. J. Nuttall	Chesh	32.21
3. R. Houghton O/40	Buxt	33.13
4. M. Sherratt	Buxt	34.27
5. A. Staples	Unatt	34.50
6. A. Howie O/50	Penn	35.24
7. A. Moore O/40	DkPk	35.28
8. R. Scottney O/50	Penn	35.31
9. J. Amies O/60	Congle	35.36
10. L. Batt O/40	DkPk	36.24

#### VETERANS O/60

1. (9) J. Amies	Congle	35.36
2. (27) R. Wignall	Altring	44.28
3. (38) M. McDonald	Bowl	48.53

#### VETERANS O/70

1. (33) B. Rogers	NVets	47.07
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#### LADIES

1. (10) L. Batt O/40	DkPk	36.24
2. (22) R. Chatwin	Penn	42.57
3. (24) H. Armstrong O/40	Ashb	43.33
4. (32) L. Delrio O/40	Trenth	46.46
5. (34) G. Thomas	Unatt	47.08
(44) A. Dinsmoor O/50	Penn	52.41

#### 47 finishers

### ELDWICK GALA FELL RACE W Yorks CS/3m/300ft 24.06.06

A very impressive 96 quality runners turned out for the 2006 Race.

A great win for Richard Pattinson in the mens race was closely followed by Robin Lawrence and Andrew Grenfell.

The fastest lady was 13 year-old Melanie Hyder only 90 seconds behind the winner, beating the next female runner by 2 minutes!

Once again, the weather was excellent leaving the runners to enjoy a leisurely warm-down and partake in the Gala festivities as well.

Bingley dominated the team prizes but as usual they were down the pub when the prizes were handed out!

That elusive 20-year-old record is still not beaten and stands at 16:05 - maybe next year.



Three happy ladies on the climb at Tom Tittiman  
Photo - Andrew Mason

1. R. Pattinson O/40	P&B	17.54
2. R. Lawrence	Bing	18.08
3. A. Grenfell	Ross	18.10
4. S. Hunn	Skipt	18.18
5. M. Peace	Bing	18.20
6. R. Thackray	Unatt	18.22
7. G. Pearce	Ilk	18.34
8. J. Senior	Bing	18.55
9. S. Russell U/18	Ross	19.02
10. I. Nixon	P&B	19.07

#### VETERANS O/50

1. B. Hamilton	Ilk	20.37
2. G. Arthur	Unatt	22.06
3. G. Breeze	Skyrac	22.19

#### LADIES

1. M. Hyder U/14	Dallam	19.35
2. T. Hird	Wharf	21.34
3. A. Srivastava	Ilk	22.54
4. H. Corbishley	Ross	22.55
5. S. Brash	AireV	22.57

#### TYN-Y-GROES HILL RACE

Gwynedd  
AS/2.1m/700ft 24.06.06

The Tyn-y-Groes Hill Race is an old race recorded in the registration book of the Tyn-y-Groes Hotel Ganolwyd with the oldest record dating from 1925. It was a dash from the hotel across the river Mawddach, up to the summit of Mynydd Penrhos and back again but for safety reasons the new route is now circular and avoids the main road and river crossing but does take in the magnificent views from the ridge. Before its revival, it was last run in 1987.

The second summer running of the revived race took place in warm, dry almost windless conditions with 29 runners starting from the Tyn-y-Groes Picnic area. They were led from start to finish by Steve Gilliland the previous year's winner who completed the course in 17.00 improving on his previous year's time of 17:37. Second place went to Pez Bullen with Graeme Stringer putting in an astonishing comeback performance to claim a career best 3rd place.

First place lady, repeating her previous year's success, and 4th overall was Andrea Goode.

The international runners' cup went to Linos Kizala from Lithuania who took 5th place.

The whole event was broadcast live by Radio Wales including interviews with the winner, various runners and local characters. A large crowd turned out to cheer on the runners and as usual both winners and the two fastest locals have their details permanently entered into the old Hotel registration book by the stunning calligraphy of local artist and runner Sue Nicholls.

Traditionally the race was also run on Boxing Day and that was also true of the revived race with an excellent turnout of 30 last December.

For all those wishing to "freshen" up this coming Boxing Day at 12.00 noon look out for details on [www.brodysynniac.co.uk](http://www.brodysynniac.co.uk) or just turn up at the Hotel.

In the words of Phil Steele of Radio Wales there will be plenty of "liquid replenishment".

R.A. Chilton

1. S. Gilliland O/40	BroDys	17.00
2. P. Bullen O/40	Kesw	18.41
3. G. Stringer O/40	Meirion	20.36
4. A. Goode	Meirion	21.57
5. L. Kizala	Unatt	22.16
6. W. Marsh O/50	BroDys	22.25
7. A. Oliver O/60	Eryri	22.27
8. R. Griffiths O/50	BroDys	22.33
9. M. Atherton O/40	Unatt	23.09
10. K. Evans O/40	Meirion	23.27

#### VETERANS O/60

1. (7) A. Oliver	Eryri	22.27
2. (13) P. Jones	Prestat	23.48
3. (19) B. Jones	BroDys	28.42

#### LADIES

1. (4) A. Goode	Meirion	21.57
2. (11) M. Oliver O/50	Eryri	23.31
3. (12) J. Edwards O/40	BroDys	23.41
4. (15) A. Price O/40	Meirion	24.34
5. (17) E. Gilliland	Unatt	26.50
(19) B. Jones O/60	BroDys	28.42
(27) S. Symonds O/70	BroDys	41.42
(28) E. Griffiths O/50	BroDys	52.34

#### 29 finishers

#### BLACKAMoor CHASE

South Yorkshire  
BM/6m/1450ft 29.06.06

We were blessed with a glorious summer evening for this the 19th running of the Blackamoor Chase. The problems we had with car parking at the Totley Moor race 4 weeks earlier, due to the sports field being water logged, were but a distant memory. With local races straddling the date of this event it would be interesting to see how many entrants we got. But with 170 runners taking part my fears, as a first time race organiser, were soon allayed.

As the runners left the sports field to make their way up on to the fell, local lad Aidan Linskill was leading the field, but these were early days. Would he be able to hold off the experienced guys who were breathing down his neck?

Conditions underfoot were mostly dry and dusty, with plenty of midges about to pester the marshals and race officials. Matt Crane set a record for the course, finishing in a blistering time, a good 1.25 mins ahead of 2nd placed man Oli Johnson. Local stalwart Dave Taylor came a commendable 3rd overall and was first male V40. DPFR had first V50 with Ron Fawcett, but Fat Boys RC claimed first V60 with Andy Hartley and Matlock RC first V70 with Brian Howitt.

First in the ladies race was Jenny Whitehead with a good 3.5 mins lead over 2nd placed Kirst Bryan-Jones. In 3rd place was our very rowan Pippa Weir, who also took 1st FV40. First in the FV50 category, another Totley AC lady Pat Goodall (all that running she did in China must have done her good.)

And what a superb setting for the prize giving, with runners and their supporters sat on the sports field outside the pub with a well earned pint. Thanks to all the marshals and helpers, our sponsors "keep on running" and "Autocraft Services". Well done to all the participants and hope to see you all again next year.

Peter Matthews

1. M. Crane	DPFR	40.10
2. O. Johnson	DPFR	41.24
3. D. Taylor O/40	DPFR	41.38
4. L. Banton	Stockp	42.41
5. G. Cudahay	Stockp	43.54
6. A. Linskill	Totley	44.21
7. S. Patton	DPFR	44.30
8. A. McCullough	FRA	44.51
9. G. Briggs O/40	Penn	44.58
10. M. Stenton O/40	DPFR	45.02

#### VETERANS O/50

1. (19) R. Fawcett	DPFR	48.05
2. (20) K. Holmes	DPFR	48.16
3. (24) A. Howie	Penn	49.08

#### VETERANS O/60

1. (36) A. Hartley	FatBoys	50.32
2. (121) C. Radcliffe	DPFR	61.32
3. (138) G. Evans	FatBoys	65.23

#### VETERANS O/70

1. (162) B. Howitt	Mat	72.54
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#### LADIES

1. (33) J. Whitehead	DPFR	50.23
2. (56) K. Bryan-Jones	DPFR	53.50
3. (69) P. Weir O/40	Totley	54.55
4. (89) R. Chatwin	Penn	57.02
5. (91) J. Caddick	Unatt	57.08

#### 168 finishers

#### GIBSON GRIND TRAIL RACE

Cumbria  
BM/8.5m/1260ft 24.06.06

A field of 66 runners took part in the third running of this event, which raised funds for Dean Gibson School. They left the playing field to rapturous applause from all the people attending the fete.

Once they got onto the open fell, Craig and Paul Mullen made a break from the rest of the field until about just after halfway, Paul Dugdale joined them, but as Paul Dugdale worked hard to catch them and was a bit out of puff, Craig made a break and went on to win with Paul Muller in hot pursuit.

There was also a good finish to the women's race, with Paul Dugdale's wife, Evelyn, just holding off Louise Roberts to win the women's race.

It was just as close in the vet 60 race, with David Waywell just doing enough to beat Pete Hall, who is no newcomer to the fell, having won Ben Nevis 40 years ago, three times in a row!!

So, overall everybody had a great day and said how good the course and extensive prize list was, and all say it's a must next year, so I had better make the most of my rest, before it starts all over again!!

A. McDaid

1. C. Roberts	Kend	55.15
2. P. Muller	Horw	55.40
3. P. Dugdale	Kend	57.50
4. G. Bailey	Kghly	58.05
5. S. Addison O/45	HelmH	59.04
6. M. Deresford	Kend	59.08
7. J. Casey	AJAX	59.37
8. P. Neild	Bowl	60.27
9. K. Hodgson	HVAC	60.34
10. M. Addison O/45	HelmH	60.53

#### VETERANS O/50

1. (20) P. Harlowe	HelmH	64.39
2. (37) D. Woodbridge	Amble	71.16
3. (55) J. King	HelmH	80.28

#### VETERANS O/60

1. (23) D. Waywell	Wesh	65.05
2. (24) P. Hall	Barrow	65.13
3. (50) D. Brown	Wesh	78.37

#### LADIES

1. (21) E. Dugdale	Kend	64.46
2. (22) L. Roberts	Kesw	64.49
3. (38) C. Musetli	Amble	71.20
(40) J. Taylor	Bowl	72.49
(48) K. Hoyer	Wesh	76.51
(66) M. Rosen	L&M	99.30

#### 66 finishers

#### JAMES BLAKELEY HARDEN MOSS RACE

West Yorkshire  
CS/3.5m/600ft 24.06.06

1. J. Rank O/40	Holm	22.07
2. R. Jackson O/40	Horw	22.45
3. A. Shaw O/40	Holm	23.33
4. B. Stuart	Unatt	24.13
5. J. Patterson O/40	Holm	26.07
6. A. Smith O/40	Holm	26.07
7. N. Thomas O/40	Melth	27.01



8. J. Penson	Unatt	27.37
9. P. Fearn O/40	Holm	27.41
10. J. Penson	Unatt	28.04
11. C. Penson U/16	Unatt	29.16
12. R. Fieldhouse	Melth	30.21
13. T. Cock O/60	Holm	30.39
14. K. Sinkinson Lady	Holm	30.42
15. R. Thomas O/40	Melth	35.02
16. P. Nicholson O/50	Unatt	42.17

16 finishers

**EILDON TWO HILLS**  
Borders  
24.07.06

On a very firm but dull day, the times were slower due to the whin being quite thick. This added to the lead changing hands on the road up the first hill. But coming off the middle all the leaders took different routes and led to a good finish with Brian Marshall catching Damon Rodwell entering the Greenyards.

Claire Gordon led the ladies' race from start to finish with Tish Affleck pegging back Rachel Fagan on the descent to finish second.

*George Meikle*

1. B. Marshall	HELP	30.12
2. D. Rodwell	Gala	30.24
3. A. Ward O/40	Carn	31.40
4. N. Aitchison O/40	Gala	32.43
5. J. Taylor	Teviot	34.06
6. S. Coxon O/40	Tyne	34.23
7. C. Gordon	HBT	34.52
8. G. Murdoch	Gala	34.53
9. J. Tulley O/40	Teviot	35.00
10. N. Beard	Unatt	35.41

**VETERANS O/50**

1. (12) D. Milligan	Solway	36.56
2. (20) H. Semple	Unatt	38.44
3. (30) F. McCain	Carn	45.26

**LADIES**

1. (7) C. Gordon	HBT	34.52
2. (11) T. Affleck O/40	Gala	36.38
3. (19) R. Fagan	Gala	38.22
4. (27) H. Tweedie	W'lands	43.58
5. (28) J. Anderson O/40	Carn	44.49

40 finishers

**RAS PURLUMON**  
Gwynedd

AS/5.25m/1550ft 25.06.06

Ras Pumlumon is descended from the (AL) Nant-y-moch Skyline Race, first staged in 1999. In 2005, the Nat-y-Moch field was smaller than the number of landowners and graziers we'd asked for permission, so we decided to downsize the race as well for 2006.

Ras Pumlumon involves one landowner, one grazier, no fences, no bottlenecks, no dodgy river crossings and still the chance for runners to admire Pumlumon's one mountainous face as they climb over the source of the Rheidol river.

Weather on the day was near perfect - overcast and cool - with a thin veil of mist on the high ground.

It was a good day for Shrewsbury AC, who took both men's and women's prizes: Michael James cracked our guesstimated winning time by 30 seconds, with Anna Bartlett just five minutes behind. Local prizes went to Nant-y-moch Skyline stalwart, Dave Powell of Machynlleth.

*Richard Wilson*

1. M. James	Shrews	44.30
2. S. Gilliland O/40	BroDys	44.50
3. J. Blackett O/40	DkPk	44.59
4. M. Gilbert	Wrex	46.25
5. C. Flower	MynDu	46.37

6. R. Stafford	Mercia	49.18
7. G. Jones O/50	Shrews	49.46
8. M. Shaw	Brecon	50.06
9. S. Turk	Shrews	50.40
10. A. Bartlett	Shrews	50.58

**VETERANS O/50**

1. (7) G. Jones	Shrews	49.46
2. (11) G. McAra	Chesh	51.00
3. (16) G. Spencer	Mercia	52.29

**VETERANS O/60**

1. (13) D. Williams	Eryri	51.41
2. (21) E. Davies	Eryri	53.38
3. (26) J. Morris	Buckley	55.02

**LADIES**

1. (10) A. Bartlett	Shrews	50.58
2. (29) A. Roberts	Eryri	56.35
3. (36) G. Evans O/40	Sheps	58.06
4. (37) H. Bennett	MDC	58.43
5. (39) E. Salisbury O/40	Eryri	60.35
(46) M. Oliver O/50	Eryri	68.47

50 finishers

**ARNISON DASH**  
Cumbria  
AS/2m/1000ft 25.06.06

Well, England managed a win against Ecuador and Tim Austin managed a win against Jim Davies! Jim took the better line from the top of Arnison Crag, but had a tumble on the way down which means he bettered last year's time, but was second not first..... That's fell running for you!

Well done to Tim Austin for an excellent win and to Natilie White for leading the ladies home. Congratulations also to Tom Doyle who was first junior home and took over a minute and a half off last year's time - superb running. And at the other end of the scale, Mike Dawes, who was born in the valley was quietly celebrating 50 years of running from Patterdale Playing Fields. His first race was at the tender age of 11!

And a big thank you to all 41 runners who entered the race. You created quite a spectacle as you left the show field and started the ascent of



Jeff Norman scrambling down at the Arnison Dash  
Photo - Stewart Gregory

Arnison Crag. A special thank you to Cumberland Fell Runners for fielding 22 runners and to Jim Davis from CFR for providing such an excellent race commentary. As a runner, you maybe thought we didn't know what you were up to once you left the show field, but Jim seemed to recognise every running style, inside leg measurement and odd freckle on your calf muscle so we knew exactly who was in what position! Thank you, Jim.

Finally, thank you to Catstycam Outdoor Shop in Glenridding, who kindly sponsored the prizes.

*Christine Kenyon*

1. T. Austin	DkPk	14.00
2. J. Davies O/40	Borr	14.06
3. C. Doyle	Traff	14.35
4. R. Lightfoot	Ellen	14.55
5. A. Labram	Eden	15.36
6. C. Steele	CFR	15.42
7. P. Brittleton	Helm	15.48
8. T. Doyle	Helm	15.49
9. J. Dawson O/40	CFR	15.54
10. C. Hamilton	Unatt	16.40

**VETERANS O/50**

1. (13) W. Bell	CFR	16.46
2. (18) I. Block	CFR	17.35
3. (20) D. Fell	CFR	18.31

**VETERANS O/60**

1. (24) J. Norman	Altrin	20.21
2. (27) R. Whitaker	CFR	21.08
3. (31) M. Dawes	Unatt	22.22

**VETERANS O/70**

1. (40) D. Rigg	CFR	28.03
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**LADIES**

1. (17) N. White	Bing	17.15
2. (28) L. Buck O/40	CFR	21.34
3. (29) N. Goffe O/50	BlCombe	22.11
4. (34) D. Patton O/40	CFR	23.23
5. (36) B. Haywood O/40	CFR	24.36

40 finishers

**HARROCK HILL - RACE 2**  
Lancashire  
BS/5m/900ft 28.06.06

1. N. Leigh	P&B	31.21
2. D. Kay	Horw	31.23
3. P. Roby	Horw	32.31
4. P. Massey	Horw	32.37
5. P. Muller O/45	Horw	33.01
6. C. Heys	Horw	33.11
7. S. Bolland	Bowl	33.15
8. P. Darbyshire	Wigan	33.23
9. A. Alty O/45	Chorl	34.12
10. K. Thomas O/45	Lostock	34.28

**VETERANS O/50**

1. (19) D. Buckley	Wesham	35.52
2. (29) S. Morran	FRA	37.28
3. (33) T. Hesketh	Horw	37.56

**VETERANS O/60**

1. (67) C. Slavin	L'pool	42.11
2. (75) N. Griffiths	Spect	43.12
3. (112) T. Bolland	Sthport	55.23

**LADIES**

1. (30) L. Jolley	Wigan	37.38
2. (44) S. Budgett O/40	Horw	40.02
3. (56) A. Crabtree O/40	Chorl	41.29
4. (66) K. Trickett	Pendle	42.07
5. (77) S. Cain O/45	PennL	43.20

114 finishers

**BLACKAMoor CHASE**  
South Yorkshire  
BM/6m/1450ft 29.06.06

We were blessed with a glorious summer evening for this the 19th running of the Blackamoor Chase. The problems we had with

car parking at the Totley Moor race four weeks earlier, due to the sports field being water logged, were but a distant memory. With local races straddling the date of this even, it would be interesting to see how many entrants we got. But with 170 runners taking part my fears, as a first time race organiser, were soon allayed.

As the runners left the sports field to make their way up on to the fell, local lad Aidan Linskill was leading the field, but these were early days. Would he be able to hold off the experienced guys who were breathing down his neck?

Conditions underfoot were mostly dry and dusty, with plenty of midges about to pester the marshals and race officials. Matt Crane set a record for the course, finishing in a blistering time, a good 1.25 mins ahead of 2nd placed man Oli Johnson. Local stalwart Dave Taylor came a commendable 3rd overall and was first male V40. Dark Peak had first V50 with Ron Fawcett, but Fat Boys RC claimed first V60 with Andy Hartley and Matlock RC first V70 with Brian Howitt.

First in the ladies' race was Jenny Whitehead with a good lead over 2nd placed Kirsty Bryan-Jones. In 3rd place was our very rowan Pippa Weir, who also took 1st FV40. First in the FV50 category was Pat Goodall (all that running she did in China must have done her good.)

And what a superb setting for the prize giving, with runners and their supporters sitting on the sports field outside the pub with a well earned pint. Thanks to all the marshals and helpers, our sponsors "keep on running" and "Autocraft Services". Well done to all the participants and hope to see you all again next year.

Peter. Matthews

1. M. Crane	DkPk	40.10
2. O. Johnson	DkPk	41.24
3. D. Taylor O/40	DkPk	41.38
4. L. Banton	Clowne	42.41
5. G. Cudahay	Stockp	43.54
6. A. Linskill	Totley	44.21
7. S. Patton	DkPk	44.30
8. A. McCullough	FRA	44.51
9. G. Briggs O/40	Penn	44.58
10. M. Stenton O/40	DkPk	45.02

#### VETERANS O/50

1. (19) R. Fawcett	DkPk	48.05
2. (20) K. Holmes	DkPk	48.16
3. (24) A. Howie	Penn	49.08

#### VETERANS O/60

1. (36) A. Hartley	FatBoys	50.32
2. (121) C. Radcliffe	DkPk	61.32
3. (138) G. Evans	FatBoys	65.23

#### VETERANS O/70

1. (162) B. Howitt	Mat	72.54
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#### LADIES

1. (33) J. Whitehead	DkPk	50.23
2. (56) K. Bryan-Jones	DkPk	53.50
3. (69) P. Weir O/40	Totley	54.55
4. (89) R. Chatwin	Penn	57.02
5. (91) J. Caddick	Unatt	57.08

#### 168 finishers

#### GUTO NYTH BRAN

Gwent

BM/6m/1300ft 01.07.06

We were down on numbers from last year, probably because of the very hot weather conditions, and I don't think the World Cup did us any favours. Still, it was enjoyed by those who ran, Mathew Collins is getting closer and close to the course record, even in those very hot conditions.

Next year it will be the 25th anniversary, and Angela Jones, this year's ladies winner will be

going for her third consecutive win, so hopefully the conditions will be kind to her and we will have a better turn out.

Phil Morris

1. M. Collins	MDC	40.56
2. D. Vorres O/40	Griffiths	46.18
3. D. Lambeth	Islwyn	46.52
4. P. Crane O/40	Neath	49.58
5. J. Scanlon	Pontyp	51.39
6. G. Lloyd O/50	Pontyp	52.59
7. A. Jones O/40	MynDu	53.02
8. P. Morris O/50	Heref	53.28
9. M. Wood	Unatt	54.47
10. J. Darby O/50	MynDu	55.41

#### LADIES

1. (7) A. Jones O/40	MynDu	53.02
2. (14) S. Woods O/50	MynDu	61.18
3. (16) J. Richards	Griffith	69.21
4. (17) C. Vorres O/50	Griffith	73.32
5. (18) F. Glen	Islwyn	77.13

#### 19 finishers

#### TOCKHOLES FELL RACE

Lancashire

BS/5.8m/1100ft 01.07.06

Tockholes is a quaint collection of hamlets just 'over t'hill' from Darwen with it's annual fell race re-instigated six years back as an integral part of the currently defunct village gala.

Taking over the role of race organiser, fate dealt a difficult hand with stiff competition from Sven and his men (mice more appropriate after those penalties) together with the climax of a heatwave.

Worry not; fell runners are indeed a hardy lot and with race HQ installing a large screen (albeit in a small room); 68 runners sweltered their way round the varied, testing route down into Sunnyhurst Woods before the tortuous climb all the way up to Darwen Tower; all in temperatures exceeding 28°.

Matt Nuttall and Paul Guinan stole the honours for Blackburn Harriers with the quintet of Paul Massey, Kev Gaskell (M40), Dave Massey and Glyn Kay from Horwich all finishing under 42 minutes; clubmate Suzanne Budgett was first lady home. All, reassuringly for those of us never troubled by podium finishes; looking weary and foaming at the gills like the rest of us.

Horwich also took Male V50 with Tony Hesketh; Jeff Norman took Male V60, and inspiration to us all, septuagenarian George Arnold completing the run in an hour and five to take the Male V70 prize.

Similarly inspiring were those willing to help with marshalling, flagging the course and sweeping; jobs, oft taken for granted but essential. Many thanks.

Nige Barnes

1. M. Nuttall	B'burn	38.45
2. P. Guinan	B'burn	39.10
3. P. Massey	Horw	40.17
4. K. Gaskell O/40	Horw	40.55
5. D. Massey O/40	Horw	41.32
6. G. Kay	Horw	41.55
7. S. Edmondson	Chorl	42.03
8. M. Ward	Horw	42.07
9. D. Headifen	Darwen	43.43
10. I. Selby	Horw	44.19

#### VETERANS O/50

1. (14) T. Hesketh	Horw	44.47
2. (22) R. Maciejkowicz	Unatt	47.20
3. (23) J. Singleton	Clay	47.26

#### VETERANS O/60

1. (17) J. Norman	Altrin	45.20
2. (43) P. Heneghan	Horw	53.59
3. (63) D. Dickson	Ross	68.03

#### VETERANS O/70

1. (61) G. Arnold	Prest	65.06
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#### LADIES

1. (33) S. Budgett O/40	Horw	50.16
2. (51) S. Lewis	Altrin	56.53
3. (58) S. Charman O/50	Helsby	61.30
4. (66) S. Cottam	Unatt	72.03
5. (67) K. Kay O/40	Unatt	73.32

#### 67 finishers

#### OAKWORTH HAUL

West Yorkshire

BM/5m/650ft 01.07.06

This was only the second running of the race. We had 25 runners last year and hoped to increase substantially this year. Unfortunately the race was scheduled for 3.15 p.m. on the same day England kicked off at 4.00 p.m. - only 18 runners! We could not move to earlier as Gala only started at 2.00 p.m. We'll hope for a good turn out next year. We were a little unlucky with the timing.

All those who did run enjoyed the testing route and all went well. There were 12 marshals - almost one each.

Charles Marshall

1. T. Edward O/40	Clay	38.25
2. M. Clarkson	Kghly	43.39
3. K. White	Clay	44.21
4. R. Joel	Ilk	44.48
5. M. Berry O/40	Kghly	45.13
6. C. Marshall O/40	Kghly	45.18
7. J. Dennis O/40	Kghly	45.28
8. M. Barnes	Unatt	46.23
9. D. Kelly O/50	Unatt	46.50
10. P. Jagan O/50	Bing	47.34

#### LADIES

1. K. Ballantine	Kghly	55.57
2. S. Roberts	Tod	102.32

#### 18 finishers

#### PEAKERS STROLL

Derbyshire

BL/25m/4000ft 02.07.06

On what turned out to be a very hot sunny day, 22 took part, including two ladies. For the organisers, a touch of anxiety was felt as the day became hotter, but although two retired, the rest came back in one piece, although at times the headquarters took on the appearance of a shower room. For the first time in 20 years some checkpoints ran out of water, though this was soon remedied.

Altogether, a successful day, with once again some inspiring comments on the organisation, followed by "we'll be back next year".

Thanks again to all our entries.

Alan Brignell

1. A. Ward	3.23
2. M. Ollernshaw	3.39
3. S. Temple	3.46
4. C. Travis	4.11
5. E. McGuire	4.13
6. D. Masser	4.24
6. C. Weikart-Picker	4.24
7. P. Gorvett	4.27
8. A. Heading	4.40
9. G. Barnes	4.49
10. R. Brown	5.38

#### LADIES

1. (5) E. McGuire	4.13
2. (8) A. Heading	4.40



**SKIDDAW FELL RACE**  
Cumbria  
AM/9m/2700ft 02.07.06

A hot and humid day, even on Jenkin Hill top, saw many runners showing signs of heat exhaustion and four competitors withdrew. Given that so many other events were taking place it was good to get a turnout of over 100 for this classic "up and down" event.

Congratulations to everyone who took part especially the two V70s, Alex Menarry, who finished 72nd of 102 and Ian Addison, who withdrew only a couple of miles from the finish.

Another impressive vets' performance was from Duncan Frampton, who regained the Over 40s' trophy, which he has in his possession for some years.

The ladies continue to impress in this event: Jackie Casey was 28th overall and Gail Tombs was first lady over 50 despite suffering a badly gashed leg near the finish.

Thanks to everyone who helped, particularly Pat and Carolyn for the food, our sponsor, Pete Bland Sports, and everyone who ran or came along as supporters, particularly the two young ladies who took to their sun loungers in bikinis on the starting line! We hope you'll be back next year, although I won't guarantee that you'll be sunbathing again!

Allan Buckley

1. C. Leigh	Traff	1.51.31
2. N. Fish	Amble	1.17.22
3. D. Frampton O/40	Borr	1.18.31
4. B. Walton O/50	Horw	1.19.25
5. M. Whitelaw	Annan	1.20.26
6. N. Holding O/40	WPenn	1.20.29
7. M. Denham-Smith	Kesw	1.20.51
8. A. Murray	Horw	1.21.06
9. A. Labram	Eden	1.21.23
10. M. France O/40	Darwen	1.23.10

**VETERANS O/50**

1. (4) B. Walt6on	Horw	1.19.25
2. (15) G. Schofield	Horw	1.26.19
3. (45) J. Robson	Annan	1.42.17

**VETERANS O/60**

1. (53) D. Taylor	Clay	1.44.31
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**VETERANS O/70**

1. (72) A. Menarry	Durham	1.52.45
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**LADIES**

1. (28) J. Casey O/40	Barrow	1.33.10
2. (40) J. Mellor O/40	Penn	1.38.33
3. (46) D. Campbell	Skelm	1.42.21
4. (51) H. Williamson	Kesw	1.43.51
5. (57) C. Musetti O/40	Amble	1.46.13
(67) G. Tombs O/50	Ackworth	1.50.57

**102 finishers**

**MOEL-Y-GAMELIN**  
Clwyd  
AM/9.5m/2380ft 02.07.06

With the in the sun temperature in the 100s, the starting field of 40 runners was reduced to 34 after only 2 miles, but the heat did not stop the winner, Richard Roberts, beating the existing course record by 1.26.

A big thank you from the race organisers goes to Sandra Montgomery of the new club Clwydian Range Runners, who stopped to help her fellow club member Ben Amesbury, who she found wandering aimlessly, suffering from heat stroke. She, and Wrexham club's Charles Ashley, who was sweeping up, managed to get Ben back to the start, and he later fully recovered.

Peter Norman

1. R Roberts	Eryri	1.19.42
2. I Houston	Wrex	1.21.15

3. A. Smith	Amble	1.22.38
4. S. Ellis O/40	Tatten	1.26.50
5. G. McAra O/50	Chesh	1.27.54
6. S. Turk	Shrews	1.31.29
7. A. Bartlett	Shrews	1.31.36
8. P. Stinton	Clwyd	1.33.55
9. D. Thomas	Eryri	1.34.04
10. P. Bullen O/40	Kesw	1.34.59

**VETERANS O/50**

1. (5) G. McAra	Chesh	1.27.54
2. (13) S. Jones	Eryri	1.38.18
3. (15) C. Edwards	Unatt	1.40.10

**VETERANS O/60**

1. (22) E. Davies	Eryri	1.52.06
2. (33) G. Gunner	CroftAmb	2.14.23

**LADIES**

1. (7) A. Bartlett	Shrews	1.31.36
2. (18) A. Goode	Meinon	1.42.00
3. (26) S. Rowlands	Clwyd	1.58.58

**34 finishers**

**THE KRUNCE**  
3.5m/500ft 04.07.06

With thanks to Janet Rennie for officiating, to Bob Sheridan and Dennis McDonald for clearing the course, and to Forest Enterprise for access. It was a muggy evening with fairly muddy conditions underfoot.

Some big improvers such as Katie Parkin and Peter Larkin (and Gordon Scott but he doesn't have an "arkin") but big losers including Alastair Leiper and Hamish MacDonald but the modal percentage was 100.

1. D. Whitehead	22.51
2. J. Williamson	24.10
3. B. Sheridan	24.17
4. D. McDonald O/40	24.51
5. A. Smith O/40	25.09
6. C. Pryce O/40	25.28
7. B. Ingram	26.33
8. C. Larmour O/40	26.37
9. A. Jermieson O/50	26.49
10. C. Jessiman	27.30

**VETERANS O/50**

1. (9) A. Jermieson	26.49
2. (17) J. Colegrave	29.06
3. (23) A. Mouat	30.03

**LADIES**

1. (16) L. Noble O/40	28.43
2. (18) H. Armitage	29.09
3. (25) L. Chellingsworth	30.11
4. (28) K. Parkin	31.22
5. (29) E. Stewart O/40	31.52

**34 finishers**

**SALTWELL HARRIERS FELL RACE**  
County Durham  
BS/5.5m/1000ft 04.07.06

The Saltwell Harriers Fell Race takes place in an area of outstanding natural beauty and the beautiful summers evening that greeted the entrants to the eleventh running of this race helped to show of this area in all its glory.

Conditions underfoot were very dry, though the breaking of the course record was unlikely due to the heat wave we were experiencing. The leading group on the first climb to Collier Law consisted of two V45's in Armstrong and Smith who maintained their pace to the summit with their younger rivals Abdelnoor, Mustill and Vincent. It wasn't long before the experienced men of the mountains dropped two of the youngsters to leave Abdelnoor setting the pace, which he maintained despite Fred Smith tracking his every move and believing he had enough left in his tank to overtake Ben Abdelnoor on the tough climb to the finish.

However, Abdelnoor had no intention of relinquishing his lead and increased the gap between his senior rival, arriving at the top of the last climb and the finishing post with a 90 second winning margin.

Karen Robertson maintained her position as one of the best women fell runners in the north east (ever) with another victory in this race, finishing in 12th position overall. This was a good win coming on the back of a Chevy Chase win four days earlier. Karen's victory was also matched by the performance of the improving Rachel Vincent, who despite a bad fall came home in 15th position overall. The standard of women's fell running in the north east is clearly getting stronger and this was evident in the excellent 3rd place and 16th position overall of race debutant Angie Watson.

The Saltwell Harriers Fell Race is now well established and continues to attract new faces as well as those who competed in the very first race. It was pleasing to see the return of William Tait one of the founding fathers of Northumberland Fell Runners make an appearance after a few years out through injury as well as the ever present brigade like Matt Simms (you asked me to mention you Matt), who with a bit more training will break the one hour barrier for this race.

The men's team event was keenly contested, between Saltwell, Tynedale and Northumberland Fell Runners, with Tynedale just succumbing to Saltwell's superiority to leave the host club once again the premier Fell Running club in the North East.

As usual, the best fell race presentation in the world took place in the Moorcock Pub, where prizes for all competitors was supplemented by much laughter and good banter, essential characteristics of a great fell race.

Keith Wood.

1. B. Abdelnoor	Amble	43.51
2. F. Smith O/45	Salt	45.21
3. D. Armstrong O/45	NFR	45.30
4. C. Mustill	NewtAy	45.59
5. P. Vincent	Tyned	46.09
6. G. Burns O/40	Blckhill	47.15
7. S. Coxon O/45	Tyned	47.27
8. J. Thompson	Salt	47.44
9. P. Kelly O/45	DFR	48.04
10. S. Lumb O/45	DFR	48.43

**VETERANS O/50**

1. (24) W. Hutchinson	Crap	55.42
2. (26) W. Tait	NFR	58.28
3. (27) R. Dawson	NFR	58.32

**VETERANS O/60**

1. (34) J. Garbarino	NFR	63.04
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**VETERANS O/70**

1. (46) D. Wright	Tyne	73.21
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**LADIES**

1. (12) K. Robertson	NFR	49.08
2. (14) R. Vincent	NFR	50.53
3. (16) A. Watson	ChestSt	52.22
4. (19) K. Davis	NFR	53.19
5. (22) A. Raw O/40	DFR	55.05
(36) S. Davis O/45	NFR	65.20
(44) A. Hunter O/55	Elvert	71.25

**46 finishers**

**HOTFOOT UP FAMAU**  
Denbighshire  
AS/4.2m/1400ft 05.07.06

Another night of magic and mystery! There was electricity in the air and there were flash floods in Corwen. A violent thunderstorm on the mountain two hours before the race had cooled the air and drenched the organiser who was out marking the course. A mysterious mist cloaked the whole of the mountain just before the race and temperatures were well below the 30s of the

previous few days much to the relief of the gathering hordes.

The tension mounted and the mist lifted above the assembled athletes. Another ancient hill fort to do battle with, Moel Gaer, surrounded by six foot bracken and lush gorse made luxuriant by the hothouse weather of recent weeks – this then followed by a breakneck descent down a wet slope thence the long haul to the ridge also thick with bracken and nettles.

The lone piper, McHigginbottom, inspired weary legs up the stony gully. The conditions being what they were surely there was no chance of fast times – but, supercharged by the atmospheric ionic activity, Houston the Welsh Scot and Hammond of Tattenhall smashed the race records. The evangelical campaign to convert Tattenhall runners to fell running continued to gather pace with 17 of their disciples present being augmented by the fast growing Clwydian Range Runners plus a sprinkling of Eryri Harriers, local runners from Denbigh, Prestatyn and Buckley and the Southern branch of Ambleside AC.

Martin Cortvriend

1. I. Houston	Wrex	35.12
2. A. Smith	Amble	38.09
3. N. Ashcroft	Amble	38.17
4. J. Montgomery O/40	Clwyd	39.19
5. G. Norgrove	Wrex	41.34
6. A. Clague	WChesh	41.38
7. P. Stinton	Clwyd	41.57
8. S. Bellis O/50	Buck	42.18
9. H. Lewis O/40	Buck	42.27
10. M. Taylor	Helsby	42.34

**VETERANS O/50**

1. (8) S. Bellis	Buck	42.18
2. (13) T. Hulme	Chesh	43.22
3. (32) R. Jones	WFRA	48.44

**VETERANS O/60**

1. (22) J. Morris	Buck	46.00
2. (52) A. Todd	Helsby	52.23
3. (55) P. Jones	Prestat	53.05

**LADIES**

1. (19) S. Hammond O/40	Tatten	44.55
2. (27) A. Roberts	Eryri	47.11
3. (30) D. Urquhart	Buck	48.16
4. (47) B. Hoare	Unatt	51.40
5. (51) A. Rosbottom	Wirral	52.04

**79 finishers**

**BEACON HILL FELL RACE**  
Northumberland  
AS/5.75m/1500ft 05.07.06

1. B. Abdelnoor	Amble	50.38
2. J. Ross O/40	NFR	51.40
3. M. Jeffrey O/45	NFR	53.33
4. D. Armstrong O/45	NFR	55.15
5. V. Oldham O/40	Wooler	58.06
6. B. Robson	Unatt	59.58
7. C. Bagness O/40	Wooler	64.00
8. K. Cooper O/50	NFR	75.54
9. G. Wilkinson	NFR	77.01
10. M. Simms O/40	NFR	82.28

**14 finishers**

**BLACK ROCKS FELL RACE**  
Derbyshire  
BS/5.5m/850ft 05.07.06

What a good job it was that England had been knocked out in the World Cup Quarter finals! Entries were down on last year, but had they reached the semis things could have been much worse!

Nevertheless, a warm night seemed to be enjoyed by all. Well done to everyone, particularly those who came through as category winners, and to Robert Keal's dominant run. A special mention to Lee Jones and Flinn Watson



Chris Rhodes wishing it wasn't so far to the top at Black Rocks Photo - Adam Bridgen

– both Matlock AC lads aged 14 and 13, who frightened many of the more experienced runners by their excellent performances.

Thanks to all helpers

Karl Webster

1. R. Keal	Redhill	37.22
2. L. Jones	Mat	38.26
3. M. Nolan	DKpK	38.38
4. K. Webster	Mat	39.18
5. J. Ward O/40	Derby	40.00
6. R. Bradbury	Mat	40.29
7. J. Boyle	DKpK	41.02
8. K. Proctor	Unatt	41.43
9. F. Watson	Mat	42.10
10. S. Archer O/40	Unatt	42.24

**VETERANS O/50**

1. (14) G. McMahan	Notts	43.25
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**LADIES**

1. (17) J. Reed	Chesterf	43.48
2. (43) A. Bell	Chesh	47.32
3. (55) S. Butcher O/50	Shelt	49.22

**88 finishers**

**FLAN FELL RACE**  
Cumbria  
BS/1.75m/300ft 06.07.06

The Flan Fell race is deceptive. It's a fast race with a short ascent but, boy, does it take it out of you? Year after year the race starts with a mad dash from the Gill Car Park in Ulverston, following a gentle incline up to the base of the Flan. This year was no exception. Once at the base of the Flan, the race really begins. The relatively short climb encourages runners to push and keep going to the top but, like the race itself, the climb is deceptive. What seems gentle enough at the start gets steeper, and steeper, and steeper, reducing all but a hardy few to a panting walk with hands on knees!

Within a few painful minutes, the fell plateaus out at the top only to make way for a fast and furious return descent. Once off the fell, the path down to the finish encourages a fast finish sucking out the last remnants of air from your lungs.

This year's race, organised by Glaxo Hoad Hill Harriers, took place on a strangely tropical summer's evening under constant threat of a torrential downpour. Thankfully, the rain stayed away to ensure that a great time was had by competitors and spectators alike.

The main race was won comfortably by Neil Shepherd (MV40), nearly 30 seconds clear of the rest of the field. For his efforts, Neil was awarded the impressive Flan Fell trophy – a hand-made representation of the Flan itself.

The Flan Fell Race is developing a reputation for showing some formidable junior talent, and this year was no exception. Second place in the main event went to 13-year old Tom Doyle. Tom was closely followed by 13-year old Melanie Hyder. Melanie took third place overall and was first lady finishing in an impressive time of 12.06. Malanie's performance on the night was exceptional and was fully appreciated by the crowd who had gathered at the finish and who let out an excited cheer as Melanie came into sight for the finish.

The Under 12's race over a slightly shorter one mile course again started with a furious sprint. Race winner, Jack Cumberbatch, finished 30 seconds clear of the rest in a time of 9.38 just nine seconds outside the course record.

Damian Jones

1. N. Shepherd O/40	Bowl	11.29
2. T. Doyle I/13	Helm	11.56
3. M. Hyder I/13	Dallam	12.06
4. A. Crowe	Brought	12.27
5. I. Postlethwaite O/45	Hoad	12.33
6. G. Dover O/40	Hoad	12.35
7. M. McIver I/16	Unatt	12.44
8. P. McIver O/40	Hoad	12.47
9. E. Hampton	Hoad	12.57
10. D. Thomas O/40	Unatt	13.11

**LADIES**

1. M. Hyder	Dallam	12.06
2. N. Davies O/45	Borr	13.31
3. N. Goffe	BlackC	15.10

**UNDER 12s**

1. J. Cumberbatch	Westmor	9.38
2. T. Messenger-Jones	Brought	9.53
3. H. Morgan	Unatt	10.53

**WHARFEDALE TTT**  
North Yorkshire  
7/8/9.07.06

This year's return to the traditional three-race format was rewarded with excellent turnouts at each race.

Friday night's uphill road race was contested by 45 runners once the nominated lead car driver had been sent back to the event field to pick up an important piece of equipment he'd forgotten...namely the car!

In near perfect running conditions, Ian Holmes quickly set the tone for the weekend, establishing himself at the front early on with last year's Grand Prix winner Dave Taylor in close attendance. By the finish, Andy Peace had nipped in to separate the Holmes/Taylor head to head with Candice Leah the first female home in 12th position.

Saturday saw warm conditions in the valleys but a chilly experience on the hilltops for the 71 starters. Once again Messrs Holmes and Taylor quickly established themselves at the front and after 12.5 miles only 17 seconds separated them, with Ian Holmes taking the honours again. Tamara Hird was 1st lady home in 24th place. Finishers seemed to divide into 2 distinct camps: those whose kit was as pristine as at the start and had clearly avoided the boggy bits and those wished they'd trusted their own judgement and not followed the runner(s) in



front straight into the mire. Mark Kendall-lansell of Scarborough was unlucky to come off second best in an altercation with a rabbit hole on an early descent but hobbled on to the finish whilst the last rites were performed on at least one poor pair of overworked Walsh's for which the TTT had proved a T too far. With everyone safely accounted for, many plumped for some last minute 'training' in one of Kettlewell's hostelries in preparation for Sunday's final event of the weekend.

Having enjoyed decent weather for the majority of the weekend, Sunday brought wind and rain to test all participants (and wake some up!) in the short 3-mile race up and down the hill behind the event field. Despite the conditions, 36 starters headed off into the gloom, with Messrs Holmes and Taylor again doing battle at the front. For the third day in a row, Ian Holmes proved the most fleet footed, completing a clean sweep of victories to take the overall Grand Prix prize. The honours for the first female home in the Sunday race went to 13 year old Melanie Hyder who finished in 10th place just 2 minutes behind the winner.

Hot food and drinks in the marquee on the event field helped keep everyone warm and dry whilst the overall results were calculated. Once the totting up was complete, Grand Prix honours for the ladies went to Alison Weston with Ilkley B taking the team prize by a single point from Pudsey and Bramley, followed by Ilkley A in third place.

Thanks to all who contributed to making this year's event such a success, with particular mention for event sponsors X-Controls and Flying Saucer of Baildon.

*Kerry Gilchrist*

#### Overall

1. I. Holmes	Bing	3pts
2. D. Taylor	DkPk	7pts
3. A. Robertshaw	Otley	14pts
4. A. Winn-Smith	Camb	27pts
4. A. Linskill	Totley	27pts
6. L. Basham	Ilk	30pts
7. N. Pate	Skip	34pts
8. C. Clayton	Scarb	56pts
9. A. Wright	Bing	59pts
10. G. Maynard	Camb	59pts

#### VETERANS O/40

1. G. Devine	P&B	13pts
2. R. Barrett	Skip	25pts

#### VETERANS O/50

1. P. Covey	P&B	68pts
2. P. Shields	Ilk	83pts

#### LADIES

1. A. Weston	Ilk	74pts
2. R. Sharples	Unatt	102pts
3. D. Devine	P&B	107pts

#### LADY VETERANS O/35

1. D. Spurr	Kghly	128pts
2. J. Clayton	Scarb	138pts

#### Race 1

1. I. Holmes O/40	Bing	17.07
2. A. Peace	Bing	17.16
3. D. Taylor O/40	DkPk	18.03
4. D. Walker	Clay	18.28
5. A. Linskill	Totley	18.50
(24) P. Covey O/50	P&B	23.40

#### LADIES

1. (12) C. Leah	Clay	20.42
2. (20) R. Nash O/45	Kend	22.47
3. (22) E. Tomes O/45	Kghly	23.07

#### 45 finishers

#### Race 2

1. I. Holmes O/40	Bing	82.23
2. D. Taylor O/40	DkPk	82.41
3. A. Robertshaw	Otley	85.49
4. G. Devine O/40	P&B	86.48
5. M. Peace	Bing	92.24

#### LADIES

1. (24) T. Hird	Wharfe	108.07
2. (31) A. Weston O/35	Ilk	113.43
3. (39) M. Green O/45	Bing	119.43
4. (40) R. Sharples O/35	Unatt	120.26

#### 71 finishers

#### Race 3

1. I. Holmes O/40	Bing	13.20
2. D. Taylor O/40	DkPk	13.28
3. G. Devine O/40	P&B	13.56
4. A. Robertshaw	Otley	14.06
5. A. Linskill	Totley	14.29

#### LADIES

1. (10) M. Hyder Jun	Dallam	15.20
2. (16) A. Weston	Ilk	17.39
3. (21) D. Devine	P&B	18.42
4. (26) M. Green	Bing	19.18

#### 36 finishers

#### WASDALE FELL RACE

##### Cumbria

AL/21m/9000ft 08.07.06

The 34th Wasdale saw a fresh weather start but was forecast to - and did! - change to wet and windy in the afternoon, getting worse in the evening. 154 starters were many more than expected for a non-championship year, almost certainly due to Brian Martin's excellent Lakeland Classics trophy initiative.

The leading gents group of Jim Davies, Paul Thompson, Lloyd Taggart, Mark Palmer, Pete Vale, Joe Blackett, Andrew Davies, Andrew Schofield, Ricky Lightfoot and Francis Blunt ran pretty much together to Seatallan. By Pillar, Ricky and Jim had dropped behind then Paul and Jim came off at Black Sail. The leading five drew away from Ricky, Lloyd opening up a small lead by Esk Hause, steadily increasing it to 2 minutes over Mark (1st V40) by the Pike with Joe (2nd V40) and Pete about the same distance behind, in turn leading Andrew Davies (3rd V40) by around 15 minutes. The descent to the finish made very little difference to the gents, Pete edging 20s in front of Joe but not far back Helen Diamantides who had led Jacky Lee to Seatallan and then running together until Jacky edged a slight lead at the Pike, lost 5 minutes on the descent, Jacky descending in 18 minutes coming an amazing 11th overall out of 128 finishers and breaking Marie Todd's 1997 record by 3 minutes, Helen (15th and also 1st LV40) coming just 3 minutes outside it.

Thanks to all the helpers on checkpoints and start/finish, National Trust, Wasdale Campsite, Wasdale Head Hall Farm, St Johns Ambulance and Organics2go catering. Hope to see you again next year.

*Richard Eastman*

1. L. Taggart	DkPk	3.48.51
2. M. Graham O/40	MDC	3.52.05
3. P. Vale	Mercia	3.53.55
4. J. Blackett O/40	DkPk	3.54.14
5. A. Schofield	Borr	3.56.11
6. A. Breaks	CaldV	4.06.49
7. A. Davies O/40	Borr	4.13.16
8. P. Cornforth O/40	Borr	4.18.40
9. B. Fairmaner O/40	Chesh	4.18.50
10. M. Johnson O/45	Bowl	4.18.59

#### VETERANS O/50

1. (26) J. Winn	CFR	4.33.12
1. (28) W. Bell	CFR	4.34.17
2. (30) C. Lumb	Kend	4.39.02

#### VETERANS O/60

1. (124) R. Clarke	NYM	6.28.18
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#### LADIES

1. (11) J. Lee	Eryri	4.19.13
2. (15) H. Diamantides O/40	Carn	4.25.24

3. (52) K. Davison	DkPk	5.03.22
4. (78) J. Meeks O/45	Kesw	5.17.16
5. (91) J. Reedy	Amble	5.31.09
(104) W. Dodds O/55	Clay	5.41.36

#### THURLSTONE CHASE

##### South Yorkshire

BS/4m/900ft 08.07.06

Conditions were just about right for this short, sharp blast around Thurlstone. Better than an afternoon's shopping at Meadowhall!

Thanks for all those runners who turned up, as a proportion of their entry fee is donated to the John Taylor Foundation for young athletes.

*Robert Innes*

1. S. Marsden	DkPk	23.05
2. S. Dimelow	Penn	23.43
3. G. Dean	Penn	25.10
4. S. Walker	Barns	25.21
5. P. Burnett	Tod	25.34

#### VETERANS O/40

1. (6) R. South	Holmf	25.38
2. (8) M. Law	Barns	26.08
3. (10) J. Bell	DenbyD	26.29

#### VETERANS O/50

1. (11) W. Alves	Totley	26.35
2. (21) F. Godinston	Spenb	29.02

#### VETERANS O/60

1. (33) M. Cartwright	Penn	30.35
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#### VETERANS O/70

1. (57) N. Cole	Penn	40.01
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#### LADIES

1. (23) L. Walton	Barns	29.09
2. (36) K. Ballantine	Kghly	31.14
3. (39) S. Charlesworth O/40	Penn	32.25
4. (48) B. Nixon O/50	Penn	34.47

#### 58 finishers

#### CHARMOUTH TO GOLDEN CAP CHALLENGE

##### Dorset

BM/7.8m/1600ft 08.07.06

234 runners entered the Charmouth Challenge, with a climb of the Golden Cap, the highest point of the south coast being the halfway point! Held in the beautiful World Heritage site, known as the Jurassic Coast, this race is 8 miles long with 580 metres of ascent.

Paul Holley made the most of beautiful summer's day and was the first male home. Garry Perratt, last year's winner and the 'old' course record holder was third. The improved times reflected the fact that a section of the south west coast path has reopened. Shut for six years because of landslips, the path provides a sweeping, exhilarating downhill descent of over a mile to the finish. Janet Wilson was the first female home. Axe Valley Runners took the male team honours whilst Chippenham Harriers 83 took the ladies' team prize.

Thanks to Lyme Bay Holidays for the prizes and to the National Trust for their help with the course. The marshals, timekeepers, the team on the registration desk and in the results office all made this a very successful event. Together with a Fun Run of 200 children and the school fete, the primary school had a record day.

We look forward to welcoming back all runners and many local clubs to enjoy the spectacular scenery next year on 7 July 2007.

*Nick Bale*

1. P. Holley O/40	Axe	52.57
2. I. Todd O/40	Poole	54.28
3. G. Perratt O/40	Axe	54.42
4. M. Pittaway O/40	RoyalM	55.40
5. D. Caddy	Egdon	56.07

6. S. Goulding O/40	Pewsey	56.51
7. P. Damon	Dorset	57.31
8. M. Hirst O/40	Poole	59.17
9. B. Pentland O/50	Ports	59.22
10. M. Billing	Unatt	59.44

#### VETERANS O/50

1. (9) B. Pentland	Ports	59.22
2. (15) P. Bayliss	Axe	60.43
3. (17) M. Gammon	Weston	60.50

#### LADIES

1. (46) J. Wilson	Devon	66.40
2. (53) M. Blackman O/40	Chippen	67.57
3. (64) M. Harvie	Manch	68.47
4. (70) L. Cummins O/40	Yeovil	69.57
5. (76) F. Anderson O/50	Egdon	70.52
(95) B. Browning O/50	Egdon	72.47

#### 214 finishers

#### TAL Y FAN

Conwy  
AM/8m/2400ft 08.07.06

Organised by Eryri Harriers on behalf of the Rowen Carnival Committee, this year's Tal y Fan race saw 34 runners complete the 8 mile course. The runners included Willem Van Prooijen from the Netherlands who, as a V50, was competing in his first fell race while on holiday in Wales.

The event was won by Stephen Gilliland, just outside of the course record, reflecting the near perfect conditions on the day.

Our thanks to the marshals, radio team and landowners for making the race possible.

#### Doug and Helen Blair

1. S. Gilliland O/40	Bro Dys	1.10.44
2. D. Jones	Eryri	1.11.11
3. P. O'Brien	Eryri	1.13.30
4. B. Williams	Eryri	1.13.34
5. D. Williams	Eryri	1.18.18
6. C. Marshall	Ellesm	1.18.49
7. G. Williams	Cybi	1.18.58
8. G. McAra O/50	Chesh	1.19.20
9. N. Craine O/40	Eryri	1.20.32
10. M. Cortvriend O/50	Maccle	1.21.12

#### VETERANS O/60

1. (14) E. Davies	Eryri	1.24.42
2. (15) D. Williams	Eryri	1.24.57
3. (31) I. Roberts	Eryri	1.50.10

#### VETERANS O/70

1. (34) J. Carson	Eryri	1.53.59
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#### LADIES

1. (18) A. Roberts	Eryri	1.27.03
2. (23) J. Wells	NWRR	1.31.24
3. (25) H. Toberman	Eryri	1.33.42
4. (26) A. Williams	Eryri	1.33.57
5. (27) Y. Amesbury	Clwyd	1.34.48

#### 34 finishers

#### CHARLESWORTH AND CHISWORTH CHALLENGE

Derbyshire  
BS/3m/500ft 08.07.06

We had a record field this year, of 97 competitors, who all completed the course successfully. Morning showers cleared to leave an excellent afternoon's race conditions, though a little boggy in places. In accordance with tradition, the Carnival Queen, Aoife O'Hara, got the race underway (before slipping off her gown to reveal T-shirt and shorts to take part in the U14 race!)

Cool weather and a strong field made for a very competitive race. The overall winner was Andrew Grenfell. Second, and the first Vet was Mark Williams followed closely by Matthew Kieras. An excellent fourth place went to Tom Priestley, who won the under 18 category. The winning

lady was Estelle McGuire, and the first under 18 was Lucy Worthington.

The only set-back on the day occurred when the organisers realised that they had been sold a pack of race numbers with 10 duplicates - I am all for "value for money", but I feel that future "buy 150, get 10 free offers" should include 10 extra numbers! The resulting confusion aged me by 10 years!

This year also saw the inaugural under 14 fell race at the carnival. This received excellent support from local clubs and schools, with a turnout of over 50. There were also many parent-child combos between the two events. Everyone seemed to enjoy the event, which looks set to become a regular fixture at future Charlesworth and Chisworth Carnivals.

Thanks to everyone who took part, and made it such a great day. Book the date in your diaries for next year - 14 July 2007.

A big thank you also to everyone who helped out - Jenny Brown (who had the initial inspiration for the U14 race) and husband Andy; the recording team, and all those, especially my wife Helen, who stayed cool and helped unravel the confusion when number 99 came 2nd, but also 90th!

Finally, the biggest thank you of all goes to Bill Deakin, who handed over the organisation of the race to me this year, after over 10 years in the hot-seat. The strength of the event owes everything to Bill's tireless effort over the years.

#### Dominic Oughton

1. A. Grenfell	Ross	21.58
2. M. Williams O/40	Penn	22.21
3. M. Kieras	Gloss	22.23
4. T. Priestley	Unatt	22.58
5. C. Moriarty O/40	Penn	23.08
6. N. Gould	EChesh	23.17
7. M. Burchell	Penn	23.23
8. I. Warhurst O/45	Penn	23.38
9. S. Storey O/50	DkPk	23.44
10. G. McNally	Unatt	23.55

#### VETERANS O/50

1. (9) S. Storey	DkPk	23.44
2. (11) S. Entwistle	Penn	24.00
3. (16) A. Howie	Penn	24.57

#### VETERANS O/60

1. (36) D. Smith	Stockp	27.53
2. (49) N. Migran	Gloss	29.48
3. (65) B. Robinson	Stockp	31.49

#### LADIES

1. (28) E. McGuire	Stockp	26.57
2. (35) K. Cooper	Gloss	27.44
3. (38) L. Worthington	Traff	27.58
4. (40) L. Harris	Penn	28.22
5. (43) Y. Eardley	Penn	29.01
(50) P. Justin O/45	Penn	29.52
(72) B. Buckley O/55	Gloss	33.40
(74) A. Dinsmor O/55	Penn	34.57
(77) L. Sinclair O/40	Unatt	35.10

#### 97 finishers

#### BELSTONE-COSDON HILL RACE

Devon  
BS/4m/850ft 09.07.06

The absence of reigning champion Kevin Hagley due to injury left the 11th Belstone-Cosdon Hill race wide open. In the end Jim Pyne narrowly beat Jonathan Newey. Hagley's 1996 record of 25.53 remained safe.

The first lady was Samantha Hammond and first local was Gavin Punchard.

Other notable local performances were Andrew Vallance from Okehampton (5th), Mike Steward from Sampford Courtney (complete with new shoes!) with Dave Hatton from Throwleigh

taking the V60 prize.

The event attracted 15 starters and grossed income of £60, of which £44 is profit that will go back to the village of Belstone. I was delighted to have an excellent support team this year, thanks to Val Dodsworth and Jackie Barrett who went to the summit, Malcolm Calder and Lynn Daniel who attended to safety on the hill, and Rona Gundry and Robin Hill who looked after the time-keeping.

#### Phil Haygarth

1. J. Pyne	Exm	32.21
2. J. Newey	Malv	32.42
3. M. Friggins	NTawton	33.24
4. C. Punchard	Stickle	34.33
4. A. Vallance	Okeham	34.33
6. M. Steward O/50	SampCourt	36.56
7. M. Sell O/50	Worcest	37.15
8. R. Kemp O/45	Worcest	41.14
9. D. Hatton O/60	Throw	43.48
10. S. Brown O/50	Malv	43.49

#### LADIES

1. (11) S. Hammond	Malv	44.33
2. (13) J. Casey O/45	Malv	50.05
2. (15) E. Cassell	Malv	72.52

#### 15 finishers

#### BROOMHEAD CHASE

Derbyshire  
BS/3.5m/800ft 09.07.06

The day started with a serious threat of rain. Whilst marking the course in the morning, we got it. With the weather, Wimbledon and the World Cup, it was questionable what numbers would turn out for both the show and the race.

The weather held good for the show and the Chase and both again were a success.

Dark Peak took the honours with seven out of the first nine places and 16 runners in total (thanks for your support) only beaten in numbers by Pennine with seventeen.

Apologies and thanks for comments, to Neil Northrop who missed Steve Penney's record by 13 seconds partly by not being able to see the yellow tape under the tree canopy. I will mark the woods with a different colour next year.

Thanks must go to all helpers, runners and everyone who baked cakes for prizes allowing more funds to go to Deepcar Brass Band.

#### Andy Plummer

1. N. Northrop	DkPk	25.45
2. P. Winskill	DkPk	26.02
3. D. Sprout	DkPk	27.19
4. S. Dimelow	Penn	27.41
5. P. Hodges	DkPk	28.37
6. C. Adams O/40	DkPk	28.46
7. L. Lacon	Holmf	28.59
8. K. Holmes O/50	DkPk	29.10
9. D. Unwin	DkPk	29.15
10. J. Adair O/50	Holmf	29.19
(28) D. Foster O/50	Penn	34.07

#### LADIES

1. (7) L. Lacon	Holmf	28.59
2. (24) K. Bryan-Jones	DkPk	32.58
3. (40) B Haigh O/50	Penn	37.37
4. (41) S. Charkesworth	Penn	38.24
5. (43) H. Elleker O/50	DkPk	39.28

#### 50 finishers

#### BOLLINGTON NOSTALGIA RUN

Cheshire  
BM/7m/1200ft 09.07.06

The Bollington Nostalgia Hill race was held for the 2nd year. The race is so called because it follows the route of the 5th Nostalgia Trail,



drifting through the past', the theme being times gone by in Bollington's mining industry.

Bollington Drop-in Centre is extremely grateful to the Bollington Group for sponsoring the Hill race this year. All proceeds from the event will go to the Centre, which is an independent registered charity.

The original race had been finished by 53 intrepid runners, who completed the course on one of the hottest days of the year, coping with gruelling temperatures reaching 34 degrees c and no water stations!

This year we learnt by our mistakes and supplied 3 water stations, complete with wet sponges. The weather was much kinder too, being warm but overcast.

77 runners all completed the 7.11 mile route, which covers an interesting variety of terrain, including 4 strenuous sections and a 1200 foot ascent.

The overall winner was Andy Lamont, with an amazing time of 43.25, setting a new record by beating Jon Chapman, the defending champion, whose winning time had been 47.35

Not far behind the first lady to cross the finishing line was Amanda Bell, with a time of 55.15

Bollington Drop-in Centre held an open day to coincide with the race and sandwiches and refreshments were available for the starving competitors. Many of the runners were very complimentary about the event, which will now be run annually.

The Drop-in would like to thank all those who took part and all the marshals and volunteers, who made the day such a success. Please come again next year!

*Ann Mayer*

1. A. Lamont	Macc	43.25
2. R. Downs O/40	Chesh	44.09
3. T. McGoff O/50	Chesh	44.41
4. J. Chapman	Unatt	44.51
5. M. Salt	Unatt	45.19
6. T. Bush	Altrinch	46.19
7. S. Lomas	Macc	47.23
8. T. Stock O/40	Unatt	47.40
9. B. Blyth O/50	Unatt	48.01
10. J. Brown O/40	Macc	50.00
(12) G. Hodges O/50	Chesh	50.05

#### VETERANS O/60

1. (13) J. Norman	Unatt	50.10
2. (15) J. Amies	Chesh	50.33
3. (54) C. Ardron	Macc	58.45

#### LADIES

1. (38) A. Bell	Chesh	55.15
2. (41) H. Stockman O/40	Macc	56.00
3. (44) S. Gilliver O/40	Chesh	56.36
4. (48) C. Chapman	Unatt	57.27
5. 49) A. Rosbottom	Whit	58.07
(68) S. Charman O/50	Helsby	64.02

77 finishers

#### PEAK FOREST FELL RACE

Derbyshire

CH/6m/650ft 9.07.06

Sunday's weather was ideal for the 79 runners who took part in the Peak Forest Fell race. It was cloudy and bright with the odd spot of rain, and the runners made good progress. There were no casualties and everyone completed the course within an hour and a quarter. Not surprisingly, we had some of the best times for some years with Phil Winskill, the winner, clocking up 39.16 for the six and a half miles. We are taking this as a new record because the existing record of around 35 minutes was run over a shorter distance. Stewart Gregory and Ged Cudham,

2nd and 3rd respectively, both finished in just over 40 minutes.

Once again, Kath Harvey led the women home in fine style, clocking 49.31. She has occupied the leading ladies position for several years now. Congratulations to Bryan Rogers, who, at 74 was our oldest, but by no means the last of the 79 competitors finishing a creditable 59th.

Our thanks to all who assisted in making it a successful event, the marshals, the time keepers, the registrars and those who provided refreshments for school funds.

*Harry Trent*

#### GUN RUN

Cheshire

CS/5.8m/700ft 11.07.06

The Gun Run was again lucky enough to have a lovely summer's evening weather, ideal for runners and spectators alike. A top class field of 90 runners entered the main run but there was a disappointing entry of only 4 runners for the junior/Fun run this year.

The main race was won in record time by Dave Neill, who won a gold medal at last year's World Master Mountain Running Championships. Last year's winner, Michael Hallman, was only 13 seconds behind Dave. Rob Downs retained his Male Vet trophy as did Jane Clarke, the fastest female.

It's not surprising that Wilmslow RC did in fact win the Team Prize. However, Macclesfield Harriers were rewarded for theirs being the largest entry, by Jo Miles who won the female vet trophy.

The Junior/Fun Run was again won easily by Gemma Cutler from S Cheshire Harriers. A BBQ (free to runners) and bar were enjoyed afterwards.

Efforts are being made to decrease the road element of this race for next year and the date for next year's race will be finalized soon, hoping to avoid clashes with other races in the locality.

*Graham Anderson/Alan Weeks*

1. D. Neill O/40	StaffsM	36.16
2. M. Halman	Wilms	35.29
3. R. Downs O/40	Wilms	37.21
4. A. Hall	Stoke	38.15
5. J. Pearce	Congle	39.08
6. J. McFarlin	Cheadle	39.16
7. T. Stock O/40	Macc	39.20
8. M. Thomson O/40	Buxt	39.39
9. S. Lomas	Macc	39.56
10. M. Messenger	Unatt	40.14

#### LADIES

1. (20) J. Clarke	Wilms	43.15
2. (34) A. Bell	Congle	45.51
3. (47) J. Miles O/40	Macc	48.41
4. (53) M. Fletcher O/40	Chesh	49.42
5. (57) J. Hodgkinson	Macc	49.56

90 finishers

#### STOODLEY PIKE FELL RACE

Yorkshire

BS/3.5m/700ft 11.07.06

The Stoodley Pike race is one of the longest established in the Calder Valley, dating from the mid 1970s. Although the route has changed slightly over the years, the principle has remained the same, to climb the Pike from the Top Brink Inn and then to descend back to the start via the steepest part of the hill.

This was my first year as race director after some years' sterling work by my fellow Tod Harrier, Mark Anderton. The turnout was a pleasing 174 runners, including 17 from neighbouring club

Calder Valley. This turnout was the largest for 6 years and reinforced the events popularity in the calendar.

In recent years the proceeds of the race have been donated to a local good cause. This year, it is hoped that young athletes from all corners of Calderdale will benefit from the race, as a donation will be given to Halifax Harriers athletics track fund.

The weather for the race stayed fine but cloudy as the runners left Mankinholes for the steep climb over Langfield Common. Andy Peace took an early lead, chased by Jonathan Hare whilst in the women's race, Candice Leah established a healthy lead over the rest of the field. After rounding the Pike, Peace maintained his position on the descent back into the village to finish in 19.01, 11 seconds in front of the fast finishing Logue. Candice Leah crossed the line to take the ladies' prize, followed by Sue Becconsall and Vanessa Peacock.

First local runner home was Andy Wrench, who also took the honours for the first veteran 40. Todmorden also took the men's team honours with 6 runners in the first 20 finishers. Women's team honours went to Clayton.

Todmorden Harriers would like to thank the Langfield Commoners, the Landlord and staff of the Top Brink, and also the volunteers who marshalled the course and helped in the administration of the race.

*Rachel Skinner*

1. A. Peace	Bing	19.01
2. J. Logue	Horw	19.12
3. B. Mounsey	Stain	19.25
4. J. Hare	H'fax	19.35
5. A. Wrench O/40	Tod	19.43
6. W. Ali	Feld	19.55
7. A. Breaks	CaldV	19.59
8. S. Godsmen	Tod	20.05
9. I. Nixon	P&B	20.22
10. J. Wright	Tod	20.28

#### VETERANS O/50

1. (44) D. Kelly	Ross	23.37
2. (46) D. Collins	Tod	23.45
3. (57) V. Peacock O/50	Clay	24.34

#### VETERANS O/60

1. (74) R. Hall	H'fax	25.06
2. (77) D. Spendlove	CaldV	25.16
3. (102) P. Heneghan	Horw	26.34

#### VETERANS O/70

1. (147) G. Arnold	Prest	31.44
2. (164) H. Johnson	Newburgh	36.42
3. (168) J. Newby	Tod	43.03

#### LADIES

1. (36) C. Leah	Clay	22.56
2. (54) S. Becconsall O/40	Bing	24.17
3. (57) V. Peacock O/50	Clay	24.34
4. (88) D. Campbell	Skelm	25.49
(97) J. Scarf O/40	CaldV	26.12
(156) J. Willis O/50	Unatt	34.11

172 finishers

#### BAMFORD CARNIVAL FELL RACE

Derbyshire

BS/4.5m/1000ft 12.07.06

1. P. Winskill	DkPk	28.55
2. D. Taylor O/40	DkPk	29.02
3. R. Baker	DkPk	29.35
4. A. Ellis	ValeR	29.58
5. M. Nolan	DkPk	30.03
6. G. Turner	DkPk	30.07
7. S. Marston	DkPk	30.12
8. R. Patton	DkPk	30.17
9. L. Banton	Clowne	30.21
10. S. Patton	DkPk	30.29

**VETERANS O/50**

1. (16) D. Arundale	DkPk	31.59
2. (24) K. Holmes	DkPk	33.19
3. (30) S. Story	DkPk	33.45

**VETERANS O/60**

1. (50) J. Amies	Congle	34.39
2. (90) R. Brown	P'stone	37.13
3. (137) G. Berry	DkPk	39.30

**LADIES**

1. (26) J. McIver	DkPk	33.28
2. (53) L. Adams	Hallam	34.46
3. (75) J. Whitehead	DkPk	35.58
4. (80) B. Ellis	ValeR	36.02
5. (94) K. Bryan-Jones	DkPk	37.32
(109) P. Weir O/40	Totley	38.11
(126) J. Gascoigne O/40	Unatt	38.58
(144) S. Lee O/50	Buxt	40.09
(197) B. Haigh O/50	P'stone	43.38

**240 finishers**

**LORDS SEAT  
Cumbria**

AS/5m/1400ft 12.07.07

Persistent rain and wind faded to leave two cloud forms; one made of water droplets affecting visibility on the fell, but the other cloud had both runners and marshals cursing and scratching! These are the dreaded midges that are not particular as to whom or where they bite, but it does seem that sweaty runners are a relished aperitif to be followed swiftly by a main course of marshal flesh!

No records were threatened but I'm sure that Simon had a few gears in reserve as he cruised into the finish funnel. Veronique, in contrast, carried the downhill momentum right through the finishing straight. A few tales of "sub-optimal" routes were overheard, but as all runners were home in just over the hour, no major navigation blunders were made. This meant that Cockermouth Mountain Rescue Team members who were competing in the race did not have to terrace their steps on a search party.

A very special thanks to our team of marshals who undertook their checkpoint duties without complaining, despite the adverse weather conditions.

*Angela and Tony Brand-Barker*

1. S. Booth	Borr	34.02
2. A. Schofield	Borr	34.32
3. B. Taylor	Ellenb	35.03
4. N. Lockwood	Kesw	36.02
5. B. Abellmoor	Amble	36.20
6. W. Jackson U/18	Ellenb	36.24
7. M. Walsh O/50	Kend	39.22
8. J. Walker U/18	Kesw	39.30
9. D. Ward	Borr	39.34
10. R. Ashworth O/40	Sth'port	39.36

**VETERANS O/50**

1. (7) M. Walsh	Kend	39.22
2. (12) D. Buckley	Wesh	39.53
3. (13) D. Owens	Kesw	40.01

**VETERANS O/60**

1. (57) R. Whitaker	CFR	47.12
2. (85) S. Watson	CFR	52.54
3. (86) D. Morgan	CFR	52.55

**VETERANS O/70**

1. (95) I. Addison	Kesw	57.47
2. (100) J. Rutter	kesw	62.13

**105 finishers**

**MOELFRE DASH  
Gwynedd**

BM/9m/1900ft 15.07.06

For the first time, the best guess for dates made in October proved wrong, so the race was based in the village rather than the fair ground, an opportunity to try out a straightforward 'dash' to

the top of Moelfre and back, reducing the distance from 9 to 7 miles and upgrading the race to FRA Grade AM

By Thursday we had only nine entries and two marshals but, as always, the community came good: the village policeman happened to have planned a family picnic on Moelfre; a friend rang to incorporate route marking into a family walk; a stalwart past marshal set out the route from the village.

After a leisurely set up through the morning, entries started to come in, giving 35 entries with 33 starting, a good mix of seasoned club runners, with novice and local entries for this the shortest race of the series.

The fog-horn sounded by the landlord of the nearby Ty Mawr at 1:30, the field started on a hot July afternoon towards top of the mountain that dominates the village.

Steve Gilliland, the race record holder was first on the mountain at 24 minutes with Dewi Roberts and Adam Haines just behind and Amanda Wilde, first lady and local entry, through at 28 minutes.

Binoculars showed the coloured gear of the runners scaling the long, steep ascent with the cairn and marshals clearly visible against the skyline.

To both negotiate and navigate the rocky base proved too much for some with runners hitting the bottom lane at all points before locating the checkpoint and the fast downward route to the woods and river valley below.

Steve Gilliland increased his lead to finish in 1:07:10, a good base time for this new route. Dewi Roberts and Adam Hayne made some early jockeying for second place.

Yiannis Tridimas was 4th and at 61 years the fastest of both his class and the Vet 50's whilst ex-mountain biker Amanda Wilde landed trophies for winning both ladies' and local race classes.

For a perfect race next year, we may need to mark the rock field crossing, but the de-briefing review suggested the Moelfre Dash is a good course with thanks as always to the people of Llanbedr who sponsor and manage the race series so effectively.

*Brian McDonald*

1. S. Gilliland O/40	BroDys	1.07.10
2. A. Haynes O/40	Meirion	1.13.38
3. D. Roberts	Eryri	1.21.04
4. Y. Tridimas O/60	Bowl	1.24.10
5. W. Marsh O/50	BroDys	1.25.17
6. A. Wilde	Unatt	1.25.52
7. N. Patrick O/40	Sheff	1.26.23
8. G. Oldrid O/50	Aberyst	1.27.13
9. T. Hodgson O/50	Meirion	1.27.13
10. C. Evans O/40	AberystUni	1.27.45

**VETERANS O/60**

1. (4) Y. Tridimas	Bowl	1.24.10
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**LADIES**

1. (6) A. Wilde	Unatt	1.25.52
2. (13) H. Jarvis	MynDu	1.31.50
3. (17) A. Goode	Meirion	1.33.09
4. (18) E. Brown O/40	Sheff	1.34.30
5. (22) E. Blake O/40	Unatt	1.39.37

**35 finishers**

**INGLEBOROUGH FELL RACE  
North Yorkshire**

AM/7m/2000ft 15.07.06

1. D. Kay	Horw	48.07
2. M. Croasdale O/40	LancsM	48.39
3. A. Osborne	LeedsC	49.22
4. C. Birchall	LeedsC	49.26

5. A. Peace	Bing	49.49
6. T. Mason	Wharf	49.55
7. R. Little	DkPk	50.10
8. R. Pattinson O/40	P&B	50.12
9. A. Robertshaw	Otley	50.14
10. A. Hilton	Acorn	51.06

**VETERANS O/50**

1. (19) G. Schofield	Horw	54.41
2. (48) J. Adair	Unatt	59.48
3. (73) G. Peirson	ASAC	65.21

**VETERANS O/60**

1. (137) A. Menarry	Durham	75.34
2. (157) P. Thackray	Unatt	79.02
3. (170) P. Walsh	Lytham	80.44

**LADIES**

1. (16) L. Lacon	Unatt	58.36
2. (187) C. Leah	Clay	59.18
3. (76) H. Sedgwick	Unatt	64.02
4. (52) B. Mitchinson	CFR	65.48
5. (87) S. Kiveal O/45	Saddle	71.25
(56) D. Pelly O/45	Amble	72.07

**199 finishers**

**MOEL SIABOD  
Gwynedd**

AM/6.2m/2300ft 15.07.06

This year's race was another success and I would like to thank everyone for the good turnout. If you have not done the race before, I always think it is worth doing as a warm up for the Snowdon Race the following week.

The race took the normal route and finished in the river next to the busy Capel Carnival. I don't think anyone fell in as it was not very deep this year due to the obvious hot weather. Normally the stream near the top is useful but that was just a trickle for those thirsty runners.

No real surprises this year as far as the winners go with Tim Higginbottom coming down first followed by Ian Houston and then Richard Roberts, Alun Vaughan was in the top three as he descended but pulled up with a twisted ankle so did not finish; always next year Alun? Sarah Kleeman was the first lady to finish.

Somebody let Clare Kenny out of England for the day and she came second again for the second time! Well done to Andrea Roberts also for third place.

We did have five junior runners, which all did really well. Next year it would be great to see more juniors turning up and then I can do a proper review of the junior race as well. If you would like the results of the junior race please contact me.

Finally I would like to thank all the people that made it possible, and to Ultimate Outdoors for sponsoring the event. Also to Inov-8 who support all the races that I get involved in.

If I have spelt any names wrong then please ring me and tell me or come and visit me in the Skipton shop of Ultimate Outdoors and we talk running and I can try to persuade you all to enter this great race again or for the first time.

*Russell*

1. T. Higginbottom	Eryri	52.17
2. I. Houston	Wrex	53.46
3. R. Roberts	Eryri	54.01
4. N. Ashcroft	Amble	54.08
5. G. Owen O/50	Eryri	55.18
6. I. Ridgeway	Eryri	55.42
7. M. Gilbert	Wrex	56.08
8. P. O'Brian	Eryri	57.09
9. C. Jones	WFRA	58.07
10. P. Jenkinson	Eryri	59.00

**VETERANS O/40**

1. (15) D. Vossler	Overt	60.12
2. (16) T. Jones	Mercia	60.22
3. (17) P. Bullen	Kesw	60.30



**VETERANS O/50**

1. (5) G. Owen	Eryri	55.18
2. (12) G. McAra	Chesh	59.10
3. (14) S. Jones	Eryri	59.53

**VETERANS O/60**

1. (29) E. Davis	Eryri	66.25
2. (32) J. Harris	Buck	67.18
3. (73) B. Murphy	Ford(Hale)	82.26

**LADIES**

1. (23) S. Kleeman	Eryri	63.33
2. (33) C. Kenny	CaldV	67.20
3. (35) A. Roberts	Eryri	67.42
4. (50) J. Ewels	CRR	69.54
5. (59) P. Near	Eryri	73.21

(68) M. Oliver O/50	Eryri	76.05
(75) P. Marion O/40	Unatt	82.40
(77) E. Salisbury O/40	Eryri	83.20

86 finishers

**HOLME MOSS FELL RACE  
Derbyshire**

AL/16m/4000ft 16.07.06

Runners in the 19th annual Holme Moss Fell Race had to endure soaring temperatures of up to 77 deg.F on the moors around Holme Mast and Black Hill. The extreme heat during this 16 mile event was to blame for the winner's time being over 25 minutes slower than the course record and for the fact that 16 of the 101 athletes were unable to complete the course.

Adam Breaks kept Dave Watson (second) and Julian Rank (third) at bay to take the course trophy. Christine Howard - first lady and 8th overall - ran a particularly fine race and when asked about how she felt about this gruelling course afterwards said she "enjoyed the views"!

Dark Peak took the first and third team prizes but the Holmfirth trio of Dave Watson, Julian Rank and Gavin Baxter combined well to take the second prize and save local honour.

Jackie Scarf came fully equipped with all her kit including Walsh running shoes only to find out just before the race that they belonged to her husband and were 4 1/2 sizes too large! Christine Howard very kindly came to the rescue with a spare pair of shoes enabling Jackie to complete the race and finish in 55th position and become 2nd lady vet 40.

Russell Bangham, the race organiser, praised the marshals, catering team and other helpers who provided water and support for the runners during the race and served refreshments to each athlete at the finish.

Russell is also keen to hear from the owner of a Pete Bland black/blue bumbag complete, which was left at the race complete with contents.

The event was kindly sponsored by Brooklands Nurseries and access was generously given by both Yorkshire Water and United Utilities.

Chris Humphries

1. A. Breaks	CaldV	2.25.14
2. D. Watson	Holmf	2.27.08
3. J. Rank O/40	Holmf	2.28.14
4. J. Blackett O/40	DkPk	2.32.33
5. J. Wright	Tod	2.33.31
6. C. Heys	Horw	2.41.45
7. R. Wren	DkPk	2.42.06
8. C. Howard	Mat	2.43.21
9. S. Storey O/50	DkPk	2.44.04
10. M. Ollerenshaw	Gloss	2.44.56

**VETERANS O/50**

1. (9) S. Storey	DkPk	2.44.04
2. (11) K. Holmes	DkPk	2.45.35
3. (14) D. Tait	DkPk	2.49.01

**VETERANS O/60**

1. (68) R. Brown	P'stone	4.05.11
2. (82) P. Ehrhardt	Tod	4.32.39

**LADIES**

1. (8) C. Howard	Mat	2.43.21
2. (21) N. Jaquier O/40	Ilk	3.08.37
3. (35) B. Hoyland O/50	Holmf	3.25.20
(55) J. Scarf O/40	CaldV	3.47.53

85 finishers

**GREAT HUCKLOW FELL RACE  
Derbyshire**

BM/6m/1000ft 16.07.06

The second running of the race saw yet another hot day but a similar number of very happy runners.

Thanks are due again to the enthusiastic band of villagers who helped out with everything and marshaled with such confidence. Also thanks to Rocksport for providing all the major prizes; Tracklogs and The Old Barn for their contributions; Buxton water, for enabling us to set up water stations; and the Foundry Activity Centre for once again allowing us to use their facilities. Excellent first aid was provided by the Derbyshire Cave Rescue Organisation. They and the Derbyshire Air Ambulance Service will benefit from the race profits this year.

A clean sweep by Dark Peak was almost upset by Cheshire Hill Racers. A welcome return from the Durham University team saw them taking the ladies' team prize. A very late decision to present a local's prize saw Pat Reid, the only V50 lady, in her first race, collecting one of several prizes. 133 runners started.

Pete Tapping

1. G. Turner	DkPk	47.43
2. R. Baker	DkPk	48.12
3. L. Banton	Clowne	48.35
4. B. Fairmanor O/40	Chesh	48.50
5. T. McGaff O/50	Chesh	48.53
6. P. Sanger	Durham	49.17
7. S. Bell O/40	DkPk	49.19
8. E. Gamble O/40	Chesh	49.43
9. D. Cross	SuttonAsh	50.07
10. M. Crosby	Altrin	50.27

**VETERANS O/50**

1. (5) T. McGaff	Chesh	48.53
2. (15) R. Fawcett	DkPk	53.02
3. (28) T. Hulme	Chesh	54.48

**VETERANS O/60**

1. (31) J. Amies	Congle	55.23
2. (34) T. Platts	Clowne	55.45
3. (62) B. Allsop	BellHarp	62.10

**VETERANS O/70**

1. (106) F. Makin	HolmeP	74.24
2. (129) G. Richardson	Clowne	93.17

**LADIES**

1. (21) K. Davison	DkPk	53.51
2. (47) A. Fox	Durham	57.41
3. (51) K. Bryan-Jones	DkPk	58.59
(59) S. Gilliver O/40	Chesh	61.35
(83) J. Miles O/40	Macc	65.56
(114) P. Reid O/50	Unatt	78.22

**OLDFIELD FELL RACE  
West Yorkshire**

CS/5.5m/550ft 16.07.06

The race venue was the Grouse Inn On Harehills Lane, Oldfield, Near Keighley, West Yorkshire. This year the senior race course was the same as last year but took in a newly opened public footpath at Clough Hey. The junior courses were the same as last year. Conditions on the day were very good.

The winner of the senior race was Paul Crabtree. The first lady was Sally Malir in a new course record. The first veteran was Alan Wright.

In the junior races the turn out was much better than last year with a field of ten runners in the under 12 race. Well done juniors, let's see if we

can have an even better turn out next year!!!

In the Under 12 Race, the first boy was J. Torr in a new course record. The first girl was N. Narey.

In the Under 14 Race, the first boy was B. Marriott in a new course record. The first girl was H. Craig.

In the Under 16 Race, the first boy was Henry Fulton. The first girl was Holly Ramsdem.

A big thanks goes out to all the runners, the marshals, all other helpers and The Grouse Inn for the venue.

Next year the races will again be based at the Grouse Inn and over the same courses. The senior race will start at 11.30 and the junior races at 11.35.

John Collinson

1. P. Crabtree	Kghly	37.54
2. A. Wright O/40	Bing	38.01
3. I. Hill O/40	Bing	39.06
4. D. Balentine O/40	Kghly	39.30
5. C. Marshall O/40	Kghly	39.47
6. R. Malir O/40	Ilk	39.52
7. D. Kelly O/50	Ross	40.15
8. A. Yeomans O/40	Ross	40.36
9. M. Farrar O/40	Skyrac	40.51
10. D. Pickip O/40	Unatt	41.14

**VETERANS O/50**

1. (7) D. Kelly	Ross	40.15
2. (11) P. Jagan	Bing	41.28
3. (13) E. Emmerson	Tod	41.45

**VETERANS O/60**

1. (15) T. Minnikin	Kghly	44.06
2. (25) J. Smithurst	Bing	50.08
3. (28) M. Seward	Unatt	58.07

**LADIES**

1. (12) S. Malir O/40	Ilk	41.29
2. (18) S. Fulton O/40	Bing	44.49
3. (23) K. Thompson O/50	Clay	48.24
4. (24) R. Marshall	Kghly	49.58
5. (34) H. Cariss	Bing	61.14

35 finishers

**JUNIOR RACE****Boys U/12**

1. J. Torr	Bing	9.59
2. G. Morris	Bing	10.18

**Girls U/12**

1. N. Narey	Bing	11.29
2. H. Postlethwaite	Unatt	14.12

**Boys U/14**

1. B. Marriott	Bing	13.09
2. L. Wright	Bing	13.19

**Girls U/14**

1. H. Craig	Bing	14.52
2. E. Peacock	Bing	18.45

**Boys U/16**

1. H. Fulton	Bing	19.33
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**Girls U/16**

1. H. Ramsden	Bing	27.34
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**BLISCO DASH  
Cumbria**

AS/5m/2000ft 19.07.06

1. P. Whiting O/40	Kend	45.11
2. P. Pollitt O/40	CFR	45.16
3. M. Holroyd O/40	Borr	45.49
4. C. Robinson	Helm	46.31
5. S. Swarbrick	Bowl	46.41
6. P. Craker	Amble	47.33
7. M. Berrisford	Kend	47.47
8. J. MacFarlane	Thames	47.51
9. C. Upson O/40	W'lands	47.59
10. D. Symons	Thames	48.13

**VETERANS O/50**

1. (11) J. Adair	Holmf	48.41
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2. (13) P. Clark	Kend	49.04
3. (24) K. Dacre	Kend	52.41

#### VETERANS O/60

1. (49) G. James	Bl'pool	60.17
2. (54) P. Dowker	Achille	61.26
3. (65) J. Taylor	Amble	74.09

#### LADIES

1. (20) L. Lacon	Holmf	50.31
2. (22) H. Jones	Dallam	51.31
3. (43) J. Taylor O/40	Bowl	59.12
4. (59) T. Smith	Kesw	63.34

#### 66 finishers

#### WIDDOP FELL RACE West Yorkshire BM/7m/1200ft 19.07.06

Thank you to all 93 runners who took on the deceptively tough 7 miles, which is the Widdop Fell Race. The hottest day since records began, apparently, so it was the first time in my seven years of experience at Widdop when sunstroke was more of a risk than hypothermia.

The conditions were conducive to fast times and James Logue's two minute winning margin did come within a minute of the 2003 record.

Well done also to Jo Buckley, who held on to a five minute winning margin despite a dodgy belly, and to Steve Oldfield who still manages to make it on to the podium from the vet 50 category.

A special mention also to George Arnold, the only vet 70 to finish, in a time only 21 minutes over the hour.



George Arnold (V70) looking very content in suitable headgear at Widdop. Photo - Allan Greenwood

Thanks to all registers, marshals, timers and helpers from Calder Valley Fell runners and elsewhere, with special mention to Thirza, who did an extra big lap for me to go back and get the cups for the drinks; to Bill, who had the results ready before the last runners were in; and to Linda and Carol for efficient registration.

See you all next year

Andy Clarke

1. J. Logue	Horw	49.03
2. T. Mason	Wharf	51.15
3. S. Oldfield O/50	BfdA	51.35
4. P. Stevenson O/40	P&B	52.18
5. B. Bolland	Horw	52.44
6. M. Lee O/40	Ross	53.06
7. G. Shaw	Clay	55.00
8. C. Moses O/40	Bing	55.20
9. B. Hoggan	Accrin	55.29
10. R. Crossland O/50	BfdA	56.04
(21) D. Beels O/50	CaldV	59.07

#### VETERANS O/60

1. (43) D. Spendlove	CaldV	63.41
2. (64) G. Large	NthnV	68.50

#### VETERANS O/70

1. G. Arnold	Prest	81.39
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#### LADIES

1. J. Buckley	CaldV	60.05
2. H. Ralphson	Traw	65.32
3. T. Mitchell	Clay	65.36
4. C. Kenny O/40	CaldV	66.07
5. N. Fellows	Eryri	66.34

#### 90 finishers

#### SPAR SHELDON FELL RACE Derbyshire BS/4m/527ft 20.07.06

1. L. Taggart	DkPk	23.57
2. M. Fowler O/40	Chesh	25.07
3. M. Webster	DkPk	26.23
4. J. Boyle	DkPk	26.50
5. C. Guy	Notts	27.15
6. J. Howard	Unatt	26.29
7. S. Storey O/50	DkPk	27.34
8. G. Briggs O/40	Penn	27.56
9. R. Fawcett O/50	DkPk	28.09
10. J. Bell O/40	DenbyD	28.11
(14) A. Marchington O/50	Mat	28.36

#### VETERANS O/60

1. (42) C. Russell	Unatt	32.28
2. (48) J. Carrier	Seimens	33.25
3. (49) B. Allsop	BellH	33.27

#### VETERANS O/70

1. (78) B. Rogers	NVets	38.06
2. (90) G. Richardson	Clowne	46.20

#### LADIES

1. (31) J. Lee	Eryri	30.11
2. (52) F. Kaye	Hallam	34.16
3. (59) G. Thomas	Unatt	35.30
4. (60) A. Claye	Buxt	35.31
5. (71) K. Sinkinson O/40	Holmf	36.40
(72) P. Firth-lea O/50	Unatt	37.04
(75) D. Claridge O/40	Unatt	37.29

#### 90 finishers

#### PHILIP GREGORY JUNIOR FELL RACE Derbyshire BS/3m/420ft 22.07.06

This race was abandoned because of bad weather. It will be run later in the year but no date set yet.

John Ralph Lord

#### LATRIGG FELL RACE Cumbria AS/3m/950ft 22.07.06

The 34th running of The Latrigg Race was held in hot and sunny conditions, making the going tough with times slower than in recent years. The conditions no doubt were also mainly to blame for the lower than usual entry with only 48 starters. The 3 mile race which started and finished in Fitz Park, Keswick, climbs the face of Latrigg with a 950ft of ascent

First to the summit was the eventual winner Andrew Schofield. In a small ladies' field,

Keswick's junior, Emma Stuart, had an easy win leading from the start.

Many thanks to all the helpers who enabled the race to go so smoothly.

Next year's race will be on Wednesday 16 May and will be part of the Keswick Mountain Festival.

#### Pete Richards

1. A. Schofield	Borr	19.03
2. D. Morris O/40	CFR	20.02
3. W. Horlsey	NFR	20.34
4. D. Frampton O/40	Borr	20.53
5. M. Cunningham	Borr	21.21
6. C. Robinson	Unatt	21.29
7. S. Pailing O/40	Unatt	22.07
8. D. Spedding O/60	Kesw	22.19
9. K. Hill	Kesw	23.18
10. P. Harlowe O/50	HelmfH	23.22

#### VETERANS O/50

1. (10) P. Harlowe	HelmfH	23.22
2. (12) D. Owens	Kesw	23.47
3. (14) J. Jennings	Unatt	24.13

#### VETERANS O/60

1. (8) D. Spedding	Kesw	22.19
2. (21) D. Kay	Horw	26.00
3. (26) D. Harrison	Kesw	27.12

#### VETERANS O/70

1. (41) J. Rutter	Kesw	37.21
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#### LADIES

1. E. Stuart	Kesw	25.10
2. S. Bradley O/50	Kesw	31.42
3. A. Turner O/40	Kesw	32.08
4. J. Laverock	Salf	32.59
5. A. Conner	Helmf	35.54
6. B. Unsworth O/50	Unatt	44.40

#### 41 finishers

#### LINGMELL DASH Cumbria AS/3m/950ft 22.07.06

1. W. Bell O/50	CFR	52.06
2. P. Crompton O/45	CFR	52.17
3. J. Dawson O/40	CFR	52.44
4. I. Magee	Skip	53.22
5. I. Block O/50	CFR	56.11
6. B. Riley O/45	CFR	57.25
7. R. James O/50	CFR	58.28
8. D. Atkinson O/40	CRR	59.02
9. N. Shepherd O/40	Bowl	59.33
10. D. Gartley O/45	Unatt	59.57
(15) D. Fell O/50	CFR	62.19

#### VETERANS O/60

1. (25) R. Whittaker	CFR	72.46
2. (29) D. Wag	HBT	76.44
3. (33) R. Johnson	CFR	83.05

#### VETERANS O/70

1. (44) D. Rigg	CFR	97.40
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#### LADIES

1. (11) H. Jones	Dallam	60.00
2. (22) J. Carter O/40	CFR	71.03
3. (24) L. Buck O/45	CFR	72.21
4. (26) J. Howell	Unatt	74.09
5. (27) N. Goffe O/45	BIComb	47.36
(35) D. Patton O/50	CFR	84.39

#### 47 finishers

#### TURNSLACK FELL RACE Lancashire AM/8m/2000ft 22.07.06

There was a disappointing turnout of only 47 runners this year as compared with 103 last year. This was by far the lowest number since the race began almost thirty years ago, probably due to it not having been included in the FRA calendar, though it did appear in the February update and on the FRA website.



Despite this, there was a highly competitive battle up front where Andy Wrench and Steve Oldfield relentlessly contested the lead over two thirds of this demanding south east Lancashire moorland course, and it was only on the descent from Trough Edge End trig point that Andy at last managed to break away from Steve. On the second steep climb beyond here, the final major ascent of the course leading to the concluding moorland crossing of Great Hill, Steve was overtaken by John Hey, who then set off in ultimately fruitless pursuit of Andy, who preserved his lead to finish 42 seconds clear, with Steve hanging on to third place. He claimed the O/50 prize behind these two O/40 veterans.

Only two ladies graced the field on this occasion of whom Tracy Marshall outpaced her West Yorkshire rival, Tracy Bailey by over seven minutes, the winner being an O/40 veteran. In fact, only 13 of the 47 finishers were not veterans.

Conditions were very warm and overcast after an initially sunny start, and very dry underfoot after the prolonged rainless spell.

Kevin Shand, now a successful racing cyclist but previously a footballer and a good long distance fell runner till injuries terminated the latter career, has been organising the race for 29 years – surely a record for a race organiser?? He has something special planned to celebrate next year's 30th anniversary event. Be there!

#### Moorland Lad

1. A. Wrench O/40	Tod	67.05
2. J. Hey O/40	Warring	67.47
3. S. Oldfield O/50	BfdAire	68.08
4. J. Logue	Horw	68.34
5. N. Holding O/40	WPenn	70.26
6. K. Harding O/40	Tring	70.32
7. K. Gaskell O/40	Horw	71.53
8. M. Nuttall	B'burn	74.46
9. M. Goldie	Tod	75.00
10. G. Bailey	Kghly	75.41

#### VETERANS O/50

1. (3) S. Oldfield	BfdAire	68.08
2. (11) R. Crossland	BfdAire	75.73
3. (13) K. Taylor	Ross	76.11

#### VETERANS O/60

1. (26) D. Spendlove	CaldV	87.29
2. (34) G. Large	NthnV	93.51

#### LADIES

1. (38) T. Marshall O/40	Bing	101.08
2. (43) T. Bailey	Kghly	108.12

#### 47 finishers

### JUNIOR UPHILL CHAMPIONSHIPS Lancashire

Following the success of the inaugural junior uphill championships organised by Ilkley Harriers last year, this year's event was hosted by Rossendale Harriers.

The weather stayed fine with sunny spells as sixty juniors in five age categories battled it out on the hill above Cowpe village. There were lots of parents and supporters, many of whom made it up the climb to clap and cheer their candidates onwards. Several good tussles ensued and there was some healthy inter-club rivalry.

The routes were particularly challenging for the younger competitors who took the steep climb up to their finish point part way up the hill, whilst the longer courses did have the benefit of slight undulation further up the hill, with the U16's and U18's finishing at the Trig point at Top O' Leach.

There were many impressive performances as the juniors gave their all with some spirited sprint finishers whilst others collapsed gasping over

the finish line. The atmosphere was great and the camaraderie and level of participation bodes well for the future of English fell running.

Medals and t-shirts have been supplied by the FRA to all age category winners.

*Nick Harris and Clare Kenny*

#### Under 14 Boys

1. J. Beard	Ross	11.19
2. J. Addison	HelmH	11.30
3. A. Kay	Ross	11.38
4. C. Adamson	Leigh	11.39
5. S. Till	Dallam	12.15

#### 14 finishers

#### Under 14 Girls

1. L. Riches	Leigh	11.53
2. J. Addison	HelmH	13.03
3. F. Gregory	Ross	14.09

#### 6 finishers

### CONISTON COUNTRY FAIR FELL RACE

#### Cumbria

AM/6m/2400ft 23.07.06

Over one hundred runners enjoyed warm dry conditions for Coniston Country Fair's Open fell race. A race 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 3,000 visitors to the country 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.

The lead changed little on the return with the winner Alastair Dunn winning (2 mins faster than last year), with local runner Dan Golding (locum GP in Coniston) second (for the 2nd year running).

Ambleside won the team prize with Golding(2nd) / Stainer (4th) and Craker (13th).

Last year's winner Alan Smith, who travelled from Aviemore to defend his title was 5th.

First lady home in 15th place was Lisa Lacon.

The vets' classes were very well represented with a total of 104 entries and 102 finishers.

Coniston Country Fair provides 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 marshalled the top of the Old Man.

*Dave Robinson*

1. A. Dunn	HelmH	52.36
2. D. Golding	Amble	53.08
3. C. Doyle	Traff	53.49
4. S. Stainer	Amble	54.30
5. A. Smith O/40	Dees	58.08

6. P. Pollitt O/40	CFR	58.23
7. P. Brittleton	HelmH	58.45
8. I. Magee	Skipt	58.57
9. Disqualified		
10. M. Walsh O/50	Kend	61.30

#### VETERANS O/50

1. (10) M. Walsh	Kend	61.30
2. (16) J. Adair	Holmf	63.09
3. (18) D. Schofield	Ross	63.52

#### VETERANS O/60

1. (57) G. Breeze	Skyrac	76.40
2. (91) R. Johnson	CFR	90.18

#### VETERANS O/70

1. (101) I. Addison	Kesw	103.36
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#### LADIES

1. 15) L. Lacon	Holmf	63.03
2. (44) H. Hrebickova	Unatt	72.02
3. (46) J. Taylor	Bowl	72.53
(52) D. Pelly O/40	Amble	75.01
(79) S. McNulty O/50	Rad	85.26

#### 102 finishers

### GLARAMARA FELL RACE

#### Cumbria

25.07.06

1. S. Booth	Borr	49.57
2. A. Schofield	Borr	50.50
3. J. Bland	Borr	51.01
4. M. Cunningham	Borr	54.50
5. C. Upson O/40	W'lands	59.25
6. T. Harling	Border	63.47
7. P. Wright O/40	HelmH	67.31
8. J. Beetham	Kesw	72.14
9. A. Murray	Unatt	75.02
10. R. Graham O/50	Wigton	75.14

#### VETERANS O/50

1. (10) R. Graham	Wigton	75.14
2. (16) D. Wall	HBT	82.09

#### LADIES

1. (11) C. Watson	Borr	77.15
2. (17) T. Smith	Kesw	82.30
3. (18) S. Booth	Borr	89.43

#### 18 finishers

### ROBIN HOOD "MONUMENTAL" Derbyshire

BS/5m/875ft 25.07.06

The race was run by 205 entrants of whom 203 finished. A week before, the Peak Park estates department had closed the moors due to the tinderbox conditions but thanks to a rain shower and a promise that the competitors would not stop for a cigarette, the race was run in near perfect conditions. For the first time in its 12 year history there was a watering point at the half way stage.

Once again Phil Winskill won, leading throughout, but probably due to the heat, he was somewhat slower than previous years. Christine Howard won the ladies' race in a recommendable time.

Edale Mountain rescue supplied the safety and first aid and fortunately had only one casualty.

Next year's race may not take place depending on the new Robin Hood Inn landlord.

*Peter Fairley*

1. P. Winskill	DkPk	33.47
2. S. Bond	Cav	33.51
3. S. Carmichael	Hull	33.58
4. S. Bell O/40	DkPk	35.15
5. K. Webster	Mat	35.34
6. S. Gregory O/40	HolmeP	35.46
7. D. Yates	Mat	36.17
8. L. James	Unatt	37.20
9. G. Moffatt	HolmeP	37.25
10. D. Ansell O/40	DkPk	37.34

**VETERANS O/50**

1. (16) K. Holmes	DkPk	39.21
2. (30) M. Moorhouse	Mat	41.05
3. (32) D. Tait	DkPk	41.10

**LADIES**

1. (19) C. Howard	Mat	39.36
2. (59) K. Bryan-Jones O/40	DkPk	43.57
3. (67) L. Morgan Jones	NDRC	44.11
4. (83) S. Ward O/40	DkPk	45.26
5. (89) P. Weir	Totley	45.53

**204 finishers****THE BROWN GREEN GRASS OF HOME**

Denbighshire

AS/4.8m/1300ft 26.07.06

It couldn't get much hotter - across the Dee estuary The Open at Hoylake was going well and the greens were green. Tiger Woods did the business and the multi-million dollar operation worked a treat - golfers golfed in luxury, spectators had their pockets emptied successfully and the greens continued to be greened impeccably.

In the distance the sentinel peak of Moel Famau rose above the scorched earth of the Clwydians Hills, the green swards of last year were a dusty brown and the organisers of this year's race reluctantly changed the race name. The Green Grass of Home became The Brown Green Grass of Home and just for variety's sake the route changed also. The heat and humidity was not off putting, however, and a record 73 runners showed their faces many bravely bare-chested in the face of this primeval challenge against the mountain, a battle far removed from the genteel civilisation of the golf course.

18 runners had raced at Snowdon five days previously including Ian Houston, whose dominance in this series was temporarily threatened by young Adam Peers but a stitch appeared from nowhere to slow him down meaning a clean sweep for not so young Houston.

Sarah Hammond ran strongly throughout the race to secure her second victory in the series and finish less than a minute behind her husband. The Hammonds, Rowlands, Englishs and Smiths ran as husbands and wives - Messrs English and Smith gallantly accompanying their wives to the finish. The Parrys ran as father and son and there were two birthday boys including Dave Shinn who was on his way to the Cambridge Folk Festival from the Lakes?

The organiser managed to get a run this time thanks to marshals Fred and Wayne and timekeeper John who press ganged Dawn and Hazel to help at the finishing line. Sue helped with entries and Lizzie did the drinks!

**Martin Cortvriend**

1. I. Houston	Wrex	38.31
2. A. Peers	L'pool	39.26
3. M. Gilbert	Wrex	39.38
4. A. Smith	Amble	40.38
5. N. Ashcroft	Amble	40.52
6. S. Bellis O/50	Buck	43.07
7. S. Ellis O/40	Tatten	43.27
8. I. Lancaster O/40	Tatten	43.48
9. S. Jones	Wrex	44.31

**VETERANS O/50**

1. (6) S. Bellis	Buck	43.07
2. (21) M. Cortvriend	Macc	47.23
3. (26) C. Edwards	Tatten	48.29

**VETERANS O/60**

1. (28) J. Morris	Buck	49.03
2. (37) N. Griffiths	Spect	52.07
3. (51) P. Jones	Prestat	54.53

**LADIES**

1. (17) S. Hammond O/40	Tatten	45.50
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2. (33) A. Roberts	Eryri	50.44
3. (44) B. English O/40	Denb	53.12
4. (45) A. Smith	Tatten	53.18
5. (47) S. Rowlands	Clwyd	53.51

**71 finishers****PEN Y FAN**

Powys

AS/3.5m/1930ft 29.07.06

The July heat wave was rudely interrupted for the Pen y Fan Race, with rain and high winds making things very tricky on the steeper and rockier parts of the course. A storming run from Mark Palmer made light of these minor irritations, and he won by the unbelievable margin of 47 minutes. Matthew Collins was in contention at the top, leading for some of the steep Corn Du ascent, but kit choices let him down..... racing flats on a steep wet descent, plus dark glasses in low visibility and rain, allowing Andy Jones to take second spot. Andy was disappointed with his time, but it was solid result after a fall and DNF at Snowdon the week before.

Of only two female entries, one bizarrely set off 20 minutes before the start, and had to be retired by the summit marshals. The other, Helen Fines, had a steady climb and a superb descent (4th fastest) to finish 10th overall. The team contest was very close, but MDC couldn't convert their 1st and 3rd places into an overall result, as Mynydd Du's 2nd, 8th and 13th places just pipped MDC's total of 26.

Mark's 34:37 was a good time in the conditions, but with dry ground and a bit more competition on the descent, I think he could go under 32 minutes. But will anyone challenge Keith Anderson's 30 minute record? Maybe next year!

On the other hand, we are considering starting the race from the car park next year, to make everything more convenient and give a bit more run for your money - this would make it more like 4.75 miles and 2050 feet - give us your views!

Huge thanks to marshals who were soaked and blasted on the tops, to the photographers, and to everyone who helped in any way. All appreciated the great prizes and free food and drink for all, generously sponsored by St. Mary's

Bakery, Barry Tomlinson Architectural Services, Breconshire Brewery, and Gibb's Sports, Brecon.

This was our first attempt at race organising, so we weren't too upset at the modest turnout of 29. And it was great to see several local unattached runners braving one of Britain's classic fell races. Hope to see a few more of you next year!

**Crispin Flower**

1. M. Palmer O/40	MDC	34.47
2. A. Jones	MynDu	39.05
3. M. Collins	MDC	40.07

**LADIES**

1. H. Fines	Brist	44.44
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**29 finishers****Y GARN**

Gwynedd

AS/3m/1500ft 29.07.06

The Y Garn race took place from Rhyd Ddu near Beddgelert. This year the race was included in the Welsh Fell Runners Association Open/Welsh Championships and North Wales Series. After the heatwave of the previous month it was all change on the day of the race - conditions were wet and windy, and with low cloud. This caught out a number of runners who came unprepared for the conditions.

Matt Gilbert led at the summit followed by Steve Gilliland. However, both runners missed the next checkpoint at the bottom of the hill and were disqualified. This allowed Richard Roberts to win the race in a time of 31.19.

The ladies' race was won by Andrea Roberts in 38.56.

I would like to thank the following for their help on the day in the wet conditions - Geoff Clegg, Sheila Lloyd, Dave Hill, Brian Evans, John Carson. Also, thanks to Team Dolly for providing radio cover, and the farmer Mr Hughes for allowing access.

**Ross Powell**

1. R. Roberts	Eryri	31.19
2. A. Haynes O/40	Meirionnydd	32.22
3. I. Hughes	Shrews	32.24
4. B. Beachell	Eryri	32.27



Mark Palmer opening up his lead on the climb at Pen y Fan Photo - Crispin Flower

5. P. Jenkinson	Eryri	32.36
6. T. Jones O/40	Mercia	34.39
7. D. Owen O/40	Eryri	34.41
8. S. Turk	Shrews	35.10
9. G. McAra O/50	Chesh	35.18
10. S. Butterworth	Eryri	35.25

#### VETERANS O/50

1. (9) G. McAra	Chesh	35.18
2. (15) G. Spencer	Mercia	36.59
3. (19) M. Blake	Eryri	37.44

#### VETERANS O/60

1. (20) D. Williams	Eryri	38.16
2. (25) J. Morris	Buckley	39.22
3. (33) P. Jones	Prestat	43.07

#### LADIES

1. (23) A. Roberts	Eryri	38.56
2. (30) G. Evans O/40	Shepshed	42.06
3. (32) D. Urquhart	Buckley	43.02
4. (35) S. Rowlands	Clwydian	44.33

#### 38 finishers

### ROUND HILL FELL RACE North Yorkshire CM/9m/1100ft 30.07.06

Extremely dry conditions underfoot after the recent heat wave led to both men's and women's records being broken. Richard Pattinson beat his own record by well over a minute in beating Matt Cox from the host club, Otley, into second.

Sarah Jarvis improved by over 3 minutes on her time from last year to lower the women's record by over 2 minutes. Local club Ilkley Harriers had an excellent turn out, several of who went home with a bottle of Round Hill wine, from California, not North Yorkshire.

#### Andrew Robertshaw

1. R. Pattinson O/40	P&B	54.06
2. M. Cox	Otley	56.19
3. I. Nixon	P&B	57.59
4. S. Webb O/40	VStr	58.46
5. L. Basham	Ilk	58.59
6. G. Pearce	Ilk	59.24
7. E. Davies	Otley	60.04
8. M. Walsh O/50	Kend	60.18
9. K. Taylor O/50	Ross	60.24
10. A. Carruthers O/40	Crawl	60.40
(22) R. Pritchard	Skyrac	65.12

#### VETERANS O/60

1. (39) G. Breeze	Skyrac	70.40
2. (45) B. Wade	Holmf	74.51
3. (57) B. Wilkes	VStr	82.27

#### LADIES

1. (19) S. Jarvis	Ilk	64.44
2. (21) E. Barclay	Ilk	65.05
3. (33) H. Diamantides O/40	Carn	68.05
4. (40) J. Marshall O/50	Ilk	70.47
5. (49) K. Ruffell O/40	Totley	77.06
(66) B. Gibbons O/50	Ilk	90.42

#### 72 finishers

### JAMES HERRIOTT COUNTRY TRAIL RUN North Yorkshire CM/8.5m/1000ft 30.07.06

This year's event was held as usual on the last Sunday in July at Castle Bolton in Wensleydale. The weather was pretty warm but not as it had been the previous few weeks and there was a stiff breeze that was head on for the first part and over the last five kilometres was following the runners and pushing them towards the finish line. Because of the terrain and the long-standing weather conditions having an effect on the ground, making it hard and unstable underfoot along the high part of the route, trail shoes were the order of the day.

The run was very well attended with 211 finishers. This was a big increase as previous years' fields were about the 140 mark. Competitors came from all parts of the North as well as Cheshire and the South of England. The runners report that the run was hard but enjoyable and The Hill at the 7k mark, that catches many runners out, was quite a challenge to the majority. Swaledale Road Runners were well in evidence as were Ripon Runners and many other club runners.

Gary Dunn just beat last year's winner, Lewis Banton but did not beat Lewis's time of last year.

We had a new winner of the ladies' race, Alison Raw. The winner in previous years has been Erika Johnson who, this year, did not enter due to family commitments.

This year the race prizes were sponsored by Dale Sport of Bedale and Pumarunning.com, who gave trail shoes to the overall male and female winners. The Puma runner, Stuey Bell from Chester-le-Street, was unfortunately out of action and could not take part in the race.

The race starter was our patron, James Wight, who kindly gives his father's name for the race title, he also presented the prizes.

As a result of this years numbers we look forward to another great race next year.

#### Alan Davis

1. G. Dunn	Th&S	54.50
2. L. Banton	Clowne	55.38
3. T. Lambert	Swale	56.35
4. B. Gosling	Askern	58.07
5. P. Guy	NewtAyc	58.31
6. C. Davis O/40	Buck	58.38
7. A. Normandale O/40	York	59.45
8. R. Johnson	Swale	59.53
9. A. Meskimmon O/40	Dewsb	60.21
10. P. Collingwood	Askern	60.51

#### VETERANS O/50

1. (14) T. Ward	Swale	61.59
2. (15) H. Jeffrey	Otley	62.00
3. (21) S. Smith	Ripon	63.49

#### VETERANS O/60

1. (48) P. Covey	P&B	68.44
2. (50) J. Robinson	Rich&Zet	68.55
3. (89) J. Prudham	Jarrow	75.49

#### LADIES

1. (19) A. Raw	Darling	62.36
2. (41) G. Mead	Chest	67.47
3. (52) R. Connolly	Unatt	69.11
4. (67) L. Noble	Darling	72.08
5. (81) J. Atkinson	NAyc	74.26
(88) S. Little O/55	Unatt	75.41
(90) J. Ackroyd O/45	H'gate	76.00
(91) C. Worth	NYMoors	76.01
(137) S. Gibson O/55	Darling	82.33

#### 211 finishers

### CROW HILL FELL RACE West Yorkshire BS/5m/1000ft 01.08.06

An ambition fulfilled – my name in the Fellrunner! Not the way I'd have preferred though. Many thanks to Allan Greenwood for organising this race for the past 11? years.

After rain on and off all day the evening turned out to be dry and tempting, attracting a record 114 competitors.

The course was slightly different to the regular course hence new records for male and female. Hopefully will revert to old route next year.

As the usual suspects from Bingley warmed up by cycling 7 miles over Cock Hill (1370ft) to get to the race, it was assumed that there would be some good times!

Ian Holmes won it, with Bingley team mate Andy Peace in close 2nd, followed by Leeds City's Adam Osborne.

Local favourite, Jo Buckley, was the first lady home, followed by Vanessa Peacock and then in third was another local lass, Holly Page.

Team prizes were won by Bingley (male) and Halifax (female). Apologies Halifax, you are owed a team prize!

Many thanks to all the helpers - without you the race wouldn't have taken place.

Many thanks also to all the competitors for supporting the race.

#### Clive Greateorex

1. I. Holmes O/40	Bing	29.25
2. A. Peace	Bing	29.30
3. A. Osborne	LeedsC	30.33
4. A. Wrench O/40	Tod	30.51
5. S. Oldfield O/50	BfdAire	31.01
6. K. Gray	CaldV	31.09
7. C. Miller	H'gate	31.16
8. A. Whittam	Tod	31.31
9. M. Peace	Bing	32.06
10. M. Lee O/40	Ross	32.37

#### VETERANS O/50

1. (5) S. Oldfield	BfdAire	31.01
2. (34) D. Kelly	Ross	36.17
3. (38) D. Beels	CaldV	36.33

#### VETERANS O/60

1. (35) B. Mitchell	Clay	36.18
2. (59) G. Breeze	Skyrac	39.13
3. (78) R. Blakeley	Tod	41.51

#### VETERANS O/70

1. (105) H. Johnson	Newb	48.00
2. (106) G. Arnold	Unatt	48.27

#### LADIES

1. (27) J. Buckley	CaldV	35.24
2. (54) V. Peacock O/50	Clay	38.22
3. (61) H. Page	H'fax	39.16
4. (62) T. Mitchell	Clay	39.22
5. (70) C. Fryer O/40	H'fax	40.25

#### 114 finishers

### CHEVIN HILL FELL RACE Derbyshire BS/4.5m/879ft 03.08.06

The annual Derbyshire Chevin Hill fell race was held in great running conditions in Milford with three local men taking the honours in the main event.

After the initial loop of a little over a mile, Chris Rowe, and fitness trainer Paul Timmons were ahead of the field, but as the climbs continued, Rowe fell back through the field and Timmons was chased hard by junior Rob Love, who is having a great season. However, at the finish, Timmons held on to win by a mere 10 seconds from Love with Ben O'Connell taking the bronze medal slot.

O'Connell only turned up to run as the field was on the starting line!!!

Loughborough student Beck Ellis had a seven minute advantage in winning the women's event.

In the junior race 11 year old Kristian Edwards ran magnificently to record the very fast time of 14m 12s for the 2.2 mile course.

#### David Denton

1. P. Timmons O/40	Ripley	29.45
2. R. Love	Amber	29.55
3. B. O'Connell	Unatt	30.15
4. P. Hands O/50	Leices	30.28
5. J. Birch O/40	LongEat	30.51
6. A. Marchington O/50	Ripley	31.01
7. C. Rowe O/40	Mat	31.08
8. P. Manning	Ripley	31.09



9. D. Holloway	Ilkes	31.28
10. M. Tomlinson	Ripley	32.45
(24) A. Keen O/50	Erew	33.54

#### VETERANS O/60

1. (45) S. Whittaker	Erew	37.51
2. (47) R. Thompson	RollsR	38.03
3. (82) M. Edwards	DkPk	44.36

#### LADIES

1. (11) B. Ellis	ValeR	32.46
2. (53) C. Hughes	Ilkes	39.13
3. (62) E. Bridgen	Erew	40.01
4. (63) A. Ellison	LongEat	40.09
5. (68) G. Gnudtmann O/50	Denmark	41.20
(72) H. Bates O/40	Ilkes	43.12
(73) F. Sellar O/40	Unatt	43.16
(92) B. Bostock O/50	LongEat	47.04

#### 107 finishers

#### SHORT RACE

1. K. Edwards	Tam	14.12
2. F. Gilbert	Mat	15.42
3. M. Rimmo	Amber	16.05
4. H. Cameron	Mat	16.30
5. F. Nicholls	Unatt	20.00

#### 10 finishers

#### LOWTHER HALF MARATHON Cumbria

CL/13.5m/1500ft 04.08.06

89 runners took part in the 23rd Lowther Half Marathon on a cloudy but humid day. The race is held on a Friday, the first day of the Horse Driving Trials, set in the grounds of Lowther Park, near Penrith, with the opportunity to mix with the hunting, shooting and fishing set. The race is a mixture of road, track and fell with tremendous views over Ullswater and beyond. The route is well flagged so need to worry about the navigation and SPORTident timing system is used.

This year's winner was Alex Rowe, who led from the start. Local girl, Karen Heaviside, was first lady home.

As it is held on a Friday, the event is very popular with "retired" runners and 15 of the 89 runners were over 60, which is quite extraordinary. Well done and keep on running!

#### Martin Stone

1. A. Rowe O/40	Wesh	1.19.36
2. P. Singleton	Unatt	1.21.22
3. R. Barrett O/40	Skipt	1.21.23
4. J. Houghton O/50	Unatt	1.21.38
5. S. Murdoch O/40	Eden	1.24.42
6. L. Endean O/50	NFylde	1.24.53
7. D. Buckley O/50	Wesh	1.25.08
8. D. Crayston	Unatt	1.26.12
9. R. Mabbett O/40	Wesh	1.27.22
10. J. Wilson-Young	Unatt	1.28.08

#### VETERANS O/60

1. R. Burchett	Kesw	1.46.51
2. D. Cole	Eden	1.52.15
3. W. Metcalfe	Basild	1.59.59

#### VETERANS O/70

1. M. Walsh	NFylde	1.55.47
2. E. Nutter	Swale	1.59.55
3. I. Addison	Kesw	2.00.35

#### LADIES

1. K. Heaviside	Eden	1.39.20
2. D. Pelly O/40	Amble	1.42.58
3. J. Bellis O/40	Bolt	1.44.48
4. A. Read	Eden	1.48.50
5. L. Wilson O/40	Ripon	1.40.04
S. Shaw O/50	Blckhill	2.13.12
C. Whitelock O/50	Unatt	2.21.23

#### 89 finishers

#### MOEL HEBOG

#### Gwynedd

AS/4m/2400ft 05.08.06

This tough little race takes place from the pretty village of Beddgelert and has been described by some as a mini Ben Nevis!

This morning mist and drizzle had given way to hot and humid conditions, with sunny intervals by the start of the race. The race was won by last year's winner, Steve Gilliland in a slower time of 49.56. The ladies' race was won by Anna Bartlett.

I would like to thank Y Warws (Gelert) 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 Goar Hotel, Aberglaslyn Mountain Rescue and everyone who provided assistance on the day.

#### Ross Powell

1. S. Gilliland O/40	BrosDys	49.56
2. D. Roberts O/40	Unatt	52.02
3. I. Morton	Eryri	55.07
4. C. Hughes O/40	Unatt	55.26
5. D. Williams O/60	Eryri	56.06
6. G. Williams	Cybi	56.23
7. S. Edwards O/40	Unatt	60.00
8. G. McAra O/50	Chesh	60.52
9. A. Bartlett Lady	Shrews	60.56
10. I. Edgar O/40	Unatt	62.08
11. S. Roberts Lady O/40	Unatt	62.37
12. W. Haynes U/18	Meirionnydd	64.12

#### 34 finishers

#### BORROWDALE FELL RACE Cumbria

AL/17m/6500ft 05.08.06

Many thanks to Dave Gill who helped on the day, and particularly Len, Ann and Sharon. It is a genuine team effort organising the Borrowdale fell race. Also many thanks to Bowland Mountain Rescue and the 'R shoes lot couldn't do without you.

Simon Booth once again proved too strong for everybody else and in doing so recorded a



Colin Moses leaving the Styhead Cafeteria on the Borrowdale Photo - Allan Greenwood

record equalling 10th win, this despite him being a bit out of sorts in recent weeks. Well done Simon!

Mark Palmer had a great run to finish 2nd, this combined with a second at Wasdale, is proving to be a good year back on the fell runner score following a few years out of the action. Well done again Mark!

Helen Diamantides came home as 1st woman, not far in front of 2nd lady, Christine Howard, whom she only passed in the later stages.

But run of the day was without doubt Dave Spedding who, despite being a V60, managed to come home in 13th place overall, 4th V40 and 1st V50. Awesome!

Next year maybe pre-entry only as 390 seems to be about enough for the race, the 480 we had last year was too much.

#### Andrew Schofield

1. S. Booth	Borr	3.01.48
2. M. Palmer O/40	MDC	3.04.40
3. J. Davies O/40	Borr	3.07.36
4. J. Bland	Borr	3.09.48
5. A. Davies O/40	Borr	3.10.02
6. P. Vale	Mercia	3.12.15
7. B. Bardsley	Borr	3.13.08
8. D. Golding	Amble	3.13.48
9. R. Lightfoot	Ellen	3.14.04
10. N. Lockwood	Kesw	3.18.44

#### VETERANS O/50

1. (15) J. Winn	CFR	3.39.46
2. (30) B. Grant	H'gate	3.45.28
3. (50) R. James	CFR	3.53.39

#### VETERANS O/60

1. (13) D. Spedding	Kesw	3.33.25
2. (203) G. Breeze	Skyrac	4.53.26
3. (231) A. Yates	DkPk	5.09.37

#### LADIES

1. (27) H. Diamantides O/40	Carn	3.44.24
2. (40) C. Howard	Mat	3.50.28
3. (57) H. Jones	Dallam	3.56.54
4. (84) H. Garrett	Unatt	4.09.41
5. (108) N. Davies O/40	Borr	4.18.12
(124) W. Dodds O/50	Clay	4.23.06
(276) A. Brentnall O/50	Penn	5.24.58

#### 321 finishers

#### TEGGS NOSE FELL RACE Cheshire

BM/7m/1100ft 05.08.06

Another year, another "discussion" with one of the farmers. This time it was a combination of prize sheep that were to be inseminated on the Monday plus uncut grass that couldn't be trampled. The net result was nearly a long detour on road. Fortunately, one of the other farmers suggested a route through his land that didn't add any road, but made the race over 7 miles rather than the advertised 6.5.

There were cows on the detour route and they played havoc with the course markers such that the lead group of runners went further round a field than they were meant to. Despite these problems everyone seemed pretty happy with the route on the day. If we have to use it again next year, I'll have a marshal in the middle of the field directing people on the best route.

I advertised the race a bit more this year, and numbers were slightly up, but I'd appreciate any feedback to improve the race. The sheepdog trials organisers also put on some kids races around the trials field that seemed quite popular, but I didn't manage to advertise this beforehand. I expect we'll run them again next year.

The race itself was won by Malcolm Fowler, with Kate Burge first lady. Cheshire Hill Racers retained the team trophy. Prizes were presented by the local MP, Nicholas Winterton, who has been a keen supporter of the race over the years. Thanks to all the helpers, plus the race sponsors, the Leek Building Society.

*John Bunyan*

1. M. Fowler O/40	Chesh	53.26
2. A. Lamont	Macc	54.05
3. A. Gibbs O/40	ValeR	55.13
4. T. Bush	Altrin	55.55
5. J. Pearce	Congle	56.18
6. C. Fray O/40	Chesh	56.45
7. J. Chapman	Unatt	57.15
8. N. Holding O/40	WPenn	57.31
9. A. Beanland	Unatt	58.17
10. M. Stenton O/40	DkPk	58.41

**VETERANS O/50**

1. (20) S. Entwistle	Penn	62.08
2. (22) G. Hodges	Chesh	62.47
3. (26) T. Longman	Maccle	63.26

**VETERANS O/60**

1. (47) J. Morris	Buckley	70.22
2. (53) G. Large	NVets	72.01
3. (56) B. Allsop	BellH	72.55

**LADIES**

1. (17) K. Burge	Staff	60.27
2. (25) S. Newman O/40	CaldV	63.24
3. (29) J. Hatton O/40	Macc	65.33
4. (33) E. McGuire	Stockp	67.41
5. (39) A. Hartopp O/40	Macc	68.49
(52) A. Jones O/50	Alltrinch	71.45
(90) J. Booker O/50	Stockp	95.11

**93 finishers**

**CREAG DHUBH  
(BRITISH CHAMPIONSHIP SERIES)**

**Invernesshire**

AS/4.5m/1225ft 05.08.06

1. S. Bailey	Mercia	27.11
2. L. Taggart	DkPk	27.23
3. R. Hope	P&B	27.37
4. I. Holmes O/40	Bing	27.50
5. R. Jebb	Bing	28.00
6. D. Hope	P&B	28.16
7. M. Strain	HBT	28.23
8. J. Lennox	Shettle	28.33
9. A. Anthony	Ochil	28.37
10. T. Austin	DkPk	28.45
11. D. Taylor O/40	DkPk	28.49
12. A. Wright	Cambus	29.16
13. T. Werrett	Mercia	29.19
14. D. Neill O/50	StaffsM	29.23
15. S. Bolland	Bowl	29.58
16. C. Donnelly O/40	Loch	30.10
17. R. Little Jun	DkPk	30.14
18. I. Wellock	Ochil	30.15
19. M. Whyatt O/40	Bowl	30.23
20. J. Hunt O/40	DkPk	30.31
21. A. Davis O/40	Carn	30.40
22. D. Whitehead	Cosmic	30.47
23. K. Richmond	Bellhous	30.58
24. B. Bolland	Horw	30.59
25. I. Nixon	P&B	31.09
26. G. Campbell	H'land	31.16
27. M. Johnson O/40	Bowl	31.21
28. R. Gallagher O/40	Carn	31.26
29. A. Ward O/40	Carn	31.34
30. S. Peachey	Carn	31.37

**VETERANS O/50**

1. (14) D. Neill	StaffsM	29.23
2. (39) T. McGaff	Chesh	32.18
3. (44) M. Egner	DenbyD	32.58
4. (48) B. Goodison	Abbey	33.46
5. (53) S. Storey	DkPk	34.06

**VETERANS O/60**

1. (71) R. Wilby	H'land	32.35
2. (73) K. Carr	Clay	33.36
3. (103) C. B. Jones	Ochil	38.16

4. (123) B. Magee	Larne	40.43
5. (139) C. Love	Dundee	42.28

**LADIES**

1. (41) A. Mudge	Carn	32.21
2. (56) N. White	Bing	34.07
3. (66) J. Waites	CaldV	34.59
4. (77) J. Lee	Eryri	35.50
5. (78) L. Batt O/40	DkPk	35.51
6. (80) J. Mykura	Carn	36.08
7. (81) K. Bailey	Bing	36.20
8. (85) S. Taylor	Bing	36.32
9. (86) E. Schmidt	Germany	36.38
10. (90) D. Scott	Loch	36.46
(98) A. Raw O/40	Durham	37.41
(114) L. Burt O/40	Fife	39.44

**JUNIORS 16 -23 years**

1. (17) R. Little	DkPk	30.14
2. (62) E. Kelleher	Conac	34.55
3. (67) J. Stevenson	Ochil	34.59

**208 finishers**

**BEETHAM SPORTS FELL RACE**

**Cumbria**

BS/5.7m/927ft 05.08.06

This is our 10th year of running the Fell Race at Beetham Sports and yet again it proved popular with 80 runners this year many of whom have supported us several times over the years - and some newcomers too - thank you.

The weather was humid and the limestone very slippery in the woodland areas of the race but the record was very nearly broken by Nick - only 8 seconds outside!!

We do our best to sign and mark the course but we are unfortunately having problems with markings being vandalised and moved in the short time from the last course check in the morning to the race being run - we hope this did not too many problems.

We hope that you all enjoyed the race and look forward to seeing you again next year - date will be in the FRA calendar.

*Chris Merckel*

1. N. Barrable	Loth	36.43
2. L. Banton	Clowne	37.30
3. M. Aspinall O/40	Unatt	37.36
4. M. Addison	Helm	38.07
5. R. Ashworth O/40	S'port	39.08
6. M. Lee O/40	Ross	39.28
7. S. Swarsbrick	Bowl	39.55
8. A. Hodgkinson	Unatt	40.59
9. M. Zdenek	Unatt	41.00
10. S. Addison O/40	HelmH	41.10

**VETERANS O/50**

1. (25) V. Peacock	Clay	46.56
2. (42) A. Heaton	Bowl	48.18
3. (44) J. Hodgson	Dallam	49.36

**VETERANS O/60**

1. (24) P. Hall	Barrow	45.03
2. (26) R. Barlow	Achill	46.08
3. (65) C. Graham	HelmH	54.46

**LADIES**

1. (17) E. Dugdale O/40	Kend	43.00
2. (25) V. Peacock O/50	Clay	46.56
3. (30) A. Kelly O/40	Unatt	46.32
4. (38) D. Pelly O/40	Dallam	47.54
5. (40) J. Taylor	Unatt	48.04
(63) K. Thompson O/50	Clay	53.56

**79 finishers**

**HELLIFIELD GALA FELL RACE**

**North Yorkshire**

BS/3.5m/850ft 05.08.06

After a week of heavy rain, the gods smiled on Hellifield and gave the 47 seniors perfect conditions for the 3.5 mile course. The battle for

first was a fight between youth and experience, with Harry Coates coming out of the victory nine seconds ahead of past winner and course record holder, Steve Oldfield. Harry was only just outside Steve's record by 5 seconds. Lee Athersmith was 3rd home.



*Jon Wright being a very happy fellrunner at Hellifield  
Photo - Woodhead*

In the ladies' race, Lisa Lacon smashed the course record by a minute and a half, finishing 17th overall, with Sarah Tunstall and Shona Brash taking 2nd and 3rd.

Many thanks to the land owners, sponsors, marshals, timekeepers and everyone else who helped on the day. A special thanks must go to Paul Elmsley for making the new marker posts.

*Stephen Moor*

1. H. Coates	Skipt	24.33
2. S. Oldfield O/40	BfdAire	24.42
3. L. Athersmith	Skipt	25.36
4. J. Wright	Tod	26.26
5. P. Rigler	Tipt	26.51
6. P. Burnett	Tod	27.32
7. K. Livesey	Wharf	27.46
8. I. Rowbotham O/40	H'gate	28.10
9. J. Holt O/40	Clay	28.20
10. N. Worswick	Clay	28.31

**LADIES**

1. (17) L. Lacon	Holm	29.14
2. (32) S. Tunstall	York	33.57
3. (33) S. Brash	AireV	34.53
4. (41) L. Whittaker O/40	Wharf	40.27
5. (45) S. Davis	Unatt	57.26

**46 finishers**

**ANGUS MUNRO RACE**

**Tayside**

06.08.06

The day after the Creag Dubh hill race and where was everyone!! You'd think that Saturday's race was a wee warm up for the real event, a picturesque course, nae midges and lots of beer at the festival awaiting those who could safely navigate their way home. No strong gusts and mist like last year, just a warm mist to start everyone off on the 15mile and 5,500ft of ascent around Glen Clova.

Consistent performers like Allan Smith and Charlie Love were back with Jill Mykura also keen to remember the last part of the route following last years disintegrating map, which didn't last quite long enough!! This time Jill faired better and calmly cruised in to win the women's race while Louise Burt (1st vet) was second and our other girls, Karen Meikle and Jo Schreiber had a lovely time taking in the scenery and looked very relaxed at the finish to claim equal 3rd. In the mens' race, Allan Smith and Alistair Hubbard battled it out, after descending Red Craig then up the monster climb to Dreish, neck and neck. Alistair opened up a lead along the ridge but Allan stayed in touch to sneak past on the final descent to a close winning margin of just over a minute.

Consistent performers John Kay therefore claimed the 1st vet prize in 5th overall, behind the Gay brothers, Daniel and Jon with Willie Mykura visiting some new checkpoints in the first half of the race. Charlie Love won the MV60 prizes respectively and Fife won the team prize.

Greatest honours go to the quiet and impressive efficiency of the Tayside Mountain Rescue Team and a special thanks to the ever present Ian Nimmo at Braedownie, Joanne Anderson and Keith Burns who helped with the sweeping and marshalling. Next year is a British Championship, so the beer festival should help attract a good field!!

#### Adrian Davis

1. A. Smith O/40	Dees	3.01.53
2. A. Hubbard	Unatt	3.02.48
3. D. Gay	HBT	3.19.25
4. J. Gay	Lochab	3.34.50
5. J. Kay O/40	Fife	3.35.41
6. L. Anderson O/40	Fife	3.46.22
7. J. Mykura	Carn	3.54.48
8. N. Speight	H'land	3.59.59
9. L. Burt O/40	Fife	4.02.32
10. W. Mykura O/40	Carn	4.10.51

#### VETERANS O/50

1. (12) R. Milne	Forfar	4.22.47
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#### VETERANS O/60

1. (13) C. Love	Dund	5.05.04
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#### VETERANS O/70

1. (14) B. Gauld	Carn	5.43.23
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#### LADIES

1. (7) J. Mykura	Carn	3.54.48
2. (9) L. Burt	Fife	4.02.32
3. (15) K. Meikle	Carn	6.14.13
4. (6) J. Schreiber	P&B	6.14.13

#### 16 finishers

### CRACKEN EDGE FELL RACE

Derbyshire

BM/7m/1450ft 09.08.06

A total of 192 athletes lined up at the start of Hayfield's 2006 Cracken Edge Fell Race on a Wednesday evening and, with conditions being almost perfect - dry underfoot, and quite cool for August - there was a tense air of expectancy as the start time drew near. This year's race included some elite runners such as Lloyd Taggart and Phil Winskill, Jackie Lee, Bashir Hussein and Ged Cudahy, many of them international stars, and it was obvious that the race was going to be exciting. And, as the stile at the top of the fields leading towards Ollersett Moor has now been eliminated, thanks to the local land-owner, everything pointed towards a very fast race indeed.

Well, we weren't disappointed. Lloyd Taggart took control of the race from the start and held on to his lead, increasing it to an amazing two and a half minutes by the time he crossed the line some seven miles later to smash his own previous record by over half a minute. Taggart's

club mate, Phil Winskill battled with Christopher Leigh to claim second place in 43.00.

In the ladies' race, New Zealand's Sally Ward beat Welsh International Jackie Lee by a mere nine seconds, both runners breaking through the long standing ladies' record by over a minute. The new record is 49.25. The previous record holder, Estelle McGuire, was third lady.

In the veteran male categories, first V40 man was well known, Bashir Hussein, with Richard Houghton 17 seconds behind.

The running team went to Dark Peak Fell Runners with Lloyd Taggart, Phil Winskill and Dave Soles and the first Mountain Rescue team was Hayfield's own Kinder MRT with Mike Burchell, Gavin Baxter and Darren Wallis.

This race is run annually as a fund raising event for the Kinder Mountain Rescue Team who support many of the local races, and it is nice to see them winning a team prize in their own race!

#### Alison Brentnall

1. L. Taggart	DkPk	40.30
2. P. Winskill	DkPk	43.00
3. C. Leigh	Traff	43.18
4. L. Banton	Clowne	43.21
5. B. Hussain O/40	Stockp	43.23
6. P. Rockcliffe	Traff	44.17
7. G. Cudahy	Stockp	44.31
8. J. Chapman	Unatt	44.44
9. M. Kieras	Gloss	45.32
10. R. Houghton O/40	Buxt	45.40

#### VETERANS O/50

1. (43) A. Howie	Penn	50.58
2. (48) R. Clucas	Unatt	51.24
3. (54) S. Frith	Barns	52.24

#### VETERANS O/60

1. (83) K. Burgess	Altrinch	55.57
2. (110) J. Hewitt	Barns	59.24
3. (142) R. Brown	P'stone	64.00

#### LADIES

1. (32) S. Ward	NZealand	49.25
2. (33) J. Lee	Eryri	49.34
3. (50) E. McGuire	Stockp	51.53
4. (76) J. Mellor O/40	Penn	55.24
5. (85) K. Cooper	Gloss	56.16
(94) S. Cooper O/40	Unatt	57.20
(144) B. Haigh O/50	P'stone	64.05
(146) K. Turner	Macc	64.35

#### 192 finishers

### WHITTLE PIKE RACE

Lancashire

AS/4.5m/1400ft 09.08.06

This is a tough little race, getting tougher and slower as the paths become less well defined with reduced sheep farming. Nevertheless, numbers keep going up and this year reached 113 and 22 ladies, partially due to an increase from host club, Rossendale. After the flash floods the night before two years ago the weather was much better this year.

We had our first international runner from the Czech Republic, Zdenek Mazal from the Vskmzclubmo club. This year the Buck was closed for refurbishment so the prize giving was at the hall. Refreshments were put on by the Lancashire Wildlife Trust.

A couple of years ago Darren Kay won what was apparently his first fell race in 42.07. As we started the prize giving with the Vets he was well down the prize list. He returned this year, won again and bettered his time by 90seconds. He also had the pick of our excellent prize list thanks to the continued sponsorship from Ultimate Outdoors.

Once again we were also able to raffle two pairs of Inov 8s donated by Ultimate Outdoors amongst all the runners still present at the prize giving with Stefan Johnson and Shane Russell being the winners. Shane also won the Under 20s' prize finishing 17th overall.

Cath Wilson continued her recent good form in winning the ladies and leading the host club home to the team prize, something not often reported on the pages of the Fell Runner. Their team included junior Heather Parker who won the Under 18s as well. Rossendale also won the men's team, despite not squeezing into the top few places.

Probably the most outstanding run was Steve Oldfield's third overall and first Over 50. We also had six male 60s and three male 70s.

Many runners took part in their second race in the Rossendale evening series, which had started with Waugh's Well.

#### Nick Harris and Clare Kenny

1. D. Kay	Horw	38.36
2. N. Barrable	Loth	39.06
3. S. Oldfield O/50	BfdAire	40.16
4. N. Leigh	Pud	40.36
5. K. Gray	CaldV	41.21
6. J. Wright	Tod	41.40
7. A. Whittam	Tod	42.15
8. C. Heys	Horw	42.35
9. A. Grenfell	Ross	42.43
10. M. Corbishley	Ross	42.58

#### VETERANS O/40

1. (11) I. Greenwood	Clay	43.11
2. (16) P. Taylor	Ross	44.59
3. (19) R. Stott	Ross	45.24

#### VETERANS O/50

1. (3) S. Oldfield	BfdAire	40.16
2. (23) K. Taylor	Ross	46.28
3. (29) P. Booth	Clay	48.30

#### VETERANS O/60

1. (60) N. Griffiths	Spect	40.16
2. (65) G. Large	NVet	42.35
3. (81) T. Peacock	Clay	46.44

#### VETERANS O/70

1. (99) H. Johnson	Newb	50.21
2. (102) G. Arnold	Prest	50.44
3. (109) P. Duffy	NVet	52.37

#### LADIES

1. (41) C. Wilson	Ross	50.09
2. (47) V. Peacock O/50	Clay	51.52
3. (56) K. Forster O/40	Spect	53.08
4. (57) C. Fryer	H'fax	53.16
5. (63) G. Benson	Stain	41.40
(77) T. Dean O/40	Stain	46.06
(89) K. Thompson O/50	Clay	49.03

#### 112 finishers

### STEEL FELL RACE

Cumbria

AS/3m/1115ft 09.08.06

Not only did we have a record field of 60 for this year's race. We were also graced by the presence of the superstars of fell running (their words not mine!!) Rob Jebb and Sharon Taylor, no doubt tempted by the £200 on offer if either could break the existing course records. Sorry, Rob, I was lying!

The race was started by Jack Bland, son of Gavin who was absent from the race which starts in his front garden, as he was having an operation on a long standing foot injury. So, look out you top lads - he'll be back - well maybe!

Back to the race. Rob shot off determined to break the record and also put behind him the disappointment of a crap run in Scotland the weekend before. He just ran away from everybody, including Phil Davies, and not many



people can do that! He maintained his effort all the way round and was only three seconds outside the record at the finish but still pretty impressive on a wet and windy night.

Sharon was equally impressive in the ladies' race coming 21st overall, less than a minute behind Victoria Wilkinson's ten year-old record.

Thanks everyone for coming.

*Scoffer*

1. R. Jebb	Bing	20.09
2. P. Davies O/40	Borr	21.15
3. A. Schofield	Borr	21.54
4. B. Abdelnour	Amble	22.22
5. J. Davies	Borr	22.44
6. N. Lockwood	Kesw	22.46
7. C. Doyle	Traff	22.50
8. J. Archbold O/40	Borr	23.20
9. P. Cornforth O/40	Borr	23.31
10. M. Robinson	DkPk	23.49

**VETERANS O/50**

1. (22) D. Owens	Kesw	26.46
2. (32) L. Thompson	Kesw	29.15
3. (34) D. Holmes	Prest	29.51

**VETERANS O/60**

1. (54) S. Watson	CFR	36.49
2. (55) D. Morgan	CFR	36.53
3. (59) H. Blenkinsop	Kesw	45.40

**LADIES**

1. (21) S. Taylor	Bing	26.28
2. (32) L. Thompson O/50	Kesw	29.15
3. (45) T. Smith	Kesw	33.28
4. (46) E. Woodcock	Eden	33.34
5. (49) J. Trevaskis	CumbAC	33.49

*59 finishers*

**PONDEROSA  
Denbighshire  
BS/5m/951ft 09.08.06**

Rain and windy conditions prior to the start of the race did not prevent a record entry of 97 turning out for this Wednesday night race. Why so many? Up to two years ago, 40 was the average, last year 76. Maybe over 100 next year?

Although winner, Ian Houston, had a very good time, it was still 44 seconds slower than Paul Cadwallader's 1999 time. However, female winner, Anna Bartlett, did beat the existing female record by 37 seconds.

One of the outstanding runs of the night was by second placed Andrew Birch, a triathlete, having his first race in fell running.

*Peter Norman*

1. I. Houston	Wrex	25.52
2. A. Bich	Oswestry	26.17
3. R. Gilbert	Wrex	26.35
4. R. Roberts	Eryri	26.59
5. R. Ashworth O/40	Southp	27.24
6. J. Bowie	Osestry	27.32
7. P. Aird O/40	LastInn	28.17
8. S. Ellis O/40	Tatten	28.28
9. S. Bellis O/50	Buckley	28.50
10. A. Tibett	Wrex	29.12

**VETERANS O/50**

1. (9) S. Bellis	Buckley	28.50
2. (14) G. McAra	Chesh	29.40
3. (22) M. Cortvriend	Macc	30.44

**VETERANS O/60**

1. (40) P. Roberts	Buckley	32.43
2. (54) J. Morris	Buckley	34.44
3. (69) A. Todd	Helsby	36.36

**LADIES**

1. (20) A. Bartlett O/35	Shrews	30.33
2. (49) D. Jones O/40	Unatt	34.08
3. (56) L. Morley O/35	Wrex	35.15
4. (57) C. Mills	OOTri	35.43
5. (59) C. Filchett	OOTri	35.46
(91) S. Charman O/55	Helsby	42.37

*97 finishers*



*Mike Napier working very hard on the climb at Ricky's Race Photo - Adam Bridgen*

**RICKY'S RACE  
Derbyshire  
BS/5m/700ft 10.08.06**

On occasions in the past I have been asked "Who is/was Ricky?" He was a youngster from Matlock AC who organised a race in aid of the RSPCA back in the early nineties. He then developed a liking for kicking people in the head and this was followed by a long absence from the club - no, not as an inmate of Strangeways, but as an accomplished kick-boxer! Anyway, this year's event was honoured by the presence of the eponymous race organised from all those years ago, although some lame excuse about a footballing injury meant that presenting the prizes was the best he could manage. Well, Ricky Wood, there's always next year!

An unseasonably cool evening still saw a bare-chested winner, Ged Cudahy - who was pushed from start to finish by 14 year old Lee Jones who is fast becoming a name to look out for. Hayley Cameron aged 15 also did the host club proud to win the ladies' event and finishing 32nd overall.

*Karl Webster*

1. G. Cudahy	Stockp	30.03
2. L. Jones	Mat	30.11
3. M. Stenton O/40	DkPk	31.25
4. A. Haynes O/40	Merion	32.06
5. B. Mills	Burton	33.20
6. R. Hutton O/40	DkPk	33.24
7. A. Barnett O/40	DkPk	34.01
8. A. Moore O/40	DkPk	34.19
9. M. Hulley	DkPk	34.37
10. J. Fearn	Mat	35.17

**LADIES**

1. (32) H. Cameron	Mat	39.28
2. (35) S. Steade O/40	Unatt	39.52
3. (38) C. Hamer	Unatt	40.35

*53 finishers*

**ARNCLIFFE GALA FELL RACE  
North Yorkshire  
AS/1.8m/443ft 12.08.06**

1. T. Mason	10.50
2. C. Miller	11.48
3. M. Corbishley	11.55



*Fast work up the road at the start of Arncliffe Photo - Woodhead*

4. C. Moses O/40	12.16
5. P. Burnett	12.22
6. A. Pickles O/40	12.25
7. M. Jagger	12.47
8. J. Stockdale O/40	13.20
9. P. Jackson	13.24
10. C. Reedy	13.24

#### JUNIORS U/17

1. J. Mountain	12.07
2. L. Maude	12.27
3. J. Tosh	12.45

#### JUNIORS U/14

1. M. Cardus	9.54
2. S. Baistow	10.58
3. F. Jordan Girl	11.19

#### JUNIORS U/12

1. J. Hall	7.39
2. B. Johnstone	7.43
3. S. Stockdale	7.54
(8) E. Taylor	8.41
(10) I. Davies	9.14

#### WAUN FACH

##### Powys

AM/7m/2000ft 12.08.06

1. M. Palmer O/40	MDC	50.04
2. P. Darwood	Unatt	51.47
3. P. Whiting O/40	Kend	57.40
4. P. Bullen O/40	Kesw	57.56
5. G. Fisher O/40	Unatt	61.34
6. C. Holloway O/40	TarrH	62.39
7. D. Vorres O/40	Griffiths	63.43
8. G. Pearson	CroftAmb	64.04
9. J. Burt	Dursley	64.12
10. A. Blackmore	MDC	64.42

#### VETERANS O/50

1. (12) J. Darby	MynDu	66.11
2. (14) G. Butler	TarrH	66.41
3. (21) S. Ashton	Chep	72.58

#### VETERANS O/60

1. (18) G. Gunner	CroftAmb	69.58
2. (24) E. Meredith	MDC	86.15
3. (26) C. Jones	MDC	90.14

#### LADIES

1. (13) A. Bedwell O/40	MDC	66.30
2. (16) H. Jarvis	MynDu	67.36
3. (17) R. Naish O/40	Kend	68.50
4. (20) N. Law	Brecon	72.28
5. (21) S. Ashton O/50	Chep	72.58

#### 27 finishers

#### THE FOREST BURN

##### Northumberland

BS/3.5m/500ft 13.08.06

A cold brisk northerly and curtains of rain and drizzle – this the first time in 12 years that the race wasn't blessed with warm sunshine. A small field braved the weather and had an enjoyable run. Will Horsley tried hard for the record but the conditions crossing the Forest Burn Dene wrecked his chances, despite climbing Wards Hill very quickly.

Only one female (Louise who ran with an Achilles injury and is having a great year) and one junior runner (Greg – the younger brother of junior fellrunning champion Nick Swinburn) took part; only one sprained ankle was reported and there were no lost runners – this latter surprising in view of the mysterious disappearance of some course markers. The disappearance was later revealed to be due to the dietary peculiarities of some local livestock.

It was great to see Angus Tait at the race – making a comeback to fell running after an absence of many years due to injury.

Many thanks to Ray Scott for timekeeping and to the Mid-Northumberland Explorer Scouts for marshalling the gates and road crossings.

Bill Tomlinson

1. W. Horsley	NFR	21.55
2. P. Vincent	Tyne	22.50
3. A. McDonald O/40	Morp	23.41
4. B. Robson	Unatt	24.04
5. J. Storey	Sherb	25.14
6. G. Swinburn	Morp	26.18
7. L. Stephenson O/50	Kesw	27.02
8. A. Tait O/50	NFR	27.43
9. R. Gray O/60	NFR	28.40
10. L. Wilkinson	NFR	28.47
(11) P. Whewell O/50	NYM	29.10

#### LADIES

1. (10) L. Wilkinson	NFR	28.47
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#### 16 finishers

#### LEG END

##### Conwy

AM/9m/2890ft 13.08.06

This year's race from Dwygyfylchi, near Penmaenmawr, had ideal weather conditions for the runners, being cool, dry and overcast with the tops clear. This race was a counter in the Welsh FRA North Wales Series.

The race was won by Gavin Williams, also first Over 40, with Bryn Williams second. First Over 50 was Rob Collister and the Over 60 category was won by Don Williams.

The ladies' race was won by Andrea Roberts in a new record time and the first Over 40 lady was Ellie Salisbury, and the first Over 50 was Maggie Oliver.

#### Ross Powell

1. G. Williams O/40	DkPK	1.19.21
2. B. Williams	Eryri	1.20.07
3. R. Crane	WFRA	1.20.53
4. S. Butterworth	Eryri	1.20.59
5. R. Horsfield O/40	DkPk	1.21.44
6. R. Hutton O/40	DkPk	1.22.44
7. H. Lewis O/40	Buckley	1.23.35
8. S. Cash	Unatt	1.23.42
9. J. Williams O/40	Eryri	1.24.07
10. D. Williams O/60	Eryri	1.24.35

#### VETERANS O/50

1. R. Collister	Unatt	1.25.15
2. N. Boler	WFRA	1.26.54
3. N. Hindle	Unatt	1.29.52

#### VETERANS O/60

1. (10) D. Williams	Eryri	1.24.35
2. (13) E. Davies	Eryri	1.28.00
3. (26) A. Oliver	Eryri	1.32.58

#### LADIES

1. (16) A. Roberts	Eryri	1.29.20
2. (29) K. Murray	OrkneyTri	1.33.46
3. (34) S. Rowlands	Clwydian	1.41.41
4. (36) J. Wells	NWRR	1.42.08
5. (38) E. Salisbury O/40	Eryri	1.42.33
6. (39) A. Thomas O/40	Eryri	1.43.02
7. (40) J. Jones O/40	Mysteruns	1.43.15
9. (42) M. Oliver O/50	Eryri	1.45.00

#### 45 finishers

#### WORSTHORNE MOOR (MAG 7) RACE

##### Lancashire

BM/7m/900ft 13.08.06

This year's race was held in cool showery conditions being perfect for the long run out with a field of 122 starting runners. This was the last race in the Pendle & Burnley Grand Prix 2006.

Lewis Banton came home and unchallenged first and hand just dropped in to do the race on his way up to Scotland! He was followed by this year's overall Grand Prix winner, Brent Hoggan, with Dominic Raby a close third.

The ladies' race was convincingly won by Sally Newman.

Another excellent performance from Ken Taylor, who won the Vet 50 category yet again and Graham Breeze winning the Vet 60 with time to spare. George Arnold won the Vet 70 category.

Thanks go to all those who entered the race and we managed to raise £500 for the Pendleside Hospice, Burnley. Also thanks to all marshals, timekeepers, landowners and the Bay Horse Pub.

#### Peter Thompson

1. L. Banton	Clowne	40.48
2. B. Hoggan	Accring	42.03
3. D. Raby	Chor	42.14
4. G. Shaw	Clay	42.27
5. J. Sutton	Chor	42.37
6. S. Godsman	Tod	43.15
7. K. Livesey	Wharfe	43.22
8. A. Buttery	Ross	43.37
9. B. Horrocks O/40	Clay	43.40
10. M. Ellithorne O/40	Chor	43.45

#### VETERANS O/50

1. (13) K. Taykor	Ross	44.42
2. (24) J. Singleton	Clay	46.45
3. (31) S. White	Clay	48.27

#### VETERANS O/60

1. (40) G. Breeze	Skyrac	50.30
2. (44) P. Robinson	Otley	51.56
3. (46) D. Scott	Clay	52.15

#### VETERANS O/70

1. (87) G. Arnold	Prest	61.21
2. (98) R. Packer	RedR	80.57

#### LADIES

1. (21) S. Newman O/45	CaldV	46.39
2. (34) T. Mitchell	Clay	49.18
3. (43) M. Ralphson	Trawden	50.44
4. (45) N. Raby	Chor	52.01
5. (47) D. Cartwright	Radc	52.22

#### 121 finishers

#### BINGLEY SHOW TRAIL RACE

##### West Yorkshire

BS/3m/575ft 13.08.06

On the 2nd Bingley Show race, Bingley Harriers athletes were on top form, delivering both individual and team winners in both the men's and women's races.

Tim Midgley won the race overall and was ably supported by Andy Brown and Richard Scott for the team prize. Becky Weight was first lady and was followed home by Sharron Smith and Lisa Spencer to pick up the team award for Bingley ladies.

#### Alan Oates

1. T. Midgley	Bing	15.52
2. D. Brame	Kghly	15.53
3. S. Dimelow	P'stone	16.78
4. S. Mitchell	Leeds	16.33
5. A. Brown	Bing	16.35
6. R. Scott O/40	Bing	16.56
7. P. Mitchell O/40	Bing	17.10
8. P. Crabtree	Kghly	17.11
9. A. Thorpe	H'fax	17.20
10. S. Fry O/45	Bing	17.29

#### VETERANS O/50

1. (26) M. Tinker	VallR	19.55
2. (33) B. Duncan	Bing	20.32
3. (34) P. Wade	Skyrac	20.33

#### VETERANS O/60

1. (31) D. Weatherhead	Bing	20.28
2. (37) O. Downing	Bing	20.58
3. (51) J. Smithurst	Bing	22.34

**LADIES**

1. (27) B. Weight O/45	Bing	20.07
2. (29) S. Brash	AireV	20.20
3. (46) S. Smith	Bing	22.01
4. (49) C. Pickersgill	Longw	22.22
5. (50) H. Wade	Skyrac	22.27
(53) K. McIntosh O/45	Unatt	23.04
(63) G. Tombs O/50	Ackw	24.32
(70) A. Stead O/50	Ilk	26.01

**85 finishers****PILGRIMS CROSS FELL RACE****Lancashire****BM/6m/1100ft 16.08.06**

There was a record number of 130 runners. This year we did 'skinny' flagging only at the junctions. Everyone seemed to have found their way. With different people flagging each year we appeared to have some slight route variations this year.

Who would organise a fell race?

The Army had red flags around part of the course meaning we might not have been able to run but this was sorted. Then as the runners set off we now know that mountain bikers were about to come down the rutted path from Robin Hoods well at the start of the race route!

Four years ago we had insisted on runners carrying cags. Not this time! Part of the way into the race the heavens opened! If the runners got wet so did the marshals and those doing the results. Despite getting the prizes out 90 minutes after the start we did have a couple of glitches, so apologies to the runners who got 'phone calls to help us sort out the results. Hopefully they are all correct.

Patrick Devine-Wright, who finished 17th had the journey from hell to take part. Working in Manchester he had 'phoned us and we had agreed to take him and his fold-up bike to the race, if he was at our house by an agreed time as Nick had to pick up his grand daughter, Charis, who has been helping at this race for 11 years. No Patrick so off he set. Patrick followed in a cab at some enormous cost. Clare gave him a lift home to Mossley and found that he was staying with her fellow Calder Valley club mate, Sally Newman. Small world and amazing what people will do for a run!

Rosendale's club championship in 2006 is shared with Rochdale, Middleton and Radcliffe. The latter club have strong ladies' section and duly won the ladies' team prize, led home by Anna Lupton who was first lady. She just pipped Cath Wilson, who led home their ladies' team to second place. There were 19 ladies taking part, including Jan Atkins who is probably our first Over 60 winner.

The first two in the men's hammered down the road section to the finish with winner Nick Leigh claiming he 'had been taking it easy'. Wish we could take things that easy! We had winners in the men's categories all the way through to Over 70s in each of the 5 year age bands.

Lots of family links amongst the host club Rosendale. Club membership Secretary and timekeeper for the night, Nigel Briggs, saw daughter Laura getting 2nd under 18 in this race. Leading the winning team, Rosendale, home was Michael Corbishley, whose dad George was running; third counter was Brendon Taylor, whose dad Ken will be known to many and who won the O55s' prize; another Dad, new fell convert, Jim Johnstone was followed home by daughter Laura as first Junior U18.

Lots of great prizes from our sponsors. The two pairs of raffled Inov 8s went to Dave Renolds from Newburgh Nomads and Jan Chaplin from Chorley

Thanks to all who helped on a very wet evening and to the Station pub for hosting us. Next year we are planning to revert to the earlier start time of 7.15.

**Nick Harris and Clare Kenny**

1. N. Leigh	P&B	38.46
2. S. Thompson	Clay	38.49
3. D. Headifen	Darwen	39.57
4. C. Smale O/40	Tod	40.18
5. M. Corbishley	Ross	40.35
6. S. Bolland	Bowl	40.42
7. A. Grenfell	Ross	40.44
8. I. Greenwood O/40	Clay	40.45
9. P. Crabtree	Kghly	40.51
10. B. Taylor	Ross	40.53

**VETERANS O/50**

1. (23) K. Taylor	Ross	43.05
2. (38) P. Booth	Clay	45.20
3. (39) D. Schofield	Ross	45.26

**VETERANS O/60**

1. (54) G. Breeze	Skyrac	47.05
2. (55) D. Kearns	Bolt	47.46
3. (72) D. Scott	Clay	50.31

**VETERANS O/70**

1. (112) G. Arnold	Prest	59.11
2. (113) H. Johnson	Newb	59.14
3. (130) P. Duffy	NVet	68.45

**LADIES**

1. (57) A. Lupton	Rad	48.20
2. (58) C. Wilson	Ross	48.34
3. (70) A. Kelly O/40	Clay	50.02
4. (80) G. Dewhurst	Radc	51.18
5. (87) J. Shaw	Darwen	53.07
(97) A. Ferguson O/45	Burnd	55.30
(106) K. Thompson O/50	Clay	58.07
(119) J. Atkins O/60	Chorl	61.23

**394 finishers****ECCLES PIKE****Lancashire****BS/3.5m/650ft 16.08.06**

A record entry this year with 122 runners taking part in the race. The in-form Lloyd Taggart was never headed and went on to win by a country mile. Further down the field places were hotly contested as Tom Wild took second place and Ged Cudhay third.

Some quality runners in the ladies' race saw Jackie Lee finish first with last year's winner Estelle Maguire in second place.

Thanks are given to all who helped on the night, the landowners and the Navigation Inn for playing host. See you all next year!

**Mark Whelan**

1. L. Taggart	DkPk	20.31
2. T. Wild	Macc	22.38
3. G. Cudahy	Stock	22.54
4. T. Priestley Jun	Unatt	23.22
5. A. Pead O/40	GoytV	23.31
6. L. Jones Jun	Matlock	23.41
7. M. Webster	DkPk	23.54
8. M. Williams O/40	Penn	24.08
9. M. Kieras	Gloss	24.26
10. D. Brocklehurst	Traff	24.29

**VETERANS O/50**

1. (20) R. Fawcett	DkPk	25.10
2. (36) A. Brentnall	Penn	26.26
3. (37) A. Fox	Gloss	26.30

**VETERANS O/60**

1. (42) J. Amies	Congle	27.01
2. (74) D. Smith	Stock	29.26
3. (78) N. McGraw	Gloss	30.28

**LADIES**

1. (30) J. Lee	Eryri	25.54
2. (40) E. McGuire	Stock	26.41
3. A. Verges	Traff	28.19

4. S. Foster	Unatt	28.49
5. K. Cooper	Gloss	29.00
6. R. Sprotson	Gloss	29.12

**121 finishers****DENIS STITT MEMORIAL RACE****West Yorkshire****BS/4m/850ft 17.08.06**

1. S. Oldfield O/50	BfdAire	29.49
2. K. Bray	CaldV	30.30
3. J. Cudahy	Stockp	31.02
4. J. Rank O/40	Holmf	31.58
5. M. Pierson	Holmf	32.32
6. A. Shaw O/45	Holmf	32.39
7. J. Stephens	CaldV	32.42
8. B. Stewart	Unatt	33.27
9. A. Hauser O/50	Holmf	33.31
10. R. Crossland O/50	CaldV	34.12

**VETERANS O/50**

1. (9) A. Hauser	Holmf	33.31
2. (10) R. Crossland	CaldV	34.12
3. (17) R. Kersey	Holmf	37.04

**VETERANS O/60**

1. (34) T. Cock	Holmf	43.28
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**LADIES**

1. (24) B. Hoyland O/50	Holmf	39.34
2. (29) R. Mellor O/40	Holmf	41.30
3. (35) P. Gould	Unatt	43.36
4. (39) K. Sinkinson O/45	Holmf	45.16
5. (40) B. Nixon O/45	Holmf	46.15

**BURNSALL CLASSIC****North Yorkshire****AS/1.5m/900ft 19.08.06**

Another well attended and classic day in the rain. 98 seniors and 53 juniors all enjoyed being a part of the Burnsall Classic, the sport on the green and the Wharfedale scenery.

The senior classic fell race was started by Pete Watson, of Pudsey & Bramley Harriers, seven times former winner, who then went to run in his 50th appearance at Burnsall. His smiling countenance adorned the front cover of the programme with out thanks for his years of support.

Ian Holmes came in to become the first veteran to win the Burnsall Classic. New man on the scene at Burnsall, Lloyd Taggart, with a top reputation, could potentially spoil the party and Ted Mason, capable of winning and as the committee hoped break the record and pocket the £1,000. It was going to take a special athlete to beat Ian and he arrived back in the village some ten seconds in front of Lloyd and nearly a minute faster than Ted.

First lady, Lisa Lacon, broke the 20 minute barrier.

We had web cams on the fell and a large screen on the village green, the race being a classic we like to share all the runners' excitement with those left on the green. The programme now includes the previous year's results for all the races, including the 10 mile road race, now also becoming a classic in its field.

This year's programme also had a spread article "My first Burnsall race" by Richard Ashquith of "Feet in the Clouds" fame, if you missed it, come next year and buy a programme.

Burnsall has worked hard in recent years to encourage junior fell running in all FRA categories and we were delighted to welcome over 50 young fell runners in some terrific races.

James Maxfield - Race Secretary





Lloyd Taggart flies down through the rocks, bilberry and bracken at Burnsall - his look who's just behind him?  
Photo - Woodhead

**FALSTONE FALCON**  
Northumberland  
CS/5m/500ft 19.08.06

Nobody got last this year but cuts and bruises bore testament to a tough race over open fell and through dense forest. Conditions were nigh perfect enabling Nick Swinburn at his first attempt, to finish within 30 seconds of the record.

Karen Robertson held off Sally Dickinson to be first lady. Both broke the existing ladies' record.

*M L Sanderson*

1. N. Swinburn	NFR	35.15
2. S. Birkinshaw	NFR	38.09
3. G. Scott O/40	Unatt	41.39
4. K. Robertson Lady	NFR	46.04
5. S. Dickinson Lady O/40	Tyne	46.06
6. D. Willis O/50	Unatt	46.58
7. A. Tait O/50	NFR	47.54
8. M. Simms O/40	NFR	51.58
9. A. Clark O/50	LF	54.17
10. A. Marris O/40	Unatt	55.04

*15 finishers*

**PENDLE ENGLISH**  
JUNIOR CHAMPIONSHIP RACES  
Lancashire  
20.08.06

This was the second year we have used the out and back courses from Barley village via Buttock and up Pendle Hill. Ken, my co-organiser, used a GPS to obtain accurate height and distance details but, of course, this wouldn't really interest most of the runners. It's how tough it is and what's at the end!

Not being able to purchase the usual Easter Eggs as prizes meant several trips to Asda, Morrisons and Woolworth's to get 42 boxes of various chocolates and other spot prizes plus all the other items to put into the goodie bags.

My first concern on the morning of the race was "would I be able to fit everything in the car?" The weather could certainly have been better with showers, some heavy, and mist to begin with, not improving until the Under 18s and 20s race. Thankfully, it wasn't cold.

This year the races were also for Lancashire Championship medals and whilst I was unsure about the number of entries, it was fantastic to see and increase to over 130 runners. There was an even spread of numbers in the age categories with the Under 16s' race just having the largest number. In nearly all of the races, the first three were within thirty seconds of each other.

Many thanks to all the Clayton members who marshalled and to other friends and helpers. Also to Mrs Weatherill who provided the refreshments in the Village Hall. Finally, thanks to Rossendale and Pendle Mountain Rescue.

*David Bailey*

**UNDER 20 BOYS**

1. J. Kevan	Horw	33.05
2. C. Doyle	Traff	35.23
3. T. Wild	Amble	35.42

**UNDER 20 GIRLS**

1. S Morpet	CFR	58.10
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**UNDER 18 BOYS**

1. A. Peers	L'pool	34.15
2. S. Mitchell	ValeR	34.47
3. M. Hurst	Skip	35.02

**UNDER 18 GIRLS**

1. E. Clayton	Scunth	40.50
2. D. Allen	Leigh	40.58
3. A. Anderson	Pendle	44.24

**UNDER 16 BOYS**

1. J. Moody	Mat	28.41
2. J. Kelly	Ross	28.45
3. L. Maude	Skip	28.58

**UNDER 16 GIRLS**

1. L. Park	Ellenb	32.28
2. H. Bateson	Lanc	34.07
3. R. Stuart	Kesw	34.23

**UNDER 14 BOYS**

1. T. Doyle	HelmH	24.23
2. T. Sessford	Kghly	24.43
3. R. Goula	EChesh	24.57

**UNDER 14 GIRLS**

1. A. Stevenson	Horw	27.23
2. R. Taylor	B'burn	29.11
3. N. Jackson	Prest	30.40

**UNDER 12 BOYS**

1. J. Knox	HelmH	15.07
2. P. Richardson	Ellenb	15.10
3. K. Edwards	Tamw	15.34

**UNDER 12 GIRLS**

1. H. Bethwaite	Ellenb	16.44
2. S. Johnson	Leigh	17.28
3. E. Wilkinson	Spenn	17.41

**UNDER 10 BOYS**

1. T. Lockyear	CFR	3.25
2. P. Done	Kghly	3.28
3. T. McGuinness	EChesh	3.31

**UNDER 10 GIRLS**

1. T. Wilson	Ellenb	4.00
2. G. Spencer	Retf	4.09
3. A. V. Garnett	Unatt	4.09

**UNDER 8 BOYS**

1. J. Wynne	Settle	2.19
2. J. Crummet	Tod	2.25
3. T. Murfin	Settle	2.30

**UNDER 8 GIRLS**

1. L. McGuinness	EChesh	2.17
2. E. Greenwood	Unatt	2.21
3. J. Wilkinson	Spenn	2.57

**LAKELAND COUNTRY FAIR**  
OPEN FELL RACE  
Cumbria  
AM/6.5m/2350ft 20.08.06

1. B. Abdelnoor	Amble	0.58.16
2. M. Robinson	DkPk	1.01.28
3. J. Fleetwood O/40	Amble	1.03.13
4. P. Knowles	Amble	1.04.02
5. G. Deacon	Basildon	1.04.55
6. C. Fellows	Unatt	1.05.33
7. C. Davies O/40	Bowl	1.06.00
8. A. Wheland O/40	Tring	1.07.05
9. H. Jones Lady	Dallam	1.07.30
10. D. Gantley O/40	Unatt	1.08.21

**VETERANS O/50**

1. (33) W. Hellirwell	Unatt	1.33.05
2. (34) D. Tyrrell	Unatt	1.33.30
3. (41) D. Fox	Otley	1.43.23

**LADIES**

1. (9) H. Jones	Dallam	1.07.30
2. (31) C. Pauzers	HerneH	1.25.36
3. (38) L. Cartledge O/40	Ilk	1.37.59

**JUNIOR**

<b>U/16 Boys</b>		
1. M. Owen	HelmH	11.54

**U/14 Boys**

1. N. Atkinson	Unatt	17.11
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**U/12 Boys**

1. R. Pagan	Unatt	17.13
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**U/12 Girls**

1. K. Little	BarrStr	17.16
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1. I. Holmes O/40	Bing	13.39
2. L. Taggart	DkPk	13.49
3. T. Mason	Wharfe	14.34
4. T. Cornthwaite	B'burn	16.12
5. P. Mitchell O/40	Bing	16.24
6. D. Walker	Clay	16.35
7. A. Lite O/40	Clay	16.37
8. M. Corbishley	Ross	16.49
9. M. Peace	Bing	16.52
10. S. McDermot	Kghly	16.57

**VETERANS O/50**

1. (18) J. Adair	Holm	18.10
2. (20) B. Hamilton	Ilk	18.19
3. (36) A. Howie	Penn	19.41

**VETERANS O/60**

1. (60) I. Bithell	Knaves	22.32
2. (63) A. Wikeley	ThirskS	23.08
(79) D. Cartwright	P'stone	26.34

**VETERANS O/70**

1. (81) P. Knott	B'poolF	27.13
2. (87) D. Robinson	Unatt	35.18

**LADIES**

1. L. Lacon	Holm	18.47
2. A. Eagle O/40	Ilk	19.54
3. S. King O/40	Skip	21.23
4. K. Ballantine	Kghly	21.37
5. C. Preston O/40	Unatt	22.28
6. J. Clayton O/40	Scarb	23.18

*98 finishers*

**JUNIORS 16-18 years**

1. R. Graves	P&B	7.31
2. C. Davies	Owls	7.38
3. T. Mahon	Owls	7.55
4. T. Crowley	Bing	8.40
5. E. Highton	Owls	8.55

<b>U/10 Boys</b>		
1. T. Wilkinson	Unatt	5.27
<b>U/10 Girls</b>		
1. F. Pagan	Unatt	5.32

**15TH BUNNY RUN – THE RETURN**  
West Yorkshire  
2.5m/300ft 22.08.06

The 15th Bunny Run found a new home on Penistone Hill, near Haworth, using Dimples Lane Quarry as the start and finish area, after previously being run on Harden Moor. The move was because the organisers were not willing to pay the Guide Pub £500 to take the races there. The Sun Pub, as always, did us proud with free soup and roll, use of the big screen for the race video and free use of the pub.

The new route and venue was a prelude to next year's race series being held at Penistone Hill.

144 runners, including an amazing 50 ladies, tested the slightly short route with a dozen England internationals taking part.

Steeplechaser and superstar, Mark Buckingham, took his fifth Bunny win, beating British triathlon and duathlon champion, Alistair Brownlee by three seconds. English champion, Simon Bailey, was third. Sharkey also won the Egg Stage for the 13th time in 3.24, with Alistair hot on his heels all the way.

25 year-old "Scary" Mary Wilkinson, a winner at Snowdon and fourth in the Worlds last year won the ladies' race in 14.51 finishing 12th overall but 15 year-old Blue Heywood beat her to the Egg Stage in 4.01, both being given the same time.

All finishers received a Cadbury's Creme Egg Bar and chocolate, as always, featured heavily in the prizes. The Up & Running shoe prize draw was won by John McIntosh of Rossendale. The Toffee Crisp "guess the winner's time" went to Danny Ward.

*Dave Woodhead*

1. M. Buckingham	Holm	12.50
2. A. Brownlee	Bing	12.53
3. S. Bailey	Mercia	13.27
4. J. Brownlee U/16	Bing	13.39
5. J. Hare	Hfx	13.44
6. M. Pierson	Holm	14.14
7. S. Oldfield O/50	BfdAire	14.27
8. W. Ali	Feldd	14.38
9. S. McDermott	Kghly	14.41
10. E. Haywood	LincW	14.44

**VETERANS O/40**

1. (11) A. Shaw	Holm	14.49
2. (24) M. Iley	Ilk	16.03
3. (30) J. Atkinson	Ilk	16.25

**VETERANS O/50**

1. (7) S. Oldfield	BfdAire	14.27
2. (25) B. Hamilton	Ilk	16.16
3. (36) P. Clarke	Bing	16.50

**VETERANS O/60**

1. (44) G. Breeze	Skyrac	17.40
2. (65) D. Weatherhead	Bing	18.35

**LADIES**

1. (12) M. Wilkinsin	Skip	14.51
2. (16) B. Haywood U/16	LincW	15.10
3. (31) H. Ilsley	Ilk	16.30
4. (37) H. Glover	Kghly	17.03
5. (38) D. Edmondson-Booker	Idle	17.25
6. (41) A. Eagle	Ilk	17.31
(87) M. Jagan O/50	EPOC	19.21
(116) J. Atkins O/60	Chor	21.26

*144 finishers*

**GOLF BALL FELL RACE**  
Lancashire  
BS/5m/900ft 23.08.06

The weather held out and presented a perfect evening for the race.

A good field of 100 runners started and the winner was Simon Thompson. There was also a very good run from Jo Waites, who was the first female back.

As this was a local race for Rossendale Harriers, it was hotly contested for the places but well done to Michael Corbishley who was the first runner home in 4th spot followed by Andrew Grenfell in 5th with only five seconds separating them.

The Rossendale ladies seem to be growing stronger each year and a good run by Catherine Wilson who was first in 42nd position overall was closely followed by Katie Ireland who is an Under 18 and one to watch for the future.

Overall, everybody seems to like the mid-week Rossendale events taking in Waugh's Well, Whittle Pike, Pilgrim's Cross and the Golf Ball race.

*Jan Kempson*

1. S. Thompson	Clay	36.35
2. B. Mounsey	Stainford	36.56
3. M. Fowler O/40	Chesh	37.22
4. M. Corbishley	Ross	38.43
5. A. Grenfell	Ross	38.48
6. D. Gafrenewskas	Traff	37.56
7. B. Taylor	Ross	39.04
8. B. Cole	RMar	39.17
9. I. Greenwood O/40	Clay	39.28
10. J. Stevens	CaldV	39.36

**VETERANS O/40**

1. (3) M. Fowler	Chesh	37.22
2. (9) I. Greenwood	Clay	39.28
3. (26) M. Nutter	Clay	44.04

**VETERANS O/50**

1. (31) M. Moran	Roch	44.57
2. (40) K. Parkinson	Tod	47.26
3. (43) G. Hand	SStriders	50.36

**VETERANS O/60**

1. (41) G. Breeze	Skyrac	47.28
2. (54) N. Griffiths	SStriders	50.36
3. (32) G. Navan	Ross	56.32

**VETERANS O/70**

1. (92) G. Arnold	Preston	61.10
2. (99) P. Duffy	NVets	65.54
3. (100) D. Clutterbuck	Tod	66.55

**LADIES**

1. (21) J. Waites	CaldV	42.26
2. (42) C. Wilson	Ross	47.39
3. (48) K. Ireland U/18	Ross	50.00
4. (51) C. Kenny O/45	Middle	50.10
5. (55) G. Denhurst	Radc	50.42
6. (57) S. McGuire	Ross	51.07
(79) A. Leonard O/40	YMCA	55.19
(97) M. Watson O/40	VStr	64.24

*102 finishers*

**CROOK PEAK CAKE RACE**  
Somerset  
AS/3m/800ft 23.08.06

1. P. Darwood	Unat	19.45
2. P. O'Mara	Weston	20.00
3. K. Leeson	Dursley	21.19
4. T. Lock	Wells	21.25
5. W. Fortescue O/40	Bitton	21.49
6. I. Powell	Westb	22.01
7. M. Beale	Unatt	22.23
8. L. Lock O/50	Wells	22.25
9. N. Jarrett O/40	Weston	22.55
10. G. Brock	Chedd	23.16

**VETERANS O/50**

1. (8) L. Lock	Wells	22.25
2. (13) M. Longhurst	GWR	24.42
3. (18) R. Hart	Weston	25.14

**VETERANS O/60**

1. (30) M. Coupe	Nailsea	27.23
2. (37) M. Horwood	Cleve	29.44

**VETERANS O/70**

1. (49) J. Battersby	MDC	37.21
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**LADIES**

1. (34) L. Green O/60	Weston	28.29
2. (35) J. Whittaker O/40	Wells	29.00
3. (38) J. Hallett O/40	BOK	30.24
4. (39) L. Coates	Nailsea	30.26
5. (42) J. Smailes O/40	Nailsea	31.57

*49 finishers*

**ROUND LATRIGG**  
Cumbria

BS/5.5m/800ft 23.08.06

1. R. Lightfoot	Ellenb	31.20
2. B. Taylor	Ellenb	31.49
3. D. Neill O/50	StaffsM	32.17
4. P. Webb	Unatt	32.34
5. M. Fanning	Borr	32.34
6. D. Morris O/40	Ellenb	33.04
7. I. Botheroyd	Unatt	33.57
8. A. Labram	Eden	34.14
9. C. Knowles O/40	CFR	34.27
10. P. Cornforth O/40	Borr	34.40

**VETERANS O/50**

1. (3) D. Neill	StaffsM	32.17
2. (11) J. Winn	Ellenb	35.18
3. (17) D. Owens	Kesw	37.24

**VETERANS O/60**

1. (35) A. Bland	Borr	39.11
2. (64) T. Duncan	Kesw	43.19
3. (69) P. Taylor	CFR	44.37

**VETERANS O/70**

1. (94) T. Ayre	CumbAC	48.26
2. (99) J. Cave	Unatt	49.12
3. (114) J. Rutter	Kesw	56.24

**LADIES**

1. (47) M. Mackenzie	EdinbUni	40.37
2. (50) J. Carter O/40	CFR	41.08
3. (53) S. Ward O/40	Unatt	41.49
4. (73) L. Dunn	Unatt	45.20
5. (74) J. Trevaskis	CumbAC	45.26
6. (75) C. Bland O/50	Unatt	45.30

*121 finishers*

**PILSLEY FELL RACE**  
Derbyshire

BS/5.5m/750ft 24.08.06

Many thanks to all the runners who came; once again, Pilsley was very pleased to stage the event because you are all so charming and we love the atmosphere! Please come next year – the usual slot Thursday before August Bank Holiday – and please park in the car parks at the outskirts of the village (at the Farm Shop or Penrose/Reitburg) to avoid clogging the village.

*Zoe Wareham*

1. D. Taylor O/40	DkPk	37.39
2. I. Houston	Wrex	37.51
3. S. Marsden	DkPk	38.01
4. L. Banton	Clowne	38.05
5. D. Yates	Unatt	39.05
6. M. Nolan	DkPk	39.22
7. J. Moody	Unatt	40.24
8. A. Beanland	Unatt	40.38
9. D. Gale	Unatt	40.43
10. M. Webster	DkPk	40.55

**VETERANS O/50**

1. (17) A. Marchington	Mat	42.14
2. (23) D. Tait	DkPk	43.22
3. (33) A. Fox	Gloss	43.53

VETERANS O/60		
1. (47) M. Cochrane	RHAC	45.59
2. (71) R. Mawer	Lowes	48.42
3. (90) J. Robinson	Ere	51.13

LADIES		
1. (74) L. German O/40	Unatt	48.54
2. (75) J. Mellor O/40	Penn	48.57
3. (76) D. Pelly O/40	Unatt	49.02
4. (83) A. Higgins	FatBoys	50.05
5. (92) H. Mart	Unatt	51.23
(110) J. Forester O/50	FUSTRI	53.15
(112) P. Goddall O/50	Totley	53.23

156 finishers

#### CHIPPING SHOW FELL RACE Lancashire AM/8m/2600ft 26.08.06

To celebrate Preston Harriers' 150th anniversary year, two trophies were presented for first male and first female, along with the first five men and first three females, plus other age group winners and a local runner prize.

Whilst the cloud formation poised with rain possibilities, the day remained clear and sunny with ideal conditions for the runners.

A sharp blast from the whistle sped the field out of the arena onwards towards the fells with spectators encouraging them out.

First to re-enter the arena was Royal Marine, D. Hope, followed by K. Gaskell and C. Reade.

Trophy winners were D. Hope (men) and P. Walsh (ladies).

Last, but not least, a special thank you to the Chipping Show Committee, Preston Harriers and all helpers and the sponsors.

M Dean

1. D. Hope	RoyMar	1.08.55
2. K. Gaskell O/40	Horw	1.09.53
3. K. Reade O/40	Bowl	1.10.07
4. M. Chippendale	Bowl	1.11.06
5. P. Crabtree	Kghly	1.14.35

VETERANS O/50		
1. D. Tait	DkPk	1.15.16

VETERANS O/60		
1. P. Robinson	Otley	1.27.31

LADIES		
1. P. Walsh O/40	Prest	1.26.47
2. S. Gohill	Prest	1.37.20

53 finishers

#### DENTDALE FELL RACE North Yorkshire AS/2.9m/1385ft 26.08.06

1. J. Heneghan		28.37
2. J. Deegan		30.00
3. F. Blunt		30.31
4. W. Proctor O/40		31.39
5. A. Murray		31.49
6. D. Spedding O/60		31.55
7. P. Kelly O/40		32.48
8. A. Hodgkinson		32.55

VETERANS O/50		
1. (9) S. Carr		33.05
2. (13) P. Harlowe		33.31
3. (17) I. Robinson		35.59

LADIES		
1. (28) J. Mattinson		43.07
2. (35) M. Rosen O/50		56.09

29 finishers

#### RAS BECA Pembrokeshire BS/5m/1050ft 26.08.06

Another successful Ras Beca!

The clouds lifted and the sun shone on a field of 88 runners. Following a prolonged dry spell the rains of the last few weeks had turned the course into a rather wet and muddy one. Luckily, there were no known injuries or complaints!

Competitors again came from near and far with a good turnout from the London area. There were no records broken and Aled Rees still holds his 1995 record of 32.05.

Next year is the 30th anniversary and the organisers hope that it will be a record breaking turnout and time.

Thanks to all competitors and supporters.

John Evans

1. H. Evans	TonBr	34.44
2. A. Abbott	SarnH	35.18
3. F. Jones	Aberyst	37.05
4. C. Thomas	SarnH	37.58
5. L. Hewitson O/40	Ingli	38.24
6. G. Price	SarnH	38.31
7. C. Phillips	Unatt	39.56
8. H. Lloyd	SarnH	41.04
9. A. Lindsay FO/35	Unatt	41.26
10. I. Thomas	Unatt	41.28

VETERANS O/40		
1. (5) L. Hewitson	Ingli	38.24
2. (15) C. Williams	SarnH	43.28
3. (18) W. James	RBC	45.32

VETERANS O/50		
1. (17) P. Davies	SarnH	44.22
2. (22) C. Walters	Trots	46.10
3. (27) J. Collins	SwansH	47.51

LADIES		
1. (9) A. Lindsay O/35	Unatt	41.26
2. (11) T. Sexton	Ingli	42.59
3(14) S. Roberts O/35	Ingli	43.25
4. (16) S. Tagg	Cardig	43.44
5. (28) C. Davies	SarnH	48.08
6. (29) H. Walker	PembH	48.53

51 finishers

#### ARNISON CRAG HORSESHOE FELL RACE Cumbria AS/3m/1000ft 26.08.06

Patterdale Dog Day is a wonderful Lakeland event which is stepped in tradition. The fell race is regarded as an important part of the traditional sports at Patterdale Dog Day. A big thank you goes to Peter Bradfield and his team of helpers who organise the race on the day. None of them would claim to be fell runners but they feel that the fell race is an important part of Patterdale Dog Day and work hard to ensure that all goes well on the day.

Thank you to all 26 runners who took part this year. Hope you enjoyed the race and the atmosphere of Patterdale Dog Day. Chris Steele led the way home, followed by Matt Reedy. Stewart Gregory was first male veteran in the third place overall. Congratulations also to Jane Reedy who came in first lady and finished seventh overall. Lyn Thompson was second lady and first lady veteran.

Christine Kenyon

1. C. Steele	CFR	24.32
2. M. Reedy	Amble	25.01
3. S. Gregory O/40	HolmeP	26.44
4. A. Labram	Eden	27.08
5. N. Armitage	PudseyP	27.54
6. S. Cash O/40	Eryri	28.47
7. J. Reedy Lady	Amble	29.16

8. O. Fielden	HelmH	29.40
9. J. Beetham	Kesw	30.01
10. J. Spencer O/40	Roth	30.03
11. P. Wright O/40	HelmH	31.46
12. L. Thompson Lady O/50	Kesw	32.10
(16). C. Knox O/50	Kesw	33.50
(17) M. Dawes O/60	Unatt	33.58
(25) I. Addison	Kesw	44.15

26 finishers

#### DUFTON FELL RACE Cumbria AS/4m/1500ft 26.08.06

It was a fine day with a good turnout particularly in the junior section which was used as a championship race. As the race is part of the agricultural show, it's a great family day out.

We had no problems with lost runners as the course is well marked because it crosses farmers' land.

Thanks to all who helped out and see you again next year.

Jim Slinn

1. P. Brittleton	HelmH	26.32
2. M. Robinson	DkPk	27.06
3. J. Fargher	Unatt	27.27
4. B. Thompson O/40	Unatt	27.44
5. J. Winn O/50	CFR	27.58
6. N. Cockbrain	CFR	28.16
7. S. storey	DkPk	28.18
8. S. Moffat	Howgill	28.20
9. S. Newman Lady	CaldV	29.03
10. P. Buchanan	Portob	29.06
(19) D. Pelly O/45	Amble	33.32
(20) M. Hunter O/35	Portob	35.34

34 finishers

JUNIORS

Under 16s		
1. A. Till	Dallam	15.28
2. M. Kenyon	Eden	16.02
3. B. Morphet	CFR	16.44
5. H. Marshall Girl	Eden	20.22

5 finishers

Under 14s		
1. M. Alexio	CFR	8.13
2. S. Till	Dallam	8.30
3. L. Tyler	Ellenb	8.42
8. M. Morphet Girl	CFR	10.07
9. C. Kenyon Girl	Eden	10.08

10 finishers

Under 12s		
1. P. Richardson	Ellenb	8.36
2. D. Foy	Ellenb	8.51
3. H. Bethwaite Girl	Ellenb	9.23

10 finishers

Under 10s		
1. S. Johnstone	Ellenb	6.13
2. D. Fargher	Unatt	6.28
3. D. Richardson	Eden	6.30
15. M. McAleavey Girl	CFR	7.53

18 finishers

#### BRADBOURNE VILLAGE FELL RACE Derbyshire CM/6.2m/616ft 27.08.06

Course record holders, Mike Bouldstridge and David Arden, returned to Bradbourne for the annual charity fell race run in perfect running weather.

This pair raced away from the field with Bouldstridge moving away at half-way to win by over one minute. However, despite the running conditions, both records stayed intact.



Newcomer to fell running, Ben O'Connell, took the bronze medal with some fine positive running.

David Denton

1. M. Bouldstridge	BirchFH	32.42
2. D. Ardern O/40	GoytV	33.54
3. B. O'Connell	Unatt	35.07
4. M. Firth O/40	Queens	35.11
5. J. Birch O/40	LongE	35.17
6. D. Holloway	Ilkes	35.38
7. G. Coleman O/40	LongE	35.38
8. N. Bassett O/40	StaffsM	35.57
9. D. McMillan O/40	SDerby	36.03
10. A. Colegate	LongE	36.32

#### VETERANS O/50

1. (20) P. Drummond	Unatt	39.23
2. (26) H. Yousefian	Stockp	40.37
3. (29) T. Press	HattD	41.10

#### VETERANS O/60

1. (13) F. Reilly	Stockp	36.56
2. (25) C. Russell	Matlock	40.34
3. (57) F. Makin	HolmeP	47.06

#### LADIES

1. (11) C. McKittrick	Charnw	36.41
2. (45) S. Butcher O/50	SheltSt	44.33
3. (48) H. Armstrong O/40	Ashb	45.05
4. (52) J. Kyllonen	Finland	45.47
5. (54) A. Bent	SteelCStr	45.55
9. (69) C. Birch O/40	LongE	50.27
(75) B. Bostock O/50	LongE	55.49
(81) L. Tempest O/50	SDerby	62.44

#### 81 finishers

#### Short Race

1. D Hall	Unatt	17.10
2. N. Elson	HattonD	19.03
3. T. Armoush FJ	AmberV	19.17
8. D. Bouldstridge O/60	Birchf	21.24
15. K. Pope FO/40	SinfinRC	33.09
20. J. Reynolds FO/50	Unatt	78.44

#### 26 finishers

### ROCHDALE HARRIERS THREE DAY EVENT 2006

Lancashire  
10k Road, 10k Multi-terrain,  
Knowle Hill Fell Race

#### OVERALL RESULTS

1. T. Elly	Salf	1.57.11
2. K. Chapman	Salf	1.58.29
3. R. Jackson O/40	Horw	2.01.23
4. A. Buttery	Ross	2.05.49
5. P. Haworth Jnr	Horw	2.07.08
6. K. Robinson	Roch	2.08.41
7. B. Gregory O/50	Stockp	2.10.23
8. S. Molloy	Ross	2.12.57
9. C. Needham Lady	Roch	2.15.10
10. D. Wormald O/40	Roch	2.16.15
(23) H. Rahman Lady O/35	Roch	2.34.21
(31) J. Needham O/50	Roch	2.50.05

#### 41 finishers

### GREAT LONGSTONE CHASE Derbyshire BS/4.8m/950ft 01.09.06

The race had a turnout of 123 runners; the chase was underway under the starting gun of Lord Roy Hattersley. The weather was dry but rain the previous day made conditions a little wet underfoot.

The winner of the men's race and over 40's veteran was Malcolm Fowler (previous winner in 2003), closely followed by Stewart Gregory and Ged Cudahy. The ladies' race was won by Janet McIver. 17-year old James Smith won the local male race.

Edale mountain rescue were in attendance with no casualties this year.

Lord Hattersley presented the trophies to the winners.

The success of the Longstone Chase is dependent upon volunteers from the village. The funds raised are donated to Edale Mountain Rescue.

#### Sue MacDonald

1. M Fowler O/40	Chesh	28.56
2. S. Gregory O/40	HolmeP	29.16
3. G. Cudahy	Stock	29.24
4. G. Moffatt	HolmeP	31.12
5. R. Smith	DkPk	31.19
6. N. Wallis	DkPk	32.11
7. J. Ricketts O/40	Mat	32.11
8. N. Bassett O/40	StaffsM	32.18
9. R. Fawcett O/50	DkPk	32.22
10. M. Kirk	Siemens	32.35

#### VETERANS O/50

1. (9) R. Fawcett	DkPk	32.22
2. (12) K. Holmes	DkPk	32.41
3. (32) D. Tait	DkPk	34.39

#### VETERANS O/60

1. (33) M. Cochrane	DkPk	34.57
2. (44) J. Clemens	Mercia	36.08
3. (52) M. Jarvis	HolmeP	37.26

#### VETERANS O/70

1. (115) F. Martin	HolmeP	44.54
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#### LADIES

1. (31) J. McIver	DkPk	34.38
2. (51) A. Robertson	Unatt	37.17
3. (54) J. Mellor O/40	Penn	37.58
4. (61) H. Mort	Chest'fld	38.13
5. (69) R. Cole O/40	Bux	38.45
(85) P. Goodall O/50	Totley	40.47

#### 123 finishers

### BLACKSHAW HEAD FETE FELL RACE West Yorkshire BS/5.5m/900ft 02.09.06

2006 was the inaugural running of a new more fell-based route for the race from the annual Blackshaw Head Village Fete. 50 runners set off in driving rain and a howling gale, which had caused the majority of the Fete to be abandoned. In fact, the only survivors from the 2006 Fete were the Fell Race and the Beer Tent (complete with live band playing on like something from 'Titanic')!

Fortunately, the conditions did not put off the runners and all 50 enjoyed the new route, which took in parts of the Pennine Bridleway and Pennine and Calderdale Ways.

There was a close battle for first place, with James Logue and Ben Mounsey neck and neck for much of the race. James took the lead on the final climb to the finish, beating Ben by 11 seconds. In the ladies' race Blackshaw Head resident, Jo Waites, led throughout and beat her next rival, Lisa Lacon, by 1 minute 20 seconds.

The race was well marshalled by a combination of Todmorden Harriers, family and friends, who all managed to remain cheerful despite the challenging conditions. It is thanks to them that the race was so successful and we look forward to welcoming everyone back next year. Fingers crossed for some better weather!

#### Sarah Glyde

1. J. Logue	Horw
2. B. Mounsey	StainL
3. A/ Wrench O/40	Tod

#### VETERANS O/50

1. (10) J. Adair	Holm
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#### VETERANS O/60

1. (24) R. Blakeley	Tod
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#### LADIES

1. (7) J. Waites	CaldV
2. (8) L. Lacon	Holm
3. (15) S. Becconsall O/45	Bing

#### 50 finishers

### GRISEDALE HORSESHOE Cumbria AM/10m/5000ft 02.09.06

After many years of fine weather, we finally had to pay the penalty. This year's race took place in the worst conditions of its 15-year history. The rain fell incessantly from start to finish. This, coupled with a strong wind on the tops, made it particularly unpleasant, especially for the marshals. In fact, the real heroes of the day were indeed the marshals, many of whom had to endure several hours in exposed and wet conditions.

For the first time we also had to alter the route slightly. This was due to the volume of water coming down Grisedale Beck. It became apparent that it would be unwise to ask competitors to wade the beck in the normal place and so a diversion to a safe crossing via a bridge further down Grisedale was used. In the event, this did not make a great deal of difference to the overall length of the route.

Of the 128 starters, which number was remarkable in itself given the weather, 119 completed the course. No one got disastrously lost and the overall times of the runners were generally quicker than previous races when we have had good weather. This goes to show that this year we had a high standard of competence and proficiency from all the entrants.

#### Alan Kenny

1. J. Bland	Borr	1.55.12
2. M Fanning	Borr	1.55.53
3. A. Schofield	Borr	1.56.01
4. M. Horrocks O/40	Wharfe	2.00.07
5. A. Ward O/40	DkPk	2.03.03
6. M. Reedy	Amble	2.03.35
7. M. Mikkleson	Borr	2.04.16
8. C. Steele	CFR	2.05.29
9. R. Tomlin	NYM	2.05.30
10. M. Robinson	DkPk	2.05.33

#### VETERANS O/50

1. (22) K. Taylor	Ross	2.13.48
2. (25) P. Clark	Kend	2.15.00
3. (29) R. James	CFR	2.17.07

#### VETERANS O/60

1. (66) P. Walkington	Horw	2.37.34
2. (97) T. Peacock	Clay	2.52.29
3. (118) R. Whittaker	CFR	3.36.15

#### LADIES

1. (34) J. Reedy	Amble	2.19.17
2. (37) H. Jones	Dallam	2.20.15
3. (67) H. Dawe	Ilk	2.37.43
4. (79) C. Pollard O/40	NYM	2.44.52
5. (104) C. Worth O/45	NYM	2.58.23

#### 119 finishers

### DODD FELL Cumbria AS/2.5m/1200ft 03.09.06

The change to a Sunday from its traditional Thursday venue seemed to result in a bigger field than in recent years, despite the clash with a number of other running events over the weekend.

After horrendous rain on the Saturday, the skies cleared by noon, much to the appreciation of the marshals, with Jonny Bland adding to his win the day before at Grisedale Horseshoe and Ricky Lightfoot, the record holder, taking the

second spot after travelling back from the Ben Nevis race that morning.

Lindsay Buck, another finisher at Grisedale, took the ladies' prize.

As ever, my thanks to Cockermouth Mountain Rescue for marshalling and all the other helpers.

Lyn Thompson

1. J. Bland	Borr	25.28
2. R. Lightfoot	Ellenb	26.11
3. C. Robinson	HelmH	26.47
4. B. Taylor	Ellenb	27.46
5. N. Cockbain	CFR	27.58
6. S. Carr O/50	Unatt	28.41
7. N. Ray	Ellenb	28.51
8. P. Hemingway O/40	CFR	28.57

**VETERANS O/50**

1. (6) S. Carr	Unatt	28.41
2. (17) R. Unwin	Kesw	33.16
3. (19) T. Metcalf	Settle	33.41

**VETERANS O/60**

1. (28) T. Ridgeway	Salf	53.35
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**VETERANS O/70**

1. (27) I. Addison	Kesw	47.01
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**LADIES**

1. (24) L. Buck O/40	CFR	38.00
2. (25) C. Wilson U/18	CFR	39.25

**29 finishers**

**BRADLEY FAMILY DAY FELL RUN**  
West Yorkshire  
BS/3.5m/750ft 03.09.06

1. H. Coates	25.25
2. J. Mercer	26.16
3. G. Pearce	26.26
4. R. Barrett O/40	26.51
5. J. Hutchinson	26.55
6. S. Brock	28.01
7. P. Burnett	28.12
8. N. Pate	28.32
<b>VETERANS O/40</b>	
1. (4) R. Barrett	26.51
2. (10) J. Wooton	29.24

3. (11) N. Cunningham	29.27
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**VETERANS O/50**

1. (9) R. Hamilton	29.08
2. (15) M. Walsh	30.12
3. (27) P. Shields	33.59

**VETERANS O/60**

1. (19) G. Howard	30.49
2. (41) J. Amos	40.27

**LADIES**

1. (16) E. Barclay	30.21
2. (24) A. Weston	32.42
3. (31) T. Bailey	35.19
4. (33) H. Shaw O/40	36.13
5. (34) D. Haggart O/40	36.17

**46 finishers**

**UNDER 17s**

1. L. Maude Boy	23.48
2. T. Sessford Boy	24.26
3. J. Dugdale Boy	25.23
5. C. Gibbons Girl	30.35
7. H. Mercer Girl	35.00

**8 finishers**

**UNDER 14s**

1. J. Bradshaw Boy	11.28
2. M. Cardus	12.05
3. J. Uren	12.58

**6 finishers**

**UNDER 12s**

1. J. Hall Boy	07.10
2. B. Johnstone Boy	07.18
3. P. Done Boy	07.27
7. E. McParland Girl	12.51
8. J. Kelly Girl	12.52

**8 finishers**

**UNDER 9s**

1. T. Murfin Boy	04.20
2. H. McGowan Boy	04.35
3. D. Cardus Boy	04.52
5. P. Crook Girl	04.58
8. N. Weston Girl	06.04

**8 finishers**

**ILKLEY INCLINE**  
West Yorkshire  
CS/1m/560ft  
06.09.06

The Ilkley Incline is one of the rare up-hill only races in the calendar being run over a measured mile. Its novelty and early autumn mid-week character, together with an excellent and unusual prize list due to generous local sponsorship has resulted in gradual year on year increase in size of field over five years. This year's race run in warm cloudy conditions saw a bumper 50% increase in numbers. The quality of which is shown by all of last year's first three being lower down the field this year. Ian Nixon edged last year's winner Matthew Cox into second place with Joe Mercer third. Alison Bennett won

the ladies' race being followed by Sarah Haines and Alison Weston ensuring that Ilkley Harriers took the first ladies team prize. International triathlete Tim Ashelford was 4th and first vet.40. Helen Walsh was first lady vet.40. The success of Ilkley Harriers' youth policy was well demonstrated by having two under 18's in the winning men's team. The course record stands at a tantalising 7m 01s so why not come along next year and try to be first ever to beat 7 minutes for this unique event.

Geoff Howard

1. I. Nixon	P&B	7.42
2. M. Cox	Otley	7.46
3. J. Mercer	Skip	7.51
4. T. Ashelford O/40	Ilk	7.57
5. L. Athersmith	Skip	8.03
6. B. Addey	Ilk	8.06
7. A. Robersshaw	Otley	8.08
8. J. Wood	Ilk	8.14
9. E. Davies	Otley	8.15
10. P. Mitchell O/40	Bing	8.19

**VETERANS O/50**

1. (19) R. Hamilton	Ilk	8.59
2. (22) K. Gooch	Ilk	9.25
3. (24) P. Clarke	Bing	9.29

**VETERANS O/60**

1. (51) M. Coles	Skyrac	11.12
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**VETERANS O/70**

1. (60) P. Duffy	NthnV	13.23
2. (61) B. Thompson	Airient	16.34

**HADES HILL RACE**  
Lancashire  
BS/5m/1200ft 07.09.06

The weather was much better this year and it went dark later! There was a bigger field than last year and a good time was had by all, I hope.

Derek Clutterbuck

1. D. Hope	P&B	30.31
2. J. Logue	Horw	30.45
3. A. Wrench O/40	Tod	31.01
4. T. Owens	Mercia	31.08
5. S. Oldfield O/50	BfdAire	31.32
6. K. Gray	CaldV	31.50
7. C. Smale O/40	Tod	31.53
8. M. Fowler O/40	Chesh	31.58
9. A. Whitem	Tod	32.10
10. S. Godsman	Tod	32.22

**VETERANS O/50**

1. (5) S. Oldfield	BfdAire	31.32
2. (32) K. Taylor	Ross	36.25
3. (38) R. Clucas	Unatt	37.34

**VETERANS O/60**

1. (82) M. Coles	Skyrac	42.21
2. (91) G. Large	NthnV	43.26
3. (115) M. Elwell	Sadd	47.48

**VETERANS O/70**

1. (120) G. Arnold	Prest	48.45
2. (1122) B. Rogers	NthnV	49.09
3. (137) R. Lee	Middle	52.48

**LADIES**

1. (50) D. Cartwright	Radc	39.05
2. (53) C. Wilson	Ross	39.25
3. (70) H. Corbishley	Ross	40.42
4. (71) A. Lupton	Radc	40.5
5. (73) K. Mather O/40	Sadd	41.19

**JUNIORS U/18**

1. (17) P. Haworth	Horw	34.01
2. (36) A. wright	Tod	37.10
3. (66) J. Walker	Kesw	40.16

**150 finishers**



Bradley Family Day lives up to its name as the generations mix it on the climb  
Photo - Woodhead

# Notes from an ex-PST member from Ian Taylor

Elsewhere you will see "UKA News" from Alan Barlow in his new role as chair of the mountain running subgroup of the UKA Endurance Forum. We congratulate Alan on this appointment and wish him well in trying to act as a link between the mountain/hill/fell running communities and UKA.

In passing I think we should thank outgoing members of the previous link body, the PST for Mountain Running, in operation from 1999 to 2006. Over those years we discussed and acted on a whole range of events and issues - Championships, European Trials, rules, permits and risk assessments, coaching and junior guidelines amongst others. We thank especially Robin Morris as chair, Alan Barlow for his sponsorship expertise, Jonathan Broxap behind the scenes sorting out championship events, our statisticians Mark Hobson and earlier Brian Martin, the latter always ready with new ideas for events and race series. Martin Hyman contributed with his concerns for junior athletes while Norman Matthews was always available with his long experience as a coach. Adrian Woods and Rod Jones gave us insights into the intrigues of Welsh mountain (or fell?) running while Danny Hughes enlightened us on the International scene, with others contributing on an occasional basis. Perhaps the biggest benefit of the group was a familiarity with people and structures in each region so that we sometimes were able to act with a united voice rather than as disparate regions. Thanks!

# John Taylor Foundation for Young Athletes

from Morgan Williams

The Foundation has recently been experiencing difficulties with its PO Box arrangement, which is provided by the Post Office.

In essence the Foundation's PO Box service has completely broken down and discussions are ongoing with the Post Office to restore normal, agreed levels of service.

Until this happens can I please ask anyone who wishes to communicate with the Foundation to do so by contacting either myself or Kirstin Bailey by post or email. Our contact details are:

\* Mrs Kirstin Bailey, 31 Naseby Road, West Heath, Congleton, Cheshire CW12 4QX.  
NitsrikB@aol.com

\* Mr Morgan Williams, 6 Westville Avenue, Ilkley, West Yorkshire LS29 9AH.  
morgan.williams@lee-priestley.co.uk

It has become apparent that the PO Box service may have been affected since March 2006. If anyone has been trying to contact the Foundation via that route, we apologise if you have been unable to do so. We would ask that if you have sent a communication to the Foundation which required a response from us to please send it again via one of the routes mentioned above and we will respond to you as soon as we are able.

## The Pen y Pinchin' fell race puzzle

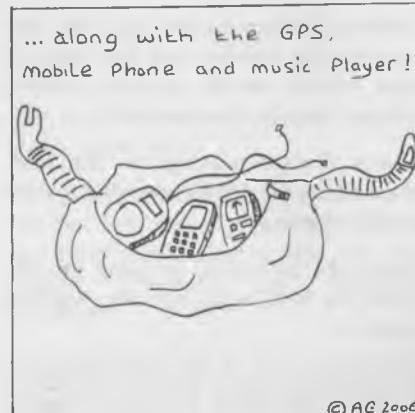
from Allan Greenwood

At the recent Pen y Pinchin' mountain race, a quartet of leading British fell runners took the first four positions. Andy Ladd finished first. The runner wearing number 2 wore a red vest, whilst Jim Slippe did not wear a yellow one. The fourth placed competitor wore a blue vest and Simon Topp wore number 1. Chris Mass beat Simon, and the person who placed runner-up wore number 3. The athlete in the yellow vest beat the fellow in green. Only one finisher wore the same number as his final position.

Can you determine who finished where and also the number and colour they wore?

Email your answers to Dave Jones (email address at the front of the magazine) - all correct answers will be put in a hat and drawn on 1st November. The first one out will win a Running Bear fellshirt just in time to wear this winter!!

Fellrunning Fred by Anne Colstrane



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# ACHILLES TENDINOPATHY

from Denise Park, Chartered Physiotherapist MSc MCSP SRP Grad Dip Phys

Following my last article one of my runners encouraged me to write about the treatment of Achilles problems as his problem nearly put an end to his athletic career.

Unfortunately a couple of diagrams referred to in the last article disappeared somewhere in cyberspace, but as they are still relevant to this article, I hope they make it to this magazine.

## The Achilles Tendon

TA (Tendo Achilles) injuries are common in middle and long-distance runners and, if they aren't managed appropriately, can result in chronic long-standing problems.

## Anatomy

The Achilles tendon is the largest, thickest tendon in the body, and attaches the calf muscles (*gastrocnemius*, *soleus* and also a smaller muscle called *plantaris*) to the heel bone (the *calcaneum*). *Gastrocnemius* is the muscle which can be seen just below the back of the knee with the two prominent muscle bellies. This muscle is the driving force behind the push-off phase of running. *Soleus* lies deep to *gastrocnemius* and acts more as a postural muscle – when you lean forwards with both feet on the floor it works to stop you falling forwards.

The tendon is surrounded by a *paratenon*, which is made up of thin membranes acting like a sleeve around the tendon. The *paratenon* isn't a separate synovial sheath as with other tendons, but is a series of membranes which are continuous with the *fascia* of the calf muscles and the *periosteum* (outer covering) of the heel bone.

## Types of Injury to the Achilles Tendon

1. Complete / Partial Rupture
2. Achilles Tendinosis (previously referred to as Achilles Tendonitis)
3. Bursitis (inflammation of the sac between the Achilles and the bone or skin which usually acts to reduce friction between the structures)
4. Sever's disease (damage to the heel bone where the Achilles attaches – seen in adolescents)
5. Haglund's deformity (a bony growth from the heel bone into the Achilles tendon)

I only intend to discuss the first 2 of these problems as the others are more unusual

and can be looked up in textbooks, but you must be aware of them.

Katy Thompson of Clayton-le-Moors Harriers came to see me last year with long-standing TA problems. When my treatment didn't solve the problem we investigated further and an x-ray revealed a Haglund's deformity. I went to the operating theatre with Katy and watched whilst the bony growth was removed along with 2/3 of her Achilles tendon. She has now made a full recovery and is back running – without TA problems.

## Complete / Partial Rupture

This is a sudden traumatic injury and is thought to occur most frequently in runners when the tendon is being stretched eccentrically (Stanish) – ie. when the calf is controlling the muscles paying out as in running downhill, rather than contracting and shortening when running uphill.

When the tendon ruptures it feels as though a stone has hit the back of the leg – or that somebody has kicked you. Sometimes there is a loud crack similar to a gun-shot.

It is still possible to walk, and in a complete rupture it is not always as painful as you'd expect as the tendon is no longer attached.

To decide if the TA is completely ruptured, you need to do the Simmond's calf squeeze test - squeeze the calf muscle when it is in a relaxed position and the foot is at right angles to the leg, if still attached the heel/foot should move downwards but if the tendon is ruptured there is no connection so the foot doesn't move.



You can also feel a gap in the tendon, although this isn't always possible if there is a lot of swelling.

There are two treatment options for a ruptured tendon – either surgery when the ends are sewn together, or a plaster cast which allows scar tissue to develop between the two ends of the tendon. There is no hard and fast rule which is better, but it is thought that the surgical option is most appropriate for those wanting to return to active sport. The important issue is that both require intensive physio afterwards to mobilise the resultant scarring.

## Achilles Tendinosis

This diagnosis is currently open to debate. 'it is' means inflammation in medical terms, so Achilles tendonitis means inflammation of the Achilles tendon. All studies of biopsies on supposed Achilles tendonitis injuries show there aren't any cells or chemicals present suggesting an inflammatory disorder.

However, no biopsies have been carried out during the initial 'inflammatory phase' (with reference to my last article - the first few days following the injury) so whilst all the current literature suggest Achilles Tendonitis doesn't exist, my personal view is that it may exist but only in those first few days following injury – not three months later!

## Stages of Injury

- Grade 1 discomfort or stiffness behind the ankle especially when getting out of bed in the morning. This usually eases off after some walking around.
- Grade 2 discomfort in the morning, but also after longer or faster runs.
- Grade 3 pain affecting the ability to train
- Grade 4 unable to run because of pain

## Possible Causes

1. A sudden change in training pattern – increase of speed / gradient, decrease in recovery times between training, different surface.
2. A change of footwear altering the heel height – from road shoes to flats with spikes (I always get lots of these injuries a few weeks after the clocks have changed – the darker/lighter nights mean runners either get on the fells more as the nights are lighter so change to flatter fell shoes, or they change to road shoes when the nights are darker so they can't get on the fells.)

- Poor footwear – worn out shoes or a shoe which doesn't control the movement of the rearfoot. (I saw a runner who was getting recurrent TA problems. On questioning he insisted that his shoes were ok. When I eventually managed to see them, he had worn them for 7 racing seasons. A new pair of shoes at the outset would have been cheaper than his physio treatment!!)
- Weakness or decreased flexibility of the calf muscles.
- Biomechanical factors – it has been shown that runners with Achilles tendinosis pronate more than runners who don't get this problem (McCroory). This results in a heel strike on the outside of the foot, with the foot falling into a more pronated position and at a faster rate than those who don't pronate – this creates a whipping action to the Achilles as it flicks across the back of the leg. In a study, 60% of runners with Achilles tendinosis had biomechanical/alignment problems.
- Leg length discrepancy – in general, up to a 20mm difference in the length of your legs is thought to be acceptable, but in elite or long distance runners, even a difference of 5mm could cause symptoms.
- Ice 3 times a day for 20 minutes at a time to reduce swelling and reduce the extent of tendon degeneration.
- Electrotherapy treatments such as ultrasound, pulsed electro-magnetic energy and laser therapy - these have been shown to stimulate the repair of tendons.
- Eccentric loading of the tendon. This exercise should be carried out by standing with the ball of the foot on the edge of a step and gradually lowering the heel to the floor. When the tendon is particularly painful, this can be done with both feet at the same time, but when possible, the injured foot should be lowered to the floor then the weight taken on the uninjured leg to push back up onto the toes – then lower down on the injured leg again. This should be done 30 times, 3 times per day. I advise doing 3 sets of 10 stretches, morning, mid-day and evening – so a total of 90 stretches per day. This exercise has been studied at great length by a Swedish Orthopaedic Consultant, Hakan Alfredson, and the frequency and number of stretches necessary is crucial. He told me that he feels most Achilles tendinosis problems will resolve if these stretches are carried out religiously. He has recently suggested that it is also possible to do 3 times 15 stretches with a straight knee, then 3 times 15 with a slightly bent knee, twice a day, but I have never advised this technique so don't know if it is as effective.

### Management of Achilles Tendinosis

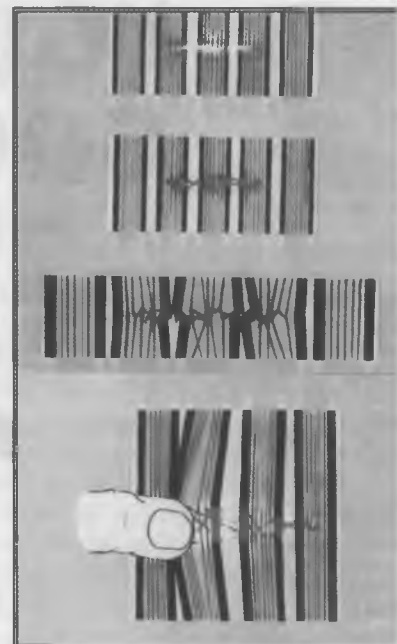
This injury responds to early treatment, otherwise it can change from a grade 1 to a grade 4 injury which might then take 3-6 months to resolve. Grade 1 injuries may not need physiotherapy treatment, but it will probably be necessary for grade 2 plus.

This is how I personally would treat this injury, but other physiotherapists may treat slightly differently.

- Rest from any activities which aggravate the problem. If it hurts to run, don't!! You can maintain fitness and mobility of the tendon and surrounding structures by other activities which don't overload the affected area - cycling, running in water with a buoyancy jacket etc. I gradually re-introduce running with a 5 minute walk followed by a 5 minute jog to see if this aggravates any symptoms and if not gradually increase the running time. This should be done on flat soft ground initially, with speed and incline work being added at a later date when the symptoms aren't aggravated. Depending on the grade of injury, it may not be necessary to alter your training schedule. A reduction in distance, speed and hill running might be enough to allow the injury to resolve – especially when combined with the ice and eccentric exercises



- Cross frictional massage to stimulate healing of the fibres in the right direction, reduce any excess adhesion formation and mobilize the healing tissues.



- Look at shoes/biomechanical issues. If the cause of the problem isn't addressed, the problem will recur.
- Heel raise – it is sometimes necessary to put a slight heel raise in the shoe to take the stretch off the tendon when it is particularly painful. This can be done temporarily, but shouldn't be done on a long-term basis as the tendon and the surrounding structures will heal in a shortened position.

### The reason for this article

Earlier this year I was approached by Chris Livesey who had a long-standing TA problem. Chris had previously been selected to run for GB on the track and also ran at the World Mountain Running Championships as a junior.

Whilst training on the track one evening, someone stepped out in front of Chris and he suddenly had to dodge to the side – that was the start of his Achilles problems.

He received physiotherapy treatment and cortisone injections from numerous individuals but 2 years later was still unable to run for more than 5 minutes without severe pain. He contacted me after Billy Burns rang him from Switzerland to let him know I specialized in treating running injuries.

By this stage, Chris had gone through considerable physical and mental trauma. To be selected to run for GB and England and then have your sport taken away from you is devastating.

Six months after starting treatment, Chris ran his first race. I used the treatments described above and he was the model patient following my instructions religiously.

He encouraged me to write this article to give hope to anybody else who may be in a similar situation.



# YOU CAN'T KEEP A GOOD BUNNY DOWN!

by Peter Wabbit

After all the problems with the Guide Inn last year, the Bunny races finally found a new burrow-home at Penistone Hill Country Park, near Haworth, using the Old Sun Hotel, which is also used for the other Woodentop Haworth Moor events.

It's a shame the Guide Inn landlady wasn't more Bunny friendly, but the Woodentop organisers will never pay a pub, "It's a slippery slope when you pay a pub for the use of its establishment, after all it's bad when a pub can't make money on 150 - 250 runners going through the doors every Tuesday night for five weeks. For us to pay them £500 is scandalous, which would mean we would have to pass the expense on to you the runners, this is simply against our principles." wabbited Eileen Woodhead.

Finding a new home in the end was easy, obviously West End Cricket Club, (the highest cricket club in Yorkshire) on Penistone Hill was the favourite, because other Woodentop races are run from there, but the main stumbling block here was that in April it's early season cricket practice most nights. Next, Cliffe Castle, the foot and mouth year venue, would only allow one BR, then they would see how it went with the weather, which when you're trying to get details in to the FRA calendar doesn't help, plus the park was having renovation work done. Alistair Brownlee suggested Otley Chevin, but this would mean our regular Bunny runners, Holmfirth, Pendle etc, would find the traffic terrible. Mick Coffey and Dick Ballantine, amongst others, had various ideas but in the end it was ever so simple - use Penistone Hill but use the Old Sun Hotel for registration and the Dimples Lane quarry for the start and finish.

The Woodentops did attempt one April Bunny Run, but due to time running out they missed the FRA insurance deadline, (the rule is every race must be advertised a month in advance), so hence the August Bunny Run - The Return came about. Talking of returns, the organisers had to return 20 kilo of Cadbury's chocolate because of their nationwide recall, but this didn't detract from the mountain of chocolate on the prize table, neither did the fact that Easter eggs season had been and gone. One other 'carrot in the works' was Cadbury's Creme Eggs were also out of season, so it was fate that Cadbury's had just launched a Creme Egg Bar, which every finisher received.

## RUN RABBIT RUN - THE FUTURE

It looks like the move has been a blessing, with a superb, welcoming pub - it's bigger, smarter, more bar room, has a massive projector screen for the race video, excellent food, the start and finish are five minutes away and free soup and roll is available to all, what a contrast to last year.

The new route and venue were a prelude to next year's 4 race series and relay being held there, 144 runners including an amazing 50 ladies tested the slightly short route - 2.5miles, with a dozen England internationals taking part. Holmfirth steeplechaser and superstar, Mark Buckingham took his 4th Bunny win, beating British triathlon and duathlon champion Alistair Brownlee by 3 seconds with English champion Simon Bailey 3rd. Twenty-one year old Sharkey, now at Florida Tallahassee University on a sports scholarship, also won the Egg Stage for the 13th time in 3-24, with Alistair hot on his heels all the way. Sharkey now has the distinction of holding both Egg Stage records, since in last year's Bunny Run 4 he clocked 3-13.

25 year old Mary 'Scary' Wilkinson, a winner at Mount Snowdon, and 4th in the Worlds last year won the ladies in 14-51 finishing

12th overall, but 15 year old Blue Haywood beat her to the Egg Stage prizes in 4-01, both being given the same time. This was a huge success, especially since it finished at the end of the short lap, so now spectators don't even have to move to watch the men and now ladies battle it out for the prestigious Egg Stage prize. The Sunday prior to the race Blue finished 3rd overall in the Warrington Birchwood 10k in 36-14, and the day after the Bunny at the Watford Open Track Meet clocked 2-22 for 800m, and then to cap it all on the Friday finished 2nd in 17-12 at the Hyde Park 5k, all personal best times. Who would bet against Blue competing in the Olympic Games in London 2012, she'll only be 21 then! While Sharkey has already been earmarked by UK Athletics to be a steeplechase contender in the 2008 Beijing Olympics, having won the AAA's U23 championship, and competed in the World Student Games and European U23 Champs.

Three Peaks winner Helen Sedgwick finished 3rd, and chose this race to finally test run her new married surname of Ilesley, and along with 1st FV40 Alison Eagle and 2nd GU14 Fiona Jordan, Ilkley Harriers won the team event.

Huddersfield's Up & Running through Martin Horbury kindly donated a pair of shoes to the runners' prize draw, with the lucky recipient being Rossendale's V40, John McIntosh, who finished 75th in 18-51, while the Toffee Crisp cake for guessing the winner's time went to Bingley's Danny Ward.

Outside the pub the fun competitions began, to the enjoyment of the onlookers, with cheeky challengers, Sam Richards, Thomas Cunningham,, Alison Fowler, Emma Flanagan, Carole Fryer, Harry and Thomas Sessford to name but a few, all sloshing back Dr. Pepper's then having their faces turn inside out with the Toxic



The spirit of the Bunny Runs - Peter Jagan and little Bo Haywood battle it out, followed by Michael Smith Photo - Dave Brett



Waste sour sweets, and finally stuffing Monster Munch crisps as fast as possible into their cake-holes. The Woodentops quickly denied any liability for any sicky-poops on the journey home, but along with the chocolate consumed there must have been some accidents.

The only improvement next year will see the course extended with another short up and down before sweeping in to the finish in Dimples Quarry bottom, this will hopefully add another two minutes, making the winning time 15 minutes.

## RUNNERS' RESPONSES

*'I thought that the new Bunny Run was brilliant, I thought it was better than the old one because there was always space to overtake people. The hills were good too. All the hills were runnable apart from the one in the quarry, but if you went fast enough down then you got half way up without trying. It was good to have a female Egg Stage too, because if you knew you weren't going to win then you could still have a chance of getting something. I have only done two other fell races this year, and I would do them again. This was one of those races that wasn't too challenging, but was a bit hard. It was also one of those races I would recommend for people to do, and one to do again.'* From Blue 'Bouncey' Haywood the first ever ladies Egg Stage winner in 4-01 and 3 times Bunny Champ.

*'I thought the 'new bunny' was a huge success. The course was fast and challenging in places which catered for both die-hard fell runners, road and track runners alike. I really enjoyed the quick downhill sections leading to the Egg Stage and finish.*

*The only improvement that I would have made would be to increase the distance slightly, so the running time is similar to that of the old course. It was great to get pushed all the way by Alistair, it's easy in races like these to go off hard and give everything as there's not much to lose (well other than the mountain of chocolate), but saying that I still get nervous at these races, which proves there is a lot of pride at stake.*

*I can't wait to come back from the States, and do a whole series on the new course, and in the meantime I will educate the Yanks on what proper races are like over in the UK.'* From Mark 'Sharkey' Buckingham the 4 times Bunny Champ and 13 times Egg Stage winner

*'I arrived at the 'Return of the Bunny Run' both nervous & excited. As I had not run at the previous venue I was a Virgin Bunny Runner, and had heard so many stories about the original races that I was really unsure of what to expect. I knew that as with all the Woodentops' races, the organisation would be exceptional, and indeed it was, but the distance of less than 3 miles & running with alongside so many juniors filled me with fear! I had visions of being left standing at the start as all the youngsters sped off up the track and being unable to get back past! To my relief the start wasn't as mad as I had imagined and we all made it away safely!*

*The inclusion of the 'egg stage' added an extra dimension to the race and resulted in many runners setting out a little too fast in an attempt to claim the title or record a good time, but despite starting slightly faster than normal I was still unable to out sprint the exceptional talent of 15-year-old Blue Haywood, who deservedly won the inaugural women's egg stage title. I have to admit that being so close to Blue at the eggstage line (we were actually given the same time) I was very tempted to pull her back by her long flowing ponytail, but somehow managed to resist!*

*The course was fast & fun, being safe enough for the total novice, but challenging enough to test the more established racers. I was really pleased to dispel my worst fear of being beaten to the tape by too many juniors & walk away as the 2006 Ladies Champion Bunny Runner!*

*The whole atmosphere, on the course, at the finish & afterwards in the very welcoming Sun Inn for the presentations were fantastic, it was great to see the international runners mingling with first timers, passing on advice & talking over the race. As is tradition with the Woodentops races the presentation and after races activities were extreme to say the least & certainly lived up to expectation. I, along with the other winners left laden down with enough chocolate and goodies to keep me fed till their next event, & the toy rabbit as the perpetual trophy is a great idea, even if I do have to look after it for the year! It is nice to see so many of the field*

*receiving a mention and prize, something I am sure other organisers could learn from if they wish to attract more entrants.*

*All in all a fantastic event that will certainly grow in future years, and I for one will certainly be returning to scare the bunnies!'* From Mary 'Scary' Wilkinson, Virgin Bunny Runner and 2006 Champ

*'The start of the race was really good because there was plenty of room, and it was flat then downhill so you got a boost. The race was better than the old Bunny Runs because as you were running you could overtake all the way. The hills that were there were steep and short which was very good, and the fact that we went through the quarry in the junior races made it more exciting. Throughout the race the atmosphere was amazing, as always, and at the end everyone stayed at the finish until the last had come in. At the pub for the presentations everyone was there, but the best bit was at the end when everyone was going and the competitions began. They were to drink a can of Dr. Pepper without burping, and eat 3 Toxic Waste sweets, and eat a bag of Monster Munch - as quick as you can, and that was the Bunny Run.'* From Bo 'Bobtail' Haywood the GU14 winner.

*'It may feel slightly different on a chilly April day in fading light, but on a warm August evening it made for a wonderful friendly, positively festive occasion. The views are certainly better, and the running more pleasant too: good tracks with lots of grass and no vertical mud slide.*

*There were lots of very fast youngsters around, and I made the bad mistake of thinking that I should be able to keep up with the best U14s, but I have now to finally concede that those days have passed!*

*The Ilkley junior girls ran well, and enabled Ilkley to scoop the ladies prize, we all returned home heavily laden with chocolate in typical Bunny Run fashion, and I'm already plotting my revenge on the U14s.* From Bob 'Long Ears' Hamilton, 2nd V50.

*'I'm still chuckling from the Woodentops' prize giving. I went home with a car full of chocolate, and I was only spectating.*

*The course looked ok, but that's incidental to the whole event. If you want to know what fell running is about, the fun, the camaraderie, the p\*\*\* taking, then the Bunny Runs are the best possible introduction.* From Pudgy Rabbit

*Come April 2007 when the runners with the most guts and determination are finishing, and collecting their prized Cadbury's Crème Egg, the views off Penistone Hill will be spectacular, especially as the sun sets.*

*Don't forget, John Heneghan and twice GU14 English Champion, Blue Haywood, will be the ones immortalised on the overall beer labels, Be there or be hopping mad!*

*Stop Press!!! It's OK Alistair Brownlee winning the World Youth Triathlon Championship but will he ever win an Egg Stage or win a Bunny Run outright???*

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# The Full Yorkshireman - Not really a fell race more of an excuse to buy a whippet from Collingpuffield

So it's called the 'Full Yorkshireman', one of the more evocative names for races. Let's think about what that might mean...

Some of us, people brought up in the 1970's in the Yorkshire and Granada TV regions, have a faint memory of a telly programme called 'Indoor League'. It was hosted by the late, great, Fred Trueman, not only the best fast bowler in English cricket history but also a man surely born to present obscure northern pub games on regional television.

I can still see old Freddie now, dressed in an ill fitting v necked jumper stretched over his bulging beer belly, smoking a pipe and supping a pint of mild as black as Grimethorpe pit. From the comfort of an armchair he introduced unlikely so-called sports from equally unlikely venues around Yorkshire and Lancashire, all in an accent as thick as molasses.

"Na'then, 'ere's Yorkshire Arm Wrestling Championships from T' Arthur Scargill Civic 'all i' Barnsley."

Us small boys sat bewitched by it all. This surely, in the name of all that's holy, was a proper Yorkshireman, a full Yorkshireman if you like. I loved it. One day that would be me, but perhaps without the jumper.

The years passed and I was never convinced I really fitted the bill with my aspirations of Yorkshireman status. Firstly, I was from Todmorden, a town dangerously Lancastrian in both geography and outlook. To make matters worse, I had at least one grandparent who hailed from Cornwall. I kept all this quiet and tried to make amends by attempting to learn how to castrate a ram by watching Joe Sugden on Emmerdale. I even tried wearing a flat cap for a while in my teens, this phase unfortunately coincided with my mohican period and more often than not the cap would just hang off one of my spikes and sort of dangle above my head, as if I was some sort of alternative hat stand. But despite millinery set backs, the dream was still there.

Then I heard about this race whilst at a post training beer sampling session. Not really a fell race perhaps in the strictest

sense of the term, no lofty peaks, no compass bearings or trackless bracken, but still the name made up for all that. The Full Yorkshireman was 26.2 miles around the tracks, moors and bridleways of Oxenhope, Haworth, and Cullingworth. There was also a Half Yorkshireman, but that wouldn't do, not at all. Fiery Fred would never have uttered a phrase like 'Half Yorkshireman'. He would have rather gouged his eyes out with his pipe stem whilst commentating on bar billiards from Heckmondwike.

It seemed destiny had drawn me to this event, destiny and the FRA handbook working in unison are a powerful, almost irresistible force. For some years my stalling fell running career put obstacles in my way. Injury or some other race on the same weekend, prevented me from entering but this year it eventually all came together. I sent off my entry form, upped my mileage a bit, and started once again to flatten my vowels to a breathtaking extent. I felt ready.

So, race day dawned but for some reason it failed to get light in Hebden Bridge. I didn't worry as this often happens. Big black clouds hung just above the treetops. The whole house was dark and shadowy and the world was black and white. Claire and Alex were asleep as I crept my way down the hall to brush my teeth and splash a bit of water on my face. I was ready in minutes and on my way to Haworth stopping only to pick up Jeff Walker and Rachel Skinner, the Richard and Judy of local fell running and the only other Tod Harriers doing the race, albeit as a mixed team.

On arrival at Penistone Hill, there were groups of people stood around whispering to each other in conspiratorial tones. Everyone seemed to know each other and also seemed very familiar with the race. I started to worry when I heard men with beards and cold, misty, breath rating the top three places to get lost on the route. I distanced myself from the crowd and found a small wall to sit on away from the masses, very much like the new boy at the school gates, waiting for the big lads to nick his dinner money and flush his head down the bog.

I could see Jeff and Rachel at the far side of the car park, they began to stretch and warm up and generally look like they were up to the task in hand. I ate a Mars bar and got toothache.

And then... before you could sing a chorus of 'On Ilkley Moor Bah't Tat'... We were off.

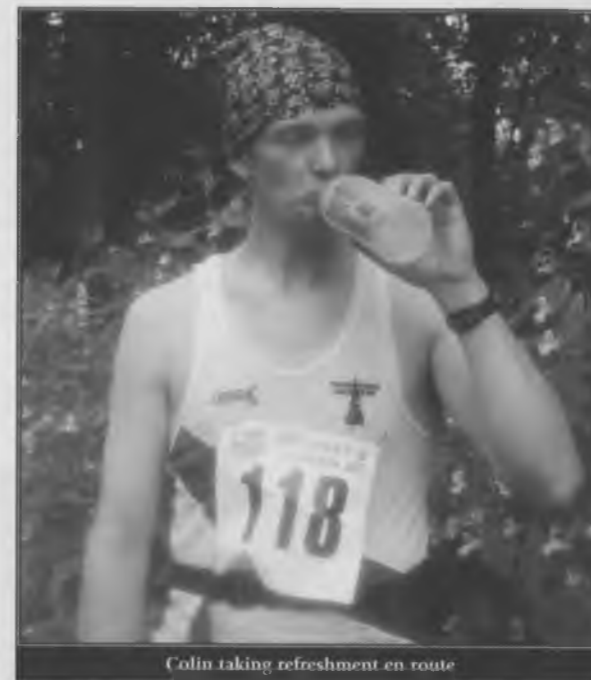
The first bit of the route takes you up onto the high Bronte moors and follows a reservoir conduit. The pack was densely packed at this point. I expect nobody was anxious to shoot his or her bolt at that early stage. We had a long way to go. The path we were following was at this point surprisingly well defined. This I thought was strange as the only other people I know to visit these moors on a regular basis are that breed of strange overly hormonal women that have allowed themselves to be drawn into Charlotte Bronte's world to the point where they believe that if they may find the actual Heathcliff hiding behind a bilberry bush. I plodded through this world hidden deep in the peleton, worrying all the while about my recurrent Achilles tendonitis, whilst the gusting wind blew up the leg of my shorts before whipping over the bracken and sending larks spiralling into the air like leaves flying around the park in November.

After a few uneventful miles I started to relax. I plodded across the rolling moors in the early Summer sunshine. I could see runners stretched out in front of me, mostly single file like ants heading home at the end of a hard day being filmed by David Attenborough. For a while there was nothing to report except airy emptiness and the rhythm of my feet hitting wet grass and heather. The moors started to look stunning as the glinting sun showed off their grey/green colours to full effect. After some time the Half Yorkshiremen peeled off and headed home whilst we crossed Rocking Stone Flat. At this point the wet grass became progressively wetter until it could be classified by EU statute as bog. Never really been that keen on bogs.

I started to enjoy myself less as I was slowed down by the quagmire, but was cheered up in a schardenfrueder kind of

way by the sight of a lady competitor in front of me. She obviously felt the race a bit easy, so had handicapped herself by wearing fell shoes that reverted to kit form on contact with water. Her sole flapped about like a careless halibut, stranded at low tide. She stopped to walk. I knew that there was a checkpoint just over the moor so I ran past with what I thought was a cheery sounding, 'Well done'. I was then slightly taken aback at the expletives she replied with, cursing both me, the race organisers, and the moors in general. I blushed but felt sorry for her. I know Tammy Wynette once told us 'Sometimes it's hard to be a woman...' and she was correct. But I don't think even Tammy was thinking about staggering around in a smelly Pennine bog, miles from home, with only one functioning shoe, whilst cursing like a drunken navvy.

Soon we were edging around Halifax Golf Course and then tipping our metaphorical hats to Ogden Reservoir before the route seemed to have a change of heart and abruptly left the moors for more gentle farmland. The next few miles disappeared in a succession of stiles, gates, and photogenic sheep. Soon we were skirting around Hessenden Reservoir when I realised that the whole route could be looked at as short stretches to link any number of reservoirs in a almost completely illogical way. Water, water everywhere... I had seen about five reservoirs so far. Obviously either the recent water shortage had spurred Yorkshire water into a blitzkrieg building programme to hold the dry South East to ransom in years to come, or we could blame the Victorians again. The truth is that there was a time in these parts when sturdy Methodists with whiskers the size of yard brushes and names like Obadiah and Shadrach had persuaded all the water hereabouts to sit sullenly in huge corporation stone basins rather than fizz down cloughs or tinkle down woody glens.



Colin taking refreshment en route

As the race wore on the competitors started to spread out and the 'following someone who looks like they know where they're going' ploy was less viable. Despite the superb and comprehensive flagging, I stopped and checked my map whilst emerging on a road in Cullingworth I could easily see which way to go but was struck by the realisation that I had about a third of the way to go. This wasn't good news. Call it setting off too fast, not training enough, or maybe underestimating the difficulty of the race, but I was struggling a bit. Something was happening to my lower legs that I didn't like. My old chum Achilles Tendonitis was playing silly buggers with my left ankle, this I was used to and found it almost comforting to have a bit of a twinge down there every now and again, but it was getting more now than again. The other recent development was that my right foot seemed to have come a cropper on the stony tracks and hurt like the devil in the middle of my foot. It felt like I'd been subject to the kind of interrogation that South American police forces used to specialise in using a bamboo cane. Can you imagine my delight at having two sore ankles/feet? I didn't even have the option to hop. On top of this, the sun come out and the warmest September day

on record was likely. My back and shoulders were turning a lovely lobster pink colour and I didn't have any sunblock. Then I got cramp. The day was not going well.

Without any other real choice I struggled on, gradually slowing down to the point of embarking on conversations with locals I passed on route through the many farmyards, some were friendly and encouraging, some not. To be honest, towards the end, some were dogs and some were horses, some may have even been small shrubs on the roadside. All gave me an excuse to stop for a few seconds.

The last climb, from the main road up to Penistone Hill was brightened by being joined by a fellow competitor who jogged along with me through the fields while the long grass seemed to loll about from side to side without the energy to hold itself up. I felt a certain empathy with it. My new running partner talked in graphic terms about losing a toenail, somewhere on Harden Moor after about twenty miles. He thought it was still in his shoe somewhere and that he might give it to his girlfriend as a keepsake. The heady aroma of this romantic gesture perked me up a little and helped me over yet more stiles. It transpired that he, a native of Eastern Europe, was visiting relations in Yorkshire and had heard about the race. He loved it and was threatening to come back next year. The truth is, it's that kind of event. As we jogged along, the sun started to wane a little and feel like a friend, and somewhere a blackbird started to sing.

So, of course, it ended. I made it around in four hours and forty odd minutes, for those that are interested in that sort of thing. I was 45<sup>th</sup> in a field of about 110. And yes, despite everything, it's a cracking race, superbly organised by Keighley and Craven AC. I would in all honesty recommend it to anyone.

And of course, after all these years I can add a suffix to my name - Colin John Tregonning Duffield-Full Yorkshireman

.... and with this being the post-summer edition there are those reminiscences of foreign parts, sunshine, etc. – of which this is one.

# Dolomites Skyrace : 23rd July 2006

from Anna Forrest

The temperature was pleasantly in the mid to high 20s (degrees Celsius) as eight of us sat around BBQs purchased from the beautiful Italian village of Canazie supping on various beverages, waiting for dinner and chatting..... surrounding us were the fabulous dolomitic peaks from which the region gets its name.....could life really get better than this?

The reason we were all here was for the 9th Dolomites Skyrace (23rd July 2006), 22km long: 10k uphill rising to 3152 metres and 12km down hill. The route took you through alpine meadows, along mule tracks, scree and even a bit of snow. The local support was phenomenal, the cheers for 22km were fantastic and I have to say for me at least (perhaps some of the others will agree) the most memorable fell race this year.

The race started at a sensible (but felt a wee bit early) 8.30 a.m. and remained pleasantly warm and thankfully not too hot. The very fast men and women amongst us had finished running by 10.30 and 11 a.m. respectively, and everyone was back before lunch time!!

350 of us set off from Canazei and climbed straight up tracks and paths into the mountainous region known as the Sella Massif, the highest point

of which is Piz Boe (3152m). There were three drinks stations on the way up offering water, ice tea and coke as well as bits of chocolate, banana and dried fruit. There were two cut-off points on the race but if you can make the Wasdale cut-offs, you'll have no problem.

The views all the way were amazing, peaks in every direction as far as you could see. Once on the summit it was literally down hill for 12km, for those who love down hill running...an absolute dream.

For results log on to [www.dolomiteskyrace.com](http://www.dolomiteskyrace.com); click on the British flag and follow instructions for results. Angela broke another Skyrace record with a time of: 2.33.13 (to get another much treasured gold papier-mache head!) and Rob came 2nd by 44 secs with a time of 2.08.41 (to claim his silver head!)

After the race 15 of us (nearly all the British runners) had a great meal in a local restaurant with a few revelling well into the night.....

Apart from racing, drinking and eating...some of us tried the famous Via Ferratas and went for walks through those stunning alpine flower meadows, with the inevitable beer fitted in somewhere.....





# Junior Pages

## NEW JUNIOR CO-ORDINATOR - MADELEINE WATSON

This is going to be a short and sweet introduction of me as junior coordinator.

Some of you may have heard of my name in my role as FRA statistician. Earlier this year, having sorted out the races for the senior English championships for 2007, I offered to help Andrew Holbery sort out the junior championship races. From that small beginning, I have now come round to being junior coordinator. My aim as junior coordinator is to coordinate things so that you can enjoy fell running and some social activities around that.

I have three children, aged 10, 11 and 12, and although Oliver, and very

occasionally Anna, have been known to do some of the junior races, they are not what you would call regular fell runners. Oliver loves racing on a track at the moment (but don't worry I'm still working on him!!!). We live in Leeds on the edge of Roundhay Park (where we've just enjoyed two free Robbie Williams concerts!).

You may just get this magazine before the presentation "Do". Hope to see you there (or hope you enjoyed it!)

*Madeleine*

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## FRA Junior Championship 2006 – Sponsored by ETA Sports from Jim Godwin

2006 was another successful year for junior fell running. In the non-championship races, 97 young runners took part in the new U8 category, and 101 in the U10 group.

Winners of a bum bag for completing all 6 races, and a special T-shirt are:

Joanna Wilkinson	Spenborough	U10G	6
Philip Done	Keighley & Craven	U10B	6
Alice Garnett	Unattached	U10G	6
Sarah Jones	Spenborough	U10G	6
Georgina Spencer	Retford	U10G	6

and winners of a special T-shirt for completing at least 4 races:

Olivia Coffey	Bingley	U10G	5
Rebecca Flanagan	Rosendale	U10G	5
Tom McGuinness	East Cheshire	U10B	5
Marcus Preedy	Rosendale	U10B	5
Lily McGuinness	East Cheshire	U10G	5
Kieran Emmett	Halifax	U10B	4
Jordan Hutchinson	Retford	U10B	4
Nick Calvert	Doncaster	U10B	4
Conor Hobbs	Lincoln Wellington	U10B	4
Luke Hughes	Unattached	U10B	4
Ewan Wadsworth	Unattached	U10B	4
Georgie Williams	Ilkley Harriers	U10G	4
Tania Wilson	Ellenborough	U10G	4

In the championship races, medals are awarded to the first three runners, and certificates to the top 20 in each category. In addition the 87 runners who completed at least 4 races receive a championship T-shirt, and those 23 who managed all 6 races also receive a bum bag.

## Pendle Junior Championship the U8s start



Photo - Pete Hartley



**U12 Boys - 47 competitors**

			Points
	Club		
Rory Addison	Helm Hill		80
James Knox	Helm Hill		73
Tom Hutton	Hallamshire		65
Dan Foy	Ellenborough		63
Paul Richardson	Ellenborough		63
Benjamin Ingleson	Keighley & Craven		50
George Morris	Bingley		48
Josh Crane	Ilkley Harriers		46
James Hall	Bingley		46
Harry Sessford	Keighley & Craven		37
Ben Till	Dallam		36
Kistin Edwards	Tamworth		34
Chris Nash	Preston		33
Matthew Jones	Spennborough		32
Nathan Ellis	Helm Hill		26
Calum Wadsworth	Richmond & Zetland		19
Ryan Croasdale	Unattached		18
Guy Gregory	Ludlow		16
Harry Modley	Lancs & Morecambe		16
Sam Baldwin	Skipton		14
Owen Whelan	Bingley		14

**U12 Girls - 24 competitors**

			Points
	Club		
Hannah Bethwaite	Ellenborough		80
Shannon Johnson	Leigh Harriers		71
Rosie Hellawell	Keighley & Craven		70
Emma Wilkinson	Spennborough		67
Ellie Taylor	Ilkley Harriers		66
Nicole Narey	Bingley		58
Indra Davies	Retford		54
Chelsey Holder	Keighley & Craven		42
Jessica Wootton	Wharfedale		31
Emily Hodgson	CFR		28
Faith Biddle	Hynbum		25
Sian Riley	CFR		25
Charlotte Ireland	Rosendale		14
Samantha Lawton	Tamworth		13
Helena Leathley	Clayton Harriers		13
Alice Rea	CFR		13
Lucy Alderman	Pendle		11
Molly Archbold	CFR		10
Hannah Saul	Skipton		10
Sophie Taylor	Unattached		10

**U14 Boys - 63 competitors**

			Points
	Club		
Lee Jones	Matlock		78
Thomas Sessford	Keighley & Craven		71
Tom Doyle	Helm Hill		68
Ryan Gould	East Cheshire		68
Jos Addison	Helm Hill		58
Michael Hinchliffe	Ilkley Harriers		52
Tom Barker	Matlock		49
Niall Till	Helm Hill		45
Jack Modley	Lancs & Morecambe		44
Flinn Watson	Matlock		44
James Ellis	West Cheshire		40
Kyle Fowler	Buxton		37
Sam Till	Dallam		32
Ben Marriott	Bingley		31
Oliver Webster	Bingley		31
Jonathan Knox	Helm Hill		28
Matthew Spriggs	Holmfirth		25
Joseph Johnston	Rosendale		24
Matthew Cardus	Settle		20
Matthew Aleixo	CFR		18
Jordan Beard	Rosendale		18

**U14 Girls - 31 competitors**

			Points
	Club		
Melanie Hyder	Dallam		80
April Stevenson	Horwich RMI		74
Laura Riches	Leigh Harriers		72
Heather Parker	Rosendale		66
Fiona Jordan	Ilkley Harriers		60
Nichola Jackson	Preston		59
Holly Craig	Bingley		55
Emily Kerr	Ilkley Harriers		48
Melanie Morphet	CFR		43
Amy Fretwell	Settle		25

Emily Throp	Wharfedale	23
Amy McGivern	Holmfirth	18
Rebecca Taylor	Blackburn Harriers	18
Nicole Hillaker	Telford	16
Catherine Senyar	Eden Runners	15
Jenny Addison	Helm Hill	14
Nicole Havaland	Wirral	14
Sarah Wilson	Pendle	13
Sarah Whitehurst	Keswick	11
Jaala Ketchington	Ludlow	10
Hannah Shenton	Bingley	10

**U16 Boys - 49 competitors**

			Points
	Club		
Luke Maude	Skipton		73
Joseph Kelly	Rosendale		70
James Mountain	Skipton		66
Philip Bolton	Rosendale		65
Niall Gould	East Cheshire		58
Josh Moody	Matlock		56
Jack Thompson	Pendle		56
Alex Till	Dallam		55
Harry Croft	Skipton		48
Rob Nichol	Altrincham		45
Jonathan Brownlee	Bingley		40
Sam Robson	Oswestry		35
Ben Page	Halifax		30
Leo Harvey	Altrincham		27
Grant Cunliffe	Burnley		26
Joss Livesey	Howgill Harriers		25
Matthew Fretwell	Settle		22
Michael Kenyon	Eden Runners		21
Richard Shuttleworth	Preston Harriers		21
Steven Barber	Stockport		20

**U16 Girls - 27 competitors**

			Points
	Club		
Hannah Bateson	Lancs & Morecambe		74
Rosie Stuart	Keswick		74
Emma Flanagan	Rosendale		65
Claire Lilley	Skipton		65
Holly Page	Halifax		62
Jenny Dybeck	Ilkley Harriers		57
Bethan Faulkner	Horwich RMI		57
Leah Kay	Stockport		52
Laura Park	Ellenborough		40
Francesca Reed	Chesterfield		39
Sian Stead	Holmfirth		35
Katie Ireland	Rosendale		30
Laura Johnston	Rosendale		30
Lois Grinstead	Pendle		22
Sarah Kay	Stockport		22
Amy Talbot	Warrington		17
Holly Ramsden	Bingley		16
Rachel Seanson	Blackburn Harriers		16
Cerian Lancaster	Ludlow		14
Emma Thompson	Pendle		14

**U18 Boys - 21 competitors**

			Points
	Club		
Stephen Mitchell	Vale Royal		72
Jonathan Hare	Halifax		69
Tom Addison	Helm Hill		68
Matthew Hirst	Skipton		59
Adam Peers	Liverpool Harriers		56
Sam O'Neill	Scunthorpe		54
Tom Priestley	Glossopdale		50
Mark Addison	Helm Hill		45
James Kelly	Skipton		45
Jason McGonicle	Warrington		43
Alistair Brownlee	Bingley		40
Nick Swinburn	Northumberland FR		40
Carl Andrew	Rosendale		23
Sean Madine	Ellenborough		20
Hector Haines	Ilkley Harriers		16
Rob Jackson	Preston		15
David Tatton	Telford		12
Daniel Shaw	Unattached		11
James Walker	Keswick		11
Jake Rowlands	Spennborough		10

**U18 Girls - 14 competitors**

			Points
	Club		
Dionne Allen	Leigh Harriers		80
Emma Clayton	Scunthorpe		73
Anna Anderson	Pendle		70
Jenny Reed	Chesterfield		70
Danielle Allen	Leigh Harriers		61
Alice Lilley	Skipton		47
Lucy Harris	Penine FR		31
Emily Knox	Keswick		27
Ruth Stubbs	Hallamshire		24
Eleanor Kitchen	Bingley		16
Rebecca Howarth	Leigh Harriers		14
Amie Kewan	Preston		14
Victoria Stevens	Ilkley Harriers		14
Victoria France	Rotherham		12

At the time of writing the Intermediates have yet to run in their final round at Thieveley Pike, an English Senior championship race. The ladies group has already been won by Samantha Morphet.

**U20 Ladies - 2 competitors**

			Points
	Club		
Samantha Morphet	CFR		80
Rachael Thompson	Horwich RMI		20

However, the men's group is wide open, with 5 runners still competing for all the medals.

**U20 Men - 11 competitors**

			Points
	Club		
Harry Coates	Skipton		73
Tom Wild	Ambleside		67
Jonny Mellor	Liverpool Harriers		58
James Kevan	Horwich RMI		55
Chris Doyle	Trafford		54
Stuart Hunn	Skipton		31
Kane Roole	Unattached		31
Leo Murray	Shrewsbury		16
Ben Stevens	Ilkley Harriers		14
Stephen Marr	Wirral		13
Wayne Jackson	Ellenborough		0

Congratulations to everyone who took part, and thanks to the race organisers, and those who supported and encouraged our junior runners.

Full results are available on the junior website at [www.felljunior.org.uk](http://www.felljunior.org.uk)

This year's presentation will again be in Skipton at the end of October.

**Winners of Walsh shoes - English junior championships**

- Ilkley - Melanie Hyder, Dallam
- James Kevan, Horwich
- Wrekin - Emma Wilkinson, Spennborough
- Jonny Mellor, Liverpool
- High Rigg - Leah Kay, Stockport
- Lee Jones, Matlock
- Pendle - Laura Park, Ellenborough
- Kristian Edwards, Tamworth
- Tom Doyle, Helm Hill
- Lad's Leap - tbc (when Des gets his act together)
- tbc
- tbc

Note that because of the sponsorship by another shoe company of the race at Garburn, there were no Walshes given out for that race. There were 3 pairs for each of the subsequent races instead.





# Coach's Croakings

from Mike Hancock



**G**reetings again from the wizened one, guardian of tadpole fell runners. A ragbag of thoughts for you this time - perhaps a sign that attention deficit is not confined to the young.

**Admiration.** Are you, like me, someone who greatly admires the youngster who regularly turns up at the Championships (or other) races and trails in at the rear of the field? Sometimes they are engaged in a 'cat and dog' battle for last place. Some feel sorry for them, some encourage them, some have left before they finish. I admire them because they obviously love the sport and their challenge is to beat the course as well as anyone within their sights. Some will always be backmarkers because they lack ability, but some will stick at it and improve. They will find that certain types of race will suit them better. We should all applaud these athletes - they and we know who they are. Without them and other average runners there would be no races, no one for the more elite runners to beat. It takes guts to keep on coming in at the back or being last. I derived huge satisfaction from taking one youngster to the last two championship races. She would consider herself a track runner with no experience of hills. The idea was to strengthen her up physically and mentally. Conditions were rough at Pendle and Lad's Leap but she smilingly finished both races at the back and announced her enjoyment (despite bloodied knees) and will be back next year to prove her strength and determination. Which leads us to .....

**Persistence.** Some of the athletes above will somehow rise above it all and improve beyond recognition. Some will simply grow stronger, others will persist and achieve levels they thought impossible. Why? How? Simply because they persist and are ultra-determined. I make no apology for mentioning another young athlete in my group (after all that is where most of my experience has been gained). This one is partially sighted and sees little detail of the underfoot conditions a metre ahead. Proper downhill running is therefore impossible, as brave though she may be she has no penchant for suicide. Two or three years ago this lass would venture only a few hundred metres out and back on the fellside (naturally on main paths). By sheer doggedness and just a bit of cajoling, 'bullying' and teasing from yours truly and her accompanying 'guide' athletes she has achieved wonders. She can run alone for an hour or more, obviously still only on main tracks and can trot slowly downhill. In 2006 she competed in all the major cross-country races, with a guide runner, and most amazingly of all

she has qualified to run for Scotland in this year's Junior World Trophy (uphill only) race in Turkey. It gradually dawned on us that she can run steadily up almost anything. This athlete could easily have just stayed on the track where she is an elite disability performer - but no! She found a real challenge in the hills.

**Reflections.** In the last magazine I suggested that some of you (a) might consider a summer season in which you focused on track up to about July and then switched the emphasis to the fells. (b) others, it was said, would probably concentrate solely on the fells. Among the older age groups the results of the championship and trial races have been interesting. There are probably no firm conclusions but a few significant facts emerged. The U18 boys' championship races were all won by lads who only did 2 or 3 of the races and had their focus elsewhere for much of the summer. The championship was won by an athlete who chose route a). and achieved a string of second places. At the World Trophy trials one of the lads who qualified had run no fell races this summer, and this was the case with two of the three girls. So the 'speed merchants' made their case. Set against that you can point out that most (not all) of the other championship races in other age groups and the other Trial qualifying places went to fell 'specialists'. So both method a) and method b) had success and the lesson is probably to choose whichever one is best suited to your ambitions and to stick with it for a whole summer. Next year you might try the other approach.

**Winter Training.** Are you going to step up your training or change anything? How about keeping a training diary to keep a record of your efforts and how you feel about them? Those in their mid/late teens could be thinking about their conditioning. Not many distance runners seem keen to give over an evenings training to do this but it could prove well worth it, leading to improvements in strength and flexibility. The older athletes could easily do a run early in the day. Ideally a session once weekly with a group could be combined with a short daily workout planned with a coach. The elements to consider (in no particular order of importance) include :-

1. Stretching exercise for all muscle groups.
2. Drills for co-ordination, balance and speed.
3. Circuits, say 10 activities - using bodyweight resistance only.

4. 'Springiness' and bounding exercises. Care must be exerted here as they do not suit everyone.
5. Core stability exercises. Very 'fashionable' at present, but very effective and worthwhile.
6. Shuttle runs in sets of 10 lengths over 10 metres. (for mid/late teens, not younger)
7. 'Single leg' exercises. Very specific to fell running.

My own group start with short sessions in September/October to include some of each element above. They build up weekly until by Christmas the session takes over an hour. By then sweat is dripping from the roof. If is a very hard but rewarding work-out. Some of the most able athletes also do one or two sessions (probably shorter) elsewhere and individually, usually incorporating some, but not all, of the above elements. Younger athletes (12-14) can benefit from a shorter work-out with just a selection of the above units. They can concentrate on correct technique and getting used to the idea of conditioning. It is very important that you are carefully watched and supervised. Incorrect technique or 'overdoing' things will do more harm than good.

**Staying injury-free.** This is perhaps the greatest attribute to possess as an athlete. You don't make great progress if you are injured. Your chances of staying in one piece are greatly increased if you are flexible and well-conditioned. As you get older your flexibility will deteriorate unless you do something about it. Also your running gait may alter as you grow and change shape. Your feet are striking the ground thousands of times on a longer run and sooner or later your weakest points will suffer or break down - whether shins, calves, hamstrings, feet etc. It makes sense to be more flexible and stronger than you ever need to be when you run. Get someone to look at your running gait to see if you are doing anything 'peculiar'. The best way is to run along a line on a track or along a football touchline. You may be surprised at what is noticed and be unaware of it yourself. If you think this is all rubbish just go and watch a road race with all the veteran runners. You will ache all over just watching them so heaven knows what they feel like. Probably like me, and I've got two artificial hips to prove it, not many people cause a security alert every time they pass through an airport, but I do. So next time perhaps we will include some detail on some of the conditioning elements and exercises.

Enjoy your winter!



# JUNIOR CHAMPIONSHIP RACE RESULTS

## Wrekin - 2nd April

### U8 Girls

1 Lily McGuinness	East Cheshire Harriers	5.44
2 Imogen Wright		6.50
3 Joanna Wilkinson	Spensorborough AC	6.57

### U8 Boys

1 Keiran Emmet		6.32
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### U10 Girls

1 Georgina Spencer		5.13
2 Alice Garnett		5.28
3 Emma Clark	Ludlow Runners	5.33

### U10 Boys

1 Phillip Dunn	Keighley & Craven	4.47
2 Robert Stroud	Tamworth AC	4.53
3 Tom McGuinness	East Cheshire Harriers	5.00

### U12 Girls

1 Kistin Edwards	Tamworth	14.29
2 Hannah Bethwaite	Ellenborough	14.46
3 Shannon Johnson	Leigh Harriers	15.53

### U12 Boys

1 Rory Addison	Helm Hill	13.43
2 Nathan Ellis	Helm Hill	14.26
3 Guy Gregory	Ludlow Runners	14.32

### U14 Girls

1 Melanie Hyder	Dallam Running Club	14.59
2 Laura Riches	Leigh Harriers	16.18
3 April Stevenson	Horwich RMI	16.40

### U14 Boys

1 Lee Jones	Matlock AC	13.52
2 Thomas Sessford	Keighley & Craven	14.07
3 Jos Addison	Helm Hill	14.13

### U16 Girls

1 Rosie Stuart	Keswick AC	20.20
2 Claire Lilley	Skipton AC	20.44
3 Emma Flanagan	Rossendale Harriers	20.53

### U16 Boys

1 Jonathan Brownley	Bingley AC	16.44
2 Jack Thompson	Pendle AC	17.35
3 James Mountain	Skipton AC	18.09

### U18 Girls

1 Emma Clayton	Scunthorpe Harriers	47.33
2 Dionne Allen	Leigh Harriers	48.39
3 Jenny Reed	Chesterfield	49.07

### U18 Boys

1 Alistair Brownley	Bingley Harriers	37.36
2 Stephen Mitchell	Vale Royal AC	39.15
3 Tom Addison	Helm Hill	39.54

### U20 Girls

1 Rachael Thompson	Horwich RMI	47.12
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### U20 Boys

1 Jonny Mellor	Liverpool Harriers	39.01
2 Harry Coates	Skipton AC	41.20
3 Thomas Wilde	Ambleside	42.33

## Garburn - 4th June

### U8 Girls (30 ran)

1 Lily McGuinness	East Cheshire Harriers	2.11
2 Polly Byron	Hexham	2.12
3 Connie Hurton	Eden Runners	2.26

### U8 Boys (18 ran)

1 Conor McAlevey	Cumberland FR	2.08
2 Finlay Robertson	Northumberland FR	2.09
3 Cairan Johnson	Canhead	2.10

### U10 Girls (19 ran)

1 Tania Wilson	Ellenborough	4.38
2 Alice Garnett	St Michael All Angels	4.44
3 Lauren Appleyard	Helm Hill	4.45

### U10 Boys (29 ran)

1 Sam Johnson	Ellenborough	4.02
2 Thomas Taylor	Stramongate School	4.10
3 Tom McGuinness	East Cheshire Harriers	4.19

### U12 Girls (10 ran)

1 Hannah Bethwaite	Ellenborough	11.25
2 Ellie Taylor	Ilkley Harriers	11.49
3 Rosie Hellowell	Keighley & Craven	11.56

### U12 Boys (18 ran)

1 Rory Addison	Helm Hill	10.28
2 James Knox	Helm Hill	10.50
3 Dan Foy	Ellenborough	10.54

### U14 Girls (7 ran)

1 Melanie Hyder	Dallam Running Club	13.59
2 Laura Riches	Leigh Harriers	15.42
3 April Stevenson	Horwich RMI	15.48

### U14 Boys (25 ran)

1 Lee Jones	Matlock AC	13.41
2 Ryan Gould	East Cheshire Harriers	13.51
3 Jack Modley	Lancaster & Morecambe	14.08

### U16 Girls (10 ran)

1 Rosie Stuart	Keswick AC	14.50
2 Hannah Bateson	Lancaster & Morecambe	15.09
3 Leah Kay	Stockport Harriers	15.15

### U16 Boys (14 ran)

1 Steven Barber	Stockport Harriers	13.22
2 Luke Maude	Skipton AC	13.31
3 Joseph Kelly	Rossendale Harriers	13.36

### U18 Girls (6 ran)

1 Dionne Allen	Leigh Harriers	15.14
2 Jenny Reed	Chesterfield	15.22
3 Anna Anderson	Pendle AC	15.36

### U18 Boys (9 ran)

1 Nick Swinburn	Northumberland	11.55
2 Stephen Mitchell	Vale Royal AC	12.42
3 Jonathon Hare	Halifax Harriers	12.46

## High Rigg - 21st May

### U8 Girls

1 Connie Hurton	Eden Runners	3.36
2 Clare Stansfield		3.50
3 Iona Smith	Cumberland FR	3.56

### U8 Boys

1 Connor McAlevey	Cumberland FR	3.09
2 Finlay Robertson	Northumberland FR	3.10
3 Harry Vaillant	Keswick	3.17

### U10 Girls

1 Tania Wilson	Ellenborough	10.38
2 Katie Wright	Broughton Runners	10.44
3 Georgina Spencer	Retford AC	10.53

### U10 Boys

1 Jamie Hall	Bingley	9.00
2 Jack Willis	North York Moors	9.01
3 Phillip Done	Keighley & Craven	9.47

### U12 Girls

1 Hannah Bethwaite	Ellenborough	12.13
2 Rosie Hellowell	Keighley & Craven	13.02
3 Emma Wilkinson	Spensorborough	13.52

### U12 Boys

1 Rory Addison	Helm Hill	10.49
2 Ryan Croasdale	Lancaster & Morecambe	11.07
3 James Knox	Helm Hill	11.15

### U14 Girls

1 Melanie Hyder	Dallam Running Club	14.22
2 Laura Riches	Leigh Harriers	15.38
3 Fiona Jordan	Ilkley Harriers	17.32

### U14 Boys

1 Lee Jones	Matlock AC	13.26
2 Matthew Aleixo	Cumberland FR	13.27
3 Thomas Sessford	Keighley & Craven	14.10

### U16 Girls

1 Hannah Bateson	Lancaster & Morecambe	16.47
2 Leah Kay	Stockport Harriers	17.15
3 Rosie Stuart	Keswick AC	17.38

### U16 Boys

1 Joseph Kelly	Rossendale	15.06
2 Phil Bolton	Rossendale	15.24
3 Alex Till	Dallam	15.29

### U18 Girls

1 Dionne Allen	Leigh Harriers	30.52
2 Anna Anderson	Pendle	30.58
3 Jenny Reed	Chesterfield	31.20

### U18 Boys

1 Nick Swinburn	Northumberland	23.32
2 Stephen Mitchell	Vale Royal AC	24.30
3 Mark Addison	Helm Hill	24.31

### U20 Girls

1 Samantha Morphet	Cumberland	43.44
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### U20 Boys

1 Chris Doyle	Ellenborough	25.02
2 Harry Coates	Skipton AC	25.46
3 James Kevan	Horwich RMI	25.59

## Pendle - 20th August

### U8 Girls

1 L McGuinness	East Cheshire Harriers	2.17
2 E Greenwood		2.21
3 J Wilkinson	Spensorborough	2.57

### U8 Boys

1 J Wynne	Settle Harriers	2.19
2 J Crummet	Todmorden	2.25
3 T Murfin	Settle Harriers	2.30

### U10 Girls

1 T Wilson	Ellenborough	4.00
2 G Spencer	Retford	4.09
2 A Garnett		4.09

### U10 Boys

1 T Lockyear	Cumberland FR	3.25
2 P Done	Keighley & Craven	3.28
3 T McGuinness	East Cheshire Harriers	3.31

### U12 Girls

1 H Bethwaite	Ellenborough	16.44
2 S Johnson	Leigh Harriers	17.28
3 E Wilkinson	Spensorborough	17.41

### U12 Boys

1 J Knox	Helm Hill	15.07
2 P Richardson	Ellenborough	15.10
3 K Edwards	Tamworth	15.34

### U14 Girls

1 A Stevenson	Horwich RMI	27.33
2 R Taylor	Blackburn	29.11
3 N Jackson	Preston Harriers	30.40

### U14 Boys

1 T Doyle	Helm Hill	24.23
2 T Sessford	Keighley & Craven	24.43
3 R Gould	East Cheshire Harriers	24.59

### U16 Girls

1 L Park	Ellenborough	32.28
2 H Bateson	Lancaster & Morecambe	34.07
3 R Stuart	Keswick AC	34.23

### U16 Boys

1 J Moody	Matlock	28.41
2 J Kelly	Rossendale Harriers	28.45
3 L Maude	Skipton AC	28.58

### U18 Girls

1 E Clayton	Scunthorpe	40.50
2 D Allen	Leigh Harriers	40.58
3 A Anderson	Pendle AC	44.24

### U18 Boys

1 A Peers	Liverpool	34.15
2 S Mitchell	Vale Royal AC	34.47
3 M Hurst	Skipton	35.02

### U20 Girls

1 S Morphet	Cumberland	58.10
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### U20 Boys

1 J Kevan	Horwich RMI	33.05
2 C Doyle	Trafford	35.23
3 T Wild	Ambleside	35.42



## Garburn trail races Windermere from Rosie Stuart

I arrived at the Garburn English fell championship race feeling nervous and excited. As I'd never run over this course I wasn't sure what to expect but after I'd seen the course I was pleased when I saw the climb was good and it had a easy descent so I could let myself go. The U14's, U16's and U18's were all running the same course with the two older age groups running together, so it was a bit daunting.

I watched the U10's, 12's and 14's set off and saw the courses seemed fast which was good for me. It was quite a warm day but as I normally coped quite well in the heat I wasn't too worried, but as I warmed up I felt tired which made me more nervous for the race. We all lined up on the start line and I was on the 2nd line of U18's and U16's who were running together. We set off fast and I found myself in 2nd girl behind Hannah Bateson but as soon as we came out of the field I went into 1st U16 /18 girl. I felt strong when I reached the uphill stony path and I could tell I was moving away from the other girls as I couldn't hear anyone behind me but I still knew they weren't that far behind when I reached the grassy steep section going up to the top. When I turned I could see Hannah wasn't far behind so I knew I needed to go really fast so I tried to stay with the boy in front and actually overtook him. When I reached the finish I still wasn't sure where everyone was so I sprinted hard and was surprised to be about 15 seconds ahead. Then everyone came in really close and there where a few sprint finishes which made it a good competitive race.



Rosie at Garburn  
Photo - Woodhead

I was really surprised and pleased I had beaten all the U16 and U18 girls and also that I got the second fastest time of the day over the course behind the very speedy U14 Melanie Hyder. Then we got to stand on the podium to receive our medals and the winning prizes of a puma bag and wristband which was really good.

## What it's like being the U14s champion from Melanie Hyder

It all started in March at Ilkley Moor. This was the first race of the championship. I had moved up a group from the U12s to the U14s and I felt extremely nervous for I knew I would be up against some good opposition. The first thing I did when I got there was to register and then walk the course. I loved the course but was a bit uncertain of where to go in the race which made me even more nervous. As it happened I did not need to be nervous as I did go the right way and that's all that matters. When I'd finished walking the course I went back down to the car to prepare for my race. Feeling nervous I watched the under 12s finish and I started to warm up for my race. My heart pounded as I heard the man's voice calling all the U14s to go to the start. I hate the start of races; it's the worst thing about them.

At the start I was lost in the crowd and it took me a while to get back in my place. I kept first girl in view all the time and made sure I kept up with her. The hill just got harder and harder but I managed to keep running all the way up to the top and as I ran down I realised I was first girl and started to feel more confident than ever. I knew it was not a great distance to the end of the race and I started to sprint my hardest all the way to the finishing funnel where my race ended.



Melanie looking a bit camera-shy.  
Photo - Russell Ryder

I raced three more races in the championship. The Wrekin, High Rigg and Garburn and managed to be first girl in all these races. It was a great relief after winning at Garburn as this was my fourth win and meant I was the U14s girl's champion.



One of the highlights of the Junior year was the Marco Germanetto event at Susa, in Italy and the following accounts all deal with experiences of this very successful event.

## The Susa Trial and the Real Thing from Tom Addison

### THE TRIAL

Eleven months ago I set my sights on qualifying to run at Susa in Italy. When I found out the trials race was at Belmont Winter Hill, I knew I had to prepare well for it as I heard it was a hard and testing course.

After the disappointment of not making the team last year I was determined to qualify. I focused my training on speed and hill reps rather than long steady runs.

On race day I was very nervous as I walked the course as I saw many rivals. Warming up I felt fresh and ready to race, but I knew I had my work cut out.

We set off at a fast pace going out on the road. By the time we reached the bottom of the climb I had made my way into 2nd place just behind Jonathan Brownlee. Up the climb I pushed hard to try and keep in touching distance of Jonny and in doing this I had pulled away from the rest of the field. As the climb went on



Tom at the Trials Photo - Woodhead

Jonny pulled away and looked strong. I tried to keep focused and do what I had to do to finish in the top two. After the lung bursting ascent the descent finally came.

Jonny was still in sight on the descent but I knew I would have to really work hard to catch him. By the bottom I had eaten into his lead but it was the long run into the finish that took it all out of me.

When I finished I was delighted with my race and position. Finding out I had qualified to run for England at Susa was the icing on the cake and made all my training worthwhile.

I now cannot wait to race in Italy and I'm sure it will be an experience to remember.

### THE REAL THING

Going to Susa was a fantastic experience for me and I have many happy memories of the trip.

Right from the word go, the travelling, mixing with other team members and meeting my fellow competitors was a thoroughly enjoyable experience. I also had the honour of carrying the English flag at the opening ceremony which was a very proud moment for me.

The morning of the race came and I was pumped up with adrenaline as I was really quite nervous. I knew there would be many good runners amongst the seven competing nations with teams from Italy, Slovenia, France, Scotland, Wales, Gibraltar and England.

The weather on the day of the race was very hot so I had a sweat on before I had even started the race! I enjoyed watching my fellow team mates in their races who all ran really well.

My race was last on. All 45 competitors lined up and we were off. The start was not as fast as I expected it to be but taking into account that we had 4 laps of a course that had a lot of flat running, gradual climbing and not much descent I could see why.

I was in the leading pack most of the way and by the start of the 3rd lap I had worked my way up into 4th place. I knew if I could hold my position I would be over the moon with my performance as my aim was for a top ten position. By the end of the 3rd lap a Scots lad had overtaken me and a Slovenian was right on my shoulder. As the finishing line drew near I started to feel really tired and I was passed by the Slovenian who had a really speedy finish to take him into 3rd.

I finished a very pleasing 6th with Luke Maude 12th and James Mountain in 23rd. Our team came 4th just one point behind Slovenia.

I would like to thank Pauline Stuart and Bashir Hussain for organising such a brilliant trip and for their support, encouragement and cheering on the team. Also thanks to the parents who did a great job in looking after us all.

## The Marco Germanetto Memorial Races; Susa; 2006 from Hannah Beteson

When I was first selected to go to Italy I was amazed because I really didn't expect to get through but when it finally sunk in that I was going I was really looking forward to it but I was also nervous at the same time.

When we went to meet up at the airport I was a bit worried because I didn't really know anybody at that time and I don't really like flying but I knew this was an amazing opportunity and I shouldn't let anything spoil it. So I started to get know my team mates, Leah and Rosie. When we finally got to Susa it was an amazing place with pretty mountains surrounding the town and the hotel we were staying in had a great view of them. Leah, Rosie and I all shared a room and that turned out to be really fun because they were both friendly people. On the Saturday we went to look at the course. At first the course seemed quite short but then I learnt that we had to do two laps but it was better than the older boys who had to do four laps! It was also really hot in Susa at the time and I had never run in heat like it before.

On the Sunday, in the race, it wasn't as hot as the day before but it was still very warm. I didn't know how I would do and so just went out to do my best. It was a flat start and we had to run round this field, then we would run up the hill and at the top we ran round a statue then set off on the descent. When going down



we had to weave around these posts, which was quite hard because you just wanted to let yourself go down the hill but you had to follow them. Then we would go back on the field round a hairpin bend and through to the finish after another lap. Bashir, Pauline and my Dad all wished us the best of luck as we were lined up on the line. Then the gun went and we all sped off. Rosie immediately took the lead and Leah and I followed her. When we went up the hill the first time everybody was cheering us and clapping us on. The majority of the crowd were Italians and so I mainly heard 'Bravo!' and 'Alle, alle!'. When I found myself in the lead on the second lap I couldn't believe it and I just tried to keep running and then when I finished first I was shocked. Rosie finished second and Leah fourth, only missing out on third by a few milliseconds, it turned out to be a great race for the Girls' Development Team.

I had found the race hard because it was still warm and we had to go up and down the hill twice so it was really tiring but I just tried to keep it going. After the race I enjoyed watching all the others run and cheering them on knowing that I had done my race and I could just enjoy it now. I really enjoyed Italy and the races. It was a great experience.



Leah, Rosie and Hannah in full flight at Susa Photo - Bashir Hussain

..... and now, to prove this is not an English national magazine, a report from one of the Welsh contingent!!

## The Marco Germanetto WMRA Youth Team Challenge

### A small account of the trip by Elinor Kirk

Susa, a small town in the Italian alps was the location for this year's WMRA Youth Challenge, as it was last year. The event is also known as the memorial race of Marco Germanetto who was a talented young Italian fell runner who tragically died in a car crash. The town of Susa was an excellent location for the race, it is surrounded by the Italian alps with an icy blue river running through, it was very picturesque.

After arriving on the Friday evening it was straight for food which was ..Pasta! And we were soon to discover that it would be pasta for every subsequent meal as well.

The race was on the Sunday, so the Saturday gave us time to walk the course and relax which involved some retail therapy for the girls and then an early night for everyone.

On the Sunday morning we set off to the course for the opening ceremony. The event was very well organised and the opening ceremony involved the anthems of each national team being played and flags being flown. Before the main international races, there were races for local club athletes from ages as young as about 5, the amount of local athletes that turned up for the event was amazing.

The junior girls had three laps of the course to complete. On the first two laps there was a group of about five athletes which was then reduced to three by the final lap, Jessica Martin, a Scottish athlete, an Italian athlete and myself. With lots of support on the course I managed to stay ahead and cross the line in 1st place.

After recovering and supporting the Welsh lads in their international race, it was time for the presentation which was an excellent experience hearing the Welsh national anthem played in the foothills of the Italian alps, in addition I received a large bunch of flowers and a huge trophy.

It was certainly a memorable event.



Elinor on the climb Photo - Kirk collection





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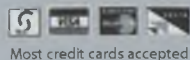
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# Letters/opinions et.al.

(The letter below was actually sent to Martin Stone by a very disturbed (in many ways) correspondent who clearly, but erroneously, believes him to be the illustrious Dr. Martyn of "Dr. Martyn's Problem Page")

Dear Dr. Martyn,

I write to you in reply to the distressing news in the article about Sally Newman, in which she singled out a topless Simon Booth as her particular hero.

The whole topless Simon Booth thing is causing a huge problem for many wee gurlies of a faint and demure disposition; the main dilemma for us being that he is too fast. By the time we have had a really good look and taken time to focus out handy pink Barbie camera phone he is away.

In my normal position of marshalling half-way up the first ascent, or similar part of the course, I feel particularly cheated as he has a habit of replacing his shirt before he heads back down, as was the case in the 2004 Skiddaw race. This is really not fair on the growing membership (now confirmed as at least two) of SOBA (Shirt Off Booth Alliance) and we demand downhill as well as uphill viewing rights. This is Fell-running and not European Uphill Mountain running after all.

In addition I would like it to be made clear that I believe I have prior claim on the adoration of the Booth torso, being present at the inaugural running of the Mount Kinabalu Skyrun, perched in a tree and dressed only in leaves - and consequently the owner of possibly the greatest collection throughout the country (superior even to Darian's) of blurred images of the rippling beast advancing on the mountains.

If Sally will not concede my position as NOTSOBA (Nuttier Ogling Tart - Shirt Off Booth Alliance) I fear it will have to be bumbags at dawn!

Yours,

Desperately Seeking Simon's Shirt.

p.s. Will consider a swap of photograph at Culter Fell '05 or Ontake '06 for blurred image on Skiddaw '04 (back view).

## Thanks from Conrad Robinson

On Friday 2nd June I was wandering around in mist in The Cuillins looking for An Dorus so that I could climb Sgurr a'Greadaidh and Sgurr a'Mhadaidh, the remaining two of the Skye Munros that I had not climbed.

I came across a party intent on the same objective, some of which were members of the Holmfirth club (father and daughter I think), and we continued together. We did not find An Dorus but hit the ridge somewhere to the south, and after going over the top and down the other side, and then scrambling up a revolting gully and climbing out on to slopes of unstable rock and scree we found ourselves back on the ridge which we had now approached from the east.

My offer of providing a GPS reading was regarded with amusement and mistrust, and after some to-ing and fro-ing up and down the ridge traditional fellrunner instincts for

navigation paid off and we found the summit of Sgurr a'Greadaidh. Still in very poor visibility my companions led the way back to An Dorus, where they were very kind and helpful to me (a now aged and arthritic ex-rock-climber), with negotiation of the tricky down climb into the gap.

We soon climbed Sgurr a'Mhadaidh and then descended and marched out to Glen Brittle. I was told the names in the party, but unfortunately cannot remember them, but they will know if they read this.

This letter is to say thank you for the good company I was allowed to share that day with a group of like-minded people.

## New Cheviot circuit from Geoff Holland

There is not, so far as I am aware, a record for the circuit of the six Cheviot Hills over 2000 feet (The Cheviot, Windy Gyle, Bloodybush Edge, Cushat Law, Comb Fell & Hedgehope Hill). Whilst by no means an epic round, the 23 mile circuit, which involves 5000 feet of ascent, does present a fine challenge. The Cheviot Hills in general are an excellent fell running destination. I am keen, therefore, to see a record established for this round (& subsequently challenged) and I wonder is there anyone out there ready to take up the challenge. Details of the route can be found on my website [www.cheviotwalks.co.uk](http://www.cheviotwalks.co.uk) under 'The Big One' with an account of a walk of the circuit appearing under 'The Classic Cheviot Round'. I am happy for the details of all successful record attempts to be sent to me. All I will require is a schedule of the attempt (date, start time, time at all six summits & completion time) & brief details, including weather conditions, of the run. I reckon that a time of 3hrs.15 mins is achievable for male starters & 3hrs 40 mins for female ones. All enquiries etc. should be directed to me at [gh@cheviotwalks.co.uk](mailto:gh@cheviotwalks.co.uk). Here's hoping!

## Junior Home International 2005 from Martin Hyman

I would be grateful if you could allow me to attempt some impartial observations in response to criticisms of the event in the Irish Republic on October 9th last year. This annual event for boys' and girls' under 16 and under 18 teams, is held in rotation in the Republic of Ireland, in Northern Ireland, in Wales, in England and in Scotland. British and Irish Junior Championships are held in conjunction, for under 14, 16 and 18 age groups.

Last October the accommodation was in an outdoor centre about 3km from the start. The centre was becoming dilapidated and was scheduled for demolition. It was not luxurious. There were no en suite facilities and sometimes there was not enough hot water, though the shower block coped well with large numbers of athletes. Some parts needed redecoration. The catering was not cordon bleu but the food was plentiful. The host representatives at the accommodation were unfailingly cheerful and helpful. The post match prize-giving was punctual and thoroughly enjoyable and unlimited appetising good food was on offer.

The courses were excellent. They were very well-marked and cheerfully marshalled, with stunning views over Carlingford Loch.

The organiser, Joe Lalor, was exceptionally helpful. He responded promptly to all queries. Good course maps and all the information required by team managers were circulated in good time. The Scots took ten athletes to compete in the Open Championship events as well as selected international teams and every athlete had a thoroughly enjoyable experience both in the event itself and in social interaction with other athletes.

I am an Englishman with sixty years competitive experience in thirty-seven countries worldwide. At the time that I moved to Scotland twenty-seven years ago, the Scottish Juniors were scheduled to compete in a European Minor Countries International track and field competition in Sweden. Teams had been selected, but the trip was cancelled, at short notice, when the team managers discovered that the teams were to sleep on mattresses on a school floor. Now from my point of view it makes little difference if the mattress is on a wood floor or on a golden throne. The majority of schools in Sweden are beautifully situated and very attractively appointed. During my career I had the privilege of meeting a number of the top Kenyan athletes. All of them were happy to use most basic facilities and diet.

I have been responsible for designing the courses and for some local arrangements for the Junior Home International and Championships the last three times that it has come to Scotland. It is becoming increasingly difficult to find adequate appropriate accommodation within a reasonable distance of a suitable course. Inevitably compromises are needed. Some things we did well, but some aspects were less good than we would have wished. On the last occasion it proved impossible to find satisfactory hostel type accommodation. Fortunately Scottish Athletics secured substantial sponsorship and we were able to put up athletes in the Edinburgh Holiday Inn with en suite facilities, swimming pool, sauna etc.. This was very well received, but it caused me considerable anxiety. I was worried that, by offering luxury, we could establish a precedent against which successive hosts would be judged.

I have the impression that fewer and fewer good folk are prepared to take on the burden of organising a major event like this. If we demand a costly standard of service and are stridently critical of imperfections, then volunteers will become rarer still.

How easy is it to find suitable safe courses for the Junior Home International? How many such courses have suitable accommodation for athletes, management and Open Championship contenders, within a reasonable distance? If you know of a venue that satisfies both these requirements, are you prepared to take on the burden of organising the event? If you can answer "yes" then we should all be grateful to hear from you. But if not, I would urge that you try to offer as much support and understanding as possible to the rare individuals who do their best to organise a good event.



# British Championships 2006

## from Mark Hobson

Robb Jebb of Bingley Harriers secured maximum points on a hot September day at Peris Horseshoe, to secure the 2006 British Championship. Such was Jebb's consistency throughout the season that only a straight win at Peris by Simon Bailey of Mercia Fell Runners could have prevented Jebb taking top honours. Bailey's 7th placing gave him the overall runners-up position and Lloyd Taggart of Dark Peak took overall 3rd position. Congratulations to Jebb.

Similar to previous years, the 2006 championship started in Ireland, this year with a short category race at Slieve Bernagh. Scotland hosted the other short at Creah Dhubh along with a medium category race at Dollar, and England hosted the ever popular Anniversary Waltz and Sedburgh Hills before finishing in Wales (today!).

This year special mention must be made to the winners in each of the vets championships. Ian Holmes of Bingley Harriers took maximum points in the V40 Championship, Dave Neill took maximum points in the V50 and Dave Spedding dropped only one point to win the V60 Championship. Holmes and Neill also took 4th and 11th place respectively in the Open Championship.

Dave Taylor of Dark Peak improved on his fifth position in the V40 Championship of last year to take runners-up place with Dave Neill taking the bronze position.

In the V50 Championship a good run at Peris gave last year's champion Tom McGaff enough points to take the second place just ahead of third placed and consistent Mike Egner.

In the Women's Open Championship Natalie White of Bingley Harriers improved on her 4th place of 2004 to take the championship title, with Jackie Lee of Eryri also improving on last year's position to take the runners-up position and 2004 Champion Sharon Taylor in third spot.

In the Women's V40 Championship Elizabeth Batt of Dark Peak took the title with Alison Raw of Durham Fell Runners and Louise Burt battling out for second and third place respectively.

The unpublicised U23 Championships titles were taken by Robert Little of Dark Peak and Rachel Crowe of Lytham. Let's hope we see a bigger turn out here next year.

Borrowdale Fell runners are again winners of the 2006 British Team Championship, Dark Peak the winners of the 2006 British Vets Team Championship and Bingley Harriers the Womens 2006 Women's Team Championship.

Congratulations to all the champions and medal winners. And thanks to race organisers for making the results available so promptly (especially after the Peris Horseshoe!), and to Pete Bland Sports for his support and sponsorship of this year's championship.

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

### Men's Open Championship

Pos	Name	Total
1	Robb Jebb	205
2	Simon Bailey	198
3	Lloyd Taggart	192
4	Ian Holmes	191
5	Rob Hope	172
6	Tim Werrett	162
7=	Danny Hope	159
7=	Dave Taylor	159
9	Mike Fanning	157
10	Pete Vale	156
11	Dave Neill	153
12=	Dan Golding	145
12=	Colin Donnelly	145
14	Jethro Lennox	139
15	John Hunt	132
16=	Sean Bolland	128
16=	Simon Booth	128
18	Tim Austin	126
19	Jim Davies	123
20	Brendon Bolland	120

### British Men's Vets O40 Championship

Pos	Name	Total
1	Ian Holmes	128
2	Dave Taylor	119
3	Dave Neill	114
4	Colin Donnelly	108
5	John Hunt	101
6	Mike Whyatt	100
7=	Richard Pattinson	96
7=	Stewart Whitlie	96
9	Adrian Davis	95
10	Joe Blackett	94
11=	Mark Roberts	81
11=	Andrew Davies	81
13	Ronnie Gallagher	74
14	Mike Johnson	66
15	Mike Egner	65
16	Tom McGaff	63
17	Andrew Wrench	56
18	Adam Ward	52
19	Steve Bell	48
20	Chris Smale	41

### British Men's Vets O50 Championship

Pos	Name	Total
1	Dave Neill	88
2	Tom McGaff	75
3	Mike Egner	74
4	Ken Taylor	63
5	Steve Storey	61
6	Andy Hauser	60
7	David Spedding	57
8	Brian Goodison	53
9	Steve Jackson	51
10	Keith Holmes	50
11=	Dave Tait	40
11=	Kieran Carr	40
13	David Scott	28
14	Graham Schofield	26
15	Nick Hewitt	22
16	Jackie Winn	18

17	Brian Walton	Horwich RMI	17
18=	Martin Hulme	Corstorphine AC	15
18=	Jack Holt	Clayton le Moors	15
18=	Geoff Oldrid	Aberystwyth AC	15

### British Men's Vets O60 Championship

Pos	Name	Total
1	David Spedding	45
2	Kieran Carr	42
3	Billy Magee	25
4	Geoffrey Howard	17
5	Neville Griffiths	15
6	Colin Pritchard	14
7=	Graham Breeze	13
7=	Charlie Love	13
9	Raymond Wilby	12
10	Ian McManus	11
11	Richard Clarke	10
12	Don Williams	9
13=	Peter Covey	8
13=	Gareth Bryan	8
15=	John Adgey	7
15=	Bill Gauld	7
15=	John Nuttall	7
15=	Alwyn Oliver	7
19=	Yiannis Tridimas	6
19=	G Bryan-Jones	6

### British Men's U23 Championship

Pos	Name	Total
1	Robert Little	66
2=	Jonathan McCloy	19
2=	Edmund Kelleher	19
2=	Martin Mikkelsen-Barron	19
5=	Jack Stevenson	18
5=	Christopher Muldoon	18
5=	Ryan Edwards	18
8=	Thomas Turner	17
8=	Donald Mackintosh	17
8=	Ed Loffill	17
11=	Adam May	16
11=	Jason Wilson	16
11=	Sam Ware	16
14=	Brendan O'Boyle	15
14=	Wayne Jackson	15

### British Women's Open Championship

Pos	Name	Total
1	Natalie White	82
2	Jackie Lee	72
3	Sharon Taylor	70
4	Jill Mykura	67
5	Christine Howard	63
6	Elizabeth Batt	62
7	Kirstin Bailey	60
8	Dawn Scott	47
9	Anna Bartlett	46
10	Angela Mudge	44
11	Jo Waites	41
12	Karen Davison	35
13	Alison Raw	33
14	Louise Burt	31
15	Andrea Roberts	22
16	Helene Diamantides	20
17=	Jo Buckley	19
17=	Alison O'Neil	19
19=	Helen Stuart	18
19=	Sally Newman	18

### British Women's Vets O40 Championship

Pos	Name	Total
1	Elizabeth Batt	45
2	Alison Raw	33
3	Louise Burt	32
4	Wendy Dodds	19
5	Sue Beconsall	13

6	Sally Newman	Calder Valley Fell Runners	12
7	Jane Robertson	Westerlands	10
8=	Nicola Davies	Borrowdale FR	9
8=	Jean Shotter	Holmfirth AC	9
8=	Alison Eagle	Ilkley Harriers	9
11	Helene Diamantides	Carnethy	8
12=	Andrina Buchanan	Central AC	7
12=	Hilary Bloor	Dark Peak Fell Runners	7
12=	Clare Kenny	Calder Valley	7
12=	Abienne Thompson	Carnegie	7
16=	Linda McEwen	Lochaber HRC	6
16=	Lyn Thompson	Keswick AC	6
16=	Maureen Laney	Clayton Le Moors	6
16=	Alison Brentnall	Pennine FR	6
20=	Jayne Lloyd	Eryri	5
20=	Isbeth Scott	Westerland	5
20=	McCelyn Scott	Fife AC	5
20=	Kath Broatch	Eryri Harriers	5

### British Men's Open Team Championship

Pos	Name	Total
1	Borrowdale FR	48
2	Dark Peak Fell Runners	42
3	Pudsey and Bramley	34
4	Carnethy HRC	32
5	Mercia Fell Runners	26
6	Ambleside AC	19
7	Bowland Fell Runners	17
8	Ochil	14
9	Cheshire Hill Racers	11
10	Horwich RMI	10
11	Eryri Harriers	7
12	Lochaber	7
13	Westerlands	5
14	Mourne Runners	4
15	Shettleston Harriers	4
16	Calder Valley	3
17	Fife AC	3
18	Larne AC	2
19	Carnegie Harriers	2
20	Todmordon	1

9	CFR	8
10	Lochaber	7
11	Eryri Harriers	7
12	Fife AC	7
13	Todmordon Harriers	6
14	Westerlands	6
15	Mourne Runners	6
16	Ochil	5
17	Carnegie Harriers	5
18	BARF	5
19	Keswick AC	4
20	Calder Valley	3

### British Women's U23 Championship

Pos	Name	Total
1	Rachel Crowe	44
2	Jennifer Williamson	38
3	Sarah Mackenzie	22
4	Claire Haslam	19
5	Maria Tensil	18
6	Aschenbrenner Melanie	17
7	Laura McGlone	16
8	Myrtle Macpherson	15
9	Tranziska Fichtlicherer	14
10	Ramona Jungwirth	13

### British Men's Vets O40 Team Championship

Pos	Name	Total
1	Dark Peak Fell Runners	48
2	Carnethy HRC	41
3	Cheshire Hill Racers	32
4	Bowland Fell Runners	29
5	Pudsey and Bramley	15
6	Clayton Le Moors	11
7	Borrowdale Fell Runner	9
8	Mercia Fell Runners	8

### British Women's Open Team Championship

Pos	Name	Total
1	Bingley Harriers	43
2	Carnethy HRC	38
3	Eryri Harriers	36
4	Dark Peak Fell Runners	30
5	Calder Valley	27
6	C.F.R.	16
7	Cosmic Hill Bashers	12
8	Ambleside AC	12
9	Westerlands	8
10	Ilkley	7
11	Clwydian Range Runners	6
12	Lochaber	6
13	Pennine	5
14	Clayton Le Moors	5
15	Fife	4
16	Keswick AC	4
17	Stainland Lions	4
18	Borrowdale	3

..... and this doesn't do us any good either!!!!

The letter below appeared in the Scottish Hill Runners' newsletter and is a copy of a complaint sent to the National Trust for Scotland – it has horrible echoes of the letter sent to the FRA about last year's Borrowdale race. Organisers can't be everywhere policing their races and they shouldn't have to be, we're the ones up on the hill and we're the ones who should be doing the policing, not that it should be necessary in the first place. I don't agree with everything the letter-writer says but it's crystal clear that if it hadn't been for the runners' behaviour he wouldn't have written it.

Fell-running has an enviable reputation and if we allow incidents like this to proliferate then it won't keep it for very long – take matters into your own hands; shout at litter droppers, admonish ignorant swearers, tell bargers and pushers of innocent walkers how they should behave. They're obviously not going to learn any other way or they wouldn't behave as they do but maybe if they realised that everyone else in the race thinks they're way out of line and not welcome then they might, just might, have a think about mending their ways.

### A complaint to the NTS about the Ben Lomond Race from a member of the public.

I am writing to express my concern at the number of runners in the above race and the way they behaved towards other hill users yesterday. I was one of a small group of walkers making an ascent of the Ben. We set off from Rowardennan in the morning and saw all the preparations for the race under way. On the way up we met and chatted with various marshals on the hill and, as is customary on Scottish hills, everyone was of good cheer and enjoying the day, whatever they were doing there. There were plenty of other walkers, some with young children, as you would expect on Ben Lomond on a sunny weekend.

We were overtaken by the runners close to the summit where the path is very narrow. Within a few minutes we had large numbers of runners going at speed in both directions, taking no account of any other hill users. Most of the walkers were doing their best to keep out of the way and allow the runners to pass but, with the best will in the world, on a narrow path some give and take on both sides is required. This was not forthcoming – I was jostled on several occasions and one of my fellow walkers, a middle-aged lady, had an extremely unpleasant experience; she was moving to one side to let a runner pass when another runner whom she hadn't seen came up behind her on the other side and shoved her bodily with both hands, shouting, "Oh, for fuck's sake!!" I'm not sure how a small child getting in the way of these runners would have fared – they were not stopping for anyone. It was interesting that not one of the runners acknowledged efforts to get out of the way; while effusive thanks is probably tricky while running up the Ben, a nod or some eye contact wouldn't have

been too difficult, particularly if you can summon up the breath to swear at people!

For my own part, yesterday happened to be my first Munro. At a time when I should have been relishing the final stages of the ascent I was dodging these unpleasant people and the traditional photograph at the trig point did not happen because the marshals had it surrounded by red tape and runners were rounding it at great speed every few seconds. Anyone attempting to get close to the trig point was clearly unwelcome. One of our group spoke to a marshal about the pushing/swearing incident but, since they were there to check runners through they were not very interested. I do not know if the NTS had a presence on the hill yesterday but I think the situation needed close monitoring by an independent person instead of leaving it to those connected with the race organisation.

As custodians of the hill, the NTS has to balance the enjoyment of all types of hill user, ensuring that one group does not encroach too far on another's enjoyment – I presume all hill users are equal.

I'm sure the presence of us walkers annoyed the runners as much as they annoyed us. I do not underestimate the importance of keeping up momentum during such a gruelling event and, frankly, the two activities are not really compatible. Ben Lomond is a popular hill and always likely to be busy, especially at weekends. I need not spell out to you that shoving people about on a narrow path high up on a Munro is potentially dangerous and the NTS needs to take a long, hard look at how this race can be managed, so that all users can enjoy the hill.

# Access and Environment

from Chris Knox

**W**ater shortages, hosepipe ban, drought orders, floods in York and fresh snow on the Cumbrian hills on the 24th May, mini heat-wave followed by massive electric storms in June/July, is all this 'climate change/global warming'? It may well be, according to the experts, but from long term records it could also just be that we get freak weather happening on a regular basis. History shows that the Romans had vineyards in Durham, exotic hanging gardens under Cross Fell etc., so the UK was possibly a little warmer then too. Just a thought.

## Barrow re-visited

In the June 2003 magazine I did a piece on the bracken/peat/gorse/heather fire that destroyed most of the vegetation and wildlife on Barrow. Three years on and I doubt most people could spot any sign of the fire damage, the hill looks mostly green, there are insects, birds and sheep, just what you'd expect. The heather, in general, is regenerating as is the bilberry (both important for ground cover/habitat) the bracken, however, is positively thriving which is possibly not so good. More on bracken later. On closer examination and using some recollection of past conditions, it is evident that most of the top soil and fine particles have been eroded from the higher exposed areas making it impossible for seeds/plants to re-colonise on the newly exposed bare rock. With the peat damage, this is more difficult to assess, but the more that burned the less 'sponge' effect the hill can have on absorbing the rainfall, increased chance of excess discharge into water courses. Could be a case for lifting some of the silting in those water courses back onto the fells?

## Renewable Resources

In the past, accumulating river gravel banks have been managed by adjacent landowners keen to utilize a

'free renewable resource' to repair tracks and paths etc. Apparently these days it is policy to land fill this gravel as it is too polluted/contaminated with invasive seeds to reuse. Hopefully I'm wrong on this, the few thousand tonnes extracted from one Cumbrian river by the Environment Agency is going to use a vast amount of landfill space that the county is already short of. Surely at least some of it could be put back onto the fells from where it came? I'm sure it was only May last year my article had a bit in about reducing the amount of rubbish we produce - do our bit to help the Environment Agency - not quite setting a good example.

Sustainable Catchment Management Plan (SCaMP) Yes, yes I know, yet another catchy little title, but this one really seems to work (heard that one before too) if you care to read on. Using a hilltop to tap approach the partnership between United Utilities (UU) and the RSPB is working with farmers and other land managers to achieve several complementary objectives. By various methods, the project is restoring blanket bog, moorland, hay meadows and exposed peat alongside other work to recreate lost or scarce habitats. This will also improve the quality and quantity of water available to UU to supply our communities. The collaborative nature of the project should also benefit farms involved using the current agri-environment schemes with diversification and potential UU investment in their tenanted farms. At the moment 40 holdings with an area of around 20,000 hectares are in the project, external funding conditions have only allowed for a five year programme, but if this is proven to work, there should be a way for it to continue and possibly expand. The farm I saw was in the Bowland area near Dunsop Bridge and it really seemed to have all interested parties on board.

Now where were those waterproof gaiters for my fell shoes?

## John Muir Wilderness Walk, who went?

Not been flooded by news of FRA participants, but the event seems to have been a success in capturing the imagination of many others. Epic journeys, mislaid (lost then found!) batons and 'discovery' of new routes and skills have all been part of this message to the politicians.

## Rubbish

Banana skins, apple cores, gel packets (empty) and drinks bottles (empty), yep sorry to say they are still in fashion for a tiny minority to drop in our races. I tried on our forum to see if anybody had a solution. Our forumites certainly have some diverse ideas with vivid imagination and lots of us seem to pick up others' rubbish anyway. Also most marshals expect to pick rubbish up on their way back to base, all of which is really helpful and a great demonstration of how most of us care. But it seems to be down to individuals in races to help the offenders correct their ways with a cheery, "Hoi mate, you've dropped something" or similar so they can pick it up. Yes apple cores degrade and/or get eaten by wildlife, some of us may be happy to throw them away as individuals, but please not during a race.

## Instructions

After struggling round the Fairfield race it was pleasing to note the lack of runners' debris on the course. On the down side it's a shame so many of us became illiterate and deaf to avoid the clear instructions to stay on the East of the wall below Low Pike. Mind you, if people chose to ignore the verbal and printed instructions and map showing the last crossing point and the landowner says, "Sorry, no race next year, your runners deliberately caused damage etc." How would we feel? Bad? Angry? Oh, the organiser

should have had a marshal there to stop people going wrong should he? Maybe like many other race organisers he struggles for volunteers as it is, anyway no harm was done this time, but I still remember the wall collapsing at Langdale (many years ago). I think it cost the FRA £1000. The marshal on Dove Crag deserved a medal for leaving his tiny sheltered cairn to catch the runners who weren't going to him in such foul conditions, he could have ignored them and sat in his place. In fact our volunteer marshals have always done an incredible job, certainly not thankless, in some extreme conditions (e.g. this year's Grisedale Horseshoe) and it is very much appreciated. Speaking of Grisedale, I find it hard to believe there were some runners who carried their protective gear round without ever putting any of it on. Under what conditions would they put it on - goodness only knows.

## Access

One or two minor issues resolved this year and one that looked like it might be more serious, for which I'd helped Paul Sanderson on some background information. Paul has been that busy training and working (or should that be the other way round?) his report is brief but covers the essentials ;

*"Dark Peak Fell Runners recently experienced some difficulties during their club runs in respect of running over the Eastern Moors of the Peak District. In order to address the situation in a proactive manner a meeting was held between the various parties. The meeting was well attended with representation from Dark Peak, a number of local landowners as well as a representative from English Nature. The meeting was conducted in an amicable manner (well it was held in the Sportsman at Lodge Moor!) and it was agreed that there was nothing to stop us running over these moors since they were opened up when the CROw act*



came into force. Dark Peak did however agree that consideration would be given to the club run calendar for next year and that sensitive areas of moorland would be avoided during the nesting season to prevent unnecessary disturbance of ground nesting birds. All parties agreed that having established a dialogue was a very positive step and that it is likely that further meetings may be held in future."

A lot more work went into this than is apparent here through several Dark Peak members and I imagine an update will be on their web site by the time you read this.

Right, back to bracken, conditions this year seem to have been ideal for bracken to flourish and spread over more land than I've noticed before and certainly in Cumbria recent heavy rain has bent it over otherwise obstacle free paths. Now I'll be the first to admit that fresh green bracken in Spring and the golden browns of Autumn die back do look lovely, but, like most things, sometimes you can have just too much. For example Elterwater Common, in Langdale, is as photogenic as ever but it's being strangled by bracken, the intricate pattern of paths that link the valley to the fell are at the moment (September) mostly smothered in a frustrating tangle. This is despite some very good mowing of the main lower routes, but why should it need mowing?

Well possibly because we have fewer sheep, and I don't think any cattle, goats horses or whatever are on the common these days to 'browse' the bracken down. At least one farm has come up with a solution in Heltondale, they harvest bracken for a sustainable compost product - Lakeland Gold soil conditioner. Well done Messrs Barker & Bland (goodness knows if it's another running brand), however more details from [www.dalefootcomposts.co.uk](http://www.dalefootcomposts.co.uk).

Finally, well done to several of our recent Safety and Navigation runners who not only completed their respective weekends well, but also completed various two day Mountain Marathons. Special mention to Sarah and Suzanne who met on the course, survived the training, realised they could run at a similar pace to each other and with a little encouragement entered as a team for their first MM and finished in the top 40. Could they be some of the next volunteers to work on the courses?

Oh and really finally the Emergency First Aid plan is still bubbling under, thank you to those that have shown an interest, it may even be in place by the time you get this far down this page!

## Aubrey Balmoral Courtney-Davies

A reminder of what people get up to on the fells - a nice little photo of Aubrey (otherwise known as "Fellrunner" resident Poet Laureate, Peter Travis) and his "butler" Graham at the Moot Hall after their fund-raising jaunt in 1990 when they raised over £600 for Pets' Lifeline.

Peter's next upper-crust foray will be in April 2008, when he will be 75 - there's hope for all of us!

Watch this space in a year's time for details.



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# GEAR REVIEWS

Two items to report on in this issue, both in time for the onslaught of winter, for which both of the items are highly relevant. The first is the all-weather, all-conditions, all-terrain inov-8 Mudclaw 330 "O" shoe and the other is the featherlight but apparently very robust lady's Venus pertex (ish) jacket from Helly-Hansen.

## inov-8 Mudclaw 330 "O"

There are a lot of inov-8 shoes around at races at present and it is clear that they have many adherents. They boast a variety of different upper and sole patterns but the most aggressive of the soles is undoubtedly the Mudclaw – and as we're fast approaching the soggy, muddy, slippery time of the year it seemed appropriate to review the Mudclaw 330 "O".

The Mudclaw 270, with its offset lacing and lighter upper, has been around for a bit and while its grip, lightness and stability have won it many friends it would be true to say that it isn't the most robust shoe on the market and under heavy treatment has a tendency to come apart in a couple of places. No doubt with this in mind Inov8 have produced a beefed-up version of it in the 330 "O" (don't ask me why it's "O"!!) which seems more directed towards the British winter and its demands on shoes and feet.

Starting at the bottom, for those who aren't familiar with it, the Mudclaw sole is the most aggressive bit of rubber known to man – it consists of clearly separate heel and forefoot sections, both equipped with hefty triangular studs of a variety of sizes, with harder rubber on the toe and heel sections, and carefully spaced so as to give maximum grip without being so close as to clog up. As with all inov-8 soles they are sized to fit the shoe, so there are no half studs round the perimeter of the shoe. The body of the sole is about 10mm thick, deepening to around 18mm on the heel section.

The upper is a quite substantial double-layer orange mesh in a fetching dark orange colour and this is re-inforced with a protective nylon-type band on the heel, toe and midfoot areas. There is further re-inforcing of the top two lace-holes with a band of substantial suede-like material stretching down to the lower re-inforcement and the lace-holes themselves are further strengthened with plastic eyelets and extra stitching. The other four laces run in thin nylon straps which stretch down and round to the sole.

There is not much padding round the ankle area but the tongue is fairly soft and cushions the relatively thin laces very well.

Overall, this is a shoe where a great deal of attention has gone into making it both comfortable and durable in extreme conditions and this has certainly been successful. It fits like a glove from the first moment and the lacing straps mould it closely to the foot, with the top two in their thicker strap holding the foot very firmly in place to give a sensation of comforting security on all sorts of terrain. Despite the lack of padding on the ankle there is no feeling of anything digging in and the shoe never feels loose or floppy at all.



A variety of testers produced little except praise for the shoe – its sole is amazing in the degree of grip it produces uphill, downhill (especially downhill) and traversing and once you've realised the extent of its traction you develop considerable confidence in it, stretching out down slopes where you might previously have been far more tentative with anything else between you and the ground. For dry conditions the sole is a bit wasted as the depth of the studs places you a bit high off the ground but in softer conditions it is astonishing.

The solidity of the upper construction means that it can take on scree, rocks, heather and other things which can tear and unseam other shoes and it comes out unscathed every time while the lacing system, especially at the top, ensures a

constant feeling of stability however rough the underfoot terrain.

It might have been that a shoe of such robust construction would have been on the heavy side and while the 330 is a tad heavier than some of inov-8's other products it could never be described as cumbersome, in fact quite the opposite as several testers commented on the precision they felt while wearing it. No doubt some of this is down to the use of the dual layer mesh on the upper, which has the double effect of keeping the weight down and allowing water out easily once you've ploughed through the first stream or bit of bog – in fact there appears to be nothing at

all on the shoe which will hold water, so even in the wettest of conditions your feet never feel clumsy, unless you like wearing really thick socks but that won't be the shoe's fault!!

Nothing, of course, is perfect and there has been some discussion on the fact that for some people inov-8 shoes appear to exacerbate Achilles and calf problems – in fact quite a discussion on this has recently appeared on the FRA Forum – and so we looked into this supposition at some depth. The theory that it happens because the soles are on the hard side doesn't appear to be valid as, when we compared them to a variety of other brands, there was little or no

difference in the actual density of the studs. Nor is there any credence to the opinion that the midsole is on the thin side, because it isn't – in fact the heel midsole thickness is actually slightly greater than that of many shoes. The most likely reason seems to lie in the shape of the inov-8 heel, which, unlike any other is not flat but convex – very little transversely but quite markedly along the length of the shoe; this acts like the old fashioned "spring" put into the soles of walking boots and imparts a fair degree of momentum as you put your heel down, especially downhill, so that your foot rolls forward rather than splodges down flat onto the ground. It also means that the rearmost studs bite in earlier, which is one reason for the shoe's brilliant downhill performance. However, it also means that the actual impact point is much smaller

than on a conventional heel and thus that momentarily you experience a greater shock loading – on soft ground this doesn't matter a bit but on hard terrain, especially a gentle downhill gradient where you're travelling fast, the cumulative effect is what seems to cause the problem. It was significant that virtually everyone who had experienced this said that it had occurred after running in hard, dry conditions and that it disappeared once the ground had softened up a bit. It also appeared to disappear if a slightly softer, more resilient insole was used, so the solutions seem clear – don't use it in the middle of summer, or replace the insole if you have difficulties.

In conclusion – this shoe has been built both to last and to perform and inov-8 have created an excellent product which seems tailor-made for the majority of British fell-running conditions and which, provided there's no messing around with its design, could well become standard footwear on the hills.

## Helly Hansen Lady's Venus Jacket

The Helly Hansen Venus jacket is marketed as a very light weight, windproof, water resistant jacket. In appearance it is unfussy and to the point; there are no pockets, hoods, hanging

loops, compression straps, mesh or Velcro. It has a single, full length zip; elasticated cuffs; an elasticated draw cord around the bottom and ventilation holes under the arms. A small, neat collar ensures a close fit around the neck. Reflective flashes on the shoulders and a discreet Helly Hansen logo complete this minimalist piece of kit.

Weighing in at about 55g (size M) and packing to the size of a small orange it is indeed extremely lightweight. On first acquaintance, its flimsy appearance and feel are rather disconcerting. However, the jacket stands up well to the rigours of bum bag life; the construction is robust, with all the main seams being double stitched and once preconceived ideas about the tissue paper feel of the fabric are overcome, it becomes a very reassuring piece of equipment to have with you. The one flaw in the construction during testing was that the elastic drawcord unattached itself inside the seam. Whether this is a small design fault or a one off, I don't know; it didn't unduly affect the performance of the jacket.

As a windproof it fulfils its function admirably. In very light drizzle it is also fine but definitely started to take on paper bag qualities when the rain got heavier. The cut is excellent; neat and close fitting with no spare material to flap about and

cause irritation, while at the same time allowing practically unrestricted movement. It is so comfortable that were it not for the reassuring whisper of the fabric you could almost forget you were wearing a jacket at all.

In summary, the Venus proved to be an excellent ultra light weight running jacket, providing very good protection from the wind while being extremely unobtrusive and comfortable to wear – a recommendable piece of kit, even at nearly £60.



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# Reflections on 2006

by Ben Abdelnoor

*It seems the season is coming to a close. As the season winds down I thought I would take the opportunity to share some of my personal moments of pain and pleasure from what has been my first full season of fell running. The first, I hope, of many.*

I don't want winter to come. I don't want the dark nights and short days. I don't want the miserable weather and cold mornings. More than anything though I don't want the fell running season to end. I can't bear the thought of weekends with no racing and training for seemingly no purpose.

So much has happened this year and I look back with many happy memories. There were disappointments and upsets too, but I push them to the back of my mind and there I let them fade.

The season began with a lung-bursting climb up Causey Pike, in the Newlands Valley, followed by a mid-week race at Loughrigg. I love the evening mid-week races, like Loughrigg. They're relaxed, informal and small-scale, even more so than weekend races. They also seem to attract a hardy bunch of friendly, local runners. The Saturday following the Loughrigg race I was in the Wasdale valley for the Middle Fell race. To my amazement I took the lead, from the summit of Middle Fell to the valley bottom. With rousing encouragement from Jos Naylor, standing outside his Greenhead cottage, I slipped to second position! The driving hail in

that race was the most painful I've experienced and looking back at the start line photo I was the only competitor wearing just a vest!

My result of the season came at the Anniversary Waltz. To finish 30th was more than I'd dared hope for in this British Championship event. I was overjoyed, once again managing to shed a tear on crossing the finishing line. In contrast to the cool and overcast conditions at the Waltz, the Coniston and Kentmere horseshoes were two races run in exhausting heat. I enjoyed neither and struggled throughout, particularly disappointed with my Kentmere time.

On a more pleasing note I managed to return to my home in Northumberland and win two local races on consecutive evenings. Although the second race, Beacon Hill had just 14 starters, it was a satisfying and proud win at Stanhope in the Saltwell Harriers five-mile event – my local race.

Back in the Lake District my low period of the season came at the Two Riggs race in St John's in the Vale, just south of Keswick. It was a torrentially wet night with strong winds and driving rain. I sat hunched up in my car until the start, without warming up or stretching. I pulled up mid-race in pain. I was diagnosed with sciatica and my season and future seemed bleak and hopeless. I was distraught and frustrated and was not to run again for another five weeks, shelving keen plans I'd had for the

long Duddon and Wasdale races.

I still took the Saturday morning off work to drive over Wrynose Pass to watch the start of the Duddon race. I hobbled to various points on the route to give vocal encouragement and offer water. Of course I couldn't miss the Wasdale, another race I'd planned to enter, so off I went up to Esk Hause with a supply of water, flapjack and jelly babies to cheer on those hardy souls.

I've enjoyed meeting new people at races, recognising old faces, and putting names and faces together. Time and again I'm reminded what a small and friendly little sport this is, another reason I love my fell running. I've dragged friends along to race at Loughrigg and Steel Fell (offering to pay the entry fee at the latter!) and invited them to watch at Torver Country Fair. They've enjoyed it and I've shared in their enjoyment.

It's been nice to open the local paper and read the race reports and results of events in the South Lakes and beyond. In a conversation with Mike Addison, Editor of the Westmorland Gazette and a Helm Hill runner, I joked that my name never made it into any of his race reports. I've since found the best way to get a mention in the local paper is to write the report yourself, giving a certain 'Ben Abdelnoor' a mention!

It's not just about competing in races, but taking part. Caw Fell and Blisco Dash were two that I took part in at a

leisurely pace, taking time to enjoy a warm, sunny, evening, stunning scenery and an opportunity to share in the enjoyment of competing with others. A non-competitive race is an experience to be enjoyed every now and then. Often it's been the little things that bring back the happiest memories, stopping for fish and chips in Keswick after getting soaked whilst spectating at Langstrath, club training runs on summer nights over the Langdales as the sun is setting, laughing and chatting in the pub over a pint after a mid-week race.

There's an excitement and pleasure in reccing races too. To know the Rydal Round route so well gave me great satisfaction on the day, especially finishing third in front of such a large crowd at the Ambleside Sports Day festivities. Recent recces with club mates of the Three Shires and Langdale Horseshoe have provided the inspiration and encouragement to keep training to the end of the season. The imminent Helvellyn Triathlon and selection for the Ian Hodgson relay will also keep me on my training toes.

And so, although the season is not quite over, it's certainly drawing to a close. I've made up my mind to take myself away from the Lake District for a few months and return next season with fresh hopes aspirations and ambitions for an exciting 2007. I for one can't wait for the new race fixtures book to drop through the letterbox – a little indication that a new season is on its way!

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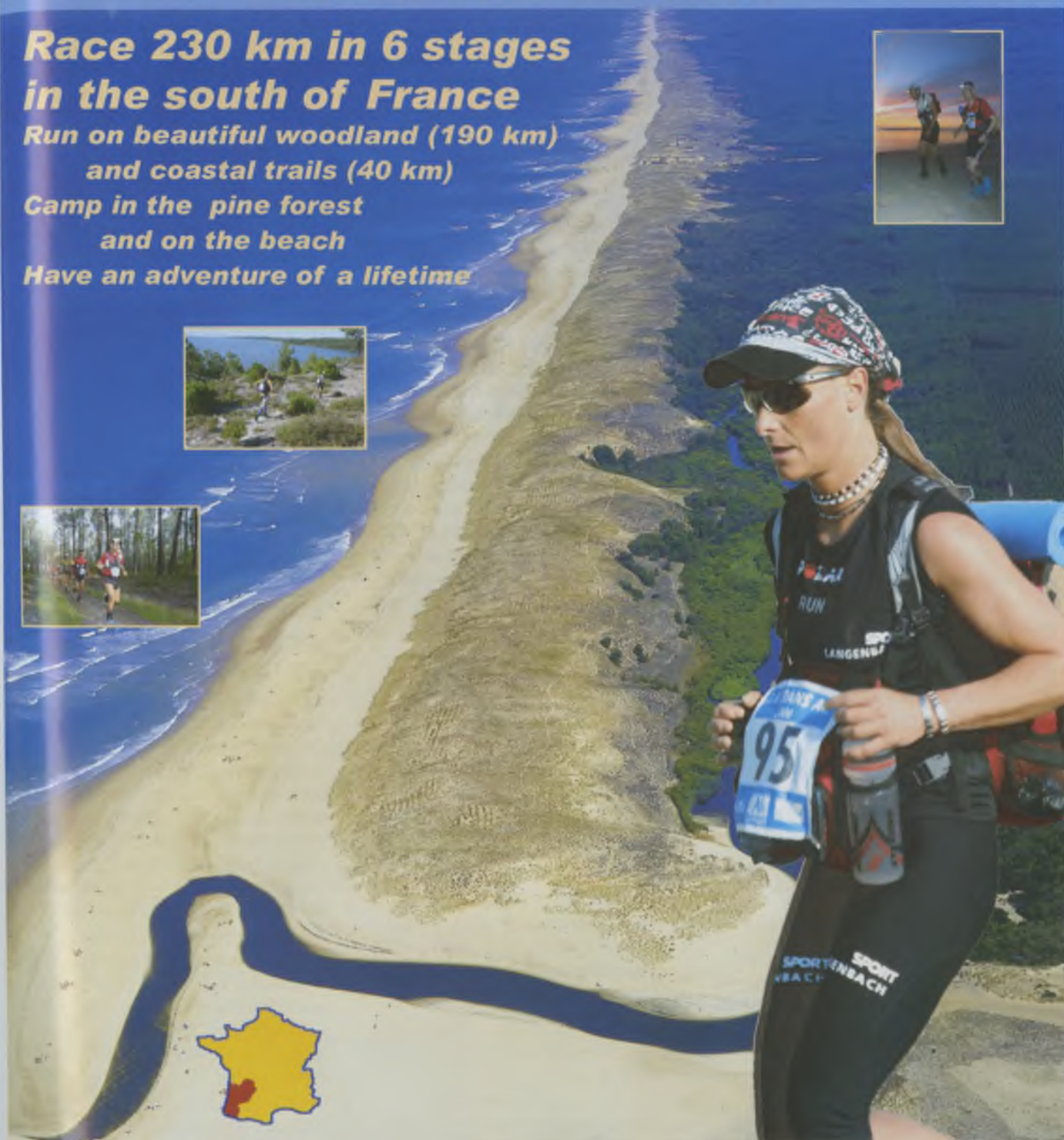
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# A Sea to Summit Challenge

(The Med to Mulhacen)

from Mark Wooley

It was September 2005 and we had just finished the Ultra Trail du Mont Blanc, a 158 km and 8600 m of height gain race, considered the toughest and most demanding ultra in Europe. We were satisfied with ourselves, although none of our team really did anything spectacular, we all aimed just to finish and systematically plodded our way, all around the Mont Blanc massif, though France, Italy, Switzerland and then back into France to finish comfortably within the allowed time limit. When we arrived back in Spain, our appetites for adventure running were truly awakened and we eagerly sought new challenges.

I had read on several occasions of cyclists taking a route from sea level and cycling to the summit of Mulhacen at 3482 m, in one push. This adventure is well documented and a quick Internet search revealed that it was considered a challenge to which only the very best cyclists would aspire, many teams opting to do the climb in two days. A further search revealed that no one had actually attempted to actually run the route on foot. This would be our challenge. We would run from the beach at Salobreña on the Granada coast at 0 m to the summit of Mulhacen at 3482 m which is the highest point on the Iberian Peninsula, and in one stage. As adventure runners, this is what we aspired to, new and exciting challenges where the outcome was unknown. Would the distance defeat us? Would the lack of oxygen above 3000 m prove too much after all those kilometres from the sea? Why hadn't any body attempted the route before? Was it too difficult or was it just a question that nobody had the imagination to try it before? What would we do if one of the team became ill? All of these questions and the uncertainty of the challenge only made the whole thing infinitely more interesting. However, whilst we were still preparing the plans for the attempt, the weather broke and along came the first snows of winter. We

would have to wait until the following year.

Friday the 14th July saw seven of us with one hand each in the sea water at exactly 8 o'clock in the evening. The idea was to be touching the sea at 0 m when we started. We had decided to wait until the following summer simply because the upper part of the challenge could really be quite dangerous if the weather was a bit dodgy. When you consider just how tired and drained of energy we would be after the climb from sea level, and the fact that we would be completely unsupported once we were inside the boundary of the Sierra Nevada national park, we decided that we had to have relatively warm weather on the summit. We not only had to make the summit, but also get back down again safely. Unfortunately relatively mild weather on the summit meant blisteringly hot weather lower down. To compensate the 40°C+ daytime temperatures in this part of Spain at this time of year we decided to take the lower section at night time, run through the night and then planned to be entering the park with the first light of day.

So, here we all were on the beach at Salobreña with one hand in the water wondering just how the events were going to unfold. José Antonio Méndez López, a close friend of one of the runners, had volunteered to act single handedly as our support crew. We hadn't really appreciated just how important this would be, and even at sea level, right by the beach and at 8 in the evening it was still hot and in the mid 30s centigrade. We would lose a great deal of fluids in the coming hours and Mendez would be our only supply.

We had originally planned to run on the main road that joins Motril to Granada. A cycle track had been marked at the side of the main carriage way but intense traffic made this prospect look decidedly dangerous. The adjacent river bed on the other hand looked very appealing. We set out from the beach

and immediately followed a dusty track that laid parallel to the Guadalfeo river. This we followed for approximately 5 kilometres until we were forced into the dried up river bed itself. The comfortable running on the track turned into an ankle twisting cross country adventure where we had to pay the utmost attention. A slight miscalculation would result in a twisted ankle or worse. The smooth rounded pebbles, of golf ball to football size, looked harmless enough, but the smoothness meant that it was easy to slip and although we thought that this would be similar to running a mountain trail we were wrong. However, 15 kilometres later we hadn't suffered any injuries so it wasn't that bad. Just after joining the river bed, we made our way through Los Vados, a spectacular limestone gorge of some 300 m in height. A couple of us are climbers as well and we pointed out routes that we had done and spoke enthusiastically of adventures lived out on these faces in times gone by. The most famous route being Orion, a 6c, 200 m route that takes a line directly up the huge orange wall on the left hand side.

At the end of the river we were met by Mendez with liquids and food. We were two hours into the run and very dehydrated already. The high humidity close to the sea and the hot temperatures had made us lose a lot more liquid than we had planned. We fuelled up and then hit the C332 road that leads to Orgiva. The road started to climb steeply but levelled out after a while and for the first time the group started to fragment. This wasn't a problem and the village of Orgiva was reached at 11:30. We had made good time but personally I did not feel sharp. After three and a half hours into an ultra I would normally expect to feel much better than I did on this hot Spanish night. Maybe I had over trained the previous week, or not fuelled up adequately but probably the unusually high temperatures had caused me to dehydrate sufficiently to affect my





Mark definitely on the mountain section!! Photo - Pedro Maldonado

performance. Once the humid sea region was left behind, we entered into a very dry desert like atmosphere. Either way it was extremely hot and the mild night time temperatures that we had expected simply did not occur. At least not low down.

The road from Orgiva to Capileira, passing the villages of Pampaneira and Bubión saw a radical change to the run. The road started to climb much more steeply than before forcing us all into a slow plodding jog. The compensation being the height gained rather than the actual distance covered and we started looking at our altimeters as a reference point as to how well we were doing. At this point the group finally split into two, with one group being faster than the other. I stayed in the slower group. Past experience of making myself extremely ill by forcing my body beyond its limits has taught me to listen carefully to what it is saying. The sensations simply weren't there to go fast and I settled into a slower jog and started to power walk the steeper sections along with three of my companions. The great thing of gaining the height though, was that little by little we left the suffocating desert heat behind until at last the temperatures dropped to a comfortable level. This was such a joy and for the first time since we had started out I didn't feel that I was losing water faster than I was putting it in. The faster group hit

the Capileira village at 4, and we hit it at 5 in the morning.

At this point there were still 11 kilometres to the park boundary and we carried on making steady solid progress. Although physically nothing ached, except for a couple of blisters I felt very, very sleepy. The experience of previous runs through the night however, have taught me that this passes with the coming of dawn and as we reached the park boundary and the first light of day came through the thick pine forest that surrounded our dusty track, my body decided that night time was indeed over and that it was time to wake up again. I felt great and upon reaching the boundary, where Mendez had already gone to sleep we made ourselves some coffee, got some breakfast, changed our road shoes for trail shoes, picked up our rucksacks and set out full of energy with the summit in our sights.

There are 15 kilometres from the park boundary to the summit of Mulhacen with a height gain of some 1500 m. None of us was actually running now, but power walking with poles instead, which is by far the most efficient way to move in the mountains. We made rapid progress along the broad south ridge leading to the Mulhacen summit and the rising sun added to the sense of euphoria that seems to accompany me whenever I run though the night to watch the sun rise in the

mountains. The first time I was hit by this awe, and perhaps what can only be described as a spiritual experience was in the Alps when doing the Mont Blanc Trail Ultra for the first time. The sun came up, lighting up the glaciers and the big mountains of the Alps. I found myself in one of the most beautiful, spectacular places in the world and life was just great. This time in Sierra Nevada was no different from that time in the Alps, even though I had been here many times before.

When we arrived at the summit, the rest of the group was waiting. We all hugged each other and congratulated each other on the ascent. As it turned out, the faster group had paid a price for speeding up lower down and a couple of the guys had had a difficult time on reaching the summit. The fastest making the summit at 10:20 in the morning. We had arrived at 11:10, just 40 minutes later, but despite the obvious tiredness I personally felt intact and grateful for not having slipped into competition mode with my friends lower down. Juan Miguel got out his kite and made various attempts at flying it on the summit. This was a source of great amusement but when he eventually got it off the ground we all cheered him enthusiastically. It made a great finish to the climb.

We had run exactly 80 kilometres since we set out the previous evening and climbed a total of 3600 metres. We started at sea level and finished at the summit of Mulhacen, the highest mountain on mainland Spain. The fastest of our team had taken 14 hours 20 minutes and the slowest 15 hours 11 minutes. All that was left was the descent which we took light heartedly and without rushing.

Logistic support: José Antonio Méndez López del Club Boquerón, Málaga

Athletes: Manolo Domínguez Luzón, Alpino Jarapalos, Mark Steven Woolley, Alpino Jarapalos, Juan Miguel Molino Angulo, Alpino Jarapalos, Rafael Molino Angulo, Alpino Jarapalos, Pedro Maldonado, Boquerón, Kurro López, Bomberos de Málaga, Victoriano Padilla Barriónuevo, Bomberos de Málaga





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**Inov8 Mudclaw 270 £65**  
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: 4 - 12



**Inov8 Mudroc 280 £65**  
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.  
Sizes: 4 - 12.5

**Inov8 Mudclaw 'O' 330 £65**  
Extremely durable fell shoe with aggressive outsole. Dual layer mesh upper for comfort and protection. Outstanding grip from Inov8 sticky rubber compound. Also suitable for orienteering.  
4-12.5, 13, 14.

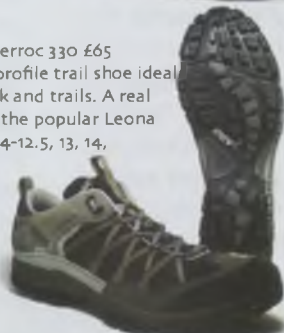
**Inov8 Mudroc 290 £60**  
Ultimate fell shoe offering great low profile stability. META FLEX midsole for accurate contouring. Anti clog outsole.  
Sizes: 3.5 - 12



**Inov8 Flyroc 310 £65**  
A lightweight trail shoe with a breathable upper. Good grip in the mud.  
Unisex sizes: 4.5 - 12

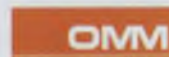


**Inov8 Terroc 330 £65**  
A Low profile trail shoe ideal for track and trails. A real rival to the popular Leona Divide. 4-12.5, 13, 14.



NEW

**Odlo Evolution Warm**  
State of the art thermal technology. Climate zones function at strategic points for maximum moisture transport and warmth. Adapts to the individual.  
Men's: Limoges Blue, Granite M, L, XL  
Women's: Hot Coral, Granite S, M, L  
£45



**OMM 10L Sac £30**  
This sac has loads of reflective elements. The back system is removable to make a sit mat. It can take a bladder although it doesn't come with one. There are two side mesh pockets for gels or water bottles. Zip opening all around the sac with a flap. Zip pocket in the flap. 10 litre capacity. Ripstop Nylon.



**Sugoi Hydrolite Run Jacket £68**  
Superlight weather protection in a translucent laminate which shields from wind and rain. Lift panels along collar, wrist and underarms. Welded seams. Rear pocket featuring self pouch. Reflective detailing.  
s,m,l,xl  
Colour: Smoke



NEW

**Sugoi Radius Vest £55**  
Lightweight vest with stretch, water and wind blocking and breathability. BaseBlock is a 3 layer stretch laminate. Loop textured stretch back. Next to body fit. Back pocket with MP3 feed to neck loop. Double rear pocket. Reflective detailing.  
Men's: Seal Blue s,m,l,xl  
Women's: Vivid s,m,l,xl



NEW

**CRAFT Pro Zero Extreme £25**  
New from Sweden. Lightweight and extremely elastic base layer. Air channelled weave regulates heat and expels moisture. Superb fit. Men's and women's available  
Black  
XS, S, M, L



**DRYZONE Boot Drier £14**  
The Dampire DZ-DRYZONE is a non-electric boot and kit drying system which requires no heat or effort to use. The system is easily and quickly regenerated after several successive applications to provide years of protection.



# The Whole Jolly Jaunt Bursa, Turkey 2006

from Bashir Hussein and Adrian Woods

Well here's how I saw it....

Once upon a time there was a bunch of fell runners, roads runners, track runners and two old wise men called Mark and Bashir. To entertain these old people there was an old wise lady called Denise and when she rubbed your legs you came to life! Ask anyone who has been blessed with her therapy (or been done by her!)



Bashir, Denise and Mark being all patriotic  
Photo - Pete Hartley

Well in the beginning, which was way back in May when the flights were first booked, before anyone knew of the magical gifted people who would board it, Mark and Bashir discussed all sorts of things that would make this jaunt a happy and successful sortie.

After a trek though the wilds of deepest darkest dale and peak of that far away land known as Wales, Bashir & Mark unearthed a band of gladiators that would do battle on the slopes of Mount Ulladag in Turkey (Mary will testify to the battles). The team to take on the world were:

#### Senior Men

Steve Vernon (Stockport)  
Andy Peace (Bingley)  
Will Levett (Bedford)  
Lloyd Taggart (Dark Peak)  
Mike James (Shrewsbury)  
John Brown (Salford)

#### Senior Ladies

Victoria Wilkinson (Bingley)  
Rebecca Robinson (Kendal)  
Anne Buckley (Salford)  
Mary Wilkinson (Skipton)

#### Junior Men

Alistair Brownlee (Bingley)  
James Keyan (Horwich)  
Alec Duffield (Loftus)  
Nick Swinburn (Morpeth)

#### Junior Ladies

Emma Clayton (Scunthorpe)  
Heather Timmins (Warrington)  
Jenny Reed (Chesterfield)

## WEDS 6TH SEPT.

"Bedtime Bashir!" was screamed at me a little after 6 p.m. However, today is Wednesday and I told my legal guardian that I'm sure its Thursday we leave. "Yes it is but you've to be up at the crack - so go t'bed now it's past 6 p.m.!"

I'm sure the rest of my trusty squad may have had similar directives thrown at them by their nearest and dearest. "You'll need all the rest you can get for the long journey."

How true these words were, as we were about to enter the twilight zone of ultra sleep-deprivation and the zombified world of flights, flight numbers, boarding gates, KLM transfer desks and public lavatories (where people sometimes shower among other things).

## THURS 7TH SEPT.

4 a.m. and I made it, actually it's 4-05 a.m. and everyone was just about ready to go. A quick head count revealed we were missing our distant Geordie friends and our World Champion Triathlete Alistair Brownlee, who presently is also the best junior triathlete in his house - but this will change in the future - ask Jonathan!

First the England kit/parachutes as some of the Junior Ladies were to discover on a windswept plateau on Sunday morning. Hilly socks were the next items to be distributed for the team.

Well at least we've got kit - although England Athletics only had large tracksuits!

We boarded the plane Flight KL0666 (or something like that!) on time at 0605 with our foreign Turkish lira (2.5 to the £).

Then we chatted a bit about the land that lay ahead and what we might encounter.

Then we sat and waited...

Then we waited a little longer .

Then we waited some more

And then the nice man who sounded a bit like Dom Jolly when he is mimicking a tourist said there was a technical problem and they were going to go scratting around the airport hangers for a bit of metal or a game boy program to get the thing in the air!

So we waited some more. We chatted a bit more while we waited.

Dom jolly then spoke to us a again and said that they'd looked in all of the hangers, been to the corner shop and even to Roysten Vasey's Local shop, but still couldn't source the missing item that was delaying Flight KL 0666.

Dom informed us that they would have to go to a special Dutch shop for the missing item and it would be hours before we got off! (the ground that is)

And so it was, hours and hours later. In the meantime Anne Buckley did her bit to source an alternative to the initial plan chatting at length to a fireman, of all people. We realised that an 11a.m. flight might do the job and pleaded with all our might and charm and charisma - Ms Miller (or was it Ms Damien?) from KLM then told us that we would be aided on our journey-, which was reassuring, but also totally untrue.

We boarded a flight for Amsterdam expecting to go via Paris to Turkey, but on arriving at Amsterdam found out that we were booked on a flight to turkey at 20-50 in the evening. So at around mid-day we had a bit of time to kill and some of us were in the mood to kill, I can assure you!

Our group of World Trophy Runners relaxed and chilled like troopers of the world (whatever that means?)



I slept and ate and then chatted a little.

Amsterdam Airport did good trade with one or two of our party and John Brown purchased the sweetest little battery-operated thing – in the shape of a digital camera!

Trish Sloan was with us and looked pretty tired, like the rest of us, but ambled on, boarding our Flight to Istanbul. We knew we had a marathon ahead of us as Alan Barlow/Neil Goldsmith/Danny Hughes had co-ordinated being met on the other side by a coach at 2 a.m. to drive us through the night to our Bursa base.

At last plans that will work. Thank Foot for That!

And so at round 6 a.m. Friday morning we emerged from the Twilight Zone of international travel and the K. Ell Hell of black comedies.

### FRI 8TH SEPT.

After receiving our room keys, we were just in time for breakfast. Some had breakfast and went to bed to meet up again at a jolly time of 2 p.m. And how jolly we were at 2 p.m. - Sleep, comfy beds, international people and pretty mountains, some pretty people too, (or was that a mirror?)

To the dismay of a few it was then photo time for the official ID tags – it makes us look important though – a bit like the dog tags back home. If we get lost someone would read our tag and take us home to the hotel! None of us spoke Turkish – so it was important we keep them, especially if you were left lying in a pool of blood!

Which brings us to ....

Alarm!!

Jonathan Wyatt (5 times WT champion) has been bitten on the bum while receiving the lower parts of the course. Anti rabies and tetanus injections have left him doubtful to start. This has also put the wind up a few of the team as well. Off road running is potentially dangerous and it is no comfort to see stray dogs wandering the area in which we are staying.

Today we just walked/ran the JL course and chatted a bit, talked tactics (or tictacs as David Beckham might say- si?)

Met up with an older athlete armed with a half brick and a tree trunk in case of dog attack – while it was amusing it was also a reality check bearing in mind Jonathan Wyatts' bum.

Cable car trips were a bit up close and personal (did anybody notice my aftershave – bloody expensive sort it was)...Getting to know you... or not. I met a few people.

The Turkish locals were blooming friendly, happily singing on the way down and smiling without a care in the world, (after all they don't have to run up that blinking mountain do they?)

Back to base and our mountain goats are ready for their nosebags.

Denise has not been seen all day, although several of our athletes would dispute this as they smile happily with the body servicing they've had in the lower parts of the hotel. 1 a.m. it was before Denise accepted her clocking off card, such is her thoroughness and dedication to our national team.

### SAT 9TH SEPT.

Sleep was very good again, although a few of the dogs had been shouting at the moon the previous night.

First we had a technical meeting for final changes, info etc. We were still concerned about cable car trips and a possibility of rain. Then it was the WMRA Meeting on next year's WF in Switzerland & some voting.

We had our meeting for the distribution of numbers and travelling arrangements on race day. Questions and concerns were highlighted and the need for hydration and chilling out this evening. DVD comedy is an option (Peter Kay & Snippets from

the best of British Comedy over the years). Our hotel provided an excellent Cinema/conference room that was underused.

A 4 p.m. bus takes us to the start of the Opening ceremony and team parade in a busy bustling Bursa. After one hour on the bus, we are in amongst the throbbing crowds, bazaars, shops and quintessential Turkish city life. The Parade is pulled together with an impromptu stopping of the traffic in a very busy main street. A wide variety of nations are proudly walking towards central Bursa with their national tracksuits and charming chaperones holding the nations' names in Turkish, (how do you spell it again Denise?). The weather was great for the opening ceremony and the sound of cameras at work sounded like a bunch of crickets and alligators clicking and snapping in the jungle. And of course I'd forgotten to wash my hair!

After the end of the speeches and traditional dancing we decided to return via the cable car rather than a 75 minute return journey on the bus. 4000 feet in around 3km was the gradient of the cable car. Views were awesome. But the refreshments Peter promised us were like the roses on top of Mount Everest - you don't get them (did we Peter?). But we did get a good view of a baboon's bum and some excellent candidates for DIY disasters.

The final dinner before the World Trophy race beckoned. It came and went as we discussed tactics and terrain and just generally went on and on like old men can!

### SUN 10TH SEPT.

5-45 a.m. was a good time to start and to get a little breakfast. Interestingly some did and some did less. (with minimal proteins being the aim to aid a settled digestive system). Plan A was to be on the road for 7-30 a.m. but this was delayed by a lost race number – we informed the technical office and made our way to the start at 7-50 a.m. with the Junior Men and Junior Women.

Meanwhile back in the massage room at 7-30 a.m., Andy Peace was being put through his paces by Denise making him tick in all the right places as we were to discover later in the day.

Junior Ladies were at the start around 90 minutes prior – sitting chilling became a reality when we realised it was pretty cool on the windswept plateau at 1000m (3300' in old money).

So indoors we went sourcing toilets and chatting amongst our rivals. Meanwhile we had continued to inform officials of a missing number. Time passed quickly and the Junior Ladies got themselves warmed up and ready to go. And off they went. (See Race Reports). To be met on the line by the busiest of bees in the shape of Denise.

hat down at the Junior Start, everything was pretty cool and funky on another windswept start. The guys were imitating chimpanzees to good effect and initially took some hunting down. To help them relax Mark gave them a colour by numbers task that they worked at to good effect. Alec was given the task of



Victoria Wilkinson, England's 1st Counter, trying very hard indeed Photo – Pete Hartley





Andy Peace – first British counter  
Photo – Adrian Woods

turning on the charm to acquire some pins for Nick's homemade number, or did he volunteer? It was noted that the Danish team were last seen totally charmed and minus a pin each; such was the extent of Alec's charisma (unless he'd promised them a cornetto!)

The Junior Men's Start and Alec, Alistair & Nick led out the field before settling in to their running.

The Senior Ladies were chilled in mind approaching their start. A picture of focus and efficiency was how Mark described the demeanour of our Ladies.

The senior men were happy chilling and looking like old warhorses as they relaxed 45 minutes prior to the off in warm sunny conditions. It was good to see. They were positive and ready to do battle over 12km and 1275m climbing (7 miles and 4200'+). A piece of cake .....is what they'd need at the end!

And the races finished. (but not before Denise met up with Mike James to assess the damage of his ailments that had ruined his debut performance.

Then there was the presentation – a few of the team were starting to look spruced up. I was concerned I'd not see the JM but I later found out why- they'd gone off for a Monroe bash.

Fortunately they came back triumphant (with bums intact!).

Meeting the team – Nick is focussed on living life to the full, maybe he lacks a little patience, and of course he speaks top drawer Geordie.

Alec, the cornetto man from Whitby, is a funny guy, he smiles and laughs a lot, but turns it on when it is time to. If he is not competing this is usually when he selling Ice Cream in Whitby I believe!

Alistair is a bit like your hyperactive little brother who's missed a dose of Ritalin. He's a live wire and I'll bet he twitches in his sleep.

James is a thoughtful, passive and older man of the junior team, I guess you'd call him the dad.

Heather Timmins is bundle of happiness and joy taking in all that is before her. Life is an experience - Live it!

Jenny was concerned about the culture shock that is before her. It is so .... not Chesterfield, but having relaxed she is getting with the rhythm of the local life.

Emma is a sharp-eyed social expert who deals with any attention in a manner that sometimes belies her age. A polite smile with a firm negative usually does the trick. Her tenacity when racing is impressive too.

Mary is not scary, but rather pleasant and accommodating in social circles, but on the start line scary is what she does. Victoria is of a similar vein complete with wild dance moves, when necessary. But not as wild as Anne, who shows her moves and tenacity when needs must, be it on the dance floor, KLM desk or start line. Rebecca is a little new to some of this, but is quietly very capable of handling herself in all walks of life - medical, cultural or climbing mountains.

Lloyd Taggart - races a lot, but usually races very well as well. An easy going and laid back character that has a demon in his legs that is ignited with the command of any starter.

Steve Vernon – amiable and charming, but dedicated and as focussed on the job as anyone. Good to have around when relaxing and generally happy go lucky.

Andy Peace - laid back and steely confident of his own abilities. Reliable and steady fast –he gets the job done. Mike James on his debut was new to all of this malarkey. With his clear ability and personality he was very much at one with the team.

John Brown, the most experienced in the team with 8 WI's to his name. A much-travelled man from Manchester, he rarely lets the team down and again he ran well.

Will Levett - an easy going south midlander and our most southerly representative from Bedford AC. Focussed, polite and reliable – I didn't ask if he was single, ladies!

Well, the dance floor was throbbing and pumping out all kinds of gyrations and mobility moves. While it was generally in the swing of things – I'm sure one or two people were moving to a different beat!

But everyone was having fun. Some were slow to shake their thing, but most eventually joined the lively party.

Later we retired to a late bar across the road that was serving snacks and a variety of liquids. Here we could hold conversation more easily and elaborate on life in general. It became apparent at around midnight that we were to be up at 6 a.m. for breakfast and so, many of the group began to retire, although room 301 had the first retiree. Alec had met up with his family to begin their Turkish tour that started with a boomerang trip!

#### MON 11TH SEPTEMBER.

6-30 and we were all ready to roll. It was a long, long, long, long journey to Istanbul Airport. It was after midday before we arrived. Being detached from the group on leaving our Turkish flight (double checking our team knew where to go) I headed for a meal. While eating, a conversation was struck up with Nick and James with regard to the weekend. It was getting interesting as we exchanged stories and photos. Conversation was rudely interrupted by a mobile phone ringing. Apparently the flight was waiting for us! Without further delay we made it home for 7 p.m. to be met by parents, spouses and rain!

Welcome Home to England!

A big thanks to all of the athletes, who behaved impeccably. This made some difficult delays while travelling much easier to handle and often rather pleasurable and witty. Denise, I know many of the squad are indebted to your body servicing and without it I am sure they would have found the slopes of Mount Ulladag even more daunting – Thanks again.

# World Trophy, Bursa, Turkey

## 10th. Sept. 2006 Results

### MEN

1.	ORTIZ Rolando	69	COL	56:16	81.	COLLINS Matthew	79	WAL	1:06:18
2.	WYATT Jonathan	72	NZL	56:22	82.	ANTHONY Alasdair	77	SCO	1:06:23
3.	FELFELE Tesfay	86	ERI	56:39	83.	DURER Serdar	82	TUR	1:06:30
4.	SELCUK Selahattin	83	TUR	57:11	84.	DORSZYNSKI Grzegorz	83	POL	1:06:36
5.	DE GASPERI Marco	77	ITA	58:20	85.	BROWN Stephen	85	AUS	1:06:41
6.	GAIARDO Marco	70	ITA	58:35	86.	ARKHIPOV Eduard	74	RUS	1:06:44
7.	ASLAN Ahmet	86	TUR	58:46	87.	TILTON Kevin	82	USA	1:06:46
8.	TADESE Maekele	81	ERI	58:54	88.	KALAMPUKAS Haralampos	80	GRE	1:06:51
9.	ANDEBRHAN Fikre	80	ERI	59:13	89.	CROSSAN Gary	71	IRL	1:06:53
10.	GUTIERREZ Simon	66	USA	59:21	90.	CARTY Neil	66	NIR	1:07:00
11.	BLAKE Eric	79	USA	59:28	91.	PIETRZYK Krzysztof	79	POL	1:07:08
12.	JANDARI Said	72	FRA	59:33	92.	KLISZ Tomasz	81	POL	1:07:28
13.	GUERRA Silvano	68	ECU	59:44	93.	TITUS Morgan	83	CAN	1:07:34
14.	CURA M. Munir	74	TUR	59:54	94.	LUPIEZOWIEC Piotr	77	POL	1:07:51
15.	ABATE Gabriele	79	ITA	59:59	95.	WAGNER Dominik	86	GER	1:08:02
16.	FONTAINE Raymond	79	FRA	1:00:06	96.	LOPEZ N. M. Angel	79	MEX	1:08:09
17.	AHFEROM Mehari	76	ERI	1:00:32	97.	JANZEKOVIC Stanko	76	SLO	1:08:11
18.	CHICCO Davide	73	ITA	1:00:38	98.	HAMELINCK Wouter	82	BEL	1:08:24
19.	SYLTA Qystein	78	NOR	1:00:42	99.	WHITLIE Stewart	85	SCO	1:08:36
20.	LAMOVEC Peter	84	SLO	1:00:46	100.	VAUGHAN Alun	79	WAL	1:08:44
21.	SANCHEZ H. Ranulfo	71	MEX	1:00:48	101.	DOYLE Stuart	66	AUS	1:08:51
22.	LEON A. Miguel	72	MEX	1:00:56	102.	TANCHYNSKI Uladzimir	67	BLR	1:09:02
23.	ANCAY Tarcis	70	SUI	1:00:57	103.	DUNCAN Stephen	71	NIR	1:09:04
24.	BURRIER Georges	79	FRA	1:01:04	104.	NAYLOR Donald	71	WAL	1:09:12
25.	GATES Ricky	81	USA	1:01:08	105.	URBANOVSKY Martin	85	SVK	1:09:14
26.	MANZI Emanuele	77	ITA	1:01:12	106.	SUBIC Marko	65	SLO	1:09:15
27.	WARRENDER Dale	73	NZL	1:01:14	107.	WOODS Neil	66	NIR	1:09:18
28.	CEULEMANS Rik	72	BEL	1:01:17	108.	COSTLEY Phil	70	NZL	1:09:23
29.	DU BOIS Ben	75	AUS	1:01:22	109.	ZAK Dariusz	83	POL	1:09:28
30.	TVEDT Jon	66	NOR	1:01:45	110.	LOUTTTT Jason	74	CAN	1:09:33
31.	DISCHER Jean-Marc	73	FRA	1:01:46	111.	DRANITSA Pavel	86	BLR	1:09:40
32.	PEACE Andrew	68	ENG	1:01:49	112.	WOODS Aidan	75	IRL	1:09:46
33.	SUTZ Andy	81	SUI	1:01:54	113.	ROBERTS Richards	78	WAL	1:10:32
34.	WENK Stephen	82	SUI	1:01:57	114.	VOROBIEV Igor	85	RUS	1:10:45
35.	JENNE Markus	76	GER	1:02:03	115.	TOMAS Matijosius	84	LITU	1:10:48
36.	FILIPPI Diego	75	ITA	1:02:10	116.	JACOBS Stijen	77	BEL	1:10:51
37.	KAYA Nihat	85	TUR	1:02:20	117.	GAHAN Owen	80	IRL	1:11:08
38.	LEVETT William	75	ENG	1:02:22	118.	ERVINE Brian	67	NIR	1:11:15
39.	McTAGGART Scott	77	AUS	1:02:26	119.	MARTINOVSKI Trpe	64	MKD	1:11:20
40.	DUPONT Jean-Christophe	71	FRA	1:02:29	120.	DRIVER Simon	79	CAN	1:11:49
41.	HEIGL Thomas	80	AUT	1:02:32	121.	KALOFIR'S Nikolaos	70	GRE	1:12:11
42.	ZEILER Timo	81	GER	1:02:39	122.	LOFRANCO John	77	CAN	1:12:16
43.	BROWN John	69	ENG	1:02:40	123.	IOANNIDIS Panagiotis	74	GRE	1:12:46
44.	WOSIK Daniel	80	POL	1:02:46	124.	CHARLIER Jean Francois	76	BEL	1:12:52
45.	VERNON Steven	80	ENG	1:02:52	125.	ESPARZA O. M. Angel	79	MEX	1:12:58
46.	VOLERY Georges	68	SUI	1:02:58	126.	HANNA Edward	75	NIR	1:13:07
47.	SCHMUCK Helmut	63	AUT	1:03:08	127.	CEH Joze	71	SLO	1:13:11
48.	YILMAZ Sedat	83	TUR	1:03:12	128.	JARDINE Euan	82	SCO	1:13:22
49.	CARVALHO Jose	77	POR	1:03:22	129.	JIMENEZ P. E. Gamaliel	84	MEX	1:13:52
50.	DAVIES Timothy	77	WAL	1:03:24	130.	YEGHIKIAN Sevak	86	ARM	1:14:45
51.	SALAMUN Igor	65	SLO	1:03:30	131.	YURKEVICH Yauhen	81	BLR	1:15:09
52.	TAGGART Lloyd	69	ENG	1:03:36	132.	KAIS Adli	75	MON	1:16:23
53.	REDL Alois	72	AUT	1:04:01	133.	MALKA Haim	70	ISR	1:16:43
54.	SAFRANOV Andrei	85	RUS	1:04:03	134.	TANTAN Mustapha	81	MON	1:16:44
55.	ENDERS Marcus	85	GER	1:04:05	135.	PANASENIA Sjarhei	82	BLR	1:18:12
56.	HORAK Ondrej	75	CZE	1:04:07	136.	BAAZIZ Jamal	83	MON	1:19:35
57.	DEDEK Ales	75	CZE	1:04:13	137.	JANKOVSKI Slavko	84	MKD	1:19:37
58.	FREI Martin	86	CZE	1:04:19	138.	CUNNINGHAM Stephen	77	NIR	1:22:02
59.	BELL Angus	80	NZL	1:04:26	139.	DIMOV Zoran	63	MKD	1:23:13
60.	JAKOBSEN Stefan	73	CAN	1:04:29	140.	SELMANI Adem	67	MKD	1:24:30
61.	SYMONDS Joe	83	SCO	1:04:32	141.	TASEVSKI Blage	59	MKD	1:26:07
62.	LOPEZ Jacinto	68	COL	1:04:39	142.	ZANDOTTI Philippe	68	MON	1:27:37
63.	KHARITONOV Oleg	68	RUS	1:04:49	143.	KRAIAS Michail	79	GRE	1:28:36
64.	HAMR Jan	86	CZE	1:04:59	144.	KOJIN Petr	61	RUS	1:31:15
65.	ASGEDOM Berhe	77	ERI	1:05:12	145.	JAKIMOVSKI Igor	76	MKD	1:32:01
66.	ZAK Jiri	71	CZE	1:05:12	146.	KOVTYNENKO Yuriy	71	UKR	1:38:06
67.	LOW Paul	73	USA	1:05:17	147.	MIALIK Sjarhei	61	BLR	1:40:02
68.	BRYSON Robin	62	IRL	1:05:19	148.	PUSIREV Sergey	77	RUS	1:42:05
69.	KEANE Bryan	80	IRL	1:05:20	149.	JAMES Michel	78	ENG	2:11:00
70.	KEEM Barry	80	AUS	1:05:23		EPINEY Sebastien	67	SUI	DNF
71.	GUILLEN Neido	85	VEN	1:05:33		HUNT Andrew	74	WAL	DNF
72.	AICHBAUER Thomas	81	AUT	1:05:47		LINDLER Benjamin	84	GER	DNF
73.	KELLY Michale	74	IRL	1:05:51					
74.	KASTELIC Peter	83	SLO	1:05:59					
75.	REITBERGER Rudolf	71	AUT	1:06:02					
76.	KYNCL Stanislav	64	CZE	1:06:04					
77.	MIELKE Shiloh	80	USA	1:06:08					
78.	STEWART Grant	76	SCO	1:06:09					
79.	KIRKWOOD Craig	74	NZL	1:06:14					
80.	PEREZ NAVA Tomas	78	MEX	1:06:16					

### WOMEN

1.	MAYR Andrea	79	AUT	47:11
2.	STRACHL Martina	87	SUI	47:29
3.	GUILLOT Isabella	61	FRA	47:43
4.	HAKENSTAD E. Anita	68	NOR	48:47
5.	SALVINI Vittoria	65	ITA	49:19
6.	FERNANDEZ Yolanda	81	COL	49:29
7.	PICHRTOVA Anna	73	CZE	49:37
8.	MELKEVIK-O. Kirsten	70	NOR	49:47



9.	HUNT Nicole	70	USA	50:13
10.	DOBBS Rachael	82	USA	50:24
11.	WILKINSON Victoria	78	ENG	50:36
12.	ROBERTI M. Grazia	66	ITA	50:49
13.	SADKOVA Irena	69	CZE	50:54
14.	MOON Melissa	69	NZL	51:05
15.	THOMPSON Anna	76	AUS	51:08
16.	LUNDY Christine	70	USA	51:21
17.	MILESOVA Iva	77	CZE	51:37
18.	ASIKOGLU Gulsen	67	TUR	51:47
19.	LESERVOISIER Michelle	65	FRA	51:52
20.	GORDON Claire	76	SCO	51:55
21.	DIDIER Aurelie	81	FRA	51:57
22.	MORSTOFOLINI Monica	70	ITA	52:11
23.	CARLSOHN Anja	78	GER	52:17
24.	MATYASOVA Pavla	80	CZE	52:25
25.	REISINGER Lisa	84	GER	52:29
26.	ROBINSON Rebecca	82	ENG	52:32
27.	LILGE L. Carina	60	AUT	53:00
28.	KIRAZ Ummu	82	TUR	53:30
29.	PARACHE Kamija	71	FRA	53:36
30.	GOLDSMITH Lisa	64	USA	53:52
31.	BOTT Alexandra	79	GER	53:56
32.	RUEDA O. Fabiola	63	SUI	54:02
33.	BUCKLEY Anne	67	ENG	54:03
34.	LAZNIK Waltraud	72	AUT	54:04
35.	DESCO Elisa	82	ITA	54:09
36.	MOREIRAS Lucinda		POR	54:11
37.	SIEWERT Carmen	72	GER	54:15
38.	STUART Helen	75	SCO	54:30
39.	CZUTA P. Irena	66	POL	54:35
40.	KOROTKOVA Evdokiya	79	RUS	54:36
41.	SALAZAR Cruz	79	VEN	54:41
42.	OZCAN Birgul		TUR	54:48
43.	MUARRY Emma	78	AUS	54:52
44.	KAPUSCINSKI Marion		AUT	55:06
45.	WILKINSON Mary	80	ENG	55:23
46.	VERTHE Sylvie	76	BEL	55:28
47.	SUSTARSIC Mateja	73	SLO	55:40
48.	GRECHISHNIKOVA Elizaveta	83	RUS	55:51
49.	RIEM Claudia	71	SUI	55:54
50.	TODD Mari	73	WAL	56:06
51.	MRAK Valerija	71	SLO	56:09
52.	BARTLETT Anna	70	WAL	56:11
53.	HOSKING Jessamy	83	AUS	56:32
54.	VETSCH Lea	83	SUI	56:46
55.	KING Cindy	83	AUS	56:53
56.	KATRINA Blanch	78	CAN	57:09
57.	LESNIKOVA Elena	84	RUS	57:16
58.	LEE Jacqueline	75	WAL	57:23
59.	GORBUNOVA Olga	84	RUS	58:09
60.	TUSAR Mihaela	66	SLO	58:09
61.	GOLUMBIA Amy	82	CAN	58:16
62.	BOTA Iwona	85	POL	59:01
63.	HARNEY Caroline	81	IRL	59:02
64.	SHANNON Alwynne	61	NIR	59:23
65.	SLOAN Tricia	66	NIR	59:39
66.	JONES Angela	66	WAL	59:56
67.	PLCHOVA Lenka	81	SVK	1:00:50
68.	O'KANE Shileen	68	NIR	1:00:53
69.	KAYA Canan	82	TUR	1:01:26
70.	MAMEDAVA Hulnara	84	BLR	1:01:38
71.	McCAULEY Jenny	74	IRL	1:02:14
72.	MAXWELL Fiona	61	NIR	1:02:23
73.	ELMER Shannon	85	CAN	1:02:31
74.	VERTHE Els	76	BEL	1:02:34
75.	SAIZEWA Katsiaryna	76	BLR	1:04:03
76.	CORMIER Michelle	67	CAN	1:05:36
77.	LEBOUTTE Noelle	76	BEL	1:05:46
78.	KARATKIKH Alena	84	BLR	1:05:54
79.	McEVOY Orla	80	IRL	1:07:42
80.	GERARD Stephanie	78	BEL	1:08:03
81.	KRADZIEVA Vesna	76	MKD	1:18:41
82.	DIMOVA Olivera	80	MKD	1:20:40
83.	STOJANOSKA Svetlana	83	MKD	1:32:40
	McCAMBRIDGE Maria	75	IRL	DNF

## JUNIOR MEN

1.	MEHRTEAB Ermiyas	89	ERI	41:20
2.	SILIM Kiflom	87	ERI	41:54
3.	CARERA J. Carlos	88	MEX	43:13
4.	MUSLU Ercan	88	TUR	43:38
5.	ABIS Selmani	87	TUR	43:40
6.	TSIEGE Debesay	88	ERI	43:48
7.	ORUCLU Mahmut	88	TUR	45:24
8.	SERGEV Andrei	87	RUS	46:14
9.	FICO Maxime	87	FRA	46:18
10.	MARTINO Alessandro	88	ITA	46:23
11.	SCHMOLZ Quirin	87	GER	46:32
12.	BENFORD Andrew	87	USA	46:36
13.	SEMEDO Luis	05	POR	46:38

14.	SCIMAGLIA Mattia	87	ITA	46:41
15.	JONES Alex	89	SCO	46:43
16.	ROPPOLO Nicolo	88	ITA	46:50
17.	BROWNLEE Alistair	88	ENG	47:03
18.	DEMIRTAS Fatih	88	TUR	47:11
19.	SWINBURN Nicholas	88	ENG	47:31
20.	SHUTOV Nikolay	88	RUS	47:33
21.	SCURO Vincenzo	87	ITA	47:48
22.	STEINHAMMER Christian	88	AUT	48:02
23.	VOJAK Jiri	88	CZE	48:11
24.	GREGSON Ryan	90	ALIS	48:13
25.	DUFFIELD Alec	88	ENG	48:22
26.	JACKSON Aaron	87	NZL	48:22
27.	THOMAS Carwyn	88	WAL	48:28
28.	BECK Alessandro	89	SUI	48:37
29.	VENEDIKTOV Roman	87	RUS	48:40
30.	MAINWARING David	90	AUS	48:50
31.	JANECKO Frantisek	87	SVK	48:59
32.	STOCKERT Manuel	88	GER	49:11
33.	PHEE David	87	SCO	49:17
34.	TEJCHMAN Jakup	88	CZE	49:45
35.	MANFREDA Joze	87	SLO	49:50
36.	ZISKA Pater	87	SVK	50:29
37.	BUFFETT Rhodri	88	WAL	50:42
38.	PRZEZDZIK Kamil	87	POL	50:56
39.	CORNOCK Nicki	88	WAL	50:58
40.	HORCICKA Jiri	90	CZE	50:59
41.	STEPHENS W. Shaun	89	CAN	51:05
42.	McCALL Andrew	87	SCO	51:21
43.	RIVERS Z. Steven	90	USA	51:36
44.	COWIE Kyle	87	SCO	51:37
45.	GUIGNARD David	88	SUI	51:38
46.	JOVANOV Jane	89	MKD	51:39
47.	EGELUS R. Allen	87	USA	51:44
48.	DAVIES Mark	87	WAL	51:50
49.	KEVAN James	87	ENG	52:00
50.	JANICEK Ondrej		CZE	52:16
51.	OBLAK Peter	89	SLO	52:25
52.	JOST Tobias	87	SUI	52:27
53.	MLYNAR Peter	88	SVK	52:29
54.	HOHL Christian	89	SUI	52:43
55.	O'RUADHAIN Eoin	89	IRL	52:47
56.	ULMAN Michal	87	POL	52:58
57.	HORN J. Reed	87	USA	53:27
58.	PERRY Dominic	89	AUS	53:44
59.	PIERCE Eoin	89	IRL	53:58
60.	MARKUS Klemen	89	SLO	54:01
61.	COLLINS Noel	90	NIR	54:46
62.	GOLA Marcin	88	POL	54:51
63.	STEIN Nitai	88	ISR	55:12
64.	ANDREJ Jegorov	87	LTU	55:34
65.	TORKAR Tine	90	SLO	57:02
66.	MOORE Conor	90	NIR	57:25
67.	HEUSICOM Nicolas	88	BEL	58:44
68.	LAZAAR Imad	87	MON	58:53
69.	KIRADZIEV Aleksandar	87	MKD	1:00:14
70.	COLLINS Ciaran	88	NIR	1:01:14
71.	TURNER Thomas	87	NIR	1:01:58
72.	O'SULLIVAN John	88	IRL	1:05:42
73.	HAND Sam	88	IRL	1:06:02
74.	PETROVSKI Miki	87	MKD	1:08:21
75.	STOJANOVIC Vladko	89	MKD	1:17:24
	STOCKERT Rene	90	GER	DNF
	UEBEL Steffen	87	GER	DNF

## JUNIOR WOMEN

1.	BERESOVA Katarina	87	SVK	21:08
2.	LEONTIEVE Natalya	87	RUS	22:45
3.	VOKUEVE Janna	87	RUS	22:50
4.	GAGGI Alice	87	ITA	23:07
5.	NEMKINA Natalya	88	RUS	23:31
6.	GULLU Esra	89	TUR	23:37
7.	SUCHANKOVA Barbara	87	SVK	23:45
8.	ROGAL Nicole	89	NZL	24:02
9.	CIMENKAYA Dilek	88	TUR	24:08
10.	BAIERL Anita	88	AUT	24:15
11.	CLAYTON Emma	88	ENG	24:18
12.	TIMMINS Heather	90	ENG	24:20
13.	STRAUB Kerstin	88	GER	24:23
14.	COUDURIER Estelle	87	FRA	24:25
15.	WOJCIECHOWSKA Beata	89	POL	24:28
16.	MARTIN Jessica	90	SCO	24:37
17.	PRAGER Sabrina	87	GER	24:38
18.	MUGNO A. Laura	87	ITA	24:41
19.	McCord Laura	90	SCO	24:58
20.	JASUTYTE Justina	88	LTU	25:18
21.	REED Jennifer	88	ENG	25:27
22.	DE LEPELEIRE Camille	88	FRA	25:28
23.	NOVAK Spela	87	SLO	25:50
24.	CROFT Ruth	89	NZL	25:53
25.	MLADENOVIC Suza	87	SLO	25:58

26.	KLIMOVA Ivana	87	CZE	26:02
27.	VOICECHOVIC Tatjana	89	LTU	26:07
28.	GARIBALDI Lavinia	87	ITA	26:08
29.	KIRK Elinor	89	WAL	26:12
30.	MUNSTER Laura	89	BEL	26:43
31.	PIMENTA Silvana		POR	26:45
32.	FINN Michele	89	IRL	26:52
33.	SZCZYGLIJSKA Monika	87	POL	26:53
34.	PATRICK Alison	87	SCO	27:09
35.	STURM Michele	88	NIR	27:10
36.	PORTYSOVA Lucie	90	CZE	27:12
37.	BITUATAITE Rita	89	LTU	27:21
38.	MANDLBAUER Barbara	88	AUT	27:23
39.	IVESTON Kerry	88	NIR	27:28
40.	MANDLBAUER Mchaela	90	AUT	27:33
41.	IVANCIC Hani	89	SLO	27:51
42.	BARKER Leigh	89	WAL	28:46
43.	JOHANIDESOVA Lea	89	CZE	28:57
44.	DAVIES Carys	90	WAL	29:05
45.	FINN Carol	88	IRL	29:26
46.	JACNIAK Ewa	90	POL	34:52
47.	DUKOSKA Tatjana	90	MKD	41:47
	OLIVER Lucy	87	NZL	DNS
	ONGUN Hulya	89	TUR	DNF

### TEAM

	MEN		WOMEN		JUN. MEN		JUN. WOMEN	
1.	ERI	37	USA	35	ERI	9	RUS	5
2.	ITA	44	CZE	37	TUR	16	SVK	8
3.	TUR	62	ITA	39	ITA	40	TUR	15
4.	FRA	83	FRA	43	RUS	57	ITA	22
5.	USA	113	AUT	62	ENG	61	ENG	23
6.	SUI	136	ENG	70	SCO	90	GER	30
7.	ENG	158	GER	79	CZE	97	NZL	32
8.	NZL	167	SUI	83	USA	102	SCO	35
9.	AUT	213	TUR	88	WAL	103	FRA	36
10.	MEX	219	AUS	111	AUS	112	LTU	47
11.	AUS	223	RUS	145	SVK	120	SLO	48
12.	GER	227	SLO	158	SUI	125	POL	48
13.	CZE	235	WAL	160	SLO	146	AUT	48
14.	SLO	242	CAN	190	POL	156	CZE	62
15.	IRL	299	NIR	197	IRL	186	WAL	71
16.	POL	311	BEL	197	MKD	189	NIR	74
17.	RUS	317	IRL	213	NIR	197	IRL	77
18.	SCO	320	BLR	223	GER	-	BEL	-
19.	WAL	335	MKD	246	BEL	-	MKD	-
20.	BEL	366	COL	-	CAN	-	POR	-
21.	CAN	383	NOR	-	FRA	-	-	-
22.	NIR	418	NZL	-	ISR	-	-	-
23.	GRE	475	POR	-	LTU	-	-	-
24.	BLR	479	POL	-	MEX	-	-	-
25.	MKD	535	SCO	-	MON	-	-	-
26.	MON	544	SVK	-	NZL	-	-	-
27.	ARM	-	VEN	-	POR	-	-	-
28.	UKR	-	-	-	-	-	-	-
29.	LTU	-	-	-	-	-	-	-
30.	NOR	-	-	-	-	-	-	-
31.	VEN	-	-	-	-	-	-	-
32.	SVK	-	-	-	-	-	-	-
33.	ECU	-	-	-	-	-	-	-
34.	ISR	-	-	-	-	-	-	-
35.	POR	-	-	-	-	-	-	-
36.	COL	-	-	-	-	-	-	-

## Believe it or not .....

There is a remedy for midpoint campsite cramp!!!! Are you one of the unfortunate multitude whose peaceful sleep at a KIMM, LAMM or Saunders has been shattered by a searing attack of cramp - yours or your partner's, it doesn't matter - and the subsequent agonising battle to get out of sleeping bag and tent and stand in the pitch dark outside in the freezing rain moaning and stamping to get rid of it, with the knowledge that there's no chance of ever getting to sleep again for fear it'll recur the second you doze off. Well then, according to no less a person than FRA Secretary, Alan Brentnall, who was stone-cold sober at the time of the conversation, all you have to do is to take some corks into your sleeping bag with you and you will never have a twinge of cramp again!!! How many corks, what size, what shape, from which bottles, we're not quite sure but you now have only yourself to blame if you ever lose a second of midpoint campsite sleep to cramp again. Please thank Alan for this tip next time you see him.

# THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

We are now well into the 15th year of the running of this Challenge for men and women fell runners aged over 50. It is proving to be a bumper year, with twelve runs reported so far and the possibility of a few more before the Presentation Dinner on October 21st.

Not all age groups are represented in this; the M50 group has made a duck! Come now - there must be some of this 'youth group' who can scamper across the 48 miles, 16,000 feet of ascent and 30 tops in under 12 hours! The ladies have come up trumps, with two W50s saving the face of youth within their target of 14 hours. M50 is a very tough target and two attempts early on were narrowly timed out. Pacing is still the name of that game and the temptation to make up time over the 'smooth' running of legs 1 and 2 still proves the undoing of some valiant and able runners. M/W70 still represents 'the loneliness of the long-distance runner', but another is considering attempting to join Brian Leathley in due course. Watch this space!

15th Anniversary Tankards will be awarded to the following provided that their paperwork arrives in time.

**W50.** Hilary Bloor, Dark Peak; Debbie Thompson.

**M55.** Robert Marsden Dark Peak; Chris Barker; John Gay; Alan Davies, Eden Vale CC.

**M60** John Clemens, Mercia FR.; Mike Elwell, Saddleworth R; Dennis Lucas, Rochdale H; David Powell-Thompson.

**M65.** John Richardson, Dark Peak.

**Repeat run.**

**M55.** Dave Lockwood, Dark Peak..

Charity money is very encouraging, but it is too early to assess the year's total as receipts are slow in coming from the Charities. More on this in February.

**Finally, a request.**

On the Information Sheet, 'Naylor Wanabees' are asked to supply some information. This year there have been a few slow-coaches, resulting in delayed tankard inscriptions. The list below is a reminder of the mandatory requirements, as on the Information Sheet sent to all who ask for details.

**I must have :** Postal address; e-mail if applicable.  
Schedule signed by pacer/s.  
Name of charity, pending the receipt later.

There is also a request for a brief account of each contestant's run, and although this is optional, it is of interest. Even a few lines would suffice and the maximum is for one side of A4. There is the possibility of each log being produced in a volume eventually, as was done for 'The First Ten Years'.

**Information:**

Monica Shone, Swn y Gwynt, Penmynydd, Menai Bridge,  
Isle of Anglesey. LL59 5RX.

**SAE, please.**

e-mail: mandc@gwyntog.freerve.co.uk

If contacting by e-mail, please also add your  
POSTAL ADDRESS.



*Can't you tell that this man's done a Bob Graham recently - and all the attendant training beforehand!! Clearly the appetite and ability for long-distance stuff are still very much there, as this piece amply demonstrates.*

# My (Calderdale) Way

by Allan Greenwood

For many years I had toyed with the idea of running the whole of the Calderdale Way in one go. A few of the races I organise and a very great many of my training runs pass along sections of the Way and I have grown very fond of this, England's first ever long-distance footpath.

I have raced every individual section while competing in the Relay that Halifax Harriers organise in Winter, but I was a bit misty about one or two stretches, particularly on the second and third legs which I hadn't done for a few years.

On the second Saturday in May, I set out with the intention of recceing the bits I wasn't quite sure of, starting from Mytholmroyd MCC and climbing up over Erringden Moor to Dick's Lane then down to Withen's Clough reservoir via Stoney Royd, so picking up the Way where it passes alongside the reservoir.

It was a perfect day for running with a cool breeze and overcast sky, but as I reached Withen's Gate, where the Pennine Way and Calderdale Way cross, it became quite blustery and the cagoule was needed. Down to Mankinholes and over the section I was rusty on, following the guide book route description and soon I reached the road crossing and was climbing to Dobroyd Castle from Todmorden. Some of the place names we find in Calderdale really stimulate the mind, such as Hoo Hole and Bog Eggs, and the houses above the castle, Model Farm and Ping Hold.

I got as far as the little detour through the trees just before Heptonstall and remembered the fine runs we'd had during the Foot and Mouth crisis, coming up through Eaves Wood, one of

only a few 'safe' open stretches in Calderdale at the time.

I was running low on water so I hurried down into Horse Bridge where I filled my humps and bottles up in the working men's club bogs and wolfed some chocolate raisins down. They look just like rabbit tods and taste almost as good. Then to ensure a quick climb up to Pecket Well, I promised myself I could have another good long drink and some more chocolate when the level ground of Midgley Moor was gained. The level run along to Mount Skip was a joy, as the sun came out lighting the village of Old Town.

As I looked across the Calder Valley to Langfield Common and Stoodley Pike, I marvelled at how far I'd come alone on foot and it made me feel glad to be alive.

I had intended dropping back down to Mytholmroyd through Wicken's Farm, the way the Sheepstone Relay, Mytholmroyd, Crow Hill and countless other races go but felt full of running, even though I'd been out over five hours, so kept on the Way as far as Churn Milk Joan standing stone near Crow Hill and dropped down on the walled lane down Foster Clough, to join Midgley Road, a way I hadn't been for years.

I was really chuffed with the run and full of confidence and so decided to attempt the whole lot the following Saturday. If I could reach 40 miles in my 40th year, that would be an achievement in itself. But if I could run the whole lot, 50 miles with 6000 feet of climb, in my 20th year of running, that would be doubly satisfying.

Friday came and that evening I loaded my day bag up with gear for every eventuality on a mostly solo off-road marathon run. Full



Calderdale Way scenery - Stoodley Pike in the distance Photo - Allan Greenwood

waterproofs, thermal lifas, mini first aid kit, whistle and foil space blanket packed small and weighed nothing but the three bottles of water made the bag droop a bit. Three bananas and some adrenaline babies and chocolate raisins went in the top, and the mobile 'phone in the pocket. I put a disposable camera in as well, just so as I could record the run in some way, then ate a great bowl of pasta and tomato with loads of bread and tea before a *very* early night for me, at 8-45 p.m. I had trouble getting to sleep, even though I felt calm and relaxed. It isn't a race, I told myself, just a challenge. Even so, it was about 10-30 p.m. before I managed to nod off.

I got out of bed at 4 a.m. and was standing at the wooden guide post marking the start of the Calderdale Way fifty minutes later. Standing around on the path to the rear of Clay House I felt a bit daft; waiting for the top of the hour. It was silent, no-one around and I wondered why I hadn't simply set off. Soon 5 a.m. came and away I went. "Pace it", I thought, "Don't forget it's two marathons back to back so steady all the way".

I'd decided to follow the route exactly as in the guide book and ignored the new path which sets off the opposite way and climbs through the woods. No signs of life as I passed over Norland Moor and dropped to Ripponden, everyone was still tucked in bed. As I left The Rock Inn, the sun broke through a hole in the clouds and the valley was lit up beautifully. The light spread out to Pole Moor and Scammonden Dam. I stopped and took a photo. The forecast was for showers and brighter later, so I thought I'd get a picture early on with the low sun casting long shadows from trees across the fields. The first signs of life I saw were three separate postmen in the space of about five miles by the hillside houses above Todmorden. And each said, "How do".

Apart from a bit of drizzle the weather throughout the day was absolutely perfect. Overcast with a few very light showers and cool wind 'til about mid day, then cool wind and sunny spells with occasional light showers later on, freshening from the west, moderate or good. Thank you Michael Fish.



Allan and Andy on Midgeley Moor Photo-Allan Greenwood

The great advantage of the Calderdale Way over other long distance routes I've done is that you can split it into the six relay sections and set little goals in your mind.

Though I wasn't racing or trying to set a time, I'd made myself a rough schedule with a target of eleven hours, (two hours per leg, except leg three for which I allowed what I thought was a generous one hour). As it happened, it took me 2 hours 10 minutes to do leg one to Hinchliffe Arms Cragg Vale, but I reached Centre Vale Todmorden at the end of leg two in 3 hours 45, fifteen minutes up on schedule.

I made it a rule to walk every hill, running every flat and downhill section, keeping in mind that Heptonstall church on leg four would be at about halfway, and in fact, that from there I would have a marathon distance still to do.

Leg Three, Centre Vale, Todmorden to Blackshawhead, actually took over an hour even though I felt I was moving quite well with no stopping, but I was then welcomed to Ted and Irene Longs' house at Blackshawhead for coffee and biscuits which lasted for half an hour! I had intended to simply ask for my water bottles filling and away but how could I resist such wonderful hospitality?

Linda backed me up at the A629 road crossing after a couple of miles after Wainstalls on leg five with tea and sandwiches outside The Sportsman pub, and then my workmate Andy Wardman - a recent recruit with our club - met me at Shelf for the final section. By now the sun had come out and it was getting very warm. I set off down Bridle Stile lane at a bit of a snail's pace, my feet starting to get sore and the hot sun burning my face and neck. Linda then drove down to the road crossing at Bailiff Bridge and jogged back up with her dog Lucy to meet us. She then did the same along the Rochdale Canal from Brighouse to Cromwell Wood. I realised later that she did this as she was getting worried. I must have looked a bit of a state, trudging along with a red face and neck. This was my worst bit as my feet were getting extremely hot and blistered. The ground had been rock hard for so long.

After we left the canal side and crossed the road, Andy set a superb pace up Cromwell Wood. As we reached the village of Southowram I allowed myself a glance at the watch. I calculated that I'd twenty minutes left to get inside twelve hours. I guessed it to be about three miles back to Clay House (a wild exaggeration!) and knew there was no way I could run sub seven minute miles. Down the road and a sharp left onto farmland alongside the football fields, then I threw myself down the woods to Exley and along the canal and road back to Clay House. Dropping onto the canal I looked again at the time. We had about ten minutes left. The canal stretch took an eternity, but soon, just before where the relay passes under a long tunnel, I climbed the steps and doubled back along the official Way to Clay House. Running along the road we passed a long line of cars standing at a road works traffic light. I must have provided some entertainment, sweating along with the rucksack and glowing face, legs covered in mud.

A last effort past the carpark and up the driveway to reach the rear of Clay House and I desperately grabbed the signpost and stopped my watch -four minutes inside the hour!! I had been on my feet for 11 hours 56 minutes and had completed the run in less than half a day. Sub twelve hours however is painfully slow but I guess I must have had almost an hour in stops so I will console myself with that.

I shook hands with Andy and Linda and thanked them for their support.

Linda took my photo then we returned to the carpark, where she gave me soup, tea and sandwiches, then as she went home, dropping Andy off on the way, I rushed for a shower and a lie down before she returned to pick me up for the social curry night with the rest of our club curry monsters in Bradford. What a perfect day, one I shall never forget. - Why don't you have a go?

# A very memorable day

## Dan Booth's Paddy Buckley Round - July 2006

It was July 8th 2006, and I arrived at Aberglaslyn with Alex Copping (City of Bath AC) exactly an hour ahead of my 23-hour schedule. I'd covered 20 miles, 16 peaks and 8790 feet of ascent. The pace was probably too fast but this wasn't my main worry, as the rain had become torrential and the winds were up to 60 mph. Rhys Williams (MDC Fell Runners) was to be my support over the next section, the Eifffionydd leg. After a change of clothes we set off towards Bryn Banog, on our way to the prominent summit of Moel Hebog overlooking the picturesque town of Beddgelert. The weather worsened and my ribs began to hurt from a tumble on the previous leg, the wet rocks descending Cnict being the culprits. To make matters worse we were getting blown over on the summit ridge of Mynydd Drws y Coed. The descent to Rhyd Ddu was slow as the ground was saturated and conditions underfoot were treacherous.

On reaching Rhyd Ddu, I was still 40 minutes ahead of schedule. However if the weather forecast was to be believed and the current conditions were to continue, I soon realised that sub-24 hour round was probably not going to be possible and it would be sensible to call off the attempt while still fresh enough to allow for another attempt later in the year. Reluctantly I phoned John Syms (MDC Fell Runners) who like Rhys had travelled from South Wales to support me, and told him that I was not continuing. He found it difficult to hear on the phone as his car was being buffeted by the wind and rain in Llanberis, but he didn't sound too disappointed, given the prospect of running in such foul weather.

The next day I sat in the waiting room of Bath's Royal United Hospital A&E Department, straining to watch the World Cup Final on a 14 inch portable TV hanging 12 foot in the air. My ribs were really painful as I ran through dates in my head. When would I get the chance for another attempt? The only free weekend would be in just two weeks, not long to organize support and certainly not long for a cracked rib to heal (as it was confirmed to be).

Paddy Buckley devised the round in 1977, to provide a challenge to people who had completed the more famous and popular Bob Graham Round in the Lake District. It is considered to be probably the hardest of the three major British rounds, which also includes the Ramsay Round in Scotland. It is said to be a good hour harder than the Bob Graham, though I'm unable to confirm this not having attempted the Bob Graham yet. But it certainly traverses

rougher ground in the form of bogs, tussocks, and boulder fields and includes some short sections of grade 1 scrambling. The statistics vary depending on whom you ask, and to some extent the route choice taken, but the round is approximately 63 miles, 47 summits and 29,740 feet of ascent.

I didn't want to ask Alex, Rhys or John to support me on a second attempt, as I thought it was too much to ask of them just two weeks after a failed attempt. So I took up offers for help from Andy Mullet (City of Bath AC) and Roy Ruddle (Ilkley Harriers). I had helped to support Roy on his attempt in June and he was a fountain of knowledge on the correct lines to take especially over the Moel Siabod - Moelwyns - Aberglaslyn sections. The date was set for the 22nd/23rd July, with my Dad on road support, Andy on hill support for legs 3 & 6 and Roy on hill support though the night on legs 4 & 5. This left me no option other than to run legs 1 and 2 solo. I was familiar with these legs, having run them twice within a month, but it meant carrying at least 2 litres of water (not to mention food, clothes etc) to get to Cwmorthin Quarries where there would be a good source of drinkable water without going off route.

I stood outside the Pinnacle Stones in Capel Curig for the second time in two weeks, waiting for my watch to tick round to 11.00 a.m., and after the obligatory photo I set off towards Moel Siabod - the first of 47 peaks. I reached the trig point on Moel Siabod 13 minutes up on schedule and told myself that this pace was far too fast. The whole panorama of the boundary ridge stretched before me in a huge arc, descending and rising into the distance and terminating with Allt Fawr at its very end. The summits passed quickly, and on reaching the glacially sculptured peak of Moel Meirch I was 30 minutes ahead of

schedule. In the distance I could see a party of about eight making their way towards Ysgafell Wen.

The party turned out to be a group of runners. Amongst them was Allan Greenwood, who I recognised from a recent article on his Bob Graham Round in 'The Fellrunner Magazine'. He was supporting Chris Cripps on what was to be a successful Paddy Buckley Round - he was on his penultimate leg having started from Aberglaslyn the previous day. I later learnt that he dipped under the 24-hour mark by 75 seconds, which must have made for a nail biting final descent of Cnict. I was asked to carry a message to his support crew waiting at Cwmorthin Quarries to say that Chris was not going to stop but carry straight through, as time was getting tight. For a moment I was envious of his support crew, but then I pulled past them to enjoy the solitude.

I reached Allt Fawr and virtually doubled back across the tussocks to the southern edge of Llyn Conglog, where I filled my water bladder from the stream. I was still eating well - managing the usual fig rolls and jaffa cakes together with a couple of sandwiches, a few gels and electrolyte capsules. I reached Cwmorthin, an eerie place with the ruined barracks of the old quarry workers sitting beneath the scarred slopes of the Moelwyns. It is a truly inspiring landscape to me and seems empowered by the men who once worked in such harsh conditions.

I passed on the message to Chris's support team waiting beneath Foel Ddu. After another two peaks I started descending the terraced path built by the quarrymen leading to Moelwyn Bach, then back the same way for a short descent before tackling Craigysgafn and Moelwyn Mawr. Then it was across some rough ground, with the odd sheep trod to lead me astray, before reaching the dam of Llyn Cwm-y-foel beneath the towering slopes of the Cnict. I was still climbing well as I reached the ridge and turned south west to the climb to the summit. Then came the rocky descent that gave way to grassy lower slopes, and then onto tracks, and ultimately a mile of unavoidable road, before reaching Aberglaslyn where my Dad and Andy were waiting.

I took on too much food at Aberglaslyn, and felt nauseous as Andy led me through the waist-high bracken covering the slopes of Bryn Banog. Andy is familiar with this area as his family own a cottage beneath Moel Ddu, a couple of miles away. It took an hour or so before I felt well again and



One of the few moments of relaxation en route!!  
Photo - Dan Booth



I had slipped 15 minutes on the first two climbs, but all seemed well on reaching Moel-yr-Ogof. There was no time to visit Owain Glyndwr's cave and I pressed on towards Moel Lefn. The views from the ridge were awe-inspiring as the sun began to set over Caernafon Bay. Looking back over my shoulder I could see the Llyn Peninsula with the sandy beaches of Tremadog Bay and the sea shimmering as the low sun reflected on the waves. To the east was the bulk of Snowdon with the shapely Yr Aran guarding the start of the ridge that led to its summit.

It was back to reality as we tried to find a line of Moel Lefn to the stone wall, which we followed to the heather covered summit of Y Gyrn. I was feeling good again and started eating small amounts at about 30 minute intervals. The ground was easier now, with short grass on the broad ridge to Trum Y Ddysgl, and we took a short detour to take in Mynydd Y Ddwy Elor. The terrain soon became rocky with boulders randomly strewn across the summit of Mynydd Drws y Coed, the western aspect plummeted into the void below. We continued onto Y Garn, then turned east to start the descent to Rhdd Ddu. The summit of Snowdon was covered in cloud and the light seemed to be fading quickly even though it was not yet 9.00pm.

Roy was waiting at Rhyd Ddu, and his experience in supporting these 24-hour challenges was immediately apparent as he packed his rucksack and bum bag with my spare clothes and food, and within 10 minutes we were crossing the railway line before heading west along the track. After following the Rhyd Ddu track for a about a mile it was time to cut across the rough ground towards the col between Yr Aran and Craig Wen. The tussocks made the climb hard work, and the reason that most recent attempts take the shorter route via Pont Cae'r-gors became apparent! The col was gained and the two tops reached as night fell. The rain began to fall heavily and visibility was reduced to a few feet. We were now on the ridge proper and soon a light from the summit café was visible through the clag. Snowdon's summit trig was just a short climb up the stone steps. The weather got worse and I fell while descending towards Moel Cynghorion. Unfortunately I fell against a fence that had a couple of rows of barbed wire at ground level to discourage suicidal sheep pushing under and plunging over the cliffs of Clogwyn Du'r Arddu! We lost further time pinpointing the summits along the rounded grassy shoulder that ultimately led to Moel Eilio. Roy led the way down to Llanberis and through the housing estate, to bring us out just yards from where my Dad and Andy were parked. They quickly saw our head torches and jumped into action, providing much welcome hot tea and fresh supplies.

All the time gained earlier in the run had been lost by now, and there was much that could go wrong over the next section. So, with urgency, the rest time was kept to a minimum and Roy led the way expertly up the famous Llanberis slate quarry inclines to Elidir Fach. A quick compass bearing and were on the track that gave the least line of resistance up the scree-strewn slopes of Elidir Fawr. The rain was now relenting and on reaching Mynydd Perfedd an orange crescent moon was hanging over the Pen-yr Ole Wen. The next few tops were familiar ground but Roy's knowledge surpassed my own as he led though the boulders on the Glyders, as the sunrise illuminated the Carneddau that sat majestic and intimidating to the north. We follow the well-worn descent to Bwlch Tryfan and crossed the wall via a ladder stile, then scrambled up towards the Adam and Eve stones that crown Tryfan's summit. The descent to Ogwen Cottage went amazingly quickly and we clawed back 7 minutes of lost time, completing the Glyder leg virtually on schedule.

Andy was ready to take over from Roy as my support for the final leg. By now I had only 40 minutes in hand for this leg and I was anxious, having not reccied the long run in from the last peak down to Capel Curig. The first climb of the final leg was to the summit of Pen-yr Ole Wen via its southern face. The steepness was relentless and I started to slow, loosing more precious time. I sensed I was running a bit low and tried to eat as we scabbled up the rocky crags. The use of hands to haul me up provided some welcome relief for my legs. After what seemed like an eternity we were on the summit plateau and then headed northward to the cairn that marks the highest point. With the last major climb completed and the sun now already burning down at 8.00am, it finally dawned on me that my chances for a sub-24 hour were very high - as long as I stayed upright and on

route. Re-vitalised by the realisation that I just might complete the Paddy Buckley Round our pace quickened, regaining lost time as the final few tops were reached. We made a small error leaving Carnedd Llewelyn by setting a course northwards but quickly regained concentration and contoured back across to the sharp southeast bound ridge towards Pen y Helgi Du. A short rocky scabble left one single climb to Pen Llithrig y Wrach. We began the descent and Andy picked a fine line over the numerous footbridges that cross the drainage ditches cutting through the boggy moorland. The traffic on the main A5 road could be heard, then the road itself came into sight. We turned left onto the tarmac for half a mile, before reaching Capel Curig. I touched the wall of the Pinnacle Stores, 23 hours and 17 minutes after setting out from the same place the day before.

The Paddy Buckley Round is a truly amazing route, which encounters varied terrain through an ever-changing, magical landscape. Add to this a sunset, a moonrise and a sunrise, with your senses heightened by running for 24 hours - it all makes for a very memorable day.

I would very much like to thank Alex Copping, Rhys Williams, and John Syms for supporting me on my first attempt. Also my Dad, for road support; Andy Mullet, who stayed calm when I was getting flustered; and Roy Ruddle for his support, encouragement, hard-earned knowledge and his constant nagging to keep me eating.

### Dan Booth Paddy Buckley Round 22nd/23rd July 2006

Peak Location	23 hr	Split	Actual Time	Actual Split	Miles	Feet
1 Capel Curig	11:00		11:00		0.0	0
2 Moel Siabod	12:00	1:00	11:47	0.47	2.6	2250
3 Clogwyn Bwlch y Maen	12:21	0:21	12:02	0.15	2.0	0
4 Y Cribau	12:31	0:10	12:10	0.08	0.4	300
5 Cerrig Cochion	13:15	0:44	12:46	0.36	1.9	650
6 Moel Meirch	13:31	0:16	12:58	0.12	0.5	300
7 Ysgafell Wen	14:02	0:31	13:23	0.25	1.0	350
8 Mynydd Llynau Yr Cwm	14:07	0:05	13:26	0.03	0.2	50
9 3 Tops	14:16	0:09	13:34	0.08	0.4	50
10 Moel Drumman	14:28	0:12	13:43	0.09	0.4	220
11 Allt Fawr	14:42	0:14	13:55	0.12	0.7	300
12 Quarries	15:07	0:25	14:15	0.20		
13 Foel Ddu	15:27	0:20	14:35	0.20	1.8	850
14 Moel Yr Hydd	15:36	0:09	14:43	0.08	0.4	260
15 Moelwyn Bach	16:09	0:33	15:09	0.26	1.4	520
16 Craigsafin	16:20	0:11	15:18	0.09	0.5	460
17 Moelwyn Mawr	16:30	0:10	15:26	0.08	0.3	300
18 Cnicht	17:21	0:51	16:15	0.49	1.6	1440
19 Aberglaslyn (SH 597 462)	18:10	0:49	16:58	0.43	3.6	490
20 Leg 1 & 2 run time		7:10		5:58	19.7	8790
21 Rest	18:15	0:05	17:07	0.09		
22 Bryn Banog	18:58	0:43	17:57	0.50	2.0	1700
23 Moel Hebog	19:30	0:32	18:35	0.38	1.1	1150
24 Moel Yr Ogof	19:49	0:19	18:54	0.19	0.9	430
25 Moel Lefn	20:00	0:11	19:06	0.12	0.6	200
26 Y Gym	20:28	0:28	19:38	0.32	1.0	400
27 Mynydd y Ddwy Flor	20:40	0:12	19:50	0.12	0.3	250
28 Trum y Ddysgl	21:03	0:23	20:18	0.28	0.9	800
29 Mynydd Drws y Coed	21:11	0:08	20:28	0.10	0.4	200
30 Y Garn	21:23	0:12	20:40	0.12	0.6	100
31 Rhyd Ddu (SH 571 525)	21:45	0:22	21:02	0.22	1.6	0
32 Leg 3 run time		3:30		3:55	9.3	5230
33 Rest	21:50	0:05	21:12	0.10		
34 Craig Wen	22:37	0:47	22:09	0.57	2.3	1350
35 Yr Aran	22:56	0:19	22:27	0.18	1.0	500
36 Cribau Tregalan	23:40	0:44	23:16	0.49	1.4	1400
37 Snowdon	23:55	0:15	23:34	0.18	0.5	550
38 Crib y Ddysgl	0:07	0:12	23:46	0.12	0.6	500
39 Moel Cynghorion	0:42	0:35	0:30	0.44	2.3	400
40 Foel Goch	1:03	0:21	0:55	0.25	1.2	350
41 Foel Gron	1:18	0:15	1:10	0.15	0.5	250
42 Moel Eilio	1:32	0:14	1:32	0.22	1.0	500
43 Llanberis (SH 582 598)	2:05	0:33	2:10	0.38	3.0	0
44 Leg 4 run time		4:15		4:58	13.7	5800
45 Rest	2:10	0:05	2:21	0.11		
46 Elidir Fach	3:06	0:56	3:24	0.63	1.9	2200
47 Elidir Fawr	3:24	0:18	3:39	0.15	0.6	500
48 Mynydd Perfedd	3:40	0:16	4:00	0.21	0.8	300
49 Foel Goch	3:56	0:16	4:15	0.15	0.7	450
50 Y Garn	4:18	0:22	4:38	0.23	1.1	650
51 Glyder Fawr	4:54	0:36	5:14	0.36	1.5	1000
52 Glyder Fach	5:14	0:20	5:34	0.20	1.1	270
53 Trifan	5:49	0:35	6:12	0.38	1.0	600
54 Ogwen Cottage (SH 650 604)	6:25	0:36	6:41	0.29	1.0	0.00
55 Leg 5 run time		4:15		4:20	9.7	5970
56 Rest	6:30	0:05	6:49	0.08		
57 Pen Yr Ole Wen	7:24	0:54	7:49	0.60	1.9	2200
58 Carnedd Dafydd	7:41	0:17	8:09	0.20	1.0	350
59 Carnedd Llewelyn	8:12	0:31	8:44	0.35	1.9	500
60 Pen Yr Helgi Du	8:42	0:30	9:14	0.30	1.3	300
61 Pen Llithrig Y Wrach	9:12	0:30	9:42	0.28	1.3	600
62 Capel Curig	10:00	0:48	10:17	0.35	2.8	0
63 Leg 6 run time		3:30		3:28	10.3	3950
64 Absolute Total		23:00		23:17	62.6	29740

# Martin Stone's Long Distance News Summary

## SEPT 2006

### 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**

### WELSH CLASSICAL ROUND UPDATE

Paddy Buckley writes that "2006 has been the busiest year ever for the Welsh Classical Round with six known successful attempts. Another six contenders had announced their intention to have a go but so far I have not heard how they got on. Dan Booth and Chris Cripps were both thwarted by bad weather in early summer, but succeeded at the second attempt. Steve Birkinshaw had a go at the 1992 record held by Mark Hartell, and went round at the end of August in 20-27, the fourth fastest time after Mark Hartell 18-10; Anne Stentford 19-19 and Helene Diamantides 20-08."

49 Joe Faulkner	26:10 on 13/14 Aug (2005)
50 Bryan Carr	23:15 on 9/10th June
51 Chris Armour	23:32 on 23/24th June
52 Chris Cripps	23:58 on 21/22nd July
53 Dan Booth	23:17 on 22/23rd July
54 Jo Scott	22:24 on 29/30th July
55 Steve Birkinshaw	20:27 on 26th August

Please contact Paddy Buckley at [paddy.buckley@lineone.net](mailto:paddy.buckley@lineone.net) if you have been omitted from this year's round up.

### CHARLIE RAMSAY ROUND UPDATE

Jon Broxap keeps a list of successful Ramsay Round completions. 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. Now Charlie has retired he has been able to devote time to constructing a website about the round. Please visit <http://www.ramsayround.com>. If you have been missed off the list on the website, please contact Jon Broxap - [jon@dbroxap.freemove.co.uk](mailto:jon@dbroxap.freemove.co.uk).

Steve Pyke and Tim Laney completed the 41st and 42nd rounds on 3rd June in 22hrs 15mins. They were supported by friends and family. The only other round in 2006 was by Steve Birkinshaw, who on 19th June completed the fastest solo round to date. Steve writes "I completed a clockwise Ramsay round in 21hrs 02mins. I ran entire route by myself with support from my family at the two normal places. I had to change my starting time several times to find some reasonable weather. In the end I started at 11a.m. in the rain with lots of hill fog, but at least it was warm and there was only a light wind. After 8 hours it started to clear and it was a nice evening and night. The wind was picking up as dawn broke and I just managed to finish before it started to pour with rain. Due to the starting time, I had to do the first 3 hours of the Mamores in the dark and I found this section hard, particularly as I was feeling sick so could not eat enough."

### JOS' 70 LAKELAND PEAKS AT 70

To celebrate his 70th birthday, Jos set out from his home in Wasdale on one of the hottest of summer days and completed a round of 70 fell tops. He estimates that he covered 50 miles, and more than 25,000ft ascent within the 21 hours. Family and friends paced and supported him on his journey which took in many of the fells around the valleys of Ennerdale and Wasdale. He climbed Crag Fell at sunrise and by early evening was passing through Styhead. By sunset he was climbing Pillar and finished the run at his Greendale home before midnight. Another amazing day on the hills for a Lakeland legend.

### WAINWRIGHT'S COAST TO COAST - JOHN KINDER

Congratulations to Jon Kinder, who completed Wainwright's Coast to Coast challenge on foot in a tremendous time of 57 Hours & 57 Mins on the 22nd - 24th July 2006.

### KINGSHOUSE ROUND - JOHN FLEETWOOD

On 12/13th May, John completed another new solo Scottish mountain round. It is a classic circuit of Glencoe and Etive from the Kingshouse Hotel - 52 miles and 27,700ft ascent which John completed in a time of 28hrs 55min. Although a little shorter than Ramsay's Round, the difficulty and steepness of the ground makes it comparable and John feels it should be do-able in 24 hours or less, and perhaps significantly less. He thinks he may go back next year and have a go at doing it in a better time, possibly by doing a longer scramble on Stob Coire Nam Beith instead of Dinnertime Buttress. He encourages others to have a go at this round as it is a great combination of scrambling and walking/running and is designed to be very logical with no out and backs and has a nice 'shape'. From Kingshouse he ascended Curved Ridge on Stob Dearg and traversed the Buchailles before descending to the A82. He climbed Am Bodach and traversed the Aonach Eagach Ridge before descending to cross the A82. A steep climb up Dinnertime Buttress and then SW via Stob Coire nan Lochan and Beinn Fhionnlaigh before descending to Glen Etive. He climbed Ben Starav and continued via Meall Tarsuinn, Stob Ghachar and descended on slivers of snow to the White Corries and the finish at the Kingshouse Hotel. A great journey.

For more details of John's numerous long distance challenges visit <http://www.longdistancechallenges.blogspot.com>.

### DURHAM HEWITTS ROUND - STUART FERGUSON & STEVE LUMB

On 27th May 2006 Stuart Ferguson and Steve Lumb completed a round of the Hewitts within County Durham, covering 48 miles, 7,500 feet of ascent in 14 hours and 3 minutes. Hewitts are Hills in England, Wales and Ireland over Two Thousand feet high with a drop of 30m on all sides. There are 178 in England, 11 of these are within the County of Durham. Stuart devised the round which started and finished at St John's Chapel and visited the tops in the following order - Burtree Hill, Killhope Law, Deadstones, Burnhope Seat, Great Stoney Fell, Three Pikes, Viewing Hill, Mickle Fell, Bink Moss, James Hill and Chapel Fell. The route has virtually no tarmac and very few tracks or trails to follow as much of the round is on open access countryside. This featureless terrain is very challenging particularly the large stretches of

peat hags, bogs and heather. Mickle Fell is on MOD land and access must be agreed through the ranger on 01768341661. The round took longer than planned; due to gale force winds all day, heavy rain and sleet showers for the second half of round coupled with poor visibility over Mickle Fell and Bink Moss which made navigation on this stretch very difficult.

### NORTH DALES TRAVERSE - RICK ANSELL

On 24th June Rick completed a north Dales Traverse from Hawes to Sedburgh, covering all the 2,000' hills and tops north these two towns. He writes "This was intended as a sequel to the Dales Circuit based on Horton in Ribblesdale I completed two years ago. The new route is a bit shorter than the South Dales Circuit but there is less on paths, making for slower going in places. Rick found it difficult to run the tussocky and heathery bits. It covers similar ground to Tony Wimbush's over the hill challenge but I think covers more hills and is longer, though I'm not quite sure of Tony's route.

The run was done solo and unsupported on a rather warm day. The hills were very dry which was a help but the day was a constant battle with dehydration and I had to drink from some rather dodgy streams. I went well for the first three hours or so, but a poor line off Water Crag towards Tan Hill tired me. Legs were still a little weary from a very hot Ennerdale the previous weekend but I managed to keep myself going pretty well. I had thought 12 hours would be optimistic and so it proved, but I was hopeful that 14 - 15 might be realistic. In the end it took me 15:56. I slowed down somewhat in the last hour or two as it got dark. I reckon the distance was about 55 miles with around 3,500m of climb, though I haven't measured it with great accuracy. In time honoured tradition of solo unsupported challenges, next morning I cycled the 15 miles back to Hawes to get my car which, despite the continuing dehydration, was very pleasant."

### THE DRAGON'S WINGS - HUGH BALFOUR & JOHN SMALLWOOD

On 20th August John and Hugh completed a route across Wales from the beach at Llwyngwll to the English Border at Pen-y-Bryn (GR 264374). Hugh writes "We went over Cadair Idris, Waun-Oer, Aran Fawddwy, the Berwyns and quite a bit of rough country in between. Apart from the start and finish and one road crossing (Belch Islwyn Bach) the route stays above 1000ft the whole way, and is the only part of Wales where the mountains stretch continuously from the coast to the border. We reckoned our total distance was 57.4 miles with 14,200 ft of ascent. Our time was a relatively modest 20.5 hrs. This was partly due to very bad visibility over the first half of the route, very tired legs over the last 8 or 9 miles and my inexperience. While John is a seasoned fell runner with a successful BG under his belt, I am a bit of a novice, this being my first major mountain challenge. But felt that at 52, it was better late than never!

We had thought that this might have been a first go at this route, and nick-named it "The Dragon's Wings" but have since discovered that Charlie Leventon did a similar route from Llangollen to Barmouth about 16 years ago, which was repeated by Yiannis Tridimas last year."

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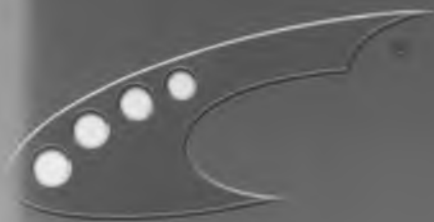
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